

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 1989

Presidential Report

I Spent My Summer Vacation Running in Illinois

by Bill Harrell

You are probably wondering about the Club officers for the 1989-90 term. Well, I wonder about them myself sometimes.

Honestly, it is a good group of people. Bonnie Brandsgaard is president-elect, as well as the beauty and brains of the outfit. Some of you have said that you can't wait until she takes over. Sorry, you're gonna have to suffer through looking at and listening to me for a few more months.

Bonnie has been a member of the Club for years (although she is still relatively young) and has held numerous jobs with the Club, including Pepsi registration. Anyone who has done that job I hold in the highest esteem.

Wade Noxon is the Club secretary. There is probably no one that is better suited for this job than Wade. He has the hardware and software capabilities for keeping all of the files updated and the program for producing newsletter mailing labels. Wade has handled this position before so there is experience here.

Our Club treasurer is Buddy Adcock. We all know what an honest face Buddy has and that is one of the main prerequisites to be a treasurer. Buddy has been a Club member for only a couple of years but he is an extremely hard worker and wants to help the Club in any way he can. I can't ask for anything more than that.

You were introduced to Linda Stribling, our editor, last month and you have already seen the product for which she is responsible. By the way, she and I both thank you for all the positive comments on the newsletter. The reinforcement helps. With the help of the membership, we hope to maintain this high standard throughout the year.

There are a lot of people on our roster that can and will be helpful to our organization. These are just four. Let's give them the support they deserve.

All of you are biting your nails waiting to hear about my summer vacation. Friends, wait no more, the essay begins.

Except for an overnight trip to Chicago for a wedding 10 years ago, this was my first visit to the Windy City. Over three million people in one area and I had a full week to meet them all.

It took Belinda and me an hour to get to our hotel after we got into Chicago because of road construction on the interstate, but the wife, being a native Illini, had no problem driving — she can blow her horn and shake her fist like the rest of them.

As soon as I stepped out of the car at the hotel I heard this voice say "What are you doing here?" It was fellow runner and LRRC member Tom Holland. He and his lovely wife Cathy

were there for a convention, also. We never got to run together, though; they didn't even bring their running gear. Guess some people have to work for a living.

Lake Shore Drive is one of the best places I have ever run. You feel safe no matter where you run because there are always other runners and bikers out with you. The traffic cops are also very cordial — they make sure all pedestrians get across the street before vehicles are allowed to move.

My first time out I spoke or waved to other runners as we passed, but I kept getting these stares, then I remembered where I was. Not everyone is as friendly as you guys in Arkansas.

The trail along Lake Michigan is paved and marked at almost every mile and 1/2 mile so it is easy enough to calculate your miles and pace. There are also water fountains and porta-potties along the course. Their T-shirts didn't have nearly the imagination as the ones down here. No running frogs or watermelons.

As usual my workouts weren't intense; watching the scenery was my excuse this time. I'd run past Soldier Field and wonder how Sam Green would like running those steps, or try to guess how many boats were docked in the lake, or run past the Playboy Building and let the imagination get really worked up.

The weather was really good. I had expected more wind off the lake but it was fairly calm. It didn't rain one day we were there. And, I'll go ahead and answer the question Ken Ropp will surely ask. NO, I didn't get lost once. I managed to stay within the Chicago city limits on every run.

On our way home we spent a few nights with Belinda's brother and his family who live outside of Peoria, about 150 miles southwest of Chicago. Little Rock and its surrounding area is larger than Peoria, but not by much. The cities are similar in many ways. As luck would have it, there was a 5K in Peoria on July 4. I wanted to run the race so I could compare it with ones in Little Rock.

The only pre-race packet pickup was from 4-9 p.m. on July 3 at a local tavern. There was also a special happy hour for runners during that time. Approximately 650 entered the 5K, walkers included, and the organizer seemed ecstatic about that number.

An 8 a.m. start seemed late to me. They hadn't had rain in over a month and the heat and humidity was a lot like Arkansas.

