

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 1990

Confessions and Observations Made at 20K

by Bonnie Brandsgaard, LRRC President

After confessing in October to the running world — is there any other — that my base had dropped to zero, I sent in my application for the 20K in Benton. Does that confirm all you've suspected and were to polite to ask? I blame it all on my coach and trainer, John Honey. Remember, he did White Rock by only running on weekends and what a victory for the back of the packers when he crossed the finish line.

On to Benton, I showed up race day in my Birkenstock sandals, setting off an alarm by reminding some ol' running buddies of mine of the time I forgot my shoes at Healthfest. No, I assured them, they ARE in the car. I just like driving in those sandals. Some believed me and some didn't.

Up the little hill to the starting line, I had to pass by the front runners who had been warming up and in position for at least 10 minutes as I pinned on my number. I stuffed into my very special Pike's Peak Society white cotton gloves the gum and candy that was enclosed in the race packet and headed for the back of the pack.

On the sidelines, I saw my dear friend Gary Tidwell who was there to work the finish line. He cheered me on, making me glad I made it.

Seeking familiar faces I started the race with Y.T., Alberto Bumble and his neighbor, Jean. Y.T. disappeared from us up the first hill and Alberto waited to leave us at the edge of town.

Jean and I settled into a steady pace that allows for an exchange of history. Our observations of the day: cool-ideal-for-running weather, pretty yellow house with brick porch, lovely river crossing, open field with cattle, flowers still blooming in Arkansas' autumn.

Suddenly, the Bambi movie set met Godzilla, except "he" was a cop car. I've been tailgated on I-630 on the way to work, but never on foot for 12 miles. We moved over, encouraged him to go on, and even mentioned that the car exhaust was a bit much on the ol' lungs. This guy probably meant well, but the sound of a car motor in our ears right behind us set off our runner's red light alert: jump in the ditch, move out of the way, get on the sidewalk.

At one point, Jean and I decided to walk and moved over to the shoulder of the road to let him drive away from us. Bad idea. Jean hit loose gravel and went down. However, we were only at mile four so she kept going and worked out the soreness.

About that time the fast runners were starting to lap us. Zooming along, they were also enjoying a cop car escort. Just as Tom Aspel of Russellville drew near, a man in a pickup (sound

familiar) passed the cop car and then gunned his motor to scare Tom out of the way. I screamed because Tom was concentrating and not paying that much attention to the "controlled" traffic. My scream and probably the sound of the truck motor caused Tom to jump out of the guy's way just in time.

Our escort stopped the guy who said he was looking in his rearview mirror. That's not exactly what I observed, and I'm sorry the fellow, at least, didn't receive a reckless driving ticket. However, he went on his way and we ours. I started paraphrasing Shakespeare's Shylock: "Does not a runner weep? Does not a runner bleed?"

The next mile or two was spent huffing and puffing up and down those hills to the turn-around, recounting the near hits we had experienced over the years. Somewhat like "poor" stories. Just how close was that car?

At mile seven we met a young man who is the 14-year-old cousin of Rachel Woodard. (Rachel received a heart transplant this past summer.) He told us that he had run a 10K but his knee was beginning to hurt. I gave my bubblegum to him and my only good running advice: run down the hills, walk up. Jean and I enjoyed the candy. (Thanks, ARORA, we needed it.) And, guess what, we met mentor John Honey. He was in good spirits and told us the rest of the run was "just back to town."

The best part of the last third of the run was the track. Jean and I were ready for some serious sitting and resting. She joined Alberto for the return trip to Little Rock and I perched on a bench in hopes of winning the trip to Dallas. Did not. Just as well. I'd probably get down there and do something crazy and then blame it all on John Honey.

November 15 is the next regular LRRC meeting date at 7 p.m. in the Center for Health Education at St. Vincent Infirmary Medical Center. It will also be our last meeting there. If you have a suggestion for a meeting place (your church, office, etc.) please call Jack Evans at 223-8999.

To encourage runners and walkers—whether you are a Club member or not—to attend the LRRC meetings, the officers voted to award every member five points toward the 100 points needed for the end-of-the-year award. Last year's award was a sweat suit with the Club logo. Each year the Club rewards the members who work the races, serve as an officer, etc.

If you would like to suggest this year's award, please give the Brandsgaards' answering machine a call at 224-5470.

