

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 1989

## Presidential Report

### LRRC has found another Pepsi Race Director

by Bill Harrell

I have found out that bragging on someone doesn't always bring the best results. In the last newsletter I told you about the Board of Directors going fishing for a new Pepsi race director. Well they only got nibbles and were never able to land "the big one" in the boat.

Since I had been attending meetings with Bill Jones of Pepsi and Ron Morrison, they told me to go ahead and direct the race.

That isn't exactly what I had in mind, but the race must go on. I don't look at myself doing much directing this year but as being more of a liaison. The committee chairmen will be the race directors.

I know everything will be done right, though, because I have an assistant who will in turn direct the 1991 Pepsi. That person is Linda Stribling. Those of you who don't know Linda are really missing a lot. The RRCA presented Linda with an award as Club Volunteer of the Year. Linda, everyone in the LRRC says "congratulations", and please don't edit this out.

The November meeting was really successful. Everyone enjoyed Gary Tidwell's talk and we had some positive feedback about the My Generation as a meeting place. By the way, Gary ran the Red Cross 7K and finished the race smiling.

A Christmas party is planned for Friday, December 15 at Jo Ann Hathorn's house at 8701 Evergreen Road in Little Rock. For you out-of-towners, turn west off North University to find the address. This is NOT a potluck but DO bring some sort of finger or snack food to munch. The Club will find something to quench your thirst. We have a time frame of 6:30-9:30 p.m.

When you leave the party you need to go home and try on your costume for the Jingle Bell Jog to be held the next morning. We will meet at the Sportstop in the Heights and wake up the residents of the Heights as we run and jingle along their streets. There will be, as always, some delicious goodies provided by Chef Paul Bash at the finish of the jog. The 10-mile (5-mile option) jiggle and jingle will start at 6:30 a.m.

The LRRC teams took first and fourth in the club competition at the Historic 10K. Therefore, we keep the Arkansas Challenge Cup.

Meanwhile, at the Spa 10K, our men's TAC team had a big lead over its nearest competition, the South Arkansas Running Club. They could have won the championship without even running, but run they did. They are the first-ever Arkansas TAC/RRCA Team Champions.

Our women's team started out in second place overall, 10 points behind the Spa Pacers. They had to finish first just to tie for the championship. Well, they did finish first and they did

tie for the championship. Both teams deserve applause for the way they ran this year.

Coach Mark Spradley reports that the Break 40 Club had some good results too. Some of their predictions came pretty close to form. Andy Rogers missed his prediction by a second. That's some good running and some good coaching. Way to go guys and gals.

As Christmas draws closer we all are making our list and checking it twice. Health and happiness are at the top of most of our lists as are a new pair of running shoes. I wish all of you an injury-free 1990 and I hope you enjoy your Christmas season. I'll talk with you next year.

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Don't forget December 15 at Jo Ann Hathorn's for LRRC Christmas Party and December 16 for the Jingle Bell Jog.

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Also, send service points to the Club post office box and nominations for runner of the year to Bonnie Brandsgaard.

## Club Wins Arkansas Cup Championship

by Nancy Gray, Women's Team Chairman

The Arkansas Cup Championship belongs to the Little Rock Roadrunners Club this year thanks to the team efforts of LRRC members who ran in the March of Dimes Historic 10K race on November 4. Runners weaved their way through downtown Little Rock on a challenging course. The winning team was Sherry Cloud, Leslie Dudley, Kathy Brotherton, David Williams, Tom Zaloudek and Ray Bailey. Their aggregate time was 3:55:45. P. J. Diesing, Jennifer Drew, Pat O'Brien, Fred Reed, Charles Smith, and Tim Brotherton ran on the second LRRC team, which placed fourth.

Two other running clubs were represented in the team competition. The Spa Pacers' team placed second and the Arkansas Running Klub placed third.

Thanks to the twelve team members who participated on behalf of the LRRC.

For Club fun run information call 377-1653.

## The Ultra Corner

by Harley Peyton

Are you interested in completing an ultra? If so, let me introduce you to Harley's ABC approach to 50/100 milers. My formula covers the basics in training and racing that will carry you to Western States, Leadville, Vermont, Old Dominion, Wasatch or Angeles Crest.