A map of the course and another runner assured me I would be on a flat and fast course. The first 1/4 mile was flat but then

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The Ultra Corner

by Harley Peyton

Since there is an article about the Western States 100-Mile Endurance Run in this newsletter I'll save some of my material for later. A reminder to all those interested in the Ultra Trail Series: the first run, known as the Pigeon Roost Mountain Run, will be August 5 at 6:30 a.m. The next run will be September 9 and is a 21-miler called the Breadbasket Loop which was used as the Pike's Peak training run July 8. For more information on the Trail Series contact Harley Peyton at 225-6609 or Nick Williams, 225-5557.

With these two runs in mind, let's talk about ultra hill training. The debate in training is whether to "walk them or run them." My rule of thumb is to train like you want to race. However, the average trail runner will walk all of the uphill in a 50-100 mile race and run the flats and downhill. Does this mean I/you need to walk all of the uphill in a 10 or 20 mile trainer? In my opinion you need the training effect of hill running on shorter runs.

You might ask, "How can I condition to power walking if I run only?" Let me give you the answer. The countryside in our locale does not offer the 3-4 mile uphill and equally long downhill that we have seen at Leadville or Western States. However, I am highlighting the Pigeon Roost Mountain Run this month because it offers some of the best mountain training around these parts. Envision an 8/10 mile climb up Pigeon Roost Mountain and then the payback of mile after mile of rolling downhill. Splendid training.

Now for the technique. "How do I do it, Harley?" I try to run 3/4 of the hill and really power walk to the top. One trick in hill running is to wear a hat and look at your feet going uphill (shorten your stride.) Soon your perception is that you're running on flat ground. When it really gets to burning think about something else. Think about baseball or food. Don't stop and don't look up. Look forward to that power walk at the 3/4 mark.

I'm sorry I can't offer any tips on downhill racing since this region offers some excellent downhill. Perhaps some of you more successful downhill racers could share your skills with me.

Chicago

(continued from Page 1)

I turned a corner and visions of Overlook danced in my head. Needless to say that was my slowest first mile split in recent times. The second and third miles went pretty good though and I finished in about the same time I've been running this year.

The only results I've seen have been of the overall and age group winners, of which I was not one. The winners would be competitive here but they would have a much harder time winning. There is one consolation though. I was the top finisher without a tattoo.

Oh, yes, like all good races they had fruit, water, Gatorade and beer at the finish.

Next month: "A Peek at the Peak"

Shorts and Singlets

Body Fat Measurement at August Meeting

At the **Wednesday, August 23** potluck Dr. Dick Lewis will be providing computerized body fat measurement for all who are willing to be pinched. Shorts and T-shirts will be the most appropriate dress for accurate measurement. The meeting begins at **6:30 p.m.** in pavilions 1 & 2 at Murray Park.

Please note that the date of the meeting is changed from the regular third Thursday to accommodate Club members who will be leaving for Pike's Peak on August 17.

LRRC Basketball Team

Anyone who might be interested in being a member of the LRRC basketball team, which will be forming to play in the city league this year, please contact Wade Noxon at 374-1862.

Women's Run T-shirts Available

Pat O'Brien, race director of The Women's Run, still has T-shirts available for \$5. She also has shirts for those females who registered for the race but did not pick up their packets. Call Pat at 375-8525.

So, What D'You Know?

by Mary Davidson

I know that I run behind a long line of ambitious animals. In the soft stillness before sunrise I move off slowly after their silent shadows. Yet, I hear their gentle voices calling to each other. Do I hear them speak to me? They are cautious creatures, watchful of their space, wary of their surroundings, yet wonderfully strong of mind. They push ahead with purpose, proud to be first, grateful to be last.

I quicken my pace as I sense the rising urgency of their advance. We run now with mouth open, arms beating at our sides, backs glistening with sweat in the first light of day. The wind rises and the grass bends before it, the far off line of trees behind us but a mild memory. We have been running a long, long time.

