

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 1990

Presidential Report

Final Words of Wisdom from a Top Notch Leader

by Bill Harrell

Kudos to the Parks & Recreation Department for getting Pavilions 1 & 2 ready for our May meeting. A business meeting and talk by a couple of our members were planned, but due to the uncertainty of the weather these were cancelled. There was a good crowd though. Due to illness I was only there for a few moments. (I had to bring the liquid refreshments.)

Our next meeting will be at the same place in Murray Park on June 21. Bring a dish to feed six to eight people and we'll supply the drinks. We will elect officers at our June meeting. Please come out and meet the people who will guide you through the next twelve months.

I guess it's time for my year-end review. This is not a job I campaigned for, but when approached I couldn't say no. After all, I'm one who wants to get his money's worth. There were two things in my favor. First, I had a year to apprentice under Bill Torrey who is an extremely hard-working and honest individual. I could always rely on him to give me helpful advice when a problem cropped up. It wasn't always the answer I wanted, but it was honest.

Second, I have never been accused of being highly intelligent but I'm smart enough to know that if one recruits good people to surround himself with then he won't look bad. The Club has numerous good people to choose from and I was lucky enough to get some really good ones. And, yes, they too saved me from embarrassment more than once.

One of the more notable changes was to this newsletter you are reading. *The Runaround* was redesigned to look more professional and classy. All of the credit for the newsletter goes to Linda Stribling. This is probably a four person job but she has done it by herself. Luckily for everyone involved, Linda has agreed to stay as editor of *The Runaround* for another year. On behalf of all Club members a great big "Thank you, Linda." How about getting some help this year?

I am not going to mention everyone on the roster but there are a couple of others I would like to recognize. Besides, this could be the last thing I ever write and I'm going to make the most of it.

Back to the bragging. Jim Stanley is one of those behind-the-scenes people who is so valuable to the Club. One of our major sources of income is the rental of our timing equipment. Jim really takes pride in this job. He can repair every piece of

equipment we have. Jim keeps logs of all races, bills the races and even makes arrangements for the pickup and delivery of the items. This job ain't easy, friends, but it is always done with a smile.

Finally, someone you will get to know well over the next 12 months is Bonnie Brandsgaard. Your next president is someone special. She has been a member of the LRRC longer than I have and has done almost every job in the Club. Every time I talked to her over the last year she asked me for something to do. She probably ended up doing more than I did.

So, it looks as if we are in good hands for quite a while. Of course, we are always looking for more volunteers, and with close to 50 new members in the last couple of months we have a much larger base from which to draw. You guys have been doing some good recruiting!

It's now time to say good-bye. We tried to address everything we were asked to do. We sponsored some very successful races and got some very good publicity from the media.

I noticed that not all of the volunteers at our races were LRRC members. We got help from members of ARK, Spa Pacers, Hash House Harriers, Saline County Striders and others from around the area. It's really great that runners support their sport and each other as they do.

Everybody can't run an ultra or a six-minute mile and not everyone enjoys racing. But, you'll notice that at the meetings and other Club socials everybody speaks to each other. Altogether, we are a group of friends who have running in common, even if we separately have different running interests.

All I have left to say is "thank you for giving me a chance to serve you." I met a lot of people and made some very good friends over the past year. It's been exciting and fun. As a matter of fact, I never knew a headache could be so much fun.

Once again, to all of you from all of me: Thank you and keep those Nikes shoe-good!

"Fun" Runs

The training runs for the Pike's Peak marathon are now into the second month. The next one is June 16 starting at 5:30 a.m. from the Westside Y, with any distance up to 18 miles. But you don't have to run "The Peak" to be able to attend. For information on upcoming runs call the LRRC hotline at 377-1653.

The Ultra Corner

by Harley Peyton

Just when you think ultra news is running low along comes Nick and Harley's 1990 Ultra Trail Series. Boom! Ten more articles right there. Seriously, Nick Williams and I are long-time members and supporters of the Little Rock Roadrunners Club. As such, we believe that there are different running needs for different runners. Some of you are 5K and 10K runners; some of you are marathoners. We happen to like trail running and ultra distances. That's our thing. That's why I support the newsletter. Nick likes to talk about the trails, I like to write about them. As the new Club year begins I would like to thank outgoing president Bill Harrell for his support and newsletter editor Linda Stribling for her time and effort.

