

# THE RUNAROUND

A MONTHLY RUNNING COMMENTARY BY THE LITTLE ROCK ROADRUNNERS CLUB

Larry Mabry, President  
Bob Galbraith, Vice-President  
Linda Fulbright, Secretary  
Dewey Glasscock, Treasurer  
Charley Peyton, Jr., Newsletter

August, 1981 Issue



## NEXT CLUB MEETING

August 27th at 7:00 PM. The community room of the Pulaski Heights Bank at Grant and "R" Street in the "Heights". Come early for refreshments and good fellowship.

## MESSAGE FROM THE PRESIDENT - Larry Mabry

First, a note of appreciation to Jim Abadie for his tireless efforts this past year as President of the LRRC and to all of the individuals who freely gave of their time to make all programs in which we engaged a success.

The Race Committee has been formed and is charged with formulating guidelines by which we will accept and administer road races for organizations in the area. The Committee is also charged with Saturday Fun Runs and will set up short and long runs to accommodate the majority of the membership. When you are called upon to sponsor runs please accept the challenge. If you have any suggestions for the Committee please feel free to contact me and I will pass the information on.

Everyone appeared to have an enjoyable evening at the Pot-Luck Run & Swim on July 16, 1981. Thanks again to Beth and Lloyd Walker for hosting the event.

A reminder that July is renewal month for LRRC dues. The August "Runaround" will be the last issue until renewal dues are received.

The summer has been slow but we look to the fall for cooler running and informative lecturers at our meetings. On August 27, 1981, we will hold our business meeting and will reserve plenty of time to be sociable and visit with one another. See you then!

## MEMBERSHIP RENEWAL?

Add it up yourself:	Pot-Luck Fun Runs +	
	Carbo party +	
	Saturday and Sunday Fun Runs +	
	A monthly Newsletter +	
	Opportunity for service +	
	Monthly meetings and informative speakers +	
	Race discount +	
	Film Night +	
	Women's Run +	=
		Little Rock Roadrunner Club (\$7.50 in 80
		\$7.50 in 81

Truly the best bargain in Arkansas. Renew NOW - we want you!

RUNNER OF THE MONTH - Boyd Mills

A few Sundays back at a Peyton Predawn Pacer event Lou asked me to be this month's newsletter personality. As I fantasized what I would say midst the early morning patter of sweat on pavement it got so good I wept. If you disagree, please be kind anyway - your turn is coming. (This suggests a point but to tell it now would be backward).

Last summer (who can ever forget it?) I was arising before dawn and doing a double climb of Pinnacle mountain. To keep from being bored I took on the clock - ouch! Best time - 13 minutes, average - 15. I challenged my son once, thinking I could beat him - heh, heh - he made it in 12 but I hit a PR of 12:30 - wow! By summer's end I exchanged the double climb for 60 pounds of sand in a back pack.

This 'madness' together with jaunts out the Ouachita trail was in preparation for a back pack in the Rockies. The reward was more than worth the effort of training.

Trips there included a hike up to top of Long's Peak (14,235 feet), Lost Creek Canyon hike, and a hike up Grand Teton. Long's was with son, Wayne, and a nephew. Lost Creek was from a 'chance' meeting of six beautiful people in a restaurant in a little mountain town with a question of "Do you know where I can do a one day hike by myself?" Two days and 26 miles later I had seen a designated wilderness area (no machine of any type nor horse allowed) and had made friends with six - we still correspond. Being by myself I picked up a hitch hiker with the condition he detour 400 miles and accompany me on a climb up Grand Teton. He too was a neat person - haven't heard from Jerry but once since - we had a super three days together. From there it was a week out from Cody, Wyo. with a dozen men, half of them flatlanders from Louisiana. We spent three days in a blizzard - some experience!

So, back to Little Rock and good intentions to keep in condition. March had come and gone and I had made a half dozen or less feeble attempts to run or something. Guilt plus Paul Johnson's articles of the 'fun in running' plus the Pepsi 10K and I said to myself, "Self, why not now?" Challenged my son so A) I would begin running and B) I wouldn't back out of Pepsi. Gary accepted the challenge. Trouble is, I didn't get around to training - did Pepsi cold - ouch! - literally - not recommended.

