

The RUNAROUND



A Monthly Publication of the Little Rock Roadrunners Club

November, 1982

Our Clown

By Allin Richard



Dum, dee, dum, now lemme see here. What's there to eat in my fridge this late at night? Ba-ba-ba-boom. Dum, dee, dum. You know, those runners really get my gort sometimes

with all that talk they put out about nutrition. When they're not talking about running they're talking about health food or some such.

Dum, dee, dee. Looky here, some of that leftover boiled tripe in Hollandaise sauce — yummy! Those Runners are all the time talking about tofu. Yowp! Have you ever SEEN tofu! It looks like putty or something.

Yum! This bowl of cold chitterlings looks like it might be good on a light bread sandwich with mayonnaise, Dum, dum, dee, dum. Muchy, but still right tasty. Perhaps a bit of Tabasco will help.

And that granola stuff that runners eat! Pfagh! How disgusting. Ummmm, what's this? Looooks like some of those divine braised snails we had a couple of weeks ago. Still good, I guess; lessee; umm, yep, still tasty, but maybe a bit chewy. Here's let me pop them in the radar oven and see if a little heat will improve the texture. And while I'm at it, how about just a smidgen of these barbecued oysters and squid hunks. They shouldn't have spoiled yet.

And, all that nuts and berries and cracked wheat that those runners eat — how disgusting! Da, doom, doom, day; heilllloo, what's this little morsel back here behind the chilled sowlbelly soup? Yum! It's some of that nifty Ozark Mountain caviar that someone in Stone County sent in. It's really quite good, even if it does come from drumfish. Yum! Yum!



Beginning Running Class Big Success.

The turnout was astounding at the first session of the LRRC's class for beginning runners, far surpassed even the most optimistic estimates by those who helped organize the eight-week event.

When Club President Bob Hilts called the proceedings to order shortly after 7 p.m. Monday, October 4, at Scott Field, an estimated 200 novice runners and walkers were gathered in the stands of the football field.

Those who had planned the course — conceived by Hilts — had cautiously hoped that as many as 30 to 40 persons would attend. By the weekend before the first session it had become obvious that more than 100 would be on hand, and Linda Hilts rushed to the printers twice more for extra copies of the course outline that was provided for each participant.

The 200 interested participants who attended the first session ranged in ability from those who had never even walked as much as a quarter of a mile to those who were able to job most of the opening night's one-mile workout. All seemed genuinely surprised to see

so many others who were true beginners. In fact, comments to that effect had punctuated phone calls inquiring about the course. Typical of the comments was: "Are you sure I won't be the only one up there who's not a real runner?"

Bob Hilts put the crowd at ease with his opening remarks, which reassured the participants that they need not strain themselves in a vain attempt to be able to run any specified distance by the time the eight weeks are up. He assured them that the course was flexible enough to allow every participant to progress at his or her own speed.

Club speakers, in addition to the opening night's talk by Paul Johnson, will include Dr. Bob McGowan, Dr. Jo Etta Galbraith, Steve Eubanks, Beth Walker, Lou Peyton and Gary Smith.

The dropout rate in such courses has in the past been very high, and some degree of dropout is to be expected as various participants decide that running is simply not for them.

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On The Road Again In River City

By Randy Oates



Making Up For Lost Time In The Fall

I don't know if Runner's World magazine plans it this way or it just happens. The arrival of their annual Running Shoe issue seems to mark the beginning of the best running time of the whole year. No matter how many times I have been injured. No matter how many runs I have put off for other good excuses. In the fall, I automatically make up for lost time.

Weekly mileage seems to go up in leaps and bounds. Longer runs happen

almost effortlessly. Old running friends suddenly appear or call on the phone to set up a running date over some familiar but forgotten course.

It is the time of year when among the more disciplined runners talk turns to thoughts of marathon training. And, people who have never gone farther than a quarter mile suddenly spend \$50 on a new pair of shoes and show up at the track determined to do two full miles. Velour running suits that previously were just worn around the house show up on Kavanaugh street as a sometimes walker decides to become a regular runner. What a wonderful season the fall is.

