



[www.brazosport.edu/~BARRA](http://www.brazosport.edu/~BARRA)

# Newsletter

Volume 11 : Number 1

Winter 2006

## Sandra Clevenger wins Volunteer of the Year Quarles, Colosimo, Regis, Moody, O'Neill and Deason take top awards in Runner of the Year competition

Over fifty BARRA members and guests celebrated the holiday season and the end of the local racing season at On the River in Freeport on Monday, Dec. 12. The top runners of the year in open, masters and veteran competition received awards, and Sandra Clevenger received the prestigious Will Lindgren Volunteer of the Year Award.

Sandy's work as treasurer, which has become much more complicated with the Surfside Beach Marathon/Half-Marathon, and as a visible and active volunteer for the Firecracker 4 and other BARRA activities have been impressive not only in 2005 but over past years as well.

The top three male and female runners in open competition, masters competition and veterans competition received awards based on their relative finishes in five of the races designated the BARRA Series, which included the Spectacle Spectacular 5K or 10K, the Gator Gallop 1 mile or 5K, the San Jacinto 5K, the Flapjack 5K, the

Family Fitness 5K, the Brazosport Memorial 5K and the Monster Dash 5K.

Edwin Quarles won the

Open Runner of the Year Award with 23 points. In addition to participating in the required number of

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*BARRA President Ralph Corry presents Sandy Clevenger the Will Lindgren Volunteer of the Year Award.*

**BRT from page 1**

races, Edwin placed third in both the Gator Gallop 1 mile competition and the 5K competition with respective times of 6:00 and 29:39. He placed second overall in the BMH 5K in 20:28

Carlo Deason was second in the open competition with 20 points. Deason finished first in the Spectacle Spectacular 5K in 16:58, first in the Gallop 5K in 17:05, first in the BMH 5K in 17:28 and first in the Monster Dash 5K (short course of 2.9 miles) in 16:04.

Aaron Sanders and Chris Colosimo tied for third place with  
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*President Ralph Corry and top open Runner of the Year Edwin Quarles.*

**Mission Statement:** The purpose of the Brazosport Area Road Runners Association shall be to encourage and promote competitive and recreational



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running, triathlons, and walking with a view to promoting health and fitness in the greater Brazosport Area. The Brazosport Area Road Runners Association will support, promote, and organize sports competition in these areas and distribute information pertaining to these activities. The Brazosport Area Road Runners Association shall also provide a regular newsletter and encourage social activities germane to the sport of running.

*2006 Officers*



President  
 Vice President  
 Treasurer  
 Secretary  
 Newsletter Editor  
 Director of Road Racing  
 Web Master

Tony Moody  
 Renee Ladd  
 Sandy Clevenger  
 Edwin Quarles  
 Bill Shaw  
 Daryl Beatty  
 Jim Jarvie





*President Ralph Corry and open female Runner of the Year Kelly Colosimo.*

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14 points each.

Kelly Colosimo, Chris' mother, won the open female competition with 22 points. Kelly finished third in the Spectacle Spectacular 10K in 50:00 and third in the BMH 5K in 25:29.

Terry Allen won second place in open female Runner of the Year with 19 points. Allen finished second in the Spectacle Spectacular 10K in 49:49, first in the Gallop 5K in 23:21, third in the Family Fitness 5K in 23:02, and second in the shortened Monster Dash in 20:35.

Traci Yelderman was third in the open female competition with 15 points. Yelderman finished third in the San Jacinto 5K in 20:53.

In the male masters competition, Kevin Regis won the title with 20 points. Regis finished second in the masters competition in the Spectacle Spectacular 10K in 38:34, first in the masters competition in the Gallop in 19:10 and first

in the shortened Monster Dash in 17:24.

Bob Bowden placed second in the male masters competition with 18 points. Bowden fin-

ished first in the Flapjack 5K masters competition in 20:19, second overall in the Family Fitness 5K in 20:09, third in the BMH masters competition in 20:44 and third in the Monster Dash in 18:58.

A. C. Moldenhauer placed third in the masters competition with 14 points. Moldenhauer finished third in the masters competition in the Gallop 5K in 20:03, third in the Flapjack 5K in 20:19 and second in the BMH 5K in 20:27

Janice Moody had the highest total of female masters runners with 15. Moody finished third in the masters competition in the San Jacinto 5K in 28:21 and first in the BMH 5K masters competition in 28:17.

