

# 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 Payton, Jr., Newsletter

September, 1981 Issue



## NEXT CLUB MEETING

September 24th at 7:00 PM. The Community Room of the Pulaski Heights Bank at Grant & "R" Street in the Heights. Come early for refreshments. Dr. Steve Tilley will speak on "Marathoning".

## VOLUNTEERS NEEDED FOR THE BIG APPLE CLASSIC 5K ON SEPTEMBER 7th

No experience necessary. Fun & fellowship. What better way to get to know other runners. No better way to help your Running Club. Call Larry Mabry - 227-0314.

## FROM THE PRESIDENT - Larry Mabry

September is here and all the members of the LERC that once seemed sane now have that certain gleam in their eyes when one mentions New York or Dallas White Rock Marathon. Hopefully the weather will be agreeable and bestow pleasant temperatures upon our bodies. For those members interested in obtaining the basics of achieving that gleam caused by the thought of Marathoning, Dr. Steve Tilley has graciously consented to speak to the Club on the subject at our September 24, 1981 meeting at the Pulaski Heights Bank at 7:00 PM. All level of runners are welcome and there will be a question and answer period as well as refreshments.

At our meeting on August 27, 1981, I had three sign-up lists for activities involving our members. I will briefly outline them here and if you missed the meeting please contact me or the designated person for more information:

LaQuinta - Northpark Mall  
December 4 - 5, 1981

Rooms (15) have been reserved at \$32 per night with some having two double beds and children under 12 admitted at no charge. If you did not sign up and wish to reserve a room, please contact Linda Fulbright (226-6311) or Larry Mabry (227-0314) evenings between 6 and 9 PM, not later than October 1, 1981.

New York Marathon - Package

For full details contact Todd Jurgens at The Travel Center, 376-7986 or Larry Mabry, 227-0314.

Bermuda Marathon & 10K

Carriage Travel has a Bermuda Marathon and 10K Package which departs Little Rock January 16, 1982 and returns February 1, 1982. This package includes: (1) Four nights accommodations in deluxe rooms, (2) Full breakfast and dinners daily, (3) Round-trip air travel from Little Rock to Bermuda, (4) All taxes, tips and energy surcharges, (5) Welcome cocktail party, (6) Seminars and (7) Post Awards Buffet and celebration. The price is \$597 per person based on double occupancy. A deposit of \$100 per person is requested by September 1 and final payment is due December 15, 1981. For additional information contact Jill McXenna at (501) 227-5901.

## A Week at Tahoe Trails - Elaine Lebos

I really had a wonderful experience this summer. I went to a running camp in Lake Tahoe, California. The camp was held in the Squaw Valley Olympic Village, which is just a few miles from Lake Tahoe. I spent eight happy days doing exactly what I love best - running. Mixed in with the running were many other enjoyable activities which I will never forget.

There were about 150 people at the camp. They were all sizes and shapes. There were children, teenagers and old people. There were married couples and single people. There were beginning runners and world-class runners. We were all different, but for one week we got together and became friends because of our love for running.

The food is one of the highlights of the camp. We received three delicious meals a day. The menu is basically vegetarian, with a little seafood and poultry. There is absolutely no red meat served, which bothered a few of the campers. We had all the salad, fresh fruit and yogurt that we could consume. The eggplant casserole was delicious, as was the California quiche. Herbal teas, cider and milk were available at every meal. Unfortunately, some runners put on weight instead of losing it. The temptation to overeat is great, because you can go back for as many servings as you want.

We ran twice a day. Once at seven in the morning and again at five in the afternoon. I usually got in a long run in the morning, and skipped the five o'clock run because we were either hiking, rafting or drinking beer!

Mixed in with the food and the running are many lectures by well-known runners. The guest list for the week included Arthur Lydiard, Jim Fixx, Joan Ulyot, Bob Anderson and Ann Audain. Jeff and Barbara Galloway, directors of the camp, are also very knowledgeable runners. We heard lectures about everything from nutrition to how to tie your running shoes properly. After each lecture was a question and answer period. We missed some of the lectures, because the temptation to do other things is overwhelming. All we could think about was that we were about two miles from Lake Tahoe and all the fun and sun. So why were we sitting inside listening to a lecture! We decided to attend only the lectures that we felt would be beneficial. The neat thing about the camp is that you are not forced to participate in all the planned activities.

I plan to go back to the camp again next summer. In the meantime, I spend a great deal of my time trying to figure out how I can move to Lake Tahoe!

### RUNNING

Picture me as I begin - Sneakered, suited, sitting thin.