This is the time of year when I renew my acquaintances with some of my favorite running routes where the leaves and trees are plentiful. My all time favorite is the Boyle Park bike path. It wanders 1.6 miles through the middle of the park and right now the leaves are so thick on the path you can barely tell where it stops and the woods begin. The crackle and rustle of leaves under your feet is an exciting sound as you pick up the tempo on this winding course. I always manage to surprise a few squirrels on this run as they scurry about burying nuts.

Another nice route is the bike path next to Rebsamen Park road. Rebsamen road itself always looks the same to me - BORING. But the bike path which wanders along the edge of the swamp is kind of nice.

Of course the Heights has several good routes including parts of Kavanaugh. My favorite run here is from the Heights Theatre parking lot taking several back streets to Pallasades, Sunset Drive, and Rockwood out to Overlook and then back through Camack Village and the Heights to the parking lot. Another nice loop from the theatre is to the Little Rock Country Club and then over to Edgehill and wander back to the parking lot on some back streets. The yards and homes in this area are really impressive and the traffic is minimal. The trees are always spectacular in this area.

No matter where you like to run, this is definitely the perfect season for it. Just find a route with more trees than traffic and let your wanderlust take over while you explore new paths and streets. Its the perfect season to slow down and enjoy the beauty along the way. You will be surprised how much your mileage will increase, naturally.

running class-from page 1

However, the LRRC will be missing an important opportunity if it does not succeed in making at least several dozen of these interested people feel that there is a place for them in our club. Several club members, including Shirley Acchione, Cindy Price, Lou Peyton, Steve Eubanks, Linda Hiltz and others turned out for the first session to walk along with the beginners and answer any questions they may have about running. Other club

members should welcome the opportunity to come to the Scott Field track a couple of Monday evenings to simply be on hand to chat with these novices who have shown an interest in becoming part of the Little Rock running community.

The beginning runner must overcome many enormous obstacles in the early phases of taking up the sport, and the fear that no one else runs as slowly as oneself is one of the bigger ones. The LRRC should seize every

opportunity to convince these enthusiastic newcomers that there is room for them in the LRRC alongside Beth Walker and Randy Taylor and Eddie Mulkey and Julian Sanchez.

Our club can grow only to the extent that we allow newcomers to feel that we really want them to be a part of our fellowship, so each club member should make an effort to see that these beginners are allowed to contribute what they have to give - an inspirational spark of enthusiasm.

Fun Runs

NOVEMBER 6 - The Gasping but Grinning Galloompers can run the Anheuser Busch Half Marathon instead of the scheduled long run for today; you'll feel just as awful after 13.1 miles of this shinbuster as after 21 miles at Dallas.

NOVEMBER 7 - Join the Predawn Pacers for a lovely Heights tour, starting at 7 a.m. from the Heights Theater; options for two, four or five miles; beginners and newcomers welcome; help with aid appreciated; contact Steve Eubanks, 666-5663, or Paul Johnson, 371-3721 or 225-6487.

NOVEMBER 13 - Remember the eight-miler that was really 10.2 miles? Try it again just to be certain; start at 7 a.m. from Henderson Junior High on Barrow Road, wobble up Barrow Hill, out Kanis, Shackelford, Markham and back; aid provided on course, help at finish appreciated; contact Steve Eubanks, 666-5663, or Paul Johnson, 371-3721 or 225-6487.

NOVEMBER 14 - Check out the sunrise from the Edgehill perspective; go two, four or five miles with the Predawn Pacers, starting at 7 a.m. from the Heights Theater; beginners and newcomers always welcome; aid furnished; contact Steve Eubanks, 666-5663, or Paul Johnson, 371-3721 or 225-6487.

NOVEMBER 20 - The last long one before Dallas, and no one's taking any chances this late in the game; go 22 boring, but safe, miles with the Gasping but Grinning Galloompers on that old river road; starts at 7 a.m. from Murray Lock and Dam; help with aid appreciated; contact Steve Eubanks, 666-5663, or Paul Johnson, 371-3721 or 225-6487.

NOVEMBER 21 - Cammack's got your number for two, four or five miles of Predawn Pacer shennannigans; starts at 7 a.m. from Cammack tennis courts, McKinley and Brentwood; beginners and newcomers welcome; aid furnished; contact Steve Eubanks, 666-5663, or Paul Johnson, 371-3721 or 225-6487.

