

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 1989

Presidential Report

A Peek at the Peak As Well As Two State Races

by Bill Harrell

I have found a great race for those of you who enjoy trail running. It's a five-miler in Overton Park in Memphis that consists of road and trails and even has a couple of stretches on a golf course.

Seeing the eyes of bewildered and humorless golfers was worth the trip in itself. Although Patrick Alexander won the race, LRRC members would do really well. None of the masters in the race would come close to you guys. I even managed a fourth place finish in my age group (no trophy though). Running trails with the Pike's Peak and ultra groups really pays its dividends.

Speaking of the above groups, they have already invaded and conquered Colorado and returned to home base. Although the Pike's Peak team was larger than ever this year, one very important person did not make the journey — me. Yes, folks, for the first time in four years the snap, crackle and pop of my knees and ankles were not echoing off the mountain.

As most of you know, I have never had any problems running the Peak. I acclimate well, I can run the uphill at the same speed I run the downhill, and I am always ready for a party at the finish.

Of course, I'm known for doing things backwards. No difference here. In 1986, my first year at the Peak, I ran the full marathon. In 1987 I did the ascent and in '88 I had my first and only DNF. Shouldn't I have done those vice versa? I have to attribute my non-finish to too much sightseeing and too few toenails. I hiked the Garden of the Gods and climbed to the top of Seven Falls the day before the race. But, considering everything, the '88 trip was the favorite of my three.

It is extremely difficult not to enjoy yourself when you spend time with runners, especially after all the hours and miles of training together for that one goal.

To all of you who took the challenge this year I would like to say congratulations. Whether you finished or not you have the courage to take on something different. And those of you who ran the Leadville 100-miler are to be applauded for all of your determination.

And to all of you, whether you run 5k's or just take morning jogs, take time to pat yourselves on the back once in a while because as long as you remain healthy and happy you will never "DNF."

There was a tremendous crowd at the August potluck. We had some new members show up and membership applications were picked up by some of our guests.

We are grateful to Dr. Dick Lewis for doing the body fat

testing. A majority of the runners had an excellent percentage, some of us have to work a little harder, but for those who wouldn't take the test there is no hope. Our next meeting is September 21 at the club house of the Mamelle Sailing Club, located on Highway 10, six miles west of Highway 300. Make your plans to join us.

The following are the finish times of LRRC members who participated in the ascent run at Pike's Peak:

Male — Scott McDermott, 3:24; Jack Evans, 5:09; Mitchell Moore, 6:03; and Mark Spradley, 6:42.

Female — Vivian Chwalinski, 3:51; Pat O'Brien, 4:00; Ivy Harrison, 4:30; Ann Davis, 5:35; and Kate Spradley, 6:42.

Times for those who ran the Pike's Peak Marathon are:

Male — Don Potter, 5:01; Allen Morton, 6:01; Ernie Peters, 6:05; Arthur Kerns, 6:21; Fallon Davis, 6:23; John McGrew, 6:23; Ken Ropp, 6:30; Wayne Elliott, 6:35; Dawson Mase, 6:41; John Woodruff, 6:44; Jim Johnson, 7:33; Bob Galbraith, 8:18; Bob Black, 8:40; Jim Stanley, 9:00; and Buddy Adcock, 9:09.

Female — Celia Storey, 6:25; Elaine (Phillips) Gimblet, 7:41; Yvonne Thompson, 8:18; Shirley Pence, 8:28; P. J. Diesing, 8:34; Ann Moore, 9:47; and Sylvia Ranson, 9:47.

Club members were also racing in Arkansas during the Pike's Peak weekend. Those who placed at the Hope Watermelon 5K are: Rheem Rabie, 19:54, overall female winner; and males Carl Cerniglia, 18:59, third in 35-39; David Samuel, 19:05, first in 45-49; John Baker, 19:08, second in 45-49; and Hayes McKinnie, 19:22, first in 55-59.

Fred Klinge was the overall winner at the Fest 5K on the Riverdale course. Allen Babcock was third in the 30-34 age category and Tom Bonner was second in the 50-54 age group. Sally Dudley was first among 50-54 year old women.

Next month: Speed work for the slow of foot.

Team LRRC Members Needed

Any Club member who wants to represent the LRRC at races should contact the team chairman — females call Nancy Gray, 663-7962; males call Jim Pearsall, 661-8019. Runners of all ages are needed. You don't have to be fast! Just be willing to wear the team singlet that will be provided by the Club.

The Ultra Corner

by Harley Peyton

The Ultra Trail Series kicked off August 5 with 38 finishers. As I have stated the Pigeon Roost Mountain Run was TOUGH — very runnable but extremely TOUGH. My congratulations to all who made it. In my opinion, if you can do this run you can do any of them.