The Christmas potluck will be December 14 at 6 p.m. at Betty Ray's house, 5 Brookridge Cove, Little Rock.

The Ultra Corner

by Harley Peyton

On October 26 Lou and I piled into Nick Williams' van and headed for Lynchburg, Virginia. We were his crew for the Mountain Masochists 50-mile Trail Run. This race is billed as the best organized race in the East. David Horton, former Arkie resident from Conway, is race director. David tied for first at Bill Laster's Ouachita Trail 50 in the spring and brought a van load of Virginians to Little Rock. We thought it would be nice to reciprocate. Nick finished the run in 10:47:02.

Ultra Trail Series Update — Bastille Day Run, 22 miles. A historical run, a historical day. As a student we are taught that history repeats itself. Wise men learn from this lesson. Most of you won't remember, but at last year's run from the same location the same identical thing happened. Specifically, Buddy Ritter marked the course and set out water the night before. As a backup, he went out before the race and found the water was gone and the markings erased. Luckily, he was able to remark the course before the start.

On the Bastille Run, I took for granted that we had set the aid and marks so late and would start so early that we would be in good shape. Wrong! Someone followed behind us and took the water and rerouted the course. I give them an A+ for ingenuity. The newspaper stated that the run was a "bust." My counter is that it was a "blast." My route was the easiest most direct line to the turnaround. The falsely marked route was, as you might say, scenic.

Congratulations to Little Rock Roadrunners Club president-elect Jack Evans for his first place finish. My admiration goes to the 19 finishers. Some finishers ran 22 miles; some ran probably 30. All had a joyful time. In trail running, one of the joys is in finding and staying on the trail. In closing, a lesson was learned. On this type of trail run we will do a better job of guarding the route.

There are two trail runs coming up in December. The first one is December 8 at 7 a.m., the 10-9-10 Run on the Ouachita Trail. It starts on Highway 10 and goes to the turnaround on Highway 9, where water will be provided. Be forewarned that this section is well marked but crisscrossed with logging roads. The Ouachita Trail follows the logging roads for "short distances" only, and if you are careless you'll stray. Always follow the blue Ouachita Trail markings. You should be able to see "blue" ahead or behind you at all times. If not, go back to your last sighting. This is one of my favorite sections of the Ouachita Trail, lots of variety. As usual, there is no registration and no entry fee for the trail series. First timers are always welcome. Directions: Follow Highway 10 approximately 18 miles from the I-430 overpass to the Lake Maumelle picnic area on the right. This is just before the last bridge crossing the west end of Lake Maumelle.

On December 15 there is an 8.5 mile trail run in the Albert Pike Recreation Area of the Ouachita National Forest near Glenwood. Call Rod Parker at 501-342-9248 for details.

Bill Laster is going to host the Bear Run on January 1, 1991. It will be 25 miles of log roads from Williams Junction (Highways 10 and 9 intersection) to Pinnacle Mountain. Call Bill at 666-6621.

The Great Wall of China Run will be a 20-miler held January 12, 1991, on forest service roads. Call Nick, 225-5557, or Charley, 225-6609, for more information.

Results of the Bastille Day Run are:

1.	Jack Evans	3:34:40
2.	Steve Tilley	3:38:31
	Ernie Peters	3:38:31
3.	Van Davis	3:39:08
4.	Nick Williams	3:55:06
	Allan Morton	3:55:06
5.	Bob Torvestad	4:17:45
6.	Karen Mulkey	4:18:18
7.	Lee Muncy	4:20:23
8.	Charlotte Davis	4:33:02
9.	Pat Torvestad	4:34:10
10.	Sam Hardcastle	4:40:15
	James Hicks	4:40:15
11.	Sam Slug	4:47:48
12.	Tricia O'Dwyer	4:48:35
13.	Ken Millar	4:50:52
14.	Jim Sweatt	4:50:54
15.	Donna Hardcastle	4:54:03
16.	Steve Eubanks	5:03:08

Upcoming Races

November 10:

Mountain Valley Water 10K, two-mile fun run and Spa Squirrel for kids in Hot Springs. Call 321-1700.

Trail of Tears 10K at the fire station in Marion at 9 a.m. Call 739-4416.

November 11:

Fayetteville Turkey Trot 5-miler. Call 855-2806.

November 17:

Red Cross Turkey Trot 7K at 9 a.m. at Maumelle Community Center. Call 666-0351, ext. 289.

