



Corpus Roadrunners Newsletter

www.corpusroadrunners.com

The 34th Running of Beach to Bay: Just the Facts

May / June 2009

Teams: 1,987

Runners:

In Corpus Christi: 11,922

In Iraq: 200

Youngest/Oldest: 10 to mid-70s

Volunteers: 3,100

Medical staff: 200

Runners taken to the hospital: 5

Runners treated for heat exhaustion: more than 50

How many people is that?
Total: 15,422

This doesn't count the thousands of spectators.

Total event cost: \$350,000

Disbursement of proceeds from entries (about \$50,000):

- One \$10,000 track scholarship awarded for Texas A&M University-Corpus Christi track program
- Half of the remainder goes to volunteer youth groups: Boy Scouts, Young Marines, Boys & Girls Club and school youth groups
- Other half goes to non-profit organizations: divided between Naval Air Station-CC Navy Relief Society and its Christmas/Thanksgiving basket fund.
- Corpus Christi Police Department for needed equipment.



Each year gets better and better thanks to the dedication of Doug McBee and the Beach to Bay committee. Plans and improvements for next year are already in the works. Thank you !



A preview of next year's logo.

What they had to say....

"It was a great experience (for us first timers)... A big thank you to you and everyone involved in making this event happen!! AWESOME JOB!!! See ya next year! Thanks again ~Day"

"I am a first time participant and have to tell you what an AWESOME experience this was. Thank you very much. Adriana H. Belshaw Bib #274"

"Thanks for a wonderful race! As usual we were extremely satisfied with the conditions (slight bit humid) and the volunteers did a great job. Thanks, Rudy Villanueva, PMP"

"Vision without action is a daydream. Action without vision is a nightmare".

***** Special Thanks! *****

The flowers for the Mother's Day fun run, held Sunday May 10 were donated by:

Country Club Florist
5522 Everhart Rd

The Corpus Roadrunners and all the Fun Run attendees would like to thank Wayne and Audrey Eden for their thoughtful contribution. You made the run 'extra' fun!



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Beach to Bay Extends its Reach Across the World

63 Beach to Bay teams ran in honor of one of the 63 members of the Corpus Christi based reserve unit (known as the Hurricanes) currently stationed in Iraq. Maj. Amy Fields is charged with the support of the physical fitness of this troop. Several months before the B2B event, Major Fields contacted our club with an idea to boost the morale and fitness of their troop. At least twice each month they must conduct a run to keep them in shape for their Army Physical Fitness Test. Her idea was to run a 'mini' Beach to Bay on their base.

Doug McBee suggested we donated the B2B T-shirts to the troop. Shirts, arm bands and bib numbers were sent just in time for their event. On our end, each team that represented a member of the Hurricanes wore an American flag wrist band and the 4th leg runner (through NAS-CC) ran with the name of that honoree attached to their bib number.

To read comments from some of the participating teams as well as a few emails from the families, go to www.corpusroadrunners.com RESULTS page and click on 'Hurricanes'



Maintaining Physical and Mental Fitness While Deployed

By MAJ Amy L. Fields

The 211th Regional Support Group out of Corpus Christi, Texas is currently deployed to Iraq. We are known as the "Hurricanes" as this describes us as being strong and that nothing can stop us from getting our mission done here in theater.

Our friends and families are concerned about us and many times we are asked how we keep our stress levels low. Our response is that we have built our unit on a foundation of two major concepts: a unit that is family oriented and a unit that maintains a high level of physical fitness.

The first concept is family orientation and this is not just with our families back home but, even more so within our own team. We are all brothers and sisters with the commander as "Dad". This concept opens up positive communication systems and reminds us that we are all in this together. We embody "One Team One Fight". A family like ours takes care of each other and ensures that we are all taking care of ourselves; this helps us maintain a high level of mental fitness.

The second concept is maintaining our physical fitness while deployed. Many Soldiers while deployed incorporate an exercise program not only to manage stress but to also improve their fitness levels in order to ensure the heat and missions that we may face do not wear us down. These exercise programs range from P90X to Cross-Fit to spin classes to Yoga. However, one of the most popular fitness events is running.