At sound of horn I blasted off running a blistering 10:00 pace. By 6th & Scott (and the dude who yelled, "Way to go senior citizen") I had settled into a scorching 15:00 - even the yellow 'no passing' stripes were passing me. At 6th & Center and both groin muscles doubling me over I quit - took weeks to get over it (quitting) - wish I'd walked rest course.

But, it was a great day. I had not damaged the groin muscles - yet. And, I picked up an app for LRRC - smart move. Thus began a new and exciting chapter in life.

I've met and almost daily meet some of the most beautiful people. You are a great group! Runners and packers are the finest people on earth! Supportive, encouraging, caring, sharing, and many other top qualities are needed to describe you.

Needless to say, I'm hooked - plan to run the rest of my life. Basic goal is for good health. Five miles per day till I die which I don't plan on till somewhere between 90 and 120 years of age. I want to live life every day I'm alive. Race to enjoy fellowship and to check personal progress. Ran Riverfest, Mt. Mag., and thanks to Debbie Burnett who paced me, and backed off her own goal so I wouldn't 'kill myself' trying to keep up with her, I had a PR at Firecracker at Maumelle of 7:30 pace. Am in Deb Strehle's Dallas Marathon class with a goal to A) Finish it, B) Four hours or less. Weekly mileage average 100 to 45.

Been reading the books and 'picking every brain' I can to learn about this sport and it is said we are born with the genes for speed or not. Haven't learned yet if the same is true for endurance. Please, let me hasten to add that if it is true I must have been born with said ability. At age 53 I am told I have progressed quickly and this could intimidate some who are struggling much harder than I and much longer than I, to be at level of above. I've been blessed with low blood pressure all my life - hospital won't take blood since I was 18. Pulse has been 55 or less (44 now). Wish I had discovered running years ago - who knows - maybe you'd be wearing sweats with BM instead of BR emblazoned thereon - ha! - and I'd be rich and famous! Anyway, wherever your progress is, be encouraged, keep up the good work, health and fun are our rewards.

Since college Marty, my wife, and I have started five businesses. She's been a gracious lady in supporting these choices as not all of them were howling successes (would you believe a couple didn't even squeak?).

We've had a great life. I discovered years ago my most important contribution was influence upon two sons divinely entrusted to me. We've spent a lot of time with Gary and Wayne, most of it outdoors the year around.

I'm strong in the belief that if a child experiences the thrill of catching a fish, seeing a dog on point, ducks light to a call, seen sunrise and sunset the same day walking back roads and woods, canoes, rivers, etc. that child will find the ills that plague our youth pale and un-attractive. I really get excited when I see dads and moms run with their children and packing/camping with them. Both our boys are grown and we don't regret a minute we spent with them. (Take note young parents.)

Our current occupation is our fourth business - we record conventions and make cassette tapes on location - a fun business. We've traveled to and beyond all borders of our nation, have heard some of the best speakers in the country for almost ten years now. (We feel we've earned a doctorate in something inasmuch as we hear about 300 to 500 hours per year speaking/teaching/motivation/etc.)

We've recorded the 'biggie' conventions with a PR in tapes of 12,000 in four days. It is still a fun business but the challenge is not what it used to be.

Our fifth business is still an embryo and struggling. Thirty years ago we didn't sleep well during a similar period but we've learned to not take ourself so seriously - do our homework and one day our new business will 'fly'.

Otherwise goals: Between now and Dallas marathon possibly a climb with the Mt Orizaba group or 23 days doing an Outward Bound course in the Rockies.

Future goals include but not limited to: Scuba diving & snow skiing (did both once and had a ball), surf sailing, hang gliding, learning to fly, a summer touring and packing in Alaska. By December '82 we plan to move to Ft. Collins, Colo. - one hour from Rockies and a fantastic city. (Y'all are invited to make our home your base of operation when you come that way - bring your own food). By '83 or '84 at latest plan to own plane so we can return to Little Rock to visit grandkids and friends.

And, someday I want to teach - I'd rather teach than most all else - in time this too shall come to pass. Used to be frustrated in not teaching - am beginning to learn patience and to accept perhaps this role is to be a product of life as opposed to formal classroom type - I can hardly wait.

Thank you for allowing me to share a little piece of who I am. As I earn your trust I hope to get to know each one of you to the extent you want to share.

Have the best day you've ever had.