November 22:

YMCA Thanksgiving Day 10K at 8:30 a.m. in Riverdale. Call 372-5421.

November 24:

11th Great Duck Race 10K in Stuttgart. Call 673-7516.
Lamar High School Band Boosters 5K at 8:30 a.m. Call 885-6616.

December 2:

21st White Rock Marathon in Dallas. Call 214-526-5318.

December 8:

"Give It Your Heart and Sole," United Medical's 10K run for Spina Bifida at 8 a.m. on Camp Robinson's TAC-certified course. \$1,000 in prize money. Call 238-7368, 227-0900, or 224-2300.

Several Names Added to Club Membership Roster

by Yvonne Thompson

Joe Whillock is certainly no stranger to the Arkansas sports scene. This amazing gentleman not only competes as a runner, but is also a triathlete and holds national ranking in biathlon conditions as well. Joe is 47 years old and he and his wife, Dianne, are the parents of Angela, 17, and Tolly, 13. When not engaged in athletic endeavors, Joe is employed as a firefighter. He has been running for 12 years and runs 20-24 miles per week at a 6:30-7:00 pace. Joe prefers to race the 5K but also lists the following PRs for other distances: mile 4:55, 5K 16:05, 10K 33:19, 15K 51:45, 20K 1:08:59, half marathon 1:15, and marathon 2:38. Joe has made the *Triathlon Today* magazine's All-American team the last two years for the biathlon. He has never lost a biathlon in his age division. He made the National Triathlon team this year and competed in the World Triathlon Championship in September, finishing sixth in his age division.

Randy Davidson lives in Maumelle and is assistant manager of a Harvest Foods store. He has been running for eight years and trains 50-70 miles per week. He doesn't race often because he usually has to work weekends. However, he does enjoy doing 10Ks and marathons for which his PRs are 44:05 and 4:05 respectively. Randy is 37 years old, married to Susie (who is a walker) and father of Tracy, 16, and Vickie, 11. In addition to running, Randy also likes to fish and camp. He just completed the Pike's Peak Marathon and during the training period discovered a love for trail running. If you would like to run with Randy, call him at 851-3558.

Shirlye Garner is a registered nurse who is the mother of two adult children, Kevin and Kyle. She is 50 years old, has been running for four years and runs about 15-20 miles per week at a 9:00-9:15 pace. She says she races often in the spring and fall, preferring the 5K and 10K distances. Her PRs are 5K 23:44, 10K 49:13, and marathon 4:30. Shirlye says she also enjoys sewing, cooking, canoeing, rafting and water and snow skiing. If you live in the Otter Creek area and would like to run with her in the evening, give her a call at 455-3261. Shirlye also mentions that she drives to Hot Springs to work so she is only available to run in the evening.

Bruce Campbell, 42, is also a registered nurse who has been running for 11 years. He trains 25-50 miles per week at a 7:30-8:30 pace. Bruce states he enters races frequently but questions whether his performance could actually be called racing. How-

ever, his PRs definitely give an affirmative answer. They are 21:00 5K, 42:00 10K and 3:45 marathon. Bruce is married to Martha, a former runner, and they have two children, Michael, 7, and Carrie Jo, 5. In addition to running, Bruce lists the following interests: reading, all sports, hiking, and spending time with his family.

Jerry Blouin has been running for six years and trains 40 miles per week at an 8:30 pace. He states he does not race often, but prefers 15K or longer distances. He lists PRs of 19:41 5K and 42:40 10K. Jerry is 43 years old and he and his wife Sandy are the parents of five-year-old Matthew. He is the executive director of Baptist Medical Systems HMO and also enjoys golf, hiking and camping. Jerry also was a member of the 1990 Arkansas Pike's Peak Marathon expedition and has recently joined the Sunday morning Andy's Fun Run and Breakfast Group.

Michael Storey, 41, began power walking after a bout with pneumonia last Christmas. His illness got him a jump on a lifelong weight problem that was aided and abetted by 20 years of sedentary lifestyle and a job in front of a computer as associate editor for art and graphics for the Arkansas Democrat. His wife, Celia, helped him start a classic beginner's run/walk program that has seen him shed 30 pounds so far. Michael says he does a four-mile loop at the river on a daily basis with a PR of 46:54:02 and has his sights set on that first 10-minute mile. After two years as support crew for Celia at Pike's Peak, he hopes to drop an additional 20 pounds and make the ascent next year. He says, "Now I can start on my own T-shirt collection!"

