



CCRR Annual Banquet



CORPUS CHRISTI ROADRUNNERS

CCRR Newsletter

Joe's Crab Shack Lighthouse Restaurant was the location for this year's Annual CCRR Banquet.

Doug McBee presented all the 2008 Race Directors their awards. Each Race Director received an Outback Steakhouse Restaurant giftcard. Volunteer and Publicity Director Ed Cheatham presented Kathy Blake and Ellen Eckiss the "Volunteer of the Year" award. They were presented with a \$50.00 gift card to Fleet Feet. Membership Drive Director David Patterson presented the third annual "2009 Runner of the Year" (ROTY) awards in the amount of \$3121.11 divided among runners in the different age categories. President Doug McBee presented Julie McAllister the Presidents Award, which she received a \$50.00 gift card to Fleet Feet.

Doug McBee presented numerous donations to local charities to include: Mrs. Alice Garza with the Texas Special Olympics - \$6000.00; Ryan West representing the Naval Air Station Corpus Christi - \$3000.00; Bobby Sherwood who represented Precinct 2 and 4 Constables - \$3000.00. Shawn Flanagan was presented a check for the TAMUCC Scholarship Fund - \$9000.00; also with him was Sarah Delossantos one of the many scholarship recipients. Doug McBee presented Cindy Eckman and Peggy Mays from "First Friday" a check for \$1000.00 from the "You Go Girl" Race put on by Audrey Eden and her team. A total of \$58,639.00 in donations was made this year by the club.

Thank you to all the Race Directors

Frank Flores

- Turkey Chase

Eddie Costillo

- Four for the Fourth

Clent Mericle

- 1/2 Marathon

Audrey Eden

- You Go Girl

Doug McBee

- Bayfest

- Beach to Bay



Doug McBee, president, recognizes Audrey Eden and her team for the You Go Girl event they put on in Sept.

Congratulations to this year's RUNNERS OF THE YEAR:

Under 40:
Alamar Cavada
and Leroy Briggs.

Masters:
Roswitha Goosens-Winters
and Clent Mericle



CCRR 2009 Volunteers of the Year
Kathy Blake & Ellen Eckiss

Kathy Blake and Ellen Eckiss were awarded the *Volunteer of the Year* award as part of the Runner of the Year award program at the annual Roadrunners Banquet. Both Kathy and Ellen are very involved in all aspects of the events that CCRR puts on. If they are not participating they are manning a water table, out on the course, directing the runners or handing out race packets. They have volunteered many hours of their time helping to promote and support the activities of the club. Events would not be possible without faithful volunteers like them. CCRRs are very proud to give this award to them this year.

Congratulations and thank you !

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Corpus Christi Roadrunners are on Facebook
Become a fan and we'll send you reminders of upcoming events



Meet Our Members: Donna Lawson



Age: 50

Occupation: CPA with an oil & gas company

Family: I'm in a relationship with a terrific guy, Jesse DeHoyos, whom I met through running. My 25 year old son, Tim, lives here, and I have one parent in Austin and the other in Dallas.

Native of: Born in Florida and lived in Tennessee, Pennsylvania and West Virginia before moving to Corpus Christi at age 12.

Years running: Maybe 5, but the first 2 weren't pretty

I began running because: It seemed like a good idea at the time. I swear, it took me a year to work up to a whole mile in a row.

Current weekly mileage: It's been 20 or less during the summer, but not that it's cooler I'll ramp up to around 35 +/-

Favorite place(s) to run: I enjoy running along our beautiful bayfront, but I do most of my training in northwest CC from West Guth Park all the way out to the Nueces River and all points in between.

Favorite racing distance(s): ½ marathon

Pre-race preparation: Usually pizza and beer

My running/training philosophy is: I don't know. I just like to run and do it when I can. If I train more, I get faster and vice versa.

My racing philosophy is: Jesse taught me to find races wherever we travel, and I've found some really cool ones. I enjoy races in venues that are unusual... on or off road, across bridges, historic, scenic, parks, other cities, states or foreign countries. This keeps racing fresh and fun for me. I don't particularly care if I win anything, but occasionally I do.

