

# 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

October, 1981 Issue



## Next Club Meeting

October 22, 1981 - Pulaski Bank Community Room at 7:00 p.m. Watch Paul Johnson's article for details.

## Message From The President - Larry Mabry

The Little Rock Road Runners Club Inc. is an organization administered for Runners by Runners to encourage the development of Running as a sport and physical fitness. The Little Rock Road Runners Club is a non-profit organization geared to the needs of its members. We are constantly seeking innovative programs to meet the needs of all members. Many members shy away from Fun Runs feeling inadequate because of the high mileage of many of the members. Always remember - The high mileage members were once novices themselves and needed encouragement to build their running programs. We are presently scheduling Runs and Meetings to try and meet these needs and would appreciate any suggestions you might have. For information concerning any Fun Runs, please call either Lou Peyton - 225-6609 or Larry Mabry - 227-0314 evenings between 6:00 and 8:30 p.m.

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Road Racing has become an enjoyable past time for the Runners of Arkansas. The Little Rock Road Runners has assumed an active role in scheduling road races and assisting organizations in producing Quality Runs for all to enjoy. We are proud of the Club's reputation that has developed as a result of our professionalism in this area. However, the responsibility of actually staging the races continues to fall on a few faithful spouses, a few club members that are considerate enough to alternate their efforts as Runners and volunteers and a few faithful followers that just enjoy people. We must decide whether to continue assisting outside organizations with their Road Races or get out of the business of Road Racing. In our next officers meeting we will discuss this issue and would appreciate any comments members would care to offer.

Community Service

On Saturday Morning, October 17th, the Blind School will host a track meet at the Ole Main High School Track in North Little Rock. Sighted Runners are needed to assist the Blind Students in Running the track events. If you are interested call Elaine Lebos at 224-5373. You will be appreciated.

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Runner of the Month - Collins & Daniel Landers

My name is John collins Landers but people call me Collins because my Mom says one "John" in the family is enough.

I am in the 7th grade at Central Junior High in North Little Rock and am 12 years old. I weigh about 70 pounds and my height is 4'9". I think I am mostly legs.

I have been running for about three years. My first race was the 1980 Diet Pepsi 10K. I have been in about 24 races since that time. My best time for a 10K is 42:48 and my best time for one mile is 5:56.

I like to run races but sometimes I don't like to train. My Dad and my brother and I have fun running together. I am in Deb Strehle's Marathon Class and I have the lowest "body fat" in the group, but everyone can touch their toes but me.

I like to train with my Dad and have run several 45 mile weeks. My goal is to finish the Dallas White Rock Marathon in under 4 hours. I will still be 12 years old when I run in Dallas, and someday when I am older, I will be able to look back and know I really accomplished something few other kids my age have done. That will give me a good feeling.

I plan to keep on with my running and try to have the very best race time that I can.

Daniel

My Mom and Dad tell me that I was premature, with a lot of complications and that I only weighed 3 pounds when I was born. I really have no way to know that other than to say I have never had a weight problem.

I just turned 9 and weight 54 pounds. I am in the 4th grade at Crewtwood Elementary School in North Little Rock. I have average weekly mileage of 30 to 40 miles with at least one long run a week. One of the greatest thrills that I have had in running was to run with Hunt Dickson, age 9, at one of the "All Comers Track Meets" this summer at Ole Main High School track in North Little Rock. Hunt is ranked second in the Nation for the 20K. He didn't "smoke me" at the track meet and I just ran a 20:01 in the Big Apple Classics 5K on September 7, 1981 for 1st place in the 12 years old and under age group.

I have run about 17 races in my 2½ years of running and train with brother Collins and my Dad. They are both training for the Dallas Marathon.

Sometimes I run with Dan Bartell, Charlie Foster, Royce Rose, Herb Martin and Marion Monk. They use me for a pacer so I have to keep looking over my shoulder to see if they are still back there.

Sometimes at the races, other runners don't take me seriously and ask me if I have ever run 6.2 miles. (I have been running the new half-marathon course in North Little Rock on Saturdays.) They also crowd me out at the start or just don't look down and see me but when the crowd spreads out, I loose a lot of them.

