

# The RUNAROUND



A Monthly Publication of the Little Rock Roadrunners Club

December, 1982

## Our Clown

By Ailin Richard



Look at that guy out there, running home from work, I guess.

Sally Dudley does that dumb trick sometimes. How very absurd.

Not me. I'm here inside my car, got me a tripe and mayonnaise sandwich on light bread to tide me over until I can get home and cook up a nice potful of snail stew; got my favorite Wayne Newton tape on the car stereo. Man, this is living.

Hmmmm. Must be an accident or something up ahead; I've been stopped at this red light through six changes of the light. Heavy traffic both ways. Oops, there goes that stupid runner again; he caught up with me and passed me.

Ah, the traffic's moving again, so I can pass that dumb runner.

Phfool Stopped again, and there goes that jerk runner. I think this dadgum line of traffic only moved about a block in the last 20 minutes. Man, that rat runner is way ahead now.

Oboy, moving again. There's that runner, only about a block ahead now. Look at that sucker. Probably thinks he's real cool. Stupid is what he is. Why would anyone run home when he could be driving his own car.

Here, let me change that tape. Hmm, maybe some of this nice Red Sovine truckdriving music. I have to listen to these tapes in my car, because all my friends believe I only listen to Mendelssohn at home.

Dam! Stalled in traffic again, and that runner's still ahead of me.

Aw nuts, a glob of mayo dripped out onto my new \$3 tie.

Here, I'll try to rub it off with this piece of Clark Bar wrapper.  
(S C R E E E E E C H ! T H O N K ! T I N K L E ! P L O N K !)

## Running Women's Dinner Huge Success. Plan to Attend in Jan.

Our last all Women's Dinner Meeting was a huge success. We joined our NLR friends at the Western Sizzler, NLR. We had nice door prizes, a Moving Comfort long sleeve running shirt from the Sportstop, and yum! - a yogurt pie from Delicious Temptations - Thank You!

We discussed many things one of which is safety - safety to *all* runners male and female is a big concern these days. Women need to be especially careful! - One idea that came up would be to identify houses in neighborhoods where a runner could go up to in an emergency. Everyone thought it was a good idea.

It could be done rather easily. Those who wanted to participate could display something in the front window of their house. These houses then could be announced at the beginning of the run so only the runners would have this information. After a few runs on the same course everyone would become familiar with these "Aid stations".

If you have a break-down on the road or spot a suspicious person these aid stations could give us a great deal of support, just knowing help is close by.

Uh-oh, I plowed into the rear of that new BMW ahead of me. Looks like I knocked the whole bumper off and ruined the trunk lid, too. Dam this traffic jam.

Uhhhhh-ohhhhh! The driver's getting out and he looks mad. Big, too. And mean. It's all that dam jogger's fault. Maybe I can reason v th this brute. (BIFF! PUNCH! GR- NDGE!)

(Many days pass.) W  
"Oh, Nurse, coul<sup>ter</sup>u lower the blinds for me so I w<sup>r</sup>a have to watch that jogger pass by, plea<sup>rkham</sup> on his way home this e<sup>hlo n</sup>

On the part of the aid station, their obligation would only be to make necessary telephone calls - they would not have to let the runner into their house - (for safety reasons) unless they personally knew the runner.

It should be stressed these aid stations would be for true emergencies! This is only one idea. Does anyone have a better one? We'd like to get going on this project.

We also have plans to have a self-defense demonstration at another meeting with perhaps the cooperation with the LR Police Dept. on this matter.

Right now we are making plans for a Potluck Dinner Jan. 13, 6:30 p.m. at Pulaski Bank. Nita Copeland announced another Running Doctor will be the guest speaker, Dr. Al Keller. This should be of interest to all women since he is a Gynecologist (Women's specialty) - please write down any questions you have (don't sign your name). Please send the questions to me prior to the meeting.

Please look for further information on this. Talk it up and bring a friend!

Linda Hilts  
13 Misty Ct.  
Little Rock, AR 72207  
227-4451 224-5855



## 26 Miles Ain't So Far In Monnie Springs

How far is a long run? To some people running five miles is an impossible task, while others 26 miles doesn't seem that far. Long distance is all in the eyes of the beholder, particularly in Monnie Springs, Arkansas.