PRs: 5k 24:52, 10k 52:58, ½ marathon 1:54:52, marathon 4:40:44

Other than running, my interests are: Travel, theatre, rock concerts, cooking, hiking, backpacking, canoeing.





Meet our Members: Alissa

Age: 30

Occupation: publication manager

Family: parents, aunts, uncles, cousins

Native of: Cape Cod, Massachusetts

Years running: 8, not continuous

I began running because: I did not make any other teams in school

Current weekly mileage: 15-25 (plus cross training)

Favorite place(s) to run: Locally: West Guth. Elsewhere: I had an amazing road trip to Hot Springs, Arkansas last fall and can't wait to go back this fall. You've got to go, you'd love it.

Favorite racing distance(s): Anything offbeat or endurance, adventure races, marathon, ½ marathon, trail runs, long distance swims, triathlons.

Pre-race preparation: eat a banana and clif bar, fill my camelbak, and a warm-up jog in flip flops has become a tradition

My running/training philosophy is: Cross train, keep it fun, and eat a lot afterward!

My racing philosophy is: Set goals based on time rather than place, so the results depend only on my own performance. Have even or negative splits.

PRs: half marathon: 1:35, marathon: 3:27

Other than running, my interests are: friends & family, windsurfing, reading nonfiction, open water swimming, surfing

One other thing that CCRR members would like to know about me: Without your company and friendship, I would not have restarted running and stuck with it. I appreciate it more than I can say.



**Congratulations to Kami Kouzekanani for finishing
50 marathons in 50 states
(50 states and DC = 51)
An average overall time of:
3:59:33 !**



Here's the link to Kami's Marshall University Marathon Race Report:
<http://www.run-texas.com/onlinecommunity/index.php?showtopic=3668>



Keep Texas Safe

I want to thank everyone who was a part of Keep Texas Safe because it was a huge success. Roughly over 80 riders and 50 runners came to the lake in support of Barb's recovery and raising close to \$5,000. It was great to have Barb join us considering what she has been through the last 90 days. Special thanks goes to the organizers Kim and Cathy, the volunteers coordinator Henri, all the volunteers, and to all the participants. Also I would like to thank the sponsors Bay Area Bicycles, Fleet Feet, Earl Williams, and Mary Fischer. Thanks to Freddy, Dorian, Chris, Leslie and Jeanette in helping out with the t-shirt sale and bring public awareness to bicycle safety in our community. Thank you Corpus Christi Road Runner and STARRS for supporting this wonderful event.

-Tom Meade

Marathon to Marathon – Race Report by Mary Fischer

Wed Oct. 21, 2009



A weekend in Marathon Texas was a blast!

First off we had some awesome accommodations at the Historical Gage Hotel, complete with cowhide rugs and luxury shower, etc.. that started off a great weekend with friends and running. Pre race Pasta party was nothing to write home about, but the beer and wine around the fire pit topped off the evening. Complete with a cake to celebrate Frank's birthday.

Race morning was cold (mid-40's) and the racers were dropped off by van or bus at the determined distance down the road: Frank being the only marathoner from CC, most others were 'Half-ers', Rachel Rivera and I ran the 10K. The race was a straight shot down the long road with rolling hills, far off mountains, desert ocotillo and cacti, bright sun and cold wind in your face. It was pretty neat to see the town far off in the distance.

At the awards party, there seemed to be a little competition between the Austin group and the CC group. Of course we felt like we yelled the loudest.

I was lucky to take Masters female in the 10K, Rachel Rivera took 2nd in her age group. One of the Hosey brothers took overall Half, but he's not from CC anymore. Aaron, Sidney's son who is now a Big Bend resident ran well. Good showings in the Half Marathon by Clent, Sid, Bill D (complaining of the elevation), Mike Rivera, and their SA friends Ed and Kristin Lemus. Kristin was cursing the pasta. Frank took 1st in his age group in the Marathon! They were 10 deep by the way. The results do not seem to be posted online anywhere that I can find, so verification on people's times and standings is difficult.

