

The RUNAROUND



A Monthly Publication of the Little Rock Roadrunners Club

August, 1982

From the President

Greetings from your newly elected officials and administrators. I know that I speak for all of us when I state that we appreciate your confidence in our abilities to keep one foot ahead of the other thru this coming year. It is our desire to assist in any way that we can to improve and better our club, as well as your personal goals.

Speaking of goals, its been brought to our attention that runners have as many goals as entries in their logbooks (both logbooks). However, there are some steps, many steps to be sure, that a person must take to reach the goal of a runner. This may include, but is not limited to, walkers, joggers, slow runners and gazelles (to paraphrase an elite writer). Since our duties as members of the Roadrunners Club are to advance the ideas, friendship, and planned activities, it is with great optimism that we give some advanced knowledge of a program for beginning runners. This program will be formally announced and activated this fall, but basically it will involve a planned and supervised schedule for those wishing to take those steps, a little faster, including walkers to joggers and all degrees in between. Not only does this program allow us to advance the concepts of healthful and friendly exercise, but it shows the positive results of our running organization. It should also be a good media for promoting increased club membership, another goal. Talk it up!!

For now, please enjoy and have a pleasant summer.

Next Club Meeting:

Pot luck & Fun Run. Thursday, August 19th, Pavilions 1&2, Murry Park. Bring your favorite carbo dish. The club will furnish drinks. Running starts at 6:30, eat'n starts when ya get back (leave some for us in the back).



Is this a new cult?

From The Eds

Dear Running Friends:

You no doubt have noticed that the LRRC newsletter looks a bit different this month. We have tried to modify the way it looks without tampering with the basic underpinnings that have been its mainstay for years.

Jim Ault has found a way to get actual type and real printing for about the same amount that we used to pay for the typewritten newsletter. We hope the result is a bit cleaner looking and a bit easier to read. Jim also redesigned the masthead in the hope of making it a bit more modern.

We also will have the capability of using more pictures now.

But we hope that the underlying spirit of the newsletter will never change from the wise and carefully considered policies established by Charley and Lou Peyton. We never want to change the open-door policy of printing ideas, contributions, complaints, praise and meditations of members of the Club. If anything, we hope that we can encourage even more of you to share with the rest of us your running experiences, your achievements and those times when you failed to achieve your goals. We'd like to open up a letters-to-the-editor forum that would offer an uncensored podium from which you can preach, lecture, complain, praise and harangue if that is your wish. Please write about

the things you like and don't like about the newsletter, the club, our fun runs, races and other activities. Get angry if you want.

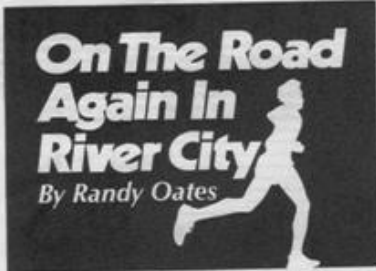
Send us your snapshots. Now that we can reproduce pictures, let's have some from all the Club members. We can use color and black-and-white (they should be clear enough to reproduce), and we'll even return them if you want them back.

Ideally, the perfect newsletter would be one in which the editors didn't have to write a single line - in other words, a newsletter in which the entire edition was contributed from the experiences and ideas of the members. We are sure that many of you have ideas for newsletter features and departments; let us hear those ideas. We hope to continue the Runner of the Month feature, and to incorporate new features as the days go by. Perhaps you'd like to see an equipment swap column, or a section where runners can list the times and places they run and get others to join them.

Charley and Lou kept the door open to everyone who wanted to contribute and we hope that we can be as wise as they were. We've already discovered that it takes four of us to do the work Charley and Lou used to do alone.

Let us hear from you.

--- The Eds



A Casual Approach To The Triathlon

From out of nowhere the Triathlon (swim, bike, run event) has suddenly attracted the attention of a surprising number of local runners, myself included. The appeal of a different type of endurance event seems to have a special attraction to those of us who do not do any one of these event particularly well.

