

# 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

May 1981



## NEXT CLUB MEETING

May 12th, 6:00 PM at Murray Park, Pavillions #1 and #2. Pot-luck dinner. Bring your running dish and a little bit more. 6:00 PM - 3 mile and 6 mile fun run; - 7:00 PM pot-luck. LRRC will furnish refreshments.

## MESSAGE FROM THE PRESIDENT

It was truly unbelievable and unforgettable! The 1981 Pepsi Challenge 10K was a fantastic success due to the hard work of many of our members and friends. You made this race great and you're making the LRRC even greater. Thanks to all who helped us so much. We are most indebted to you and we love you. Congratulations to all who worked! Can you believe 2,710 entries?

## Riverfest 10K

I really don't have the heart to ask you for more help on another race, but the LRRC did agree to administer the Riverfest 10K on May 23. Could you volunteer one more time, and then we'll all take a three month vacation? Please call Dan Bartell at 371-7350 (work) or 758-1416 (home) to offer assistance. We do need more volunteers.

## First Pot Luck Dinner for 1981

Don't forget about the first pot luck dinner of 1981 on May 12 at Murray Park, Pavillians 1 and 2. We will run at 6:00 PM, eat at 7:00 PM, and have a short meeting at 8:00 PM. Bring your favorite dish and a friend. Spread the word! I definitely can't wait!

## Things to be thinking about - NEW CLUB OFFICERS

Our running year ends this coming June 30th. A nominating committee will be chosen before the May 12th meeting. They will then present a slate of officers to be voted on at our June meeting. Let's get involved.

## RUNNER OF THE MONTH - CLARENCE TRICE

My running began in the summer of 1978 as a means of attaining physical fitness. At first two miles proved to be a difficult task, but as it became easier I found that I was actually proud to be able to run a couple of miles several times a week. It was an accomplishment that not everyone could achieve. I completed my first 10,000 meter race that autumn. At that race I acquired an application for the Arkansas Marathon to be run in Booneville, Arkansas. At first I was only curious, but as I read the information a seed was planted in the back of my mind. I thought, "Why couldn't I complete a marathon?" On March 3, 1979 I discovered the answer to that question - the seed died at mile marker 23 as a result of low-mileage training. I rededicated myself however, and completed the Andrew Jackson Marathon in September, 1979 as well as five others since then. Included in my short list of "races I am proud of" are two revenge marathons at Booneville - both completed in under three hours in most undesirable weather conditions.

Running has become an integral part of my life, but I am by no means unique in that sense. The genuine and sincere interest that runners have for one another has been witnessed by each of us. How many times have we passed others late in a race and received encouragement rather than scorn? I always get a silent chuckle when I read about the danger of becoming addicted to running. Anyone running in excess of forty miles per week is on the road enough to require some rearrangement of time schedules. Let's face it; to some extent, we're all addicted and proud of it. But what is wrong with an addiction to the ultimate in healthy exercise which only requires an investment in a quality pair of shoes? Of course there are some runners (and at times I may be among them) who give running precedence over more important responsibilities such as their jobs or even their family. When this occurs the runner must take stock of his priorities and come back to reality.

I am proud of the Little Rock Roadrunners Club and the progress we have made in a short period of time. In the past year the Pepsi races and the Women's 5,000 meter run are tributes to the work and dedication of our members. I would like to urge consideration of one more challenge. That is to be the host of a first-rate marathon to be held in Little Rock. We, as the largest running organization in the state, are the logical hosts for such an event. Therefore, I would like to offer the Little Rock Marathon as an exciting goal for our club.

Sandy Heister answered the call from the April Newsletter and has agreed to represent the women's point of view in the Newsletter. This month she has been assisted by Billie Hatcher. Good reading!