All of you are invited to take part in the 1990 trail series. These are not "private" runs. Do one or do them all. Some you'll like and there will be some you won't want to try. We'll provide water and a marked course. That's about it. I would advise you, however, to invest in one of those hand-held water bottles so that you won't get dehydrated on the warm weather runs.

Complete "rules and regulations" concerning the Series follows. I will have each run listed a month in advance in the newsletter so that you are aware of an upcoming event.

Several LRRC members recently completed ultra runs:

Long Crossing 50-miler on the Ouachita Trail, May 5:

Eddie Mulkey	7:10	- tied first male
Stephen Tucker	7:42	- 8th
William Gill	9:19	- 16th
Bill Laster	9:32	- 21st
Scott McDermott	9:33	- 22d
Larry Mabry	9:43	- 26th
Lou Peyton	9:59	- first female
Nick Williams	10:02	- 31st
Ivy Harrison	11:11	- 48th
Sam Hardcastle	11:18	- 49th
Donna Hardcastle	11:18	- 50th
Jim Sweatt	11:18	- 51st
Charlotte Davis	11:23	- 52nd
Donna Duerr-Allsup	12:40	- 58th

Ice Age Trail 50-Mile Run in Waukesha, WI, May 19: Al Maguire - 12:51

Congratulations to all!

Ultra Trail Series Format

1. The purpose of this series is to promote trail running and to provide recognition to our most successful trail runners.
2. Runs will be on trails or forest service roads.
3. Each run will be listed in the *Democrat* and *Gazette* running calendars.
4. No entry fee. No registration. If final results are wanted, each runner should furnish us a stamped, self-addressed envelope.

5. Be advised that the terrain is hilly and often rocky. Although no trail or marathon experience is required, for your own well being you should be an experienced runner.

6. All routes will be flagged or floured.

7. Aid (water) will be set out as is feasible prior to the start. Participants will be notified of the aid stations.

8. Finishers will keep their own time on a roster provided by us.

9. Points will be awarded to male and female finishers in the following manner:

1st	50	7th	10
2nd	40	8th	7
3rd	30	9th	5
4th	25	10th	3
5th	20	11th & over	1
6th	15		

10. Runs are often isolated. Be smart and carry a running pack that includes water bottles, a plastic garbage sack and any food needs.

11. Each run begins with a trail briefing. Participants must be there.

12. The official clock is punched at the start of the race. All late runners will be timed on this clock.

13. In inclement weather use your better judgement about traveling. If a race is cancelled all efforts will be made to reschedule.

14. Ten monthly runs are planned. Beginning in July and ending in April.

15. The male and female with the most points will be crowned "King and Queen of the Trails" and be so honored for the duration of the running year.

Official Schedule

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 16 miles from the Cantrell Road/I-430 overpass to a forest service road on your left. Park there.

August 11 - Wasatch Scramble. 6:30 a.m. trail briefing. Approximately 12 miles. Extremely hilly. Must combine walking and running. Directions: follow Highway 10 past Lake Maumelle to Highway 113. Go 1.5 miles past 113 to Bringle Creek Road. Turn right and go approximately one mile to an AP&L substation on right. Park there. Be prepared to earn your breakfast.

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Do you Receive Footnotes?

Footnotes is the Road Runners Club of America newsletter that is mailed quarterly to all members of RRCA-affiliated clubs. If you are a new member of LRRC and not receiving this publication let the Club secretary know by sending your name and mailing address to the Club Post Office Box 250229, Little Rock, AR 72225. Long-time members should send address corrections to the same address. This will also enable us to update the Club's membership roster.

Several New Members Added to Club Roster

by Yvonne Thompson

The following runners have recently joined the Little Rock Roadrunners Club and have shared some personal information with us.

John Carter is a 41-year-old computer programmer from North Little Rock. John has been running for two years and usually runs about 15 miles per week. He states that he doesn't race often but prefers the 10K distance. John is married to Debbie and the father of Jill, 14; Julie, 10, and Kristy, 10. In addition to running, he also enjoys playing golf. If you would like to run with John in the evening call him at 835-1981.

David Williams has been running for about 10 years and runs about 40 miles per week at a 6:50-7:00 pace. He does race frequently, prefers the 10K distance and submits PRs of 16:17 for a 5K and 33:55 for a 10K. David is a 40-year-old lawyer. His wife Sammie Sue is not a runner and they are the parents of Lindsay, 15. David says he also enjoys golf and biking when he's hurt, good restaurants and wine when he's not, and snow skiing when he's trying to get hurt!