#### An All-About-Running Luncheon - Sandy Heister

On July 15 approximately 40 women runners met at the Western Sizzlin party room for a salad luncheon. Like most running functions, it was a relaxed, friendly gathering, despite the fact that many of the women were strangers, some coming from as far away as Hot Springs. The co-hostesses for the event, Kathy Plunkett and Lou Peyton, greeted the women as they arrived.

After ample time for visiting and eating, Kathy Plunkett started the post lunch discussion by posing the question, "Why do we run?" Her own concise answer aptly expressed the feelings of many present. She especially stressed the honesty inherent in running. Little room for posturing is possible in an activity that requires you to strip to the essentials everytime you do it. What counts is the effort - the getting out and doing it, which is little affected by fancy equipment or elaborate strategies. Another rich benefit is how easily this solo sport can become a shared experience, which offers runners countless opportunities to form special friendships that often last long after the runs are over.

Kathy's remarks encouraged others to offer their anecdotes and advice about running. Because of the season, keeping cool was a topic that surfaced frequently. One runner freezes her sweat rag before starting out and another refrigerates her shorts and tops. Even simpler, perhaps, is slipping ice cubes in your shorts - which probably produces better times, too. A couple of people who had been stung by sweat bees while wiping their faces with damp rags warned others to "Watch the Wiper". Another excellent suggestion for beating the heat (as well as winter winds) was to run through the shady parking decks of downtown Little Rock.

The Confessions segment of the discussion brought forth a wealth of running tales. Ann Smith's description of her early track training 3 years ago and Lou Peyton's commentary on watching her back then was enjoyed by all. It seems that Ann thought that running meant an all-out effort all of the time, so she would go to the track and run 4 laps at top pace. Immediately thereafter she would collapse on a bench, sit motionless for several minutes, and then leave when she could breathe. This intrigued Lou, who assumed that this extremely fast woman with her unique program was practicing an avant-garde training method, not yet known in Little Rock.

Jo Etta Galbraith soothed the fears of slow finishers by describing her first race. She knew she was in trouble when "the gun went off and so did everyone else. Then I stepped across the line and started after them, with my goal just being to keep someone in sight."

Due to the egalitarian nature of running, animosity between the sexes seldom arise, and this group was no exception. However, several spicy stories did involve the opposite sex. One came from Linda Hiltz who confessed that her laid-back attitude about laundry resulted in her husband's unpacking in Texarkana only to find his 10 year old daughter's running shorts in his bag instead of his own. (In Linda's defence - the 2 pairs of shorts are the same color and style.) It was early morning though do Bob Hiltz swallowed his pride, sucked in mightily, and squeezed into the tiny trunks. According to reports, he ran his fastest time ever and probably provided juicy breakfast table talk for the amazed faces that he whizzed past.

Another male story came from an attractive blonde who was running by the National Guard armory when she suddenly heard hearty singing. Behind her and completely filling the street were two fast moving companies of Guardsmen on their morning formation run. She said she only avoided being overrun by a hoard of grinning G.I.s by setting a summer speed record getting to the next crossroad.

A drawing was also held with the prize being an Adidas bag donated by the Sportstop-in the-Heights. Leslie McBride was the lucky winner.

#### Out of the Kitchen - (Taken from the RRCA Newsletter)

Women who run often experience significant changes in how they view themselves and their world. Running gives to women physical capability and confidence that is translated into mental strength. Through running women can gain the sense of achievement, the "I can do it" feeling that energizes dormant dreams of personal accomplishment and self-realization.

Running is action, movement, change. It is not consistent with a passive acceptance of life as it is, but creates an awareness of life as it can be. Women who run are less apt to accept a pre-ordained role, and are more willing to explore new possibilities.

Running is a self-centered, essentially selfish activity. A woman runs for herself, not to help anyone else.

Her running does not contribute to her children's school, her husband's work, or community improvement. A woman runner is not, in the Biblical sense, a helpmeet. A woman who runs cannot be self-abnegating or self-sacrificing, because her act of running is an affirmation that her own life is important. She lives not just to meet the demands of others, but to fulfill also her own needs.

Running makes available to women new kinds of human relationships. The emotional bonding formed among those who run together creates a sense of community that is not family-based. Nuclear family ties may be primary, but they are no longer exclusive or tightly bound. They are loosened by supplemental ties with the sorority and fraternity of fellow runners.

