

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 1990

Presidential Report

Plan for 1990 to be as Good for Running as 1989

by Bill Harrell

If 1990 starts out as good as 1989 ended then we are in for a very good year. The White Rock Marathon was a big success for a lot of Arkansans and some LRRC members in particular. Quite a few finished their first marathon and two ran White Rock for the ninth time (Coreen Frasier and Dr. John Reifsteck.)

There is a big contingency going to the Houston-Tenneco Marathon January 14. Some of them have reported difficulty keeping their mileage up because of the cold December weather but they seem confident of running well. I'm sure everyone will return from Houston with good stories to tell.

Jo Ann Hathorn deserves a lot of thanks for hosting the annual Christmas party at her home. A good number braved a cold night to come out and socialize. Jo Ann's house is very wely and we really appreciate her graciousness.

The following morning over a hundred runners gathered at the Sportstop for the yearly Jingle Bell Jog. As usual, Paul Bash did a great job with this run. With one of the coldest mornings on record a lot of JBJoggers opted for the five miles, but some hearty souls did the full 10. Paul made sure there were enough refreshments left for all to enjoy.

Meanwhile, outside the city limits, a dozen real runners were competing in a 60K race. Congratulations go out to Eddie Mulkey, John Gross, Ann Graysmith, and all the others who finished this race. Also, a big round of applause goes to Bob Hanle for resurrecting this event. With ultra running gaining in popularity we need to give this race as much support as possible.

Another popular activity is coming up pretty soon. The Hilly Chili is set for January 28 (the last Sunday in the month), beginning at the YWCA at 12th and Cleveland. The run starts at 4 p.m. and we will eat at 5 p.m. For those of you who would rather swim, the pool will be open until 5 p.m.

This has always been one of the best events the Club sponsors. As usual, the Club provides the beverages; you guys bring your favorite chili, desert, or whatever. There is a lot of good food and fun at the Hilly Chili.

There will be a board meeting after we eat. Any of you who have suggestions or comments are welcome to attend the meeting.

For those of you who have earned at least 100 points in 1989, we are giving Russell Athletic hooded sweats. This is an extremely nice gift and it will have the Club logo on it. Since quite a few of you have earned the sweats it will be easier for all involved if you call me at 225-1050 and give me your size.

Do this as soon as possible so we can get them ordered, in, and distributed.

A plug for another club — The ARK sponsors the winter series, a set of eight organized runs on Saturdays during January and February. There is a one time cost of only \$12, for which you will receive an insulated thermos. You have options of a 10K or 20K. If you haven't already, give the series a try. You'll be glad you did.

1989 Runner Award Nominees

Club Runner Awards for 1989: A very personal report on who's on first and what's on second, respectfully submitted by Bonnie the Veep.

When you start wondering who has earned our Club's "thank you" awards, a long list of people come to mind. To narrow our choice, a selection committee was appointed by the board and these nominees were selected for the membership's approval:

Female service award: Nancy Gray or Linda Stribling

Male service award: Jack Evans or Jim Pearsall

Most improved female runner: Kathy Lindstrom or "P.J." Diesing

Most improved male runner: Ray Bailey, Scott McDermott, Charlie Smith, or Jim Stanley

Nancy has served the Club in various capacities since she started running at the Henderson Track about the time I did in 1977-78. At that time, she went faster and further than I, and she still does. Although she hangs out with the fast runners, she's a lot of fun to run along with. She slows up to your speed and listens to you recount the routines of life. We have especially had fun remembering our bike trip through England. Faithful to the Club, she's mailed the newsletter in the past, hosted fun runs every year, and volunteered her time each year during our Club's major races. She has served as the volunteer chairperson for Pepsi and has always worked during pre-registration. She is presently the coordinator for the LRRC Women's Racing Team.

Linda has been a member for almost a decade. (Sorry, Linda, but time flies when you're running.) Every year you see her helping with the pre-race jobs as well as during all the races (even some out of town). She has spent countless hours stuffing packets, typing entry forms, answering registration

(see 1989 on Page 3)

The Ultra Corner

by Harley Peyton

As the year ends, I am amazed at what some of the ultra runners in central Arkansas have accomplished in 1989. Forgive me if I leave someone out but here is a list that I compiled recently.