Alan Babcock from Jacksonville is a captain in the USAF who pilots C-130 aircraft. He is 31 years old and has been running since the seventh grade. He runs 60 miles per week at under 7:00. He likes to race any distance from 10K and over. His PRs are 15:18 5K, 31:50 10K, and 2:29 marathon. Alan and his wife, Judy, are the parents of a very new baby, born in April. Alan states that his other interests are flying, reading, and he likes being around other runners and keeping fit.

The next new member profile is the **Guyer family** from Vilonia. This running family is composed of parents Earl and Marlene and their daughters Gloria and Mary.

Earl is a 63-year-old retired psychologist who has been running for seven years and usually averages 30 miles per week at a 7:30 pace. He runs about 14 races a year, usually 5Ks and 10Ks. His PRs are 5K 20:30, 10K 42:16, and 8K 34:03. Earl also enjoys swimming, gardening, reading and weight training. He also confesses a secret running goal — to get close enough to Bill Hoffman in a race to see him cross the finish line! (To satisfy your curiosity, Earl, he looks terrible!)

Marlene is 54 years old and a retired secretary. She has only been running for two years and gets in about 20 miles per week. She races about once a month, prefers the 5K and her PRs are 28:55 5K and 64:01 in a 10K. Marlene enjoys sewing, crocheting, knitting, reading and is a volunteer for the American Cancer Society. She says she runs mainly for health

reasons and is looking forward to the day when the huffing and puffing becomes fun.

Gloria lives at Springdale and is a food technologist for Tyson Foods. At age 26 she says she has been running off and on for seven years, but steadily for the past year and a half. She gets in about 20 miles per week at an 8:00 pace. Gloria says she likes to race 10Ks and 15Ks. Her PRs are: 46:33 10K, 23:46 5K, 1:20 15K, and 1:50 half marathon. Gloria's other interests are sewing, hiking, camping, shooting, reading, and sleeping and is very proud to have finally beaten her dad at the Toad Suck 10K.

Mary, who is 23 years old, is presently working on her master's degree at the University of Delaware. She plans to return to Arkansas in September, however, and expects to spend more time concentrating on her running after she finishes school.

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May Race Results

The following are times for Club members who placed in area races during the month of May, as printed in the *Arkansas Democrat and/or Arkansas Gazette*.

Saline Memorial Hospital 5K, May 12: Stephanie Wesson, 26:33, 2nd in 15-19; Bonnie Brandsgaard, 26:18, 1st in 40-44, and Kathleen Wesson, 2nd in 45-49.

Fort Smith 12K, May 13: Lisa Thoreson, 50:54, 3rd overall female; Christy Henson, 1:06:02, 1st in 14-under; Carla Branch, 53:57, and Patricia O'Dwyer, 58:01, 2nd and 3rd in 35-39; Mark Moore, 41:44, Danny Mann, 42:08, and Ricky Utley, 45:00, 1st, 2nd, and 3rd in 20-24; Tom Zaloudek, 41:49, and Bill Torrey, 44:33, 1st and 2nd in 35-39; David Williams 43:31, 1st in 40-44; Kurt Truax, 48:47, 1st in 45-49; Hayes McKinnie, 49:29, 3rd in 55-59; and Nash Abrams, 1:03:36, 2nd in 65-69.

Second Chance for Life 5K, May 19: Christy Henson, 22:10, and Summer Henson, 26:42, 1st and 2nd in 10-14; Stephanie Wesson, 25:42, 1st in 15-19; Kathleen Wesson, 26:11, 3rd in 40-49; Gary Wade, 15:54, 1st overall male; Kevin Lewis, 17:05, 3rd overall and 2nd in 20-29; Phillip Velez, 20:21, 1st in 30-39; and David Williams, 17:13, and Roy Drew, 18:18, 1st and 2nd in 40-49.

