

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 1990

Reading LRRC Roster Makes Mind Wander

by Bonnie Brandsgaard, LRRC President

Monsters and gigantic bugs crawled into the computer designated to print labels last month, resulting in a throwback to former modes of communication: the newsletters were addressed the old-fashioned way — by hand. By my hand to be exact, so please don't critique the penmanship or analyze the scrawl!

Playing the radio at high volume on the station for people still in the 60s, I started at the top of the membership list with Rosalind and Bob Abernathy who live on Kingsrow. Quickly, I switched to KLRE deferring to the Abernathy's dedication to the Arkansas Choral Society. Ah, yes, Kingsrow, a hilly little road off Cantrell. Yes, we've all seen them running along in that area. Matter of fact, they have hosted runs from the parking lot that once was Safeway and is now called Harvest Foods. Just about every Sunday, Ros serves to remind us how important recycling when she pauses along the five-mile Andy's loop to pick up the aluminum cans tossed out the previous Saturday night. Recently, I had the privilege of picking up trophies for them from Healthfest. What fun to walk to my car carrying trophies in Hot Springs — even if they weren't mine. I could almost hear people mumbling, "Well, she sure doesn't look like she could run that fast."

As you're beginning to surmise, my mind wandered quite a bit during my pen and ink task. My next distraction came when I addressed Paul Bash's newsletter. Every year, Christmas becomes official for the running community when Paul hosts his Jingle Bell Jog. He always picks one of the coldest days in the winter. How does he know? We layer up for the run and then steam up inside Sportstop, enjoying his special treats at the end of the five or 10-mile run through the streets of Little Rock with every available bell from our homes attached to our clothing and shoes. One fellow runner, last year, I believe, sang "Jingle Bells" about four times in a row before he motivated me to run faster. Ah, maybe I discovered the necessary motivation for me to do speed work. Now, if I can just talk Mark Spradley into singing "Jingle Bells" right behind me at the Monday evening workouts at the track!

My next mental break came at Bob and Donnie Boyd. For years, Bob kept my secret that I owned an accordion with my name on it. Last summer, all was revealed when I served as backup for the polka dancers Charlotte and Van Davis. I don't think that musical gesture spelled R-E-S-P-E-C-T for me. Sorry Aretha. Back to Bob and back to the 60s music. Bob established himself in the running community when it was discovered that he ran to work and back. Work is his music store on 12th Street

called, you guessed it, Boyd's Music Store. Home is at the end of I-630 in the houses that were there before those office buildings were built. Bob once put on runs from his home on Springwood through what I remember as being 12 miles of either straight up or straight down with a few healthy dogs and hung-over rednecks thrown in. Isn't it funny how memory makes you think fondly of things that must have been "shin busters."

With the clock ticking away into the night, I continued down the list until Le Marquis De Sade's name was listed on Beverly Place. What a contradiction of name and place. For more than a decade, Jim has put laughter into running from his endless remarks; wild and crazy T-shirts; skits (one year he dressed as the Marquis — velvet coat and all — for a Pepsi banquet); slide shows of he and Paul Johnson climbing the Wine Cellar, a popular night club, interpreting the sport of climbing; and, of course, the beloved bumper stickers. I won't trade my car because of that sticker and try not to bump things backing up so I won't damage it. Hey, we don't have to worry about his Left Brain. It's alive!

Too many names and not enough space; I'm out of here. (Maybe to be continued next month.)

Christmas Party, Jingle Bell Jog Set



It is time for the Club Christmas activities. The Christmas potluck will be December 14 at 6 p.m. at Betty Ray's house, 5 Brookridge Cove, Little Rock.

The ninth annual Jingle Bell Jog will be held Saturday, December 22. The run will leave promptly at 7 a.m.

from the Sportstop in the Heights. Bells, Santa Claus hats, etc. are the uniform of the day. There will be a five or 10 mile option. The run is sponsored by chef Paul Bash and the Sportstop. Everyone is welcome! For more information call the Sportstop, 666-1720.



The Ultra Corner

by Harley Peyton

As the 1990 ultra season comes to a close an interesting statistic comes to mind. Guess how many runners in Arkansas ran ultras last year — 39 men and women. Eddie Mulkey finished four and Lou Peyton six. These two were named by the Roadrunners Club of America as Arkansas Ultra Runners of the Year.