Max Hooper — Grand Slam, Angeles Crest 100
 Lou Peyton — Grand Slam, Angeles Crest 100, Jackson Five-O, Cross Timbers 50, Long Crossing 50, Arkansas Governor's Cup 50
 Larry Mabry — Grand Slam, Jackson Five-O, Long Crossing
 Nick Williams — Wasatch 100, Cross Timbers
 T-Bear Laster — Six-Hour Track Run
 Ms. Scarlett Williams — Governor's Cup Trail Marathon
 Kathy Guyer — Governor's Cup Trail Marathon
 Bill Laster — Jackson Five-O, Cross Timbers, Long Crossing, Six-Hour Track Run
 Joel Guyer — Cross Timbers, Mississippi 50-Miler, Long Crossing, Governor's Cup, 48-Hour Track Run, Sawtooth Odyssey, Lookout Mountain 100K, etc.
 Stephen Tucker — Strolling Jim
 Tom Chapin — Cross Timbers, Long Crossing
 Red Spicer — Jackson Five-O, Long Crossing, Cross Timbers
 Buddy Ritter — Jackson Five-O
 Carol Mathew — first at Governor's Cup, Maumelle 60K
 Harley Peyton — Cross Timbers, Governor's Cup
 Col. Dale Green — Long Crossing
 Al Maguire — Maumelle 60K
 Ron Hale — Maumelle 60K
 John Gross — Maumelle 60K
 James Hicks — Maumelle 60K
 Fallon Davis — Long Crossing
 Ann Graysmith — Maumelle 60K
 Eddie Mulkey — first at Maumelle 60K, first at Governor's Cup, first at Long Crossing, third at Cross Timbers

Trail Series Results: The fourth race of the trail series was a 21-miler known as the 10-9-10 run. Clear skies, below freezing temperature and calm winds greeted over 30 ultra runners. I knew we were in for a classic when the arrivals included Johnny Gross, Eddie Mulkey, and the legend in Arkansas road racing, Tom Aspel. These three, plus Danny Mann and Chuck Campbell, formed the pack that ran together to the turnaround in about 1:23. Following within striking distance was local favorite Mule Martin in 1:26.

Eddie hung back and drank water at the midpoint while Tom and Johnny hit the return trail. I passed the pack of Tom, Eddie, Johnny, and Danny at 1:39 as I started up Round Mountain. Following the pack was Chuck Campbell and, shortly after, the Mule came by at a relaxed pace.

Eddie, possibly well hydrated, dropped Tom with four miles to go and Johnny with three miles from the finish. Then it was stride for stride with Danny Mann, both finishing in 2:50:54. They did not hold hands.

The Mule, obviously in prime condition, ran to Highway 10 with Campbell, passing Aspel and Gross in the process. However, with several miles to go, superior foot speed of youth overcame the trail experience of the Mule, and Campbell finished nine seconds ahead. (A note of interest: Johnny, Danny, and Chuck ran for Tom Aspel on his cross

country team at Arkansas Tech. Tom, himself, was an All-American at the University of Arkansas.)

On the women's side, the prophecy of the long awaited return of the "Sarge" (Ann Graysmith) was fulfilled. I had heard a rumor that she would make an appearance. We were not disappointed. At the starting whistle, Carol Mathew took an early lead and held it for three miles through the flat section. However, when we hit the rolling hills, Carol's injured knee (from a fall she took in an earlier series event) slowed her. The Sarge, biding her time, took the lead and never looked back. She hit the turnaround in 1:45 and raced back uncontested in 3:33, an unofficial record. Carol picked up a pacer who pushed her to a second place finish in 4:12, a time that would be good enough to win on any other day. Lou Peyton was third in 4:28. Being familiar with the trail, Lou used her steady pace and experience to outdistance Donna Hardcastle by 29 minutes. Results are as follows:

Eddie Mulkey	2:50:54	David Samuel	4:21:08
Danny Mann	2:50:54	Lou Peyton	4:28
Chuck Campbell	2:55:35	Jim Sweat	4:32:45
Mule Martin	2:55:44	Sam Hardcastle	4:32:46
John Gross	2:57:31	William Gilli	4:36
Tom Aspel	3:27:32	Ken Millar	4:38
Ann Graysmith	3:33:25	Ernie Peters	4:40
Nick Williams	4:12	Donna Hardcastle	4:57
Carol Mathew	4:12	Ron Hale	4:57
Charley Peyton	4:21:07	James Hicks	4:57

The next trail run is called the Mobil Marathon, approximately 22 miles on January 6. The trail briefing begins at 6:45 a.m. and the run at 7 a.m. Go 5.8 miles west of the Ferndale intersection on Kanis Road to the Saline County Line and a forest service road on the left. The run is out and back. If weather is cold, water will not be set out at the turnaround.

