

MOVE! ON TO IMPROVED FITNESS

An Interview with Dr. Cathy Utzschneider, Professor of Competitive Performance



By Hilary Brown

To get things started, when did you begin running?

I started running at 40, having focused mainly on tennis after college. I started for a number of reasons. A woman in our neighborhood was a Masters runner, then in her fifties, and she had wanted me to join her running club. I met her just after my first child was born. I joined the club for track workouts about two months after my son was born and think I benefitted from the additional blood volume that can help recently pregnant women in endurance sports like running. I loved track workouts from the 'get-go'.

Have you ever taken any 'breaks' from running? Do you have any advice for runners who find themselves considering taking a break?

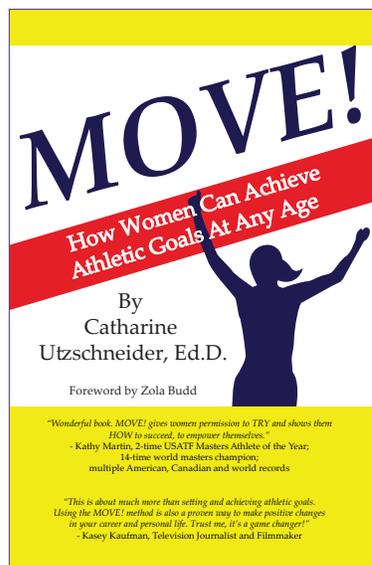
Yes, I have taken 'breaks' from running – most due to injuries. I had three stress fractures in my first three years of running. During 'breaks', I swam, aqua-jogged, and biked. Regarding advice for others about taking breaks, I'd suggest that – particularly if you're a Masters runner – it's better to reduce your training than to cut it out altogether. Habits are easier to maintain than to break. Also, walking counts as exer-

cise. If you have to take a break, know that you can always build back. I've worked with women who've started back in their seventies and returned to being in the best shape of their lives relative to their age.

Why did you begin coaching?

I've been coaching as a career since 1993. I began my coaching career because I have always enjoyed training and throughout my adult life people have asked me to write training programs for them. I learned, though, that giving people information is only half of coaching. The other half is following up – inspiring people and keeping them accountable to their own goals. So I started a coaching practice that includes information, support, and accountability – all related to setting and achieving goals. Now, I coach in person, over e-

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on page 9*



COURTESY C. UTZSCHNEIDER

COURTESY C. UTZSCHNEIDER



Dr. Cathy Utzschneider is a professor of competitive performance at Boston College, a writer for National Masters News, and a national site coach for www.women-running-together.com. Her new book, *MOVE! How Women Can Achieve Athletic Goals At Any Age*, is available on Amazon.com just in time for the holidays. She is interested in any running stories from BCRR women and her contact information is available upon request.

SAVE A TREE

We post the newsletter in Acrobat PDF format on our website.

Check it out...

www.bcurr.org/news.html

If you want to receive your newsletter via the USPS, please add \$5 to your dues payment.

REPORT YOUR RACE RESULTS

We want to know what our members are doing on the roads and/or trails. Send all your results to us at bcurr.results@gmail.com and we'll make sure they hit the next newsletter!

ADVERTISING INFO

How would you like to see your own ad in the Bayou City Road Runners Newsletter? For all personal or business advertising inquiries, please send an email to the Treasurer at bayou_city_road_runners@tabourne.com.

MEMBER DATABASE

Has any of your contact information changed since you last paid BCRR membership dues? Send any changes to bayou_city_road_runners@tabourne.com.

Word from the Bird

December 2011

Issue No. 27

FREE

Bayou City Road Runners
PO Box 925534
Houston, TX 77292

Wow! Is it December already? How did it get here so quickly? This is my fifth December as a BCRR Board member, so one would think I'd be more ready for both the busiest and most enjoyable time of year. Coming up are things like the Christmas Party, John's Looooonnnng Run, the Pasta Loading Party, the 30K, the Jingle Bell Run, and the Marathon/Half Marathon, followed by the post Marathon Party. Whoosh?!?

