

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 1990

Presidential Report

Time for Racing Season and Potlucks by the River

by Bill Harrell

Thank you for pulling me through April. There was something to do nearly every day/night of the month, or so it seemed.

Doing the Pepsi follow up reports had not ceased when the Junior Jog started. Then, there was the Women's Run and the Long Crossing 50-miler.

There were also a lot of races outside of Little Rock that deserve being mentioned. The second RRCA race of the season was held in Arkadelphia on April 7 where a number of our members had good runs.

Other Club members won trophies at the At&T run here in Little Rock on the same day. Bill Torrey was the overall winner at Rich Mountain again this year and Boston was taken captive by Arkansans running the marathon.

We could probably publish a novel on the spring and summer racing season but there are other items of interest we'll discuss first.

The Pepsi 10K — You are probably tired of hearing about this but since it is the Club's lifeblood, as far as our pocket-book is concerned, it is important. All of the bills aren't paid yet but we will make more money than last year and Pepsi is satisfied with the way things went this year. There has been a rumor that Pepsi might pull out of this race and concentrate on something else. Folks, that ain't true! We have a three-year commitment from them and the dates are already set through 1993. Discussions have started for next year's race and some more changes will be made, but you will hear about them from someone else at a later date.

Once again it's time to picnic in the park. We have pavilions 1 and 2 at Murray Park reserved for the third Thursday of each month May through August. The dates are May 17, June 21, July 19 and August 16 at 6:30 p.m. Record those dates on your calendar now. Programs have not been finalized yet but we hope to have some fun things planned.

One thing we will do is elect new officers. If you have a nomination please send it to P. O. Box 250229, Hillcrest Station, Little Rock, AR 72225. (Note new box number.)

Our last meeting was a huge success. Lisa Thoreson gave a very good program on diet/nutrition and demonstrated bench aerobics. My heart rate jumped up just watching the demonstration. The 1989 Runner of the Year awards were also announced. Congratulations to these people: Linda Stribling and Jack Evans, service award winners, and P. J. (Jane)

Diesing, Jim Stanley and Ray Bailey, most improved runner winners.

The Russell sweats are in. If you had 100 points last year and ordered a sweatsuit call me at 225-1050 so we can make arrangements for delivery.

To you new members, a list of points is printed elsewhere in *The Runaround*. The Club rewards members who work hard for the Club with some type of gift at the end of the year. There is a lot of time left to earn your points, so get busy.

By the way, we had 15-20 new members join over the last month. Let's hope this trend continues. It's always fun to meet new people and share running stories.

If any of you new members (or old ones either, for that matter) have ideas or suggestions on what you want from the LRRC, please call or write me and share your thoughts. Now that we have you we want to keep you.

There are about 60 LRRC T-shirts left. These are only \$5 each. Contact me if you need one.

Mark Moore is chairman of a 12-hour relay for the American Cancer Society the third weekend in June. If you want to put together a team or just want information call Mark or the ACS.

Before I forget, 10-12 chairs were borrowed from the Statehouse Convention Center by the results crew on Pepsi race day. If any of you know where those chairs are please call me.

Again, thanks for your time. Keep pounding that pavement and jarring those knees. Let's visit at the Club picnic May 17. See you there, okay?

Next month: A farewell letter.

Grand Prix IX Series Schedule

With the completion of the Pepsi 10K and the Festival of Two Rivers 5K, eight races remain in the Arkansas RRCA/TAC Grand Prix IX Series. They are as follows:

- May 13 — Fort Smith 12K*
- May 26 — FCB/Riverfest 8K*
- Aug. 18 — Hope Watermelon 5K
- Sept. 1 — TCB/Summerset 5K*
- Sept. 29 — Caddo River 15K*
- Oct. 13 — Oktoberfest Fast 5K
- Oct. 20 — The Arkansas 20K*
- Nov. 10 — MVW/Spa 10K*

* denotes 1990 RRCA/TAC State Championship

The Ultra Corner

by Harley Peyton

The 1990 Ultra Trail Series is on. The first run is in July and will be the Pigeon Roost Mountain Run. *The Ultra Corner* in the June newsletter will be devoted to the Series. We plan several 30+ milers. Our format will be the same with the exception of the scoring system. Stay tuned.

