



W O R D f r o m = t h e B I R D

BCRR MONTHLY NEWS

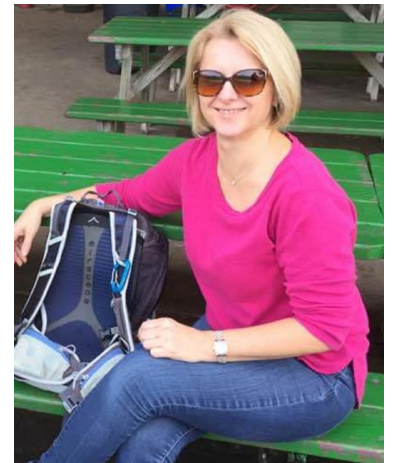
WWW.BCRR.ORG

ISSUE 71 - November 2018

All you wanted to know about Stress Fracture but were afraid to ask by Mirka Jalovkova

Stress fractures are a much more common injury than most runners imagine. In any given year, one in five runners will sustain a stress fracture. And in many cases, these stress fractures are not the result of weak bones cracking under excessive stress.

Why it is happening? It is generally believed that runners get stress fractures because the high impact forces associated with running cause healthy bones to break down. However, this is not always the cause. In 20 percent of cases, stress fractures are related to an increase in running mileage and/or a transition to training on a hard surface.



The only recognized treatment of stress fracture is time and rest. In light of this fact, it is much better to prevent such injuries than attempt to treat them. Strategies for prevention focus mostly on reducing the stress on your bones and building or maintaining their strength. This strategy requires that you look at their training as a whole, making sure that you incorporate "down weeks into your training to allow for the bone to become stronger.

What are symptoms of the stress fracture?

1. A stress fracture typically feels like an aching or burning localized pain somewhere along a bone.
2. Usually, it will hurt to press on the point of localized pain, and the pain will get progressively worse if you continue to run on it. Eventually you will experience pain while walking or even when you're not putting any weight on the bone at all.
3. If the stress fracture is along a bone that has a lot of muscles around it (like the tibia or femur), then in some instances these muscles will feel very tight.

X-rays are nearly useless for diagnostic purposes, so your doctor should use either a bone scan or an MRI to confirm the presence of a stress fracture. However, even those methods do not always confirm an existing low risk fracture in development.

Contd. on page 3

Word from the Bird

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November Issue Editors
Neeraj Rohilla & Sarah Cusack

From the President



Photo credit: Christina Jones

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Hey BCRR

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This fall has been busy! I want to send a special thank you to all who volunteered at Alex's 5K and the Rocket's Run. Alex's 5K is an extremely special race to the club, and it's success is measured by your participation and hard work. From the early hours of set up to the midday corralling of the kiddos in the egg hunt, every volunteer was greatly appreciated. An additional kudos goes to the members who volunteered at the Rockets Run the following weekend to direct runners and support the water stations. This is a large revenue builder for the club, which brings me to my next exciting point - It's almost Christmas!!!

The Christmas Season brings lots of fun events for BCRR. We will have a Christmas Lights Run through River Oaks, Wednesday, December 12th. This is a festive 4 mile run to admire the lights, sing some carols, and then grab a beer at Kenneally's on Shepherd. That's only the beginning of a festive week, because on Friday, December 14th, BCRR will host it's annual Christmas Party at the Modern B&B. This party will feature dinner, a signature cocktail, and dancing. Again returning is the Holiday Cookie Table - a competition for BCRR's best baked treat. Cost is \$10 at the door - for a magical holiday experience.

Let's not forget about running amidst all the fun activities. BCRR has shown up strong across all of the HARRA Fall Series races, with numerous age group awards, local elite recipients, and PRs. The Fort Bend KIA 30K is approaching - and is the final opportunity to test your legs before Houston Marathon/Half Marathon in January. Merry Christmas & Happy Holidays BCRR!!
Happy Running! - Christina

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 thatsjoesmail@yahoo.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 p_griffiths@bellsouth.net.