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*BARRA President Ralph Corry and female masters Runner of the Year Janice Moody*

### Continued from page 3

Kelly McClendon placed second with 10 points. McClendon finished third in the female masters competition in the San Jacinto 5K in 20:53. Cristina Bacica placed third with nine points.

Bill O'Neill won the male veterans competition with 30 points. O'Neill finished first in the masters competition in the Spectacle Spectacular 5K in 23:40.

Orville Kremmer and Ralph Corry tied for second with 14 points, and Gerold Smith won third with 12 points.

Mary Deason, Carlo's mother, won the female veterans award with 18 points. Sandy Clevenger placed second with 17 points. Susan Lorms placed third with 10 points. Lorms finished third in the Gator Gallop 5K female masters competition in 28:20.

The following BARRA members received caps and/or pins for participation awards: Terry Allen (8), Daryl Beatty (11), Bob Bowden (10), Michael Bayer (11), Sandra Clevenger (11), Chris Co-



*BARRA President Ralph Corry with male veteran Runner of the Year Bill O'Neill.*

losimo (9), Kelly Colosimo (12), Ralph Corry (12), Druce Crump (7), Stephen Hahn (12), Melissa Hurta (6), Dave Jones (9), Orville Kremmer (8), Susan Lorms (9), Kelly McClendon (9), A.C. Moldenhauer (8), Janice Moody (10), Tony Moody (10), Bill O'Neill (9), Mireya O'Neill (9), Edwin Quarles (11), Bill Shaw (14), Liz Shuster (7), Lori Sipple (7), Bob Sipple (7), Gerold Smith (7), Cliff Wilson (7), Dan Walsh (8), and Traci Yelderman (7).

## New slate of officers approved at Dec. meeting

BARRA members at the Christmas Party/Awards Night approved the proposed slate of officers for 2006. Tony Moody agreed to move up from vice president to president, and Renee Ladd was nominated for

vice president. Four officers agreed to remain in their positions for another year. Edwin Quarles will continue as secretary, Sandy Clevenger will continue as treasurer, Daryl Beatty will continue as director of

road racing, Jim Jarvie will continue as Webmaster and Bill Shaw will continue as newsletter editor and press liaison.



**PowerPoint shows on the 2005 racing season and the 2005 BARRA Awards are available at [www.billshawsite.net](http://www.billshawsite.net). The back issues of the newsletters are also available, as are all *The Facts* stories on running events and my 2005 running columns.**

**Bill Shaw--Newsletter Editor and Facts Correspondent**

## Memoirs of a Crazy Person--Reflections on running the Sunmart 50 Mile Texas Endurance Trail Run, December 10, 2005



By Mick Bayer

**A**nd why would anyone in his right mind want to do something like this?

Well, when my grand pappy sat me on his knee when I was only three, he said to me, "Sonny boy, there are only four absolutes in life: death, taxes, spam, and when you turn 50, you run the Sunmart 50 miler."

OK, maybe he didn't exactly say that. Perhaps it's just a mid-life crisis, and I can't afford a BMW or a Harley. (Note: If you



managed to make it through my accounts of my Boston and Enschede, The Netherlands marathons, you will be pleased to know this one is much shorter.)

**The Top 10 Reasons to Run the Sunmart 50 Mile Texas Endurance Trail Run are:**

**10.** The cool Tyvek finisher's jacket is the same as for the 50K, so you don't have to admit how crazy you are when you wear it.

**9.** The morning after the race, you can order the McDonald's Deluxe Big Breakfast and still go back for seconds and thirds.

**8.** It feels so good when you stop. (Well, actually, you hurt worse than you ever have in your entire life when you stop, but about 10 days later, you feel good.)

**7.** You can openly curse the person who invented stairs, without fear of reprisal.

**6.** The finisher's afghan blanket will look great draped over your coffin.

**5.** You get to eat peanuts and potato chips out of bowls touched by over 1000 other snotty and sweaty runners.

**4.** You can fertilize your plants back home with all the crap that you dump out of your shoes.

**3.** You get to spend quality time with your family since you basically will be unable to get out of the Lazy Boy for several days.

**2.** If you are on trial for a felony,

you can plead insanity and submit the race results as supporting evidence.

