

# 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

February 1981



## NEXT CLUB MEETING

Our next Club meeting will be held on February 17, 1981 at 7:00 PM in the Community Room of Pulaski Bank & Trust, Pierce & "R" Streets. After a brief business meeting our program will be a presentation on Training and Running a Marathon by a panel consisting of Rick Ellis, Randy Oates, Elaine Lebos and Stephen Tucker. Carolyn Henriksen and her committee will provide refreshments after the meeting.

## BOONEVILLE CARBOHYDRATE LOADING PARTY

Booneville bound Arkansas Marathoners invite you to CARBO-LOAD!! Runners, Family & Friends are welcome!

Date: Wednesday, March 4

Time: 7:00 PM

Place: Ferndale Center (Take Kanis Road west - approx. 10 miles west of I-430 and Shackelford Road - to the Ferndale Cutoff. Turn left (south) go 1 mile; (Signs will direct you)

Cost: \$4.50 per person

RSVP: By March 1 821-2543 Monday through Friday - daytime  
666-5228 after 7 PM (Deb Strehle)

## CARBO MENU

Whole wheat lasagna (chicken & mushroom)  
Homemade whole wheat bread  
Salad bar  
Baked apples with raisins and pecans  
Fresh fruit  
Juices/herbal teas  
BYOB (bring your own beer, wine, etc....)

## MESSAGE FROM LARRY MABRY

Volunteers for the United Cerebral Palsy 10.4 mile race. For fear of missing a name trying to list all the wonderful volunteer individuals, I would like to thank all of the club members, friends of the Club and anyone else who assisted in making the Road Race a success on January 18, 1981. Participation of this sort makes work in the Club all worthwhile.

I have T-shirts from the run for any volunteers that did not receive them on Sunday after the race.

Special Presentation. Our sincere thanks to Dr. JoEtta Galbraith for sharing with us her perspective on exercise and heart disease. Our heartfelt thanks to you, JoEtta!

Pepsi Race We are shaping up our contract with Pepsi Cola Bottlers as to our responsibilities to them in conducting their Spring Celebration. We will begin small committee meetings the first of February and contact with all who have so graciously volunteered to help will follow shortly after that initial meeting. We are still accepting volunteers that do not plan to run in the celebration of spring on April 18, 1981. The actual work force on race day is as important as those running in the race.

If family members are going to be present to witness your grand trek across the finish line, why not try and get them to volunteer and be a part of that grand moment.

Please feel free to contact Larry Mabry at 227-0314 or Lou Peyton at 225-6609 - evenings between 5:00 - 8:00.

THE JOGGERS' PRAYER

By Tom Wolfe

Almighty God, as we sail with pure aerobic grace and stiped orthotic feet past the blind portals of our fellow citizens, past their chuck roast lives and their neurotic cardiovascular systems and rusting hips and slipped discs and desiccated lungs, past their implacable inertia and inability to persevere and rise above the fully pensioned world they life in and to push themselves to the limits of their capacity and achieve the White Moment of slipping through The Wall, borne aloft on one's Third Wind, past their Cruise-O-Matic cars and upholstered lawn mowers and their gummy-sweet children already at work like little fat factories producing arterial plaque, the more quickly to join their parents in their joyless bucket-seat landau ride toward the grave - help us, dear Lord, we beseech Thee, as we sail past this cold-lard desolation to be big about it. Amen.

JACK ALLSUP'S OUTDOOR ADVENTURES

On February 14th Jack Allsup will depart Little Rock for Mexico with a party of seven LRRC members and Little Rock residents for a mountain climbing trip that includes the scaling of the third and fifty highest peaks in North America. The group includes: Jack Allsup, Jim Johnson, Ann Smith, Bob McGowan, Deborah Strehle, J. Mac Troy, Jim Cromwell, Mickey Freeman and Demp Dempsey. The expedition will arrive back in Little Rock February 21st. Good Luck to all and lets hear the details on your return.

BOSTON MARATHON TOUR

Debbie Strehle will lead an organized tour to the Boston Marathon for runners, friends and family. Tour leaves April 18th. The price is \$450.00 by March 10th. Contact Debbie at 666-5228 or 666-1720.

