

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

April 1981



NEXT CLUB MEETING

On April 9, 7:00 PM in the Community Room of Fulaski Bank in the Heights (Grant & "R") there will be an important meeting for all Pepsi Challenge volunteers. Race details, assignments and logistic problems will be ironed out at this session. If you have volunteered your services, mark this on your calendar. The word about the Pepsi Challenge 10K on April 18th is **BIG!** As of March 17th over 500 entries have been received. Estimates of 2,500 to 3,000 runners is not unrealistic.

Our next regular club meeting will be May 12th at Murray Park, Pavillions #1 and #2. This will kick off our Pot luck summer series. There will be a fun run, pot luck and a few special awards presented. Bring enough of your favorite running dish for you, your family and a little bit more and "we shall gather by the river". LRRRC will furnish the refreshments. Remember May 12th, 6:00 PM, Fun run - 7:00 PM pot luck at Murray Park.

MESSAGE FROM THE PRESIDENT - Jim Abadie

March 17th LRRRC Meeting

If you weren't there, you missed a great meeting. Mr. Ted Snigocki from the Little Rock City Manager's office talked to the club about how the proposed one cent sales tax could help create jogging and bicycle paths around the city. Then Dr. Jim Phillips presented a very interesting presentation entitled "It Ain't the Meat, It's the Metabolism". Great job, Jim. Thanks very much! Finally, we had a very important business meeting where the club voted to buy another chronomix and decided to administer a race on Sept. 7. Approximately 70 club members and visitors were present for this successful meeting. Thanks for your attendance and spread the word.

Think Pepsi Challenge 10K on April 18!

The LRRRC is in the final preparation stages for the Pepsi Race on April 18. We need your help now! More volunteers are needed to efficiently administer this big event. All club members must get involved! Please call Larry Mabry at 378-2454 (work) - 227-0314 (home) or Jim Abadie at 988-2884 (work) - 988-2701 (home) to volunteer to help. We need you! Ask your friends, relatives, scout groups, church organizations, etc. to help with this exciting event. If you plan to run, get someone to help in your place. Give some time and support to the club that we all love.

The registration committee will have a "race packet stuffing party" on April 15, 7:00 PM, at Linda & John Fulbright, at 1801 Shumate, to save us some last minute work and confusion. Please call John or Linda at 227-6311 to volunteer.

We also need volunteers to help with a LRRRC Information Booth at the start and finish of the Pepsi Race. The LRRRC needs to advertise our club at this big event to help increase our membership. Please call Jim Abadie to volunteer..

RUNNER OF THE MONTH - Charles Peyton, Jr.