Women's running does not subvert traditional values. The woman who runs, no matter whether her vocational work is in the home or the court house, is not domesticated. She is more assertive, self-caring, independent, uncontrolled (or rather self-controlled). The new personality of a woman runner may be hard for an old-fashioned chauvinish husband to accept, and certainly every track club has its growing obituary list of marriages. It can be difficult for a man to get used to his wife's running around half-dressed at dawn with strange men and women. He may have to eat delayed dinners, or even make his own, because of his wife's running. He may no longer be the sole center of her life, the sun, around which she revolves as a moon, reflecting only his light. She is now herself a source of light and energy, a star. If however, his pride can withstand this onslaught, if his ego can accept a relationship of equality instead of dominance, then he may find new pleasure in marriage not to a "total woman" but to a whole person.

DOC'S CORNER - Steve Tilley, M.D.

#### Blood Doping: What is it? Does it Help?

Blood doping received wide attention when several sports commentators suggested that a prominent distance runner may have used it during the 1976 Olympics in Montreal. No attempts were made to determine its use by athletes in Moscow.

Blood doping usually involves the athlete's own blood. Usually two units of whole blood (920ML) are drawn on two separate occasions and stored as frozen RBC's (red blood cells) until the athlete's hemoglobin level returns to normal in 10-12 weeks. The packed RBC's are then prepared for infusion and returned to the athlete. The effect -- A significant increase in hemoglobin concentration with a concomitant increase in the Oxygen carrying capacity of the blood - maybe a desirable physiological state for an aerobic endurance athlete such as a 5km, or 10 km or marathon runner.

Several studies have shown significant increases in performances and/or VO MAX. One such study showed an increase of 6% in VO<sup>2</sup>MAX after the infusion of the packed RBC's, and another reported a decrease of 45 seconds in the time to run five miles on the treadmill after infusion. Another study revealed not only a 10% increase in hematocrit but also a 37% increase in cardiac output.

There may be medical, legal, and ethical problems to blood doping. The withdrawal, storage, and infusion must be done under strict medical protocol and supervision as developed by the American Red Cross Blood Donation Centers.

Legality is another problem. The medical commission of the International Olympic Committee would probably consider it to be a violation of their doping law which states that doping is the administration of or the use by a competing athlete of any substance foreign to the body of any physiological substance taken in abnormal quantity or taken by an abnormal route of entry in to the body with the sole intention of increasing in an artificial and unfair manner his performance in competition.

Ethically some may contend that an athlete's victory would be tarnished because of blood doping, and not considered good sportsmanship. However, it may be a practical alternative to altitude training which brings about similar increases in hemoglobin concentration. Also the new PO<sub>2</sub> exerciser developed by Dr. Melvyn Henkin can be set to simulate the lower partial pressure of oxygen found at an altitude of either 5,000 or 7,500 feet. The main problem with it is the attention you attract while wearing it. Maybe Gary (Smith) will get one in at the SPORTSTOP and try it out for us.

Blood doping appears to be an effective method to increase distance running performance and its place in the sports world should be determined by the medical and rules governing bodies of athletic associations.

ON THE ROAD IN RIVER CITY - Randy Oates

Watch Out for the Voodoo - It's Everywhere

I do not know of another sport where rumor, supposition, and unfounded hypothesis are accepted so readily as they are in running. It's almost as if we want to believe in black magic having more effect on our running than hard training.

Whenever we have a particularly successful run, we are always looking for some outside force that contributed to our efforts. After we determine what this force is we then expound on our new belief to others as if we have just been converted to a new religion. Surprisingly, other runners are immediately willing to accept this as fact also. When it comes to improving our running we will accept any idea, no matter how preposterous it is.

I have seen many individuals have an excellent run and then immediately assume it was the direct result of some strange variation in their lifestyle. This is particularly true of those of us who are committed to training for a marathon.

I have heard fellow runners attribute a superb performance on the road to such things as: sex or the lack of it; high or low humidity; plenty of rest, or not enough; new vitamins; sleeping in line with either the rotation of the sun or the earth's magnetic field; and of course, the taking of strange substances such as bee pollen.

The list could go on and on and I am sure you could add your own favorites. The point is why do we accept all this voodoo. Is it our constant desire for improvement? Is it the fact that we know so little about how our bodies really work? Or is it a lack of confidence in our own training?