On November 2, Lou and I had the opportunity of crewing for our Mississippi ultra friend, Joel Guyer, at the Benton track in the 6-12-24 Hour Track Run. Joel came to win, with a goal of 120 miles. Good competition pushed him to a PR of 123 1/2 miles. Little Rock Roadrunners Club member Bill Laster was second with 116 miles. Lou and I were apprehensive about trying to crew and count laps for 24 hours, but it turned out better than each of us ever expected. Watching runners die off and fight back kept your interest.

On November 3 the fifth race of the Ultra Trail Series took place. We named it the Autumn Classic — 28 miles on the Ouachita Trail from Lake Sylvia to Grindstone and back to Lake Sylvia. We had about 17 starters and eight finishers. Running on the soft forest service roads had spoiled some of the trail runners, evidently. The Ouachita Trail does not forgive mistakes. Runners have to watch their footing and at the same time watch for trail markings. A common mistake is trying to go too fast. The result was banged up ankles and elbows from the numerous falls. Several folks turned back and I brought them back to the start in my truck. Congratulations to all finishers. This was probably our last "difficult" trail. The remaining series runs will be shorter and more forgiving.

Results of the Autumn Classic:

1. John Gross	4:09:13
2. Tom Aspel	4:19:44
3. Jim Sweatt	5:32:11
4. Allen Morton	5:59:24
5. Ernie Peters	6:11:02
6. Ken Millar	6:34:15
7. Charlotte Davis	7:46:55
8. Steve Eubanks	8:05:59

Don't forget the Bear Run on January 1 sponsored by Bill Laster. Meet at 6 a.m. in the east parking lot at Pinnacle Mountain State Park for 25 miles on logging roads. Bill says, "No entry fee, no wimps!" For more information call him at 666-6621.

The trail series continues on December 8 with the 10-9-10 run. Meet at 7 a.m. at the picnic area on the right side of Highway 10 just before the last bridge crossing Lake Maumelle, approximately 18 miles west of the I-430 overpass.

January 12 at 7 a.m. will be the Great Wall of China Run. Follow Highway 10 west approximately 20 miles from the I-430 overpass to Highway 113. Continue on Highway 10 another 1 1/2 miles to Bringle Creek Road on the right. Follow Bringle

Creek Road one mile and park at an AP&L substation on the right. The run will be 20 miles on Forest Service Roads and will not include powerlines. Call Nick Williams, 225-5557, or Harley Peyton, 225-6609, for more information.

Marathon Season Has Begun

It's that time of the year again. No, not Christmas time — MARATHON time. Large numbers of runners will be in Dallas and Memphis on December 2 to compete in the 26.2 mile run in those cities. Look for LRRC members' times in the January issue of *The Runaround*.

Some Club members have already competed in other marathons. George Wells finished the New York Marathon in a time of 3:47:13 and placed 6,683, a respectable finish among the 20,000+ runners from around the world.

John McGrew ran the St. Louis Marathon November 18 and finished 80th overall and 15th in his age division with a time of 2:59:32, which qualifies him to run the Boston Marathon next spring. He only needed to run 3:10 to qualify.

Wayne Elliott finished seventh in the 50-54 age division with 3:12.

Robin Hanle ran 4:14 while husband, Bob, ran only half of the race after being sick the week before.

There were about 1,100 runners in the St. Louis race.

Kerns Chosen for APPMS Board

Arthur Kerns has been chosen as the LRRC representative to the Arkansas Pike's Peak Marathon Society Board of Directors.

The Pike's Peak Board is going to meet at the end of December so Arthur wants to hear any comments, complaints, suggestions, etc. about how the annual pilgrimage to The Peak is handled. Contact him by December 29 at 15 Sherrill Road, Little Rock, 72202, or call 663-0912.

Thank You Note to Women Runners

November 14, 1990

Dear Linda and the Women Road and Trail Runners:

Thank you for the beautiful roses that you gave me at the banquet on Friday night in Hot Springs.

We have a very supportive Little Rock Roadrunners Club and I am very proud to be a member of this group of athletes. We each seek something through our involvement in our running club and I have found a fountain of encouragement and support.

