

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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MESSAGE FROM THE PRESIDENT - Jim Abadie

Congratulations to Dr. Bob Galbraith and all of his volunteers for the successful Little Rock All Women's Run on February 21st. Over 400 entrants on a perfect day.

Diet Pepsi is upon us again. Your services are always needed in this the "Big Race" of Arkansas. To be included in this event call Race Director, Larry Mabry, 227-0314, Lou Peyton, 225-6609, or myself, 988-2701. If you are running the race, GOOD LUCK! But maybe your wife or husband would enjoy working in some capacity. There is no better way to get to know other members than by working the races. Feel free to call.

It's almost time to think about membership renewals. As most of you know our club has two sources of revenue: memberships and contracting to produce races for other concerns, like Diet Pepsi, Riverfest, Etc. As a rule our club sponsored races DO NOT make money. An example of this is the just finished Women's Race. There is a reason for this. (1) The entry fees are kept to a minimum (\$4.00) to attract as many runners as possible, and (2) a first class race was produced. A First-Class race includes a parade permit, porta toilets (\$100.) T-shirts (\$3.50 per), trophies and ribbons (\$97.) electronic timing and printing materials. All this is in keeping with our club By-Laws which states that 'the objective of the club shall be to promote and conduct running events, meeting and lectures on running and jogging as a form of sport and a means of enhancing physical fitness.'

Well what does this have to do with membership renewals? I am just saying that the Little Rock Roadrunners Club needs you as a member and hope that you will be with us in 1981-82.

RUNNER OF THE MONTH - Larry Mabry

My running program began in the Spring of 1974 when my various dieting programs found me at one hundred ninety-eight (198) pounds and miserable with my physique. I started running at the Downtown YMCA and was embarrassed that all those "old men" (40-50 years or so) were running two whole miles without stopping! I was so embarrassed I began running in my neighborhood in the evenings on a small scale and running at the 'Y' when no one else was around. By the end of the summer 1974 I was jogging two miles non stop and participating in an exercise class at the 'Y' - which was a tremendous achievement for me. I had lost approximately eighteen (18) pounds at this time and was very proud of myself.

My wife, Paulette, was very encouraging at that time and is probably still one of my strongest supporters during the ups and downs of this sometimes trying running life. The fact that Paulette managed to keep her weight under control also gave me added incentive. My son, Marcus, has also been one of my greatest supporters and when he is not involved in his sporting activities I enjoy having him go along to races.

By early 1975 I was running five miles per day, five or six days per week, and perfectly content with my running program. During that time I was running in the neighborhood, at Scott Field and occasionally at the 'Y'. I met Frank Waite at Scott Field and would run with him on occasions and picked up on running pointers. I can't remember who talked who into running the Arkansas Lung Association's Ten Mile run in September, 1978, but we did and that is when I found out one's body would not fall apart when one ran over six miles at one time.

I met Pat Wyatt at the Lung Association's Run and started running with her and many other people that she knew (99% of the runners in Little Rock at that time) and many of those people I still run with today when our schedules permit. Should I begin naming everyone this piece would be one continual listing of names. It was on Pat's recommendation and confidence that I ran or rather my first marathon (Dallas '78) ran me. At fifteen miles I swore I would never do such a foolish thing in my life again, however, by eighteen miles during one of my walk breaks I was certain no one could feel as awful as I did and continue to run marathon after marathon. John Selig had talked with me about running Houston (1979) before I left and I had told him it would depend on how I felt after Dallas. Well, here was the opportunity to train seven more weeks and try again - which I did and ran a 3:22 and did not feel like I was on death's doorstep. Since that time I have run the Heart of San Diego (1979), New York City (1979), Houston (1980), Mike/OTC (1980), White Rock (1980) and Mardi Gras (1981) Marathons with a PR of 3:03.

I have been one of the fortunate runners in that I have not had an injury which caused me any extended time off the road. At this point in my life there are two goals important to my running life and one is to run a sub 3:00 hour marathon and I will some day when all of the forces move in the same direction on a given day. My other goal is to work closely with the Little Rock Roadrunners Club, Inc. and our getting involved in community activities which would help to make exercise a way of life for many people in our community.

In the past seven years running has been a relaxing and rewarding experience in my personal growth, as well as growth in friendships I have developed during that time. My attention now is focused on getting people involved in a regular exercise program (preferable running) so that we have more community involvement and get more influence in making our neighborhoods safer places to run for all of us.

Today, at one hundred fifty-five (155) pounds, I am enjoying running as much as I did when I ran five miles a day and looking forward to running for many years to come (the rest of my life maybe?) When one is surrounded by the Lou Peytons, Max Hoopers, and Sy Brewers that have been through surgery or some type of injury and returned to running and the determination of the Steve Tilleys, Clarence Trices, and Sam Greens, how can one tire of this running life?