Now one thing I must first warn you about if you are interested in the triathlon is be careful about paying too much attention to the training that goes on for the "Ironman" Triathlon. The guys and gals that participate in this event spend their entire life in training. Some of them are so busy training they don't have enough hours in the day to replace the calories burned up and hook themselves up to an intravenous bottle while they sleep to replace the calories and fluids. Now, that's crazy!

I am talking about training for a triathlon like the one coming up at Siloam Springs this fall with a 1/2 mile swim, 10 mile bike ride, and a 5 mile run. This is the kind of event a regular working person who trains a few days a week could get ready for. Since I am still coming back from knee surgery and have been banned from long distances by my Doc, this is the kind of challenge that really intrigues me. However, there are some very interesting things you discover about the other sports involved.

First of all you discover that swimming laps is pure drudgery. You can't carry on a conversation while swimming and also have no time for meditation. Plus I find it impossible to stay on top of the water without going fast enough that I am anaerobic the whole time. I don't know how those guys at the YMCA that swim every day can stand it. One half of a mile doesn't seem like that much to a runner, but it is one tough distance to cover in the water. I have only survived the distance once and it took 26 minutes. I understand that the fastest people will finish

their 1/2 mile swim in about nine to ten minutes. So much for the swim.

Riding a bike is not that bad. I spent a lot of time on a bike as a kid and am quite impressed at the advances made in 10 speed bicycles in recent years. It's really kind of fun and it's amazing how much ground you can cover in a short time. However, those things can be dangerous and expensive. I turned mine over going around a curve at about 15 mph and besides frightening myself to death, it did \$65 in damage to the bike. For that price I could have bought a new pair of shoes, socks and running shorts. In retrospect, I guess that is the price one pays to learn the sport. I will admit the bike repairs were cheaper than my orthotics, and the bike riding has helped my wounded knee.

So much for biking and swimming

The running is coming back slowly and I am up to 7 miles at slightly less than an 8 minute pace. So I am confident I can finish the run, if I can just get through the 1/2 mile swim.

One of the advantages of training for a triathlon is the mixture of events keeps you from burning out on any one thing. On evenings when I am pressed for time I swim 1/4 mile. On Saturday mornings when I have plenty of time I can comfortably ride my bike out to lake Maumelle. So with one day of swimming for only about 12 minutes plus a longer bike ride, and three days of running you have the casual approach to the Triathlon.

Coming Next Month: more thoughts on Casual Triathlon Training (assuming this reporter hasn't drowned in the Leawood Pool.)

LITTLE ROCK ROADRUNNERS CLUB CASH RECEIPTS & DISBURSEMENTS

June 30, 1981 thru June 10, 1982

BANK BALANCE - June 10, 1981		\$4,821
INCOME		1,810
Dues received		825
Chronomix rent		
Sale of T shirts and iron ons	76	
Less purchases (Not all have been sold)	100	(24)
Gain or (Loss) on Runs conducted by LRRC:		
15K Championship	(278)	
Big Apple Run	738	
Toys for Tots	(16)	
Masters Run	250	
Valentine Run	(85)	
Women's Run	611	
Pepsi Run	3,193	4,413
		<u>7,024</u>
		11,845
EXPENSES		
Newsletter printing & postage		1,872
Meetings expense (room rent and refreshments)		822
Equipment purchased:		
Digital clock	1,318	
Bullhorn	235	
Stanchions	74	1,627
Awards		451
White Rock Marathon hospitality room refreshments		221
Road Runner Club of America dues		203
Insurance on chronomix		50
Postage (other than newsletter)		43
Post office box rent		26
		<u>5,315</u>
BANK BALANCE - June 10, 1982		<u>\$6,530</u>

Little Rock Roadrunners Club Fun Runs

AUGUST 7- Since no one has come up with a better idea, the Gasping but Grinning Galloompers will wheeze through eight flat ones along the river on the way to Dallas; ARK buddies from the North Shore will join us; if eight's not enough, you can run any distance up to 50 miles by just turning around and doing it over and over and . . . ; the fun begins at 5:30 a.m. from Murray Lock and Dam; help with aid welcome; call Paul Johnson, 371-3721 or 225-6487, or Lou Peyton, 225-6609, or Eubanks, 666-5663.