I don't have the answer yet myself. However, it is a fascinating phenomenon to observe. The next time you are on a run with a group of friends try and take an objective look at some of the theories you hear put forth as fact. But, be careful.

A runner who thinks they have found some new improvement in their running is worse than an atheist who has been saved. They want to save everybody else. They immediately start espousing their hypothesis as fact and find a surprising number of eager runners willing to accept their theory. The more people that accept a theory, the more believing the theory that Runners World will do an article on the benefits and side effects of whatever the latest voodoo fad is.

I personally don't believe in all that stuff. However, before my next marathon I do plan to eat a frozen banana covered in chocolate just to be on the safe side. And, of course, I always sleep in line with the earth's magnetic field and take vitamins on special occasions.

FROM THE EDITOR - Charles Peyton, Jr.

Your comments concerning the Club, functions & activities are always welcome. Send typed, approximately 600 words or less, to the editor. Deadline is 20th of each month.

FUN RUNNING WITH THE LITTLE ROCK ROADRUNNERS CLUB

If you would like to provide some refreshments for one of the fun runs, please call the fun run leader for that particular day. Dates and names listed below.

- Aug. 1 - Sat. - 6:00 AM Heights Theatre parking lot. Route will be approx. 15 miles. For more info. Peytons 225-6609
- Aug. 2 - Sun. - 6:30 AM 4 miles through the Heights. Start at Cammack Village Tennis Courts. Peytons - 225-6609
- Aug. 8 - Sat. - 6:00 AM Lock N' Dam parking lot for 8 miles flat on the river with the Gaspig Gallumphers at a 8:30 - 10:00 pace. For more info. Paul Johnson - home - 225-6487, Office - 371-3721.
- OR
- Aug. 8 - Sat. - Same start and time but continue from the 4 mile mark on to Ft. Roots and back for approx. 17 miles. For more info. Lou or Charley Peyton - 225-6609.
- Aug. 9 - Sun. - 6:30 AM 4 miles through the Heights. Start at Cammack Village tennis courts. Peytons 225-6609.
- Aug. 15 - Sat. - 6:00 AM 10 miles. Start at 1st Christian Church parking lot on N. Miss. Ave. Boyd Mills - 225-7100
- OR
- " " Loch N'Dam parking lot for 14 miles with the Gaspig Gallumphers. Pace - 8:30 - 10:00 per mile. Paul Johnson - home - 225-6487 - Office - 371-3721.
- Aug. 16 - Sun. - 6:30 AM 3 miles or 5 miles. Start at Henderson Jr. High on John Barrow Road. Mostly on bike path. Paul Johnson - home - 225-6487 - Office - 371-3721.
- Aug. 22 - Sat. - 6:30 AM 5 - 10 - or 15 miles. Meet at Overbrook swimming pool, NLR Run includes Snake Hill. Directions to Overbrook: North on JFK Blvd. - right on McCain Blvd. Right on Randolph. Refreshments after run. Dan Bartel - 758-1416; Herb Martin - 753-3107 or John Landers 758-0793.
- OR
- " " 6:00 AM Lock N'Dam Parking lot for 8 miles with Gaspig Gallumphers. Paul Johnson (see above)
- Aug. 23 - Sun. - 6:30 AM 5 or 5 miles. Starts at Henderson Jr. High on John Barrow Road. Mostly on bike path. Paul Johnson - Home 225-6487 - Office 371-3721
- Aug. 29 - Sat. - 5:30 AM Start at Chips Barbecue parking lot - 9801 W. Markham. 20-22 miles with option of 2 hr. run by turning back at a specified point. Water stops but bring change for soda-pop at grocery en-route. One mile ascent to tallest point in county. 3 mile descent on gravel road. Remainder will be paved roads. Bob Plunkett - 225-7645 or Gary Smith - 666-1720.
- OR
- " " If interested in the Gaspig Gallumphers run call Paul Johnson read in the Gazette what run will be.
- Aug. 30 - Sun. - 6:30 AM Cammack Village Tennis courts for 4 miles in the Heights. Peytons 225-6609.
- Sep. 5 - Sat. - 6:00 AM Meet at Pleasant Valley Country Club parking lot. Run to Sears and back. 11 miles. Kathy Plunkett - 821-2554.
- OR
- " " For the Gaspig Gallumpher run call Paul Johnson or read the running column in the Gazette.
- Sep. 6 - Sat. - 6:30 AM Cammack Tennis courts for 4 miles through the Heights. Peytons - 225-6609.

