

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 1990

Presidential Report

The Case of the Missing Newsletter Finally Solved

by Bill Harrell

Inspector Clouseau has nothing over our own Super Snoop Stribling. January's newsletters were taken to the post office at 8 a.m. on Friday, January 5. Well, as you know by now, it took more than two weeks for members to receive them. (Some never did.) After numerous telephone calls to the post office Linda was finally told that there was a backlog at the main distribution center. A two-week backlog is a lot, even for the government.

As this is being written I still haven't received my *Runaround*, although some of you have. I know missing my article was probably a blessing but Linda and Bonnie put a lot of work into the newsletter. Bonnie had all of the nominations for Runner of the Year printed along with a ballot for voting purposes. Because of the delay in receiving the newsletter, the deadline for casting your ballot is now February 15. The nominees are: Nancy Gray or Linda Stribling, female service award; Jack Evans or Jim Pearsall, male service award; "P. J." Dising or Kathy Lindstrom, most improved female runner; and Ray Bailey, Scott McDermott, Charlie Smith, or Jim Stanley, most improved male runner.

Our next Club meeting will be February 15 at 7 p.m. at St. Vincent Infirmary Medical Center in the Southwestern Bell/Arkla Room of the Center for Health Education. Parking will be available in the deck.

Max Hooper will be the guest speaker. In case you haven't heard of him, Max is a Club member who has performed some phenomenal feats of running. He has completed only one 10K, but has run the marathon and ultra marathon distance more than 100 times. He has run the Boston Marathon five times and has a marathon PR of 2:48 at Booneville. He has run the Grand Canyon 10 times and was the first Arkansan to run the Pikes Peak Marathon which he has completed six times. He has also run from the lowest to the highest point in the United States, the 146-mile Death Valley to Mount Whitney run. This past summer he completed the Grand Slam of Running — four 100-mile runs — but threw in a fifth one for good measure. He is the father of five children and has a "wonderful wife" named Mindy.

If any Club member wants to present a future program please call me. The program committee will gladly fit you in.

The Valentine Twosome will be February 18 at Riverdale. It will start at 2 p.m. For the information of new members, this is a race for male-female couples, married or otherwise. The age category you run in is determined by adding your age to that of your partner. Likewise, the two order-of-finish numbers are

added together to decide if you win. There is no entry fee or T-shirts.

Some of you might be interested in what is happening with the Pepsi race. One of the major changes is prize money. It is very possible over \$5,000 in cash will be distributed. We are still working on the particulars but the money is a very real possibility.

Several LRRC members braved 70-plus degree weather and high humidity to compete in the Houston Tenneco Marathon on January 14. New Club member Kevin Lewis was the second Arkansan across the finish line in 2:48:19. Times of other Club members who finished the race are:

Carl Lindstrom	3:13:54	Dawson Mase	4:12:09
David Samuel	3:20:50	P. J. Dising	4:35:37
Ken Ropp	3:24:29	Ann Moore	4:35:47
Arthur Kerns	3:38:02	Linda Stribling	4:51:41
John McGrew	3:53:15		

The Jackson Five-O (a 50-mile run) was well represented by the Club also. Harley Peyton will tell you about it in the Ultra Corner in March.

Last month's *Runaround* also contained information on the service points. The Club is giving Russell sweats to all members who have accumulated at least 100 points. The top is hooded with a zipper in the front. Call me at 225-1050 and give me your size ASAP. We need to get these ordered.

Check Renewal Date

Please take a moment to look at the mailing label on this newsletter. Above your name there should be a date; for example, Jun90. The date "Jun90" means that your membership in the Club and, therefore, the opportunity to receive this newsletter by mail, will expire in June 1990. If your membership expires in February or March, the word "RENEW" will be stamped in red next to the date. Membership in the Little Rock Roadrunners Club also gets you discounts at some local sporting goods stores and a reduction on your entry fee for the Pepsi 10K and the Women's Run. Save money by renewing as soon as possible.

For Club fun run information call 377-1653.