Thank you very much.

Sincerely,

Lou Peyton
Lou Peyton

Club Members Post Winning Times at Recent Races

Hash Half Marathon, October 27: Male, Danny Mann, 1:13:13, and Tim Brotherton, 1:21:44, 1st and 2nd overall; David James, 1:23:43, 1st in 25-29; Ray Bailey, 1:24:11, 2nd in 30-34; Carl Cerniglia, 1:24:20, and Bob Hanle, 1:31:16, 2nd and 3rd in 35-39; Carl Lindstrom, 2nd in 40-44; John Baker, 1:34:04, and Jim Morse, 1:34:46, 1st and 3rd in 45-49; Arthur Kerns, 1:28:58, 2nd in 50-54; Carl Northcutt, 2:14:14 and Mike Dwyer, 2:16:19, 1st and 2nd in 55-59; and Bill Hoffman, 1:34:47, 1st in 60+. Female, Carla Branch, 1:35:21, 1st overall; June Barron, 1:52:53, 2nd in 30-34; and Donna Cave, 1:47:56, 3rd in 40-44.

Historic 10K, November 3: Male, Mark Moore, 33:46, and David Williams, 34:56, 1st and 2nd overall; Dodie Plata, 48:52, 2nd in 20-24; David Allen 38:12, 3rd in 25-29; Jon Moore, 37:11, 2nd in 30-34; Tim Brotherton, 37:02, 1st in 40-44; David Samuel, 41:58, 2nd in 45-49; Kurt Truax, 39:07, and Arthur Kerns, 39:33, 1st and 2nd in 50-54; Hayes McKinnie, 40:20, and Billy McKelvey, 42:20, 1st and 2nd in 55-59; Don Banker, 45:33, and Robert Abernathy, 49:56, 1st and 2nd in 60+. Female, Barbara Hildebrand, 39:37, 2nd overall; Christy Henson 47:31, 1st in 14 & under; Jody Okrzesik, 53:59, 1st in 30-34; Jennifer Drew, 52:13, 3rd in 40-44; and Rosalind Abernathy, 1:00:04 and Martha McKelvey, 1:00:05, 1st and 2nd in 60+. Team, Little Rock Roadrunners, 4:01:13, 1st.

Mountain Valley Spring 10K at Hot Springs, November 4: Male, Gary Wade, 32:15, and Rodney Rothoff, 32:27, 4th and 5th in 20-24; Johnny Gross, 34:03, 1st in 25-29; Fred Klinge, 31:52, and Ray Bailey, 1st and 4th in 30-34; Bill Torrey, 34:56, and Tom Zaloudek, 35:58, 3rd and 5th in 35-39; David Williams, 34:27, Randy Taylor, 34:49, Steve Sipes, 35:56, and Carl Lindstrom, 37:49, 1st, 2nd, 3rd and 5th in 40-44; Paul Krause, 36:55, 2nd in 45-49; Don Cave, 36:55, and Don Potter, 37:52, 3rd and 5th in 50-54; Hayes McKinnie, 39:53, and Billy McKelvey, 41:10, 2nd and 3rd in 55-59; Don Banker, 44:46, and Earl Guyer, 46:24, 3rd and 4th in 60-64; Nash Abrams, 48:13, and Robert Abernathy, 50:11, 1st and 3rd in 65-69. Female, Christy Henson, 50:50, 1st in 14 & under; Lisa Thoreson, 40:12, 1st in 25-29; Karen Mulkey, 45:54, 2nd in 30-34; Barbara Hildebrand, 39:37, and Carla Branch, 41:13, 1st and 3rd in 35-39; Jennifer Drew, 47:17, 5th in 40-44; P. J. Diesing, 59:53, 2nd in 50-54; Betty Ray, 58:55, and Marlene Guyer, 1:05:52, 2nd and 5th in 55-59; Martha McKelvey, 1:04:17, 2nd in 60-64; and Shirley Pence, 58:00, and Rosalind Abernathy, 1:03:34, 1st and 2nd in 65-69. Wheelchair, Marty Johnson, 35:27, 1st.