The Saturday and Sunday morning fun runs have been a tremendous success this summer. There have been 20-30 people for some of the runs. A great way to visit, run and catch up on the running news. A special thanks to Nita Copeland and Patty Cook for the two runs in NLR in July. There was water, ice cubes and juice all along the route and Jerry Copeland driving the sag wagon. Thank you for taking such good care of the runners.

RACE CALENDAR

- Aug. 7 - Ozark 5K and 1 mile Cross Country Races Ozark, AR Rick Richardson 1-667-4257
- Aug. 8 - White River 10K Batesville, AR John Purtle 1-793-5734 or 793-5624
- Aug. 9 - Life and Health Half-Marathon Mountain Pine, AR Contact Yorktown Bay, Life & Health Runs, Star Route 1, Box 1156, Mountain Pine, AR. 71956
- Aug. 22 - Watermelon Run Four-mile Race Hope, AR Keenan Crawley at 1-777-5759 or 777-8768
- Aug. 22 - Five Mile Run Siloam Springs, AR Jim Pearson 1-524-3833
- \*Sept. 7 - Big Apppe 5K Little Rock More details later
- Sept. 19 - Third Annual Rogers Run 5K and 15K Rogers, AR Bob Taylor 1-636-9541
- Sept. 19 - Maumelle 15K race to Benefit Arkansas Rehab Institute Details later.
- Sept. 20 - Bonnie Bell 10K Nashville, TN 8:00AM (Women only) 9 age groups Some entry forms at Sportstop. Contact Carol Tarpley, Castner Knott Co., 618 Church St., Nashville, TN 37202 \$4. prior to 9-1; \$6 9-1 to 9-19 \$8. day of race.
- Sept. 26 - Med Center Medley Relays Details to come later.
- " Siloam Springs Triathlon Siloam Springs, AR Dr. Jim Pearson 1-524-3833.
- Oct. 3 - Anheuser-Busch Natural Light Half Marathon Little Rock Wayne Alsobrook 758-8500
- Oct. 10 - Little Rock AFB Officers Wives Club 5K and 10K Fund Raiser Details later.
- Oct. 17 - Dawn Hill Run 10K and 2 mile Fun Run Siloam Springs Dr. Jim Pearson 1-524-3833.
- Oct. 24 - MS All Kids Run Details later.
- Oct. 24 - Northside Family YMCA 10K Little Rock Butch Johns 758-3170
- \*Oct. 31 - Arkansas 15KM Championship Details to come.

Race Calendar (Cont'd)

- Oct. 31 - Newport Milers 5K Newport, AR Bob or Cathy Lamb 1-523-8928
- Nov. 7 - Rogers Turkey Trot 5K & Half-Marathon Rogers, AR Bob Taylor 1-636-9541
- Nov. 22 - Riceland RoadRunners Fall 10K Stuttgart, AR Lyle Hartz 1-673-8565 or Larry Cunnell 1-673-6005.
- Dec. 5 - White Rock Marathon
- Dec. 12 - Mississippi Marathon

\*Races sponsored, produced or assisted by the Little Rock Roadrunner Club.

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

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 BE KIND TO RACE DIRECTORS: REGISTER EARLY FOR YOUR NEXT RACE  
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PEACHTREE '81 - Ed Knox

The Fourth of July is celebrated in different ways throughout our country. Many cities have parades. Some, like Little Rock, have races. Atlanta has both, an afternoon parade and an early AM roadrace. It is a bit different in Atlanta though - there are more people in the race!

Ken Willis and I were two of a dozen or more Arkansans who helped add 6,700 out-of-staters to the 19,000 Georgians and persons from 65 countries to make up the biggest 10K field in U.S. history. (Admittedly Bay-to-Breakers '81 had 27,000+ but it is 7.2 miles. Also, the Atlanta Track Club demands that all runners wear tops as well as shorts. If you subtract the nudes, centipedes and other assorted San Francisco phenomena from the B-to-B total, Peachtree probably has a larger field.)

