

LITTLE ROCK ROADRUNNERS CLUB

July, 1979 Issue

NEXT CLUB MEETING

Thanks to those who attended the June 11th meeting. We still need your input at future meetings. Beth and Lloyd have graciously volunteered to hold the next meeting at their home.

Time: 7:30 pm
Date: Monday, July 9, 1979
Place: The Walker's
28 Pleasant Cove
Little Rock, AR 72211
Phone: 225-9018

ELECTION OF OFFICERS

Club officers were elected at the June 11th meeting. Many thanks to those who served so well during the past year. Good luck to the new officers. Please pitch in and support these people.

President: Lou Peyton
Vice-President: Gary Smith
Treasurer: Dewey Glassock
Fun Runs: Earl Scroggins
Newsletter: Jim Abadie/Dennis Smith
Membership: Jim Abadie

NEXT MAJOR RACE

Finish Line Sports is sponsoring a 4-mile road race and a 2-mile fun run on Wednesday, July 4, 1979. The race will be held at 7:30 am near the intersection of Markham and Parkway. Pre-registration is \$3 by July 3rd at Finish Line Sports or, \$4 on race day. The race will have age divisions. Contact Gary Smith at Finish Line Sports, 666-1720, for details.

RUNNING CLINIC

Gary Smith has arranged a running clinic on Tuesday, July 3, 1979, 7:30 pm, at the Pulaski Heights Bank, Grant at R Streets. Jim Gudgel, a physical therapist from Helena, AR, will be the guest speaker. He will discuss running related injuries and training programs. Jim is a world class marathoner who won the Arkansas Marathon in 1978 and has posted recent times of 2:25 in the Boston and New Orleans marathons. Jim runs approximately 120-130 miles per week. Please plan to attend. Admittance is free.

RUNNERS' YOGA CLASS

Anyone interested in attending a yoga stretch class should contact Gary Smith at Finish Line Sports.

CLUB FUN RUNS

The club started its fun run schedule on Saturday, June 2nd, with 25 runners participating. We were happy to see such a large turnout. We are continuing to schedule the runs on a volunteer basis. Those desiring to direct an August fun run should contact Earl Scroggins at 663-4768 or, 666-5485 by July 14th. The nature of the runs is at the discretion of the director. Fun runs for July are:

July 7: 6:30 am, Union National Bank, 8000 Cantrell Road. Approximately 13 miles. Contact Larry Mabry or Pat Wyatt, 225-5130 or 371-7528.

July 10: 7:30 pm, Ice Yogurt Shop, Cantrell and N. Pierce.

Easy 4-miles. Contact Lou Peyton, 225-6609 or 666-1720.

July 21: 6:00 am, Art Center parking lot, Mac Arthur Park. Approximately 8-10 miles. Contact Merritt Lincoln, 225-3393 or 666-1720.

July 28: 7:00 am, First Baptist Church, Pleasant Valley. Approximately 8-miles. Contact Dewey Glasscock, 666-2547 or 663-8101.

FUTURE RACES IN ARKANSAS

July 4: 7:30 am, 4-mile road race and 2-mile fun run. (See announcement on preceding page for details).

July 14: 7:00 am, NAPA Magazine to Booneville 10-km run sponsored by Booneville Running Club. Pre-registration is \$3.50, \$4.50 race day. Times called at each mile, age divisions, and T-shirts to all entrants are features of the race. Transportation will be available to pick up cars. Contact Booneville Running Club, c/o Bob Wade, 118 E. Main, Booneville, AR 72927, or pick up entry blank at Finish Line Sports.

Sept 3: 7:00 am, Labor Day 8-mile Run sponsored by Booneville Running Club. Pre-registration is \$4, \$5 on race day. Features are T-shirts, mile splits, and age divisions. Contact Booneville Running Club or Finish Line Sports for entry blanks.

Club members listed on the following page are past due. Dues must be received by July 14th in order to receive the August newsletter. Dues will cover membership through June 30, 1980. Make checks payable to LRRC. Mail check and completed application to: Little Rock Roadrunners Club, P.O. Box 55026, Hillcrest Station, Little Rock, AR 72205.

MEMBERS IN ARREARS

Anderson, D.	McLemore, C.
Anderson, R.	Menz, D.
Bechtel, E.	Moriarty, M.
Bischof, R.	Morse, M.
Brackbill, R.	Mulkey, L.
Coco, K.	Nachman, A.
Cowie, B.	Oates, R.
Critz, J.	Perdue, S.
Damlouji, J.	Phillips, H.
DePriest, P.	Preiss, J.
Dillon, B.	Price, J.
Dorrell, E.	Prince, J.
Dwyer, G.	Ray, S.
Edge, L.	Reno, E.
Edge, O.	Richards, T.
Engstrom, J.	Roeber, C.
France, E.	Selig, M.
Gatchell, D.	Sharp, D.
Glymp, D.	Smith, C.
Goss, B.	Sorenson, M.
Green, R.	Stevens, D.
Greenwood, F.	Steward, W.
Grubbs, D.	Stratton, J.
Gustavus, J.	Strehle, D.
Hansen, S.	Thomas, C.
Hastings, G.	Walker, B.
Heber, R.	Walker, L.
Hooper, M.	Warndorf, J.
Jones, G.	Watts, R.
Lewis, D.	White, J.
Lewis, F.	Wiley, R.
Lincoln, M.	Wilson, S.
Lofye, J.	Wright, N.
Matthews, J.	Wyatt, D.
	Wyatt, P.
	Yates, J.

Please note that dues are \$5 for individual membership, \$7.50 for family membership.