**The Number One** reason to run the Sunmart 50 Mile Texas Endurance Trail Run is **you can use the handicap toilets with the handrails without feeling guilty.**

I started the race at a very slow, conservative pace (or so I thought). I ran with this one guy for many miles, and we chatted about life and family in general, and finally the subject came up about what do you think your finishing time will be. I told him I was targeting 9.5 hours since I was under-trained by about one month, and this was my first attempt at this distance. He told me a similar story, but since he normally runs marathons in 2:40, he was anticipating a sub-eight-hour finish. We agreed I was probably running too fast, and slowing down might be a good idea.

I said goodbye to him and tried to add in some occasional walk breaks, and I lingered at the aid stations more than I had wanted. My "slow down" efforts really paid off because I ran the first of the four loops in one hour and 55 minutes. Since that equates to a seven hour and 40 minute finish time, I knew I was probably screwed.

I reached the 50K (31 mile) mark in about four hours and 50 minutes, which is 30 minutes faster than my previous Sunmart

**See Sunmart page 15**

## Profile on BARRA Member Linda Young

**Name:** Linda Young

**Age:** Yikes! - 42

**Years Running:** 10 years religiously; seven years sporadically.

**Occupation:** At-Home-Mommy; Lady of Leisure.

**How many miles a week do you run?** Right now - zero.

**What are your PRs and where and when?**

My PRs are ancient history, but here goes:

**5K :** 19:32 1997 BMH  
Lake Jackson, TX; which, coincidentally, is also my PR for the 1000M freestyle.

**10K :** 39:34 1997 Madison, WI

**12K:** 49:28 1998 Mardi Gras Run, Galveston, TX

**Half-Marathon:** 1:27 1998 3M Half-Marathon, Austin, TX

**Marathon (my one and only):** 3:37 1990 Lake County Marathon, IL



*Linda and youngsters Peter, left, and Eleanor, right, at the San Jacinto 5K.*

**How did you come to join BARRA ?** When we moved here in 1996 my request to Tom on his first day of work was, “Ask about running! Ask about running!” He returned from work that day with the answer, “Show up at the Dow Credit Union Saturday morning at 7:00 a.m.” I did and met Will Lindgren and Dan Walsh. The next weekend it was Will, Dan, Cliff Wilson, and me. Joining BARRA, breakfast at Whataburger, and Wednesday morning speed workouts followed. Prior to that, running had always been a very solitary activity for me. Joining BARRA showed me how fun and beneficial it is to run with others, also. It’s kind of funny - when we lived in California I ran six days a week, but there were so many fun leisure-time distractions: hiking, mountain biking, road biking, rollerblading, wine-tasting, XC skiing. When we moved to Texas there was.....well, there was running. The advantage was that I was able to take my running to a whole new level.

**My proudest running accomplishment:** Running a 1:26:53 half-marathon in Austin. The weather was perfect, the hills were rolling, and every mile felt faster and better than the previous mile. I felt like I was flying.

**See Young on page 7**

**Young from page 6**

**My favorite training run is:** Anywhere when I'm at my parents' house in Horicon, WI - good weather, beautiful scenery, and rolling hills.

**My favorite race is:** The Presidio 10 Mile in San Francisco, Calif. always comes to mind. 10 miles was a good distance for me and this particular race goes over and back across the Golden Gate Bridge and includes a flight of steps.

**My best distance is:** Probably 12K through 1/2 marathon.

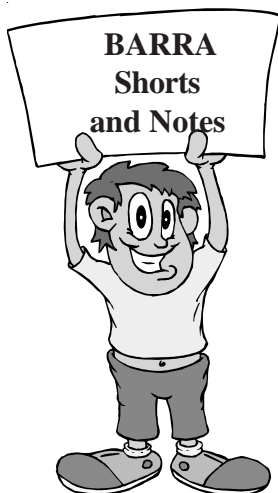
**My next goal is:** To see if I can lower my time in the Brazosport Relay Triathlon.

**People would be surprised if they knew I:** Was a cheerleader for 11 years - 6th grade through college.

**The top thing on my dream list is:** To run pain free: to run as far as I want, as often as I want, and do speedwork.

**Other hobbies besides running:** Swimming - thank God for that!

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**BARRA secretary travels to San Antonio and Dallas**

**E**dwin Quarles traveled around the state in November, running in the San Antonio Marathon on Nov. 13 and running the 8-mile Turkey Trot on Thanksgiving Day in Dallas 11 days later.