Monnie Springs is on the back side of Lake Maumelle and contains a small

## New Phenomenon Appears in Running Community

By Larry Mabry

There's a group of runners that depart from somewhere in the area of Hayfield and overlook near the homes of a prominent Little Rock Attorney and an also prominent Little Rock Neurologist and former Vice President of the Little Rock Road Runner's Club that have changed the whole concept of running. As far as I can understand from their reasoning the mere act of putting one foot before the other and continuing that method for more than one hour constitutes running. However, in all of the books I have read and people I have talked with the new phenomenon appears to be termed - walking.

It all started one early morning this summer when the likes of Jim Johnson, Jack Evans, Bob Galbraith, Sy Brewer, Pat Tomestad and an assortment of other runners were nearing the above mentioned starting area on Rockwood with this new form of running (walking). Bob Galbraith informed me that this was their warm down prior to finishing. Well, I've heard of warm downs - but one to one and one half miles of this running (walking)? (Well next morning I told my running partner Ken Ropp about this new form and he refused to accept it and we have continued to use his rather grueling form of running to this day).

I visited with Bob Galbraith one day and he assured me that they would

return to the accepted form of running from that day forward. I believe in Bob so I knew I would never catch that group again trying to redefine running. I've noticed on occasion that one Lou Peyton has taken to running alone and I assumed it was for mental toughness but she informed me that she preferred to practice running by its old definition - not the new found definition. Paul Johnson has also on occasion been found running (not walking) alone to keep in practice with the old definition.

Then it happened last Monday morning this group of runners (?) led by Bob Galbraith and included the likes of Pat Torvestad, Sy Brewer, Joe T. Robinson, Jim Johnson, Gary Smith appeared on Foxcroft about 50 yards South of Cantrell proceeding downhill walking! The group was walking along perspiring, no doubt from the water they strategically placed to wet themselves down to impress unknowing neighbors and runners that pass along the way.

I personally feel that Bob Galbraith should be summoned before the general body of The Little Rock Road Runners Club, Inc. and show cause why he should not be struck from the rolls of the regular runners of the club. Who knows, maybe its a new cult he is forming and we surely wouldn't want the likes of another Rev. Moon around.

So for all the people that have been frightened away by this group of long distance (walkers) urge you to not be intimidated any longer and turn out mornings and evenings the morning air with the Bob Galbraith walk-a-long!

tarpaper shack that serves as a country store. It is an excellent place to stop and have a drink and snack while cycling around Lake Maumelle. On a recent trip around the lake, Jim Ault and I stopped here for a break and got acquainted with the proprietor.

The proprietor was an old scrawny man in overalls with about a three day old beard. He was sitting on a bench out front underneath a Kodiak Bear chewing tobacco sign and struck up a conversation with us about our bikes. After inquiring if we were in some sort of race (we weren't) he then asked if we had ever run any.

Seizing on the opportunity to impress him with our athletic prowess I answered quickly, "Yeah, we run some."

I eagerly anticipated his next question which fell right into my lap.

"How far you boys ever run", he asked.

After glancing over at Jim with a smile I replied, "Oh, about 26 miles I guess." I tried not to show too much pride in the fact that we are both marathoners.

I expected my answer to knock him over. Unfortunately, it didn't phase the old man. Suspecting that he might be hard of hearing, I repeated my statement as casually as I could muster.

"That's right. We've both run 26 miles." The proprietor still wasn't impressed. But he did respond as if he had never heard us.

"Ya know, a guy came by here the other day. He stopped for a drink and then was going back to look for a friend. He was wringing wet like he had been in a shower and told me he had run 30 miles so far. Ain't that something. 30 miles. Heck, I couldn't trun from here to Roland" (about 2 miles away).

I acknowledged that 30 miles was certainly an accomplishment. It may be only 4 miles farther than my best distance but it sure impressed the proprietor in Monnie Springs.

As we climbed on our bikes and rode away I thought to myself that apparently having run a marathon ain't that big a deal anymore - particularly in Monnie Springs, Arkansas.

