

FROM THE EDITOR

In case you missed the May Pot-Luck dinner meeting, Paul Johnson was presented with a plaque from club President Jim Abadie which read "Little Rock Roadrunner Club's Runner of the Year/1981".

The criteria for selection for this award was purposely left open so as not to exclude any nominations. Several nominations were received; all were deserving. As time for a decision to be made came, the following key points evolved: Attendance at club functions (meetings, races, etc.); helping with club functions (fun runs and races); and, the motivation and encouragement of fellow runners. Congratulations again to Paul Johnson.

NEXT CLUB MEETING

June 16, 1981, 7:00 PM, Community Room, Pulaski Heights Bank, Grant and "R" Streets. The order of business will be the selections of club officers for the 1981/82 running year beginning in July. The nominating committee - John Fulbright, Charles Peyton, and Ed Knox - has met and will present the following slate of officers to be voted on:

President	Larry Mabry	Secretary	Linda Fulbright	Newsletter Editor	Charles Peyton
Vice President	Dr. Bob Galbraith	Treasurer	Dewey Glasscock		

Coming up - Look for another Pot-Luck Dinner at Murray Park on July 16th.

MESSAGE FROM THE PRESIDENT

First Pot-Luck Dinner for 1981

I never believed that we would have 150 runners and friends at our first pot luck dinner this year. It was a great gathering and caught us totally unprepared. Sorry for the shortage and inconvenience. Thanks also for coming to honor the key members that made the 1981 Pepsi Challenge so great.

We're having another pot luck dinner on July 16. Let's get ready now. Bring a running friend.

Riverfest 10K

The 1981 Riverfest 10K (First Run) was a super race that attracted approximately 850 runners. This race was the second largest race in Arkansas history, second only to the 1981 Pepsi Challenge 10K.

June 16 Meeting

Elections will be held at our June meeting to confirm the selection of club officers who will serve from July 1981 until June 1982. Your vote is extremely important. Please come do your duty by voting. Other subjects that will be discussed will include the following:

LRRRC administered races
Ways to get more members to help with races.

DMSO

Have you ever seen "Saturday Night Life" on TV? Remember this skit? It's a floor wax! No, it's a dessert topping! It's DMSO! Yes, now you can buy a product that's either a miracle rub or health food supplement. Buy now while supplies last. By the way, it really doesn't taste too good after all. I think I'll read more about it.

PEPSI CHALLENGE 1981 - Larry Mabry - Race Director

Another chapter is written in the club's acceptance of the logistical aspect of the Pepsi Challenge Road Race. For the hours of preparation, the understanding of all involved and the acceptance of responsibilities by many members, I would like to say THANKS. To all who assisted in even the smallest of ways, your contributions were greatly appreciated. This year there were approximately 2700 runners and to assure them of an enjoyable race we utilized approximately 125 volunteers. To all of you a heartfelt and sincere THANKS!

RUNNER OF THE MONTH* - Billie Hatcher

A year ago I considered myself one of the world's most unathletic women - my outstanding athletic accomplishment being the running of my vacuum cleaner! I could not imagine myself doing anything out in public that (heaven forbid) made you S-W-E-A-T, much less get red in the face, out of breath and staggering from sheer exhaustion. Through a series of circumstances, mostly to lose weight and shape up, I find myself thoroughly addicted to a sport that encompasses all of the above.

It takes a certain amount of courage to dress a 42 year old body, battle-scarred as a result of arriving at this point in life, in skimpy running gear and taking to the road for all the world to see. (Everybody will be looking at me. Horrors! I can't do it.) For me it took running at night at first and the faithful encouragement of my running buddy, Deb Arnold.

My next hurdle was a group run - a Fun Run - Pot luck at Murray Park with the Roadrunners. Following a fast paced 4 mile run, I arrived at the pavillion completely soaked in my own sweat, a bedraggled sight by any measure. Guess what - those nice folks treated me just like a part of the family! (Boy if people like you like that, they're real friends.) Whatever it takes to get past that initial self-consciousness is worth it - the rewards are immeasurable and the pleasure unexpected.