I began running back in the summer of 1970 as a hefty 200 pounder. At the urging of my wife, Lou, who was already a five mile a day runner. I would lace up my combat boots and head for my track. My track was the drive-in circle of the Savers (Pulaski) Federal Savings and Loan Branch office on "T" Street. Maybe 20 circles to the quarter mile. Gradually I evolved into the typical mile-a-day jogger just to stay in shape for softball season. I enjoyed this routine until the Holiday Road Race in December of 1976. A 4-mile race through Pleasant Valley directed by Gary Smith, Otis Edge and Terry Mathews. This is where I first heard the term "marathon" and shortly thereafter came into possession of a Runners World magazine. While reading this old back issue I thought of how unique it would be to run one of these "marathons". I started to train longer and faster and two years and two knee operations later, I found myself in front of my house trying to walk again. If only I could get that mile-a-day back. By ten months I was up to a slow 10 to 15 miles per week. And then it happened!! On December 12, 1979, while driving home from work, my car caught fire and burned. What was I to do? How could I get to work until my car was repaired? The only answer was to ride the BUS. But - at that time there was no bus service to North Little Rock where I worked. (VAMC-Ft. Roots) I would have to catch the bus to downtown Little Rock and then run to the hospital - 4 miles. Reverse the run/bus in the afternoon. I purchased a day-pack for my clothes and on December 17th I said a prayer and walked to the bus stop at Cantrell and Mississippi. It was 5:15AM, 11 degrees with the wind out of the north at 30 MPH. Since that day I haven't looked back. I had stumbled onto an "oasis". To my surprise I found that my car could be done without and sold it. I found that if I didn't go too fast and got plenty of rest, the 4 miles, AM and PM, could be made with ease. I also found that it was possible to run in the heat, snow, sleet and rain and enjoy it. Since that first cold morning I haven't missed a day due to the weather or illness, and lo and behold I found myself standing at the starting line of the Houston Marathon/81 on January 10th! I'll admit to mixed feelings of inadequacy and confidence. I was apprehensive because I had a goal of a 3:50 marathon without any long runs or speedwork. 10 miles and a 10:00 pace was the max. But I knew I had the base: 18 weeks averaging 39 MPW; 18 weeks of averaging 46 MPW and 20 weeks averaging 56 MPW. 2645 total miles in 56 weeks. At the halfway point I was on a 9:08 pace and felt like I was holding back. Passing the 20 mile point I realized that there would be no cramps or "wall" for me at this marathon and started my kick. The last 6.2 I averaged an 8:00 minute pace. It hurt sooo good. I'm proud of my 3:52 and would like someday to lower my time. However my goal is to Run/Bus to work and anything above that is a Honey Bun. Many of you know that if you have something you like and it is taken away and then you get it back, it becomes a little more special the second time around.

Won't you volunteer your story for the RUNNER OF THE MONTH column. Everyone is eligible no matter how fast or slow, young or old. If you would like to share your running story or if you know someone with a running story, call Lou Peyton - 225-6609 or Beth Walker - 225-9018. We would like to hear from you.

NEW MEMBERS JOINING SINCE MARCH NEWSLETTER

(We regret that space does not permit listing of addresses this month)

Rickman Bradford

Gail Bogard

Ann Butler

Carla Clifton

Michael C. Climer

Phil DePriest

Robert & Sally Dudley

Kent Hardy

Thomas M. Harwell

Maxine Higgins

Alan & Judith Jameson

Hugh & Ellen Johnson

Cheryl Kennedy

James H. Kimbrough

Tom & Jo Ann Layton

Jean Matchett

Marion Monk

Peter Peitz

Cindy Price

Betty Lou Ray

Robert C. Scott

Max & Janet Sears

Mark Smedley

Jim Stanley

Sam J. Storthz, III

Carl Woodyear

FUN RUNS

If you can provide a jug of juice or electrolite drink for any of the fun runs scheduled, please call the leader and help provide the ade. Also, in case of inclement weather, call the fun run leader for that day.

- Apr. 4 - 6:30 AM 15 miler Starts from Union Nat'l Bank - Cantrell at Foxcroft. For more info call Lou Peyton - 225-6609.
- Apr. 5 - 2:00 PM Cammack Village Tennis Courts. (corner of N. McKinley & Brentwood Rd.) for approximately 4 mile run. For more info call Charley Peyton - 225-6609.
- Apr. 11 - 6:30 AM Approximately 15 miles Starts from (Red Brick) Highland Valley Methodist Church parking lot on Markham & Kanis Rd. Route will be the Ferndale loop. Also, a 3 mile run will start from same location at 7:30 AM. For more info call Kathy or Cliff Plunkett - 821-2554 for the long run - call Linda Fulbright - 227-6311 for the 3 mile run.
- Apr. 18 - Pepsi 10K Challenge.
- Apr. 25 - Memorial Hospital 3 mile run at Burns Park
- May 2 - "Market to Market" - Meet at Andrea's Pastry Shop in the Market Place shopping center. Leave at 6:30 AM for 12 miles "market to market" run. If you wish for extra miles 6:00 AM for 4 additional miles. This run will leave promptly. Liquids furnished upon return. Bring change to buy pastry. Run leader is Paul Bash.
- May 9 - BMC 3 and 5 mile race.