## Race'n

(No short cuts just facts)

- 1) Serious racers train fast 75% of the time. Long slow distance is for bird watchers. You have to train fast to race fast.
- 2) Serious racers run alone at least 50% of the time. If too many people can train with you you're running too slow. Remember, where three people are training together at least two of them are running at the wrong pace.
- 3) Serious racers don't get injured, much. You have to know your own limits, when to back off and when to push. A serious racer must be an experiment of one and he or she must constantly monitor that experiment. Injury is possible but not inevitable.
- 4) Serious racers race a lot. You've got to test it out and there is no better place than the race. There is no substitute for experience and there is no better place for experience than the race. What good is an experiment on paper if you never test it?
- 5) Serious racers set realistic goals and break them. A goal should be a short-lived thing.
- 6) Serious racers need to be coached some. Another point of view can be as valuable as any amount of speed work.
- 7) A serious racer can be of any age and of any ability level because there are many forms of winning other than coming in first.
- 8) It's got to be fun. And winning is fun.

The very best you can hope for is to do the best you can do for that moment. We can all do that forever. A serious racer is a racer for life.

Coach Mulkey



## Running The Ouachita Trail

by Jack Allsup

It had long been a goal of mine to hike the Ouachita National Forest trail the entire length in Arkansas from the Oklahoma line to Pinnacle Mountain State Park near Little Rock, a distance of 170 miles until Ann Smith, in her usual fashion, suggested that we run it instead. This appealed to me immediately because I had pleasant memories of past runs on the trail where I had seemed to glide through the forest over a soft trail covered with pine needles with birds singing and a cool mountain breeze blowing in my face. Yes, I said! How soon can we start?

On September 3, we finished the last section of the trail ending at Pinnacle with our faithful support team (Mark Anderson) and fan club (Roger Thompson) bringing us into the finish line with cheers. The soft trail had been overgrown with briars instead of pine needles, horse flies had taken the place of birds, and hot sweat had replaced the cool mountain breeze. It had been difficult but we had been through a real experience.

We had averaged 28 miles a day. We wore regular running shoes, shorts, T-shirts and carried a small day pack with 2-3 quart bottles of water, map, compass, snacks, and some first aid items. Mark usually met us at intervals of 5-10 miles on forest service roads to re-supply our water and food. We discovered that the limiting factor as to how far we could run each day was not our physical condition (We had made several 20-30 mile runs in preparation for this trip) but was the condition of the trail and the condition of our feet. Ann also added heat.

Trail conditions varied from soft pine needles to rocks to waist high brush and briars (mostly the latter two). The briars, I'm sure were the inspiration for the invention of barbed wire. At times, our progress was reduced to tromping through brush and briars looking for the trail. When we started on the Oklahoma line we spent 45 minutes going 0.7 miles. Without the briars, the trail was generally rocky and steep. Spider webs came zooming out of nowhere like a space rocket in PAC man to completely engulf our face. Sometimes the spider would end up looking at us in the eye as surprised at the turn of events as we were. Gnats would hover just above our eyelids for endless hours. Horse flies and sweat bees would make continuous circles around our heads like a helicopter

blade. The constant watch for snakes in the trail and rocks that would turn an ankle was often rewarded by a snake in the trail and a turned ankle. The temperature got up into the 90's each day and we sweated profusely. One day, I remember counting 10 quarts of water that I had carried in my pack and drank. Ann missed stepping on a 3½ foot rattle snake by 6 inches. A local person later seemed indignant that we had not killed it. I told him that since we didn't carry weapons and after having run 25 miles that day we didn't feel like rasseling that snake and choking it to death. The trail was the worst on the western end and got much better as we approached Little Rock.

Blisters were a major problem. I really don't think I could have run any farther with my feet in the condition they were in. Between us, we carried 6-7 pairs of different type shoes. Each pair would just cause a blister in a different place. A considerable time each morning was spent in opening blisters, taping them and then encasing most of the foot in mole skin or foam. Ann also contacted poison ivy which caused us some sleepless nights until an emergency call to Dr. McGowan brought some relief by the use of some prescription medicine. One morning I was hobbling across the rocks on my blisters, when an old man camped nearby who had spent 42 years cutting timber in the Ouachita Forest, asked me what our purpose was in running though the mountains. I just stared at him (later on in the day I came up with some neat reasons).