Member Database

Has your contact info changed?
Send any updates to
mikemangan41@gmail.com

Contd. From page 1: All you wanted to know about Stress Fracture...**How long will take to heal my stress fracture?**

Low risk stress fractures (tibial and fibular (shin) stress fractures and metatarsal stress fractures) will typically heal on their own. They may not even require any time spent with external stabilization or on crutches.

High risk stress fractures are known to heal poorly. Stress fractures to the navicular, pelvis, and femur are often high-risk, and tend to require significantly more time away from running and a more cautious approach upon returning to running.

Usually, 2-4 weeks of total rest are recommended in order to heal a stress fracture – although it may take much longer (i.e., up to several months). You may start non-weight bearing cross training methods (e.g., aqua jogging) when advised to do so by a physician; however, it may take several weeks before you are able to use an elliptical trainer or exercise bike.

How to prevent the stress fractures?

- 1.** Prepare a training plan for gradually increasing your mileage with regular “down weeks.” The traditional recommendation was an increase of not more than 10% mileage per week. But current practice (based on the dynamics of bone remodeling) suggests that a runner incorporate “down weeks” – that is, every 3-4 weeks you decrease your road mileage 10-20%. When bone is stressed, it is actually weaker for about a month after a change in training stress before it becomes stronger.
- 2.** Examine your stride frequency (i.e., your number of strides per minute). If you run with a low stride frequency, you will hit the ground and pushing off harder than if you run with a high stride frequency. It is recommended that you run with a stride frequency of 180 steps per minute or more, even when running at a slow pace.
- 3.** Incorporate lower body strength training. There is evidence to support the proposition that the muscles surrounding a bone influence its size and strength. Runners with a larger calf circumference are at a lower risk of tibial stress fracture. Consider exercise to strengthen hip lateral rotators, hip abductors, and toe and ankle flexors. Although core strength is not directly related to stress fractures, a runner’s ability to efficiently rotate his or her body and to use the propulsion force of their upper extremities for maintaining length of steps are very important. Accordingly, core strengthening exercise should be incorporated too.
- 4.** Focus on healthy diet necessary for bone remodeling. It is essential to have sufficient intake of Calcium, provitamin D (through exposure to UV radiation) and protein. Women are at higher risk of a stress fracture because of the hormonal dynamics of the menstrual cycle. One symptom of a high risk stress fracture is when a woman misses her period because of insufficient caloric intake in her diet.
- 5.** Your choice of running shoes may play a part in development of stress fracture, particularly if you continue to wear your running shoes all the support has gone from the shoes. For those who have already experienced a stress fracture – if you are a heel striker or tend to overstrike, consider rotating shoes to prevent future fracture.
- 6.** When you experience localized mild discomfort (for example, in a shine or the arch of a foot) apply kinezio-tape to the affected area.

Stress fractures are serious conditions and may take several months to heal. It is unwise and counterproductive to think that you can simply run through it.

Do you have more questions? You can contact me at jalovcova.mirka@gmail.com. See you down the road!

WORD FROM THE BIRD

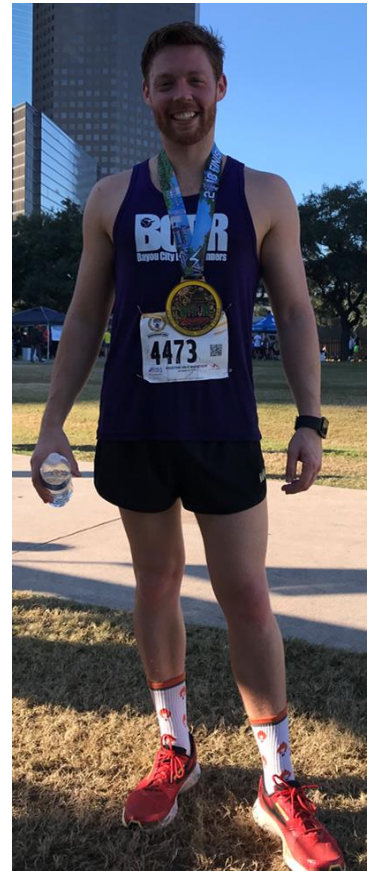
BCRR Turns Out for the 12th Annual Houston Half Marathon, By David Gaskin

It was another great turnout for BCRR runners at this year's Houston Half Marathon on Oct. 28. When runners started out at the break of dawn, it was a mild 61 °F and near 95% humidity with a little fog here and there. Still some 32 of you made it out in the dark to convene at the BCRR tent in preparation for the run down Memorial and Allen Parkways.