Quarles set PRs in both races, finishing the marathon in 3:51:29 and the 8-miler in 57:45.

The marathon time was almost three minutes faster than his previous best, and the 8-miler time of 57:45 was nearly 5 minutes faster than the 1:02:31 he ran in the same race in 2003.

"The marathon was pretty tough, with the temperature in the 70s," Quarles said. "Luckily the sun didn't come out while I was running, except for once, and that was for less than a minute. If it'd stayed out very long at all, the race would've really been brutal."

The double-loop course, which had sort of a loop inside a

loop, was confusing to some runners.

"One guy, who said he lived in San Antonio, got confused on the second loop and yelled at some of the volunteers about the course set-up," Quarles said. "I told him to follow me, and a minute or two later he passed me, but he was still mad. He said some ugly things

about the course layout and said that he was embarrassed to be from San Antonio.

"He ran ahead of me for a while until I saw him come to an abrupt stop and grab the back of his left leg. He was limping badly when I passed him. I guess karma got him for his bad attitude."

**See notes on page 12**



*Edwin Quarles*

## Profile on BARRA Member Tom Young

**Name:** Tom Young

**Age:** 47

**Years Running:** 9

**Occupation:.** Chemical Engineer

**How many miles a week do you run?**

20-40 depending on the time of the year

**What are your PRs and where and when?**

**5K:** 19:25 West Columbus  
San Jacinto Run 1999

**10K:** 40:50 Houston Dome Run  
1998

**25K:** 1:49:06 Houston HMSA  
Classical 25K 1999

**Marathon:** 3:13 Austin Marathon  
2000

**50K:** 5:00 Sunmart Texas Trail  
Endurance Run 1999

**How did you come to join BARRA?** Linda joined in 1996, and I came along as part of the family plan



*Tom Young, in yellow singlet, finishes a Houston Marathon. Photo by brightroom.com.*

**My proudest running accomplishment:** There are really several. Completing my first competitive run. Every PR. First marathon. First ultra-marathon.

**My favorite training run is:** Trail runs in American Legion state forest in Wisconsin

**My favorite race is:.** Sunmart Texas Train Endurance Run 50K

**My best distance is:** Marathon

**I run because:** Originally, it was because maintaining my fitness is important to me. I started running after moving to Lake Jackson, discovering that the skiing is lousy, that biking is less interesting than in other

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parts of the country and because I can't swim any better than a stone. Running turned out to be the best form of exercise for me in this particular location. But after nine years, it's more than that. Now I also run because of the challenge of the next major event, the camaraderie of a group of like-minded people, the glow of fatigue after an uptempo distance training run, the post-race feeling of accomplishment, the endorphin fix, seeing the sun rise eight miles into a training run, the reputation verging on nuttiness (only among non-runners, I hope), because it beats fitness centers, and so on. You get the idea. I run because I like it.

**My philosophy of life is:** best explained by somebody else, but I can't remember if it's Kierkegaard or Sartre.

**My next goal is:** work-related, so I don't really want to talk about it. Ohhh, you meant my next running goal! Depending on when this is published, it will be either the Houston Marathon, the Surfside Beach Marathon, or to survive another summer running in the heat.

**When I'm running I think about:** Food. And when I'm eating, I think about running.

**The best running advice I could give would be:** Avoiding injury is the most important goal in a training program.

**People would be surprised if they knew:** my wife helped set a world record and my sister won an Oscar.

**The top thing on my dream list is:** Well, there's this dream that involves my wife, but I can't describe it because this is a family publication.

**Other hobbies besides running:** None. My wife says to tell you she doesn't allow me to have any.

**I would love to spend the day with:** what kind of father would I be if I didn't say "my children"?

**The most profound thing that has happened in my life is:** when I realized I didn't have to answer questions like this. Boy, that was an epiphany.

**Any other comments about running/exercise/your life you would like to add:** Favorite training group: any BARRA members I happen to meet while training. Favorite running shoe: Reebok Incubus (It was a classic. I wish they'd bring it back.)

**Runner I have the greatest respect for:** Orville Kremmer. I could only hope that I'll still be running the way he is when I reach his age.