The Ultra Corner

by Harley Peyton

There is lots of big news in central Arkansas ultra running. The first item was the rebirth of the Maumelle Scenic 60K. What a terrible month to have it — the same date as the Jingle Bell Jog. My congratulations to Eddie Mulkey for his victory and to last place finisher Al Maguire. Several of our ultra runners ran it so I'll list the results. I'm sorry I missed it but my priorities called me to the Jingle Bell run.

Eddie Mulkey	4:23	Ron Hale	7:28
Johnny Gross	4:28	Irene Johnson	7:34
George McDonald	5:55	Tony Johnson	7:40
Ann Graysmith	5:56	James Hicks	7:40
Carol Mathew	6:20	Al Maguire	9:01

The next big run was the Bear Run. Temperature was -1. Eleven hardy souls started and seven finished. David Horton, our eastern correspondent, was first and yours truly was last. Friends, if you can do this, you're tough. My thanks to Bill and T-Bear for their planning and effort, especially to T-Bear, who met us with water at several points. The run started with a caravan to Williams Junction and then 25 miles over frozen dirt roads and iced-over creeks. It's been a long time since I've had such satisfaction from finishing. However, several of our ultra runners, most notably, James Hicks, didn't make it due, in part, in my opinion, to their participation in the Maumelle 60K the week before. T-Bear found several runners riding out of the run on the back of a log truck. Wonder what the wind chill was on the back of that log truck. I'll have to ask James.

David Horton	3:24:44	Nick Williams	4:46
Bill Laster	3:26:18	Lou Peyton	4:46
David Samuel	4:09:20	Harley Peyton	4:52
Scott McDermott	4:09:20		

On December 30, 1989, Nick, Lou and I started out in a driving rain for an exploratory run on the north side of Highway 10, past Lake Maumelle. They had been telling me about new territory. I believe it. This might be the perfect run. It is close by with big uphill, sweeping downhill and a 10-mile flat plateau in the middle and a total distance of about 20 miles. (It took me 4:00 to finish.) It might have the Winona Run beat for footing. Nick has named it the Suck Mountain Run. There is a five-mile segment that goes over to Wye Mountain that is yet to be run. Lots of goodies here.

At the same time we were running up Suck Mountain, Mule Martin met David Horton on the Breadbasket Road and ran to the power line junction, then followed the power line to the C. C. Road. These two runs with David are about as extreme as you can get. Sub-zero on the Bear Run and a cold, driving rain for the power line run. David said that it was nothing special. "I run in the elements all the time." We'll have to ask several of the eastern members for verification on this. Many runners slept in these two weekends. It's amazing where peer pressure will lead you. Lou, Nick and I run every Saturday and most Sunday afternoons. Call us if you need directions.

Trail Series Report: Mobil Marathon, 21 miles, January 6. A newspaper headline for this run might be "Big Guns Blast Off at the Mobil Station." By big guns I mean Eddie Mulkey and Tom Aspel for the men and "Sarge" Graysmith and Lou Peyton for the women. This is not to overlook a quality field of 16 runners. The course was described by trail master Nick Williams as having four significant hills in the first six miles and then gentle rolling hills for the next four and one-half miles. The footing is surprisingly good, especially after the first two miles and after a nice rain two days before the event. The forest roads felt like soft cushions under your feet. Eddie and Tom ran side by side to the turnaround and midway to the finish when Eddie pulled up for a nature call. He never caught up with Tom who evidently didn't come to tie. Tom, who has a PR of 3:57 in the mile, enjoyed the competition and training that the series affords. For Eddie, it was a good feeling, I'm sure, to keep pace with the "legend" in Arkansas road racing. The good footing was to Tom's advantage this month. The women's race, as always, produced a few raised eyebrows. The Sarge returned to town just in time to lead a strong women's field. She was never seriously challenged and ran the distance with her pacer/friend, Nick Williams. Lou Peyton, a 45-year-old mother of two, ran her own race and far outdistanced her series rivals. Donna Hardcastle was third and emerged as the new series leader with 28 points. Two other ladies, Irene Johnson and Charlotte Davis, went out strong but succumbed to the hills on the return. Both had good finishes, however. As usual, ole Harley was the last male to cross the finish. So much for his ten pound weight loss and speed work!

