

# 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

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## NEXT CLUB MEETING

Dr. JoEtta Galbraith has consented to speak to our group at 7:00 PM on January 29, 1981 at the Pulaski Bank Community Room. Dr. Galbraith is a partner with the Little Rock Cardiology Clinic. This promises to be an informing and enlightening session. Mark your calendars now to attend.

## MESSAGE FROM THE PRESIDENT - JIM ABADIE

As Roseanne Roseannadanna would say, "I thought I was gonna die!" I did feel pretty bad after the eleventh annual Dallas White Rock Marathon on Dec. 7, but it also felt great to surpass the "point of ecstasy". I define the "point of ecstasy" as a sense of euphoria that a long distance runner reaches at some magical point in his or her run. During the twenty six mile three hundred 85 yard course in the 68° heat in 90-100 per cent humidity, I knew it would be tough to find this magical point. Actually the great feeling came approximately one hour after the marathon was over. My eight-thirty five pace after eighteen miles looked pretty good compared to my nine minute per mile goal, but then "the wall" hit me square in the face. I had to really struggle to slowly jog the remaining eight miles. I'll never forget passing Al Maguire at mile one; and he said, "Abadie, you're gonna die". Now I know what he meant, but it was great!

## CLUB BUSINESS

Important - Newsworthy - Outstanding --- Larry Mabry

### Incorporation of Club

By the time you receive this newsletter our Club should have Inc. at the end of its title, thanks to our own volunteer attorney Silas Brewer. A special "Thanks" to Sy for volunteering his valuable time writing up Articles of Incorporation for filing with the State of Arkansas.

### TAX-EXEMPT STATUS

Effective 12-12-80 the Little Rock Roadrunners Club received Federal Tax-Exempt Status from the Internal Revenue Service thru The Road Runners Club of America. The significant points of the status are as follows:

- a. Contributions to the Club are now tax deductible to the individual making them. This covers donations over and above the normal membership costs.
- b. We can apply for preferential third class mailing (special bulk rate for non-profit groups). The rate per piece is 3.1 cents and the minimum mailing is 200 pieces.
- c. We must file Form 990 (one page return) annually should our income exceed \$5,000. Our paperwork is nil if the Club's income is less.

If you have any questions on this information feel free to call me at 227-0314 evenings after 6:00 PM.

The Cerebral Palsy Run is shaping up for January 18, 1981. Volunteers and a Race Director (s) are still needed. you may call Lou Peyton at 225-6609 or Larry Mabry at 227-0314 evenings or 378-2454 days to volunteer.

FOR OUR FEMALE RUNNERS & male volunteers. On February 21, 1981 at 9:00 AM the Club will sponsor a 5K Race for FEMALE RUNNERS ONLY. Anyone wishing to volunteer to assist in the run please call Lou Peyton at 225-6609 or Larry Mabry at 227-0314. An application blank will be included in the February newsletter for registration information and particulars regarding the race.

A Special Thanks to Bob & Capi Flynn for hosting the third annual Carbo Loading Party. For those members not present, Sy Brewer was presented with the L. P. Guttis award as recognition for his determination and good spirit in overcoming his unfortunate auto accident and returning to the running scene. Congratulations to Sy on this and his 3:26 in the recent Dallas White Rock Marathon.

#### JANUARY RUNNER OF THE MONTH - Bruce and Olga Bellg

I am Bruce Bellg, 43 years old and a runner since 1969. I began running 11 years ago on a cool day in October. A friend suggested we go to the gym on our lunch hour for a work-out. There was a track inside the gym and I decided to run an easy mile. It was easy during the first half-mile only. At the three-quarter point I was struggling, and I decided when I staggered over the finish line that I was not in the fine physical shape that I had thought. Within four years, I was running three miles a day, but still smoking cigarettes. Then within a month, I married my wife, Olga, and was moved to Washington, D.C. where I was assigned to the Pentagon. The parks and walks along the Potomac River and around the National Monuments are some of the finest areas I have ever run. While Olga kept busy having two children, I increased my daily distance to five miles a day and gave up smoking. Then in July, 1977, we were assigned to Tehran, Iran, where a few months later my wife began to run.

I am Olga, 33 years old and I began running in Iran for several reasons, but most of all because I felt confined and I needed some kind of physical activity. When I started I had no problems physically. Gradually, I began to increase my mileage. In fact, I was running seven miles a day when Bruce and I ran our first race eight

#### RUNNER OF THE MONTH - Cont'd

months later. This race was a cross country 10 mile race called the "Butterfield 10". It was so interesting running just all over the place. The route went by the jail where they had all the Iranian political prisoners, and a lot of deserted hills. The local people just watched us. From that time on, Bruce and I ran as much as we could there in Iran, but mostly on the Teheran American School premises. It was dangerous running out in the street since the people liked to throw rocks at you or run you off the road with their cars. The only time we were able to run out in the streets was on Thursday mornings, which was the Iranian Saturday. Most of us Iran Road Runners would gather up to go for a nice run passing through a small village and working ourselves up to this tough hill about 2000 ft. high. This was a very challenging hill to run for all of us because where we ran it was flat. We had several races on this route, once I placed 2nd overall. Bruce and I could carry on with our running experiences in Iran. Presently I've run three marathons and my best time was 3:40. I hope to run the fourth one at a much better time with no knee problems. My goal is to improve my time in the 10Ks, hopefully this coming year.