We are not tired! The thrill of discovery fuels our effort; the sound of our voices feeds our spirit: courage pours through our veins. The world spreads out around us a vast table of adventure, the orange fireball on its distant edge its symbol of health.

Behind us comes the future. They will run over that edge, beyond that fiery beacon of growth, far off into the unseen stars. But even now the force of my legs beneath me sets off a spark in my mind, part of the explosion of knowledge that ignites their journey. Happiness floods my being as I run here between the two realities.

I know that here in Little Rock the Little Rock Roadrunners Club is my link with the gentle animals of the past, the brave explorers of the future. I, too, am grateful and proud.

Reflections on Western States 100 Mile Run

"What they had done, what they had seen, heard, felt, feared—the places, the sounds, the colors, the cold, the darkness, the emptiness, the bleakness, the beauty. 'Til they died, this stream of memory would set them apart, if imperceptibly to anyone but themselves, from everyone else. For they had crossed the mountains."

—Bernard DeVoto

by Larry Mabry

The dawn's early light on June 24, 1989, arose on a field of 369 ultra-runners on their 4.7 mile ascent to Emigrant's Gap which is situated at an altitude of 8,700 feet. Taking time to savor this point, one can enjoy an exhilarating view of Lake Tahoe and the grandeur of the Sierras from this vantage point. This was the beginning of a day that these runners would cover 100 miles within the 30-hour time limit, if they were successful. The travel from Squaw Valley to Auburn, California, through the Grand Sierras is filled with beauty, serenity and the unexpected. This morning is the beginning of the 13th annual Western States Endurance Run.

The first climb from Squaw Valley to Emigrant's Gap is only the beginning of what is to be a grueling, yet rewarding, trip to Auburn. From this first point, there are approximately 25 washboard miles to Robinson Flat...another 17 up and down miles to Devil's Thumb...eight additional brutal miles to Michigan Bluff...six unexplainable miles to Foresthill...and 16 miles down and up, down and up, and finally down to the American River which is the 78-mile point. The remaining 22 miles could be considered a snap, but the miles continue to be brutal and unrelenting to the end!

One unfamiliar with this event probably asks, and rightfully so — how does a person train for such a challenging and grueling event. One must first have a solid base of running and be relatively fit. The amount of training that is required for an event of this magnitude depends on whether one's expectation is to win, complete the event, or achieve a personal time goal. There are many elements each person must consider in their training for an event of this magnitude. There is the heat and, potentially, cold to consider. There is the unrelenting and continual up and down climbs. One must, therefore, coordinate their training to receive the maximum effect on their lower legs, quads and upper body. One has to assure that much of this training is in heat to acclimate their body to the potentially extreme heat of the day. It is essential that one has a combination of short, medium and long runs to be totally prepared. It is necessary to run as many races as possible in excess of the marathon, whenever available, prior to the event. In addition, training runs of 30-40 miles on weekends are helpful. The advantage of training at these distances is to train the body to become accustomed to being on its feet for four to six hours at one time. This also allows you to utilize different foods and drinks to determine what works best for you. As a supplement this year to reduced running, I utilized the Stair Master and Life Cycle extensively to supplement my reduced running mileage. I also utilized a rowing machine for upper body strength. Prior

to Western States, I utilized these additional training techniques three to four days each week. I also utilized a high number of repetitions with low weights on several of the upper body Nautilus and Cybex machines.