The Unfinished Run - By Sandy Heister

Four centuries ago Machiavelli flouted convention when he publicly declared the end to be everything. Whether he was more ruthless than the rest of us or more honest remains debatable but, regardless, his emphasis on the finish recognized one truth that all who compete quickly discover. The sweat, the dirt, and the hurts soon fade away but not the final score. It lingers long after the effort is forgotten. Perhaps this is why testimonials to the intrinsic rewards of hard work often evoke pained expressions from the players themselves. They know that trying hard does count, but only when effort is tied to an end that exceeds simply stopping. Everything we are demands this fusion. And what happens when this connection is cut became all too clear to me during a recent unfinished run.

But first a bit of history. Two weeks before the Booneville, Arkansas marathon, I developed a heel and arch problem called Plantar Fasciitis. Hurried reference to Subotnik, assorted Runner's World publications, and the resident running authorities at the Sportstop running shop soon brought me more information on the bottom of my feet than I ever thought I'd want to know. Although descriptions of the injury abounded, little seemed conclusive about its causes or its cure. The best bet for a marathon-bound runner sounded like steroids with ultrasound, strapping, anti-inflammatories, and prayer. I tried some of all during the week preceding Booneville. After the wonder drug injections

and the rest, the podiatrist plainly said that none of the procedures might work. I heard him and even repeated his words to others, but I didn't for an instant really believe them. Besides, my feet felt great - especially when propped up - which is where I kept them a good part of that Friday before the marathon.

The morning of the race came - and no pain, at least not during our slow two mile warm-up. My spirits soared. I hadn't run that far in a couple of weeks without some soreness, so this "proved" they would be okay. Praises be to the Big C (cortisone, that is).

Finally, ten o'clock came, the gun sounded, and off we charged with every step bringing the 26 mile 385 yard finish line closer... or so I thought. As it happened, my finish line never came at all because around 11 miles my left foot turned into a burning collection of muscles and tissue that refused to carry anything any farther. Abruptly, it was over. I had tried hard and had even gotten in a good middle distance run, so no regrets necessary, right? Wrong!

From the second I stopped regrets washed over me like a summer rainstorm. First came the "Why me?" and "What ifs?" Fortunately, perhaps, the pain in my foot made me acutely aware of why I'd stopped everytime I moved it. When I wasn't moving my foot, however, it was as if I had just quit. During the car ride back to Booneville, I remember thinking that my foot was now feeling fine (with no weight on it) and that all I probably needed was a short rest. Once I almost asked the driver to take me back to the 11 mile mark so I could continue the race. It is amazingly difficult to admit that you have quit for good--because once you stop and begin recovering, you also begin doubting yourself and wondering if you really tried as hard as you could have. Heroic tales involve smiting adversity, not being smitten by it. Having a huge blue bruise, patches of dried blood, or other visible badges of battle would no doubt make this part easier.

Next came the anger and guilt, irrational though they be, and the assigning of blame. All occurrences have causes, so you seek them in order to exert at least a semblance of control over what has happened. But most often the answers are unclear and cannot be readily attached to the questions. The resultant frustration is handled according to habit, which reduces many of us to four letter vocabularies. I recall hurling epithets at all available targets. My hit list covered everything from my running style and the road slope to my shoes, orthotics, Spencos, and shoelaces. A hot shower is ideal about this time as water makes tears virtually disappear.

While facing yourself is hard, facing everyone else is worse. Being a "good sport" is as American as the flag, so we all have to do it. The helpful thing about runners is that most of them know how rotten you feel, so they don't expect too much from you. Not so with the non-running majority who haven't quite so much insight. However well meant, their comments generally increase, rather than diminish, your growing depression. Two particular remarks seemed to follow me everywhere.

The first was, "There will be other races". This is an obvious but largely irrelevant truth. As desirable as it might seem at the moment, the immediate race refuses to be reduced to a minor inconvenience and neatly filed away. This is because it won't ever come again nor will it ever be finished -- which leaves a hole inside that all the talking and all the races-to-come cannot quite fill. It's there, it's empty, and it's part of you.

The other comment that came often was "You were smart to stop." This tribute to your intelligent choice about stopping is seldom appreciated because it wasn't a choice at all as far as the runner is concerned. Suddenly the motion stopped and you were no longer running. To say you chose this makes the act sound intellectual--it's not. Your body just refuses to move--and it's over. When I stopped I was probably as surprised as the people I was running with, because up until the instant I quit, I kept hoping the next step would be better.

