

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

July, 1981 Issue



MESSAGE FROM THE PRESIDENT - LARRY MABRY

I am taking this opportunity to say thanks for the opportunity to serve as President (worker) of the Little Rock Road Runners Club Inc. for the next year. I look forward to a year of activities that will involve more members on a 'Run & Fun' Basis in addition to our Regular Order of Business.

If there are ideas or activities you would enjoy developing or offering for development, please feel free to let us know.

Come prepared for fun & lots of enjoyable company at our next Fun Run, Swim and Pot Luck!

July of each year makes membership renewal time - Please forward your check to Dewey Glasscock as soon as possible or bring it with you to our next event.

NOTES FROM THE OUTGOING PRESIDENT - JIM ABADIE

It's been a great year for me as your President. I feel that the LRRC has accomplished great things in this past year. We have grown from approximately 150 to 325 members and have continued to average 25 new memberships per month. I have my officers and you to thank for supporting me. Without you I couldn't have done it.

I would like to help serve you in another capacity this next year. I have volunteered to keep track of the area races to prevent conflicting race dates. Please pass the word around so that I can consolidate these dates. I also plan to send the Arkansas Race Schedule to the big running magazines on a regular basis.

I want to see the LRRC grow even bigger. We need every member's help. Good Luck to Larry Mabry and the other newly elected officers. Thanks again for the memories.

REMINISCING RUNNING 1971-1981

BY LOU PEYTON

- I remember when - Buz McNair & Terry Matthews were the first Arkansans to run in the Boston Marathon. There was no qualifying time then.
- I remember when - Gary Smith, Max Hooper, Otis Edge, & Terry Matthews organized the first race in Little Rock. The 4-Mile Holiday race through Pleasant Valley.
- I remember when - There were 20K races at Camp Robinson.
- I remember when - The Arkansas Marathon was held on Petit Jean Mountain.

- I remember when - Pat Wyatt jogged in the neighborhood to get in shape for her snow skiing trips to Colorado.
- I remember when - There were eleven members of the LRRC. The first fun run was planned and run from Beth and Lloyd Walkers house. The route included Napa Valley.
- I remember when - Dewey Glasscock ran his mileage on the indoor track at the YMCA.
- I remember when - Charley Peyton ran his 1½ miles daily - in combat boots.
- I remember when - Bob Plunkett made his first pair of orthotics.
- I remember when - Dick Lewis tried long distance running but returned to his beloved track that was his home.
- I remember when - Steve Tilley ran a 3:03 for his First Marathon.
- I remember when - Al Maguire rode his motorcycle to watch the First Baptist 10K race.
- I remember when - Deb Strehle ran her first marathon in 3:45.
- I remember when - Larry Mabry ran 2 miles a day at the track and laughed at long distance running.
- I remember when - Ann Smith's daily mileage was one mile run all out on the track at Scott field and a 5 mile run on weekends.
- I remember when - JoEtta Galbraith wore a size 12 dress. She easily slips into a size 8 now.
- I remember when - Pat Wyatt was the first woman from Arkansas to run in the Boston Marathon.
- I remember when - There were no women in the 40+ age division in our local races.
- I remember when - Gary Smith and Buz McNair ran 30 miles on the track at Scott Field one Friday evening just for fun.
- I remember when - Bob Galbraith flew to California to run his First Marathon.
- I remember when - Beth Walker finished six mile fun runs - walking.
- I remember when - Kathy Plunkett was 60+ lbs. heavier than she is now. She thought the other members of the LRRC were whippets and greyhounds.

FUN RUNS

- July 11 - Approximately 12 miles with option for 16 or 20. Starts 6:00 a.m. from Shoney's at McCain Mall. There will be a pick up at 8 mile point for anyone desiring. For more information, Nita Copeland 835-0684
- July 12 - 6:30 a.m. 4 miles starts from Cammack Village Tennis courts through the heights. For more information, Charley or Lou Peyton 225-6609
- July 16 - 5 mile Fun Run at 6:30 p.m. Bring swimsuit for a quick swim and your favorite potluck dish for dinner at 7:30 p.m. St. Charles subdivision off Napa Valley Dr. for more information contact Beth or Lloyd Walker 225-9018 or Charley or Lou Peyton 225-6609
- July 18 - 6:00 a.m. 12-13 miles starts at NLR Airport on Remount Road. If traveling East on I40 take the Levy exit go to traffic light turn left, left at next light which is Camp Robinson Rd. Go approx. 4 miles road changes to Remount Rd. airport is on right. For more information Nita Copeland 835-0684
- July 19 - 6:30 a.m. 3 miles on bike path from Henderson Jr. High to Sears Dept. Store and back. For more information Paul Johnson 225-6487 or Charley or Lou Peyton 225-6609
- July 25 - 6:00 a.m. Union National Bank Foxcroft and Cantrell Road distance and route are undetermined at this time. For more information Lou Peyton 225-6609 or Larry Mabry 227-0314
- July 26 - 6:30 a.m. 3 miles on bike path from Henderson Jr. High to Sears Dept. Store and back. For more information Paul Johnson 225-6487 or Lou Peyton 225-6609