In the "Ultra Community," there are relationships and bonds that are genuine and uninhibited in their expressions to one another. There is a kinship to those with whom we train and those we meet at the events. When I started running 14 years ago, it was purely for fitness and weight reduction. I unwittingly ran a 12-hour track run "just to see" what a body was capable of doing and if it was really true that people ran continuously for that period of time. Max Hooper, a close friend, called up to congratulate me on the accomplishment and before the smooth-tongued, experienced "Ultra Man of Arkansas" had finished, he had convinced me that I should run the 72 miles around Lake Tahoe with him in six weeks. That was three years ago and the friendship has continued to blossom and he has continued to come up with "great runs" ever since. The caring and friendship has been worth every mile we have trained together. In addition to being training partners, Steve Tucker and Steve Tilley have been essential in assisting me to understand the many body changes due to attempting new training techniques and, in some instances, pure overuse of the body through overtraining. Lou Peyton, "The Old Broad," keeps all of us relatively honest and wholesome. Bill Laster assists us with his impulsive nature and affords us to be thoughtful in our personal running or out of control with his program. Nick Williams is our travel planner and can show us how to get the most out of the least number of days. Charlie Bill's (Harley Peyton) stoic nature could be utilized by each of us when we find ourselves thousands of miles from home and 40 miles to go before race completion. The local friendships within the overall running community could go on and on. We encourage each other, whether we run one or 101 miles in pursuit of our running goals and a healthy lifestyle.

One of my past weaknesses was a lack of patience and one that I constantly prayed to achieve. I sincerely feel that ultra running has been God's answer since it is virtually impossible to complete races of this length without patience. Needless to say, the patience carries over into my daily life.

I'm certain many people are thinking, "I can think of other less dramatic methods to achieve patience," but I can assure you that the beauty, serenity and clear thinking one achieves when all the clutter is removed from the thought process, is

(see WS 100 on Page 4)

Featured Races — TCB 5K & Yorktown Bay

by Bill Torrey

In the next few months I will write about an upcoming race, giving the race history and naming some of the past winners. Also, I will give an opinion on the difficulty of the race.

The state TAC series makes its next stop Labor Day weekend (September 2) when about 550 runners will toe the line in Burns Park at the TCB 5K. The race has a long history that started in 1982 with Martin Fulk and Diane Marshall breaking the tape first. It was discovered that the course was about 200 yards short. In 1983, with the course certified, Mike Clark set the course record with a 15:15 time. Diane Marshall repeated again. A record for the largest number of runners was also set in 1983 with 770.

Two things came about in 1984: the race became the state 5K championship and Mark Corbell started a string of wins that would carry him to 1987. Diane Marshall returned to the winner's circle with a time of 17:55, a course record for a female.

In 1987 the race was declared the national 5K championship. Each year the race draws 500-600 people. This year's race will have five-year age groups for the first time. This is a result of the work of David Samuels, the state RRCA representative, who is trying to expand the TAC series in both the number of races and awards.

The parks department has done some work to the entrance of the park and the course may be 20-30 yards longer than in 1983. This is not the only reason that the race is difficult. The weather will be warm and many of runners are not race ready. The course circles the park and has four small hills, one that arrives at three miles, just when most people are trying to make a final surge.

The race is named for Twin City Bank but the heart and soul of the race is the ARK. Each year their members come out and do the necessary things to make this one of the state's best races.

Known for the difficult course and fine food, Camp Yorktown Bay measured up to its billing for the 117 runners.

Listed as a training run for the Pike's Peak marathon, the race offered inclines to the people running the 10K and for the half marathon runners a hill that climbed for 1/2 mile at mile 11. Members of our Club made a good showing in both races. Bill Harrell, our president, won his age group (30-39) in the 10K with a time of 45:54. Nancy Gray finished second overall in 50:24 and Rheem Rabie was third overall in 50:35. Carol Torrey was first in the 30-39 age category with a time of 45:54. Dolly Pittenger was first in 40-49 group in 50:38.

In the half marathon Eddie Mulkey was second overall in 1:18:52, followed by Bill Torrey in 1:22:06. Trish O'Dwyer was second overall female in a time of 1:44:21. Age group winners included Johnny Gross, first in 20-29, in 1:24:09; Ray

Bailey, second in 30-39, in 1:28:01; Don Potter, first in 50-59, in 1:28:58; Deb Strehle, first in 30-39, in 1:51:02; Vivian Chwalinski, third in 30-39, in 1:53:08. Joetta Galbraith, first in 40-49, in 2:18:40; Margaret Davis, third in 40-49, in 2:25:09; and Shirley Pence, first in 60 & over, in 2:30:14.