Turkey Trot 7K in Maumelle, November 17: Male, Gary Wade, 22:26, and Mark Moore, 22:31, 2nd and 3rd overall; Johnny Gross, 22:48, 1st in 25-29; Ray Bailey, 24:10, 2nd in 30-34; Tom Zaloudek, 34:50, and John Reifsteck, 26:52, 1st and 3rd in 35-39; Steve Sipes, 23:36, David Williams, 23:46, and Randy Taylor, 24:50, 1st, 2nd and 3rd in 40-44; Van Davis, 27:14, 2nd in 45-49; Don Cave, 25:31, and Don Potter, 26:03, 1st and 2nd in 50-54; Hayes McKinnie, 27:40, 1st in 55-59; Bill Hoffman, 28:13, and Don Banker, 30:41, 1st and 2nd in 60+. Female, Lisa Thoreson, 28:11, 3rd overall; Christy Henson, 31:57, 1st in 14 & under; Carla Branch, 28:12, 1st in 35-39; Marlene Guyer, 44:00, 1st in 55-59; and Shirley Pence, 39:14, and Rosalind Abernathy 43:37, 1st and 2nd in 60+. Wheelchair, Marty Johnson, 24:09, 1st.

Downtown YMCA Turkey Trot 5K, November 22: Male, Alex Johnson, 20:06, 3rd in 13-19; Steve Sipes, 16:36, 1st in 40-49; Don Cave, 18:15, and Don Potter, 18:27, 1st and 2nd in 50-59; and Bob Abernathy, 23:52, 2nd in 60+. Female, Rosalind Abernathy, 30:52, 1st in 60+.

Duck Run 10K in Stuttgart, November 24: Male, Christian Hildebrand, 49:33, 5th in 15-19; Hunter Northcutt, 33:05, 1st in 20-24; Johnny Gross, 33:37, 1st in 25-29; Ray Bailey, 35:10, and Jim Sweatt, 40:57, 1st and 5th in 30-34; Bill Torrey, 35:31, and Tom Zaloudek, 36:48, 2nd and 3rd in 35-39; David Williams, 34:26, Randy Taylor, 35:05, and Roy Drew, 38:50, 1st, 2nd and 5th in 40-44; David Samuel, 43:30, and John Mitchell, nta, 4th and 5th in 45-49; Don Potter, 38:16, Kurt Truax, 38:34, and Dale Wintroath, 44:35, 1st, 2nd and 4th in 50-54; Hayes McKinnie, 39:57, Billy McKelvey, 41:17, and Edwin Stanfield, 49:39, 1st, 3rd and 5th in 55-59; and Bill Hoffman, 42:08, 1st in 60-64. Female, Ginea Hildebrand, 56:41, 2nd in 11-14; Lisa Thoreson, 41:22, and Cheryl Potter, 49:51, 1st and 5th in 25-29; June Barron, 48:27, 2nd in 30-34; Barbara Hildebrand, 40:03, and Carol Torrey, 44:46, 1st and 2nd in 35-39; Jennifer Drew, 47:42, Nancy Gray, 48:24, and Linda Stribling, 50:52, 3rd, 4th and 5th in 40-44; Yvonne Thompson, 48:50, Lou Wintroath, 53:12, and Coreen Frasier, 54:37, 1st, 2nd and 3rd in 45-49; Mary Stanfield, 57:33, and P. J. Diesing, 58:10, 1st and 2nd in 50-54; Martha McKelvey, 1:05:59, 1st in 60-64; and Shirley Pence, 59:45, and Joan Glenn, 1:30:39, 1st and 3rd in 65-69.

Club Members Win RRCA Awards

The Arkansas Road Runners Clubs of America awards were presented during Healthfest November 10. Several LRRC members were honored.

Gary Wade and Carla Branch were named male and female Runner of the Year.

David Williams won the male Masters Runner of the Year award.

Lou Peyton and Eddie Mulkey were recognized as female and male Ultra Runner of the Year.

Carol Torrey was chosen as the Most Improved Female Runner.