Running on treadmills, running on the roads, running on the track. You will find Soldiers running at any given time, at midnight at high noon in the early morning, it is the one major activity that will reduce stress, keep us trim, and makes us feel good at the end. We do have some obstacles that the average runner may not face, the heat, the rocks, possible snakes, spiders, and of course the Iraqi dust. It takes one about a month to get acclimatized to the environmental factors that can affect how you run here. Not only do many enjoy running here, but it is a requirement

to pass the Army physical Fitness Test as one of the events is a 2 mile run.

Another way we try to promote running is to do fun runs on the Contingency Operating Base (COB). There at least two a month. One of the most recent ones was a 10K version of the Corpus Christi Beach to Bay run. I wanted to organize and execute a run that would not only be fun but to also join our thoughts with the people in the Corpus Christi area. I started doing some research in February and discovered that the Corpus Christi Beach to Bay Relay was conducted each year on Armed Forces Day. I ran my idea through "Dad" and once I got the green light to plan the event, I needed to see about getting permission to conduct a similar run in conjunction with the run in Corpus. Thanks to a few great Americans, Julie and Doug from the Corpus Christi Roadrunners, not only did I get permission but we were able to get t-shirts and a leg of the run dedicated to the 63 Soldiers of the Hurricanes. The support was great, and it had a big, positive impact on our unit morale.

I wanted this to be a really fun run to draw in as many personnel as possible. My plan was simple run out 3.1 miles and turn around. Five waters points (water balloons and water guns included), medical personnel and security forces to help manage the route so the runners stayed on track. However, we had to put a little Texas twist to it all. Texas mile markers with catchy phrases such as "you are about to hit mile 2 partner". One of the biggest factors in having our run was the weather, was it going to be raining or worst a sand storm to prevent us from



executing an event that took months to plan. Well, we got lucky it was a beautiful morning in Northern Iraq, a little on the chilly side. The sunrise was amazing and the run started. Overall 200 people came out to support the event and everyone made the run. At the end awards were given out and some fun music to include many Texas favorites.

The US Army has published a Fitness Handbook. This Handbook follows a few major components which are flexibility, strength, muscular endurance, and cardiovascular endurance. It is a great handbook that offers physical fitness principles such as INTENSITY: The amount of effort put into each workout, usually measured by heartbeats per minute, DURATION: The length each exercise period should last and FREQUENCY: The number of workouts one should have per week.

Maintaining mental and physical fitness while deployed is not easy. We have to work hard at it almost on a daily basis. But it is the key to maintain good order and discipline and to remain in a positive state and when we are ready to march home to our loved ones we will be mentally and physically fit.



What are you up to

Don Winkley aka *UltraDon* has accomplished a not so small feat, AGAIN. For those of you that don't know Don, he has been running since 'Noah built the boat' and shows no signs of slowing down, physically or mentally. Don ran the Comrades Marathon in Durban South Africa. A 89K (56 miles) run on May 24, 2009 in 10 hours 53 minutes and 12 seconds.

— Congratulations Don!

If you would like to see a video of his finish:
<http://mysports.tv/events/CO09/results.asp>
 type in bib # **44982**

Rich and Julieta Martucci ran the San Diego, CA Rock and Roll Marathon, May 31, 2009.

Kami Kouzekanani (who can be seen on any given Sunday morning running across the high bridge) finished his 46 & 47th States, see stories below.



"Man imposes his own limitations, don't set any" -Anthony Bailey

In Pursuit of Running the 50 States and D.C.!

By Kamiar Kouzekanani

#46

Cox Sports Providence Marathon Providence, RI

Sunday, May 3, 2009; 8:00 AM

Rhode Island, The Ocean State, is the smallest U.S. state by area. It was the first of the 13 original colonies to declare independence from the British rule. Providence is the capital and the most populous city. I flew into Providence on Friday afternoon and stayed in the host hotel, Westin, which provided late check out on Sunday. Brown University, founded in 1764, was fairly close to Westin and I visited the campus. The packet pick-up/expo was in the hotel on Saturday and before the race on Sunday. The technical short-sleeved T-shirt each runner received was nice. The Providence Marathon was born in 2008. Race morning temperature ranged from low 50s to mid 60s. It was mainly overcast and wind was not a factor. The start and finish lines were outside Westin. The out-and back/looped course was through Providence, East Providence, Seekonk, and Barrington. It was fairly scenic and included several hilly sections which deserved plenty of respect. We ran the first eight miles with half marathoners. There was a large number of volunteers throughout the course. Traffic control was very good. There were enough water/sports drink stations which could have been organized better, as it was hard to know who was handing out water or sports drink. There were also sports gels in a few locations. There was hardly any crowd support. Finisher's medallion was nice and there were plenty of refreshments at the finish which included pizza and beer. I saw several selfish runners and non-runners taking boxes of pizza and I began to wonder if any would be left for late finishers. There was a band entertaining the finishers. In short, it was a well organized running event