For both of us running is an important part of our daily lives and hopefully will continue to be for the rest of our lives.

#### FUN RUNS

- Jan. 10 - 7:00 AM Starts at Heights Theatre parking lot on Kavanaugh for a ten mile run that includes running down Overlook Hill and up Cedar Hill road. Deb Strehle and the Booneville Bound Arkansas Marathoners will lead this run. For more info. call Deb Strehle - 666-5228 or 666-1720.
- Jan. 17 - 7:00 AM - 12 miles starts from Highland Valley Methodist Church (red brick) parking lot - Markham Parkway & Kanis. Route will be to Ferndale. For more info contact Fred or Kathy Plunkett - 821-2554.
- Jan. 24 - 7:30 AM Start at Burns Park Tennis Center for 4 - 8 - or 12 miles. For more info call Bob or Linda Hiltz - 227-4451.
- Jan. 31 - 7:00 AM Approximately 11 miles (hilly) starts at Shipley -Do-Nut on Cantrell Road at Mississippi. (park cars at Tanglewood Center) This route includes Overlook Hill. For more info contact Charley or Lou Peyton - 225-6609.
- 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. 14 - 8:00 AM Valentine's Day Fun Run sponsored by Sportstop in the Heights. Starts at Burns Park Tennis Center. Run 4 - 8 - or 12 miles. Free refreshments and valentines.
- 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.

We would like very much to offer some short runs or 3-6 miles for our members who are not interested in long distances. We need members to volunteer to lead a run (this only involves knowing a course and furnishing water after the run). Please volunteer if you want variety in our fun runs. Lou Peyton - 225-6609.

In case of really bad weather, (icy roads or streets) call fun run leader to see if run is still scheduled.

ON THE RUN IN RIVER CITY - By Randy Oates

The Dallas White Rock Marathon has been one of the most important events in my life for the last two years. It has been a goal, a sacrifice, a celebration, and most importantly, a tremendous learning experience. This year I learned a great deal that hopefully will benefit the beginning marathoner. So here is my potpourri column about Carbo Parties, Fads, The New Aristocracy, and the Last 6 Miles.

CARBO PARTIES Regardless of what you have read or heard about these events you still must see it to believe it. Walking into the party prior to the White Rock Marathon was like walking into a Salvador Dali painting. The whole thing had a surrealistic quality about it. Here were all these emaciated poor devils devouring more fattening food that I had ever seen in one place, outside of Andre's Swiss Pastry Shop.

Pies, cakes, cookies, bread, pasta, and pizza were everywhere. While devouring everything in sight with or without utensils, they were simultaneously slaking their thirst with malt beverages. It was in a word, beautiful. And then if that was not enough, from out of nowhere appeared numerous cartons of Haagen-Daz ice cream.

However, I do have a word of caution for beginning marathoners about the Carbo Party. Don't go. It will only hurt your ego. All the really fast runners in the county were there and they were all talking about breaking 3 hours or 3:10 or something at Dallas. I was almost embarrassed to admit my goal was to finish standing up. I finally quit asking about anyone's training and started talking to some of the non-running wives.

FADS Numerous fads are constantly cropping up in our sport and even the sport itself may look like a Fad to some - but it's not. In fact Joe Henderson, the author who was part of the premarathon program, made a very interesting observation about this very question. The real fad in our society is our life style for the last couple of generations. A life style that has let our bodies deteriorate. We have been a generation that relied on something mechanical to do everything for us. But this life style is changing. We are returning to our bodies. Driving to a neighbors house one block away is a fad. Using an elevator to get to the second floor is a fad. Returning to the development of our own physical being is the norm.

By the way, speaking of Fads, carbo-loading is not a fad. It works. I have become a believer in carbo-loading in moderation. I followed the formula of a depletion run, then 3 days of mostly protein, and 4 days of mostly carbohydrates. Notice I said "mostly". I did not eat just protein but instead increased my protein foods and decreased my carbohydrate foods in the early phase and reversed the process in the second phase. Plus stayed with foods my body was used to. I also took Dick Lewis' advice about what I ate 2 to 3 days before the marathon being much more important than the last day before the event. Yes, I was a little down mentally and physically on the 3rd protein day but it was all worth it (see the last 6 miles).