Johnny Gross was the first male runner to finish, followed a few minutes later by Eddie Mulkey and Stephen Tucker. Eddie, I was told, dehydrated and succumbed to the heat after leading for the first 13 miles. Johnny caught him within the last couple of miles and finished strong. Stephen Tucker was tuning up for the Leadville 100 and opted to cruise in and save his surge for the "Race Across the Sky" August 19. We all know that Johnny can run but can/will Johnny run when it gets cold and wet? There are six more races before the "King" is crowned and I am sure that before the series is over the lead will change several times.

On the women's side, Carol Mathew from Russellville appears to be the dominating force in the series. Barring injury or absence she will be hard to stop. Karen Mulkey has a good shot at the overall point total if Carol falters. It would be nice to have a husband and wife as "King" and "Queen" of the trails.

The next event is the 21-mile Breadbasket Loop on September 9. The terrain is similar to Pigeon Roost, although somewhat tamer, and without the killer mountains. It is like taking Pigeon Roost and hammering it down. The run will start at 6:30 a.m. with a trail briefing at 6:15 a.m. To get to the starting line, drive west 11 miles on Highway 10 from the I-430/Cantrell Road overpass. Look for a forest service road and trailer on the left.

We will have four aid stops but my advice is to read over the series rules (*The Runaround*, July 1989) and bring your own water bottles and emergency supplies you might need. The area can be "mean" in adverse weather or unexpected injury. A word about the aid: due to the remoteness of the runs aid has to be set out the afternoon before. I try not to make it too obvious for fear of it being tampered with. At the Pigeon Roost run several runners stated that they missed the aid stops. At the trail briefing you will be told where the aid is located. Listen and look at your map. The aid will probably be in a garbage bag on the side of the road with an "X" on the road.

Again, my congratulations to all who finished the Pigeon Roost Mountain Run. It was something. The next run in the series will be the Tom-Harley 28-mile run during the first or second week of October. This is the longest event of the series and will combine the best of Pigeon Roost and Breadbasket. It might be a chance for us slow-footed but accurate runners to gain in the point standings. See you there.

October 28, the date of the 26-mile and 50-mile Governor's Cup trail run near Russellville, is approaching fast. Call me for information — 225-6609.

Pigeon Roost Times

Listed below are the names of the finishers, their times, and points earned in the Ultra Trail Series at Pigeon Roost Mountain.

Male

1. John Gross	1:45:41	50
2. Eddie Mulkey	1:48:48	40
3. Stephen Tucker	1:49:36	25
4. Martin Fulk	1:58:09	20
5. Tom Zaloudek	2:03:09	15
6. David Cawein	2:08:27	10
7. Gary Wade	2:10:15	7
8. Bill Maxwell	2:12:26	5
9. Ricky Utley	2:16:46	3
10. Buddy Ritter	2:26:25	1

Female

1. Carol Mathew	2:34:03	10
2. Karen Mulkey	2:49:00	7
3. Mara Cawein	3:17:35	5
4. Donna Hardcastle	3:40:30	3
5. Ann Moore	3:40:34	1

Five Runners Join Club

by Yvonne Thompson

LRRC has gained five new members recently. They have shared the following biographical information:

Nancy Kaye Brooks is a legal secretary and law student who lives in Maumelle. She is a 46-year-old divorced mother of three and grandmother of two two-year-olds. Nancy has been running for six years and says she runs 10-20 miles per week. She enters the Pepsi 10K and Hot Springs Healthfest races each year. Her PR's are 50:40 for the 10K and 24:14 for the 5K. Nancy says she also enjoys backpacking, archaeology, classical music and biking. She states that because of her busy schedule she must run at 5 a.m. and credits P. J. Dising for inspiring her to get up at this early hour in order to keep fit. Way to go P. J.!

Jim Leming is a 44-year-old district manager for a national drug company. He is married to Lee and is the father of George, 16, and Chad, 10. Jim says he has been running "off and on" for 20 years and usually runs 20-25 miles per week at a nine minute pace. He races about four times a year and gives a PR of 48:38 for a 10K. Jim also enjoys watching his son play soccer and basketball, reading, and family outings. Jim states his goal is to break 45 minutes in a 10K before 1990. We think he'll make it!