There were 732 marathon finishers in the average time of 4:11:40. The winning times were 2:35:19 (overall male), 2:35:46 (masters male), 2:56:09 (overall female), and 3:06:06 (masters female). There were 1842 half marathon finishers and the winning times were 1:15:09 (overall male), 1:17:58 (masters male), and 1:26:39 (overall female/masters female). There were 748 5K finishers and the winning times were 16:15 (overall male), 18:46 (masters male), 19:08 (overall female), and 20:04 (masters female).

I looked for Austin's Frank Livaudais at the start line as I knew he would be there to run his state #49. He said he was going to "take it easy" because he had not fully recovered from running the Boston Marathon in 3:06 two weeks earlier. He ran the Providence in 3:15:14. I guess "take it easy" means different things to different people!

I ran the first half in 1:55 (8:46 pace) and finished in 4:04:42 (9:20 pace). My conditioning was good enough for 18 or 19 miles of running. The rest relied heavily on willpower and pride!



I don't usually work that well under pressure
 I will throw some lines together for good measure
 To pay deserved tribute to the wonderful treasure
 Our friend Kami has had the good fortune to discover

As he approaches the milestone of a fifty stater
 In our community few accomplishments are greater
 It's very obvious that our Kami is no hesitator
 He barely takes enough time to fully recover

Running a full marathon in the smallest state
 Still doesn't alter the distance or negate
 The fact that you put yourself in the hands of fate
 And the elements like wind or lack of cloud cover

There are only three more states left for Kami to surmount
 For the full story to be told and take in to account
 How the sum of all parts add up to the total amount
 Of not only just a man but a true running lover

— Rich Martucci



#47

Christiana Care Health Systems Delaware Marathon Wilmington, DE

Sunday, May 17, 2009; 7:00 AM

Two weeks after running in the smallest state, I ran in the second smallest state in the U.S. Delaware is located in the eastern section of the Delmarva Peninsula between Delaware River and Chesapeake Bay. Wilmington is the state's largest city and is located at the confluence of the Christina River and Brandywine Creek, near where the Christina flows into the Delaware River. I flew into Philadelphia on Friday afternoon and took the Delaware Express Shuttle from the airport into Wilmington and checked into Marriott Courtyard, which was about a mile from the packet pickup/expo and start/finish of the marathon at the Tubman Garrett Riverfront Park.

The sixth edition of the marathon was very well organized. Each runner received a nice technical short-sleeved T-shirt and a crystal glass. As had been forecasted, a cold front arrived on Sunday morning. It rained some, humidity disappeared, and temperature began to drop; thus, creating a good running weather. There were shuttle buses from the host hotels to the start line but I chose to walk there. We ran the same scenic lap twice, from the Riverfront through downtown, very nice residential neighborhoods and parks to Little Italy and back. There was no shortage of hills and the toughest one was at mile 25. There were ample water/sports drink stations on the course and traffic control was good. The volunteers and course monitors were great. There was sporadic crowd support. There were all kinds of recovery food items and drinks at the finish. A nice finisher's medallion too.

There were 531 marathon finishers in the average time of 4:17:30. The winning times were 2:40:13 (overall male), 2:57:12 (masters male), 3:05:17 (overall female), and 3:19:08 (masters female). There were 519 half marathon finishers and the winning times were 1:13:22 (overall male), 1:29:31 (masters male), 1:34:38 (overall female), and 1:39:26 (masters female). There were 157 4-person relay teams and the winning time was 2:26:55.

I ran most of the first half with another 50-stater whom I had met at the finish of the marathon in Hilo a couple of months earlier. This was her state #46. She talked some. I talked a lot! At about mile 12.5, she left me behind and never looked back. Was it something I said? I ran the half in 1:58 (9:00 pace) and finished in 4:12:33 (9:38 pace). She had already finished in 4:03 and was partying with her parents and friends when I entered the hospitality tent. I hanged out with them for about 30 minutes. We talked, laughed, and had a good time. During my marathon trips, I have met some very fine people/runners which has been icing on the cake. I am not the marathoner I used to be. However, if I can stay within my limits, I end up enjoying the marathon. I achieved both in Wilmington.

