

THE RUNAROUND

A MONTHLY RUNNING COMMENTARY BY THE LITTLE ROCK ROADRUNNERS CLUB

Jim Abadie, President
Larry Mabry, Vice-President
Linda Fulbright, Secretary
Dewey Glasscock, Treasurer
Charles Peyton, Jr., Newsletter

November, 1980 Issue



FROM THE PRESIDENT

September and October were fantastic months for the LRRC!! Five big events highlighted the contagious enthusiasm that is really flourishing within our Club. On September 13 Dewey Glasscock directed a highly successful United Way Race that attracted approximately 175 runners. Thanks to all that helped with this race. On September 18th it was the "Back to Running Film Night". The three inspiring films were viewed by over 50 members. Thanks to VP Larry Mabry for obtaining these films. On October 9th Dr. Steve Tilley delivered an extremely interesting and informative presentation on marathon training and running. Anyone getting ready for the Dallas White Rock Marathon really missed something special. On October 16th the LRRC held yet another one of its ever popular fun runs and pot luck dinners. Approximately 75 members participated in this fun evening. Someone suggested having another one in the winter so that we would have to snuggle around a large bonfire. Sounds Cozy! Finally on October 18th, Charles Peyton directed the big Arkansas 15KM Championship. Around 120 runners ran in this longer race on a perfect day. Thanks to all that worked this race. In summary thanks to all of you for making these two months the best ever.

I'm still trying to get entry blanks for the Dallas White Rock Marathon on December 6th. I wrote their committee again asking for special handling. Don't forget to get your AAU card. Do you realize that the LRRC had 46 runners run in this one last year?

The 1981 Diet Pepsi 10K is now in its planning stages. Race Director Larry Mabry will be looking for committeemen. Please step up and volunteer! Last year's key workers received Casio F-80 watches. We need support from all club members.

The LRRC continues to grow with new members month after month. We are increasing our membership by approximately 15-25 members every month. It's great having you with all of us old members. Tell your friends about the great time that we're having.

Good running until we meet again!

MONTHLY BUSINESS MEETING

Our regular business meeting will be held on November 13, 1980, (7:00 P.M.) at the Pulaski Bank Community Room located at "R" & Pierce Streets. In addition to the regular order of business we will have special reports on the San Antonio, Nike/OTC and New York City Marathons. Hope you will join us.

***** "TOO MUCH, TOO FAST, TOO SOON" IS THE FUNDAMENTAL REASON FOR SETBACKS AND INJURIES *****

SPECIAL EVENT

Dick Lewis, a Physiologist at UALR, will make a presentation on "Nutrition". Dick is a contributing editor for the Runner Magazine and the Arkansas Gazette. Dick's knowledge of nutrition will certainly make for an enjoyable and enlightening evening.

The meeting will be held at Grace Presbyterian Church which is located at 9301 Rodney Parham Road. Please note the change in meeting place for this event. Hope you will join us at 7:00 P.M. for the special presentation.

A NOTE FROM THE VICE PRESIDENT

In an attempt to provide information to Little Rock Roadrunners' Club Members and members of the community, I am soliciting speakers on topics I feel to be of interest to us as a group. If there is a subject anyone would like to have discussed, please feel free to contact me at home - 227-0314 - or the office - 378-2454.

See you on the road, Larry Mabry

WHITE ROCK CARBO-PARTY

The Third Annual White Rock Carbo Party will be held December 3, 1980 at the home of Bob and Cappi Flynn. They reside at #10 Piedmont Lane. DIRECTIONS: Proceed west on Highway 10 to Sam Peck Road (this is the road to turn on for the YMCA) and turn left. Proceed to make three lefts on each street you come upon after turning onto Sam Peck Road. Signs will direct you.

Admission to the party is one of your favorite Pasta Dishes, Desserts, etc., which would be suitable for fuel for Dallas!