A year later, I can laugh at myself. I'm 30 pounds lighter, in a lot better shape and feel wonderful. I've experienced the thrill of the race and even learned to run a little with the "Tilly-Hooper Method of Running" (Run with Pain). I've even brought home a couple of trophies! But best of all is being a part of a group of the nicest, most supportive people you would ever want to know - special people from all walks of life, supporting each other and taking pride in each others accomplishments. They seem happier - and I know why, because I'm a runner too! (Who just happens to be a woman).

*Every member has a running story that other runners want to hear about. Won't you share yours? Call Lou at 225-6609

ON THE RUN IN RIVER CITY - By Randy Oates

If you missed the Fourth Annual Great Cross Country Run, you once again missed the most fun you can have with your running shoes on. This event is put on every year by the 'lunatic fringe' of the running movement, otherwise known as the Hash House Harriers.

The course is always through the woods with plenty of hills, brush, and mud puddles thrown in for good measure. The only thing the course lacked this year was a good rain the night before to make the route really yucky. It was quite challenging, even without the excess water.

The route always has several shortcuts that save you distance but may not save you time. If you can run with wild abandon and without regard to life or limb, then you can usually make out on the shortcuts. I made out like a bandit on the first one. Three young track stars took off like a shot at the start and ran right by the first one. I took it and after dodging some briars, going through some low brush half stooped over, and fording a small puddle, I came out at least 50 yards ahead of the fast kids. Wow, that was a good feeling.

The regular route generally follows a path while the shortcuts go through the underbrush. This adds to the challenge and sport of the whole thing. It also is easier to get lost. However, this year everyone made it back to the finish line after covering roughly four miles or so in pretty good shape. In fact, I don't believe there was anyone bleeding at the end, which has to be a record for this event.

It was great fun with lots of story telling about different parts of the course and the obstacles involved. There was also plenty of free beer at the finish to replace the fluids lost out on the course. The beer really adds to the festive nature of the awards ceremony where almost everyone gets something. They had about 130 prizes that were drawn for regardless of your finishing position. So everyone stands around afterwards drinking beer and waiting through the drawing for all the prizes. Thus producing the end results of about 4 to 6 beers per person on an empty stomach after a 4.5 mile race. You can guess the rest. I was as giddy as a school girl when I headed for home. Like I said, it has to be the most fun you can have with your running shoes on. My thanks to Dick Lewis and the rest of the 'lunatic fringe' of the running movement for such a good time. Make your plans next year not to miss this annual event.

Jack Sprat did run so fast that he grew sleek and sound.
His wife, alas, ran just as much, but she stayed plump and round.

Put somewhat differently, running may create slim waists and trim thighs for some, but others just get sweat and blisters. This inequity can be bitter indeed, especially if this sport is started with someone whose comfortable padding seems to melt away with the miles while ours doesn't. Or maybe we've been the target one time too many for party remarks like, "Your favorite footpath must be to the refrigerator."

Regrettably, perhaps, becoming a runner is tantamount to hanging a neon letter A right over the abdomen and every other off-limits area. Not only does it assure that each bouncing bulge will attract immediate attention but it's also an open admission that the fat battle is on. And once the enemy has been sighted, we're locked into a public struggle. No way can we stay laid-back and low key when the world is watching our progress and the mirror persists in snickering everytime we squeeze into those skimpy shorts and shirts.

To long for visible dividends that match our enhanced fitness is not simple vanity - it's complex vanity, and as such it cannot be easily dismissed. For one thing it's a need to have the package reflect the quality of its product. Or more specifically,

For the runner's fit heart, all earnestly cheer,

But what causes broad grins is the view, front and rear.

Furthermore, it's a matter of form following function, the logic of which goes "I am a runner, therefore I should look like one". Finally, it's a case of one-upmanship with ourselves. Slipping into shorts a size smaller says all kinds of things we like to hear about self-discipline, perseverance, and the like. And it is one more chance to thumb our noses, temporarily at least, at Father Time and his calendar.

So, no apologies are in order if we find our minds dwelling more resolutely in the realm of the flesh. This tendency is inevitable in a sport where the winners are uniformly thinner. It is also the result of a lesson learned early on the street and taught convincingly by tired feet. Their rebellious outrage is likely to develop sooner rather than later if the load they are forced to carry includes a lot of spare baggage. Upon feeling every extra pound come crashing down with four times its original weight, most runners soon become staunch advocates of "less is best".