Step one is the BIG ONE. You must complete a marathon. Your time is not important. You'll find that you can finish an ultra at about the same percentile that you complete the marathon. If you win marathons you'll win ultras. If you finish near last in marathons, you'll finish near the bottom in an ultra. Funny how life is. December 2 is marathon weekend. Do it and prove to yourself that you have the stamina for three or four hours of activity.

Step two. Decide on your first ultra and begin training. Maybe the Jackson Five-O (in Dallas in late January) is the place for you. This is the premier ultra race in the South. Three mile loops around Bachman Lake. Extremely well organized. Don't delay on this one because it fills up fast. It's not a trail but an asphalt bike path. I think you're interested.

Now for the training. When you recover from that marathon begin doing 25-mile (+/-) fun runs. Try to do about three before the Jackson Five-O. You'll find your ultra stride and pace on a 25-miler. You might think that three long runs is somewhat light but don't forget that you are in marathon condition. Training on the flat might help at Dallas, too, because it's flat, for the most part. The bike path on Rebsamen Park Road offers very similar terrain.

Step three. So you've completed that first 50-miler and decide to try for a 100-miler. Begin training by doing those 25-mile (+/-) training runs as soon as you recover (usually about two weeks) and look for two more 50's to enter. Maybe the Cross Timbers at Sherman, Texas, in March, the Mississippi 50, or the Long Crossing in Little Rock in May. Pick two. Fifty-milers are the way to train for a 100-miler. They offer the aid and encouragement that you need to complete a long run and you are more inclined to finish the distance when it is an organized event. Our object in doing so many 50's is to learn to drink and maybe eat on the run; but, most importantly, you learn that you can run, even when you get fatigued. Three 50's and you're ready for a "Western States."

Notice I didn't say anything about weekly mileage. If you're a high mileage person you'll train with high mileage weeks. If you're a low mileage marathoner, don't change for an ultra. Instead, look for that long run.

In summary, finish a marathon; train for the 50's by doing 25-mile runs, and train for the 100 by doing 50's. Your cornerstone is always the long run. Contact me if you would like information about applications to ultra races in the area. In the meantime, good luck.

A good time to begin your trail experience is December 9

when the Lonesome Doves, Harley and Nick, resume the Ultra Trail Series with the 10-9-10 run on the Ouachita Trail. It is an out and back 21-mile course, beginning at the Lake Maumelle Overlook on Highway 10, approximately 18 miles west of the I-430/Cantrell Road overpass. The run begins at 7 a.m. sharp with a 6:45 a.m. trail briefing. There is no registration, no entry fee, and runners will record their own time. Happy trails.

## Brief Thoughts

by Jim Stanley

### Minuteman Information Corrected

While trying to meet printing deadlines, and uncover material at the same time, I reported erroneous information in the November newsletter regarding the history of the Minuteman Races. When Col. Dale Green departed a new historian was appointed, and I was unable to obtain the information I needed. Most of what I reported was from memory. General Carter was the Adjutant General when the races were started; however, the driving force then and now is M/G James Ryan, current Adjutant General for the state of Arkansas and a member of the LRRC. M/G Ryan has encouraged the Minuteman races to grow from a 10K to a one-mile, 5K, 10K and Minuteman Day, with exhibits this year. Since physical fitness is a part of our job requirement, fitness is stressed in the Guard, and runners have encouraged others to maintain a higher fitness level through their help and example. ■■■■

### Runners Hall of Fame

Paul Johnson and I are interested in exploring the possibility of establishing an Arkansas Runners Hall of Fame. The state has a Sports Hall of Fame, (noticeably lacking of runners), a Tennis Hall of Fame, and a Swimming Hall of Fame. Paul and I believe that there are enough deserving runners with connections to the state to start this project. It doesn't have to be large to start (hopefully it will be some day). Talk it up in our Club and other clubs within the state. Let us know your thoughts on this. Call Paul at the *Arkansas Gazette* at 371-3721, or you can call me at 988-6325 at work, or 225-9206 at home. ■■■■

### Paul Johnson Wins Golden Shoe Award

The November issue of *Runners World* acknowledged the contribution Paul Johnson has made to running in the state by selecting him as a recipient of the Golden Shoe Award. This award was started in January in honor of Dr. George Sheehan. We congratulate Paul! All of us have laughed and cried at his articles. He has let us know that we are not alone out there, and has given encouragement to all.