From the PREZ

LARA ALLEN



COURTESY L. ALLEN

With that being said, I'd like thank the rest of the board for all they do. Despite how it looks, the board, in addition to some other very reliable and valued members, works hard to make the club look as if it runs itself. I promise you, the club would not function as well as it does it were not

for these folks' continued and often overlooked efforts. Words cannot express how much I truly appreciate these individuals – I'd be screaming "Bah Humbug" (or just nervously pulling on my hair more) if it weren't for those folks I know I can count on.

I know everyone is busy during the holidays – with training, traveling, eating, partying and what not; but my Christmas wish is to see my BCRR friends come together for the greater good of the club and one another. I'd love to see folks pitch in to help with the various events that keep BCRR functioning year round. There are a number of ways to do this – whether that is to volunteer at one of the BCRR managed races, pitch in for Wednesday evening hydration/snack duties, write an article for the newsletter, take a few minutes to introduce yourself to a new member, help plan an alternative sports event, or whatever.

BCRR is a community and our members have an opportunity to continue to make it wonderful. Everyone has something they can do to make us the great club we already are. If you want to know what you can do to help, just ask me or any other valued board member. There is always an event on the horizon, and I/we are always appreciative of someone who wants to help. I hope all of you have a wonderful holiday and training season. Thanks for being the club that I'm grateful to be a part of.

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BCRR RAVE RUN

Joel DuBois takes an early morning run. He had this to say:

This picture was taken in Budapest, Hungary on the Pest side of the Danube River (unlike the song, it was not blue...) with the Buda side in the background. Our hotel was on the Pest side, so I was able to convince one of my colleagues to get up and out early enough to take this picture. Running in Budapest was fabulous for two reasons. First, it was cold, under 30 degrees in the mornings, hence the long sleeves and gloves. Second, there are 9 bridges crossing the Danube, and in three runs I was able to cross seven of them, with great running/bike paths on both sides of the river and a nice rubber running trail on Margaret Island.

Submit your "Rave Run" to bcrr.news@gmail.com for a chance to be featured in next month's newsletter! The catch? You must be wearing BCRR attire. Wait, you don't have any? No fear! Check out the BCRR website for a list of everything that's available for easy online ordering: <http://www.bcrr.org/apparel-1.html>

Make sure you get your styling BCRR sweatshirts before the temperatures at Valhalla drop too low. Contact Lauren Wilder at laurenbcrr@gmail.com if you have any questions.



COURTESY J. DUBOIS

MEMBER PROFILE: DAVID NEMOTO

Name: David Nemoto

Birthday: August 20th, 1963

Years running at the time of profile: 29

Occupation: Gastroenterologist

How many miles a week do you run? 40-50

How did you come to join Bayou City? I always enjoyed being a member of running clubs but have always been a loner when it comes to training. I met Eddie R. several years back in Memorial Park and joined soon thereafter. Although I haven't been able to spend as much time with the club as I'd like to, on account of work and family, I'm gradually getting to know many members and hope to become more sociable with the group in the future.



COURTESY D. NEMOTO

Up North. Nemoto completed the North Face Trail Marathon in Wisconsin in September.

My proudest running accomplishment is: I've been running marathons since 1992 but have never been able to break 3 hours until last month at Hartford where I ran 2:54. I spent the summer training for Hood to Coast in August and ran more mileage than I ever have in the past. Seeing that hard work pay off in this way gives me a strong sense of accomplishment and that monkey is finally off my back! ☺

My favorite training run is: Weekend long run.

My favorite race is: the Houston Marathon. It's such a well-organized event.

My best distance is: Well I don't know if I got one but my friends would probably say the marathon.



COURTESY B. CASTRO

And he's off. Nemoto at the Bayou Bash Relay.