The unfinished run thus becomes history that has little interest to anyone except the unfinished runners. For that individual it will be rerun thousands of times, I suspect, because it will forever remain an incomplete and interrupted act. Still, there are compensations of a sort, beyond a finer appreciation for the entangled complexity of effort and endings and egos. The contributions of such experiences to character building have been long extolled and provide hearty nourishment for many. For others, in particular those who have grown accustomed to their characters or have abandoned hopes for reformation, more practical benefits are needed. Luckily, these lie right down the street and when you can run there, or anywhere, without stopping--you marvel at every single step.

#### FOUR HUNDRED WOMEN - WINNERS ALL by Billie Hatcher

When I see women running, I see a new world coming.  
Not perhaps for the girls who are as soft and pink as  
a nursery, but certainly for those who wear sweats and  
running shoes and train thirty miles a week. - George Sheehan

On Saturday morning, February 21, I was among those fortunate enough to be a part of a milestone for our running community, the first Little Rock Women's Road Run at the river. Due to an injury, I had to take part as an observer, but am I glad I was there!

Four hundred women, all shapes and sizes, all ages; from freckle faced rosebud runners to silver haired grandmothers, they all came to run.

And run they did. For all three miles, they were united as only you can be in an event such as this - friendly competition many women never get the chance to experience. For some it was a time to improve personal records, for some it was a first race experience. Some ran fast, like the seasoned runners they are, some slow like the novices they are, and some walked in to the finish line. All shared in that exhilarating feeling you get after having done all you can in a race - your best.

I saw pre-race strangers hugging each other, happy, laughing women at all stages of running, congratulating each other. The masks were off, the real people were shining through and enjoying each other.

The men were there to take care of all the details of running the race - husbands, fellow runners and friends cheering them on and congratulating them for their efforts. A beautiful sight to see!

Everybody didn't go home with a trophy, but as far as I'm concerned, all were winners. All went away with that good feeling of accomplishment that is the heart of running. As I watched the awards being given out, I noticed one of the first place winners in her age division - she had a big smile on her face and her small child slung comfortably on her hip. I thought to myself - Sheehan is right, it is a new world coming for women who run. . . and it's gonna be a good place to be . . . for everyone.

FUN RUNS

- May 2 - "Market to Market" - Meet at Andrea's Pastry Shop in the Market Place shopping center. Leave at 6:30 AM for 12 miles "market to market" run. If you wish for extra miles 6:00 AM for 4 additional miles. This run will leave promptly. Liquids furnished upon return. Bring change to buy pastry. Run leader is Paul Bash.
- May 9 - 7:00 AM From #89 Pebble Beach (Pleasant Valley area) to Pinnacle Mtn. State Park (14 miles) out and back flat course. Water fountain at half-way or bring some change to buy pop. For more info. Dick Strickland - 225-8634.
- May 10 - 6:30 AM Starts from Cammack Village Tennis courts (Brentwood & N. McKinley St.) for 4 miles through heights. For more info. Charley or Lou Peyton 255-6609.
- May 16 - Sportstop/Coors LIGHT AAU 5,000 METER CHAMPIONSHIP
- May 23 RIVERFEST 10K RACE
- May 24 - 6:30 AM - 4 miles from Cammack Village tennis courts (same info as other above Sunday runs)
- May 30 - 6:30 AM Starts from 2122 S. Broadway (downtown LR) Park cars on 22nd Street - 10 miles (or more if desired) from Broadway to Ft. Roots and back to start. For more info - Jim Vontungeln - 664-5334 (work) or 374-5366 (home) or Scott Stafford - 372-3382.
- May 31 - 6:30 AM - 4 miles from Cammack Village tennis courts (same info as above)
- Jun 6 - 6:30 AM Meet on East employee parking lot at Baptist Medical Center off Kanis Road for 10 miles. For more info Paul Johnson - 225-6487 or 371-3721.
- Jun 7 - 6:30 AM - 4 miles from Cammack Tennis Courts (same info as above.)