FCB/Riverfest 8K, May 26: Christy Henson, 37:55.56, and Summer Henson, 45:20.09, 1st and 3rd in 14-under; Kate Spradley, 57:00.06, 2nd in 15-19; Lisa Thoreson, 33:03.26, 1st in 20-24; Deborah Strehle, 35:32.95, 2nd in 30-34; Carla Branch, 33:34.12, Barbara Hildebrand, 35:18.09, and Patricia O'Dwyer, 35:23.94, 1st, 2nd and 3rd in 35-39; Lou Wintroath, 42:41.28, 3rd in 45-49; Jan Wylie, 45:00.96, and Mary Stanfield, 45:05.32, 1st and 2nd in 50-54; Rosalind Abernathy, 52:32.58, 1st in 60-64; Eddie Mulkey, 26:57.46, 2nd in 30-34; Tom Zaloudek, 26:53.40, and Bill Torrey, 27:51.91, 1st and 3rd in 35-39; Steve Sipes, 27:27.38, and David Williams, 27:55.52, 2nd in 40-44; Don Potter, 30:42.50, 3rd in 50-54; Hayes McKinnie, 31:39.91, 1st in 55-59; and Bill Hoffman, 31:53.16, 1st in 60-64.

The Runaround is published monthly by the Little Rock Roadrunners Club, P. O. Box 250229, Hillcrest Station, Little Rock, AR 72225.

Linda Stribling
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LRRC President
President-Elect
Secretary
Treasurer

Plans Already Being Made for Grand Prix X

by David Samuel
RRCA State Representative

Although only four races of the 10 in the Grand Prix IX Series have been run, the RRCA/TAC Long Distance Running Committee has begun planning for the 1991 Series. Each of the 17 RRCA Arkansas clubs have a representative on the Committee. These representatives are collecting ideas on how we can continue to improve our Grand Prix Series.

Bill and Carol Torrey are the 1990 LRRC representatives. Please let them know about any ideas and complaints so that they can represent the LRRC at our October 20 meeting in Benton. We have an outstanding Grand Prix Series but we can make it even better.

The current rules are:

- Grand Prix points will be awarded only to runners who are a 1990 member of an RRCA/Arkansas club and a 1990 member of TAC/Arkansas.

- Only the top eight race performances for any runner will be counted in the final scoring of Grand Prix IX. (A runner may compete in all of the designated events but only the eight best point totals will be counted.)

- Runners moving to a new age division because of a birthday will have any previous points earned transferred to their new five-year age division.

- RRCA club placing in each race will be based on "cross country scoring." The first five runners from each club will be scored against only runners from other clubs with points awarded on a 1-2-3-4-5-6-7 ... ascending basis.

- Awards will be presented at the 1991 Pepsi 10K to the following RRCA/TAC Grand Prix IX champions:

- 1st RRCA club, male and female
- 1st individual overall, male and female
- 1st individual overall, masters, male and female
- 1st individual overall wheelchair, male and female
- 1st 3 individuals in 5-year age divisions from 0-14 up, male and female



The six remaining races are:

August 18	Hope Watermelon 5K
September 1	TCB/Summerset 5K
September 29	Caddo River 15K
October 13	Oktoberfest Fast 5K
October 20	The Arkansas 20K
November 10	MVW/Spa 10K

(Editor's Note: I requested this information from David Samuel before I knew that he was going to have brain surgery on May 23. He is now recuperating at home and plans to be back running the roads soon. I'm sure he would appreciate hearing from his fellow runners. Write him at 416 North Ross Maddox Road, Pearcy, AR 71904.)

One for All and All for One

by Scott McDermott

The idea for this article came to me as I was putting away some of the delicious food at the potluck dinner at Murray Park which, by the way, was a most enjoyable occasion. Try not to miss the one at Pavilions 1 and 2 on June 21!

My brainstorm came as two members were facing off as to how many points should be earned for contributing an article to this newsletter. By the way, both had good points and discussion is critical in a club. This point system does, at the moment, seem to be a good way to keep track of an individual's service to the organization. My viewpoint, however, is that there is enough competition at races and that's where it should be left.

Obviously, there are times when individuals should be recognized for their contributions to the Club but our quest for those ten more points to give us the hundred we need for a "prize" may become a motivating factor. Also, I find my old warm-up suit needing to be replaced, which, I believe, was the "prize" this year.

On a serious note, as to service, I would ask you to think for a minute, first of all, when you last helped the Club in some way and, second, why you did what you did. If you can answer yourself honestly and in good faith and say you did it because you wanted to just for the sake of helping your fellow man then you are probably in the minority! Don't we all have ulterior motives? That is for you to answer. I will be the first to say that I could do more than just show up at a few meetings and work the occasional race.