Please RSVP to 227-0052 or 227-0314 after 6:00 PM any evening by December 1, 1980.

NOVEMBER RUNNER OF THE MONTH

My name is Al Maguire and I am 42 years old. I graduated from Pine Bluff High School and attended Wichita State University. I received a Bachelor of Music in 1961 and Bachelor of Science in Electrical Engineering in 1966. While in school, I was active in Judo and motorcycle racing. In these sports, I never had to guess what caused the injury.

I returned to Pine Bluff in 1967 to begin work for Arkansas Power & Light Company as a Distribution Engineer. Martha and I were married in 1969, and we had a daughter, Kelly, in 1973. Shortly after Kelly was born our office was moved to Little Rock.

Although I had numerous injuries from Judo and racing (broken toes, cracked ribs, dislocations, etc.), there was nothing very serious until a 200 pounder fell across my knee one night in a Judo workout. The remains of the damaged ligament was removed in December of 1977. While recovering from surgery, my diploma for Ni-Dan (second degree black belt) promotion was delivered. This was much like locking the barn after the horse was stolen as I was never able to actively return to Judo. My knee was very stiff and my surgeon suggested that running might help.

Now Martha can tell you that regularly for the previous 7 years I had started running only to quit after a week, and most times I only talked about it. This attempt after surgery was not taken with much seriousness, at least not by Martha who had seen me start to run dozens of other times, but this time I fooled her.

The first time out I ran 1/3 of a mile and thought I would die. The next day I tried it again and was afraid I wouldn't. After 3 weeks of running in black and white tennis shoes (8 years old), I decided it was time for a real pair of running shoes. With no knowledge of what to buy or Runner's World to guide me, I came home with a pair from Wal-Mart. They looked like running shoes, but soon I was running 3 miles a day, and it was very evident they would not do the job.

From here on my story is very typical. I ran my first 10K after 3 months of running, began buying my shoes at Finish Line Sports and harbored a secret ambition to run a marathon. It was a long time before I would tell anyone of my goal. I tried to train for White Rock but suffered a very severe leg injury that prevented my attempt in 1978, but I made it in 1979 with a time of 3:53. I was very happy and unlike people who say after their first marathon they will never run another, there was never any doubt that I would continue to run marathons.

While sitting in the bathtub drinking a beer 2 hours after my finish, I was thinking about Booneville. I have not yet been running 3 years, but I feel I have finally found a sport that I can carry into old age. After the 18⁰ temperature at Booneville, I felt I had entered old age. My time was not any better than White Rock, but my enthusiasm was higher. In terms of competition, the marathon is probably not my best event, but it is one that offers the most challenge.

I have not always done things for the accepted reasons. I quit smoking 11 years ago, not because it was bad for my health, but to use the money I was paying for cigarettes to pay for a boat. I have since sold the boat but now have turned into an anti-smoker, the graduate level of a non-smoker. I didn't start running to improve my heart and lungs, but to limber my knee. I now run because I like it and look forward to it. My co-workers have referred to it as a "quickie" when I go out for 4 miles during the noon hour.

There are many, many additional benefits to running other than simply living longer and keeping your weight down, and I think the most significant is the attitude and friendliness of the other runners. The Little Rock Roadrunners Club makes it easy to continue running.

FUN RUNS

If you can help supply some of the aid for any of the forthcoming runs, please call the leader for that run and let them know. If anyone would lead a fun run, of any distance for December, please call Lou Peyton - 225-6609.