ON THE ROAD IN RIVER CITY - By Randy Oates

"Running is Worth the Risk"

To a non-runner this quote would sound strange. However, I have heard it many times from experienced runners who have tried to do too much, too fast. The risk of injury seems to be all too common to our sport. Why?

Part of the problem lies with our current society and its expectations. We have all grown up expecting instant gratification and satisfaction. We want something right now. Consequently we go out and buy it and pay later. We are the same way when we take up a sport or hobby. We want to be able to do it well right away. When we take up running, we go out and buy a new pair of the best shoes, shorts, etc. and start off running just as hard as we can. The end result, of course, is an excellent chance of getting hurt and giving up the sport because we weren't cut out for running (or so we think).

This problem is not with just new runners. It seems to be an equally common problem with experienced runners. Wanting to go too fast, too far, too soon. We don't listen to our own bodies. Instead we listen to others talk about running 80 miles a week, or a 10K at a 6:30 pace, or doing intervals once a week to improve their speed. It is so easy to get caught up in the fast lane and forget how and why we originally took up this sport.

Going from a sedentary lifestyle to a seasoned marathoner is not an overnight process. I am amazed at the number of people who can run a marathon in a year's time. It took me three years. I am amazed at the number of runners who can run a 10K in under 42 minutes. I still can't. And yet, just like everyone else I find myself thinking about faster times and more mileage everytime I talk to other seasoned runners. You always think that with just a little more speed work, and a little more mileage, and a little less weight you could suddenly make a gigantic leap forward. Be careful. Everytime you make those "little" changes in your training, you greatly increase the risk of injury.

Different bodies react differently to these changes in training. Some can accept it, and some can't. Remember, we each are an experiment of One. And there is nothing less fun to be around than a runner who is hurt.

Yes, running is worth the risk. However, you can greatly lessen that risk by gradually increasing your mileage or your speed. Listen to your body. Pain is not something to be run through. Pain is your body telling you to cut back, slow down, it hurts. An easy run or even a day off will do a lot more to improve your time and distance than running when you are hurt.