AUGUST 8- Hop in the rack early Saturday night, 'cause the Predawn Pacers Sunday morning romp just got earlier on you; dynamite those eyelids open early and start from Henderson Junior High School at 6 a.m. (NEW TIME) for three or five miles of fun running; help with aid appreciated; call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

AUGUST 14 - The Arkansas Running Klub and Gasping but Grinning Galloompers hook up for a smorgasbord of running adventures; this multiple-option extravaganza starts at 6 a.m. from the water slide area in North Little Rock's Burns Park; there's a variety of distances: (1) Run the half-marathon course through Camp Robinson for 13.1 miles; (2) run the four-mile Burns Park outer loop; (3) run a two-mile loop around the park amusement center; (4) do a combination of these; the Gasping Grinners can start at 5:30 with a three-mile loop, then do the half-marathon to get their 16-mile quota; there will be aid on the courses, but everyone is invited to bring something wet for the finish; call Marion or Margaret Monk, 835-4737, or Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

AUGUST 15 - A new run at a new time! The Predawn Pacers spread their fun running into new territory; meet at the Heights Theater at 6 a.m. (note Earlier start) for four miles through the Edgemoor area (option for five miles); course is flatter than other Sunday runs; walkers, beginners, newcomers welcome; help with aid appreciated; call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

AUGUST 21 - The Gasping but Grinning Galloompers cool down with an easy eight through Cammack, Overlook, Edgemoor, Heights; hills are manageable; start at 5:30 a.m. from Heights Theater; aid along route, but

bring something wet for the finish; call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

AUGUST 22 - Stretch that sciatic nerve with four or five easy ones through the Edgemoor area; Peyton's Predawn Pacers blast off from the Heights Theater at 6 a.m.; walkers, beginners, newcomers welcome; aid at finish (help appreciated); call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

AUGUST 28 - All right, all right, so it's boring - it's flat isn't it! It's either this or those hills, so pipe down! The Gasping but Grinning Galloompers slog their unhappy way through 16 mind-numbing but easy miles along the river; roll out at 5 a.m. at the old Riverdale Clubhouse in the Riverdale area then chug up and down that river road until your brain turns to Cream of Wheat; there'll be aid along the course, but bring something liquid for the finish; call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

AUGUST 29,- Welcome back to good old Cammack! Return to familiar turf with the Peyton's Predawn Pacers for two, four or five miles of Sunday morning goofiness; it all happens beginning at 6 a.m. at the Cammack Village tennis courts, McKinley at Brentwood; walkers, beginners and newcomers always welcome; aid along route, but bring something wet and wild for the finish; call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

SEPTEMBER 4 - Remember how you yowled about that boring river course? Well, come on out with the Gasping but Grinning Galloompers for some Biscayne bunion-bruising - eight miles to be exact; the moaning starts at 5:30 a.m. from the Tanglewood Shopping Center, Cantrell and Mississippi, includes a few character-building peaks along H Street, Evergreen, Biscayne and Indian Trail; aid along route, but bring some for the finish; call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

SEPTEMBER 5 - Join the Predawn Pacers for two, four or five miles through the Heights then sit in the church choir and try to suppress your screams from cramp in your calf; starts at 6 a.m. from Cammack tennis courts, McKinley at Brentwood; walkers, beginners, newcomers welcome; help with aid appreciated; call Paul Johnson, 371-3721 or 225-6487, or Steve Eubanks, 666-5663.

Race Calendar

For more complete information of upcoming road races and fun runs, consult the running calendar in Friday's Arkansas Gazette.

AUGUST 7 - Crazy Days 5K in Rogers; contact Bob Taylor, 636-9451.

AUGUST 7 - Summer Sweat 10K in Clarksville (also two-mile trophy dash); contact Dr. Marc Muncy, 754-8818 or 754-8065.

AUGUST 7 - White River Classic 10K in Batesville; contact John Purtle, 793-5734 or 793-5624.

AUGUST 8 - Yorktown Bay Half-marathon, 10K and two-mile run run at Camp Yorktown Bay on Lake Ouachita near Lake Ouachita State Park (Three Sisters); contact Cur Burghart, 767-2333.