Men		Women	
Tom Aspel	2:19:53	Ann Graysmith	3:12:40
Eddie Mulkey	2:20:44	Lou Peyton	3:25:55
David Cawein	2:37:26	Donna Hardcastle	3:49:02
Jim Sweatt	3:09:01	Charlotte Davis	3:55:51
David Samuel	3:12:22	Irene Johnson	3:56:20
Nick Williams	3:12:56		
Ernie Peters	3:12:56		
Ken Millar	3:17:07		
Tony Johnson	3:22:48		
Sam Hardcastle	3:39		
Harley Peyton	3:40		

The 20-mile Winona Loop on February 3 is the sixth race of the Ultra Trail Series. The run starts at 7 a.m. sharp with a 6:45 a.m. trail briefing. Follow Highway 10 to its junction with Highway 9. Turn left and follow Highway 9 approximately five miles to Brown's Corner Grocery. Turn right and go approximately six miles to the Lake Winona dam site picnic park. The run will begin and end at the park.

March 3 is the Pipeline Express, the seventh and final race of the Ultra Trail Series. It will be approximately 12 miles, starting at 7 a.m. with a 6:45 a.m. trail briefing. Follow Highway 300 to the old North Shore Landing turnoff. Call Nick Williams, 225-5557, or Harley Peyton, 225-6609, for more information on either of these runs.

Next month we'll talk about the of the Jackson Five-O ultra marathon in Dallas that was held January 20. Also, coming up is the 50K and 50-mile run February 24 in Houston and the Cross Timbers 50-mile trail run in Sherman, Texas, in March. Call Lou or me at if you are interested. Happy trails.

Several New Members are Added to Club Roster

by Yvonne Thompson

Several new runners have joined the LRRC in recent months. The following members have shared some information about themselves.

Kathleen Rea Fuxa is an aerospace engineer who lives in Rockwall, Texas. She has been running for two years and runs about 25 miles per week at a 7:00 pace. She races every Saturday and prefers the 10K distance. Her PR's are 21:00 for a 5K and 45:00 10K. Kathleen is 29 and is married to James. She lists her other interests as reading, bodybuilding, health and nutrition, and photography.

James Fuxa is an aerospace engineering manager who also has been running about two years. He trains about 25-30 miles per week at a 7:00 pace. He likes to race 10 and 15K's and gives a 10K PR of 45:00. James is 41 and the father of Jamie, 20, David, 18, and Jana, 15. His other activities include stamp collecting, baseball and basketball.

Charlie Cloud is 45 years old and the owner of Fastway, Inc. rental stores. He has been running intermittently for 11 years and usually runs 15-20 miles per week. He states he does not race but did complete the Mission Bay Marathon in 1980. Charlie says he runs for fitness and weight control. His other interests are golf and racquetball. He is married to Sherry and the father of Jay, 20, and John, 18.

Sherry Cloud is 41 and has been running for 11 years. She trains about 30-40 miles per week at 8:30-9:00 minutes per mile. She races often at distances from 10K to 1/2 marathon. She lists the following PR's — 21:55 5K, 36:26 8K, 46:10 10K, 1:15 15K, 1:39 20K, 1:41 1/2 marathon, 4:06 marathon and 7:28 60K. Sherry is a native of Tennessee but came to Little Rock from Pine Bluff where she was active with the Pine Bluff Track Club. Her other activities include reading, antiques, aerobics and traveling.

Ken Millar states that he is a recent immigrant from Canada to Arkansas. He is presently serving as the chairman of the Department of Social Work at UALR. He is 41 years old and has been running for 11 years. Ken says he trains about 50 miles a week at a 7:30 pace. He likes to race distances of 15K and longer. The following are some of his PR's: 18:04 5K, 38:13 10K, 60:15 15K, 1:02:30 10 miles, 1:24:06 1/2 marathon, 2:11:01 20 miles, and 2:52:47 marathon. Ken is married to Pat and the father of 12-year-old Aaron and 10-year-old Matthew. He also enjoys professional

writing and research, listening to music and reading. Ken would like someone to run with him at lunch from UALR. If you are interested, call him at his office at 569-3240.