Another "Golden Shoe"

The Golden Shoe Award of *Runners' World* magazine will be presented in January to Ken Ropp for all of this time and consideration in starting and coordinating the annual trip of the Arkansas Pike's Peak Marathon Society. Runners from this past year's trip filled three big buses and several vans. Each year the group grows and so does Ken's efforts. What a guy! What a trip!

The other Arkansan to receive the Golden Shoe Award was Paul Johnson, who is Arkansas' favorite running writer, even though his back has restricted him to walking for now. All across the state, runners and walkers and admirers alike collected Gallooming Gourmand columns until — alas — it became part of progress. Where have all those wonderful stories about running in the dark, running in the heat, and just plain ol' running gone?

Editor's Note: Paul's column reappeared in the Arkansas Gazette Sunday, October 28, after the October 25 deadline for the above copy, which was written by Bonnie Brandsgaard.

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Bonnie Brandsgaard	LRRC President
Jack Evans	President-Elect
Gary Tidwell	Secretary
Betty Ray	Treasurer

Club Members Post Winning Times at Recent Races

Artspre 5K at Stuttgart, September 29: Male, David Allen, 16:49, 2nd in 25-29; David Williams, 16:39, and Roy Drew, 18:02, 1st and 2nd in 40-44; Don Potter, 18:12, 1st in 50-54; Hayes McKinnie, 18:56, and Michael Dwyer, 27:55, 1st and 3rd in 55-59, and Floyd Glenn, 26:55, 1st in 65-69. Female, Barbara Hildebrand, 19:20, 1st overall; Lisa Allen, 22:12, and Cheryl Potter, 23:24, 1st and 2nd in 25-29; Jennifer Drew, 22:31, 2nd in 40-44, and Joan Glenn, 1st in 65-69.

Minuteman 5K, October 6: (Times unavailable) Male, Thomas Frame, 2nd in 10 & under; Bill Harrell, 1st in 35-39; Bobby Tiner, 1st in 45-49; Billy McKelvey, 1st in 55-59; Bill Hoffman and Earl Guyer, 1st and 2nd in 60+. Female, Toni Butler, 3rd in 40-44; P. J. Diesing, 1st in 50-54; Marlene Guyer, 1st in 55-59; and Martha McKelvey, 1st in 60+.

Minuteman October 6: Wheelchair, Marty Johnson; Male, Brian Frame, 1st in 10 & under; Tim Brotherton, 1st in 35-39; Roy Drew and David Williams, 1st and 3rd in 40-44; Don Potter, Robert Hopkins and Arthur Kerns, 1st, 2nd and 3rd in 50-54; Hayes McKinnie, 1st in 55-59; and Don Banker, 1st in 60+. Female, Carol Torrey and Mona Mizell, 1st and 3rd in 35-35; Jennifer Drew and Linda Stribling, 1st and 3rd in 40-44; and Lou Wintroath, 2nd in 45-49.

Calvary Baptist 5K, October 13: Male, John Gross, 16:07, and Jack Evans, 17:28.7, 1st and 3rd overall; Jon Moore, 18:03.6, 2nd in 30-34; Bill Harrell, 18:45.3, 3rd in 35-39; Tom Barron, 22:22.4, 2nd in 40-44; John Baker, 19:42, 2nd in 45-49; Arthur Kerns, 18:53.4, and Dale Wintroath, 21:25.4, 1st and 2nd in 50-54; Billy McKelvey, 19:53.7, and Carl Northcutt, 26:53.9, 1st and 2nd in 55-59. Female, June Barron, 22:39, 3rd overall; and Martha McKelvey, 31:41.5, 1st in 60+.

Octoberfest Fast 5K in Hot Springs, October 13: Male, Gary Wade and Fred Klinge, 15:31, tie for 1st overall; Mark Moore, 16:05, 1st in 20-24; David Allen, 17:01, 2nd in 25-29; Bill Torrey, 16:56, 2nd in 35-39; Roy Drew, 17:58, 1st in 40-44; Joe Whillock, 17:02, Paul Krause, 17:48, and Kurt Truax, 1st, 2nd and 3rd in 45-49; Don Cave, 17:20, and Don Potter, 18:09, 1st and 2nd in 50-54; Hayes McKinnie, 19:26, 1st in 55-59; Bill Hoffman, 19:24, Don Banker, 21:40, and Earl Guyer, 22:04, 1st, 2nd and 3rd in 60-64; Nash Abrams, 22:34, 1st in 65-69; and Wheelchair, Marty Johnson, 17:43.61. Female, Carla Branch, 19:45, 2nd overall; Gloria Guyer, 22:24, and Lisa Allen, 22:24, 1st and 2nd in 25-29; Patricia O'Dwyer, 20:30, and Carol Torrey, 21:13, 1st and 2nd in 35-39; and Marlene Guyer, 30:55, 2nd in 55-59.

