

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 1990

Presidential Report

Tip Your Hat to the Upcoming Year of Running

by Bonnie Brandsgaard

Running, now there's a word you can tip your hat to, to borrow from Emily Dickinson. Buckle up, members, she's my favorite poet and she'll grow on you, I hope.

To start this year, I would like to quote Miss Emily only one more time. It's a short poem and one I sent in a brief note to Donna Cave just before she ran the New York City Marathon.

*To undertake is to achieve
Be undertaking bent
With fortitude of obstacle
And toward encouragement.*

Now down to Club plans, business and encouragement. We still need a race director or two for the club-sponsored runs:

September 16 — Mile Trials, Riverfront Park in North Little Rock, Sunday afternoon, no sponsor or director as yet.

September 22 — Light Up Little Rock 5K, Riverdale course, 7 p.m., sponsored by Waffle House to benefit Arkansas Children's Hospital, no director.

November 3 — Historic 10K, downtown, 8 a.m., sponsors not yet confirmed, to benefit March of Dimes, no director.

February 10 — Valentine Twosome 5K, Riverdale course, 2 p.m. Sunday, no director.

March 23 — Women's Run 5K, Riverdale course, 8 a.m. Saturday, no director.

April 6 — Pepsi 10K, downtown, 8 a.m. Saturday, Linda Stribling, director.

April 20 — Junior Jog, War Memorial Stadium, 8 a.m. Saturday, Dr. Bob McGowan, director.

These upcoming Club-sponsored races were scheduled by your new board of directors who met before the last potluck where we were elected. Thank you for your show of faith. My reason for not attending was the changing of the refrigerators. The first one checked out after 13 years and my new sentinel is now ready to dispense ice for any runner who stops by — the icemaker runneth!

Next month the Club will host a potluck at the river in Pavilions 1 & 2 on July 19, starting at 6:30 p.m. The Club will supply the refreshments and our members can bring a dish for six to eight people or one dessert made of Snicker bars for "Officer" Bob Black as he prepares for the Pike's Peak Marathon.

The business for the evening will be to establish commitments for the upcoming talent show. We must shine in August since invitations have been issued to all our neighboring running clubs. We must truly reveal what is most amusing, I mean most talented, in our ranks. Please dust off your tap shoes or, in my case, accordion, and practice at least the night before.

In keeping with my literary bent, my theme and challenge for the year is "To Run or Not to Run, Should Not Be the Question." I hope I've not gone too far with that one. See you at the July potluck.

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The Best and Worst at Boston

by Dr. Van Davis

"It was the best of times, it was the worst of times." These opening lines from Dicken's *A Tale of Two Cities* accurately describes my feelings when crossing the finish line of the 94th Boston Marathon. Charlotte and I went to Boston determined to run this "race-of-races" together, to share gloriously the fruits of our hard training and qualifying. As always, I was fearfully nervous and she quintessentially calm. Each in our own way was prepared for every eventuality, except what happened — disaster.

By mile 14 we were in serious trouble, with Charlotte in the early stages of exhaustion and my left knee on fire. Ahead lay the infamous Heartbreak Hill, yet our hearts were already broken. Reluctantly, we gave up all hope of a "respectable" time. Now our combined objective was to finish, period.

Thus began an odd 12-mile journey of incredible pain and pleasure. By walking, holding on to each other, joking and resting periodically we did complete the race in 4:56. As racers we had failed, but as husband and wife we had triumphed. A unique bond formed in those torturous miles; a reciprocal love and support engulfed us. Never have I been more proud, nor simultaneously disappointed. We had succeeded even while failing.

Here was an instance where running a marathon did not merely replicate life, it WAS life.

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The Ultra Corner

by Harley Peyton

The Ultra Trail Series kicks off July 14 at 6:30 a.m. with the 12-mile Pigeon Roost Mountain Run. We plan 10 monthly runs of varying distances — 12 to 31 miles. The longest run will be an extended loop on forest service roads around Lake Winona, 50K. My plan is to publish three runs and the dates in each newsletter so that those who are interested can plan ahead.

July 14 — Pigeon Roost Mountain Run. 6:30 a.m. trail briefing. 12 miles. A modified version from last year and will not include the power lines. Directions: Follow Highway 10 for 16 miles west from the Cantrell Road/I-430 overpass to a forest service road on the left. Park there.

August 11 — Wasatch Scramble. 6:30 a.m. trail briefing. Approximately 12 miles. Extremely hilly; must combine walking with running. Directions: Follow Highway 10 past

Lake Maumelle to Highway 113. Continue on Highway 10 for 1.5 miles west to Bringle Creek Road. Turn right and go one mile to an AP&L substation on the right. Park there.

September 8 — Winona 50K. Details later.

Remember all runners are welcome. There is no registration and water will be provided. For more information contact Nick Williams, 225-5557, or Harley Peyton, 225-6609.

Other ultra events coming up that you might be interested in include a six, 12 or 24-hour track run November 2 in Benton. It was formerly called the Moonlight Madness Six-Hour Track Run organized by Clint Cusick. I did the run last year and found it very well organized and administered. Because this is a low-key event this could be "your" ultra, if you are the least bit curious about what an ultra feels like.