I'm not very fast at 5Ks or 10Ks but I do enjoy them.

I run because: It helps create balance in my life.

My life philosophy is: Don't sweat the small stuff. Sometimes I actually follow it ☺.

My next goal is: I'm going for the 50 states like my friend, Suzy Seeley. I have 37 so far, I think. It's a great way to see the country and a good way to stay focused on staying fit.

Favorite training food: Peanut butter and jelly, Chocolate milk.

When I'm running I think about: I'm constantly thinking about form, pace, and gait. I think this is a main reason for my recent improved times.

The best running advice I could give would be: Try to avoid injury at all cost. Listen to your body and rest it even if it disrupts your routine. Embrace cross-training.

People would be surprised if they knew: My parents were both marathoners.

The top thing on my dream list is: Well it was to break 3 hours, I guess it would be to break 3 hours here at the Houston Marathon.

If I could have been anything, besides my current occupation it would be: Architect.

Other hobbies besides running: Skiing, golf, and most recently swimming.

I would love to spend the day with: Mila Kunis or Zach Galifianakis.

I'm constantly thinking about form, pace, and gait. I think this is a main reason for my recent improved times.

The most embarrassing thing that has happened to me is: Can't really think of anything...

The most profound thing that has happened in my life is: My boys.

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BEHIND THE WHEEL

by Joel DuBois, *Foreign Correspondent Extraordinaire* Dubai, UAE (Houston + 10 hours)



I recently purchased a new auto, so I thought that this month I would write about cars and driving in Dubai. When we got here, we were allowed to rent a car for a month once we got our licenses. As that month ended, Sharon

bought a Toyota Land Cruiser Prado from an expat leaving Abu Dhabi at the end of his assignment. She wanted something large for her commute on the highway between Dubai and Abu Dhabi. We decided to try to get away with one vehicle since taxis are fairly plentiful and inexpensive.

There are lots of big vehicles here, the Prado is not even one of the largest, but is one of the most common. Aside from taxis (mostly Toyota Camrys or equivalents), most vehicles I see are large SUVs, luxury brands or sports cars, except very few pickups. Talking about sporty and luxury cars, there are more HIGH end cars (Bentley, Rolls Royce, Ferrari and Lamborghini, etc.) here than anywhere I've ever been. Coming out of a restaurant a couple of weeks ago, I saw a Bugatti Veyron (~\$1.7M worth of super fast automobile). There are a number of smaller vehicles like mine, but you don't tend to see many older vehicles, not sure where they go. Maybe they are relegated to areas we haven't visited yet, the ghettos/barrios of Dubai...

As the summer ended (not sure it really ever ends), I realized it was worth it to buy a second car, but I wanted something small, easy to park and fun to drive, I looked online, but I didn't see any used Bugattis for sale (can you say bummmmer?), so started looking for MINI Coopers and VW GTIs. One morning while out on a run, I saw a BMW 5dr hatchback that I had never seen before, so looked online and found one for sale, test drove and bought it. It has a manual transmission (not many cars in Dubai are manual), and I am finding it to be very fun to drive. It's not quite my G37 convertible, but I'm enjoying it and it comes with 4 years of free service and a warranty...

Now for driving in Dubai. It can be very fun, with lots of roundabouts, but can also be a bit scary since most drivers seem to think their time is much more valuable than anyone



COURTESY J. DUBOIS

Wishful Thinking. This is the car Joel wishes he drove to work.

else's and will pull in front and cut you off without even thinking about it. I have a short drive from home to office (<10k) and enjoy driving much more than sitting in the back seat of a taxi (often-times with a foul-scented driver). This time of year, the sunroof is always open, so sunscreen is a necessity...

I am currently at the airport in Istanbul on the way home from a long weekend in Budapest (pleasure and business). Had a great time and ran more there than I have in Dubai in weeks. Highs were in the upper 30s, while it was sub-30 in the mornings for my runs. GREAT running weather!!!