NOVEMBER 27 - Take it easy here at the last minute by joining the Gasping but Grinning Galloompers on a Sportstop Holiday Run five-mile fun run; starts and ends at Sportstop at 10720 Rodney Parham (not the one in the Heights).

NOVEMBER 28 - Sail through a nice relaxed two, four or five miles of Cammack real estate with the Predawn Pacers; starts at 7 a.m. from the Cammack tennis courts at McKinley and Brentwood; beginners and newcomers welcome; help with aid appreciated; contact Steve Eubanks 666-5663, or Paul Johnson, 371-3721 or 225-6487.

November Race Calendar

NOVEMBER 6 - Anheuser Busch Half Marathon in North Little Rock, sponsored by Hash House Harriers of Arkansas; 13.1-mile certified course starts at 9 a.m. in Burns Park, goes through Camp Robinson on same route as last year; T-shirts, awards three deep; entry fee \$6 until November 1, \$8 afterward; call Wayne Alsbrook, 758-8500, or Dick Lewis, 565-8144.

NOVEMBER 6 - Turkey Trot 5K and Half Marathon in Rogers; start at 9 and 9:30 a.m. from Frisco Park; contact Bob Taylor, 636-9541 or Rogers Running Club, 2200 West Wood Street, or phone 636-8214 or 636-2179.

NOVEMBER 6 - TAC/Arkansas Junior Olympic Cross-Country State Championship at Rebsamen Park golf course in Little Rock.

NOVEMBER 6 - Ouachita Classic 5K at Quachita Baptist University in Arkadelphia; starts at 9 a.m. from Williams Field; sponsored by Baptist Student Union; T-shirts to first 25 entrants, trophies; entry fee \$5 in advance, \$6 day of race; 2 K fun run with \$2 entry fee; contact OBU, BJOx 783, Arkadelphia, 71923.

NOVEMBER 7 - Cape Girardeau Biathlon, 20-mile biking and 10K running in Cap Girardeau, Mo.; starts at 1 p.m. from St. Francis Medical Center; entry fee \$3 in advance, \$5 day of race; contact Robert Samuels, St. Francis Medical Center, 211 St. Francis Drive, Cape Girardeau, Mo., 63701, phone (314) 651-6154.

NOVEMBER 11 - Women's Dinner for all female runners, walkers or those interested in starting; sponsored jointly by women of Little Rock Roadrunners Club and Arkansas Running Klub; 6:15 p.m. at Western Sizzlin' on JFK Boulevard in North Little Rock; dutch treat dinner plus 50 cents for rental of room; call Nita Copeland, 835-0684.

NOVEMBER 13 - Second City of Colleges 10K in Conway; starts at 8 a.m. from Farris Center on UCA campus; T-shirts, trophies, entry fee \$5; contact Phil Baker, ROTC Department, Box J, UCA, Conway, 72032.

NOVEMBER 13 - Memorial Hospital 5K for Health-related Personnel; for medical personnel only, including those in clinics, hospitals, public health, doctors' offices and nursing homes; starts at 9 a.m. from emergency department of Memorial Hospital, ends at Twenty-sixth Street; T-shirts, trophies; entry fee \$5 in advance, \$6 day of race; contact Robert Corey, 771-3455.

NOVEMBER 14 - Arkansas TAC 20K State Championship in Russellville; all runners eligible (TAC membership not required unless competing for TAC championship); starts at 2 p.m. on Bona Dea Trail; T-shirts, trophies, 16 turkeys to be given away; registration ends November 11; entry fee \$6; contact Tom Aspel, 214 South Laredo, Russellville, 72801, phone 968-4272.

NOVEMBER 20 - Hobble Gobble 5K and Two-mile Fun Run in Conway; 5K starts at 8 a.m., fun run at 9 a.m. from Conway Human Development Center (former Children's Colony); T-shirts, trophies, turkey to over-all winner; entry fee \$5 for 5K, free for fun run; contact Ed Jennings or Al McGinnis, Conway Human Development Center, Siebenmorgan Road, Conway, 72032, or phone 329-6851.

