

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 1990

## Presidential Report

### Getting High on Upcoming Pepsi Race

by Bill Harrell

I'm on a high, guys, I'm really on a high, and it's not alcohol or drug induced. The committee chairmen for the Pepsi race have really been brainstorming and have come up with some excellent ideas for this year's race.

There is a good mixture of the experienced and the rookies for this year's leadership. The enthusiasm of our new chairmen is rubbing off on our old pros and the wisdom and advice of our sages is quickly picked up by the newcomers. Apparently, I'm the only one who doesn't know what he's doing, but it should be a great race anyway.

One of our Club's founding fathers, Max Hooper, was the guest speaker at the February meeting. For those of you who missed Max's talk you missed a very informative, witty and thought-provoking talk.

The March meeting is going to be a little different from the others. We will meet at the Sportstop on Cantrell to work on some Pepsi stuff. We'll be stuffing packets, working on registration and just doing what needs to be done. The date is March 15 from 6:30-8 p.m. Rumor has it that pizza will be served.

Let's go back to the wonder years for a few moments. The winter of 1970. How many of you were training for a 10K? How many had a collection of running shirts started? Well, yours truly had just finished his first marathon, and for finishing I received a white T-shirt with red lettering on it — "Arkansas AAU Marathon." I couldn't wait for warmer weather to put that thing on. I figured everyone would be real impressed that I had run 26.2 miles.

As it turned out no one knew what a marathon was and when they found out how long it was I really got stupid stares. How times have changed, right? Wrong!

I'm still asked after a 5K or 10K, "How was your marathon?" Why correct them? After all, I'm not here to brag about my running or bore the non-runner with my stories. (We all know there aren't any boring running stories, don't we.)

If there is a point to this article (besides the dull point) it is "don't worry what others think about you because they are probably jealous of you." After all, how many of them can run a 10K marathon?

The Club sends its condolences and prayers out to Buddy Adcock and his family. Buddy's father passed away recently but we know his spirit will live on through Buddy and his numerous friends. Thanks to all of the runners and volunteers who participated in the Valentine Twosome. Everything came off real well, even the weather cooperated.

Don't forget the Junior Jog on April 21 and the Women's Run a week later on April 28. More about these next month.

In the meantime, let's tighten up those laces folks, there are PRs to be broken at Pepsi this year.

### Race Proposed by Waffle House

Please-read-the-entire-first-paragraph-at-least Proposal on sponsoring the "Light-up Little Rock 5K," submitted by Bonnie the Veep.

Just as Pepsi registration is about to begin and our Sunday Collection at Andy's recently spent their breakfast/therapy/coffee time applying labels for the mass mailing of the Pepsi entry form, I have the audacity to mention the possibility of the LRRC sponsoring yet another run. But, in defense of this "suggestion," this run will be a 5K at the river, held in the fall, begin at dusk, and end in a street festival (maybe in the Alltel Building parking lot) with Cool 95 Radio supplying the rock 'n' roll and Waffle House providing the complimentary food and local pop/beer distributors offering the drink.

Ah, I caught your attention and now you need to know, indeed, how they caught mine. In a goodwill gesture, Waffle House has offered to supply the computer and personnel for entering all the Pepsi registrations. And, Waffle House has promised to underwrite the entire cost of this fall race and donate the registration fee to my employer, Arkansas Children's Hospital. And, they will supply the location and personnel for the registration of this race, which should go rather smoothly since they will be involved with the Pepsi race.

Waffle House will rent all the equipment from our Club and designate a portion of the registration to our Club in a similar fashion as Pepsi does. What gives all of us pause is the same people volunteer over and over. Therefore, my plea is for the new and too-busy-to-help Club members to jog forward and offer to be a part of what makes the members of our Club friends.

When you work with other LRRC members you get to know a diverse group of people. If you're lucky, you'll also work in a trip for yogurt or an estate sale while working on an assignment. So, don't wait for someone to call you. Please call me at 224-5470 and tell me or R2D2, my faithful "listening" machine, that you want to see a fall run and party happen.

For LRRC fun run information call 377-1653.

## The Ultra Corner

by Harley Peyton

**Ultra Trail Reports** — Jackson Five-O, January 23. If you've ever run the Jackson Five-O in a driving rain with temperatures in the low thirties you'll always begin your recap by mentioning the weather on race day. Perfect! Five days of rain preceded a Saturday dawn of clear skies and calm winds. I would like to repeat an earlier statement about the Jackson Five-O's organization: "the premier ultra race in the mid south." Over 100 runners started and there were possibly an equal number of volunteers looking after you. It was like an all day party. I started in the back and thought I would run what I felt was comfortable. A 7:30 to 8:30 finish time would be my goal.