AUGUST 14 - Crossett Stampede 5K; contact All Pro Sporting Goods, 364-6735.

AUGUST 21 - Hope Watermelon Four-mile Run; contact Hope Chamber of Commerce, 777-3640, or Hope Roadrunners Club, Box 1201, Hope, 71801.

AUGUST 21 - Herald and Democrat 5K Run in Siloam Springs; contact Siloam Springs Parks and Recreation Department, 524-5779, or Mike Duncan, 736-2353.

SEPTEMBER 3 - March of Dimes 10K at Murray Park; details later.

SEPTEMBER 4 - TC Bee / Summerset 5,000-meter Road Race in North Little Rock's Burns Park; register at any Twin City Bank location.

SEPTEMBER 6 - Big Apple Classic 5K (this race may or may not be held this year; its fate is uncertain at this time).

Race Times

Clarksville 4 mile
Sharon Jamison 30:21
David Grace 24:37

Bonnie Brandsgaard
Clay County Vermillion
South Dakota 10K - 58:57
(won 3rd in age div.)
(prize was a free coke)

Letters to the Club

Paul Johnson, Runner Extraordinaire
c/o Arkansas Gazette
112 W. 3rd
Little Rock, Ar 72201

Dear Paul,

I was surprised and honored to be mentioned in one of your excellent articles on running. I thought you might be interested in the full story behind my Mt. Magazine run.

I confess. I had a "spiritual" experience on my pilgrimage up the mountain. Prior to my ascent I was an avowed speed freak, a time watcher. Before every race I too uttered the proverbial runner's prayer: "Lord just don't let me be last!" On Mt. Magazine I was born again. I accepted "Last" running.

It happened between miles 3 and 5. I kept looking over my shoulder to be sure I wasn't last. Other runners passing by told me you and P. Jo were heavy on my heels. Panic time for a speed freak.

In that stretch where there was no mile marker 4 and the end of the race seemed an eternity away, I was saved. I became a "last" runner.

The mountain's awesome beauty with its greenery and waterfalls, the cool, crisp weather, the blissful solitude, and the steeeeeeeep incline overwhelmed any desire to shorten my experience by running faster.

What accolades rewarded my conversion! I finished 100 out of 102 yet I won a 2nd place trophy in my age division. (It matters not that only 2 women ran in my division.) The Gazette listed my name among the winners on Sunday, June 6. Now, honor of honors, you have mentioned me in the "Galloomphing Gourmand". Be still, my beating heart!

Meanwhile back at the mountain... Temptation now rears its ugly head. Even whilst in my transcendent state I sinned. My transgression occurred with the finish line in sight. I met my downfall uphill. Pride prompted me to think, "Finish last? Not me!" I succumbed to the urgings of wayward companions and sprinted. Oh me of little faith!

If I had but said, "Get thee beside me"! In addition to the trophy and the "Galloomphing Gourmand" article I would have been included in last Friday's photo with you and P. Jo in a triple tie for last.

Now I, Marcia, came down from the Mountain with the New Commandments:

1. Thou shalt not run fast.
2. Thou shalt not compete for first place, but for last.
3. Thou shalt not wear time pieces that count the seconds.
4. Humble thyself and thou shalt be exalted.

Take heart, joggers! Glory awaits not only those fleet of foot, but those slow of stride.

Beware, Paul Johnson, Your nemesis has arrived. No more will I fall prey to the lure of fast running! I am a Last Runner. True competition will not be in the lead, nor in the ranks, but in the rear. Next Year at Mt. Magazine I'll be last! Sincerely,

Marcia Barnes, L.R. (Last Runner)

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June 22, 1982

Dear Lou,

Thanks for your letters! We were both glad to read how much you liked the outfit and your victory in the race. Sounds like all that hill training is finally paying off!

We have been on the road continuously since we last saw you but now we're home for a couple of weeks, very unusual for us. We should be resting up, etc. but there's so much to do that's been neglected in our absence: our lawn looks like a jungle, our friends and family have forgotten what we look like, the letters have piled to the ceiling, etc. Still, home is great and we are looking forward to lots of good training and home-cooked meals.