The Austin group made a much better showing on the dance floor at the after party, although Frank and I are getting better at the two-step.

As the event information boasts...the hardest part is getting there!

Mary 

Some Ways to Increase Your Endurance: Find What's Best For You

The goal of most runners, is to increase their endurance to meet some sort of personal goal. Personal goals range from running for health to running an ultra . The key question is: "How to do that and not get injured in the process". Most experienced runners have their own 'no fail' workout while others go by the 'Just run faster' method.

If you ask Don Winkley, he has his 'no fail' method that consists of 5k repeats. ARG! He even admits that it is a tough one, specially in the Texas heat, but the key is that it works for him. There are other ideas in this field that are a bit less extreme. The important thing to remember is that it is all a personal choice and everyone has their own strength/endurance tolerance. That is, how fast your body responds to changes in muscle, V02, and tendon strength. Some labels that have been attached to these types are 'high responders and low responders'.

First, make sure you **have** a running plan. Don't leave your schedule up in the air. Write it down, look up a schedule and stay with it as much as possible. Even 3 days a week running regularly is better than inconsistent running. There are web sites and many books written that will give you a schedule based on your experience level and goal distance. Hal Hidgon has written books and has a great website (halhidgon.com) if you are looking for a place to start. Others include Active.com, runnersworld.com, coolrunning.com, therunnersguide.com, and kickrunners.com. Google "running guide" or go to your local bookstore. "So many opinions, so little time".

You may increase your distance and intensity gradually which allows your body time to adapt. One of the most

common mistakes made by runners of all experience levels is to increase too quickly. There are several 'rules of thumb' floating around out there in the running world. One is to increase your mileage no more than 10% per week. If you are starting out at 10 miles per week that means 11, then 12.1, then 13.3 etc. This may seem like a mind numbingly slow process, but it will insure especially the newbie runner, a more comfortable and keep-able schedule.

Another school of thought is to interval work such as the Yasso 800s. This method suggests adding interval training at once a week into your schedule. The basic thought process here is to run on a 400 meter track, doing 800 meter intervals with the goal time based on your current fitness level. These intervals are run beginning with 3 or 4 with a 400 meter jog rest and then adding 1 more 800 each week until you reach 8-10. These 800 intervals are often a good predictor of your marathon times. If you can run 10 X 800 in 3:00 ea you may run a 3:00 marathon. If you can run the same workout in 4:00 ea you are more likely to run a 4:00 marathon.

Run long and slow is another successfully tried method. This method's ideology is based on the fact that a non-injured runner can train longer and gain more than one that tries to over train and has to stop to heal. Warren Finke, a coach in Oregon, uses this method and believes that runners should focus on consistent slower paced training runs to keep them injury free and to build endurance. He also believes that the long runs should be run at 80% of a runner's race pace. So for example, if you can race 10 miles at a 8:30 pace, your 10 mile long run should be at 10:12 (race pace x 1.2), this is termed "effort-based training".

Just the opposite of the above advice comes the long and fast method of thinking. For long runs, run the last half faster than the first. The idea is that to finish strong you have to train hard when you are fatigued. Gradually increase your pace starting with the last 25% of the distance of your long run increasing to marathon (or race) pace or faster. This method gets your body used to the end of the race fatigue of a marathon or other race distances.

Make your effort count. Running 3 days a week could gain you more than running 5 days a week, if your 5 days are non-goal oriented. For example run 1 day of interval training (speed work), one day for tempo (about 10-20 seconds slower than race pace) runs and one day for a long slow run (running 30 seconds slower than your marathon, 10K or 5K pace.) Each of these days has a specific target and gain for the runner: gradual endurance, speed and strength training. Keep in mind to include one day of complete rest and a day or so of cross training.

The key to this and all other advice you will no doubt receive from other runners, is to find a mixture of methods that best works for you and will keep you running healthy, strong and *consistent*. It is possible to run for years without a training ending injury.

- Run Happy Julie McAllister