NOVEMBER 25 - Turkey Trot 10K and two-mile Family Fun Run sponsored by Central Little Rock YMCA; starts at 9 a.m. in Riverdale area off Rebsamen Park Road; T-shirts in 10K, special Turkey Trot medallions three deep in age divisions; entry fee \$5 in advance, \$7 day of race; contact Mike Van Abel, Central YMCA, Sixth and Broadway, Little Rock, 72201, phone 372-5421.

NOVEMBER 25 - Siloam Springs Turkey Trot 5K; starts at 10 a.m. from Community Building; age group awards, turkeys; no entry fee; contact Siloam Springs Parks and Recreation Department, 524-5779, or Dr. Jim Pearson, 524-3833.

NOVEMBER 27 - Sportstop Holiday Fun Five-miler; don't do anything stupid this close to Dallas; instead, take it easy with a five-mile accurately measured time trial for fun run in Pleasant Valley; starts and ends at Sportstop at 10720 Rodney Parham (not the one in the Heights); no official winner, but all finisher eligible for merchandise awards, including deluxe Moss Brown Goretex Rain Suit in your choice of colors; special Nike running hat to all entrants; \$2 entry fee, with applications at both Sportstop locations.

NOVEMBER 27 - The Great Duck Race 10K, third annual version in Stuttgart; starts at 9 a.m. from the Farmers and Merchants Bank; course is flat and fast; T-shirts, trophies three deep, door prizes, including a free guided deer hut and oil painting; entry fee \$6 in advance, \$8 day of race; contact Gail Criswell, 1302 South Grand, Stuttgart, 72160, phone 673-7516 or 673-3511, or contact Stuttgart Chamber of Commerce.

NOVEMBER 27 - Converse 10,000-meter Race on Rebsamen Park Road course in Little Rock; starts at 9 a.m.; merchandise awards; contact Coach John McDonnell, Route 2, Box 457A, Fayetteville, 72701, phone 575-5403.

The Marquis' Latest Invention

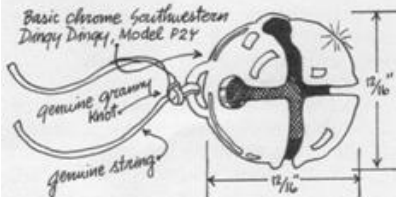
Dear Friend . . .

It has come to my attention that most running-related injuries are related to the feet and legs. Could it be that the obvious and most simple reason has been staring us in the face? How do we know that our shoes are on the proper feet. Preposterous, you say? Au Contraire. I venture to say that in the wee hours of the morning all over the nation, right shoes are being laced onto left feet (and vice versa, of course). Being accustomed to pain and suffering as we are anyway, this would bring no particular new feeling. But over the course of several months and miles of dismal asphalt, this could cause biomechanical imbalances and certain stress.

Let's look at the typical running shoe. Does it say "left" or "right"? Is there any real difference in the left or right? No! In formative years we often laced our Red Ball Jets onto the wrong feet and frolicked in the yard until our mothers noted the difference in how we walked. There was a peculiar outward point to the toes - and a feeble grimace on the brow.

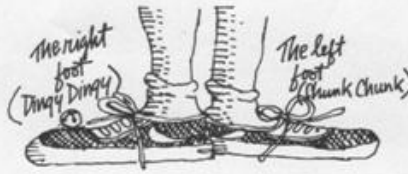
Hence to my point. I venture to say that no less than half the runners in the world have the wrong shoe on the wrong foot. Look at the odds! There is a 50-50 chance. How many of us would ask a fellow runner to look at our feet and tell us if they are pointed outward? And, again, how many of us would walk up to another and say, "Pardon me, miss, but I think your shoes are on the wrong feet."

This obvious dilemma has caused a flash of creativity in my brain. What if there were a way to tell, even in the dark, if our shoes are on the proper feet?



I'd like to introduce you to the "Marquis de Sade Dingy Dingy." And here's how it works: Upon the day of purchase of a new pair of shoes the Dingy is installed by a shoe technician to the right shoe just below the bottom lace. It is very important that the device be installed by someone who knows which shoe is the right shoe. (Remember that 50-50 chance for error.) Existing shoes can be modified to accommodate the Dingy Dingy

by a qualified shoe repair shop. Do not attempt this yourself unless you are a college graduate.