As with any race the best part was when it was over. At 10:20 a.m. the camp workers brought out enough food that would feed twice as many people. This year the race people decided to move the food to a larger area to accommodate the increase in runners. The race people want to increase the race number and with the workers and atmosphere it should continue to grow.

WS 100

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well worth the effort. Also, *"Til they died, this stream of memory would set them apart... For they had crossed the mountains."*

by Lou Peyton

Since my first trip to Squaw Valley and getting to observe from a crew member's point of view, I have wanted to run and complete this particular race. I was selected in the 1986 lottery along with Charley Peyton, Al Maguire, Eddie Mulkey, Nick Williams, Stephen Tucker, Max Hooper and former Arkansan Captain John Bates. Out of these qualified entrants, Max and Captain Bates crossed the finish line in Auburn, California. Each of us has a story to tell about what happened to us and our plans and they are all interesting.

I have always wanted to go back and give this race my best shot. I applied to enter again in 1987 and 1988 and was finally accepted this year for the June 24-25 race. I looked at this race as a job I wanted to complete or a degree I wanted to earn. I went to Western States knowing that I must run a smart race and not make any mistakes or I would not see the finish line again.

Many people here in Arkansas helped me to get to the finish line in Auburn. Several California friends and the hundreds of volunteer workers who offered words of encouragement and worked aid stations helped me also.

Training is important for this race but the desire to run and finish is even more important. Fluids, food, proper clothing for daytime and nighttime, flashlights, pacers, and crew people are some of the many items to plan and prepare for before the race starts.

When the 1986 Arkansas entrants gathered together to have a photo taken for the newspaper, Max Hooper quietly stated, "This is the hardest thing you'll ever try to do." We didn't listen to him properly, or we would have reconsidered what we were striving to do. This is why I am so proud of my finish at this race. It was the hardest thing I have ever tried to do!

A Few Words from the LRRC Looney Bin

by Miles LeTrek

Running under the hot sun has fried my brain, so this month's column may seem even less coherent than usual. It's difficult to keep my gray matter from turning to tapioca and my prose from turning to jabberwocky when it's 90 degrees in the shade. But apart from going face down in a frosty mug of brewski, what can you do? The problem is that I compose this stuff on the run; when I sit down at the keyboard all I'm doing is typing it in. Well, t.s., it's about time somebody came up with some methods for staying cool on days like this. To this end, I have concentrated my efforts on two areas of running (mindset and equipment modification), which should advance the comfort level of summer running tenfold.

First, there are mind games. About five months from now, when it's much cooler, you'll be thinking about Christmas. Although there are still more than 160 shopping days left, why not think about the holiday season as you run this summer and trick your bod into believing it's 50 degrees outside? It works for me.

The other day I recalled a Christmas long ago in the space-time continuum of running. One of my earliest childhood memories was being told that Santa Claus likes only those children who eat their vegetables. As a precocious tyke who evolved into a sentient being a might too soon, I saw this scam for what it really was and resolved to one day tell the world. I eat my vegetables every day now, and Santa Claus still doesn't like me. ...

Another mind trick which has worked for me is to listen to Handel's Messiah on the stereo prior to going out for a run; or, if you must, listen to it on your Walkman while running, if you don't mind getting squashed by that 4x4 bigfoot truck coming up on your heels, which you can't hear in the middle of the Hallelujah Chorus. Oh, well, better to go out listening to a non-secular piece; though I suspect most people who wear those things listen to John Denver (yuch!).

On the equipment front, consider modifying your running shoes as a way to keep cool. Simply take a pair of Nike air shoes, Tiger gel shoes, or the new hydroflow shoes from Brooks. Using a hypodermic, evacuate whatever goo, if any, is already in there, and inject them with liquid freon. The small cans of freon you will need can be readily obtained from an auto parts store and, via an adapter valve, can be fitted to the opening in the barrel of the syringe. Use a silicone-based caulking compound at this juncture so as to ensure an airtight fit. Now, with all these preparations, you should never get cold feet about going out to run on a warm day.