- Nov. 8 - 5:30 AM 20 miler - starts at 11833 Rivercrest Dr. in Walton Heights. For more information call Larry Mabry - Home 227-0314 - Office 378-2454
7:00 AM Kathy Neal will lead a 6 mile run from Larry's - 11833 Rivercrest Dr.
- Nov. 15 - 7:00 AM 13 miler from 89 Pebble Beach to Pinnacle Mtn. State Park and back. For more info contact Dick Strickland - Home 225-8634 - Work 562-3029
- Nov. 22 - 7:00 AM 4, 8 or 12 miles. Start from Burns Park tennis center and run 4 mile loop. There is a 1 1/2 mile loop for anyone desiring shorter mileage. For more info contact Lou Peyton 225-6609.
- Nov. 29 - 5:30 AM 24 miler - starts at Lock n' Dam #7 and will be flat Rebsamen Park course.
6:45 AM for 8 miles. For more info contact Larry Mabry - home 227-0314 - Office 378-2454 or Lou Peyton - 225-6609.
- Nov. 30 - 2:00 PM 3 miler from Cammack Village tennis courts on N. McKinley. For more info contact Charley Peyton - 225-6609.
Sunday
- Dec. 6 - "Dallas Revenge Run" 7:00 AM Lock n' Dam #7 Rebsamen Park Road. 8 Miles flat for warmup, then a surprise addition (optional). For more info contact Charley or Lou Peyton - 225-6609.

With the beautifully cool weather also comes that crazy time of the year, that "Season of Madness", the marathon season. People don't start training for marathons suddenly. It is generally a decision that was made a couple of months ago but now is when it suddenly burst into full bloom. Practically everyone you see on the roads is training for a marathon somewhere.

This is the season when normally sane, laidback runners go berserk and double or triple their weekly mileage. You have to get to bed early Friday night so you can get up early and make that long run. You catch yourself refusing invitations to a free lunch so you can get in your training run instead. Suddenly your whole family has to rearrange their dinner schedule so you can either run right after work, meaning the family waits til 8 to eat, or some nights you have to eat at 5:30 so you will be fully digested and ready to run at 7:30.

When you see your fellow runners on the road you always ask two things: What are you training for and how many miles will you get in this week? To some, it is truly the season of madness, and looking into the eyes of a runner who is in marathon training it is difficult to tell if what you see is excitement or madness. Either way, whatever it is, it definitely gets the juices flowing and the body stirring. No sacrifice is too great when you are training for a marathon.

This is particularly true when talking to those who are training for their first one. They are not sure yet of what it will take to finish, or if they can survive "the Wall", or what to do the last week in training, or the biggest fear of all, some strange injury.

The marathons are coming up in this order: Crowley, Louisiana; next New York City; then Memphis; followed by Dallas, and then Houston. Sure there are many others in the next few months but these seem to be the ones most talked about that represent target dates in a runners training log. New York is, of course, the biggest and most exciting. 12 of our local folks will be going and we hope to get a full report when they return. Dallas/White Rock has to be the most popular among area runners and is the one most of us are training for. It is big time and professionally done, and most importantly, not too far away.

Now for the next few months everything else that may seem so important to others will take a back seat on our priority list as serious runners throughout Arkansas enter their own "Season of Madness". My God, how I love it!

RACE CALENDAR*

- Nov. 8 - THE DAWN HILL RUN Siloam Springs, Ar. 9:30 AM 10 KM and two mile fun run. For more info contact Siloam Springs Parks and Recreation Dept. (501) 524-5779 or Dr. Jim Pearson (501) 524-3833.
- Nov. 8 - NATURAL LITE ROAD RACE Hot Springs, Ar. 9:00 AM 10,000 meters. T-Shirts and awards. \$5.00 registration. Whittington Park and West Mountain. Call Phillip Lassiter (501) 624-4611, ext. 215 or Barbara Underwood (501) 623-5823.
- Nov. 8 - BOONEVILLE HALF MARATHON Booneville, Ar. 9:00 AM Start E. Main St. Contact Jim Rodatz 675-2729.
- Nov. 9 - MEMPHIS MARATHON Shelby County Penal Farm, Memphis, TN. Contact Frank Horton, 2338 Eastover Dr. Memphis, Tn. 38117 \$6.00 8:00 AM

RACE CALENDAR (Cont'd)