As you walk about the shoe shop you will notice an amazing sound. When the right foot moves forward and contacts the surface of the earth, there is a tiny sound that goes "Dingy." When the left foot repeats the same motion, there is a simple "chunk."

So it stands to reason that if every run begins on the right foot, the sound pattern would be like this: "Dingy chunk Dingy chunk Dingy chunk Dingy chunk." If, for some reason, the right shoe is laced on the left foot and we follow the proper procedure of beginning every run on the right foot, we will hear "chunk Dingy chunk Dingy chunk Dingy" and immediately know without ever looking down that our shoes are on the wrong feet.

Approaching Dinged runner as seen by a fallen Paul Johnson.



Major races would need to be started in unison with a "ready set go" so that all right feet hit the ground in unison - resulting in a very distinctive "Dingy." (Let your imagination project the start of the New York Marathon and the loudest Dingy the world has ever known.) During the chunk phase, if anybody dingies, it is obvious that his shoes are on the wrong feet and medical authorities should pull him from the race lest he hurt himself.

If the runner is properly fitted with a Dingy and begins the run hearing only a series of Dingies and no chunks, it means that the left foot is not connecting with the ground and this can cause serious problems. The runner tends to go in a small counter clockwise circle. With a corrective lean to the left the left foot should contact the ground and result in forward motion and the distinctive "Dingy chunk Dingy chunk" of the proper technique.

Obviously, if only a "chunk chunk" is heard, the right foot is not touching the ground or the Dingy has not been properly installed and has been dropped on the car floor mat.

However, if the runner has properly started on his right foot and after a few paces hears neither a "Dingy" or a "chunk", he has stepped in a very large hole and will be on his way to glory.

Neighborhood fun-runs will probably be outlawed since the participants tend to talk too much and get out of rhythm resulting in a sound that is unpleasant to the ears. Intense discipline and concentration could result in a veritable ballet of Dingies but fun-runners lack the mental attitude. What if one runner chunked and he should have dingied? All would look at him and say, "Hey, dummy, your shoe's on the wrong foot!"

Join your friends on the road to proper running and safe, injury-free exercise.

The "Marquis de Sade Dingy Dingy" came off the drawing board at a forecasted unit price of \$9.95. For a limited time they are available for the amazing price of \$7.95 including tax. (Installation not included.) Order by the dozen for great savings! The family that Dingies together stays together. Who wants to think of little Billy laid up with a bum knee because he laced a left shoe on a right foot?

Watch for the ultra-light "Racing Dingy" coming out in the Spring of 1983. The "Gore-Tex Dingy" for all-weather running. The "Big Daddy Dingy" for the husky runner. The "Lady Dingy Dingy" for those who've come a long way, baby.

Dealer inquiries welcome.
(501) 664-1135



The Marquis De Sade administers a Gatorade injection to Steve (Alberto) Eubanks on occasion of his 8th consecutive trip up Overlook Hill in one morning - breaking the Marquis own record of 7 trips. Eubanks later went on to greater glory in the first Arkie Ultra.

Ian Jackson to Speak at Next Meeting.

Triathlete Ian Jackson will speak to the LRRC Thursday night, November 18, on his experiences in the Iron Man Triathlon in Hawaii last month.

Jackson's topic will deal with "The Madness of Running as Warfare," and will examine how uncontrolled competition can lead to unpleasant experiences in a race.

Jackson also will deal with his more pleasant experiences in the triathlon, which he described in a Time magazine article as "champagne bubble of bliss."

The night before his LRRC talk, Jackson will give a free lecture at the Little Rock

Racquet Club for all athletes on breathing, moving awareness, with a special focus on breathing to make movement easier.

Jackson's LRRC talk should be especially valuable for those who are planning to make the White Rock Marathon their first marathon in December.

Some of those LRRC members who have been to Dallas before also plan to stay after the formal meeting to talk to those who will be going for their first time.

Officers

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

Next Club Meeting:

Thursday, November 18 at 7 P.M.
Community Room, Pulaski Bank, Grant
at R street. Ian Jackson to speak on
competition as conflict vs. community.