Cross Timbers 50-Miler, March 24 — You had to have been there to believe it. One day it was a sunny, breezy, spring day and the next day it was 32°, raining and wind blowing 30 mph. But wait, I'm getting ahead of myself.

The Cross Timbers Trail Run is put on by the Thistle Running Club of Dallas. The race is on a hiking trail on the south side of Lake Texoma on the Oklahoma-Texas border. The Red River was impounded to form Lake Texoma. Look for Sherman, Texas, on your map to find the lake. The trail follows the shoreline and, although not mountainous, it is full of swags and gullies as it passes around and through the incoming creeks and inlets. The course is two loops of a figure eight. On the best of days the race is a challenge. In the worst of elements it is the ultimate challenge. All week Lou, Nick and I had been forecasting the weather. In order to psych myself up I made a statement that I hoped it would rain so we could show how tough we were. Little did I know!

The night before the race we were told the lake was up eight feet and covered sections of the trail. Workers had worked the weekend before rerouting the trail where they could.

Ninety runners lined up for the start with Eddie Mulkey leading our Arkansas contingent. By four miles Eddie was leading the race. Shortly after, he missed a rerouted trail turn and ended at a bridge that was underwater. Thinking this was the way, Eddie stepped out and went completely underwater. By the time he recovered and found the course he had dropped to eighth place. As the race progressed Eddie worked his way back to a close second. However, due to his submersion Eddie was getting hypothermic. At 25 miles he retired. His halfway time was 3:50.

Back in the pack I had decided that this was going to be my day. I charged off ahead of Lou and Nick and was running good through 6.5 miles where the trail follows an abandoned roadway for a half mile. Here is where I first saw standing water about 50 yards long and covering the roadway. It was mid-thigh deep and muddy. As I waded out I figured that we would be coming through this four times. So much for a Cross Timbers PR. Just have fun! So we did. After a few more miles the trail detoured up the hillside to a bluff overlooking a flooded creek. There in front of me was a line of runners rappelling themselves down the hillside with ropes onto a fallen tree that crossed a flooded creek. Let's see, four times here too. What a hoot. Oh yes, let me tell you about the mud. I guess it was some type of clay because when you stepped in it it wouldn't turn loose of your shoe.

In short, these were the toughest conditions in which I've

ever tried to run. You'd get on the top of a hill, hold on to a tree limb and start your slide to the bottom. Like on the ski slopes, only with mud balls for skis. There were sections that were more runnable than others and, all things considered, my time of 12:04 was pretty respectable. Lou and Nick will have their own version of the race. However, one thing we all agree on is that it was tough and we thoroughly enjoyed it. Out of 90 runners starting the race, 59 finished.

The thing I like about Ultras is the diversity of characters you meet. I ran upon an older gentleman doing his first 50-miler. He would lead awhile and then we'd swap. He was well prepared with a bandana, ball cap and polypropylene clothing. He was a pleasant type who didn't complain and laughed at the difficulties. The only thing that confused me was when we went into the water he would get real close to me. (I don't think he could swim.) We bonded together for a finish. Norvell was his name and he was from Jacksonville, Texas. He called me Harley right off. When he told me he was 48 years old I almost went to my knees. When I told him my age, 48, he sort of stumbled, too. I wonder how old he thought I was.

Anyway, Ole Harley, the veteran, and Norvell, the rookie, endured the trail together. I like to think I guided him through that tough part at 30 miles and showed him how to feed off the dying runners we'd pass. When we finished I talked him into doing my ritual of pushups. I told him that this was my way of saying I was tough enough to go 50 miles and, if I had to, I could go some more. We exchanged addresses and then Norvell had a beer. He said it was his first in six years. I don't know whether we'll run together like that again. However, I believe Norvell will always remember his first 50-miler and Ole Harley trying to get him in.

By the way, Nick Williams ran 10:44 and my wonderful wife Lou ran 11:15.

Here is some ultra news sent to us by William Gilli, a Brinkley physician.

He competed in the 11th annual Mississippi 50-Mile Run in Leland, also on March 24. Dr. Gilli placed 10th overall in a field of over 60 runners with a finishing time of 7:48. Jackie Edmonds of Mountain Home dropped out halfway into the race with an injury.