At 3.5 miles my old injury appeared — a "ketch" in my right hip. I re-evaluated my strategy and decided I could finish if I developed a stride that was slower and didn't pull my hip flexors. You guessed it, my patented "forward lean." This didn't turn out too bad because I could see the race develop and could offer (and was offered) encouragement to some Arkies and other ultra acquaintances. I hated being lapped because I felt in top ultra shape, but I'll save my PRs for another day.

Steve Shopoff of Dallas took an early lead and set a blistering pace. He was followed by several others that included Bill Laster and Eddie Mulkey. Steve has won this race three times and looked as light as a feather as he lapped me. I am told that he had an entourage of pacers and handlers that attended to his every need. At mile 10 he and his pace line passed me within 100 yards of the timers (big crowd). I fell in behind him and went stride for stride through the checkpoint. The cheering was uplifting but not long lasting. Anyway, it was good to get in a groove again.

I would say a few words to Fallon Davis, Bob Hanle and Wayne Elliott of Little Rock as they eased by me. Red Spicer and the Amarillo boys are always friendly. Spicer, a LRRC member, is fast developing into a folk hero.

I notice shoes too. It seems that the Tiger Gel-Lite was a real popular model. Also, the lightweight neon orange and green soles of racing flats are especially popular.

At 30 miles I felt a noticeable increase in effort to maintain a 10:30 pace. The 30-mile mark is the magic point when you really question your motivation, and then I lapped my first runner, Al Maguire. Give ole Al credit, he was hanging tough. He was going to finish if it took him until Sunday morning. Buddy Ritter of Pine Bluff looked pooped but he was cheerful. His family is very unselfish with their aid and encouragement. William Gilli of Brinkley appeared to have dropped a few pounds and ran well. Lou Peyton was on her 100-mile pace and was having her usual picnic. She was the second female finisher and vowed this to be her last.

At about 38 miles Larry Mabry came into the aid station as I was leaving. He gave me a push in the back just as I started to run. Thanks Larry. It was like a jump start. I did

finish, too, and after doing my customary finish line push-ups, proceeded to the treatment table for a fast acting massage. Those people at the Jackson Five-O do it right. You best be ready next year!

Fallon Davis	7:21:27	Lou Peyton	8:01:02
William Gilli	7:34:22	Robert Hanle	8:28:52
Wayne Elliott	7:38:14	Red Spicer	8:46:31
Buddy Ritter	7:51:02	Harley Peyton	9:14:22
Larry Mabry	7:58:14	Al Maguire	10:00:00

**Ultra Training Tip** — Midway through the Jackson Five-O I made a statement to T-Bear Laster that I was taking my training back to the drawing board. I was getting tired and feeling sorry for myself. If Ole Nicky Boy had been there I think I might have considered quitting the race. "What changed your mind, Harley?" I am a product of low mileage training (38 miles per week in 1989). As such, I advocate three golden rules in ultra racing: (1) maintain hydration and nutrition; (2) the long runs, and (3) train on similar terrain. On Sunday, as we traveled back to Little Rock, I analyzed my situation. I drank two cups of water at each aid station and consumed 350 calories every six miles. I had taken long runs of 20-25 miles almost weekly. That leaves #3. Why did my quads get tired at 30 miles? You guessed it, the Five-O didn't have any hills. We had trained on the forest service roads in the hills and at Dallas we had a flat, three-mile asphalt loop. I should have spent more time on the river running my long runs. I did do one 24-miler there but I needed two more. Next year I'll do it right.

**Trail Series Update** — The 20-mile Winona Loop, February 3. This is my favorite training run. Lou and I went out to mark the course the night before and camped out near the start so that we would be sure to have "control of the situation." After spreading the five pounds of flour and setting out the water jugs at the low water bridge at midpoint, we hurried back to the camp to set up our tent. It must have rained three inches. Why does this happen to me?

At the trail briefing I conferred with trail master Nick Williams and we decided to go to plan "B" because the flour was washed away and the low water bridge might possibly be underwater. We made a command decision to run the course clockwise to the low water bridge. If the bridge was underwater we would come back the same way instead of making a loop. As luck would have it, the water had receded and the coast was clear.

The three favorites for the men took an early lead and soon outdistanced the pack. This included Eddie Mulkey, Tom Aspel and Johnny Gross. Despite the rain, the footing was good and was as soft as a high school cinder track. These three stayed close until the 11-mile water stop, reaching it in 64 minutes. This section included some major hills, too. At the stop, Johnny, a 2:38 marathoner, drank quickly and left Tom and Eddie talking. Tom hurried off and soon caught up and these two paced until 16 miles. At this point, Tom, a former 3,000 meter record holder in the steeplechase as a 17-year-old back in Ireland, used his longer stride to tear up the downhills and finish two minutes ahead of Johnny. Eddie finished a

scant two minutes and 42 seconds out of first and far outdistanced fourth place finisher David Cawein. With this third place finish Eddie nailed a victory in the male division of the Ultra Trail Series. More about this next month.