We had many exciting and meaningful adventures on the trip, I will just relate one. The third day we were on our last ten mile section, having completed 20 miles. We thought it would be a pleasant run with Mark waiting for us at the highway crossing with camp set up and a spaghetti dinner cooked. After 3 hours of running, Ann thought she heard cars on the highway so she decided to speed it up and try to outrun the sweatbees. I drank all of my water thinking the end was near. After 4 hours of running I was a little disturbed by the fact that the trail seemed to keep going up one mountain after another but I thought surely the end was near. After 5 hours of running it had become quite dusky and I was very thirsty. Finally after 5½ hours of running, I was unable to find the trail markers because of the dark. I sat down and tried to think of what the best thing would be to do. The thought of spending the night out in the forest didn't bother me except for the extreme thirst that I was experiencing. I was also very chilled because of the sweat. My mouth was like a cotton ball and my tongue was actually sticking to the roof of my mouth. I reasoned that if I kept going East across

country, I would eventually reach the highway and this was tempting because of my thirst. But I was pretty sure that Mark and also Ann, if she had gotten out, would come looking for me on the trail and would probably miss me which would make them search many hours in the dark needlessly. Then I remembered a dried up creek bed down the mountain so I made my way to it in the dark. At first all I found were weeds but then I saw the moonlight glinting off of some water on the other side. With the thought of the water covered with scum and bugs, I drank 3 quarts. It tasted so good! I felt terrific, I suddenly became warm, the thought of lying down on the ground to sleep seemed good. I had just made a bed in the leaves when I hear Mark and Ann calling. We had a happy re-union. Ann had also been caught on the trail by darkness but had been close enough to the road that she heard Mark honking. It was 1 a.m. when we got to bed that night. Of course the map we were using was in error, we don't know how far we ran in that supposedly ten mile section.

Other than our sore feet and Ann's poison ivy, we both felt in good shape at the end of the run. In fact, we continued the trip from Little Rock by biking to Memphis and then paddled our canoe down the Mississippi to just north of Helena. Our main purpose in doing this trip was to prepare ourselves with endurance and mental discipline training for a planned climb of Aconcagua, a 23,000 foot peak in Argentina, this coming January.

I'm sure that running the trail in late fall or winter would be a more optimum time with less heat, bugs, weeds, etc. The section from Lake Sylvia to Hwy. 298 is a very good section to run with very favorable trail conditions. If you do a run for more than one day, I think that having a support person is a must. In our case, we happened to have picked the best in Mark Anderson. In addition to being a fine cook, Mark is also an accomplished runner, biker and is blessed with a lot of good common sense which came in very handy for Ann and I.

A trail map can be obtained from the Forest Supervisor's office in Hot Springs or any of the District offices. I also have a marked county map of the entire trail if anyone would like to use it. Mark, Ann or myself would be glad to furnish any information that we have about the trail. I think we should be very proud that we have a trail system like this in Arkansas. Even though parts of it are not well suited for running, it's a beautiful trail to hike and the National Forest Service for the most part has done a great job in laying out the trail and keeping it maintained. Hope to see you on the trail sometime!



## Runner of the Month

by Cindy Price

(Editor's Note: This is the first part of a two-part article by Cindy Price. Her story will conclude next month.)

Within a year after I began running, I had all the characteristics of being "born again." I went around ranting and raving about the virtues of running to anyone I could get to listen. I've mellowed enough to realize that maybe running, as I know it, just may not be for everyone; but I do believe being physically fit is – and that's what I advocate. It doesn't matter if it is swimming, bicycling, running or just walking – just something! I've been on both sides of being fit or not being fit, and believe me, being fit requires a lot more work and is a lot harder, but the reward more than makes up for the effort. After all, no one said it is easy. It is just that I'm very partial to running because of what it has done for me.

Really, it was more a case of running finding me rather than the other way around. When I made my first serious attempt at jogging, it was strictly to try to increase my stamina for tennis. Rumor had it around Memphis that if you ran half a mile a day it would work wonders for your game. Well, golly gee whiz, for someone who played several matches a day I had to be in excellent physical shape, so off I go to a ¼-mile track. Forget the fact that I weighed 220 lbs., this had to be a snap. Needless to say, I only made it one-third of one lap and left in permanent shock, but determined to return. This was not going to get the best of me!