- Nov. 15 - HALF MARATHON Jonesboro, AR. Contact Coach Guy Kochel, ASU, State University, AR 72467.
- Nov. 16 - NOVEMBER RUN/80 Harrison, AR 10KM race and two mile fun run. Start SUNDAY 2:00 PM. Contact November Run/80, c/o The Security Bank, P. O. Box 1078, Harrison, AR 72601 (501) 741-8200.
- Nov. 27 - TURKEY TROT 10KM Little Rock, AR. 8:00 AM Thanksgiving morning. Riverdale Course. \$5 pre-registration \$7 at the race. Contact John Binns at 372-5421 Central YMCA
- Dec. 6 - WHITE ROCK MARATHON Dallas, TX Contact White Rock Marathon Committee, 6434 E. Mockingbird, Suite #213, Dallas, TX 75214.
- Dec. 13 - MISSISSIPPI MARATHON V AAU Certified and sanctioned. Contact Trudy Posey at 601-969-1515. Jackson, Mississippi.
- Dec. 13 - JOE STEELE ROCKET CITY MARATHON Huntsville, Alabama. Southern Region RRCA Marathon Championship. Huntsville Track Club, c/o Harold Tinsley, 8811 Edgehill Drive, Huntsville, AL 35802.
- Jan. 10 - HOUSTON MARATHON For registration information contact Cy Strong c/o Houston-Tenneco Marathon P. O. Box 19454, Houston, TX 77024 or call 713-464-5413 after 7:00 PM
- Jan. 17 - BOONEVILLE 30 KILOMETER Booneville, AR 10:00 AM Wal-Mart parking lot.
- Mar. 7 - ARKANSAS MARATHON Booneville, Ar.

*To have your race entered into the Little Rock Roadrunner Club race calendar, send an entry form to Charles Peyton, Jr., c/o LRRC, P. O. Box 55026, Hillcrest Station, Little Rock, AR 72205

 BE KIND TO RACE DIRECTORS: REGISTER EARLY FOR YOUR NEXT RACE

RACE RESULTS*

Round and Round in the Hills - Steve Mills, LRRC.

The Searcy County (Marshall) Fair this year included a foot race. The course went out and back from the Court House Square over three different loops. (Similar to the Diet Pepsi last spring in Little Rock.) The runners had their choice of a one mile, two mile, or three mile fun run, or a three mile race. All events started together. The actual course distance was probably more like 3.1 or 3.2 miles and there were some hills. At race time it was just over 80 degrees and cloudy. Certificates were given for one, two or three miles. Trophies were awarded to the top three, youngest, oldest, and the most inspiring. More than half of the three mile finishers received small merchandise prizes donated by the local merchants. The winning time was 18:52. LRRC finishers were Steve Mills (2nd, 20:12), Bill Seeger (3rd, 20:24), George Mills (1st under 15), Mathaniel Mills (3rd under 15), and Beman Mills (6th under 15). There were over fifty participants of whom 44 finished the three mile race. Based on county population, this is almost 5 times the level of participation for the Riverfest race in Little Rock last May.

NIKE MARATHON - Eugene, Oregon

The Nike/Oregon Track Club limits its field each year to 1,000 runners. World class runners are invited to run in the event and the remainder of the field is chosen by random computer selection. One of our runners was fortunate enough to be selected this year. Larry Mabry - 3:03

L'EGGS 10 KM/Dallas, Texas
September 27th

Debbie Strehle 38:30
 Marcy Smith 49:56

CABOTFEST/Cabot, Arkansas

October 4th
 3.5 Mile with 74 runners
 Tim Geary 18:45 (1st)
 Wayne Cooper (2nd) OBU
 Rick Johnson 19:50 (5th)

TEXARKANA RRCA 10 KM/Texarkana, Arkansas

October 4th
 Debbie Strehle 38:50 (1st female)
 Elaine Lebos 42:49 (2nd ")
 Ann Smith 43:15 (3rd ")

INTERNATIONAL RICE FESTIVAL

MARATHON/Crowley, La.