**What this town needs is:** The Lake Jackson Hike and Bike Trail. It's way overdue.



**"Taking a well-trained body through a grueling 26.2-mile race does immeasurably more for the self-concept and self-esteem than years with the best psychiatrist."**

**Dr. George Sheehan in *Personal Best***

## Race Director Beatty looks forward to 2nd annual Surfside Marathon/Half-Marathon

Our second annual Surfside Marathon and Half Marathon, February 11, 2006, is shaping up to be an exciting event, for both runners and for BARRA. In addition to ConocoPhillips, Overnite Software of Angleton has signed on as a second key sponsor of the event this year. In addition to these sponsors, the same great BBQ will be prepared and served

by Hope Fellowship Church of Lake Jackson. Thanks go to the Village of Surfside Beach for hosting the pre-race dinner and the use of Stahlman Park facilities.

Early registrations are way up. As of December 1, about 125 runners had already signed up for each races. At that time last year, we had about 20 registrations. Early in January, we reached the 160 mark, nearly as many as the 190 total we had last year.

Premiums for the runners include a polo shirt for early registrants, a long sleeve t-shirt being designed by Lori Sipple, "Suncatcher" custom medals for all finishers, and unique age group awards featuring the "shell of the year," the chambered nautilus. There is one other yet to be announced premium for all runners.

In response to runner requests last year, we have a few changes. The mile markers will go in the traditional American direction, counting up, rather than down as they do in Europe. A few runners apparently had difficulty calculating how far they had run in a marathon when the mile marker indicated that there were six miles left. Go figure.



*Daryl Beatty, BARRA director of road racing.*

Anyway, we will comply. The other change is to make the entire run on the beach. Last year, the course went through the Treasure Island subdivision on the east end of the course and turned at the San Luis Park. After getting spoiled running half the race on the sand, runners didn't like being on pavement again, not even for one mile. So we did away with that, and will instead go farther down into Surfside at the start of the race. That also means that the race never even crosses a road, let alone running on one.

What about the weather? We have requested and received a six month drought for the whole state – just so we wouldn't have to deal with the unpleasantness of rain on race day. Seriously, there are two things you can count on at the beach in February. One is that it will not be hot. The water temperature, which is currently about 60 F and will continue to fall through February, controls the air temperature at the beach, preventing those

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*Larry Mallard, first male finisher in last year's Surfside Beach Marathon.*

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blistering hot (from a runner's perspective) January days we sometimes have in Houston. The beach also always has a stiff breeze coming in off the water. That same breeze will usually have a headwind component when going east on the beach, and will give some tailwind help on the return.

One question we hear from several out-of-state runners is "Has Hurricane Rita, hurt your beach?" Actually, the surf from the two hurricanes did substantial damage to the dunes, high up on the beach, but from the standpoint of running, it is flat, firm, and unchanged from last year. Beach erosion is a long term concern. Other sections of the useable beach, particularly on the east end and farther down in Surfside have completely disappeared, with the water lapping up under houses or against the bulkheads of houses. But for this year, the beach is in great shape. Part of the thanks for that goes to the volunteers who clean the beach year round.

Speaking of out-of state runners, we already have runners

registered from Louisiana, Illinois, California, Colorado, Florida, Indiana, Arkansas, Massachusetts, Minnesota, Missouri, North and South Carolina, Virginia, Wisconsin, Georgia, and Tennessee. The farthest traveler this year will probably be our runner from Ireland.

Beneficiaries of the of the run this year will be the "Save Our Beach Association" of Surfside that works for the protection, cleanliness, and improvement of Surfside Beach. The BARRA College scholarship fund will also benefit from any proceeds of the run.

Whether you want to run in the event or volunteer, it's still not too late. Online registration will remain open until we reach our limit of 300 runners. If you are inter-



*Tina King, first- female finisher in last year's Surfside Beach Marathon.*

ested in volunteering, e-mail [surfsidemarathon@yahoo.com](mailto:surfsidemarathon@yahoo.com) or call Daryl Beatty at 297-8224.

**"The marathon is a charismatic event. It has everything. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon."**

**--Fred Lebow, long-time president of the New York Road Runners, sponsor of the NYC Marathon.**

**Notes on page 5**

The Dallas race was ran in much cooler conditions.

“It wasn’t as cold as it was in 2003, when it was in low 30s at start time,” Quarles said. “The course has some inclines and is pretty tough. My goal was under 58 minutes and I was glad to beat that by 15 seconds.”

Quarles says the Dallas Turkey Trot is his favorite out-of-the-area race.