Picture me later as the miles go on - My grin has faded, my feet are numb.

My legs are cramped, my muscles knotted - My eyes are glazed, my blood has clotted.

Thank goodness it's over - I feel no sorrow - I won't run again...until tomorrow.

### FUN RUNNING WITH THE LITTLE ROCK ROADRUNNERS CLUB

Chairman for September - Kathy Plunkett

- Sat. - Sep. 5 - 6:00 AM Meet at Pleasant Valley Country Club parking lot. Run to Sears and back for 11 miles. For additional miles run Valley Club Circle 3, 6, or 9 miles. Kathy Plunkett 821-2554
- Sun. - Sep. 6 - 6:30 AM Meet at Cammack Village Tennis Courts for 4 miles through the Heights. Lou Peyton 225-6609 or Paul Johnson 225-6487
- Mon. - Sep. 7 - Big Apple 5K Race
- Sat. - Sep. 12 - 6:00 AM Meet at Burns Park tennis courts for the 4 mile loop. Come run 4 to 20 miles. Nita Copeland 835-0684 or Kathy Plunkett 821-2554.
- Sun. - Sep. 13 - 6:30 AM Meet at Henderson Jr. High School on John Barrow Road and run 3 miles along the hike trail to Sears and back to Henderson with option for 2 additional miles. Paul Johnson 225-6487 or Lou Peyton 225-6609.
- Sat. - Sep. 19 - 6:00 AM Meet at 89 Pebble Beach (Pleasant Valley subdivision) and run to Pinnacle Visitors Center and back for 14 miles. Those wanting 20 miles can run to the park for extra miles. Dick Strickland 225-8634 or Kathy Plunkett 821-2554.
- Sun. - Sep. 20 - 6:30 AM Meet at Henderson Jr. High for 3 miles with option for two additional miles. Paul Johnson 225-6487 or Lou Peyton 225-6609.
- Sat. - Sep. 26 - No run due to Med. Center Holiday
- Sun. - Sep. 27 - 6:30 AM Meet at Burns Park waterslide. Run the 1/2 marathon course for fun and profit. Call Ed Knox 757-3436.
- Sun. - Sep. 27 - 6:30 AM Meet at Cammack Village Tennis courts for four miles through the heights. Lou Peyton 225-6609 or Paul Johnson 225-6487.
- Sat. - Oct. 3 - Half Marathon at Burns Park
- Sun. - Oct. 4 - 6:30 AM Meet at Cammack Village Tennis Courts for 4 miles through the Heights. Lou Peyton 225-6609 or Paul Johnson 225-6487.