The winner was Ray Krolewicz of Columbia, SC, with a time of 5:39. Other well-known runners who finished were Mike "No Hills" Murphy of Carrollton, TX, 8:25; Rolly Portelance of Chelmsford, Ontario, 6:59; and Egar Egan of Margaret Bay, Nova Scotia, 10:11.

The course was a 1.365 mile paved loop around Deer Creek in picturesque Leland. The beautiful tree-lined Deer Creek with its array of ducks prevented monotony for the competitors with near perfect weather conditions.

Dr. Gilli enjoyed running on this fast course, in spite of a bruised big toe that will cost him another toenail, the first one still not yet completely grown back since being lost by the Angeles Crest experience.

Next year he hopes to see more Arkansas runners support this fine, well-organized 50-miler so close to home.

April Race Results

Club members were busy during the month of April entering races, winning races, or placing in age categories. Following are results as printed in the *Arkansas Democrat*.

AT&T Out of Sight 5K, April 7: Jim Sweatt, 19:36, 2nd in 30-34; Carl Lindstrom, 18:08, and Bill Harrell, 19:07, 1st and 2nd in 35-39; Charles Smith, 18:13, 1st in 40-44; Bob Tiner, 21:12, 1st in 45-49; Kate Spradley, 37:30, 3rd in 15-19; Linda Stribling, 25:40, 1st in 40-44; and Marty Johnson, 20:47, 1st in wheelchair division.

Festival of Two Rivers 5K, April 7: David Williams, 17:02, overall masters winner; Tom Zaloudek, 16:12, and Bill Torrey, 16:56, 1st and 2nd in 35-39; Roy Drew, 18:11, 4th in 40-44; Kurt Truax, 18:32, 2nd in 45-49; Hayes McKinnie, 19:03, 1st in 55-59; Bill Hoffman, 19:10, 1st in 60-64; Lisa Thoreson, 19:05, 2nd overall female; Carla Branch, 20:34, Patricia O'Dwyer, 20:49, and Carol Torrey, 21:20, 1st, 2nd, and 3rd in 35-39; and Judy Honey, 36:20, 4th overall walker.

Rich Mountain Classic Half Marathon, April 14: Bill Torrey, 1:29:36, overall winner; Jim Sweatt, 1:41:25, 4th in 30-34; Tim Brotherton, 1:36:05, 1st in 35-39; Kurt Truax, 1:41:56, 2nd in 45-49; Bob Abernathy, 2:01:13, 1st in 65+; Celia Storey, 1:59:10, and Donna Hardcastle, 2:09:42, 1st and 2nd in 30-34; Kathy Brotherton, 2:01:54, 3rd in 35-39; Yvonne Thompson, 2:20:08, and Coreen Frasier, 2:30:45, 2nd and 3rd in 45-49; and Rosalind Abernathy, 3:08:40, 1st in 60+.

Boston Marathon Times, April 16: Kevin Lewis, 3:00:20; Bill Hoffman, 3:16:50; Bob Marston, 3:42:58; Dr. Fallon Davis, 3:46:17; Dan Bartell, 3:46:50; Dr. Van Davis, 4:56:45, and Charlotte Veazey Davis, 4:56:45.

Petit Jean 10K, April 21: Roy Drew, 38:16, 2nd in 40:44; Bobby Tiner, 42:50, 3rd in 45-49; and Hayes McKinnie, 39:11, 1st in 55+.

10th Annual Women's Run 5K, April 28: Lisa Thoreson, 19:41, and Carla Branch, 20:22, 4th and 5th overall; Stephanie Wesson, 27:22, and Kate Spradley, 33:26, 2nd and 3rd in 15-19; Karen Pickett, 21:53, and Carol Torrey, 21:59, 2nd and 3rd in 35-39; Lou Wintroath, 25:39, and Coreen Frasier, 25:44, 2nd and 3rd in 45-49; Shirley Acchione, 25:24, 1st in 50-54; and Rosalind Abernathy, 30:51, 1st in 60+.

Pam Seymour Jones, a former Club member now living in Atlanta, and her husband Neal are the parents of a son born April 30. William Scott Jones weighed 6 lb. 11 oz. and was 20 inches long.