It became a day by day adventure to jog as far as I did the day before and add a few more feet. By ten days I was up to a whole mile, and, will wonders never cease, I had actually firmed up a little. So, I figured if I dieted a little bit, maybe, just maybe, I would lose a little weight.

I was on my way! This was the beginning of a very exciting and amazing time, but yet one that required a lot of effort and discipline. My goal was ten pounds at a time because ten pounds seemed a far more reachable goal than 100 lbs.

With every passing day marking a new beginning, there were many highlights during this time, but probably the one that had the greatest impact on my was my first road race. Not only was it my first time to ever run 5 miles, but I finished in 58:02 – my very first time to ever run a sub-15 minute pace. I thought I had won! What made the greatest impression on me, though, was the way spectators clapped for me, as if they thought I had won, too. I'll never forget their encouragement. If people only knew how much their en-

couragement means to runners, not to mention the "high" that they get themselves from the excitement, there would be many more spectators at races!

Between May 1st and Christmas, 1980, I had lost 85 lbs. and felt ready for the big time, so I gradually increased my mileage to 40 miles per week and lost another 15 lbs. Around this time Rick and I moved to Bryant. My first race in Little Rock was the 1981 Women's Road Run, and it didn't take me long to see that there were many excellent runners here! Thanks to the kindness of several people and efforts to make us feel comfortable, Rick and I found in the roadrunners club what we believe to be some of the neatest people we know. People, who no matter how great their achievements, were always interested in my progress. It is this kind of enthusiasm and comradery that makes the club so special. Who better understands a runner than another runner?

Running had become so important to me that I wanted not only to set higher goals, but to try to improve as well. I started a serious training program with weights and bicycling. I gained about 10 lbs. of muscle weight and stabilized around 130 lbs. My training program got me through three marathons, and PR's in the 5km of 21:42 and 10 km of 44:42 – not fast by any standards, but BIG milestones for me.

For several months I had been having trouble off and on with my left foot. At first there would be pain after stress such as a race or track workout, but only when I walked. So I could still run. The pain would be present during the early miles in my runs and constant enough in my walking to make me limp. By May, the pain had become constant during running and walking. I knew I had to go see about it, but I wanted to wait until after the racing season. After all, I had been suffering through speed-work all spring trying to peak for my big chance to break a 45:00 10km, and I was not quite ready to take some time off for a stress fracture or something. Heaven forbid!

When the pain, swelling, and limping got to be more than I could stand, I finally went to see about my foot. Within five minutes after the X-Ray I was told that I had a degenerative bone disease, that the joint where the third toe joins my foot had completely dissolved, that I had other joints on both feet that already showed signs of deterioration as well, that I needed surgery to implant an artificial joint, and that I would never run another step. There is no describing the devastation I felt. My first reaction was that I was sorry, but I had no time for this! After all, I was training hours every day for a triathlon. So would someone please tell me how I would do a triathlon if I couldn't run?

But then the gravity of the situation began to hit me. With the help of a friend to whom I'll always be grateful, I was referred to an orthopedic surgeon who said to first try to rebuild a joint from what I had left would be my best chance to ever run again. So I opted for this. The damage was worse than the X-Ray had shown, which resulted in the necessity of a steel pin being placed in my foot to promote correct alignment of new bone growth.

The weeks after surgery were the worst. I felt a myriad of inward emotions that circled from anger to bitterness to depression back to anger again. Why was this happening to me? After all I had been through to get fit, how could it happen to me? Just how much of a price does one have to pay? (continued next month.)

## Letter to the Club:

I want to thank all of you for the support and participation you gave us in Hot Springs for our first Arkansas Spa 10K. We were very apprehensive about the whole thing a few months ago but thanks to many of you in the Little Rock Road Runners we have gained confidence. Your help, advice, and participation is greatly appreciated by each of us who organized the race and Healthfest.

We are not going to be bashful about inviting you all back next year so I hope that you will not be bashful about sending us your comments and suggestions on how we may improve on what we now have going. It is our goal to have the Arkansas Spa 10K move up in class each year if possible and would appreciate your recommendations. My office is here in Little Rock so I am easy to reach at anytime.

I would also like to apologize to the following people for making a pest of myself seeking advice in the week prior to the race:

Steve Eubanks  
Al McGuire  
Bob Hiltz  
Gary Smith

(Lou Peyton only escaped because she was out of the store a few times when I came by!)