Arkansas 20K at Benton, October 20: Male, Gary Wade, 1:05:55, and Fred Klinge, 1:05:58, 1st and 2nd overall; Mark Moore, 1:11:33, 2nd in 20-24; Johnny Gross, 1:09:15, 2nd in 25-29; Bill Torrey, 1:12:31, 2nd in 35-39; Randy Taylor, 1:12:33, David Williams, 1:14:42, and Roy Drew, 1:19:03, 1st, 2nd and 3rd in 40-44; Paul Krause, 1:17:18 and Kurt Truax, 1:21:03, 1st and 2nd in 45-49; Don Cave, 1:19:48, and Robert Hopkins, 1:20:22, 2nd and 3rd in 50-54; Hayes McKinnie, 1:24:28, 1st in 55-59; Bill Hoffman, 1:25:17, and Don Banker, 1:43:28, 1st and 2nd in 60-64; and Nash Abrams, 1:51:43, 2nd in 65+. Female,

Lisa Thoreson, 1:25:01, 3rd overall; Christy Henson, 1:43:26, 1st in 14 and under; Carla Branch, 1:27:08, Patricia O'Dwyer, 1:29:10, and Carol Torrey, 1:32:19, 1st, 2nd and 3rd in 35-39; Donna Cave, 1:38:41, 3rd in 40-44; and Yvonne Thompson, 1:43:53, 3rd in 45-49.

Girl Scout 5K, October 20: Mike Dwyer, 27:11, 2nd in 55-59; and Michael Storey finished his first 5K at this race.

Senior Olympics: Mike Dwyer won silvers for the discus and the 800-meter run, and bronzes for the 5K, 1500 meter run, high jump, shot put and running long jump.

Editor's Note: Bill Harrell compiles these times from the race results that appear in the daily newspapers. He wants any and all results, whether you win a trophy or not. If you enter a race, call him at 225-1050 and tell him about it. If he does not answer, tell his answering machine.

Healthfest Finally Here

Hot Dog! Healthfest is finally here! Starting on Friday, November 9, at 11:30 a.m. you can join the bikers at the state Highway Department on I-30 (exit 130) to do the Half Century Bike Ride. The entry fee is \$5 and all money collected will be contributed to Arkansas Children's Hospital.

You must wear a helmet. Water stops will be along the route and sag wagons will be available. A shuttle service is also available for a nominal fee and advance notice by calling Steve Pakis at 623-7561.

Friday night, starting at 7:30 p.m., the Welcome Banquet will kick off the weekend with Little Rock Road Runners' favorite emcee Van Davis and, of course, mounds of pastas, salads, breads, and desserts. During the evening, the first inductees into the Arkansas Roadrunners Hall of Fame will be presented. They are Henry Hawk, Bill Hoffman, Max Hooper, Lou Peyton, Randy Taylor and Paul Johnson.

On Saturday morning, runners have two options this year: The Mountain Valley Water 10K or the 2.75 mile run/walk. At 11 a.m., children 12 years old and under can participate in the Spa Squirt.

The rest of the day offers serious bike racing, a masters swim meet, tennis tournament and aerobic competition.

Starting at 8 p.m. the All Sports Party will begin. This year's Saturday night dance will feature Memphis disc jockey Alex Ward and his famous 50s and 60s Pig and Whistle Show, with a rocking night of nostalgic music and slides, the best 80s hits, and hula hoop contest.

For those who did NOT dance the night away, a depletion run begins at 7 a.m. in front of the Arlington. For those who prefer a walk up Hot Springs Mountain, an Inspirational Walk/Run will begin at 7:30 a.m. Scripture and a non-denominational service will be conducted by Angela Graboys.

To register for events write the Greater Hot Springs Chamber of Commerce, Box 6090, Hot Springs National Park, Arkansas 71902. For hotel registration at the Arlington, call 623-7771.