## FEBRUARY RUNNER OF THE MONTH

Hi, my name is Cliff Plunkett. I'm almost 12 years old and I'm in the sixth grade. I started running when I was nine. My mom asked me and my brother if we would like to train for and run a 10 K that was coming up. We started training about five days a week and I have never stopped. The 10 K race was fun, and then we decided to train for the Dallas White Rock Marathon, almost a year away. I have now completed two marathons and several 10 K's. My best marathon time is 4:13. My future goals are to run the Booneville Marathon in under 4 hours this March, and to run the mile for the seventh grade track team next year. I run mainly because I enjoy it and because it clears my mind of other problems.

I train with my mom mostly, and our running partner Debby Burnett, and my brother Chuck. We meet weekday mornings at 5:20 for seven miles. One day a week we do speed work and on the weekend we take a long run. After more than two years of training, I find the hardest thing to do is to get out of bed.

I like running a whole lot, and I hope to be good at it some day. I think everyone should run because it's not only good for you, but it's fun.

## FUN RUNS

In case of inclement weather (icy streets or heavy rain) call fun run leader to see if run is still scheduled.

- Feb. 7 - 7:00 AM Ten miler - starts at Otasco Store in the Pike Plaza shopping center N.L.R. Fort Roots Hill included in this course. For more info contact Ed Knox - 758-3436.
- Feb. 7 - 8:00 AM A slow 6 mile run in the Riverdale area. Starts at the Rebsamen Insurance Building. This run is being led by Paul Johnson who says this is for people who are not sure they can run 6 miles. He says you won't be left behind. Aid following run.
- Feb. 14 - 8:00 AM Valentine's Day Fun Run sponsored by Sportstop in the Heights. Starts at Burns Park Tennis Center. Run 4 - 8 - 12 miles. Free refreshments and valentines.
- Feb. 21 - Women's Run - Riverdale
- Feb. 22 - 2:00 PM (Sunday) 18-20 miles. The Booneville Bound Arkansas Marathoners invite everyone to join them in a Patriotic run to celebrate Washington's birthday. Starts at the Capitol steps and run to McCain Mall and back to downtown L.R. For more info call Deb Strehle - 666-5228 or 666-1720.
- Feb. 28 - 7:00 AM The Booneville Depletion Run - 21 miles. Starts at Southwestern Bell Parking lot on West Markham and run the Ferndale route. This is a BYO - Juice run or you can buy juice at the half-way mark. For more info contact Deb Strehle - 666-5228 or 666-1720.
- Mar. 7 - 7:00 AM Booneville Revenge Run - Starts at Murry Lock N' Dam parking lot for 8 miles flat on the river course then an additional 8 miles over hilly terrain. For more info call Lou Peyton - 225-6609.
- Mar. 14 - 7:00 AM Eight miles over hilly terrain led by Beth & Lloyd Walker, starts at #17 Pontalba Drive. For more info contact the Walkers at 225-9018.
- Mar. 21 - Race at Maumelle

## THE YIN-YANG OF RUNNING - By Bob Plunkett

January 1, 1981 - My right foot is injured and I'm having to swim laps, sitting out my fourth consecutive New Year's Day without running a lick. If my past repeats itself again, this latest injury signifies that 1981 will become another good year for running, new races and new PRs.

Why so optimistic in the face of another frustrating injury? Because I've finally learned that life doesn't end with a running injury, that what goes up must come down before it can go up once again. Since I've been in this position so many times before, I have learned I can come back from injury with new strength and determination. I call it the yin-yang of running, and I've just entered my yin (negative) period. But there's a positive side even to this yin: what better month is there to be forced indoors than January?

It has been a long, good training year with two recent back-to-back marathons, plus new PRs for 10,000 meters and the 26.2. So this time I don't mind the interruption as much. I'm using my forced layoff for mental and physical recuperation. I'll swim harder (my upper body certainly could use the attention); I'll get on the weight machine (stronger quads for stronger marathon finishes), plus sleep an extra hour or two each morning (perhaps my family will discover I live in their house, too).

The more I run the better I understand the cycles of my running. There's the time for resting, time for rebuilding, a time for distance training and the day for racing. And for those of us not smart enough to know when the necessary time for resting should occur, the body has unique ways of getting that message out. Mine used an intense pain in my metatarsals to accomplish the task. Someday perhaps I'll be able to figure that out for myself - but don't count on it.

