

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 1989

Presidential Report

LRRC is Looking for a New Pepsi Race Director

by Bill Harrell

There is some good news and some bad news to report in this newsletter. First, the bad news.

Ron Morrison, 1990 Pepsi Race Director, has had to resign that position. Ron's job has taken him to North Dakota. I guess it would be difficult to organize a race in Little Rock when you are living on the Canadian border.

I would like to wish Ron, who remains a very good friend no matter where he lives, the best of luck in his new job. And Ron, if perchance you thaw out by March 31 and can visit us, the race is on me.

The good news is that the LRRC Board of Directors is an excellent group of people to have on your side. We won't be sans a race director very long. In fact, we should have one by the time you are reading this. Pepsi is only five months away at ground has already been broken for an excellent event.

Everything else is good news. You will not want to miss the November 16 meeting. Fellow LRRC member Gary Tidwell will relay his experience on running and living in general after having an organ transplant. This could really get you in the Thanksgiving spirit. The meeting will be in the My Generation Complex in the Market Street Plaza at 7 p.m.

Speaking of spirit, Belinda and I would like to thank everyone who called or came by to wish her a speedy recovery. She is doing fine and is even considering getting her running shoes dirty. I do not know if I can hold her to her word because she was in pre-op and had been drugged for surgery, but she asked me if she had time to train for the Pike's Peak ascent race.

I told her not before her surgery but afterwards she would have ample time to train.

So, Ken, you already have one new team member for 1990. If you had access to morphine there is no telling how many you could sign up.

It is time to start thinking about the runner of the year awards. There are two categories for both male and female: runner of the year given for running accomplishments and runner of the year for service. To nominate someone in either category contact Bonnie Brandsgaard. Be prepared to give your reasons for nominating the particular person. Her home phone number (where there is an answering machine) is 224-5470. Bonnie's work number is 370-4302. Or you can write her at 1610 Old Forge, Little Rock 72207.

There is still time to finish out your 100 points for your Club jacket, or whatever we give this year. Fun runs, newsletter articles, new members — they all count toward your point total. (A list of the point system follows this article.)

Those of you who are running a marathon this year, whether it be Memphis, Dallas or Moscow, try to meet at the start 15-20 minutes before the race begins and have a group picture taken. We will try to have them published in the newsletter. Also, be sure to send in your time to *The Runaround* so everyone will know how well you did. I know everyone will be pleased with their time.

Team singlets are in. Jim Pearsall and Nancy Gray will contact team members as soon as possible. TAC members, be sure to include your number and team affiliation on the Spa 10K entry form. The Spa 10K is the last race in the state championship series. LRRC can win the team title if you sign up.

Next month: My Christmas list.

Club Service Award Point System

Club president	100
Pepsi race director	100
Newsletter editor	100
Club treasurer	100
Club timing equipment manager	100
Sponsor five new Club members	100
Club member present program	100
Club board member	50
Club-sponsored race director	50
Pepsi committee chairman	50
Club officer	30
Club-sponsored race committee chairman	30
Help with club-sponsored race	20
Sponsor fun run (more than 10 miles)	20
Sponsor fun run (less than 10 miles)	10
Sponsor new Club member	10
Write newsletter article	10



Jingle Bell Jog Date Announced



Paul Bash, founder of the famed Jingle Bell Jog, has set December 16 as the date of this year's Christmas run. More details will be announced later but the date is being announced now to give all runners plenty of time to design a costume and buy bells.

The Ultra Corner

by Harley Peyton

The date of the 1990 Long Crossing 50-mile Ultra has been announced as May 5. Look for it in the upcoming issues of Ultra Running magazine.

Three long, lost ultra runners have recently surfaced. Two Maumelle 60K veterans, Joetta Galbraith and Paul Johnson (a member of our Newsletter Reader Association) were seen out on the Breadbasket Road at the beginning of the month. Joetta, I am told, had a trying experience on the 60K two years ago and vowed never to do ultras again. Paul is trying to recover from back pain. Let's all move over and share the trail with these two. The third ultra runner is a veteran of the forty mile trip around Lake Maumelle — Si Brewer. Yes, old Si. I'm told he's looking for someone to train with for a marathon this spring. Seriously.