1990 Runners Hall of Fame Inductees Named

by Jim Stanley

Inductees into the 1990 Arkansas Roadrunners Hall of Fame are Henry Hawk, Bill Hoffman, Max Hooper, Lou Peyton and Randy Taylor. Paul Johnson was selected for the Meritorious Service Award for his contribution to the running community. These are all deserving people from a very fine list of nominees. People already nominated will stay on the voting list.

If you would like to nominate someone for 1991 please feel free to do so. They do not have to be members of your club! Also, with your nomination, send a resume with a brief description of their accomplishments. Credentials should include any or all of the items below:

1. Many continuous years of outstanding performance.
 2. Contribution to the advancement of running in the state.
 3. Resident of Arkansas, past or present, who portrays a favorable image of Arkansas runners.
 4. Truly outstanding feats of courage and determination.
- For the service award:
1. Many years of continuous support of running in the state.

2. Resident of Arkansas, past or present, who portrays a favorable image of Arkansas and its runners.

The Arkansas Roadrunners Hall of Fame is an extension of your club. It has no connections with any outside concerns. It operates from donations from your club. Each Arkansas club is represented by members of their club serving on the board. One member has been assigned for each 100 club members. (For example, one to 99 members you have one board member, 100 to 199 you have two members, etc.) This will probably be changed to one per 50 members.

The 1990 presentations will be at the Spa Healthfeast (pre-race banquet), November 9 at the Arlington Hotel. The banquet starts at 7:30 p.m. The 1991 awards will probably be presented at the beginning of the Pepsi awards ceremony in 1991.

Voting board members and their terms are: Dan Bartell, 1995; Ethan Busby, 1994; Martha Green, 1992; Rod Parker, 1993; Pat Penor, 1993; Gary Smith, 1994, and Jim Stanley, 1995. Terms were staggered to insure continuity. Clubs may, of course, select their representatives to succeed themselves.

This is "Comeback Number 492"

by Lou Peyton

Why this title? I don't know except it just seems right. We all know what we do best. Comebacks are what I do best. This one is number 492.

Why do injuries happen? Do we sometimes know when, where, and how we could have avoided certain injuries? Could we have skipped a certain run, not stretched or stretched more, or rested that day instead of taking a hilly run and avoided this or that injury? We will probably never know why these things happen to us or how we could have avoided them because we are human, and humans make mistakes. I do know that Vermont was worth it, if that is what brought on my injury, as Mr. Nick points out to me. However, I don't believe him for a minute. **IT WAS STILL WORTH IT! THAT IS, SINCE I AM RUNNING AGAIN AND THINGS LOOK GOOD FOR THE FUTURE.**

Ole #492 taught me many things but one thing is that there are some compassionate runners out there who share in our down times as well as our victories. It is not over until the fat lady sings, and she hums real loud sometimes.

Comebacks sure are exciting. After an injury we remember the first time we ran to the Little Rock Country Club, or a LRRC fun run, or a race, or Overlook Hill, or back with our pack of running friends again. Most runners, when sidelined with an injury, are planning and scheming a comeback someday, some way. We have those good runs forever ingrained in our minds and the good feeling we received from running before the injury sidelined us.

Does anyone remember Jim Stanley in traction in the hospital

after a freak accident in the snow many years ago. Jim knows the comeback trail well.

Jack Evans has been sidelined as many times as anyone I know and I saw him finish first out of 30 runners in the last Bastille Day Trail Run.

Si Brewer is the only runner I know of who got pinned against a concrete wall by an automobile while talking on a pay phone. Si had a steel pin placed in his upper thigh for months to help his bone heal. Si ran and ran well in his recovery phase of an unusual injury.

Paul Johnson is now up to three miles of walking and I'd wager my newest pair of running shoes that he'll make a comeback from his back injury.

My point is that runners never stop trying as long as there is a running breath in them and as long as they can recall just one good run from the past. We can live a life on the comeback trail because it is worth it.

Nick: VERMONT WAS WORTH IT!

Imber-Clinton Marriage Announced

Ariel Barak Imber, a new Club member, was married October 7 to Miss Annabelle Davis Clinton, an employee of the Chancery Court Judge's Office, 6th Division. Ariel is employed at the Jewish Federation of Arkansas. The couple will live in North Little Rock.