

LITTLE ROCK ROADRUNNERS CLUB

November, 1979 Issue

NEXT CLUB MEETING

The LRRC's October meeting and film night on Thursday, October 18 was a great success. Approximately 35 people were present to view the two special films from Runner's World. Thanks for your record attendance! Special thanks go to Lou Peyton and Carol Jenkins for refreshments.

Our next meeting will be held on Thursday, November 15. The LRRC is growing larger everyday and continues to need your full support. Plan to attend!

Time: 7:30 PM
Date: Thursday, November 15, 1979
Place: Community Room
Second Floor - Pulaski Heights Bank
Grant and "R" Streets

MOVIE PREMIER OF "RUNNING"

The Cinema City Movie Theater at Breckenridge Village will be hosting a movie benefit for the March of Dimes on Nov. 1. The movie premiering will be "Running" starring Michael Douglas. All proceeds go to the March of Dimes to help fight birth defects. The admission cost is \$5. Contact Ms. Lisa Elkins at the Little Rock March of Dimes at 666-0131 for details.

CLUB T-SHIRTS

We now have LRRC T-shirts and iron-on transfers available. The T-shirts will sell for \$4.50 and transfers for \$1.00. Interested members can call Gloria Venable at 664-4620 for details or can buy them at our next club meeting. Gary Smith does have some for sale at the Sportstop in the Heights.

WHITE ROCK MARATHON CHARTER

Since many of our members are planning to run in the White Rock Marathon in Dallas on Dec. 1, the LRRC is trying to determine if there is enough interest to charter a bus. Dick Magie checked into this matter and discovered that a 38-46 passenger bus could be chartered for about \$25-\$30 round-trip. Dick is also checking into group rates at Dallas motels. If you are interested, you must call Lou Peyton at 225-6609 by Nov. 7 and be prepared to pay in full by Nov. 14. Reservations will be on a first-come, first reserved basis with a standby list for non-runners such as friends and family. Let Lou know as early as possible. Don't forget that your entry is due by Nov. 26.

LOS ANGELES WOMEN'S MARATHON

Debbie Strehle and Ann Smith have been accepted in the LA Women's Marathon on Nov. 3. The marathon sponsored by 20th Century Fox will cover the 1932 Olympic course and will be made into a 1½ hour TV special. The purpose of the marathon is to call attention to the fact that women are capable of running in the 1984 LA Olympic Marathon. Some of the other entries include Mary Decker, Ellison Goodall, Kim Merritt and Jackie Hansen. Good luck Debbie and Ann!

HPC MOVE

The Little Rock "Human Performance Center" directed by Dr. Buzz McNair has moved its office to St. Vincent Infirmary located at Markham and University. The HPC is Arkansas' first preventive medicine facility and teaches individuals how to take better care of themselves through a program of physical exercise, nutrition, and stress/emotional management. Call 664-5750 for details.

ANDREW JACKSON MARATHON RESULTS

Three LRRC members completed the Annual Andrew Jackson Marathon held on Sat., Sept. 22 in Jackson, Tennessee. Approximately 118 runners from around the country finished this race with some good times. Kirk Parry said that our Arkansas women could have done very well in the 10K race which was held in conjunction with this marathon. Congratulations to the LRRC finishers!

Clarence Trice	3:26:38
Alvin Strait	3:36:34
Kirk Parry	4:09:24

CLUB FUN RUNS

The LRRC would like to continue our weekly fun runs into the winter months if interest permits. Those individuals desiring to direct a December fun run should contact Lou Peyton at 225-6609 by Nov. 15. November fun runs are as follows:

- Nov. 10: 6:30 AM Murray Lock and Dam to Pleasant Valley. Approx. 8 miles. Contact Sam Green at 562-8270 or Lou Peyton at 225-6609 for details.
- Nov. 17: 6:30 AM Start at 6508 Westover Dr. in Cammack Village. Approx. 10 mile loop or 13 mile alternate run. Contact Stephen Tucker at 664-0671 or Debbie Strehle at 666-5223 for details.

FUTURE RACES IN ARKANSAS

- Nov. 3: 9:00 AM "Run for Multiple Sclerosis, 5 Kilometers" at Riverdale along Rebsamen Park Rd. Pre-registration before Nov. 1 is \$4; race-day, \$7.50. Contact Multiple Sclerosis Race Chairman, P. O. Box 5394, Little Rock, 72215
- Nov. 3: 9:00 AM Frantic Female 10K Follies. First Methodist Church, Broadway, Booneville. T-shirts to first 150 entrants, split times, age groups, and aid stations. Pre-registration, \$4; late \$5.50. Contact Booneville Running Club, 118 E. Main, Booneville, Ar 72927.
- Nov. 10: 10:00 AM Booneville Half-Marathon Run. Downtown Booneville. Entry fee is \$5. Contact Booneville Running Club or Call Jim Rodatz at 1-675-2729.
- Nov. 24: 9:00 AM YMCA 10K Race on Rebsamen Park Course in Little Rock. T-shirts to all finishers. Pre-registration, \$3; Race-day \$4. Money goes to YMCA Development Fund. Contact John Benz at Downtown Y at 372-5421 or Ed Gray at 663-5841.