RACE CALENDAR

- Apr. 4 - THE STEVE LITTLE 10K 9:00 AM Eastern Gate, Murray Park \$10.00 Registration. All proceeds to go to Steve Little Park.
- Apr. 11 - SECOND ANNUAL TIGER TRAKS TROT Ouachita Baptist University at Arkadelphia. 10K race and two mile fun run. Fun run starts at 8:30 AM at Rockefeller Field House at OBU. 10K at 9:00 AM from same place. T-shirts to first 300 entrants, plaques and trophies to winners in age groups. Entry fee \$4 until Mar. 15, \$5 afterward. For more info send self-addressed, stamped envelope to Capt. Tony Merriweather, Box 759, Arkadelphia, 71923.
- Apr. 11 - FORDYCE ON THE COTTONBELT Fordyce, Arkansas 10K and 5K. Call Chuck Kauffman 1-352-8403.
- Apr. 11 - THE MAJOR'S RUN Pine Bluff, Arkansas 10K and two mile fun run 9:00 AM Pine Bluff Convention Center parking lot.
- Apr. 11 - NORTHSIDE FAMILY YMCA 10K & 2-Mile family run Burns Park, North Little Rock. 9:00 AM Northside YMCA 758-3170.
- *Apr. 18 - SECOND ANNUAL PEPSI CHALLENGE 10K RACE through downtown Little Rock. Starts at 8:00 AM T-shirts and free Pepsi. Age division prizes.
- Apr. 20 - BOSTON MARATHON
- Apr. 25 - MEMORIAL HOSPITAL RUN North Little Rock 3 Mile Run Burns Park Pavillion #2 8:00 AM Trophies and awards. Application at the Sportstop in the Heights. For more info call Mala Hill (work) 771-3442 or 771-3444 or Lou Peyton - 225-6609.
- Apr. 25 - HOCYEY MARATHON TAC & RRCA Certified. Contact Dr. Geo. C. Moore, MG 208, University of Arkansas Fayetteville, Ar 72701
- May 2 - ALL-REGION FUN RUN AT UNIVERSITY OF CENTRAL ARKANSAS Conway 10K Race, two mile fun run, one mile fun run for children under 10. T-shirts for all entrants in all runs, trophies, plaques in age divisions. Entry fee \$4. Sponsored by ROTC to benefit UCA soccer team. For more info contact ROTC Dept. at UCA.
- May 2 - FOURTH ANNUAL GREAT CROSS COUNTRY RACE sponsored by the Little Rock Hash House Harriers 4.5 miles \$4.00 entry fee special features: Short cuts & all finishers eligible for merchandise awards. Call Dick Lewis - 565-8144. Start and finish on Sam Peck Road just south of Westside Y. West Little Rock.
- May 9 - 3RD ANNUAL BMC 3 MILE FUN RUN AND 5 MILE CORPORATE RACE RELAY. Details later.
- May 9 - PETIT JEAN MOUNTAIN Conway County 4-H 10,000 meter run Phone 1-354-2494.
- May 16 - SPORTSTOP/COORS LIGHT AAU 5,000 METER CHAMPIONSHIP West Markham Parkway \$5 entry fee. T-shirts, age division prizes.
- *May 23 - RIVERFEST 10K RACE Sponsored by First National Bank. Rebsamen Park Road course. First competitive race selected to use Randicap system, which provides awards based on improvement over runner's own best previous time. Regular prizes also will be awarded for the normal age division finishing times.
- Jun. 5 - SPORTSTOP/COORS LIGHT ONE-HOUR TRACK RUN (AAU State Championship) 8 PM Site to be selected. Free Coors.
- Jun. 13 - MUSCULAR DYSTROPHY ASSOC. (MDA) Love Run.
- Jun. 19 - OZARK 4 miles and 2 miles Cross Country Races, (Citadel Bible College) 7:00 PM Rick Richardson, Ozark High School, Ozark, Ar 72949 1-501-667-4257.
- Jun. 27 - LITTLE ROCK AFB ENERGY CONSERVATION RUN Details later.
- Jul. 3 - SPORTSTOP/COORS LIGHT FIRECRACKER FOUR MILER Details to be announced later.
- Aug. 7 - OZARK 5,000 meters (3.1 miles) and 1-mile Cross-Country Races (Citadel Bible College) 7:00 PM Rick Richardson, Ozark High School, Ozark, Ar 72949 1-501-667-4257.
- *Sep. 7 - BIG APPLE 5K More details later. The winner will be determined from a special drawing & will receive a trip to the New York Marathon.
- Oct. 3 - ANHEUSER-BUSCH NATURAL LIGHT HALF MARATHON Little Rock Wayne Alsbrook 758-8500 More details later.
- Oct. 3 - OZARK Open 5,000 meter Cross Country Race - Contact Rick Richardson (see above)
- Feb. 6
1982 - OZARK PEPSI RUN (20KM) Contact Rick Richardson (see above)
- * Races sponsored, produced or assisted by the Little Rock Roadrunner Club.

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

FROM THE EDITOR - Charles Peyton, Jr.

Is there a female member/runner who would be interested in writing a short column in the Newsletter about woman's running? If there is an interest, call me for details - 225-6609.

At the May 12th pot luck meeting we will present the first annual Little Rock Roadrunner Club's Runner of the Year award. If you have a nomination for this award call Charles or Lou Peyton - 225-6609. The nominating committee will make the decision on or before May 1st.