The Maumelle 60K continues on. Bob Hanle has applications out for the 8th anniversary running of this ultra. The date is July 21. This is also a low key affair with aid every two miles. Applications can be picked up at the Sportstop and Chainwheel.

Happy trails.



Photo by Bonnie Brandsgaard

LRRC BOARD — Planning the upcoming year of events the Board includes (left to right), Jim Stanley, keeper of the finish line equipment and coordinator of the Runner's Hall of Fame; Linda Stribling, newsletter editor and 1991 Pepsi Race Director; Bill Harrell, past president and the keeper of knowledge; Bill Torrey, men's racing team coordinator; Jack Evans, president-elect and program coordinator; Betty Ray, treasurer; and Yvonne (Y.T.) Thompson, membership coordinator. (Not shown) Gary Tidwell will serve as secretary, and Nancy Gray will coordinate the women's racing team.

Several New Members Added to Club Roster

by Yvonne Thompson

The past three months have brought a large number of new members into the LRRC. The following are just a few who have shared some personal information with us.

Wayne Ball is 40 years old and claims he has been running since the fifth grade. An attorney, Wayne and wife Dee are the parents of Marlow, age five, and three-year-old John. Wayne says he does not race often and his PR's are "slow." In addition to running, he enjoys travel, cooking, swimming, biking, and assisting development of start-up businesses. If you would like to run with Wayne in the evening or on weekends, give him a call at 664-3276.

Greg Barnes is a 26-year-old physician who says he has been running for five years. He runs 12-20 miles per week at a nine minute pace. Greg states he does not race frequently but prefers 5K and 10K distances. His PR's are 25:30 5K and 51:20 10K. Greg and his wife, Robyn, are the parents of 16-month-old MacKenzie and are expecting a second child in August. Greg also enjoys tennis, golf, and travel. He would like company running during the late evening. Call him at 664-5413.

Chris Cunniff has been running for seven years. This 31-year-old pediatrician trains about 30 miles per week at a 7:00 pace. He likes to race 10Ks and has the following PRs: 38:50 5K, 18:20 5K and 1:26 half marathon. Chris also does triathlons and enjoys reading and travel. Chris and his wife, Sharon, are the parents of two-year-old Hannah. Hannah has also competed in eleven races, riding in her running stroller. Her PR's are 19:45 5K and 42:20 10K. This young lady just may be the Club's youngest competitive runner!

Tim Daven and his wife, Laura, are the parents of Kinsey, 9, Patrick, 6, and Mark, 3. This 39-year-old vice president of Merrill Lynch has been running for two years. He runs 20 miles per week at an 8:00 pace. He races often, preferring the 10K distance. Tim gives the following PRs: 22:15 5K and 47:23 10K. Tim's other interests are camping and outdoor recreation.

Floyd and Joan Glenn live in Stuttgart. At ages 66 and 65, respectively, they are the retired parents of four adult children — Carol, Bill, Stephen and John. Floyd has been running for seven years and usually gets in about 10-15 miles per week. He doesn't race frequently but does some occasional 5, 8 and 10Ks. His times are 23:30 5K and 47:01 10K. In addition to running, Floyd enjoys fishing, camping and biking.

Joan has been running for three years and says she runs 8-10 slow miles per week. She has done some 5K races and the Mightymite Triathlon, but lists her PRs as "slow and slowest." Joan states she also enjoys swimming, biking, fishing and camping.

David and Barbara Hildebrand, another running couple, though new to the LRRC, are definitely not new to the running scene in Arkansas. Before moving to Little Rock recently they were very active in the Riceland Roadrunners Club in Stuttgart. They have been married for 16 years and are the parents of 15-year-old Christian and 12-year-old Ginea.

David, age 40, states that he has been running since birth and training at a 7:45 pace. He races all distances but prefers one mile, 5K and 10K. The following are his various PRs: 100 yards, 10 seconds; 220 yards, 22.7 seconds; 330 yards, 34 seconds; 440 yards, 49.55 seconds; 880 yards, 2:03; mile, 5:03; 2-mile, 10:38; 5K, 16:56; 10K, 35:35; half marathon, 1:27, and marathon, 3:25. In addition to running and his occupation of turf producer, David also keeps busy with drawing, design, music, gardening, kites, skiing, balloons, golf, tennis, chess and archery. This man needs a hobby to keep him busy in his spare time.

Barbara is 39 years old and has only been running for 20 years. She says she doesn't keep a weekly mileage log but enjoys racing everything from 440 yards to 12-hour track runs. Barbara also states she doesn't know what her PRs are (but those of you who read race results will know that her times are most impressive.) Barbara is a physical education teacher who is presently not employed but manages to keep busy reading, cooking, swimming, going to "junk sales" and playing pool. Barbara offers the following tips for her fellow runners: "One way to stay motivated with your running is being able to be happy about other people's accomplishments even if they finish ahead of you. Knowing what it takes to finish in the top 20 and knowing what it takes to finish in the back of the pack helps one to be happy about the whole picture we call running. I'm looking forward to the day when there are more women at the Pepsi 10K than men! And a fierce battle in the 70-80 and 80+ age groups." Well put, Barbara, and welcome to the LRRC to both you and David. Stuttgart's loss is definitely our gain.