Although race organizers advertise the race as "Fast, Flat and Philanthropic", there are some elevated sections crossing certain overpasses that would beg a redress of the flat part of that tag line. There were sections of the course that topped 20 feet in elevation over a span of about 50 feet. For those of us who've run so many races on Allen and Memorial Parkways, we know that there are several dips and mounds that go with that territory.

A few comments I kept hearing included that the width of the starting barrel, on Lamar Street (to the south side of the park) was quite narrow. This again is a known entity to Houston Half runners. Even if they corralled runners, I'm not sure whether that would improve dramatically once the herd started anyway.

Looking at our BCCR runners, we finished in an average time of 1:54, with 74% of us finishing in under 2:00, and a further 22% of us finishing in under 1:30. Pablo Rivero, Valentino Julien and Scott Moore were our own top three men's finishers. Lisa Thompson, Sian Evans and Justyna Paczkowska led our women's finishers. Congratulations to Avi Moss who brought home 2nd in his age group. Lots of things to be proud of.



I was interested in what pacing trends I could see from the results. How closely did runners maintain their pace? Where did runners start to slow down (if they did)? To answer these questions, I took the splits and compiled the interval times, then looked at top 30% of BCRR runners - the "Top 30%". I compared the "Top 30%" with the next fastest group - the middle 30% of BCRR runners in the Houston Half - the "Mid 30%". I noticed two patterns just glancing at the data:

(a) Perhaps not mindblowing, but the fastest runners maintained their paces better than the rest of the BCRR runners, where the average of the "Top 30%" kept their paces inside a range of 10 seconds, versus 29 seconds for the average of "Mid 30%" runners.

WORD FROM THE BIRD

This means that the average pace of a "Top 30%" runner did not fluctuate more than 10 seconds, up or down, over any 3-mile stretch of the race. Likewise the average pace of the middle 30% of BCRR runners did not fluctuate more than 29 seconds over any 3 mile stretch.

(b) Intuitively, I would have thought that paces would start to drop off from mile 9 to the finish. However, for most of our runners, the greatest drop in speeds occurred before mile 6. But from there, runners didn't seem to lose pace as quickly, in most cases actually gaining speed through the last half of the race. Within the "Top 30%" of BCRR runners, almost all runners slowed over the first half, but subsequently recovered some of that time as almost all runners increased their speeds over the last half of the race. Within the "Mid 30%", runners likewise slowed over the first half, but from there only about 50% of the "Mid 30%" recovered their speed over the last half of the race. The "Top 30%" was better able to maintain an average pace than the rest of the squad. These are general patterns and not based on numbers, but all in all, pretty steady runners.

Behind the scenes, a few unsung heroes. The party at Paul & Sue's beautiful home was terrific and so welcoming. I hope you all had a chance to thank them for their hospitality. Let me also say that John Phillips cannot be thanked enough for all his work. Those supplies don't move themselves ya'll. Thanks for all those beer coupons John!



Photos by Milan Jamrich

WORD FROM THE BIRD



Photos by Milan Jamrich

WORD FROM THE BIRD

Interview with Gloria Mahoney: Mike Mangan

Mike Mangan (MM): Hi Gloria, you are one of the hidden gems of BCRR. I want to see if I can change that a little.

Gloria Mahoney (GM): Ok Mangan, give it a try!

MM: You are quite a good runner. Have you always been a runner?

GM: No, when I was a child, females were not encouraged to participate in sports. In fact, at my high school we didn't have any organized sports for females.

MM: Well in your case things certainly did change. What happened?

GM: When I got into my late 30's, I wanted to get myself into reasonable shape, so I started going to the gym to work out. .

MM: Did you enjoy that?

GM: I sure did. I got to the point where I would work out for several hours at a time!

MAM: Wow! How did running become your passion?