I'm sure all of us who meet regularly (winter and summer) at the predawn hour of 0530 consider ourselves to be sane. Frankly I'm not so sure about a couple of them but I know I'm sane. The original Marquis group met at Murry Lock and Dam. For about two years, however, we have been gathering daily in Si's kitchen at about 0520 for coffee and conversation prior to :A) 6-10 mile run B) 2-4 mile run C) 12 miles to Baptist and back D) driving to Shipley's for donuts-no run or E) going back to bed.

Certain graffiti on the street in front of Si's kitchen must be explained. I live in #6 Hayfield, Si lives in #4. For a brief while a group of 4-5 runners met with what had become the nucleus of the Marquis de Sade running club. We were without strong leadership in that Pat and His Eminence who had founded the group were so irregular in attendance that they could no longer be trusted with major decisions. Into this chaotic situation stepped the more talented and dedicated Tilley and his band of marauders. They thought we were salvable for a while but ultimately gave up. Too much time was taken with :A) conversation, B) voting in A-E above; C) whether we should wait 5 more minutes for Pat or not and when finally moving deciding when to quit walking and start jogging. Steve's Marauders then met in front of #6 while the Marquis and his group met in and around #4. Unknown vandals painted "A team" in front of #6 and "them" in front of #4. There is as in "we're not going to be able to do a thing with them".

The Marquis group has contained many members and like the Marine Corp, once a Marquis always a Marquis. We claim Paul Bash famous inventor of apple juice and fresca. Actually in unpublished communication Paul stated that his secret formula contains apple juice, fresca, gatoraide, and water. The Marquis claims Larry Mabry who this coming year will do the Marquis' bidding as President of the LRRC. The Marquis claimed Rocky Wyatt, the most famous of all running dogs, Who can forget Rocky? Hobo Peyton, however, is taking up the mantle and quite proudly I might add.

The Marquis group has in its nucleus a member His Eminence in one of his publicity stunts referred to as "one of the lawyers". We'll call him lawyer #2. This individual had been a relatively recent inductee but had rapidly moved through the ranks to the point where around Halloween two years ago he was ready for the upcoming White Rock Marathon-his first. This in spite of a heavy load of depositions and, we all suspected, closet smoking. While under cover as a normal civilian he was struck and injured by an out of control automobile. He was not long out of traction and major surgery when the rest of us ran White Rock that year. One year later, under the alias of "pipeleg" he ran and completed White Rock in under 3:30. "Pipeleg" came about because he trained for and ran White Rock with a metal rod the length of his fractured femur placed there surgically one year before. I never heard one complaint about "rotten luck", one complaint about pain or the effort involved, nor one negative thought about the circumstances that accident had changed. It seems these days we don't complain much about pulled muscles, aching joints, stress fractures, blisters or whatever other relatively minor injury or ailment that puts us on the shelf for a few days or weeks. At least not to Lawyer #2. "Pipeleg" appropriately received the first Lou Peyton "guts" award. An award named for another person who didn't and doesn't spend time and energy bemoaning the cruel fate of injury and ailment. Most of the common ones listed above and others could be easily prevented by common sense, running for fun and listening to our bodies rather than our egos.

Conversation on the run usually can range from Paul Tillich to sports, from religion to politics and always included a few on and off color jokes or humorous comments and stories, the latter usually from an unnamed advertising executive. Conversation the other day got around to a person we'll call "Kitty Joe". Joe was a good runner but Joe, once he achieved that status, began to experiment. The most famous experiment was a fast for several days leading to disorientation and self treated by undiluted pickle juice straight from the jar.

During this and other experiments mainly dealing with weight losing techniques and various diets, Joe's running ability eroded to the point where he could run a good 100 yards at a crawl. Joe never seemed to understand why he got worse rather than better. I suspect he did understand and was putting us on all the time. I think he saw and rejected the competitiveness creeping into recreational jogging and running. He was an extreme example of what some runners will do based on no valid data just to get a little edge. I believe a number of runners would jump naked off the 1st National Building if word got around that someone had done that and then gone out and run a personal best.

I think Joe missed the point of running for most of us but I feel that we do tend to attribute to jogging-running per se more than is warranted. I think my running activity adds an exquisite flavor to my life. I think the essence of running regularly can lead to a sharpening of better value systems and to a fuller life.