Lightening the load has been such a hot topic during the past decade that finding an acceptable weight loss program is easy. Sticking to it is not. But when running is added to the regimen, most achieve better success. Along with a burning a requisite number of calories and stoking up the metabolic fires, running often affects attitudes about food, so that altering the diet becomes less burdensome. This hidden trump was wonderfully phrased by Royce Rose, who has lost eighty pounds since he began running, "First I ran to lose weight, then I lost weight to run".

Since there are numerous others around with similar success stories, I thought a survey of homegrown trade secrets might prove useful. Personally, I am far more interested in how my four-mile-a-day neighbor with three teenagers lost ten pounds than I am in which cheese pleases Grete. Her ability and her body are too far removed to provide real incentive either at the track or the supper table.

Of those interviewed one clear trend emerged early - weight loss did not begin for most until they reached a certain level of running. For instance, five years of running two miles a day might not have caused any loss whereas an increase to four a day did. Many of the men had weight losses that fell into the 20-30 pound range but few of the women's went beyond ten - unless their running was accompanied by strenuous dieting. Two explanations for disgusting injustice come to mind.

First of all, men have always needed considerably less body fat so their systems will more readily relinquish this surplus material, which the scales promptly register. Women, on the other hand, being biologically designed to perpetuate the species through birth and nursing, need that extra fat as a safeguard against lazy hunters and long winters. It's Nature's way of insuring the survival of the young through the mother's fat pads. Consequently, her body firmly resists dipping into its stockpile since it doesn't know that she now shops at Safeway and lives in centrally heated houses just like he does.

A second possibility - to give equal time - can be found in Genesis. The much maligned incident of Eve and the apple deserves a reading that reflects modern discoveries. It would be that her infamous snatching act was simply the world's first carbo-load, occurring as it did right after her morning work-out in the Garden. Maybe Eve succumbed to the munchies because she, like her sisters ever since, had depletion reversal needs that are as yet only

vaguely understood. Any runner, sex notwithstanding, who has been caught sucking up beers or stuffing in snack food before even stopping to stretch knows about such pig-outs.

But back to facts. Experienced runners generally advise size watching, rather than weigh-ins, for a more accurate reflection of the effects of running, particularly for women. Several men mentioned this as well, saying that their waists "tightened" as much as two inches even though they lost no pounds.

Virtually none of the runners consulted went on specific diets but almost everyone felt that running curbed their appetite so that eating less was easier. In addition, many found their food habits being modified by increased mileage. Extra carbohydrates, less alcohol (excepting light beer, of course), and more "green things" seemed to characterize most eating patterns. A few confessed to occasional kitchen orgies but felt these sugar and fat attacks posed no real threat to their programs.

The answers to why they ate less also had common themes. Besides affecting the appetite itself, they found that their overall involvement with their bodies made them more conscious of what they were putting into it. Some also described a feeling of being weighted down by food and wanting to eat less so that they would be lighter and faster.

The most obvious deviation from the experiences recounted above came from those runners who lost no weight, even while logging substantial mileage. Jim Fixx in his Second Book of Running addresses this perplexity. "...dog-tired fatigue often stimulates appetite. Thus runners who have wearied themselves by a sudden increase in training are particularly subject to overeating." He also advises weight conscious runners to drink frequently while exercising so that deficiencies registered in the thirst center of the brain won't spread to the nearby hunger area and spark extra activity there. Fixx's theory tallies with the experience of one local runner who lost no weight while building towards 60 miles per week for a marathon but quickly dropped ten pounds when that pressure and the mileage were reduced.

That the relationship between running and weight loss is complex comes as no surprise because this highly individualistic sport generally refuses to be reduced to formulas anyhow. Even the patterns that emerge are hard to interpret because of the numerous influences affecting them. More than one runner who upped their mileage and lost weight attributed the reduction not so much to their athletic activities as to events occurring in their personal lives. Also puzzling are the contradictory effects that lead high mileage to carve away inches from one while only producing longer grocery lists for another.