RACE RESULTS

THE WOMEN'S ROAD RUN OF LITTLE ROCK - February 21, 1981 #324 Linda Scallion 31 33:40

BOONEVILLE MARATHON - March 7, 1981

1. 2:28:33 Jonathan Herbert, Springfield, Mo.	29. 3:01:43 John Hardiman, Guin, Ala.
2. 2:34:16 Denton Childs, Fayetteville, Ar	30. 3:01:53 James Harris, London, Ontario, Can.
3. 2:36:59 Steven Cline, Burlington, Iowa	31. 3:02:30 Ken Bennett, Memphis, Tenn.
4. 2:37:14 Mike Roberts,	32. 3:02:58 Robert Groves, Nicholasville, Ky
5. 2:41:20 Don Martin, Longview, Tx	33. 3:03:01 David Edwards
6. 2:41:21 Larry Rogers, Batesville, Ar	34. 3:04:37 Richard Nix, Little Rock
7. 2:43:39 Steve Baker, Stillwater, Ok	35. 3:04:46 Wyatt Washburn, Batesville
8. 2:45:41 Larry Price, Greenwood, Ar	36. 3:05:19 Alan Judkins, Barling, Ar
9. 2:46:30 Kevin vanDyne, Springfield, Mo.	37. 3:05:30 Stan Arnold, Paragould
10. 2:46:31 Alex Ratelle, Enida, Mn.	38. 3:05:56 Dave Kern, Bartlesville, Ok
11. 2:47:15 Mark Kastner, Springfield, Mo.	39. 3:06:07 James Sitton, Glenwood, Ar
12. 2:47:18 Tom Cass, Springfield, Mo.	40. 3:07:30 John Aulgur, Russellville
13. 2:49:00 Charles Hayes, Olathe, Ks.	41. 3:08:14 Scott King, Shreveport, La.
14. 2:50:28 Robert Fletcher, Houston, Tx	42. 3:08:33 Bob Schweikhardt, Nucla, Colo.
15. 2:51:17 Jerry O'Dell, Fort Smith	43. 3:09:25 Buzz McNair, Little Rock
16. 2:51:26 Bill Ward, Clarksville	44. 3:09:26 Deborah Strehle, Little Rock
17. 2:51:30 Henry Hawk, Conway	45. 3:09:41 Bob Wells, North Little Rock
18. 2:52:19 Tom Aspel, Russellville	46. 3:09:45 Tom Mick, Little Rock
19. 2:55:13 Clarence Trice, Little Rock	47. 3:10:54 Ronnie Smith, Little Rock
20. 2:55:49 James R. Phillips, Little Rock	48. 3:11:40 Mitch West, Mustang, Ok
21. 2:56:59 Leonard Kupersmith, Wichita, Ks.	49. 3:12:04 Gary Robertson, North Little Rock
22. 2:57:19 Thomas Kirk, Tulsa, Ok	50. 3:12:18 David Samuel, Glenwood, Ar
23. 2:57:52 Ken Beach, Raytown, Mo.	51. 3:12:52 Don Sharp, Springfield
24. 2:59:05 Bob Waid, Booneville	52. 3:13:18 Dale Lockwood, Glencoe, Mo.
25. 2:59:32 Dick Babcock, Springfield, Mo.	53. 3:13:28 Nancy Cunningham, Conway
26. 2:59:35 John Heard, Memphis, Tenn.	54. 3:15:30 Danny Brown, Little Rock
27. 3:01:19 Ronald Blair, Lavaca, Ar	55. 3:16:53 John Ryan, Fayetteville
28. 3:01:35 Dick Young, Aurora, Colo.	56. 3:17:03 Ron Hightower, Russellville

BOONEVILLE MARATHON (Cont'd)