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

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Editor
LRRC President
President-Elect
Secretary
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Service Award Point System

Club president	100
Pepsi race director	100
Newsletter editor	100
Club treasurer	100
Club timing equipment manager	100
Sponsor five new Club members	100
Club member present program	100
Club board member	50
Club-sponsored race director	50
Pepsi committee chairman	50
Club officer	30
Club-sponsored race committee chairman	30
Help with Club-sponsored race	20
Sponsor fun run (more than 10 miles)	20
Sponsor fun run (less than 10 miles)	10
Sponsor new Club member	10
Write newsletter article	10

Two Endurance Races set for June 15-16

A fun and exciting 12-hour team relay called the **Dusk 'Til Dawn Relay** will be held June 15-16 at the North Little Rock Ole Main High School Track. Each participant is encouraged to raise sponsorships of at least \$100 to benefit the American Cancer Society.

The race will begin at 7 p.m. June 15 and continue until 7 a.m. June 16. Individuals and teams of runners or walkers from businesses, hospitals, schools and other organizations will participate. Teams are encouraged to stay at the track, camping out in tents or motor homes/campers. One participant from each team is required to be on the track at all times. Thirty minute shifts are recommended.

All participants will receive an official Dusk 'Til Dawn Relay T-shirt. The team raising the most money will receive a team dinner at Mexico Chiquito. The team running the most laps will take possession of the Dusk 'Til Dawn Revolving Trophy. Individuals will receive various prizes for raising given amounts of money. Door prizes will be awarded at the top of each hour.

The goal is to have 20 teams and \$1,000 per team for a total of \$20,000 for the Cancer Society.

For more information contact Mark Moore, Relay Chairman, at 371-7496 (work) or 666-3774 (home); or contact the American Cancer Society at 666-5409.

After you finish the relay June 16 you might want to hurry on to Jonesboro for the **Ridgerunner Triathlon** at 8 a.m. It is a 1/2 mile swim, 13-mile bike ride and a 3.6 mile run. The triathlon is sponsored by the Crowley's Ridge Cross Trainers. For more information contact Ron McDaniel, Box 1943, Jonesboro 72403, or call him at 935-3968.

For LRRC fun run information call 377-1653.

Upcoming Races

May

- 12 — Hot Spring County Memorial Hospital 5K in Malvern.
- 12 — Cleburne County Memorial Hospital 5K in Heber Springs. Call 362-3121.
- 12 — Timberfest 5K in Sheridan. Call 942-4832.
- 12 — Catfish Flip-Flop 5K at Eudora in connection with the Catfish Festival. Call 355-8428.
- 12 — Steamboat Days 5K in Des Arc.
- 12 — Lions Club 10K in Blytheville. Call 763-4443.
- 13 — Fort Smith 12K* in downtown Fort Smith. Prize money. Call 782-8143.
- 19 — Pulaski County Special School District Wellness 5K on the Riverdale Course in Little Rock. Call Brad Hanson at 834-2950.
- 19 — Jose's Chili Pepper Run, a Northwest Arkansas Grand Prix Race. Call 521-0337.
- 19 — Second Chance for Life 5K in Bryant, administered by the Saline County Striders. Call 847-8648.
- 19 — Mental Health 5K on the Bona Dea Trail in Russellville. Call 327-8950.
- 26 — First Commercial Bank/Riverfest 8K* in downtown Little Rock. Call 371-6683.
- 26 — The 22nd Roadrunner Marathon in Gage, Oklahoma. Also a 10K and 5K. Call 405-923-7727.

June

- 2 — The 10th Lum and Abner 5K in downtown Mena in connection with Lum & Abner Days. Call 394-4062.
- 2 — Kersh Wellness 10K at the Dardanelle Lock & Dam. Call 968-3050.

* denotes Arkansas RRCA/TAC Grand Prix IX series race and state championship race for that distance.

Dear Friends,

Thank you, for Floyd, Stephen Jacob (grandson) and myself. We had a great time at the 1990 Pepsi 10K.

It is hard to imagine the hard work and long hours of preparation for a race with more than twelve times the number of participants in our locally held race. We appreciate your every effort.

Thanks again.

Sincerely,

Joan G. Glenn

(Editor's Note: Joan and Floyd Glenn are members of the Riceland Roadrunners who for the past 10 years have put on one of the finest races in the state — The Duck Run 10K — with only a handful of active members.)

Runners of the Year



Photo by Bonnie Brandsgaard

Left to right: Jim Stanley, Jack Evans, Linda Stribling, P. J. Diesing and Ray Bailey.