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Linda Stribling
Bonnie Brandsgaard
Jack Evans
Gary Tidwell
Betty Ray

Editor
LRRC President
President-Elect
Secretary
Treasurer

Gary Tidwell Wins Medals at Transplant Games

by Bonnie Brandsgaard

Gary Tidwell put Arkansas running in the spotlight by winning the gold medal in the 5K and the bronze medal in the 400 meter dash at the recent 1990 U. S. Transplant Games. Gary's next stop is Budapest, Hungary, next August 26 for the International Transplant Games.



If any runner or runner-friendly person wants to contribute toward the cost of the trip to Budapest, Gary would welcome your support. He probably could use some classic Arkansas T-shirts to "barter" his way through the trip, too.

No training tips needed, though. With a liver transplant, Gary pretty well lives the best possible life for a runner: works hard, cares for

his family, eats balanced meals, gets eight hours of good sleep and builds a base for his running with sensible mileage.

If you've been looking for a running mentor, Gary's an inspiration because he's well fortified with a determined spirit and plans to run Dallas on December 2.

Reflecting on his recent efforts, Gary said, "There were more than 400 people from 40 states, Canada and Puerto Rico attending the games at Indiana University Perdue University at Indianapolis (IUPUI). All ages were represented from little babies whose mothers pushed them in the 5K to one guy in his late 60s who ran track. Every sporting event was featured including golf and tennis tournaments."

The opening ceremony featured Carl Lewis and Wendy Marx carrying torches around the track. National Geographic covered the event and broadcast by satellite.

Gary participated in three track and field events. He recalled, "I was very discouraged after my first event. I came in fourth. But, I made a comeback in the next event — the 400 meter.

"During the 5K, it was raining, but I had trained in the rain in Benton last May at the Second Chance for Life 5K, so I was ready! The course was very interesting because it crossed the river and went by the zoo. On paper, this seemed very appealing, but during the event, it turned out to be very fragrant — intense to be exact.

"As I neared the last mile, I was determined not to allow anyone to pass me and I had to struggle at the end to beat a little kid who was around 10 years old.

After the awards ceremony, we enjoyed a banquet and dance in a great ballroom and presented awards to those people who wrote the best essays on why they wanted to participate in the Transplant Games."

What IS in a Cigarette and How It Affects You

by Linda Stribling, Editor

I (as are most runners) am an avid non-smoker. If I had been a smoker I think I could have quit when I watched the ravages of lung cancer on my father as he took his last gasping breath.

Like most teenagers, I tried smoking when I was about 15 years old. While visiting my maternal grandparents, I sneaked some cigarettes and matches from my grandfather's smoke stand and locked myself in the bathroom. The cigarettes were Lucky Strikes and Old Golds — no filters — and they tasted awful and burned my tongue. I just didn't understand why people liked something that tasted so bad.

Besides that, I stopped up the sink with the matches. I don't know why I didn't realize that wooden kitchen matches wouldn't wash down through the goose neck pipe. Of course, I lied when my grandfather found the matches in the sink and asked me if I had been smoking. I had no idea where those matches came from. Getting in trouble was just another reason not to smoke.

One of my duties in my day job is to read several newspapers. One of these is the *Air Scoop*, the publication from the Little Rock Air Force Base. The base has a program called "Fit Eagle," which encourages Air Force employees to become healthier.

The "Ask Fit Eagle" column in the *Air Scoop* gave the following list of some of the ingredients in tobacco smoke and

some of their common uses:

Nicotine	Potent Insecticide
Hydrogen Cyanide	Gas Chamber
Carbon Monoxide	Sulcide
Arsenic	Rat Poison
Ammonia	Disinfectant
Formaldehyde	Embalming Fluid

Remember this list the next time someone says "Do you mind if I smoke?"

Another question was: "How does nicotine affect you?"

It increases the heart rate by 10-15 beats per minute. The heart of a one-to-two pack a day smoker will beat about 10,000 times more in a 16-hour waking period than that of a non-smoker. The higher rate places an extra workload on the heart, increasing its demand for oxygen. Smoking also increases the level of carbon monoxide in the blood, which lowers the amount of oxygen available to body tissues. Less oxygen in the blood makes work at any level more difficult. Nicotine:

- Increases blood pressure.
- Increases bad cholesterol and decreases good cholesterol.
- Increases blood sugar levels.
- Increases the risk for blood clotting.

The nicotine in one pack could kill a person if given in a single injection.