Call Bill Harrell with Race Results

Bill Harrell, past president of the Club, has volunteered to take on another chore this year — he will gather race results to be published in *The Runaround*. If you go to a race and win a trophy let him know about it. Call him at 225-1050. He has an answering machine if he's not there. Leave your name, finish time and place, and race name, place and date.

Call 377-1653 for LRRC fun run information.

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The Exercise Fix

by Scott McDermott

Taken from the Foreword: "*The Exercise Fix* is a remarkable story about how a compulsive need for the next workout can come before family, friends, and work. It is a story about how exercise—a commonly perceived health elixir—can be abused.

Author Richard Benyo takes us on a fascinating journey as he describes how positive addiction to aerobic exercise can turn to negative addiction and, thank goodness, back to positive addiction.

After his fascinating explanation of the ways that exercise can become addictive, Benyo offers help to the millions of exercise addicts. With warmth and sensitivity, this man who loves his exercise fix tells you how to prevent negative addiction. And for those who are compulsive exercisers beating their bodies to pieces for a daily dose of endorphins, Benyo offers a sound prescription for beating the aerobic addiction."

— Rainer Martens

Publisher and Sport Psychologist

Author Richard Benyo, former executive editor of *Runner's World* magazine and now a fitness and running columnist for the *San Francisco Chronicle*, has put together in this book published research as well as personal experiences and observations on the addiction to aerobic exercise. Yes, addiction, we've all heard the term in relation to drugs but Benyo makes a statement here that all of us as fitness-minded individuals should take to heart. Exercise can become an addiction for which there are no treatment centers devoted to it and little discussion of it. It is an addiction which, when compared to others, is relatively inexpensive in dollars but may in reality become the addict's life focus, his or her all-consuming passion. The end result, like other addictions, can be a debilitating one. If you find yourself compulsive about exercise, a need to receive your daily dose no matter what, not necessarily to improve performance in competition but to provide relief from the bad feelings associated with not working out, then you have an exercise addiction.

A person can have a positive addiction to aerobic exercise when they use it to alleviate stress, bad habits, etc... and gain a more overall, both mentally and physically, healthy body. However, if your sport has become an obsession which displaces family, friends, sex, hobbies, and job in importance thus becoming a negative influence in your life then you may need to sit down and re-evaluate your exercise regimen. Do you run, for example, despite nagging injuries? Do you double up on workouts if you have to miss a day? Is "no pain, no gain" part of your active vocabulary? Is more always better? Do you find that your conversations revolve around the sport? Is rest for the weary, not for the strong? Do you view a real runner only as someone who has gone the marathon distance?

I believe this is a good book for both the beginner and the experienced aerobic athlete and could help one to institute exercise into their daily life in a positive way.

Dear Roadrunner Friends,

After four years, seven months, and some odd days of living and running in River City I am returning to the land Dorothy made famous (Kansas) for scholarly endeavors. You folks sure have been nice to me, even when I couldn't keep up with you or went into my heavy-breathing routine (which, I think, always made the person running beside me worry that he/she might have to stop and do CPR on me.) Anyway, I really have enjoyed being a member of this Club. Some high points include the trips up and down the mountain, doing a 10K PR while wearing the LRRC racing singlet, and directing the Women's Road Race. I want to thank the Club for the beautiful plaque which I will always treasure (but promptly hide, at least while I'm in school, lest other folks think I actually know how to do that sort of thing.)

There are some special individuals I especially want to thank. I've always appreciated Arthur Kerns' support and kindness, whether it was taking me through my first Foxcroft 11-miler or kidding me about my downhill running strategies. John Woodruff has hosted me from my front porch in the Quapaw Quarter on many adventurous runs and tolerated lots of complaining for his less than accurate mile measurements. Coreen Frasier made many runs more bearable and more interesting by debating everything under the sun with me. And Ivy Harrison taught me how to charge those hills (I had to keep up with her so I wouldn't get lost.) Thanks to all the opportunities you all have given me to grow and push myself through another mile.

Finally, I want to remind you all to think about someone to take on the leadership for the Women's Road Race. I really want first-timers and competitive women to continue to have a quality road race in Arkansas that is especially for them.

Please come visit me in Kansas City. The Hospital Hill half marathon and 7.7-mile race during the first weekend of June is one of the premier events in the country!

Happy times to you all,
Pat O'Brien

The third Thursday of each month is the regular meeting day for the LRRC. The May through August meetings are potluck meals held at pavilions 1 & 2 at Murray Park at 6:30 p.m. The next one will be July 19.

The August 16 meeting is being billed as the "Pike's Peak Potluck and 'Lack of Talent' Show." The runners who will be leaving the following week to attack THE mountain will be recognized. There will also be a display of talent, the likes of which you have never seen before (and probably never will again.) Members of other central Arkansas running clubs have been invited.

Beginning in September the meetings will be held in the Center for Health Education at St. Vincent Infirmary Medical Center. Programs will be detailed in upcoming issues of *The Runaround*.