Race headquarters was at the Colony Square Hotel. There were runners all over the area. Anyone without a race T-shirt was very out of place. The normal complement of overweight businessmen in their three piece suits were nowhere in evidence. Smokers furtively cupped their cigarettes in their hands while trying to hide in corners. It was the normal world turned completely around. It was really refreshing.

After viewing hundreds of T-shirts we agreed that Arkansas race shirts are superior to just about all we saw. We tip our painters caps to our local race shirt designers.

The most popular manufacturer's give away was the Peachtree '81 painter's cap from Brooks which we just tipped. That was true until the Nike people started passing out a large poster of the fantastic Peachtree '80 photo of a group of runners cooling down in the post-race water spray. (The '80 start weather was 80 degrees and 80% humidity.)

1981 will be remembered as the cool race. We only had 68 degrees and 90% humidity at the 8 AM launch time. "Launch" is the appropriate word. With the pressure of 25,000+ behind them, the world class runners in the front row looked as though they were fired out on to the course. Either they were afraid of being run over by the herd behind them or they were afraid of being left behind by their fellow speed merchants. In any case the one mile split was 4:19 for men and 4:40 for women.

Besides qualifying for the National 10K Sizzle and Sweat Championship, Peachtree is also a tough, hilly course. The first half mile is a slight uphill but it is followed by a two mile, 218 foot drop, downhill. If it wasn't for the crowd you would start thinking PR in spite of the weather. John Reifsteck managed to get in front of the mob early and did a PR 35:52. Congratulations John, we know it wasn't easy to do.

Basically you are the one who determines your starting position. On the application you are asked to give your best 10K time and a predicted time for this race. Based on your input you are seeded into one of six groups: world and national class, A, B, C, D and E. The first group numbered approximately 750. The other groups are 5,000 strong. The class runners are there to win. The rest of us were out for the T-shirt. To get the shirt you must run :55 minutes or less from the time the last runner passes the start line. This year the anchor man crossed in 7:45. Therefore, if you finished in less than 62:45 you made it this year. It took me 1:26 to get to the start line. The first thirty seconds we just stood still and visited with one another. After that we practiced our race walking for a while. We started running well after the start line. Ken Willis got trapped and took almost 2:00 to get to the start. We were both in the B group.

The race really begins after the long downhill. After 2 1/4 miles there is an .8 mile, 130 foot, uphill. Appropriately there is a hospital near the crest. After two miles of fighting your way around slow runners who falsified their times in order to get a front row seeding so they would have a 3 to 4 minute advantage to qualify for the T-shirt, the hill looked like Mount Everest. Some runner took this occasion to stop at a popular local watering hole for a beer or two to talk it all over. (They still ran in T-shirt qualifying time. Maybe McGuire knows what he is doing.)

Craig Virgin didn't seem to have these problems. He was accepting the Peachtree trophy on live national television while I was still three minutes from the finish line. He zoomed to the Piedmont Park finish line in 28:03.4 for a new American record. Rod Dixon, who later commented he will beat Virgin before the year is out, was second in 28:11. Another New Zealander, Allison Roe, was first woman in a Peachtree record of 32:48.5. Mike Clark of Fayetteville was the first Arkansas runner in a terrific 29:13. Number three race seed Rick Rojas of local Pepsi race fame finished twenty-fifth, well behind Mike.

I strongly recommend the Peachtree to all runners. Besides being a great race, it is a fun weekend. Everyone should try it at least once.

Sorry I ran over Charlie, but it was a really big, big race.

Mike Clark	29:13	Ed Knox	44:21	Andy Westbrook	53:24	Sandra Bosche	54:03
John Reifsteck	35:52	Ken Willis	45:59	John Rupert	53:24	Andy Polin	61:27
Bob Waid	37:23	Jim Dennis	53:24	Gary Robertson	40:23	John Selig	

NEW MEMBERS SINCE JULY NEWSLETTER

Gary Broom	2103 Tyler, Apt. A, Conway, AR 72032	329-2483	
Harold L. Crisp	5801 Dreher, #29, LR 72209	562-3478	569-4410
Mark Granberry	1709-A Arrowhead Dr., NLR 72118	758-1278	771-3364
Sunny & Mary Hicks	4701 Randolph, NLR 72116	753-0161	376-0086
John D. Hill	P. O. Box 990, Texarkana, AR 75504	772-6498	774-2255