I will be 41 years old this fall. My personal goals are to be World Class by age 80 (or 90) and to participate in a 50 mile run. Surviving the 50 miler, I'd like to run a 100K. Dare I mention the Western States 100? I like Tom Osler's motto of "finish smiling".

There are few dilettantes in running and never will be many. The initiation fee into the "running fraternity" requires discipline, effort and persistence. Other than the creme de la creme like Bill Rodgers, Patty Catalano and other world class runners there is little or no place for posturing. Therefore social gatherings are relaxed, fun and free of the tensions we so often face these days. If anyone reading this is not convinced, just attend the next pot luck and fun run.

We may have an ease with each other regardless of personal background because, regardless of athletic ability, age or sex we are each validating ourselves as special human beings worthy of an inherent God given respect. I don't want to wax philosophical out I do believe one should spend some time running alone for long distances. There may be a focused solitude which results in an occasional great personal insight. Most sheer pleasure for me, however is at between 7.5 and 9.5 minutes per mile with friends laughing and talking on a long run. I must admit, I've spent other miles at faster paces with some anaerobic delusion of breaking 3:10 (marathon) 40 minutes (10K) or some other world shattering mark.

I would be remiss not to mention two other topics. Each runner should have two log books. One for the shrine, in the formal living room open to the current date with the notation; "20 miles - 6:30 pace - easy recover day-freezing rain, wind and sleet". The real book hidden upstairs simultaneously reads; "Freezing rain, strong wind - might catch cold - went back to bed", or "met at Si's, decided to go to Shipley's in Johnson's van".

The second topic concerns mandatory and discretionary walks. I am the sole dispenser of mandatory walks and any group may submit their route (s) to me and I will for no charge mark in one of more mandatory walks. Once determined, the mandatory walk can only be changed by an act of congress.

Discretionary walks, on the other hand, are the option of the group on the run. A motion for discretionary walk can be made by any member and after receiving a second is voted on by all members present with a 2/3 majority ruling. If there is an adamant minority opinion, then the dissonanters can proceed at their own risk.

My closing questions are these: Do you like jogging-running better than anything else you do? Why do you run-jog? Do you race? Is racing important? Is racing everything-nothing? Is it important to see just what the limit (s) of your physical capabilities are? Will this knowledge and activity help you push back unrealistically low expectations in your work, intellectual, interpersonal life?

I maintain that running has room for widely divergent answers to all these and many more questions. Running as we know it seems to me to be accurately described by Sheehan. At its base running is a manifestation of the natural and essential play of childhood.

RACE RESULTS

CONWAY ALL REGIONAL 10K May 2nd

Mike Dunauey 50:09

Mount Magazine 15K

Al Maguire 1:29:21 (2nd half of 18 mile run)

Bob Plunkett 1:08:50

Deb Strehle 1:09:57 (1st Female)

Men 12 - 19 - Bill Ward, 1:01:58; Chuck Campbell, 1:05:13; Ricky Murphy, 1:14:07

Men 20 - 29 - Jerry O'Dell, 57:41; Tom Aspel, 59:08; Jerry Hilland, 1:00:02

Men 30 - 39 - Rick Richardson, 59:49; Larry Price, 1:01:59; Lonnie McAllister, 1:04:03

Men 40 - 49 - Bob Waid, 1:05:38; Dr. Bob McGowan, 1:06:29; Dr. Robert Galbraith, 1:12:27

Men 50 and Older - Carl Woodyear, 1:14:46; James mullins, 1:19:24; Boyd Mills, 1:34:40

Women under 29 - Deb Strehle, 1:09:57; Kathy Price, 1:37:01; Cathy Terry, 1:37:02.

Women 30 - 39 - Kay Jinkerson, 1:35:27; Swana Guttikonba, 1:38:11

Leggs 10K New York Central Park

Beth Walker - 43:11 (167th out of 5600 Women)

If you would like your race results in the Newsletter, call them to the editor at 225-6609 or mail them to 41 White Oak Lane, Little Rock, AR 72207. If you mail race results, they should be "TYPED" in order to facilitate the printing.

FROM THE EDITOR - Charles Peyton, Jr.

As editor of the club's newsletter I would like to take the opportunity to thank the many people involved in meeting the Newsletter Deadline. A special thanks to Betty Glasscock who typed for me and to John & Linda Fulbright who stamped, addressed and mailed. Next I want to say how much I've appreciated the articles contributed by Dr. Steve Tilley, Randy Oates, Sandy Heister, Billy Hatcher & all those who shared in the Runner-of-The-Month columns.

As someone who failed English twice, I assumed the responsibility of the Newsletter with a lot of misgivings. However, with help of all of the above people & my wife, Lou, the running year was an enjoyable experience. Looking forward to the next one.

For comments concerning the club, functions & activities are always welcome. Send Typed approximately 600 words or less to the editor. Deadline 20th of each month.