If you would lead a fun run during the month of June or July, please call Lou Peyton - 225-6609. If you can help with refreshments for any of these runs please call the leader for that fun run. In case of pouring rain call run leader to see if run is still scheduled.

RACE CALENDAR

- 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 2 - FOURTH ANNUAL GREAT CROSS COUNTRY RACE Sponsored by the Little Rock Hash House Harriers 4.5 miles \$4.00 entry fee - special features: Short cuts & all finishers eligible for merchandise awards. Call Dick Lewis - 565-8144. Start and finish on Sam Peck Road just south of Westside Y. West Little Rock
- May 9 - 3RD ANNUAL BMC 3 MILE FUN RUN AND 5 MILE CORPORATE RACE RELAY. 8:00 AM Call Genny Watson, 227-2270 for more info.
- May 9 - PETIT JEAN MOUNTAIN Conway County 4-H 10,000 meter run Phone 1-354-2494.
- May 9 - BOONEVILLE RUNNING CLUB 3 MILE RUN Booneville, Ar. 9:00 AM Bob Waid 1-675-3266 or Mac McClendon 1-675-2306.
- MAY 16 - ARKANSAS SCOTTISH CULTURAL SOCIETY ANNUAL PINNACLE MOUNTAIN HILL RUN Call 851-1174 or 851-4500.
- May 16 - SPORTSTOP/COORS LIGHT AAU 5,000 METER CHAMPIONSHIP Riverdale course \$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) 8PM Site to be selected. Free coors
- Jun 6 - MT MAGAZINE RUN 15K Booneville, Ar 8:00 AM Call 1-476-2324 or 1-675-3266.
- Jun 13 - MUSCULAR DYSTROPHY ASSOC. (MDA) Love Run.
- Jun 19 - OZARK 4 Miles and 2 miles Cross Country Races. (Citadel Bible College) 7:00 PM Rick Richardson, Ozark High School, Ozark, Ar 72949 1-667-4257.
- Jun 27 - LITTLE ROCK AFB ENERGY CONSERVATION RUN Details later.
- Jul 3 - SPORTSTOP/COORS LIGHT FIRECRACKER FOUR MILER Details to be announced later.
- Aug 7 - OZARK 5,000 Meters (3.1 miles) and 1 mile Cross Country Races (Citadel Bible College) 7:00 PM Rick Richardson, Ozark High School, Ozark, Ar 72949 1-667-4257.
- \*Sep. 7 - BIG APPLE 5K More details later. The winner will be determined from a special drawing & will receive a trip to the New York Marathon.
- Oct. 3 - ANHEUSER-BUSCH NATURAL LIGHT HALF MARATHON Little Rock, Wayne Alsobrook 758-8500 More details later.
- Oct. 3 - OZARK Open 5,000 meter Cross Country Race - Contact Rick Richardson (see above)
- Feb. 6 - OZARK PEPSI RUN (20K) Contact Rick Richardson (see above)

\*Races sponsored, produced or assisted by the Little Rock Roadrunner Club.

To have your race entered into the Little Rock Roadrunners Club race calendar, send an entry form to Charles Peyton, Jr., c/o LRRRC, 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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FROM THE EDITOR - Charley Peyton

Articles, letters, opinions, or just running news for the Newsletter are always appreciated. Thanks to John Landers as he gives us something to think about.

Thank you for discussing recently concerns relating to age groups in races worked by the Club. Simply stated, it is felt that future races accepted or promoted by the Club should have the following age groups for both male and female runners to better encourage running for all:

1 - 10	15 - 19	30 - 39	50 - 59
11 - 14	20 - 29	40 - 49	60 and over

Additionally, "youngest" and "oldest" to finish awards should be encouraged.

The rationale, of course, is that running is for everyone regardless of age or sex and the improvements to health are just as real for an 11 year old as a 63 year old. Runs, therefore, should have awards accordingly for those that excel in each age group. (who knows what may trigger training of the next Grete Waitz, Bill Rodgers or John Kelley.) Also, I know you will agree that it is generally impossible for a 10 year old to compete effectively with a 19 year old or a 65 year old to compete effectively with a 50 year old; however, common age groups in many races are "0-19" and "50 and over".