Nevertheless, reflections on the connection between foot-work and food intake do suggest possibilities. What many of us may need could well be a more detached attitude about food that strips eating of some of its emotional entanglements. Treating diet like any other aspect of running - speedwork, endurance, pacing - has several advantages for the runner. By bringing food concerns into balance with other training considerations, we reduce its significance to more manageable proportions. This also interjects a bit of fun and experimentation when the same trial and error spirit that governs our efforts at intervals or hills is applied to diet. A further benefit of this objectivity is the removal of some of the sting when our results are less than spectacular. In other areas of running we rightly delight in movement towards specific goals, rather than demanding smashing victories every time. It's not unlike a race where excited applause erupts as the runners cross the line. We readily admire their determined efforts, knowing the price of each sweaty step. Our own struggles toward the goals we set deserve no less respect.

And one for the road,

There once was a runner named Jock, who watched the scales like a clock.

All his runs did he measure, by the pound, not the pleasure....

Then morosely called running a crock.

RACE RESULTS

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.

AVON INTERNATIONAL 10K - Kansas City - April 26

Debbie Strehle 38:51 Barbara Wilson 47:00

MAJOR'S 10K - Pine Bluff - April 11

1. Randy Taylor	32:37	5. Bill Ward	34:37	9. John Reifsteck	37:25	13. Ces Fleischauer	45:10
2. Dr. David Denson	33:02	6. Matt Whitener	35:38	10. Doak Foster	37:33	14. Barb Hildebrand	46:40
3. Rick Ellis	33:44	7. Sam Green	35:44	11. Betty Johnson	44:21	15. Joy Marcus	48:43
4. Joe Willock	34:06	8. Joe Rice	36:39	12. Cathy Denson	44:43		

CHARLOTTE BIG SATURDAY 5K - Charlotte, N.C.

Sue Powell 23:13 (Age Division winner) Peter Powell 21:20

MEMPHIS IN MAY 10K

1. Rick Ellis	31:54	5. Bob McGowan	37:30	9. Bob Holmes	42:14	13. Bob Plunkett	43:02
2. Randy Taylor	34:05	6. Ed Gray	37:37	10. Elaine Lebos	42:25	14. Barbara Wilson	44:20
3. Steve Tilley	34:08	7. Debbie Strehle	37:37	11. Clift Plunkett	42:37	15. Drew Camp	44:26
4. Henry Hawk	35:12	8. Beth Walker	41:08	12. Gary Smith	43:02	16. Kathy Plunkett	47:42

HOGYE MARATHON - Fayetteville, Ar - April 25

Nancy Cunningham 3:03 Gene Cunningham 3:09 Byrne Garrett 3:54

CONWAY REGIONAL 10K - Conway, Ar - May 2

1. Buddy Herndon	32:41	3. Steven Purtle	37:39	5. Julian Sanchez	34:26	7. Cheryl Cunningham	44:35
2. N. Cunningham	37:50	4. Howard Sennett	32:59	6. John Purtle	42:29	8. Donna Foss	45:30

MORE RESULTS FOLLOWING RACE CALENDAR

LOST AND FOUND

The finish chute people at the Pepsi Challenge used waist aprons borrowed from the Lion's Club. If any member found one of these after the race, we need to return them. Otherwise the club will have to pay for them. Call Larry Mabry (227-0314) so they can be returned.

WEEKEND FUN RUNS

Our Fun Runs provide our club members and other runners an opportunity to met new faces and train with old faces. Wont you sign up for a Saturday run? A starting point and water after is all you need to provide. These usually attract 25 (+ or -) people. The club tries to have one every Saturday there is no local race planned. Call me if you would like to take one. Lou Peyton - 225-6609

June 6 - 6:30 AM D-Day 10-mile fun run, with one "slight upgrade" - Barrow Hill Hit the beach at 6:30 from east Sat. employees parking lot at Baptist Medical Center, fight your way out Kanis, Shackelford, out Rock Creek Parkway, battle back east on Markham, charge up Barrow Hill to final victory back at BMC. Water at 5 and 8 miles, aid at finish; take no prisoners; contact Paul Johnson - 371-3721 or 225-6487, or Lou Peyton - 225-6609

June 7 - 6:30 AM Cammack Tennis courts for a 4 mile run thru the Heights. Starts at empty parking lot on Sun. corner of Brentwood & N. McKinley Streets. Refreshments will be potluck.