October 12th
 Clarence Trice - 3:00:44 (HOT!)

NEW YORK MARATHON/New York City

October 26th
 Randy Taylor 2:28:12 Pat Wyatt 3:21
 Steve Tilley 2:57 Jim Johnson 3:22
 Doak Foster 3:04 Bob Plunkett 3:25
 Bill Nolan 3:06 Beth Walker 3:33
 Paul Bash 3:07 Gary Smith 3:50
 Bob Torvestad 3:21 Lloyd Walker 3:53

RICELAND ROADRUNNERS 10KM/

Stuttgart, Ar Oct. 25th
 Clarence Trice 35:35 (3rd overall)

LAS COLONIAS MARATHON/San Antonio, Texas - October 25th

Bruce Bellg 3:42:03
 Olga Bellg 3:40:48

DOC'S CORNER - Dr. Steve Tilley*

PLANTER FASCIITIS....Planter fasciitis or the Heelspur Syndrome is the most common cause of heel pain in runners. It is an overuse syndrome that involves an inflammatory reaction at the insertion of the planter fascia into the calcaneus, and in severe cases, a heel spur develops.

The patient may experience pain with the first few steps taken in the morning. As in other overuse injuries, the pain develops at the beginning of a workout, but diminishes during running, only to recur at the finish or later.

The runner may have a cavus foot or a pronated foot with increased eversion of the heel and a forefoot varus, biomechanical problem often associated with this condition. Palpation elicits point tenderness at the attachment of the planter fascia to the heel. X-rays may reveal a calcaneal spur.

Several conditions should be considered in the differential diagnosis. In planter arch strain, the pain is located directly under the longitudinal arch. Rest and conservative measures effect cure. If treatment for planter fasciitis is unsuccessful, one should suspect entrapment of the medial calcaneal branch of the tibial nerve, a rare condition that causes pain on the medial side of the sole of the heel. Tarsal Tunnel Syndrome with entrapment of the tibial nerve causes pain on the medial aspect of the ankle and heel.

The typical patient who seeks help for planter fasciitis has already tried heel pads, plastic heel cups, rest and ice - measures that cure a great many heel injuries. If none of these measures are successful, anti-inflammatory agents may relieve the pain and in some cases injection of steroids may be necessary. If an injection is

DOC'S CORNER (Cont'd)

necessary the runner should not run for at least a week. A 1/4 inch felt heel pad or heel wedge may help the runner with a cavus foot. A flexible, laminated orthotic has been successful for the runner with a pronated foot.

The patient should use the bent leg stretch exercise to stretch the planter fascia, taking care not to overstretch the fascia. In rare cases, surgery is necessary to release the planter fascia at the heel and to remove any spur. In most cases the runner can run through this injury but should not do any overdistance training or speed work until free of pain.

*Write Dr. Tilley at #53 Huntington, Little Rock, AR 72207 for questions about running related injuries or training.

FROM THE EDITOR

Thanks to the following LRRC members that made the Arkansas 15KM Championship a success:

Jim Abadie	Vicki Green	Larry Mabry	Clift Plunkett
Debbie Burnett	Sam Green	Mark Mabry	Bill Russell
Jack Evans	Sam Green, Jr.	George Marsh	Brenda Straits
Linda Fulbright	James Hicks	Al Maguire	Gary Tidwell
Betty Glasscock	Paul Johnson	Charles Peyton, Jr.	Bob Tyler
Dewey Glasscock	Ed Knox	Lou Peyton	Mike Westall
			Kristi Youngdahl

Also, we would like to thank Gary Smith, Sportstop in the Heights, for providing us with a place to register and Arkansas Beverage Company for supplying Pepsi Cola and Mountain Valley Water to the runners and spectators. Plans are already under way to make this a "Big One" for next year.