Again, thanks for your interest and it is asked that the subject matter of this letter be considered at the next Club meeting.

P.S. No race already voted on or promoted by the Club would be affected. This proposal is intended for races which will be considered beyond the present schedule. John Landers

RACE RESULTS

Please report your race times for the Newsletter to Lou or Charles Peyton - 225-6609

Leggs 10,000 Meter Run - Chicago, Ill - April 4th. 2,000 entrants Beth Walker 40:40 27th overall.

Boston Marathon/81

Randy Taylor	2:25	Henry Hawk	2:52	Bill Nolan	3:07	James McNair	3:19
Jim Phillips	2:49	John Selig	3:05	Tom Mick	3:14	Max Hooper	3:19

Vicksburg, Mississippi Run Through History

Nancy Cunningham 39:02 (2nd female) Charles Peyton 42:51 Lou Peyton 48:58 (2nd in age group)

Pepsi Challenge 10K - April 18, 1981 - Little Rock, Arkansas

1. Ric Rojas, Boulder, Co.	29	30:11.2	1. Francie Larreau, Denton, Tx	28	33:31
2. Mark Moseley, Dallas, Tx	23	31:49	2. Angela Piksuschus, Batesville, Ar	19	36:40
3. Tom Aspel, Russellville, Ar	25	32:22	3. Karen Bridges, Edmond, Ok	23	37:14
4. Harold Smith, Bethel, Ct.	20	32:58	4. Nancy Cunningha, Conway, Ar	25	37:29
5. Joseph Merlo, Pine Bluff, Ar	19	33:04	5. Deb Strehle, Little Rock	24	37:35
6. Rick Richardson, Ozark, Ar.	35	33:28	6. Beth Walker, Little Rock	29	42:36
7. Rick Ellis, Little Rock	28	33:30	7. Marissa Farber, Skokie	19	43:07
8. Martin Fulk, Fayetteville, Ar	20	33:43	8. Pat Wyatt, Little Rock	34	43:16
9. Billy Blann, El Dorado, Ar.	35	34:04	9. Beverly McNair, Little Rock	36	44:18
10. Mark Snedley, Arkadelphia, Ar	19	34:10	10. Olga Bellg, North Little Rock	34	44:28
11. Roger Sirmon, Conway, Ar	21	34:25	11. Jan Holtzman, Dallas, Tx	31	44:43
12. James Pickens, Little Rock, Ar	19	34:29	12. Barbara Hildebrand, Stuttgart, Ar	26	44:48
13. Howard, Sennet, Russellville, 26		34:39	13. Linda Clark, Hope, Ar	29	45:03
14. George Tate, Clarksville, Ar	20	34:47	14. Genie Bubb, Little Rock	23	45:41
15. Steve Tilley, Little Rock, Ar	34	35:08	15. Fran Widner, Tulsa, Ok	27	46:05

0 - 19	20 - 29	30 - 39	40 - 49	50 & Over
Joseph Merlo - 33:04	Mark Moseley - 31:49	R. Richardson - 33:28	Bob McGowan - 38:26	Billye Butler - 40:26
Mark Smedley 34:10	Tom Aspel 32:22	Billy Blann 34:04	Robert Waid 39:03	Carl Woodyear
James Pickens 23:29	Harold Smith 32:58	Steve Tilley 35:08	Don Cone 39:23	Don J. Kostellic
Angela Piksuschus 36:40	Karen Bridges 37:14	Pat Wyatt 43:16	M. Frazer 50:23	B. Carithers 49:41
Marissa Farber 43:07	N. Cunningham 37:29	B. McNair 44:18	B.L. Ray 52:29	Shirley Pence 1:00:00
C. Cunningham 49:04	Deb Strehle 37:35	Olga Bellg 44:29	Sally Dudley 53:06	E. Matchett 1:14:00