“I like it because it gets me 8 miles before I have a big lunch, plus it’s just me, Donna and the kids in Dallas. We get away as a family and go to the Cowboys’ game every year,” Quarles said. “It’s a lot of fun.

**Blogging web site**

A number of Houston-area bloggers have joined a new running forum at [houstonrunningbloggers.com](http://houstonrunningbloggers.com). The forum came about after the bloggers/runners found each other’s websites and started meeting at area races.

“The forum is a good way to contact each other and get advice from other runners,” BARRA member Edwin Quarles said. “I’ve had my own blog for about a year, and a few months ago started a separate blog for my running.”

The forum currently has 37 members and is much more active than the message boards at RTN and ITR.

The HRB’s (Houston Running Bloggers) are planning to establish themselves as a club and will be affiliated with HARRA. Their

website is located at <http://houstonrunningbloggers.wordpress.com>.

**Miles and more miles**

And speaking of miles, Kevin Regis reported the most miles by a BARRA member, 2454, and thirteen reported over a thousand miles logged in 2005.

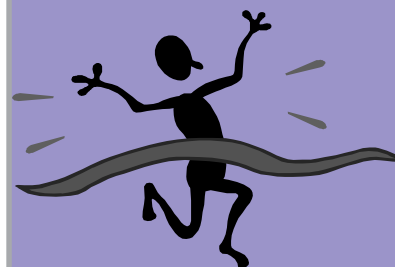
However, no one can top Cliff Wilson. In 31 years, Cliff has run 44,100 miles, cycled 41,000 miles and swum 3.3 million yards. Bob Sipple also reported hitting the 30,000 mark this year. Your editor passed the 25,000 mile mark late in 2005.

**BRATS Ranked by USAT**



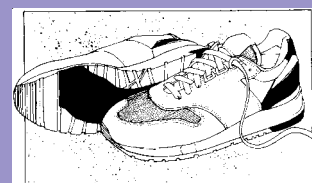
USA Triathlon ranked four BRazosport Area TriathleteS (BRATS) regionally and nationally for their participation in and completion of at least three USAT sanctioned triathlons.

In the USAT/South Midwest Region, Devin Theriot ranked 102 out of 278 in the male 40-45 age group, Susan Lorms ranked 10 out of 24 in the 54-59 female age group, Bill Shaw ranked 23 out of 23 in the 65-69 male age group, and Cliff Wilson ranked fifth out of seven in the 70-74 male age group. Nationally, Theriot ranked 962 out of 2455 in his age group, Lorms ranked 74 out of 144, Shaw ranked 123 out of 129, and Wilson ranked 87 out of 129.



**Year’s Mileage Reports from Members**

Kevin Regis	2454
Will Lindgren	1911
Edwin Quarles	1830
Sue Wheeler	1783
Mick Bayer	1547
Janice Moody	1423
A.C Moldenhauer	1276.4
Phillip Athey	1206
Dan Walsh	1159.6
Cliff Wilson	1122
Orville Kremmer	1101
Steve Hahn	1092
Tom Young	1070
Terry Allen	1028
Kelly Colosimo	1000
Dave Jones	951
Melissa Hurta	914
Tony Moody	901
Bill Shaw	835
Judy Bowman	813
Daryl Beatty	710
Sandy Clevenger	583
Terry Wheeler	501
Druce Crump	405
Jim Jarvie	203



**BARRA E-Mail****Hi from a transplanted native Texan in Colorado 12/15/05**

**H**i there: I found your site as a link from the Surfside Beach Marathon site on marathonguide.com. Ahhh, Surfside Beach. Oh how I miss those cool summer nights on Surfside Beach.

I was born in Freeport, on Nov. 29, 1963. I went to Elisabeth Ney Elementary School and Lake Jackson Intermediate. As a matter of fact, I was on the track team at the intermediate school in 1977. I ran the anchor leg in the 880-yard relay, and we took fifth. I got a fourth in the standing broad jump. Since then I've run so many races I've lost count.

My first marathon was a 28-miler in Leadville. I've done the Pikes Peak races five times, a 24-hour trail ultra, a 50-mile road ultra, a marathon and double marathon in Winter Park, the 1994 Portland Marathon (4:26:09), the 2005 USATF Mid-America Masters T&F Regional Championships on the indoor track at the Air Force Academy (200m-bronze); 400m-gold; 1500m-bronze), and on Dec. 3, 2005, I ran the Rock Canyon Half-Marathon in Pueblo, Col., in a time of 2:26:39.