I hope to see many of you while I am stateside in December. I plan to be at the Dec 2 unsactioned HH and at the BCRR Holiday Party.



COURTESY J. DUBOIS

Pop Quiz. Which car is Joel's new auto - the Rolls Royce or the BMW?



He Ran...

...SHE Ran

Perspectives on racing and romance



What can I do to help my significant other prepare for the Houston Marathon?

He ran: Before the race, I need to feel like I'm king: a shoulder rub would be okay, a massage would be good, full service would be great and I don't mean petals in my ice bath. If we have a family, please get the kids on board and help them be excited about the upcoming event. As always, your sense of preparation, double-checking, double-checking, and more double-checking about the smallest detail is very much appreciated, even if I'm so worried about the race that I don't thank you. But, please, don't turn into my mother.

Don't try to start a heavy conversation with me or try to keep me up late talking the night before the race. Yes, what your girlfriend said during lunch does have global significance, but not to me the night before a marathon. During the race, if I start walking, don't talk to me. Really, *don't* talk to me. Don't call your girlfriends when I'm running past you. I really love enthusiastic, but not overwhelming cheering. No cowbell. Do not yell out "Hey honey, you're not a loser. You're doing great for *you*. You never were a very good athlete, it's ok!"

Immediately after the race, surprise me with a frosty St. Arnolds. On race day, handle the finances. That doesn't mean you have to pay, just don't let me see the bill! Seeing those numbers just angers me after I'm all jacked up from hitting the pavement for 26.2 miles. Of course, tell your female friends I finished the race and I was *amazing* through the finish.

Next month's question: Would you date at the other end of the speed spectrum? If so, do you have any tips for making relationships work when one runner moves a little faster?

Send your response to bcurr.news@gmail.com with the subject line *He Ran, She Ran* for a chance to be the voice of reason in next month's newsletter. Responses should be 400 words or less.

She ran: Please be emotionally supportive of me. Training for the marathon is a big deal for me, even if I've run a few marathons before. No matter what, don't make *my* race about *you*. I've been training and dieting for performance for months while you've been eating burgers and drinking beer. Don't be offended when I spend more time with my foam roller than you – after a long workout it hits all the right spots, every time, unlike other's performance. Hey, you can't hit the perfect spot every time, right?

Please, try to help me be less stressed. Reducing my stress could involve making race day travel arrangements, cooking homemade pasta the night before the race, or creating spirit signs for the race with the kids. Do everything I say – "Yes, dear" is always a good answer, unless I'm asking if I look fat in my race outfit. In the days before the race, prepare me a nice bath – 10-20 lbs of ice would be fabulous.

If we're not in a serious relationship, call me the night before and wish me a good race – but not too late, I'll be in bed early! – and on the morning of the race, send me a text message wishing me luck. Make plans to see me at certain mile markers, I love to know that I have your cheering to look forward to.

Don't tell me to "Run faster!" or "You're almost there!" because I know my pace and I'm going fast enough! After the race, you could surprise me with a nice bottle of champagne or a post-race massage. We can both celebrate!