57.	3:17:27	J. Scott Melton, Fayetteville	123.	3:55:26	Jim Dennis, North Little Rock
58.	3:17:32	Larry Gunnell, Stuttgart	124.	3:55:27	Jean Matchett, Little Rock
59.	3:18:38	Ronnie Penney, Arkadelphia	125.	3:56:17	Ed Hicks, Little Rock
60.	3:19:19	Gil Krout, Enid, Ok	126.	3:56:22	Joe Hand, Sherwood, Ar
61.	3:19:49	Jerry Fetzer, Little Rock	127.	3:56:23	Steven Sternberg, North Little Rock
62.	3:20:30	Jim Anderson, Anchorage, Al.	128.	3:56:56	Ronald Naylor, Pine Bluff
63.	3:20:31	Lyle Hartz, Stuttgart	129.	3:57:03	John A. Dixon, Jr. New Orleans, La
64.	3:20:49	Robert Clark, Jacksonville	130.	3:57:19	Bill Thrash, Little Rock
65.	3:21:53	Mike Pohlman, Tulsa	131.	3:57:24	Roy Faulkenberry, Sallisaw, Ok
66.	3:23:18	Elaine Lebos, Little Rock	132.	3:58:45	Charles Farr, LittleRock
67.	3:23:44	Bill Ashmore, Fayetteville	133.	3:59:36	Bob Poppe, Aurora, Colo.
68.	3:24:37		134.	3:59:45	Wally Herman, Lake Worta, Fla.
69.	3:25:28	Jim Shane, Fort Smith	135.	3:59:57	Royce Rose, Cabot
70.	3:26:02	Dennie Baeyens, Little Rock	136.	4:00:44	Robert Tyler, Little Rock
71.	3:26:53	David Bettenhausen, Mt. Home,Ar	137.	4:01:08	Ken Loveless, Miami, Fl
72.	3:28:10	Carl Lindstrom, LittleRock	138.	4:02:18	Howard Brill, Fayetteville
73.	3:28:12	Steve Sipes, Little Rock	139.	4:02:30	James Mullins, Ft. Smith
74.	3:28:33	Loyd Wynn, Jr., Hot Springs	140.	4:02:32	Wade Hankinson, Waldron, Ar
75.	3:30:15	Jim Thurman, Conway	141.	4:02:39	Charlie Wilson, Hot Springs
76.	3:30:59	Clifton Gregory, Jacksonville	142.	4:02:41	Berner Babb
77.	3:31:01	Marion Monk, North Little Rock	143.	4:02:50	Suzie Bell, Little Rock
78.	3:31:22	Gregory Burnett, Waldron, Ar	144.	4:04:04	Robert Wills, Conway
79.	3:32:35	James H. Smith, Lamar, Ar	145.	4:04:59	Clyde Johnson, Springfield, Mo.
80.	3:33:51	Ralph Edds, Havana, Ar	146.	4:05:00	Carl Glenn, Little Rock
81.	3:34:55	Dan George, Sallisaw, Ok	147.	4:05:20	Douglas James, Fayetteville
82.	3:35:06	John Woodruff, Little Rock	148.	4:07:26	Robert Meade, Fort Smith
83.	3:36:06	Stephen DeVorss, Kansas City Mo	149.	4:07:48	Larry Cook, Bryant
84.	3:37:04	Ken Willis, LittleRock	150.	4:08:28	Russ Myatt, Burlington, Iowa
85.	3:37:09	Ron Hale, North Little Rock	151.	4:11:14	Richard Barns, Jonesboro
86.	3:37:18	Cynthia Marks, Fayetteville	152.	4:13:32	Charlie Dye, Ft. Smith
87.	3:37:44	Don Potter, Benton	153.	4:14:41	Deborah Douglas, San Antonio, Tx
88.	3:38:35	Steve Tabler, Shreveport	154.	4:14:47	James Grimes, Jonesboro
89.	3:39:14	Julius Kovats, Springfield, Mo.	155.	4:14:48	Cleo Casady, Springfield, Mo.