Thanks again to you all and Happy Running!

Sincerely,  
Charlie Wilson.



## Fun Runs

Beginning with the first Sunday fun run in December (December 12), the Sunday runs will switch to the afternoons. There will be no official club fun runs Saturday, December 4 or Sunday, December 5, because of the White Rock Marathon.

Here is the fun run schedule for the rest of the month:

**December 12** – Do the LRRC-sponsored Toys for Tots No-frills Run on the River, look for details later.

**December 12** – Sunday Afternoon Postprandial Pacers fun running starts for the winter; starts at 1:30 p.m. at Henderson Junior High on Barrow Road; go three or five miles; aid at finish; beginners and novices always welcome; contact Lou Peyton, 225-6609.

**December 18** – The Bash Run, annual pre-Christmas fun run sponsored by Paul Bash; will start from Heights Theater; look for details later.

**December 19** – Lou's Levee Lope Sunday afternoon fun run; starts at 1:30 p.m. from Murray Lock and Dam, includes two miles or so on bike trail alongside Rebsamen Park Road; refreshments at finish; call Lou Peyton, 225-6609.

**December 25** – Christmas Day, no regular run.

**December 26** – Annual Empty Pocketbook Run, Sunday afternoon fun run; starts at 1:30 p.m. from Cammack Tennis Courts, McKinley at Brentwood; go two, four or five miles with the Postprandial Pacers; beginners and novices always welcome; aid at finish; call Lou Peyton, 225-6609.

**January 1** – No regular club fun run; sleep it off.

**January 2** – Day After the Day After Run, Sunday afternoon fun run; starts at 1:30 p.m. from the Cammack Tennis Courts, McKinley at Brentwood; course covers two, four or five miles; beginners and novices always welcome; call Lou Peyton, 225-6609.

## Race Calendar for December

**December 11** – Little Rock Roadrunners Toys for Tots 5K and 10K; no-frills race with entry fee being a new toy for a child for Christmas; details later.

**December 11** – 5K Race for Arthritis in Hot Springs, sponsored by Lakeside School Beta Club; starts at 9 a.m. from Lakeside High School; runners gloves to first 200 entrants, medals, merchandise drawing; entry fee \$6 in advance, \$8 day of race; contact Lakeside High School, 5K Cross-country Race, 4429 Malvern Road, Hot Springs, 71901, or phone Tim Groseclose, 624-7343.

**December 18** – Northside Family YMCA 5K; starts at 9 a.m. on Riverdale course in Little Rock; T-shirts, trophies, refreshments; entry fee \$6 in advance, \$7 day of race; contact Thomas Johns, Northside Y, 6101 JFK, North Little Rock, phone 758-3170.

**December 18** – Christmas Rush 10K in Rogers; starts at 10 a.m. in Frisco Park; contact Bob Taylor, 636-9541, or Rogers Running Club, 2200 West Wood Street, or phone 636-8214 or 636-2179.

**December 18** – Fanny Freezin' 20K in Bartlesville, Okla.; starts at 9 a.m. in Johnstone Park; contact Bill Adams, Osage Hills Running Club, 2509 Dorchester, Bartlesville, 74003.

**January 7** – Charley Peyton's Biscuit Run; 11 miles of hills with a hot Denver's biscuit-and-gravy breakfast reward at the end; starts at 7 a.m. from Tanglewood Shopping Center, Cantrell and Mississippi, then traverses all the high ground you can think of on Mississippi, H Street, Cedar Hill, Overlook, Kingwood and Kinsrow; bring some cash for the breakfast, and don't forget to wear a shirt or Denver's won't let you in; call Charley at 225-6609.



Who's holding who up?  
Steve Eubanks and Lou Peyton after the 50 Mile Ultra

## Little Rock Roadrunners Club

P.O. Box 55026, Hillcrest Station, Little Rock, Arkansas 72205

Dues \$7.50 a year. (July 1st through June 31st)

Please Check: New  Renewal

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

SPOUSE, IF A RUNNER \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

HOME PHONE \_\_\_\_\_

BUSINESS PHONE \_\_\_\_\_

OTHERS IN FAMILY WHO RUN

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_