Mona Mizell has been running for two years. She runs 20-30 miles a week at an 8:30 pace. Her preferred race is the 10K and she has a 50:30 PR. Her 5K PR is 23:06. Mona is an attorney and she is 38 years old. She also likes to swim, hike, scuba dive and travel. If you would like to run with her either morning or evening, give her a call.

Kevin Lewis is a resident of Maumelle. He is 28 years old and married to Connie, who is an occasional runner. Kevin is sales director for Days Inns of America. He states that he began running seriously two years ago and runs 60-70 miles a week at a 7:00 pace. He races often and prefers the 5K and 10K distance. His PR's are 17:25 5K and 36:12 10K. Kevin says he also enjoys soccer and was an All-American at John Brown University in 1981. Kevin called to tell me about his first marathon. He completed the Houston-Tenneco Marathon in a time of 2:48. That's impressive.

Bob Lufkin is a 17-year-old high school senior who lives in Heber Springs. He has been running for seven years and says he trains 20-30 miles a week at a 5:15-5:30 pace. He states he likes to race any distance from 5K up. His PR's are: 17:09 5K, 37:49:09 10K, 4:48 mile, and 10:28:06 2-mile. Bob completed the Pike's Peak Marathon in 1989 in a most impressive time of 6:16. Bob's other interests are fishing, biking, hiking, whitewater rafting, and landscaping. He also states that he would be glad to help work some races. Are you reading this, race directors? Don't let this young man get away!

David James states that he has been running on and off for 15 years. He runs 50 miles a week at a 7:00 pace. He races often, preferring the 5K and 10K distances. His PR's are: 16:40 5K, 36:24 10K, and 2:50:36 marathon. David is 27 years old, single and a registered nurse. He also enjoys music, golf, fishing and outdoor activities.

John and Sarge Move to Oregon

Club member John Gray was in the business of building and selling houses. But since the real estate market has been moving so slowly he decided to return to his former profession as a physicist. When he moved to Oregon recently he took another Club member with him — his wife, Ann "Sarge" Graysmith. Their new address is: Apt. 322, Stone Creek Apartments, 5005 Southwest Murray Boulevard, Beaverton, Oregon 97005. (Beaverton is the site of both a Nike and Avia plant.)

And they still have property for sale—a lot on Overlook, a house and a lot in St. Charles, and a house on White Oak Lane.

Don't forget next month's meeting: February 15, 7 p.m., St. Vincent Infirmary Medical Center, SW Bell/Arkla Room of the Center for Health Education.

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

Linda Stribling	Editor
Bill Harrell	LRRC President
Bonnie Brandsgaard	President-Elect
Jack Evans	Secretary
Buddy Adcock	Treasurer

Tips for Running Safety — People Running Smart

(Editor's Note: The following is reprinted from Road Runners Club of America information. It was originally entitled "Women Running Smart — Tips for Running Safety." A more apt title would be "People Running Smart," because the suggestions are suitable for both men and women. Thanks to Club member Pat O'Brien, director of the 1989 Women's Road Run, for forwarding the information to us.)

1. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
2. Carry only enough money for a phone call.
3. Run with a partner.
4. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
5. Run in familiar areas. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
6. Always stay alert. The more aware you are, the less vulnerable you are.
7. Avoid unpopulated areas, deserted streets and overgrown trails. Especially avoid unlit areas at night. Run clear of parked cars or bushes.
8. Don't wear headsets. Use your ears to be aware of your surroundings.
9. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be

observant, but keep your distance and keep moving.

10. Run against traffic so you can observe approaching automobiles.

11. Wear reflective material if you must run before dawn or after dark.

12. Use your intuition about a person or an area.

React on your intuitions and avoid if you're unsure.

13. Carry a whistle or other noisemaker.

14. **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

Club-Sponsored Races for Spring

Following is a list of upcoming races that are sponsored by the Little Rock Roadrunners Club:

February 21	—	Valentine Twosome
March 31	—	Pepsi 10K
April 21	—	Jr. Jog
April 28	—	Women's Road Run 5K
May 12	—	Long Crossing Ultra

All of these races need volunteers. Earn service points for 1991 by volunteering to help.