90.	3:39:47	Rick Leslie,	156.	4:14:49	Wayne McKinney, Springfield, Mo.
91.	3:39:59	Ross Waltzer, Tulsa,	157.	4:15:43	David Parker, Fayetteville
92.	3:40:10	Edward Knox, North Little Rock	158.	4:17:29	Denny Williford, North Little Rock
93.	3:40:42	James Baskin, Little Rock	159.	4:17:52	Mel Deere, Pine Bluff
94.	3:41:34	Danny Mann, Donaldson, Ar	160.	4:17:55	Ron Lowery, North Little Rock
95.	3:41:35	Bill Ernul, Maitland, Fl	161.	4:19:50	Tom Wheeler, Rudy, Ar
96.	3:42:34	Don Brister, Joplin, Mo.	162.	4:20:27	Steve Argo, Arkadelphia
97.	3:42:44	Carl Melson, Enid, Ok	163.	4:20:28	Roger Thompson, Little Rock
98.	3:43:28	Cletus Cravens, New Blaine, Ar	164.	4:20:29	John Koellen, Shreveport, La.
99.	3:44:30	Jack Gedosh, Ft. Smith	165.	4:21:32	Jim Brewer, North Little Rock
100.	3:44:31	Daniel Burris, Russellville	166.	4:22:08	Jack Pittman, Clarksville
101.	3:44:42	Dan B. Bell, Little Rock	167.	4:22:49	Robert E. Scott, Manhattan, Ks.
102.	3:44:55	Carol Mathew, Russellville	168.	4:23:08	Randy Woodward, Booneville
103.	3:45:26	Paul Moser, Tulsa	169.	4:26:35	Marcia Dye, Ft. Smith
104.	3:46:34	John Greenwood, Little Rock	170.	4:29:33	Gene Adair, Booneville
105.	3:46:36	Eli Morris, Memphis	171.	4:31:22	Jim Sweeden, Russellville
106.	3:46:54	Mike Brothers, Stuttgart	172.	4:31:24	Kelle Hursley, Little Rock
107.	3:47:59	Joseph Kelly, Conway	173.	4:32:57	Sherry Riggins, Ft. Smith
108.	3:49:21	Kathleen Neal, Little Rock	174.	4:34:19	Steve Patterson, Ft. Smith
109.	3:49:40	Jim Rodatz, Booneville	175.	4:34:35	Rocky Pistone, Russellville
110.	3:49:47	Edd Spencer, Little Rock	176.	4:34:37	Rick Lafferty, Bryant
111.	3:50:13	Sam Thornton, Fayetteville	177.	4:35:20	Torsten Seabold, Ft. Smith
112.	3:51:12	Wade Shemwell, Shreveport	178.	4:36:15	Marina Butler, Sherwood, Ar
113.	3:51:46	Lynn Miller, Colo. Springs, Colo.	179.	4:37:01	Bill Files, Greenwood, Ar
114.	3:52:36	Orrin Munger, Enid, Ok	180.	4:37:09	John Landers, North Little Rock
115.	3:52:45	Bill Cook, Fayetteville,	181.	4:37:26	Larry Goss, Mansfield, Ar
116.	3:52:48	Ken Ropp, Little Rock	182.	4:40:40	Brian Roberts, Mt. Home, Ar
117.	3:53:15	Jerry Adams, Blytheville	183.	4:52:44	Andrew Polin, North Little Rock
118.	3:54:17	Nick Williams, Little Rock	184.	4:52:59	John Goslin, Ft. Smith
119.	3:54:36	Dwight Akins, Paragould	185.	4:53:00	Steve Jones, Arkadelphia
120.	3:54:49	Dan Bartell, North Little Rock	186.	4:53:40	Bob Boyd, Little Rock
121.	3:54:54	Pete Heister, Little Rock	187.	4:54:52	Robert Williams, Morrilton, Ar
122.	3:55:09	Barbara Wilson, Little Rock	188.	4:54:57	Jenny Russell, Jonesboro