GM: I thought incorporating running into my workout regimen would be a good idea.

MM: That must have been quite a change. How were you able to do it?

GM: It was a difficult addition. Up until then all my exercises were anaerobic. Now I was moving into the aerobic arena.

MM: What did you do to ease the transition?

GM: This is where friends came in.

MM: How so?

GM: They were my running partners.

MM: It's great to have running partners.

GM: In my case it was essential!

MM: Essential?

GM: At first, I couldn't even run a block! They gave me encouragement and support until I was doing pretty well.

MM: When did you start running competitively?

GM: I first joined BCRR and HARRA. Then I started meeting a lot of serious runners?

MM: When was that?

GM: 1999. And in that year I signed up to run my first race – the Houston Marathon.

MM: Why not? Starting at the top is a great idea! Your favorite race?

GM: I really love the USA 10 Miler. It is long enough to require a great deal of endurance but is still a speed race. I also love the Houston Marathon. Starting and ending indoors is a great treat!

MM: And least favorite race?

GM: The Sugar Land 30K. Those cobblestones really tear up my feet!

MM: You were out of the running scene for a while. Why was that?

GM: I had emergency surgery on both knees. This happened the week before Thanksgiving 2013. I rehabbed for about 3 months doing exercises and for 6 weeks simply focusing on bending my knees. I started running about 6 months later. The doctor released me after two years from her care and all the meds.



WORD FROM THE BIRD

MM: What happened next?

GM: Back to the pavement of course!

MM: Your competitors sure regret that you made that choice!

MM: One more question. When are you going to let me beat you in a race?

GM: As I see it, let's let the better man win!

MM: In our case the better man is a woman!! Good talking to you Gloria.

How well do you really know BCRR: By Andrew Young

BCRR is a big, diverse club. Take this quiz to test your knowledge of our membership.

- | | |
|--|--|
| <p>1) How many people are on BCRR's roster?</p> <p>a. 317</p> <p>b. 283</p> <p>c. 212</p> <p>d. 346</p> | <p>4) Are there more men or more women in the club?</p> <p>a. Women</p> <p>b. Men</p> |
| <p>2) What is the biggest age group?</p> <p>a. Open (under 40)</p> <p>b. Masters (40-49)</p> <p>c. Veterans (50-59)</p> <p>d. Ultra (60+)</p> | <p>5) How many new members joined last year?</p> <p>a. 98</p> <p>b. 65</p> <p>c. 29</p> <p>d. 43</p> |
| <p>3) What is the smallest age group?</p> <p>a. Open (under 40)</p> <p>b. Masters (40-49)</p> <p>c. Veterans (50-59)</p> <p>d. Ultra (60+)</p> | <p>6) How many different cities are represented on the BCRR roster?</p> <p>a. 17</p> <p>b. 8</p> <p>c. 32</p> <p>d. 41</p> |
-

Answers:

- 1) d. 346
- 2) a. Open (116)
- 3) b. Masters (61)
- 4) b. Men (182 vs. 164)
- 5) b. 65
- 6) c. 32

Scoring:

5-6: BCRR Ninja, excellent work!

3-4: Pretty impressive, you know your way around.

1-2: To be fair, you joined BCRR based on your running abilities, not your trivia skills

0: Are you sure you belong to this club?

WORD FROM THE BIRD
BCRR new member profile: Kyle Crop

Name: *Kyle Crop*

Age: *26*

Hometown: *Hillsboro, Oregon*

Years in Houston: *0.25*

Occupation: *Future infectious disease doctor*

Years Running: *3*

How many miles per week do you run? *20-30*

How did you come to join BCRR?: *Sarah Austin researched BCRR and I said "sounds good."*

My proudest running accomplishment is: *Setting my half marathon PR on the back half of the Austin 2018 full marathon.*

My favorite training run is: *Friday AM speed work*

My favorite race is: *Relays!!*

I run because: *Not running sucks more than running.*

My life philosophy is: *"Nobody chooses to exist, nobody belongs anywhere, we're all gonna die," and there's a lot of things I want to experience before I do.*