June 13 - 6:00 AM 16 miles. Starts at Union Nat'l Bank, Cantrell and Foxcroft Rd. Some hills and possibly some Sat. cross-country included. For more info call Larry Mabry 227-0314 or Lou Peyton 225-6609

June 14 - 6:30 AM Cammack Tennis Courts - same info as above. Sun.

June 20 - 6:30 AM Murray Lock N'Dam We will meet and discuss what distance and route we want to run. Pot luck Sat. refreshments.

June 21 - 6:30 AM Cammack Tennis Courts 4 miles Same info as other Sunday fun runs.

June 27 - 6:30 AM Heights Theatre parking lot for 12 miles to Metro Center Mall and back. Pot luck refreshments. Sat.

June 28 - 6:30 AM Cammack Tennis Courts for 4-6 miles. Same info as other Sunday runs.

RACE CALENDAR

- June 5 - Sportstop/Coors Light One-hour Track Run Parkview High School Track Gary Smith 666-1720.
- June 6 - Mt. Magazine Run 15K Booneville, Ar Call 1-476-2324 or 1-675-3266
- June 13 - MDA Love Run 5K Burns Park, North Little Rock Barbara Brown 758-7760
- June 13 - Benton Festival Run 10K Benton, Arkansas Dewayne Hodges 847-0666/778-1131
- June 13 - Bradley County Pink Tomato Run 3 Mile Warren, Arkansas Contact Bradley Co. Chamber of Commerce 226-5225
- June 19 - Ozark 4 Mile and 2 Mile Cross Country Races Ozark, Arkansas Rick Richardson 1-667-4257
- June 20 - Five-Kilometer Run Siloam Springs, Arkansas Dr. Jim Pearson 1-524-3833
- June 27 - Little Rock AFB Energy Conservation Run 10K Jacksonville Contact 2nd Lt. Piper 501-988-6435
- June 27 - Johnson County Peach Festival Four Miler Clarksville Dr. Jack Patterson 1-754-8384
- July 3 - Sportstop/Coors Light Firecracker Four Miler Maumelle New Town Gary Smith 666-1720
- July 17 - Siloam Springs Mosquito Run 10K and one-mile run Siloam Springs Dr. Jim Pearson 1-524-3833
- Aug. 3 - Ozark 5K and 1 Mile Cross Country Races Ozark Rick Richardson 1-667-4257
- *Sept. 7 - Big Apple 5K Little Rock More details later.
- Oct. 3 - Anheuser-Busch Natural Light Half Marathon Little Rock Wayne Alsobrook 758-8500
- Oct. 3 - Ozark Open 5K Cross Country Race Ozark Rick Richardson 1-667-4257
- *Oct. 31 - Arkansas 15K Championship Details later

*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.

 BE KIND TO RACE DIRECTORS: REGISTER EARLY FOR YOUR NEXT RACE

RACE RESULTS Arkansas 5K Championship - May 16

<u>13 & Under</u>	<u>14-19</u>	<u>20-29</u>	<u>30-39</u>	<u>40-49</u>
David Baker 18:57	Bill Ward 16:00	Tom Aspel 15:00	J Sanchez 16:14	H. Hawk 16:49
Toby Schenefelt 19:43	Mark Smedley 16:09	Rick Ellis 15:23	G. Cunningham 16:15	B. McGowan 17:17
Clift Plunkett 20:01	Mike Sims 17:15	Martin Fulk 15:34	S. Tilley 16:20	P. Johnson 17:41
		B. Herndon 15:41		
<u>50+</u>	<u>13 & Under</u>	<u>14-19</u>	<u>20-29</u>	<u>30-39</u>
C. Woodyear 19:14	T. Cook 24:50	C. Cunningham 21:52	N. Cunningham 18:11	E. Lebos 20:30
P. Carithers 19:58	T. Hiltz 24:53	L. Graf 22:27	D. Strehle 18:26	P. Wyatt 20:48
D. Hairston 20:21	R. Poindexter 26:58	H. Hanson 22:33	B. Wilson 19:55	C. Fleischauer 21:21
			B. Johnson 20:36	
<u>40-49</u>	<u>50+</u>	<u>Some other times</u>		
S. Dudley 23:29	B. Carithers 22:39	Debbie Burnett 22:13		
B. Ray 23:30	R. Abernathy 27:43	Cathy Plunkett 22:28		
J. Galbraith 25:34	M. McKelvey N.T.			