RACE CALENDAR - Cont'd.

- Mar. 21 - SPORTSTOP/COORS LIGHT AAU 10-K STATE CHAMPIONSHIP Maumelle New Town course. Starts at 8 AM. Entry fee \$5. T-shirts and Coors beer, age division prizes.
- 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. 18 - SECOND ANNUAL DIET PEPSI 10K RACE through downtown Little Rock. Starts at 8 AM. T-shirts and free Pepsi. Age division prizes.
- APR. 20 - BOSTON MARATHON
- APR. 25 - MEMORIAL HOSPITAL RUN North Little Rock, Ar. 3 mile Race. More info later.
- 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 9 - 3RD ANNUAL BMC 3 MILE FUN RUN and 5 mile Corporate Race Relay.
- 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.
- JUL. 3 - SPORTSTOP/COORS LIGHT FIRECRACKER FOUR MILER Details to be announced later.

To have your race entered into the Little Rock Roadrunners Club race calendar, send an entry form to Charles Peyton, Jr., c/o LRRR, 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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RACE RESULTS

HOUSTON-TENNECO MARATHON - January 10th

John Selig - 3:04      Bob McGowan - 3:05      Charles Peyton - 3:52      Lou Peyton (Half Marathon) 1:59

DALLAS WHITE ROCK MARATHON - December 6th

Byrne Garrett - 3:59

BOONEVILLE 30K AAU CHAMPIONSHIP - January 17, 1981

1. Tom Aspel	1:52:03	14. Paul Johnson	2:09:03	26. Cynthia Marks	2:27:49	39. J.Mullins	2:49:10
2. Bill Ward	1:52:30	15. Ron Blair	2:09:58	27. Jim Radaty	2:28:48	40. J. Purtle	2:50:23
3. Mike Roberts	1:53:10	16. Mike Sandlin	2:10:02	28. John McClendon	2:28:49	41. J. Dennis	2:53:58
4. Larry Price	1:54:19	17. David Edwards	2:10:23	29. Douglas James	2:30:55	42. B. Thrash	2:56:13
5. Bodie Nance	1:55:17	18. Larry Bentley	2:12:13	30. Ralph Edds	2:32:54	43. R. Thompson	2:56:14
6. Tom McGehee	1:58:07	19. Deb Strehle		31. Elaine Lebos	2:33:03	44. K. Hursley	2:57:11
7. Jim R. Phillips	1:58:38	(1st Female)	2:13:26	32. Walter Marman	2:33:51	45. G. Thornsberry	
8. Jerry Hilliard	1:59:28	20. Bill Ashmore	2:13:27	33. Dave Stone	2:37:20		2:58:28
9. Howard Sennett	2:02:08	21. Jim Shane	2:14:00	34. David Skatka	2:39:30	46. J. Burris	2:58:29
10. Bob Waid	2:04:02	22. John Aulger	2:14:40	35. Steve Patterson	2:39:52	47. C. Dye	3:05:36
11. Alan Judkins	2:05:04	23. David Samuel	2:15:38	36. John Gaslin	2:39:57	48. M. Dye(F)	3:15:20
12. Tom Stuthard	2:07:12	24. Jim Thurman	2:23:35	37. Barbara Wilson	2:40:30	49. B. Shumaker	3:15:23
13. James Sitten	2:07:26	25. Robert Bradford	2:23:37	38. Jean Matchett	2:40:31	May Meridith	
						(1/2 race)	1:27

Results continued on next page

NEW MEMBERS SINCE LAST NEWSLETTER

Jerry & Nita Copeland	10 Cardinal Valley Dr., NLR 72116	835-0684	748-3160
Henry Engler	Wilburn Rt., Box 382, Heber Springs, Ar 72543	362-3235	568-7328
Charles & Debbie Foster	22 Coronado Cr., NLR 72116	835-0244	758-7443
Tim & Alice Geary	410 1/2 Walnut, L.R. 72205	666-2198	374-0293
Bob & Linda Hilts	13 Misty Ct., L.R. 72207	227-4451	376-6236
Carol Jenkins			
Suzy McCall	3408 Ridge Pass Ct., L.R. 72207	225-3847	
Dan & Kathleen Neal	11763 Rivercrest Dr., L.R. 72212	225-7607	227-3286
Dennis E. Roach	11811 St. Charles Blvd., L.R. 72211	225-9069	664-3926
Terrill Weller	209 N. Claremont, Sherwood, Ar 72116	835-5510	758-2134