Use abbreviations in your running log. Less letters written mean less heat expended, and more energy conserved for tomorrow's run. Most people abbreviate a word by simply extracting the vowels and compressing, or by using the first letter of a given word and putting a period after it. For instance, when I make a "to do" list, I simply write down something like "Tues: Cln Tlt" which can be written down in

no time at all, as can "Wed: Cln Tlt" and "Thurs: Cln Tlt"; making it easy to jettison today's goals and reset them for tomorrow. If there were no shortcut to writing "Tuesday: Clean Toilet, rescheduling would cost two or three seconds more each day. This is especially true when writing notes to yourself like "Buy t.p. & a 6pk" before going to the supermarket.

Whether you become more efficient by staying cool on the run or by writing short notes to yourself, it's all in the name of conserving energy; because all things, left to themselves, become more disorganized. All unions more divisive. The amount of energy in the universe is constant, but the amount of useful energy declines, as entropy accumulates. So keep your shoes laced tight and "kp rning."

Fun Runs/Races

(For last minute information on Club-sponsored fun runs, call the LRRC hotline — 377-1653.)

August 5—Meet at Murray L&D at 5:30 a.m. for up to 21 miles. Run goes through downtown to Fort Roots in North Little Rock and back.

August 5—White River Water Carnival 4-miler. Starts at Fifth and Main in downtown Batesville. Entry fee \$6 or \$8. Call 793-2376

August 12—Possum Stampede 5K starts at 7:30 a.m. at Lake Catherine State Park. Call 844-4176.

August 12—The Great Arkansas Pig Out 5K in Morrilton. 7 a.m. at the courthouse. Entry fee \$6 or \$8. Call 354-2393.

August 19—Hope Watermelon Festival 5K starts at 7:30 a.m. in the park. Entry fee \$10; \$12 after August 16. Call 777-6471 or 777-1917.

August 19—Elvis Presley International 5K Run. 8 a.m. at Southbrook Mall in Memphis. Entry fee \$9 after August 1. Call 901-323-20190 or write United Cerebral Palsy, 2670 Union Ave., Extd. 914, Memphis, TN 38112.

August 19—Fest '89 5K and one-mile fun run starts at 7:30 a.m. on the Riverdale course. Entry fee \$8; \$10 after August 16. Call 372-6292, 661-2878 or 372-2932.

August 19-20—Pike's Peak Ascent Run and Marathon.

August 26—Russell Oil Company 10K. 8 a.m. from Buddie's Food Mart in Rector. \$6 before August 21; \$8 after. Prize money totals \$100. Write Russell Oil Co., P. O. Box 246, Rector 72461.

LITTLE ROCK ROADRUNNERS CLUB, INC.
 Statemet of Receipts and Disbursements
 6-30-88 to 6-30-89

Checking Account Balance 6-30-88 \$4756.14

Receipts:

Dues	1901.50
Equipment Rental	1363.20
Interest (Checking & CD)	377.38
LRRC Tee shirts	124.70
Miscellaneous	30.00
Pepsi 10K	2770.00
Womens Road Race	745.00

\$7311.78

Disbursements:

Newsletter	3391.15
Meeting expense	425.72
Past president plaque	39.27
Storage space rental	604.00
Race committee	235.00
Telephone	224.64
Postage, P.O.Box, Permit	416.50
TAC Trophies, Club Awards	773.92
Dues RRCA (259 @ 75¢)	194.25
Valentine Run	186.71
Long Crossing 50 mile trail run	200.00
Junior Jog	1366.22
Miscellaneous Supplies	202.31
Award jackets	581.70
TAC Dues	30.00

\$8871.39

Checking Account Balance 6-30-89 \$3196.53

Certificates of Deposit (2) 4446.36

#420972 \$1500.00 matures 7-12-89

#824452 \$2946.36 matures 5-11-90