Starting next month I will begin a two-part series on novice training for the 100 miler. "Gee, Harley, do you think it is safe for a novice to train for a 50/100 miler?" Yes, it will be okay. Using my method I will guarantee a finish from the bottom half to last place and the desire to do another one. But, as we say in the Ultra Corner, "a finish is a win."

Recently, while doing the Tom-Harley Loop (30 miles) I had an eerie experience. I was on the back side, completely isolated and alone, about two miles from Otis' Overlook. I crested the last hill on #18100 and turned left. Standing in the trail was a blond-haired woman dressed in western wear. I think I spooked her because she moved off to the side. I was at a loss for words but as I passed I turned my head and did what any ultra runner would do. I asked her if she had any water. I don't remember if she answered. I still had at least 12 miles to go.

Ultra Trail Series Update: The Tom-Harley 28-miler, the third race in the series, got off to a fast start October 14. Fifteen runners toed the starting line along with a half dozen or more who were running short. With temperatures in the low 60s, the promise of a record pace was in the making.

On the women's side, Carol Matthew returned to the trail and fulfilled her calling as the premier ultra runner in the series. Second place went to Donna Hardcastle, last month's winner of the Breadbasket 21-mile loop. Carol said that she and Donna were together through 10 miles but then she began to pull away and ran the last 18 miles uncontested. Carol stated that she will attempt her first 50-miler at the Governor's Cup on October 28. I know she'll do well. Donna is scheduled for the Dallas Marathon December 3. Good luck to both.

The men's run got off to a strange start. Robert Morgan of Benton took an early lead followed by a pack that included Eddie Mulkey and others. At five miles the pack met Robert, racing back to meet them. Robert, with those big eyes blinking, stated that he rounded a bend and heard a noise in the underbrush. He stopped and expected a deer to bound across the trail. Instead an Arkansas black bear charged

across the road within six to eight feet of him. Robert immediately decided that he didn't want the lead and joined the pack. From this point, Eddie, with superior speed and trail knowledge finished in a record 3:35, thus breaking the strangle hold on first place victories held by Johnny Gross. Second place went to Tom Zaloudek at 3:53:20. First time series entrant Ray Bailey was third at 3:53:21.

The race was enjoyed by all the finishers with the talk centered around the numerous falls taken and the weather, which started cool but turned hot.

Our veteran newcomer Carl Barshinger took a wrong turn at the low water bridge at 26 miles and went three miles or so out of his way. It seems that Carl mistook an X'ed water stop to mean "wrong way." Carl was not discouraged and promised to come back for the next one. We will not have a trail race in November due to deer season. However, on December 9 the "Lonesome Dove" duo, Nick and Harley, will feature the 10-9-10 Run, approximately 21 miles. The run will start on Highway 10 at the picnic area overlooking Lake Maumelle, just before the last bridge crossing the lake. The run will cover the Ouachita Trail over to Highway 9 and return to Highway 10. Hence, 10-9-10. Watch the newspapers for details.

Tom-Harley 30-mile Results

Male		Female	
1. Eddie Mulkey	3:35:38	Carol Matthew	5:27
2. Tom Zaloudek	3:53:20	Donna Hardcastle	5:41
3. Ray Bailey	5:53:21	Irene Johnson	6:14
4. Robert Morgan	4:02:29		
5. Bill Laster	4:03		
6. David Cowein	4:35:52		
7. Jim Schuler	4:35:52		
8. Sam Hardcastle	5:37:33		
9. Toney Johnson	5:53:40		
10. Carl Barshinger	5:54		
11. Jim Hicks	6:00:31		

Race Calendar

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

November 4—Historic 10K in downtown Little Rock. Call 227-8583.
November 4—Wellness Classic '89 in downtown Fort Smith. Call 782-6118.

November 5—The 9th annual Turkey Trot 1/2 Marathon at Frisco Park in Rogers at 2 p.m. Call 855-2806.

November 11—Mountain Valley Water/Spa 10K in Hot Springs at 9 a.m.
Spa Squirr 2K for children under 12 at 11 a.m. Call 1-800-272-2081.
November 11—Liberty Bowl 3-Mile Run in Greenwood. Call 782-8143.

November 12—Fayetteville Turkey Trot 5-miler. Call 855-2806.

November 18—Red Cross Thanksgiving 7K in Maumelle. Call 666-0351.