I asked a runner at the start line to take a photo of me. He was from Houston and said that he recognized me from my write-ups for the ARC newsletter which are included in Inside Texas Running! At the hospitality tent, I ran into Lower Potomac River Marathon race director that I had run in 2007. She called me by my first and last names, and we talked for a few minutes. Am I a legend or what?

The three remaining states are IL (9/27), CT (10/10), and WV (11/1).

Meet our Members

Ma. Consuelo "Choly" Abalos Devera



Age: 68
Occupation: Assistant to the Dean Research and Graduate Studies
Texas A&M, University-Kingsville

Family: Frank (husband) Daughters: Catherine,
Charlene (twins); Caroline and Marilyn

Native of: The Philippines

Years running: 10 years

I began running because: I was fascinated watching people running along the roadside and on TV, so I thought I would give it a try myself....and here I am still running even though not as often as I used to due to my knees surgery (arthroscopic).

Current weekly mileage: 9 to 12 miles

Favorite place(s) to run: Canada (Toronto, Mississauga, Bowmanville), New Jersey (Bridgewater), California (San Francisco), and Nevada (Henderson)

Favorite running distance(s): 5K, 8K, 10K and 12K

Favorite race(s): 12K, San Francisco, California by the Golden Gate Bridge and by the Fisherman's Wharf. Another favorite race is the Beach-to-Bay Relay Marathon, Corpus Christi, Texas.

Pre-race preparation: Plenty of rest and a good night sleep.

My running/training philosophy is: Keep on running almost every other day to stay fit and healthy and running competition at least twice a month. "No pain, no gain."

PRs: 27 minutes - 5K (my best time so far)

Other than running, my interests are: cooking, collecting variety of recipes and collecting different and unique stamps and coins from all over the world.

One other thing that CRR members would like to know about me: Frank and I have 14 grandchildren (4 boys and 10 girls). Our four daughters ran the 2008 Relay Beach-to-Beach Marathon with Frank and me, and four of our older granddaughters will be running with us this year's Beach-to-Bay Relay Marathon, God willing.



"Most people run a race to see who is fastest. I run a race to see who has the most guts." - Steve Prefontaine

Meet our Members

Frank Q. Devera, Jr.

Age: 73
Occupation: **Retired** U.S. Navy Chief, **Retired** H.S. Business (Accounting and Computer Application) Education Teacher and **Retired** College Business (Accounting) Adjunct Instructor
Family: Choly (wife); Daughters: Catherine, Charlene (twins); Caroline and Marilyn
Native of: The Philippines

Years running: 9 years

I began running because: I did not want to be a “*sideline spectator*” while my wife (Choly) is running races. Although, I ran like a turtle, I decided to join her races.

Current weekly mileage: 9 miles

Favorite place(s) to run: Canada (Toronto – twice, Mississauga, Bowmanville), New Jersey (Bridgewater), and California (San Francisco) – cool weather.

Favorite running distance(s): 5K, 8K, 10K, and 12K

Favorite race(s): 12K, San Francisco, California. Cool weather, great scenery by the Golden Gate Bridge and Fisherman’s Wharf, friendly runners, and excellent restaurants. Another favorite race is the Beach-to-Bay Relay Marathon, Corpus Christi, Texas.

Pre-race preparation: Morning run day before the race, pasta dinner, and good night sleep.

My running/training philosophy is: It is not how fast/far you can run, it is how you can consistently keep yourself healthy.

PRs: Almost last place in every race; old and slow, but the end result is self-satisfaction in crossing the finish line. “So I run straight to the goal with purpose in every step” 1 Corinthians 9:26 (NLT) – win or lose -fun, fun, fun!!!

Other than running, my interests are: Collecting coins and stamps, photography and traveling.

One other thing that CCRR members would like to know about me: Of special interest to me is keeping up my scrapbooks of all the races Choly and I participated in. I keep a collage, flyer, race results, and course map. You should see my scrapbooks – totally awesome!!! Also, I received President Bush’s Presidential Champion/Challenge gold, silver, bronze medals and certificates for my constant running activities.



“I always loved running... it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs.”
 ~Jesse Owens