RESULTS FROM THE ROAD

by Chris McGrew

Crested Butte Fall Color Classic Half Marathon, September 25

Susan Davis, 2:01:03, 1st AG

Lighthouse Hill Ranch 20 Miler, October 1

Chris Eick, 3:32:22

New Hampshire Marathon, October 1

Rhonda Emerson, 4:35:42, 3rd AG

Susan G. Komen Race for the Cure, October 1

Jacob Tonge, 18:31

Maine Marathon, October 2

Rhonda Emerson, 4:40:26

Steamtown Marathon, October 9

Steve Davis, 3:22:01, PR

Susan Davis, 3:54:48, 2nd AG

Bear Kat Bash 5k, September 10

Jacob Tonge, 19:23, 1st AG

Running of the Bulls 5k, October 16

Joe Conway, 17:51, 3rd AG

Duke City Marathon, October 23

Rhonda Emerson, 4:18:33, 3rd AG

Goblin Gallup 5k, October 29

Lauren Wilder, 19:12, 1st AG, 2nd overall

Tom Hebert, 22:12

Run In The Park 10 Miler, November 5

Heidi Garza, 33:33, 1st Overall

Jen McKay, 39:20, 3rd AG

Texas Metric Marathon, November 13

Carlye Graydon, 2:01:59, 2nd masters

Jody Berry, 2:03:53, 3rd masters

Heidi Garza, 1:55:30, 1st AG

Keesha Erickson, 2:08:03, 1st AG

Larry Lindeen, 2:26:32, 1st AG

Robert Walters, 1:49:30, 2nd AG

Jacob Tonge, 1:49:45, 3rd AG

Neeraj Rohilla, 1:56:35, 3rd AG

Natalie Seel, 2:08:59, 3rd AG

Fred Steves, 2:43:23, 3rd AG

Mark Conran, 1:52:43

Tom Stilwell, 1:54:21

John Lindsey, 2:03:35

Scott Bounds, 2:07:52

Bernard Castro, 2:09:39

Dave Piper, 2:10:15

Edward Albrecht, 2:11:38

Lisa Thompson, 2:11:50

Bob Brown, 2:15:54

Tim McGuirk, 2:16:11

Michelle Castro, 2:19:58

Simon Brabo, 2:24:39

Jonathan Zwickel, 2:24:39

Steve Hasson, 2:25:52

Brad Godwin, 2:25:58

Brenda Gonzalez, 2:26:07

David Eglinton, 2:27:28

Jeffrey Tabourne, 2:28:10

Robert Swanson, 2:28:28

Jen McKay, 2:31:33

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Since 1982

Feel free to contribute with any interesting running material you want to see in the newsletter.

We're always on the lookout for entertaining run/race reports, how-to/technical articles, editorials, and photos. Just mail copies to

the BCRR P.O. Box or submit them to:

bcrr.news@gmail.com.



STRONG PERFORMANCE IN TX METRIC MARATHON

by Mike Mangan

I'm happy to be recovered from my various illnesses, accidents and injuries. I understand The Bird did an excellent job filling in for me last month. I sure hope it didn't tell that stupid story about running against roadrunners or running against coyotes. It takes every opportunity to tell that one!

Did you find the Texas Metric Marathon a pleasant change from the HMSA Classical 25K? The 25K had been run for 25 years and many thought it was time to make it more interesting, so the Texas Metric Marathon was born! For those of you who don't know its basis, it is 26.2K (as opposed to 26.2 miles) making it 62% of the distance of a traditional marathon.

What it surely did for every runner is it gave you a PR, thus we had 57 runners and 57 PRs. Congratulations to you all. Among the 57 runners were 21 females and 36 males.

We had two women who had stellar performances; Carlye Graydon was 2nd masters and Jody Berry was 3rd masters. Wow!

Our runners didn't stop there. We had eight others who placed third or better in their respective age groups:

1ST	2ND	3RD
Heidi Garza	Robert Walters	Jacob Tonge
Keesha Erickson		Neeraj Rohilla
Larry Lindeen		Natalie Seel
		Fred Steves

We thank all of you who participated and got your PR, as well as a lot of points for BCRR in the HARRA Fall Series interclub competition.