The bad weather policy for the Ultra Trail Series is as follows: If either of the Lonesome Doves, Nick or Harley, make it to the start it is an official event. Rain, snow, heat or cold should not stop an ultra runner. However, if road conditions make travel unsafe use your better judgment. We will!

Following the Mobil Marathon we look forward to the sixth run in the Ultra Trail Series — the Winona Loop 20, my favorite of them all. We're looking at the first part of February.

The top 10 men and top five women in the Series are:

Eddie Mulkey	160	Carol Mathew	27
John Gross	115	Donna Hardcastle	23
Tom Zaloudek	95	Ann Graysmith	10
Danny Mann	45	Karen Mulkey	7
Robert Morgan	40	Margaret Davis	7
Mule Martin	35	Corky Binz	7
Stephen Tucker	25		
Ray Bailey	25		
Chuck Campbell	25		
David Cowein	23.5		

Several of the top men placed impressively in one race and earned enough points to be listed. Several others were close to the top ten. With three more runs scheduled, I believe some of these "one timers" will be replaced.

Happy trails.

1989 Runner Awards to be Given in February

(continued from Page 1)

questions ("No, we're out of T-shirts, but we'll send you one after we reorder."). Importantly, she has supported the Club at her computer, cranking out newsletters, year in and year out — for a total of four years. She is the current co-chairperson for Pepsi and has already agreed to be Pepsi chairperson next year. And last but not least, Linda is a straight shooter; if she says she'll do something, she does. She puts her time and talents where a lot of people put "wish I could." I like her a lot too.

Jack served as editor of *The Runaround* for the years 1987-88 and 1988-89. He did a majority of the writing and research for the newsletter. Although not running this year due to an injury, Jack can be seen at the races in this area cheering on all his fellow Club members and even lending his expertise to the other race directors and volunteering his services at their races. Jack is currently updating the membership roster and printing mailing labels for *The Runaround*.

Jim deserves this award for many reasons, but you can't argue with the fact that he was Pepsi co-chairman for registration for the past two years and Historic 10K race director last year. Currently, he is coordinator of the Men's Racing Team for the Club. Just like Linda, Jim puts in the time organizing and attending meeting after meeting to make sure races and other events for the Club turn out. My first memory of Jim's dedication to the Club occurred during Pepsi registration held at Old Forge Drive. He was there, slapping on those labels, and he stayed until they were all finished. I would imagine that our Club has quite a few members who have similar memories of how nice a guy Jim is.

Over the years, Kathy has continued to amaze runners like me. She doesn't get older, she gets better. Corny but true. Colleen and I have been chugging along on Breckenridge and through the predawn air comes this blaze of color. Before we can exchange more than "Oh, hi Kathy!" she's gone. Inspired by her dedication, we know that we should run more, eat less and try to be a little bit more like her and less like, well, us. Of course, when you're fast, sometimes you don't always take off a day or two when a leg starts hurting to go to estate sales or rent some movies and escape the injuries Kathy has had to face. She always comes back as a winner and one, I might add, who never gloats about how well she does. She truly has been an inspiration of speed and gracious manners to both the galloophers and racers of our Club. And, she's very suppor-

tive of her family. My brother-in-law reported her attendance at a swim meet in Missouri last year; shortly after, one of the runners at Andy's reported Kathy winning a race out of state. Where does she find all that time and energy? We're very proud of you, Kathy, in all that you have and will accomplish.

P. J. is actually a nickname for Jane Diesing. The initials stand for "Plain Jane." But, as far as her running is concerned, the "P" should stand for "phenomenal." She began running in 1985 at the age of 46. She had been walking five miles a day for a couple of years before that as a means of weight control. The TCBY 8K (that Craig O'Neill referred to as "This Can't Be an 8K" because the pace car took a wrong turn and changed the distance of the race) was her first race because it was in her home community of Maumelle and she thought it might be "fun." She became hooked for sure when she won a trophy at the Stroh's Liberty Run and, as many new runners do, she entered every race that she could find. P. J. says she doesn't believe in overtraining, and the year 1986 proves it. In that year she ran her first 10K, 20K, 1/2 Marathon, and Marathon. And that was a 4:16 at Dallas with only one 22-miler under her belt. P. J. has now completed eight marathons, four at Dallas with a PR of 4:01:46 in 1989, Louisiana in 1988 with an overall marathon PR of 3:58 and second place in the 45-49 age category, the 1989 Cowtown Marathon in Fort Worth (third in 50-54), and the 1987 and 1989 Pike's Peak Marathons. P. J. competes, and competes well, at all distances continually setting PR's. She is also a member of the LRRC Racing Team. Since turning 50 in February 1989 she is the lady to beat in that age category.