I am presently trying to work on my race calendar for 2006. I'd like to enter the Surfside Marathon if I have the chance to get down there in February. I lived at 223 Magnolia in Lake Jackson. I graduated from Lufkin High

School in May 1983. It's exciting to see you guys have such an active running club.

You are more than welcome to come up to Colorado and run here anytime you want. Consider yourselves invited, and the invitation always open.

We are having the (inaugural) Colorado Colfax Marathon on May 21 2006. It's more or less a straight shot of a course with an elevation gain of 279 feet. I haven't been to the Brazosport area since I



moved away from there in January 1984, and I really do miss it more than you could imagine, but Colorado really is wonderful in the summer. I might just have

to join your club just to have extra ties to the area since I do have lots of relatives still down there. I was loving life when Texas whipped some Buffaloes butt 70-3. Hook em' Horns! I bought a UT hat at the local mall and wear it every day. CU fired Barnett after the big loss.

Maybe I'll get to see you guys in February at Surfside Beach. It would mean so much to me if I was able to run that race. I guess it would be a homecoming of sorts since Brazosport is where my running career started in the spring of 1977.

Thank you, and hope to run with you next year.

Guy Morris  
Celtman1963@aol.com  
A Texan: Then...Now...Forever!

**A note from the designer of our BARRA logo:**

**M**y name is Darrell Crain. I was a BARRA member in the mid 90s. I was looking at the website and saw a few names I recognized from those days: Bill Shaw (I have a feeling you are the recipient of this e-mail.), Darryl Beatty, Melissa Hurta, among others. I am also the designer of your club logo, glad to see it still in use.

If you guys are still meeting, pass along my hellos. I am only a recreational/fitness runner now. No competition for me. Two boys almost 10 and six years old. They have finally gotten old enough to allow me a little time to run. If anyone wishes to have it, please pass along this e-mail address.

Darrell Crain  
Darrell.Crain@lcra.org  
Burnet, TX



*Darrell Crain photo by Bill Shaw copied from a 1997 Facts story on Gator Gallop.*

## BARRA member Will Lindgren featured in recent issue of *Running Times*

*Editor's note: The following text is excerpted from a recent issue of the national running magazine Running Times. The photo also appeared in the issue.*

In our sport, it is often difficult to find the connection between the daily runner on the street and the elite athlete competing on the world stage. A few runners are working to change that, building grassroots programs with the goal of enhancing running on the local, regional and national levels.

One of these is Will Lindgren of Omaha, Neb., who has been actively involved in USATF since the mid-'80s, when he became an official course measurer. In the 1990s, he moved to race director: his keystone event the Brazosport Race for the Arts 10M in Texas. In 1999, he was named National Coordinator of the USATF Women's Long Distance Running (WLDR) Association Athlete Development Program, a post he held up to 2003.

Upon moving to Nebraska from Texas in 2001, he felt the need for a program that would advocate for local athletes and provide opportunities for advancement in the sport. To this end, he established Team Nebraska, a Brooks-sponsored USATF Elite Development Team that recruited top local runners with aspirations for more. One of those who Lindgren helped was Mike Morgan, a 2002 graduate of Nebraska Wesleyan University, where he was a threetime Di-

vision III All-American. After graduation, Morgan stayed. . . (and) joined Team Nebraska. .



*Will Lindgren, founder of Team Nebraska*

.and quickly began showing potential at longer events. In 2005, he ran a 1:04:48 PR to place eighth in the national championship Aramco Houston Half Marathon, and a 1:18:28 to nab sixth in at the Fifth Third River Bank 25K national championship in Grand Rapids. This attracted the attention of the Hanson brothers, and in August Morgan became a full-time runner

as part of the Hansons-Brooks Distance Project.

Of Team Nebraska, Morgan says, "it gave me the chance to develop post-collegiately, fitness-wise and as a road racer." Morgan credits Lindgren with helping him sort out the many athlete development programs from USATF and RRCA, and to "make connections with the right people."

Lindgren is also working to build mass membership in the Nebraska Association of USATF, starting with printing and distributing a brochure about the benefits of membership, and hosting state USATF championships.

On the national level, Lindgren serves as the WLDR National Championships Chair and is working with race directors to set aside some rooms and funds for top club runners as well as national and international elites—to build the participation of clubs in these events.