We all get up early or run at noon or after work making sure our bodies will respond when we push them beyond what they normally should be doing. We commute, sometimes many miles, to run races over terrain that no 4-wheel drive would ever venture or to try and better that PR or, perhaps, if you fall into that select few, to try and win a race. We expend much time and energy in the process but rarely push ourselves

(see One for All on Page 5)

Arkansas Road Runners Hall of Fame Needed

by Jim Stanley

The state of Arkansas has no satisfactory means of recognizing people who have contributed to the sport of running. Therefore, a need exists to establish an Arkansas Road Runners Hall of Fame. We need the input from all running clubs in the state to help establish and annually select candidates. There MAY be a slight assessment per member to cover awards, probably not over 50 cents per member. It is not envisioned that this will be a big elaborate affair. We want to honor the individuals, not spend loads of money on banquets. Here are some random thoughts:

1. Selection process:

A. Each club that cares to participate will be asked to appoint representatives to the "Board" to assist in the nomination and voting process.

B. Number of board representatives should be based on the number of club members, one per 100, but no less than one. Board representatives will then vote on candidates that have been suggested from all sources. It is anticipated that all voting and other coordination can be done by mail. Clubs are encouraged to submit their suggestions to their board member. Vote will be similar to an electoral college, with representation from all interested clubs.

C. Awards will initially be presented at the TAC/RRCA championship in Hot Springs in November 1990, if everything is worked out in time. Thereafter, they will be presented at the Pepsi race each year.

D. Initially, in 1990, five inductees will be chosen, four runners and one person to receive an Outstanding Service Award; beginning in 1991, two runners each year, plus a service award. A service award need not be given each year, but is available.

E. Board chairmen will be elected by the individual clubs, in the numbers explained above. Please submit persons that are interested in this project! The board members/organizers listed below will also serve in a non-voting capacity on the board for two years. If they are also elected by their respective clubs, they will serve as full voting board members. The board president will be elected by the board members submitted by the clubs. It will be his/her responsibility to preside over meetings, maintain records and insure continuity until the following year's president assumes control. Board members will serve for four years. Initially, a random drawing will be conducted, and each member will serve for one, two, three, or four years. Therefore, no more than one-fourth of the board members are replaced each year. Clubs may re-elect members.

2. Runner nominee credentials: (may include any or all of these)

A. Many continuous years of outstanding performance

B. Contribution to the advancement of running in the state

C. Resident of Arkansas (past or present) who portrays a

favorable image of Arkansas runners

D. Truly outstanding feats of courage and determination

3. Service award:

A. Many years of continuous support of running in the state of Arkansas

B. Resident of Arkansas (past or present) and portrays a favorable image of Arkansas and its runners

TIME IS SHORT! WE NEED YOUR INPUT AS SOON AS POSSIBLE!

The initial board members/organizers are: Dan Bartell, Paul Johnson, Charley "Harley" Peyton, Lou Peyton, David Samuel, Mark Spradley, Betty Stanley, Jim Stanley, and Susan Jarvis.

Dear Roadrunners,

I want our whole Club to know how much I appreciate the plaque you contributed to. As those of you who were there could see, I was very surprised. What you may not have been able to see is how much it meant to me to be honored by the groups I work most closely with.

In the case of the Roadrunners, I was also being recognized by members of my own Club. I'm not much of a runner myself, but I am a member nonetheless.

Thank you so much for the plaque and the delicious meal at Red Lobster.

Keep on giving me that input I need to keep the running community informed.

With thanks,
Susan Jarvis

One For All (continued from page 4)

to the same degree to better the Club or its members. Perhaps those of you who have given time and energy will be upset at these words but instead of putting yourself on a pedestal for working hard and criticizing those who have not, stop for a minute and think how else you can help or what you can do to get others to help. Some people are better prepared to help in one way or another but I believe we can all do something.

My goal for this next year is to do something, however small, to help the LRRC, whose members have been a constant motivation to me in my running and in life. Let me say for the record that I choose not to be given points for this or any article. My reward for helping the Club or contributing in some way is knowing that I have friends I can trust and call on if need be. After all, life is more enjoyable if we go through it with people who share our interests and who push us to be all we can be in all aspects of our lives.

On a final note, if the Club and, consequently, the newsletter are not of benefit to you in some way then make an effort to better it so that it does provide a positive influence in your life. The LRRC is a support group for the runners and their families and to be effective must draw upon the energies of everyone, not just a few.