HPC/MAUMELLE 10K RESULTS

The Human Performance Center/Maumelle 10K was held Saturday, October 20, 9:00 AM at Maumelle New Town. The race was run under an overcast sky but the weather was warm (75-80°) and humid. The officials did an excellent job and the course, the lakeside registration, and after-race atmosphere was impressive. A "Big Thanks" to officials of Maumelle New Town for their work.

PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME		
1	P. Hostetler	1st	18-29	33:00	51	W. Coley	18-29	42:27	
2	M. Roberts	2nd	18-29	33:04	52	J. Shearer	30-39	42:35	
3	R. Taylor	1st	30-39	33:15	53	D. Glasscock	1st	50+	42:37
4	H. Sennet	3rd	18-29	33:42	54	T. Carr	30-39	42:44	
5	S. Tucker		18-29	34:08	55	R. Magie	30-39	42:48	
6	B. Herndon		18-29	34:30	56	S. Twardy	18-29	42:54	
7	R. Gholson	2nd	30-39	34:35	57	G. Henne	0-17	42:55	
8	J. Gaston		18-29	34:40	58	L. Gunnel	30-39	43:04	
9	R. Clayton		18-29	35:22	59	G. Hastings	30-39	43:06	
10	E. Mulky		18-29	35:29	60	B. Boyer	30-39	43:11	
11	J. Fiegall		18-29	35:42	61	B. Findley	18-29	43:12	
12	M. Lincoln		18-29	35:48	62	A. MacGuire	40-49	44:06	
13	L. McAlister	3rd	30-39	35:55	63	M. Bracy	18-29	44:09	
14	B. Rickman		18-29	36:12	64	D. Scott	30-39	44:10	
15	J. Whillock		30-39	36:21	65	J. Radatz	40-49	44:14	
16	T. Berton		30-39	36:24	66	W. Hillman	30-39	44:30	
17	S. Green		18-29	36:35	67	G. Roger	18-29	44:50	
18	M. Dangerfield		18-29	36:49	68	L. Lefter	30-39	44:55	
19	C. Alexander		18-29	37:06	69	J. Coston	18-29	45:04	
20	R. Lavesque		18-29	37:10	70	C. Payton	30-39	45:09	
21	S. Graham		18-29	37:38	71	J. Bailey	18-29	45:12	
22	F. Goodman		30-39	37:45	72	C. Gregory	30-39	45:14	
23	C. Trice		18-29	37:46	73	N. Smith	3rd-F	18-35	45:17
24	D. Foster		18-29	38:03	74	B. Beason	40-49	45:24	
25	D. Wills		18-29	38:20	75	P. Bodishbaugh	30-39	45:28	
26	R. Johnson		18-29	38:32	76	B. Brown	30-39	45:31	
27	R. Geason		18-29	38:50	77	D. Dunn	30-39	45:32	
28	R. Kolb		18-29	38:54	78	J. Bradshaw	40-49	45:35	
29	B. Cochran			38:59	79	E. Mullens	2nd	50+	45:38
30	R. Brown		18-29	39:24	80	E. Bechtel	40-49	45:41	
31	R. Edds		18-29	39:25	81	R. J. McGowan	30-39	45:50	
32	J. Wennerstrom		30-39	39:28	82	D. Russel	30-39	45:56	
33	D. Strehle	1st-F	18-35	39:29	83	J. Legget	18-29	45:57	
34	L. Bentley	1st	40-49	39:42	84	S. Waldron	18-29	46:02	
35	T. Patton		18-29	39:44	85	R. Tyler	30-39	45:04	
36	D. Herman		30-39	39:50	86	J. Thurmond	18-35-F	46:05	
37	C. Hinson		30-39	39:51	87	B. Greeson	18-29	46:09	
38	D. Beyer		30-39	40:10	88	E. Reno	3rd	50+	46:24
39	T. Reed		30-39	40:15	89	H. Patrom	30-39	46:29	
40	J. Aulger		30-39	40:20	90	B. Scholl	30-39	46:43	
41	J. Johnson	2nd	40-49	40:40	91	D. Redinato	40-49	46:54	
42	M.D.Cave	3rd	40-49	40:48	92	B.J.Martin	30-39	47:09	
43	T. MELSEWITZ		18-29	40:49	93	D. Smith	18-29	47:20	
44	L. Peyton	2nd-F	18-35	41:10	94	C. Layfield	30-39	47:21	
45	D. White		18-29	41:17	95	C. Kotula	0-17	47:36	
46	G. Robertson		30-39	41:34	96	J. Weatherl	30-39	47:37	
47	L. W. Langley		30-39	42:12	97	C. Hamilton	30-39	47:45	
48	A. Buckler		18-29	42:17	98	J. Robas	30-39	48:15	
49	D. Samuel		30-39	42:19	99	R. Wilshire	30-39	48:19	
50	B. Julian		30-39	42:26	100	F. L. Hartz	18-29	48:30	

PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME
101	C. Davis	30-39	48:45	120	M. Harris	30-39	53:14
102	M. Blackwood	18-29	48:46	121	R. Strickland	40-49	53:31
103	C. Martin	18-29	48:47	122	B. Boyd	40-49	53:33
104	B. Ziajor	30-39	48:52	123	C. Roark	18-35 F	53:34
105	T. Butler	30-39	48:59	124	K. Jenkenson	18-35-F	53:41
106	D. Gitchel	30-39	49:04	125	P. Cole	18-29	54:05
107	B. Bata	40-49	49:12	126	W. G. Davis	40-49	54:59
108	D. Neff	18-29	49:28	127	S. Fleming	30-39	55:45
109	T. Greir	18-29	49:56	128	J. Harris	1st 36+ -F	55:53
110	Stewar		50:10	129	C. Fraser	2nd 36+ -F	56:15
111	J. Pryor	30-39	30:39	130	R. V. Thompson	30-39	57:33
112	T. Wetzl	18-29	50:31	131	C. Rains	30-39	58:05
113	D. Dale	30-39	50:33	132	B. Williams	18-35-F	58:52
114	B. Kennedy	18-29	51:12	133	W.K. Merrill	30-39	59:05
115	P. Clayton	18-29	51:36	134	J. Galbraith	3rd 36+ -F	60:20
116	J. Hardwick	30-39	52:14	135	C. Hendrickson	18-35-F	60:31
117	L. Martin	18-29	52:40	136	R. Brewer	36+ -F	61:59
118	J. Burris	40-49	52:59	137	D. Glymp	30-39	62:29
119	W. Hodges	30-39	53:12	138	L. Pizer	18-35-F	

WHEELCHAIR COMPETITION

1	Jim Waugh	45:50
2	Rob MacDougal	60:32
3	Mike Childers	67:42
4	Wayne Lewis	

ARKANSAS 15K CHAMPIONSHIP RESULTS

The Arkansas 15K Championship was held on October 13, 8:00 AM, at Burns Park in North Little Rock, sponsored by the Little Rock Roadrunners Club. The weather was perfect, cool and clear, slight wind. The course is well marked and hilly. There were 48 entered and 46 finishers. We had expected more people to run but there had been a 15K in Fayetteville the week before, an 8-mile Rice Country Run in Weiner and a 7½ miles AAU Run in Hot Springs on the same day, and the 10K Run at Maumelle the following week. We saw many new faces as runners and winners in this race. We do plan to have another next year.

PLACE	NAME	AGE	TIME	PLACE	NAME	AGE	TIME
1	S. Tucker	1st 20-29	52:15	24	C.N. McKinney	30-39	69:35
2	H. Sennett	2nd 20-29	52:54	25	J.T. Robinson	20-29	70:14
3	J. Gaston	3rd 20-29	53:08	26	A. McGuire	1st 40-49	70:28
4.	S. Tilly	1st 30-39	55:07	27	C. Gregory	30-39	70:44
5	T. Sitton	20-29	56:12	28	J. Thurmond	2nd-F 30+	70:45
6	S. Green	20-29	56:52	29	P. Banta	20-29	72:25
7	M. Hooper	2nd 30-39	57:04	30	C. Glenn	2nd 40-49	72:41
8	J. Whillock	3rd 30-39	57:14	31	J. Joyce	3rd 40-49	73:00
9	T. Barton	20-29	57:29	32	S. Steward	30-39	73:38
10	D. Foster	20-29	59:22	33	G. Parham	20-29	75:26
11	E. Gray	30-39	60:03	34	R. Johnston	30-39	76:15
12	C. Trice	20-29	60:34	35	C. May	30-39	76:38
13	W. Coley	20-29	61:28	36	B. Goss	20-29	77:43
14	J. Aulger	30-39	61:32	37	J. vonTungeln	30-39	77:49
15	C. Hinson	30-39	62:11	38	B. Ligon	1st-F 0-29	79:10
16	T. Patton	20-29	63:37	39	J. Butler	30-39	79:48
17	S. Stafford	30-39	64:34	40	I. Roth	40-49	80:30
18	B. Plunkett	30-39	64:34	41	D. Strickland	40-49	82:19
19	P. Bash	30-39	64:34	42	J. Burris	40-49	82:52
20	M. Bowles	30-39	65:05	43	L. Boddington	2nd-F 0-29	85:10
21	D. Beyer	30-39	65:42	44	B. Boyd	40-49	85:45
22	A. Smith	1st-F 30+	65:42	45	C. Rains	30-39	87:30
23	R. Wiley	20-29	68:45	46	G. Thornsberry	30-39	87:31