The women's race was also closely contested. We had five women to start out. Trish O'Dwyer, the first Arkie female to finish Pike's Peak in 1989, took a commanding lead. She then forgot the trail master's instructions and left the race course heading for Highway 7. This opened the gate for Carol Mathew, Donna Hardcastle and Lou Peyton. Irene Johnson was recovering from the flu and put up a gallant effort but, unfortunately, was not a factor. Donna and Carol shared the lead through 12 miles with Lou gaining momentum in the rear. With Nick alternately pacing each through 13 miles, it was still an open race. Carol eased by Donna at 12.5 miles and then Lou eased by her at 13 miles when Donna had to step off to the side. From this point, Carol, who had arthroscopic surgery on her knee two weeks ago, unwound and finished a strong 3:24:27. With the win Carol went ahead in points to 37. Donna's third place finish brought her to a total of 33 points.

We are preparing some custom made plaques for both the male and female winners to be presented at a later date.

The final race is the 12-mile Pipeline Express on March 3. Could be wet, will be rocky. My money goes on Eddie who has a gift for this type of running. Run starts at the old North Shore Landing off of Highway 300 past Monnie Springs, 3/4 mile past the Roland Cut-Off and Highway 300 intersection. As usual, 6:45 a.m. trail briefing, 7 a.m. start.

#### Winona Results

Tom Aspel	2:06:34	Scott Campbell	3:01:24
Johnny Gross	2:08:34	Ernie Peters	3:09:25
Eddie Mulkey	2:09:16	Sam Hardcastle	3:09:26
David Cawein	2:29:59	Ron Hale	3:17:48*
David Laser	2:39:55	James Hicks	3:18:23*
Jim Schuler	2:42:00	Nick Williams	3:24:27
Bill Maxwell	2:46:26	Carol Mathew	3:24:27
Jim Sweat	2:48:02	Lou Peyton	3:27:11
David Samuel	2:53:30	Donna Hardcastle	3:28:31
Ken Millar	2:59:39*	Harley Peyton	3:31:34
Bob Marston	3:00:50	Irene Johnson	3:52:35

\* denotes individual times. These three runners arrived late and missed the briefing and official start. Due to extenuating circumstances, we have included their times and given them their points (1). It must be emphasized that the events of the Ultra Trail Series are races as opposed to fun runs. All series events begin with the trail briefing where we discuss the trail markings, water stops and significant aspects of the run. The extenuating circumstances in this case involved following the maps that I drew showing a counter clockwise route. However, due to the possibility of flooding we ran it clockwise to take advantage of our water stop. This was explained in the trail briefing. Congratulations to the three for some pretty good times.

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

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**Training Run Report** — Suck Mountain, January 27. This was an exploratory run with Nick, Lou and Ms. Scarlett, minus Jack and Donna. That Jack Allsup needs a good ultra goal to get motivated. One week past the Jackson Five-O I felt as strong as a bulldog. Lou was dragging a little and soon fell behind. Ms. Scarlett was not influenced by anyone and trained at her own pace on the forest road. After three miles we left the road and followed the power lines for about five miles. The scenery reminded me of the Wasatch 100. Really pretty. Boy, if I had known about this training area five years ago, no telling what would have happened at Western States. I might have possibly made it halfway. Who knows? Anyway, with Lou kicking up rocks and cursing Nick and me because we were ahead and moving out, I enjoyed renewing my ultra friendship with Mr. Nick. You might say that he was pacing me, a duty he usually reserves for the ladies.

On January 28 I again answered the call for a Sunday afternoon run with Eddie Mulkey, Bill Laster, Nick and Lou. With four bowls of hot grits under my belt the rain wouldn't stop me. We went to a newly cut road that parallels Highway 10 just past the Breadbasket Road. It is 5.5 miles long and intersects the C.C. Road at the base of Pigeon Roost Mountain. Give Bill credit. He has found a good one! Major uphill, long downhill and pretty good footing. I got so excited I arrived at the turnaround before Eddie. Must have been the grits for lunch. For those of you planning a trail ultra you are missing some good stuff by not joining us.

On February 10, Lou, Nick and I had planned to do a 30-miler in preparation for the Cross Timbers 50-miler in mid-March. What better place to go than out to Lake Winona. Lou had figured a 30-mile route that would start at Lake Winona and travel west on the forest service roads to the Ouachita Trail at Grindstone Mountain. This would take us east six miles to Flatside Pinnacle and then eight more on the trail to Lake Sylvia. From Sylvia we would get back onto the dirt roads and go eight miles to the car. We saw deer and turkey as well as spectacular scenery. Nick got ahead of us on the trail but decided he couldn't enjoy the view alone and dropped back to Lou. I kept my distance but did manage to pull even with three miles to go. We didn't set out water, opting to use water pills for safe drinking. After the storm the day before there was plenty of fresh water to be had. Nick has labeled this the Grindstone Mountain Run. We will include this in the Ultra Trail Series next year. Happy trails.