I'm pretty enthusiastic about my training lately. About a month ago I got Gary Elliott, Allison Roe's coach from New Zealand, to put me on a training program. He's here in Boston till the fall doing clinics, etc. He's got me doing speedwork and more speedwork and I'm feeling pretty good! I thought my calves would give out with the work but instead have improved a lot. I don't have nearly the amount of soreness I used to have. His theory is that you lower your 10K time and then increase the distance when you want to aim for your marathon. That way you're used to faster running

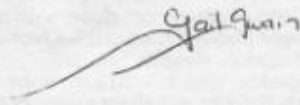
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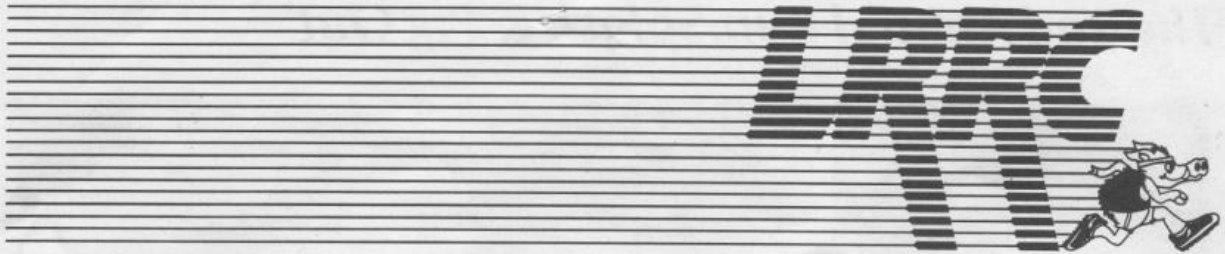
and will do your longer runs faster. Within a month, I've got my mile time to six minutes and under for three repeats with a mile recovery in between. My training pace is now 6:50's to 7:40's much faster than I've been training all winter. So, we'll see what happens. I will probably do some 10K's late summer and then hopefully, run the Melbourne Marathon in Australia the middle of October.

So the rest of the time we've been planting rooms and sleeping a lot. To answer your question about the striped shorts, they don't come for women but a lot of women fit into the men's sizes and wear them anyway. As for Pepsi next year in Little Rock, that's up to the local bottler and Pepsi national but if you make it known they might bring us down again. We'd really love to see you all again.

So congrats again on your victory! Good luck in the 5B miler. You couldn't get me on that race. Write us again soon, Lou and thank the man for the picture, it really is a good one. See you soon!

Love,





Beginners Running Class.

As mentioned by Club President Bob Hilts in his first "Message From the President" elsewhere in the newsletter, the LRRRC is planning to conduct a training course this fall for beginning runners.

As envisioned by Bob and others in the Club, the training course would involve providing very basic information for those who may be no further along than a walking program. We will need eight Club volunteers to give about an hour of their time each. The program probably would be held at Scott Field (Forest Heights Junior High), since that is a convenient location and one in which all the participants would feel safe and comfortable.

While full details haven't been worked out, the program probably

would involve having the participants meet one evening a week (to those involved), with a Club volunteer on hand to offer a few minutes of instruction on the very basics of running: What to wear, how to stretch and warm up and warm down, how far to go, how to make the transition from walking to running, and other aspects of our sport.

The whole course probably would last eight weeks, and if we can get eight volunteers it wouldn't unnecessarily burden any single Club member.

Bob will be in touch with many of us in the next few weeks about this, and members with special skills and information are urged to help the Club reach out to a segment of our fellow runners that only needs a small bit of encouragement to get them involved.

Officers

President, Bob Hilts
Vice President, Charlie Peyton
Secretary, Candye Gillespie
Assistant Secretary, Linda Fulbright
Newsletter, Jim Ault, Paul Johnson,
Steve Eubanks
Treasurer, Dewey Glasscock

Special Note:

The "new look" of this newsletter is made possible by the generous donations of several people. Typesetting facilities are made possible by Jim Faulkner, *Faulkner & Associates*. Printing is subsidized by Ralph Thoman Jr., *Capitol Off-Set Printing Co.*

These are just a few of the people who have and will donate to this newsletter. I hope you can appreciate them.

JA