My next goal is: *A fast Houston half marathon!*

Favorite training food: *Unlimited giant homemade breakfast tacos, and fitmosas*

When I'm running I think about: *The fact that I'm dying trying to keep up with people 2-3 times my age.*

The best running advice I could give would be: *run with people who are better than you*

People would be surprised if they knew: *Kyle isn't my first name*

The top thing on my dream list is: *To beat Lisa Thompson in a marathon*

Other hobbies besides running: *Lifting, reading*

I would love to spend the day with: *Carl Sagan, Alan Watts*



BCRR new member profile: Sarah Austin

Name: *Sarah Austin*

Age: *24*

Hometown: *Friendswood, TX*

Years in Houston: *14 Years (with a 5 year break in Austin, TX for college)*

Occupation: *Exchange Analyst (Accountant)*

Years Running: *12 Years (also with a 5 year break for college)*

How many miles per week do you run? *Since joining BCRR, 15-20 miles*

How did you come to join BCRR? *After moving back to Houston, Kyle and I were looking for a group to keep us accountable and push us to run further and faster.*

My proudest running accomplishment is: *Running my first marathon (Austin) in February*

My favorite training run is: *Mellow Monday*



WORD FROM THE BIRD**Contd. "BCRR new member profile: Sarah Austin"**

I run: *So I can eat pasta*

My life philosophy is *Hakuna Matata*

My next goal is *to have a PR in the marathon*

Favorite training food: *PASTA!*

When I'm running I think *about the nachos I am about to have at the Hobbit afterwards*

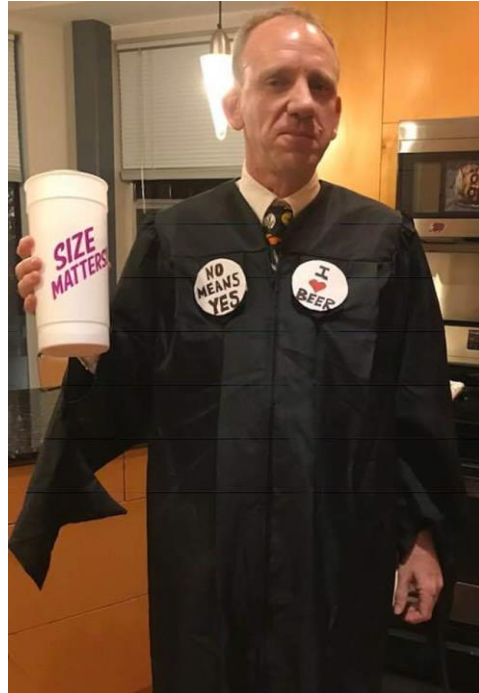
The best running advice I could give would be *to take it one step at a time..literally*

People would be surprised if they knew *I am actually an introvert*

The top thing on my dream list is *to be on a contestant on the show "Big Brother"*

BCRR Halloween Party in Pictures

BCRR Halloween Party in Pictures



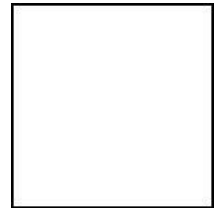
CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
Mondays	Memorial Park	Every Monday evening a jog followed by a social gathering
Wednesdays	Rice University	Every Wednesday evening a jog then a social gathering
Fridays	Various Happy Hour haunts	Every Friday evening a happy hour. Info at www.bcurr.org
Sundays	Memorial Park	Every Sunday morning a long jog (with water breaks)
11/29	Wortham Center, Houston, TX	HMSA Classical 25k*
12/16	Sugarland, TX	Fortbend Kia 30k*

*Official HARRA race series event.



BAYOU CITY ROAD RUNNERS
P O BOX 66196



THE BIRD IS THE WORD!
November 2018



Looking for an extra Reason2Race in 2018? Every mile you run or walk can get us a step closer to a world free from hunger and poverty when you run for Heifer International! Whether you are a triathlete, you want to get your whole family out on the course for fun, or you just want to make the world a better place, we NEED you! We have never been closer to finishing hunger for good than we are right now and you can help us reach the end. Join the team right here in Houston: <https://my.reason2race.com/cause/heiferinternational> or anywhere in the world at www.teamheifer.org