UNITED CEREBRAL PALSY - MCCAIN MALL TO UNIVERSITY MALL - January 18, 1981

1. Tom Aspel*	56:53	60. Ed Williams	76:18	119. Douglas Keyser	84:18	178. Daryl Cox	95:02
2. Rick Ellis	57:15	61. Tom Stuart	76:30	120. Kathleen Neil	84:25	179. James Hicks	95:04
3. Larry Rogers	60:54	62. Sandy Heister*	76:40	121. Gary Smith	84:35	180. Sally Dudley*	96:03
4. Joe Whillock*	61:34	63. Beth Walker	76:40	122. David Blakely	84:36	181. Fred Ursery	96:04
5. John Gaston	62:06	64. Mike Stitsworth	76:47	123. Ricky Giffin	84:47	182. B. Brandsgaard	96:05
6. Bill Ward *	63:32	65. Dick Prior	76:51	124. John Fulbright	84:47	183. Edd Spencer	96:22
7. Ken Gould	64:02	66. Mike Watts	76:51	125. Suzy McCall*	85:02	184. M. Hartzell	96:32
8. Art Bentley	64:11	67. Wayne Gruber	76:58	126. Don Baker	85:05	185. Angie Kinser	96:34
9. G. Cunningham	64:14	68. K. A. Parry	77:09	127. Waymon Harrell	85:07	186. Sue Powell	96:36
10. Henry Hawk*	64:14	69. Bob Hiltz	77:19	128. Mark Wilborn	85:31	187. Bob Ziagor	96:36
11. Randy Bentley	64:20	70. Chuck Cavin	77:20	129. Debbie Burnett	85:32	188. Clyde Venable	96:58
12. Ed Gray	64:20	71. Les Williams	77:34	130. Don Scott	85:34	189. Charles Foster	97:28
13. Clarence Trice	64:45	72. Mike Scott	77:36	131. Janet McKinney	85:47	190. Alan Jameson	97:32
14. Craig Winters	65:24	73. John Greenwood	77:40	132. James Cromwell	86:03	191. Bob Dorer	97:33
15. Sam Green	66:08	74. Mike Smith	77:40	133. Larry Lewaller	86:27	192. Ron Reilly	98:18
16. Doak Foster	66:25	75. Randy Oates	77:42	134. Randy Moore	86:28	193. Greg Golladay	98:19
17. Don Barnett	67:02	76. David Massery	77:44	135. Robert Hanle	86:40	194. Ginger Golladay	98:37
18. Ronnie Smith	67:03	77. Jim Ault	78:29	136. Nick Williams	86:52	195. Russell Haney	99:00
19. J. Reifsteck	69:06	78. Pat Wyatt	78:29	137. Fletcher Lewis	86:53	196. Neal Pankey	99:51
20. Doug Turner	69:24	79. Bill Schodl	78:57	138. C. R. Morse	87:27	197. Malcolm Miles	100:00
21. Bob Wells	69:38	80. Ken Willis	79:29	139. Dan Bell	87:27	198. J. Galbraith	100:09
22. J. R. White	70:04	81. Jack Blakley	79:41	140. K. Torvestab	87:30	199. Anne Sorrells	100:14
23. Joe Rice	70:04	82. Michael Nelson	80:30	141. Richard Smith	88:21	200. Nita Copeland	100:48
24. Ed James	70:27	83. Kurt Caddy	80:30	142. R. Stephens	88:24	201. Tom Schuetlin	101:03
25. Bob McGowan	70:33	84. Robert Glenn	80:35	143. Stan Kitchens	89:02	202. Bob Boyd	101:09
26. Deb Strehle*	70:43	85. Olga Bellg	80:43	144. Jim Landers	89:08	203. Arlene Delaney	101:24
27. Larry Bintliff	71:01	86. Fred Dunk	80:46	145. J. McConnell	89:09	204. J. S. Adamson	101:29
28. Don Cave	71:02	87. George Marsh	80:47	146. Don Kinney	89:10	205. Linda Gingerich	101:43