BCRR HOLIDAY PARTY DEC 8TH @ BLANCO'S, 6:30 PM

RESULTS



Continued
from page 7

Freddy Queen, 2:32:04
Robert Thompson, 2:32:07
Bruce Levy, 2:32:11
Eric Pace, 2:32:11
Rhonda Emerson, 2:32:33

Ron Morgan, 2:33:17
Tom Hebert, 2:34:05
Steve Davis, 2:35:02
Hillary McLennan, 2:35:53
Lisa Foronda, 2:37:26
Gary Wood, 2:38:46
Trey Beeman, 2:40:08
Susan Davis, 2:41:34
Alfonso Torres, 2:42:23
Margaret Pace, 2:44:27
Clark Courtright, 2:44:53
Beverly Handy, 2:45:45
Kate Philbrick, 2:49:55
Samantha McMurtrey, 2:49:57
Lana Moody, 2:51:09
Kathleen Mahon, 2:55:48
Terence Fanning, 2:59:42
Lara Allen, 2:59:56
Gloria Mahoney, 3:04:51
Alan Tillotson, 3:05:43
David Harrison, 3:22:01
Dexter Handy, 3:36:36

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INTERVIEW WITH DR. CATHY



Continued
from page 1

mail, and over the phone. The biggest motivation to coach is to see people not only amaze themselves with athletic results they never thought possible but also transform their personal and professional lives by using the MOVE! method to set and achieve goals there, too. Coaching beginners is just as fun as coaching elites.

Although you coach online and over the phone, you also have a blog at WomenRunning-Together.com. What are the unique challenges of blogging about training?

The unique challenge of writing a training blog is that you have no idea who is reading it. I try to tell something new in each blog. I also think it's important to keep blogs short.

What were you most surprised to learn as part of your research into competitive performance?

What surprised me most in my research is learning that it's possible for women who start running late – as late, even as their fifties – to become as fast as those who started running when young as long as they train in a focused way for 8 to 10 years. As Dr. K. Anders Ericsson has learned in his research on experts in fields as diverse as music, math, and athletics, expertise can be de-

veloped in 10 years or 10,000 hours of focused practice. Don't be put off by that – let it build your patience and let you relax. Knowing that it's never too late to be in the best shape of your life relative to your age inspires women athletes to reframe their goals from year to year and persist towards their personal bests. The most important thing to remember while training is keep it fun and focused on reasonable, incremental goals that recognize that you have other things that are important in life as well.

In the MOVE! method, you continually return to the importance of goals. Why do you think that they are so important for a runner? And, can the goals in MOVE! be applied to male runners as well?

Goals are helpful because they both push you and hold you back. Without them, you're unlikely to train to your potential. You're also likely to push too hard. Goals encourage you to see the big picture of your life's commitments and the details of each week. If you look at my website, www.movegoals.com, you can see the forms my clients use to set and achieve their goals. As several male athletes (beginners to Olympians) have said, the MOVE! method applies to men as well as women. I focused MOVE! on women because most of my clients have been women.

It's possible for women who start running late – as late, even as their fifties – to become as fast as those who started running when young as long as they train in a focused way for 8 to 10 years



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Did you miss your name in the Results section?

If you ran in an out-of-town or non-HARRA race, we don't know about it!

Make sure to send your results to bcr.results@gmail.com so you secure your bragging rights.

We love to see pictures too!

CALENDAR OF EVENTS

(* denotes HARRA event, ** denotes BCRR-managed)



DATE	TIME	LOCATION	ACTIVITY
12/3	9 AM	Cypress, TX	Layla Grace 5K**
12/8	TBD	Blanco's	BCRR Holiday Party
12/9	6 PM	Stag's Head	Happy Hour
TBD	TBD	River Oaks	Christmas Lights Social Run
12/11	6:30 AM	Sugarland Town Center	FinishLine Sports Sugarland 30K*
12/11	1 PM	Downtown Houston	Jingle Bell Run**
12/17	6:30 AM	John Phillip's House	John's LOOOOOOONG Run
12/23	6 PM	Harp	Happy Hour
1/6	6 PM	Grand Prize Bar	Happy Hour
1/13	TBD	Patrenella's	BCRR Pasta-Loading Party
1/14	8 AM	Convention Center	U.S. Olympic Marathon Trials
1/15	7 AM	Convention Center	Chevron Houston Marathon
1/20	6 PM	Under the Volcano	Happy Hour
1/21	9:30 AM	Toyota Center	Rockets Run**



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