RACE CALENDAR

- Mar. 7 - ARKANSAS MARATHON Booneville. Starts at 10 AM from Heritage Addition Church of Christ on state Hwy. 10 west of Booneville. Registration opens at 7:30 AM. Entry fee \$8 until March 4, late fee \$10 (no refunds) Field limited to first 500 entries. Tote bags and gifts to all entrants, certificates to all finishers. Plaques to top five in each age group, team trophy, senior runner award, youngest runner award, showers after race; pre-race seminar March 6 at 7 PM at Booneville High School with Dr. Alex Ratelle as speaker. Also 10K race for those who want shorter distance. Entry fee for 10K \$8 (\$10 after Mar. 4). Free post-race dinner at Booneville Elementary School at 4 PM. Contact Bob Waid, 118 East Main, Booneville, 72927 Phone 675-3266 or 675-4219.
- 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.
- Mar. 21 - VICKSBURG RUN THROUGH HISTORY 10-K Vicksburg, Ms. Vicksburg Tourist Information Center, Box 110, Vicksburg, MS 39180
- Mar. 28 - THE PIZZA LOVERS CHOICE 3.1 Mile Batesville, Arkansas. Contact John Purtle, P. O. Box 2555, Batesville, Ar 72501.

- Apr. 11 - SECOND ANNUAL TIGER TRAKS TROT Ouachita Baptist University at Arkadelphia. 10-K race and two-mile fun run. Fun run starts at 8:30 AM at Rockefeller Field House at OBU. 10-K 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 PEPSI CHALLENGE 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 3 Mile Run Burns Park Pavillion #2 8:00 AM Trophies and awards. Application at the Sportstop in the Heights. For more info call Mala Hill (work) 771-3442 or 771-3444 or Lou Peyton - 225-6609.
- May 2 - ALL-REGION FUN RUN AT UNIVERSITY OF CENTRAL ARKANSAS Conway 10-K 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 10-K 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.
- Jun. 13 - (Tentative) Multiple Dystrophy Assoc. (MDA) Love Run. Arrangements incomplete.
- Jun. 27 - Little Rock AFB Energy Conservation Run. Details later.

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

FROM THE EDITOR

Since our last newsletter I have received several phone calls from area residents asking if something could be inserted into the newsletter concerning running etiquette and safety on the roadways. It seems that this one individual was driving in west Little Rock and happened upon a group of runners, three abreast, running with the traffic. Luckily, the driver was able to swerve into the oncoming lane and avoid the runners. Another caller identified himself as a Ferndale resident who asked that we get the word to our runners who use the Ferndale Loop course to please, for the safety of the runners and drivers, run facing traffic and in single file when meeting oncoming cars.

Although I staunchly defend my right to use the roadway, I believe that these are reasonable requests. Personally, if I am out driving and approach a jogger, I'll go out of my way to give him a wide berth. However, in my pre-jogging days I'll confess that I wouldn't have given an inch if that jogger had been in my space. Now, I understand the euphoria and feeling of indestructability that overtakes the emotions of the runners about five miles out and I also know the frustration and rage of the driver who feels like he is being taken advantage of and bumped from "his" road. But what I fully appreciate is that the 4,000 lb. automobile will win 100 out of 100 times in an entanglement with the runner. This was the concern of the callers.

What some of us may not realize, while we are out and doing our thing and feeling like we could "win" a confrontation with a piece of traffic, is that this irritated driver might not be so controlled and oriented (yes friends, there are people out there like that) in his next encounter with a runner. Perhaps this explains why I've been driven at, thrown at, and worst of all, laughed at on some of my runs. But this is another story for another day.

Just remember to, when possible, run facing traffic, move into single file meeting traffic, and be on guard against passing cars coming from the rear.

Does any member have any other suggestions concerning running safety on the roadways?

The following article was received recently asking for consideration for the Newsletter. The author wished to remain anonymous.

MARATHON FEVER

Strategy failed in my long distance try,
I'm blistered and broken, too spent to cry.

I need me an edge to get me across,
But to pop a good one I'm at a loss.

Exercise and enemas the flat bellies chatter,
Leg-ups were tried but never the latter.

That's it, that's the answer. At last I'm home.
Watch out Booneville, I'm ready to roam.

I ran like a deer. The wind at my feet.
With a buck ninety-five, I purchased a fleet.

Up at dawn, but fumbling in haste,
A nine o'clock start, no time to waste.

Ready for action, I reached for the tube,
But careless I was and slipped on the lube.

As fate would have it, this would not be my day.
A mistake was made and now I would pay.

I 'hit the wall' with an unsteady hand
and douched my dolomite, granola and bran.
Anonymous

Your comments concerning the Club, runs, races, Newsletter are appreciated. If you have a comment to the editor write: Charley Peyton, c/o the Little Rock Roadrunners Club.