Nancy and Gery Keith are a husband and wife running team who have just moved to Arkansas from Greenville, Miss. Gery is a 38-year-old salesman and 31-year-old Nancy takes

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So, What D'You Know?

by Mary Davidson

I know that my mind wants what my body will not allow. The seat of reason is not always wise. Running directs my mind into the paths of permissible passion. The first tentative steps remind my senses of the fixed and impermeable edges to all reality: there is only one way down the road ahead and that is by hard, persistent effort. My mind scrambles for escape, sorting frantically for alternatives to this interminable first mile; but my legs cut tiny bites out of the tough terrain, pumping the bright blood of understanding through my cells. My body begins its work of teaching, my mind settles into its job of learning.

The first miles collapse behind me, taking with them the mind's outrageous ideas. Gone are the fantasies and frustrations of self-pitying shortcuts, gone the delusions and denials of other peoples' hard-earned worth. Leaning into the distance, my muscles thicken and shorten, flex and pull, demanding fuel to power the effort. As nerves and cells respond and trigger the miracle of metabolism, a mighty roar of pleasure explodes inside my body. My mind is alert and listening. Air! What it wants is air and the message goes racing down the central system, flooding my being with delight. I breath deeply, deliciously, and determination rushes in behind the whirling wonder of air. Gently, oh so softly, on its heels comes hope. I run now with tingling skin, alive to the currents and eddies of his boundless benediction from the atmosphere, this blessing of air. I lift my eyes to scan the far horizon and read the day's true outline in the colors and the clouds arising there.

I run contentedly beneath a slowly lifting arch of light as daybreak fills the sky. All around me the summer's goodness grows green and gracious. Grateful for the gifts of sight and smell, I run through the season's glory. My mind is humble and happy; but wants only to come with me down this real road.

The distance extracts its toll as the warmth inside me mingles with the heat hovering around me. My skin grows damp, my mouth turns dry, again my mind attends and hears...water! What it wants is water. I stop to drink from the cool, clear cradle of all life and with the wetness the march of life within me picks up its pace. And so do I! A rhythmic rush of legs and feet measures the movement, regulating the work in healthy harmony with the world that waits before me. Observing this melodic method, my mind opens into calm serenity.

I run until I am tired. Tension comes with me now and tightness crawls across my back. Dampness wraps me in cold numbness; hunger laps at my gut; pain jabs at my feet. My mind is ready, finally, to want what my body can concede. With one accord we hurry home to food and family, heat and hearth, fire and friends: the light of life rekindled within. A mighty peace descends on me here in Little Rock where the Little Rock Roadrunners have brought me back to basics, back to life its very self.

Break 40 Club, 6 p.m., Sept. 4, Scott Field on Fillmore St., between Evergreen and "H" Sts.

Shorts and Singlets

Coreen Frasier Sails in Race

While many Club members were climbing Pike's Peak, Coreen Frasier, known to her elementary school students as "Coach," was sailing around in the Gulf of Mexico. She was part of a crew from the Grand Maumelle Sailing Club that placed ninth and 13th in the Knost Cup races near Pass Christian, Miss. The team was competing in the event for the first time.

Club Member Named to Advisory Council

Yvonne Thompson, who has held numerous offices in the Club, including president, was recently appointed to her second three-year term on the Emergency Medical Services Advisory Council by Governor Bill Clinton. Being head nurse at St. Vincent Infirmary Medical Center qualifies her for the position. In case you don't recognize the name she answers to Y. T.

Regenerate Those T-Shirts!

Most runners who have been running for any length of time probably have about a zillion unworn T-shirts. An article in the August Runner's World told what to do with them. The American Friends Service Committee (AFSC), a Quaker group devoted to building a just and peaceful world, will collect clean T-shirts in "like-new" condition and ship them to deserving people in Africa and other Third World countries. Send the shirts and \$1 per shirt to help defray shipping costs to: AFSC/RW T-Shirt Project, 1515 Cherry St., Philadelphia, PA 19102.

New Members

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care of sons Corey, 13, and James, 2 1/2. Corey is also a runner. Gery states he has been running for nine years and runs 15 miles weekly at an 8:15 pace. They both enter three to four races a year. Nancy prefers 5K's and has a PR of 22:48. Gery likes 10k's and his PR is 42:19. Both say that in addition to running they enjoy participating in their boys' activities such as soccer and football. Nancy and Gery also state that they really like the friendly people and beautiful hills in Little Rock. We are very pleased to have such nice people in our running community.

Andy Rogers is 32 years old and has been running about five years. He runs about 20 miles per week at a 6:30 pace. He said he only races about five times a year and prefers the 5K and 10K distances. He reports the following PR's: 17:57 5K, 36:54 10K and 25:03 7K. Andy is a banker who is married to Donna and, in addition to running, enjoys the sport of water skiing.

Welcome to the LRRC, folks. We will be looking for you at the fun runs and monthly meetings.