He is gratified that six of the national championships participated in this program in 2005, up from one only a few years ago.

All of this work is volunteer, but Lindgren does it out of "genuine love of the sport and a passion for advancing American athletes." As for remuneration, he says that when Meb and Deena took the podium in Athens, he felt "paid in full."



**Sunmart from page 5**

50K PR. I felt great!! I was cruisin' with all cylinders firing until about mile 36 when my body realized it had never run over 32 miles and began to reject me. Every part of my body began to ache, and it progressively got worse with every mile. Towards the end of the third loop, I was running with an ultra veteran, and I confessed I felt like crap, and I hurt everywhere and asked, "How do you ever finish these things." He merely said, "Take your right foot and put it in front of your left and then your left in front of your right and don't think about anything else."

I followed his advice. By the end of the third loop, I was starting to trip a lot because I wasn't picking up my feet enough to clear the rocks and tree roots, which I

couldn't see very well anyway as it was getting darker; so, I ended up walking anywhere the footing looked precarious.

When I started the last loop, I knew I was truly insane, which is what I always thought about those 50-miler runners during my previous two 50K races. For the next 12 miles, all I thought about was "right foot, left foot, right foot, left foot ...."

With just about half mile to go, I came out of the trees onto the final stretch of road, and I knew it was time. I glanced at my yellow "LiveStrong" wrist band, pushed back the pain, cranked up REO Speedwagon's "Ridin' the Storm Out" on my iPod Shuffle and blasted into the finish at a seven-minute pace.

Ten yards later, reality hit

me like a ton of bricks. Without a doubt, it was the hardest thing I've ever done in my entire life, and I swear I will never do it again (at least not till next year).

I finished in eight hours and 44 minutes in 43rd place. I was fifth in my age group and just 16 minutes behind third place. Two hundred and fifty runners were strong enough to start, but only 192 were able to finish. The race is a four 12.5 mile loops, and my split times were: 1:55, 2:11 (I changed socks and shoes), 2:13, and 2:25. See <http://www.insidetexasrunning.com/results/searchable.html>



## Winter Newsletter Crossword Challenge

Your editor has prepared a mental challenge for BARRA members: a crossword puzzle. The puzzle will require that you have some knowledge of the BARRA membership and activities and that you read the newsletter for some of the answers.

I also prepared the puzzle to encourage more attendance to our monthly meetings. If you wish to participate in the challenge, you



must bring your completed puzzle to the January, February or March meetings. No participation in absentia.

The winners, one male and one female, will be deter-

mined by a random drawing at the

March meeting. I haven't come up with a prizes for the contest yet. The awards will be determined by the executive committee. (I wonder if I could convince them to go for a Garmin 201 Personal Trainer?)

The Winter Crossword Challenge will be sent via e-mail in a PDF format accessible with an Adobe Reader. Copies will also be available at monthly meetings.

## Don't forget annual BARRA membership due

It's dues time. Up until Jan. 31, individual memberships are \$10, family memberships \$12. After Jan. 31, individual memberships are \$15, family memberships \$17.

Save five dollars and get that membership in January.

Membership forms are available on our Website, [www.brazosport.edu/~BARRA](http://www.brazosport.edu/~BARRA).



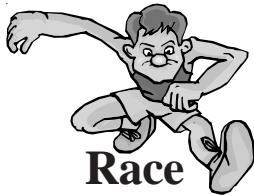
Remember, you must be a dues paying member of BARRA to qualify for the Runner of the Year competition.



Bill Shaw, Newsletter Editor  
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## 2006 Race Schedule



### Race

Spectacle Spectacular  
5K/10K

Surfside Beach Marathon/  
Half Marathon

Gator Gallop 1M/5K

Flapjack 5K

San Jacinto 5K

Family Fitness 5K (tentative)

Brazosport Memorial  
Hospital 5K

Firecracker 4

Mosquito Chase

Brazosport Relay Triathlon

Monster Dash



### Place

Angleton

Surfside

Lake Jackson

Freeport

West Columbia

Lake Jackson

Lake Jackson

Lake Jackson

Clute

Lake Jackson

Lake Jackson



### Date

Saturday, January 28

Saturday, February 11

Saturday, April 8

Saturday, April 22

Sunday, April 23

Saturday, April 29

Saturday, May 13

Tuesday, July 4

Saturday, July 29

Saturday, September 9

Saturday, October 28