

# Runners on track for busy summer

By Bill Shaw

*The Facts*

Published June 12, 2006

Whew! I am into the third mile of a labored five-miler on Thursday morning. It's one of those runs I get through with discipline and character, a run that's not much fun and far from a "runner's high" — sort of like the last six miles of a marathon or the last mile of a July triathlon run.

We all have them, especially as the temperature and the humidity move toward 90.

Dedicated and addicted runners accept the bad with the good and slog on.

Slowly slogging on, I reflected on the local race schedule through September.

On July 4, the mother of all Brazosport races, the Brazosport Area Road Runners Association Firecracker 4, celebrates its 32nd annual running and our nation's independence.

The Firecracker 4 is one of the few 4-milers in the Gulf Coast region.

The race route winds through the shaded residential areas of Lake Jackson; it also features a shorter 2-mile route for walkers and a BASF-sponsored Kids K for youngsters 12 and younger.

Profits from the race, along with profits from the BARRA Surfside Beach Marathon/Half-Marathon, go to the BARRA scholarship fund.

In May, BARRA awarded scholarships of \$500 each to Sarah Williams and April Murphy of Brazoswood High School and David Henry of Angleton High School.

Online registration is available at [www.active.com](http://www.active.com);

registration forms are available on the BARRA Web site, [www.brazosport.edu/~BARRA](http://www.brazosport.edu/~BARRA), or at area fitness and recreation centers.

Race-day registration and packet pickup begin at Dunbar Park on FM 2004 in Lake Jackson at 6 a.m. July 4, with the Kids K at 7:15 a.m. and the 4-mile run/2-mile walk at 7:30 a.m.

On July 29, the Great Mosquito Festival offers runners the Great Mosquito Chase 5K and cyclists and skaters the Century Buzz.

The Chase 5K is popular with local and out-of-town runners. The Century Buzz offers

cyclists and skaters routes of 45, 34 and 17 miles.

Information and online registration are available at [www.mosquitofestival.com](http://www.mosquitofestival.com), e-mail

[linrichey\(at\)mosquitofestival.com](mailto:linrichey(at)mosquitofestival.com) or call 800-371-2971.

The most exciting news is the Freeport Blues Festival Triathlon on Sept. 3.

Mary Lee Stotler, Main Street director and columnist with whom I share this space every other week, plans a challenging race that promises to draw some serious triathlete competition.

The Blues Festival Triathlon begins with a 500-yard, open-water swim in Old River, continues with a 15-mile cycle route that goes over the Intracoastal Waterway Bridge to Quintana County Park and back, and a 5K run route from Municipal Park over the Velasco Bridge to Second Street and onto the walkway along Old River to the finish. Triathletes will long remember the challenge of the Intracoastal Waterway Bridge.

Information and online registration for the Freeport Blues Festival Triathlon are available at [www.triontherun.com](http://www.triontherun.com) or call (979)-23-3526.

For those who can't handle a full triathlon, on Saturday, Sept. 9, it's the 24th annual Brazosport Relay Triathlon for four-member male, female, mixed (male and female), corporate and media teams.

The relay begins with a 1,000-meter swim in the Lake Jackson Recreation Center pool, continues with two 5K run legs



and concludes with a 15-mile cycle route. Individual entries also are accepted.

Entry forms are available at local recreation and fitness centers, and online registration is available at [www.active.com](http://www.active.com).

For information, e-mail [bportrelaytri\(at\)ccaaswim.org](mailto:bportrelaytri(at)ccaaswim.org), or

see [www.brazosportrelaytriathlon.org](http://www.brazosportrelaytriathlon.org).

For locals who seek a fuller summer schedule of runs and activities, see Inside Texas Running (www.insidetexasrunning.com), Runner Triathlete News (www.runnertriathletenews.com)

or [www.active.com](http://www.active.com).

Remember, it's hot and humid out there, so hydrate and run slower and safely.

See you on the road.