I would like to run around more with Deb Strehle but she's too old for me.

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News of Interest

Debbie Arnold took photographs of the finishers of One-Mile Fun Run for children at the recent Big Apple 5K. If you would like to purchase one, they are available at the Sportstop for your viewing.

RACE CALENDAR

- Oct. 3 - Anheuser-Busch Natural Light Half Marathon North Little Rock, Wayne Alsbrook (758-8500)
- Oct. 3 - Great Fun Run 10K Ft. Smith, Ar. Brad Kiddex(783-7755)
- Oct.10 - Little Rock AFB Officers Wives Club 5K and 10 K. See the enclosed entry form.
- Oct.10 - Razorback Run 15 and 5K Fayetteville, Ar. Andy Lucas at 575-2801 or 4424612.
- Oct.10 - Harvestfest 5K Forest City, Ar. Tommy Gadberry at 633-6026 or Jim McInturff (633-6543)
- Oct.10 - 5K Run Conway, Ar. Reck Wallis at 327-1412.
- Oct.17 - Muscular Dystrophy Love Run Heber Springs, Ar. Steve Ballreich 362-5863 or Gary Tucker 664-8702.
- Oct.17 - City of Benton 10K Benton, Ar. Dewayne Hodges at 778-1131 or 847-0666.
- Oct.17 - Dawn Hill Run 10K and 2 mile Fun Run Siloam Springs, Ar. Dr. Jim Pearson (524-3833)
- Oct.17 - Octoberfest 15 K Memphis, TN. George Cook (901) 522-0000.
- Oct.23 - Halloween Hustle Five Miler Horseshoe Bend, Ar. Bob Taylor at 636-9541.
- Oct.24 - MS All Kids Run Little Rock. Kathy Faulkner at 225-1025.
- Oct.24 - NorthSide Family YMCA 10K Little Rock. See enclosed entry form.
- Oct.31 - Little Rock RoadRunner Club 15 K Championship/Burns Park, North Little Rock, AR. (See the enclosed entry form)
- Oct.31 - Newport Milers 5K Newport, Ar. Bob or Cathy Lamb 523-8928.
- Oct.31 - Hoot 'n Run Four Mile Fun Run Paragould Parks and Recreation.
- Oct.31 - Forth Annual Tulsa Run Tulsa, OK. 1 Williams Center(918) 588-2431.
- Nov. 7 - Rogers Turkey Trot 5K and Half Marathon Rogers, Ar. Bob Taylor 636-9541
- Nov. 7 - First Maumelle 15 K Benefit Run, Maumelle, Ar. Ben Kelly 370-7251.
- Nov.14 - 10K Race Conway, AR. Military Science Dept. UCA Box J, Conway Ar. 72032.
- Nov.14 - RiceLand RoadRunner Fall 10K, 4-mile Relays and 1 mile Fun Run. Stuttgart, Ar. 2:00 P.M. at the Farmers and Merchants Bank and loop thru, the city. Very flat course. \$5.00 in advance; \$6.00 day of race. T-Shirts and gift packets. Age divisions(6) with trophies. The 4-mile relay will be held immediately after the Fun Run(\$10.00 per team.) Contact Larry Gunnell at 673-6911 or Lyle Hartz at 673-2262.
- Nov.21 - Little Rock RoadRunners Toys for Tots Run Details later.
- Nov.22 - St. Louis Marathon Sue Haden, 26 Fair Oaks, St. Louis, MO 63124.
- Nov. 26 - Siloam Springs Turkey Trot Siloam Springs, Ar. Dr. Jim Pearson 1-524-3833.
- Dec. 5 - White Rock, Marathon Dallas Texas. DALLAS WHITE ROCK MARATHON COMMITTEE  
C/O The Jogger, Inc.  
6434 E. Mockingbird Lane, Suite 213  
Dallas, Texas 75214
- Dec. 12 - Mississippi Marathon Jackson, Mississippi.
- Dec. 12 - Christmas Rush 5K Rogers, Ar Bob Taylor 1-636-9541.  
(1982)
- Jan. 2 - LARC's Day-After-New Year Celebration Run Details later.
- Feb. 14 - LARC's Valentine Twosome Details later.