November 23—YMCA Thanksgiving Day 10K in Riverdale area. Call 372-5421.

November 25—10th Annual Great Duck Race 10K in Stuttgart. Call 673-7516.

RRCA Meeting to be held at Spa

The Second Annual Road Runners Club of America (RRCA) state meeting will be held November 11 in the Venus Tower Suite of the Arlington Hotel in Hot Springs during the Healthfest weekend. A hospitality reception will begin at 2 p.m. followed by a prize drawing at 2:30 p.m.

Bruce and Julie Morrison, president and publisher, respectively, of *Running Journal* will be the featured speakers at the formal meeting to begin at 3 p.m.

RRCA awards will also be presented. The categories are: Overall male and female and masters male and female runners of the year, club volunteer of the year, outstanding club president, best club newsletter of the year, and best media coverage of running.

David Samuel, RRCA state representative, is currently accepting nominations for the club and media awards. Written nominations should be mailed to him at 416 N. Ross Maddox Road, Pearcy, AR 71964, by November 6.

LRRC Teams Run Relay Race

by Nancy Gray

A misty morning did not daunt the 10 Little Rock Roadrunners who turned out for the Baptist Medical System Corporate Relay September 30 at Fawcette Park in North Little Rock. Five men and five women formed two teams in the open category of the 4.75 mile relay. Over 100 female, male, and mixed teams cheered their members on in the corporate, healthcare and open categories. The LRRC women's team was the only competitor in the open female category, but was the second overall women's team with a time of 31:52. Ruby Bland, Coreen Frasier, Nancy Gray, Sylvia Ranson, and Betty Ray comprised the team. Team members left the event with a team trophy and individual medallions. The top women's team was the Little Rock Athletic Club with a time of 28:41.

The LRRC men's team was Carl Lindstrom, Jimmy Pearsall, Fred Reed, Charlie Smith, and Jim Stanley. Jim did not plan to run but was recruited the morning of the relay to replace a no-show. He had already run several miles. The LRRC men's team was third in the open male category with a time of 25:52. They were the 12th overall male team. Trios Good Food to Go was the first male team to finish with a time of 23:17. They ran in the corporate category.

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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Editor
LRRC President
President-Elect
Secretary
Treasurer

Shorts and Singlets

Jerry Fetzer Receives Job Promotion

Club member **Jerry Fetzer** has been promoted to vice president of accounting for the CP National Region of ALLTEL Corp. in Walnut Creek, California. LRRC's loss is a gain for the San Francisco area running community. ■■■

Two New Club Members

Two new female runners were added to the Club roster in September. **Mary Fell Jenkins**, LRRC member and Sportstop employee, gave birth to 7 lb. 14 oz. **Mary Kendall Jenkins** on September 14. Club treasurer **Buddy Adcock** and his wife became the parents of **Jenna Leann** on September 24. Jenna weighed 8 lb. 13 oz. ■■■

Sally Dudley, Pat Torvestad Chosen as Leaders

The Greater Little Rock Leadership Institute was established by the Greater Little Rock Chamber of Commerce in 1984 to expand community leadership ranks and to improve the participants' competence and capacity to lead. Two LRRC members were named Fellows of the Institute for 1989-90. They are **Sally Dudley**, who was sponsored by the Pulaski County Bar Association and the University of Arkansas at Little Rock School of Law, and **Pat Torvestad** of Cranford, Johnson, Robinson Associates. ■■■

Max Hooper, Lou Peyton Run Another 100-Miler

Lou Peyton and **Max Hooper** have now completed their fifth 100-mile race in as many months. Their latest conquest was the Angeles Crest in California which began in the Angeles National Forest and finished in the Rose Bowl in Pasadena. Max's time was 30:42 and Lou finished in 31:15. Brinkley doctor **William Gilli** finished in 29:39.

Smokeout is November 16

The 1989 Great American Smokeout, an upbeat, good-natured effort to encourage smokers to give up cigarettes for 24 hours will be November 16. The Smokeout, sponsored by the American Cancer Society, focuses attention on cigarette smokers and, more recently, smokeless tobacco users. Non-smokers (i.e. runners) can join in the fun by "adopting" family members, friends and co-workers who smoke and encouraging them to quit.