## Louisiana Marathon Times

Several Club members ran in the recent Louisiana Marathon. The runners and their times are: Charlotte Davis, a new member from Hot Springs, ran 3:39:34 and was third overall woman; William Gili of Brinkley, 3:18:06; Dan Bartell of North Little Rock, 3:18:40; John McGrew of Little Rock, 3:23:56, and Patricia O'Dwyer of Little Rock, 3:54:56.

## Additional New Members Added to Club Roster

by Yvonne Thompson

We have five new members to spotlight this month.

**Nancy Richie** is a 36-year-old single lady from Maumelle who gives her occupation as a community relations coordinator. She has been running for three years. Nancy usually gets in about 20 miles per week at a nine minute pace. She does not race often but prefers the 10K and has a 51:07 PR for this distance. Nancy's other interests are biking, reading, fishing and cross-stitch. She would like to do the Dallas White Rock Marathon in 1990 and would like a companion to run with either morning or evening. Call her at 376-1200.

**Armando "Dodie" Plata** is a 32-year-old gentleman who recently immigrated to Arkansas from the Philippines. He works as a programmer/analyst for the state of Arkansas and is married to Annie. Dodie has been running for 10 years. He runs about 12 miles per week at an eight minute pace. He states that he doesn't race frequently but would like to do so. His particular interest is the 10K. Dodie's other interests are basketball and tennis, which he says he loves almost as much as running.

**Lewis Clark** is 55 years old, married to Patsy and the father of five adult children. He is district sales manager for General Mills Inc. and states he travels a lot. Lewis is a veteran runner of 15 years who averages about 20 miles per week. He doesn't race often but gives a 51 minute PR for the 10K distance. Lewis says he is considering doing a marathon and would like training suggestions. Just come to one of our Club meetings or fun runs and you will get more training tips than you can use. One thing our folks are good at is giving advice!

**Tim Cummins** is a young man who is rather new to the sport of running, having only been doing so for about one year. He runs about 35-40 miles a week at a 7:30-8 minute pace. Tim states he plans to race as often as possible this year. His favorite distances are 5K and 10K. He has a 22:30 PR for the 5K and plans to make this year's Pepsi race his first 10K. This 28-year-old has a running spouse named **Sharon** and is employed as a commercial loan officer. He enjoys scuba, water skiing, snow skiing and bike riding in addition to running. Tim lives in Sherwood and would like someone to run with in the evenings. His home number is 835-2083.

**Van Davis** is a new LRRC member who lives in Hot Springs. He is 46 years old, a professor of history, and married to **Charlotte**, who is also a runner. They have a 14-year-old daughter, Erin. Van states he also enjoys ballroom dancing, Arkansas Traveler games, old movies, and Lone Star Beer. Now that's an interesting combination of hobbies! Van says he has been running for 15 years and he covers about 50 miles per week at a 6:55 pace. He races often and prefers 10K, 1/2 marathon, and marathon distances. His PRs are 37:00 10K, 1:22 1/2 marathon, and 3:07 marathon. Van says he is injured at present and is having difficulty adjusting to life without running. He would welcome any advice from fellow runners on how to cope. How about it, Jack Evans, any tips?



New Club member **Chris Cunniff** and his "sweetheart," daughter **Hannah**, are pictured above at the February 18 running of the Valentine Twosome 5K. About 50 people ran the couples only race. Club members who placed in categories determined by their combined ages were: **Bill and Carol Torrey**, first, and **Sam and Donna Hardcastle**, third, in the married division, ages 51-75.

**Bob and Rosalind Abernathy** won the 100+ age category in the married division.

Club member **Scott McDermott** and his partner, **Lea Bove**, placed first in the 51-75 age group, open category.

**Bob Black** and **Shirley Pence** won in 100+ open category.

### Rudy Reid Promoted

**Rudolph "Rudy" Reid**, an employee of First Jacksonville Bank and Trust since 1982, has been elected vice president of the bank. He will continue his responsibilities in customer service, accounting and data processing. He is a 21-year Air Force veteran and is 1990 president of the Central Arkansas Clearing House Association.

### Bobby Tiner Elected to Hall of Fame

**Bobby Tiner**, head football coach at Oak Grove High School, was recently inducted into the Arkansas Hall of Fame. He was chosen for the honor because of his athletic ability in football while a student at the University of Central Arkansas.

### "Officer Bob" Retires

"Officer Bob" **Black** became "retired officer Bob" February 1 when he left the North Little Rock Police Department after 20 years of service. He is now employed by the University of Arkansas for Medical Sciences as the director of training and crime prevention.