## RACE CALENDAR

- Sept. 5 - 1981 Tennessee River Run Florence, Alabama 10K and 2 mile fun run Contact The Tennessee River Run P. O. Box 797, Florence, Ala 35630 or call (205) 766-8405
- Sept. 7 - Big Apple Classic 5K and one-mile Fun Run for Children Little Rock Contact Tod Jurgens, The Travel Center, 401 West Capitol, Little Rock, 72201. Assisted by the Little Rock Roadrunners Club.
- Sept. 12 - Devil's Den 10K Cross Country Devil's Den State Park. Contact David Hughey at 839-2670 or the State Park at 761-3325.
- Sept. 12 - Dash for Trash Four-mile Run Russellville, AR Contact Greg Robus 968-5008
- Sept. 19 - Little Rock Roadrunners Club 10K and 5K Championship
- Sept. 19 - Third Annual Rogers Run 5K and 15K Rogers, AR Contact Bob Taylor 1-636-9541
- Sept. 20 - Bonnie Bell 10K Nashville, TN 8:00 AM (Women only) 9 age groups Some entry forms at Sportstop. Contact Carol Tarpley, Castner Knott Co., 618 Church St., Nashville, TN 37202 \$4. prior to 9-1; \$6 9-1 to 9-19 \$8. day of race. See Charles Peyton for race application.
- Sept. 26 - Med Center Medley Relays UAMC campus, Little Rock. 10K and Corporate relays. Dennis Berry at the Med Center.
- Sept. 26 - Pike County Fair 5K Glenwood, AR. Contact Dr. Rod Parker, Box 361, Glenwood, AR 71943
- Sept. 26 - Siloam Springs Triathlon Siloam Springs, AR Dr. Jim Pearson 1-524-3833
- Oct. 3 - Anheuser-Busch Natural Light Half Marathon North Little Rock, Wayne Alabrack 759-8500
- Oct. 10 - Little Rock AFB Officers Wives Club 5K and 10K Fund Raiser Details later.
- Oct. 10 - Razorback Run 15K and 5K Fayetteville, AR Contact Andy Lucas 1-575-2801 or 442-4612.
- Oct. 10 - Harvest Fest 5K Forest City, AR Contact Tommy Gadberry 1-633-6036 or Jim McInturff, 1-633-6543.
- Oct. 17 - M.D. Love Run 5K Haber Springs, AR Contact Steve Bellroich, 1-362-3863 or Cary Tucker, 664-8702.
- Oct. 17 - City of Benton 10K Benton, AR Contact Dwayne Hodges at 778-1131 or 847-0666
- Oct. 17 - Dawn Hill Run 10K and 2 mile Fun Run Siloam Springs, AR Dr. Jim Pearson 1-524-3833.
- Oct. 23 - Halloween Hustle Five Miler Horseshoe Bend, AR Contact Bob Taylor at 636-9541.
- Oct. 24 - MS All Kids Run Details later.
- Oct. 24 - Northside Family YMCA 10K Little Rock Butch Johns 758-3170
- Oct. 31 - Arkansas 15K Championship North Little Rock, AR Beginning from Burns Park. An entry blank will be included in the October newsletter. Charles Peyton, Race Director. Sponsored by the Little Rock Roadrunners Club.
- Oct. 31 - Newport Milers 5K Newport, AR Bob or Cathy Lamb 1-523-8928
- Nov. 7 - Rogers Turkey Trot 5K & Half-Marathon Rogers, AR Bob Taylor 1-636-9541
- Nov. 22 - Riceland RoadRunners Fall 10K Stuttgart, AR Lyle Hartz 1-673-8585 or Larry Gunnell 1-673-6005.
- Nov. 7 - First Maumelle 15K Benefit Run Maumelle, AR Contact Ben Kelly 370-7251
- Nov. 21 - Little Rock Roadrunners Toys for Tots Run Details later
- Nov. 22 - St. Louis Marathon Contact Sue Haden, 26 Fair Oaks, St. Louis, MO 63124
- Nov. 26 - Siloam Springs Turkey Trot Siloam Springs, AR Dr. Jim Pearson at 1-524-3833
- Dec. 5 - White Rock Marathon Dallas, Texas
- Dec. 12 - Mississippi Marathon Jackson, Miss.
- Dec. 12 - Christmas Rush 5K Rogers, AR Contact Bob Taylor 1-636-9541
- 1982
- Jan. 2 - LERC's Day-After-New Year Celebration Run Details later
- Feb. 14 - LERC's Valentine Twosome Details later
- Mar. 20 - LERC's Women's 5K Details later
- Apr. 10 - Papai Challenge 10K Roadrace Details later
- Apr. 17 - Memorial Hospital 5K Details later
- May RIVERFEST

## RACE RESULTS

### The Marathon on the Mountain - From the Back of the Pack - Al Maguire

A great deal has been written about this year's Pikes Peak Marathon, however, the greater portion of these well written articles have been from the racers point of view. Your perception of the course and the runners around you, your attitude and priorities all change when you are attempting to be a survivor in the back of the pack. Several weeks prior to the race I had been concerned with what my overall time might be. After seeing part of the course and driving to the top a few days before the start, my emphasis quickly changed to that of simply having an overall time, regardless of what it was. At the start I stopped Walt Stack, the legendary 74 year old ultra-marathoner from California. Walt is well known for his ability to finish very long, hard runs at a moderately slow and very consistent pace. He runs 2 or 3 normal marathons per month, in addition to the ultras like the Western States 100 and Iron Man Triathlon. I dropped in just behind Walt, which I think put me last. (Walt isn't known for his fast starts) and we proceeded along a 1.8 mile route through the streets of Manitou Springs. There was a large crowd lining the streets and it seemed there was no one who didn't recognize Walt Stack. As they waved and called his name he responded by pointing to a runner just ahead of us and shouting back, "Do you know Peter? - He was born without hands or feet!" He was pointing to Peter Strudwick, a veteran of over 40 marathons including Pikes Peak, who runs in special boots. Walt was not only calling attention to Peter's tremendous accomplishment, but questioning why the spectators, with two feet and healthy body, were sitting on their car hoods and front porches. Our run on the paved streets seemed to end too soon, as we turned up a very steep dirt trail to the start of the Barr Trail. I picked up the pace a little and pulled away from Walt, but the Barr Trail shocked me back to reality. I eased up as he caught me and Walt was now setting the pace for a group of five, another man possibly 50 years old and two women who were between 25 and 30.