29. N. McKinney	71:08	88. Ed Knox	80:49	147. Bill Thrash	89:21	206. Bob Eubanks	101:58
30. Robert Nesbit	71:10	89. G. McAllister	80:50	148. T. Shenefeld	89:40	207. Roy Batts	102:09
31. John White	71:19	90. James Lactowsky	80:52	149. Nancy Baskin	89:46	208. Howard Graham	102:10
32. Richard Nix	71:34	91. Bill Stephens	81:15	150. Charles Gowder	89:48	209. Tommy Daniel	103:42
33. Larry Bentley	71:46	92. Robert Tyler	81:15	151. Bob Delaney	90:09	210. Steve Eubanks	103:43
34. Larry Gunnell	71:50	93. Don Roberson	81:16	152. Lou Peyton	90:10	211. Bill Hamilton	104:21
35. John Selig	73:13	94. Mel Deere	81:29	153. James Phillips	90:12	212. Linda Hiltz	104:54
36. Tom Mick	73:22	95. Jim Hobbs	81:40	154. Bob Criner	91:05	213. Bobby Phillips	106:11
37. J. Johnson	73:34	96. Ed Hicks	81:40	155. Robert Digby	91:23	214. Curtis Johnson	107:35
38. Richie Gray	73:38	97. Steve Bearden	81:46	156. J. Hartwick	91:31	215. Bill Rambo	107:50
39. Greg Baldwin	73:43	98. Pete Heister	81:47	157. Mike Voss	91:58	216. Alane C. Adams	107:58
40. George Jones	73:54	99. Bernard Babb	81:49	158. Glenroy Charles	92:10	217. Wilma Powers	108:46
41. R. Galbraith	74:11	100. J.F. Johnson	81:50	159. Jim Stanley	92:19	218. Craig Barnes	108:59
42. Mike Bracy	74:15	101. John Purtle	82:09	160. B.W.Hendricks	92:19	219. Sandra Ashcraft	110:12
43. Lyle Hartz	74:20	102. Fran Widner	82:11	161. Harry Jenkins	92:19	220. Coreen Frasier	110:50
44. Stephen Purtle	74:30	103. C. L. Gregory	82:13	162. Peter Powell	92:20	221. Cora Golladay	110:51
45. Bob Evans	74:49	104. James Bradshaw	82:14	163. Linda Seynave	92:27	222. Steve Golladay	111:58
46. Sam Storthz	74:58	105. Dan Bartell	82:20	164. Raymond Ebert	92:28	223. Jim Chadwick	112:50
47. Danny Mann	74:58	106. Bill Isch	82:28	165. John Landers	92:29	224. Neill Reed	113:28
48. Ron Hale	75:02	107. Royce Rose	82:38	166. Jim Coon	92:34	225. Larry Lacowsky	115:51
49. Lynn Harwick	75:03	108. K. Augspurger	82:39	167. Blair Truxal	92:38	226. Joann Holden	128:32
50. Wm. Turk	75:04	109. Joseph Johnson	82:40	168. Michael Algaier	92:59	227. Danny Hartzell	131:39
51. Jim Baskin	75:08	110. Basil Julian	82:53	169. Tom Lovett	93:03		
52. N. Cunningham	75:12	111. Harold Patron	83:04	170. Dan Nabholz	93:09		
53. Tom Reed	75:19	112. Scott Scherz	83:06	171. Dennis Burt	93:14		
54. A. M. Monk	75:50	113. Jack Jones	83:13	172. Debbie Hill	93:20		
55. C. Lindstrom	75:52	114. Thomas John	83:13	173. Roger Thompson	93:39		
56. Bill Goins *	76:00	115. Ken Ropp	83:20	174. Suzie Bell	93:50		
57. Forest Lyford	76:03	116. Larry Cook	83:20	175. S. Hargis	94:12		
58. Paul Blair	76:09	117. Si Brewer	84:14	176. Walter May	94:18		
59. Ed Evans	76:13	118. Frank Wait	84:14	177. Alvin Gunnell	94:38		

\* Age Division Winner