Ray is one of the most consistent runners in the state, and he

(see 1989 on Page 4)

Shorts and Singlets

Randy Taylor Named Bank V. P.

Club member Randy Taylor, who is chairman of TAC in Arkansas, was recently named senior vice president at Worthen Bank & Trust Co. Randy is a former All-American in track at the University of Arkansas.

Kim Bertram Honored for Heroism

Kim Bertram, who joined the Club last summer, was recognized by Governor Bill Clinton in early December for "heroism above and beyond the call of normal responsibility" for saving the life of Mrs. H. G. Frost of Little Rock by alerting her to a Nov. 5 fire at her home. He was driving on Cantrell Road when he saw smoke coming from Mrs. Frost's home. He stopped, banged on the door and then called 911 for help. He then returned to tell her the house was on fire and that she should get out.

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

1989 Nominees Listed for LRRC Runner of the Year

(continued from Page 3)

keeps improving with very few injuries. He makes running "look" easy. Ray had a goal of breaking 34 minutes when he first came to the Break 40 workouts. He is now at sub-33. Ray is one of the LRRC Racing Team members. According to Bill "Leader of the Pack" Harrell, he has run Pike's Peak four years in a row and competed at the Boston Marathon last year. And, he's a regular with the Hash House Harriers. Interestingly, when he's training, he runs ahead and then backtracks to take to others and then runs ahead again. And, he's been known to walk in races and still win his age group in the 30-year-olds.

Scott has gone from a good 5K and 10K runner to a very fast 5K and 10K runner. He was the second overall finisher at the 1/2 Marathon at Burns Park last November. He ran his first 50-miler this past May. Scott competed in the Boston Marathon and carried the state flag up Pike's Peak on his ascent run. Hey, folks, that is 14,000 feet up the side of a mountain. And, it was a flag larger than he is with a standard size round wooden pole. That's amazing! Scott, who is a full-time student at UCA, lives in Conway and never misses our Club meetings and attends quite a few of our fun runs on the weekend.

Charlie is relatively new to the Little Rock running community. After moving here from Alabama in the early summer, Charlie joined the Club and soon found some running partners. Because he seldom misses a day of running, he has set PR's at every distance from the 10K to the marathon. His time at Dallas was 3:04, which qualifies him for the Boston Marathon. He is presently running with the LRRC Racing Team. When he's not training, Charlie is known as "Doc" over at the Med

School. Charlie and his wife Connie, who also runs, have six children.

Who do you know that wears out more than one pair of \$94 running shoes with a smile? Who do you know that runs a 20-mile training run on Saturday and stops by the Corporate Relay to watch, only to find that they need him and the team goes on to win? And, I bet he can't go through a metal detector at an airport without raising a ruckus. What a leg, what a recovery. "Go, go Stanley go! Stanley be good." One of my favorite memories of running with Jim is that he's willing to go your speed. If you're going along with a red face, which may indicate that you're about to swoon, Jim will stop to tie a shoe or pick up a penny, pausing to remark before starting out again. He's helped me and many other Club members through some hard training runs. One I especially remember was up that hill in North Little Rock that some people call challenging. He recounted the pleasures of his lovely old car and the amusing things his family had done, but I ain't telling details. You want to know, show up for some fun runs. Amazingly, along with all the training and racing Jim manages, he's always there for the Club by overseeing the Club's equipment and watching out for our interests both in terms of equipment use and putting on races. Although he trains hard, he never neglects the needs of the Club during any race. Well, after all that, I believe I have figured out what our Club really needs is a Jim Stanley "cloning machine," especially during Pepsi. Right Bill? Jim, we're glad you live in Little Rock and that we see your sweaty face at Andy's on Sunday. We're inspired by your recovery and all that you have done since then.