## Shorts and Singlets

### McGowans Recover from Surgery

Bob McGowan Sr., a familiar face at the finish line of Club-sponsored races, was scheduled for knee surgery October 2. He had to postpone the surgery because Mrs. McGowan had to have an emergency appendectomy on September 30. Mr. McGowan has now had his surgery and both he and his wife are "doing fine," according to their son ironman Dr. Bob McGowan. ❖❖❖

### 1989 Arkansas RRCA Awards

Several LRRRC members were awarded Road Runners Club of America state awards during Healthfest Weekend in Hot Springs. Ken Ropp was named Male Runner of the Year for his contribution to running in the state, namely as head of the Pikes Peak Marathon Society. Don Potter and Lou Peyton were named Masters Male and Female Runners of the Year. Don was named for his contribution to races statewide in certifying the courses. Lou was honored for her accomplishments in the field of ultra running. Linda Stribling was named an Outstanding RRCA Club Volunteer. ❖❖❖

### New Year's Resolution Run

A 5K Resolution Run will be held December 31 at 10:30 p.m. in downtown Conway, beginning at the McGee Center. Trophies will be awarded to the top three finishers in the following age categories: 14 and under, 15-19, 20-29, 30-39, 40-49, and 50+. There will be T-shirts for all entrants for an entry fee of \$8 postmarked before December 21, \$10 afterwards. Proceeds from the race will benefit Conway Young Life. There will be a party after the race with refreshments provided by Stoby's Sandwich Shop. For more information contact Steve Weatherford at 327-3863 after 6 p.m.



Happy Holidays

The Runaround is published monthly by the Little Rock Roadrunners Club, P. O. Box 55026, Hillcrest Station, Little Rock, AR 72225.

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## Cold Weather Running Tips

reprinted from RRCA information

The onset of winter need not bring a seasonal halt to runners' enthusiasm or routines. Actually, it's easier for runners to protect themselves in cold weather than in hot, when heat and humidity reach certain levels that make running difficult or impossible. With some adjustments, running is possible even in the extremes of cold, wind, ice and snow.

Of course, when wearing 5-10 pounds of clothing and running on icy or snowy surfaces, one's pace may have to be adjusted (the added resistance more than compensates for the slower pace). You may have to adjust to running less frequently for a while. However, if you keep the following suggestions in mind, you shouldn't have any trouble.

1. Wear clothing in layers—you can always remove a layer if you get too warm. Also, experiment with different materials—wool works best because it "breathes" (the sweat is taken away from your body, but the material still keeps you warm).
2. If you plan a long run on a cold day when you would be wearing multi-layered clothing, it is advisable to lubricate yourself with petroleum jelly in those areas likely to rub under those conditions (i.e., nipples, underarms and crotch).
3. The fingers and toes are areas with the smallest blood supply, so they must be protected. Gloves or old wool socks (or mittens in extreme conditions) work over the hands. In wet, snowy or extremely cold conditions, it may be advisable to wear two pairs of socks on your feet (if you can do so without causing blisters).
4. A significant (up to 40%) amount of body heat is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask may be used to keep the face and nose warm. Coating your face with petroleum jelly will also help keep this area warm and keep the skin from getting chapped and windburned.
5. How much to wear on the legs is a matter of preference, but never more than a pair of long underwear and a pair of sweat-pants (in addition to your regular running shorts) are needed.
6. Wear dark clothes to contrast against snow, unless you are running at night when you would wear light colored clothing.
7. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind.
8. Be extremely cautious of traffic on icy and snowy roads. Also, when running on snow try to pick areas which will not hide uneven terrain.
9. Let someone know where you are going and when you expect to return.
10. Keep in mind the wind chill factor—the combination of wind speed and cold temperatures—and the danger it imposes.