This group stayed together with very little change in position for the next 10 miles. For the most part we were entertained by Walt who rarely stopped talking. He told stories of other races, acted as a tour guide for our Pikes Peak run and shocked several of the aid station workers with his explanation of why he didn't drink water. The next 7 miles from French Creek past Barr Camp to A-Frame were described in the race literature as relatively gentle grades through an Aspen forest. The key word was "relatively" as the elevation change of almost 3000 feet was a 8% grade. The final 3 miles to the summit now opened up. We were above the tree line where I began searching for the Coors I had hidden several days previous, in anticipation of there not being adequate aid stations. We passed a monument dedicated to Mrs. G. Inestine B. Roberts who died at age 88 of exposure while making her 14th ascent in 1957. Walt paused to place a small flower on the plaque while I popped the top on the only beer I could find. We shared it as we resumed our climb. We had been meeting the returning runners for the past several miles but now it is becoming very difficult on the narrow trail. I didn't count, but I would guess that every one of the first 200 runners we met waved and shouted Walt's name. He would raise the beer can (when he had it) and yell "Cheers!" He also yelled to the leaders, "If it wasn't for us turkeys back here, you hot-shots wouldn't look so good". In the last 1/2 mile I lost contact with Walt. By this time there were several hundred runners on the trail, half going up and the other half out of control going down. It became more difficult to get started again every time I stopped to make room for a descending runner, and this last climb was a series of steps and switchbacks. I remember Gary Smith remarking that after his first Pikes Peak Marathon his neck was sore from looking down all the time trying to maintain his footing. I was also looking down a great deal, but by this time it was to assure myself that my last step was successful in getting one foot in front of the other. Sometimes I had to repeat a step. I didn't see Walt again until the finish. On my descent it was raining below the tree line and the trail was getting very hazardous. I was alone, for the most part, not seeing anyone for several miles at a time. The run had taken on an entirely different character. On the ascent, we were a group, all helping each other emotionally in our effort by simply staying together, listening to Walt; but now I was completely alone on a wet trail, with the feeling that everyone else had gone home. The race literature stated that in case of injury, evacuation was very difficult. Now I could see what they were trying to say. If you were to break a non-essential running part, i.e. an arm, several ribs, wrist, etc., you would have two choices, walk back up or walk down. I began passing a few runners in the final 5 miles, some were injured and limping, others simply exhausted, but just as I turned a corner 3 miles from the finish, there was Peter, finishing his 10th Pikes Peak Marathon. I think back now and remember Walt yelling at the crown, "This is Peter, he has no hands or feet", and feel sorry for the spectators who did nothing more that day than sit on their car hoods or bar stools, or went home to rest.

I don't want to discourage anyone from running the Pikes Peak Marathon. It is a very realistic goal for anyone who has completed a marathon (minimum requirement for entry). However, I would like to compare the Pikes Peak Course to one that is familiar to Arkansas runners, - the Mt. Magazine 15KM. The last 6 miles of the Mt. Magazine run ascent 2500 feet., an average grade of 7.9%. The 14.3 miles Pike Peak ascent has an average grade of 10.32, 30% steeper than Mt. Magazine. The middle 7 miles, which was described as "relatively gentle," has an average grade of 8%, and the final 3 miles of the ascent rise at an average grade of over 13%. For the flat land marathoner to be a Survivor, there must be a great deal of walking and slow running. Our highest mountain in Arkansas barely equals Pikes Peak's relatively gentle grades. To put the term average grade in another perspective, the 10.32 Pikes Peak average may be visualized as the rise from street level at one end of a level city block to the top of a utility pole at the other end of the block.

I have no hesitation in saying I would run it again, if given the opportunity, however, I probably will not single it out as a project again. I do have two entry blanks for next year if anyone wants one of them. I'm saving the other just in case??

#### Pikes Peak Marathon

Mike Sandlin	4:39	Bill Nolan	5:20
Batesville		El Dorado	
Dr. Bob McGowan	5:20	Gary Smith	6:14
Bob Plunkett	5:25	Al Maguire	8:30
John Selig	5:47		

#### Avon Women's Marathon - Ottawa, Canada - August 23rd

Deb Strehle	3:21
Beth Walker	3:27

Heat wave  
(600 starters - 390 finishers)

#### Atlanta Forest Festival 4-Mile

Ann Smith	26:48	1st Women's Division
Elaine Lebow	27:25	3rd Women's Division

#### Brickfest 5-kilometer Road Race - Malvern July 25, 1981