

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 1990

Starting Over from the Back of the Pack, Again

by Bonnie Brandsgaard

Running at the back of the pack for more than a decade has taught me one thing: starting over is no shame. It's no great honor, either, but starting over is "keeping on" and that's what running really means to most of us.

After Pike's Peak I had big plans. As commitments at work and to my family absorbed time away from my daily runs, those plans fizzled. Rather than increasing my mileage, it dropped to its lowest weekly level in some time: zero.

This morning, September 25 (copy deadline for *The Runaround*), I greeted the early morning stars with my dog, Grace, and we started again. The only good part of the entire run was seeing and saying "hi" to Libby Smith and JoEtta Galbraith; the worst, as usual, was the many hills in the neighborhood.

Along with zero mileage, the other half of my Pike's Peak resolution put on hold was to run more with my running buddies. I miss my old running friends, such as Alberto Bumbles, and I'd like to see my new ones (Pike's Peak Pals). Come back to the back of the pack, Shane. There's plenty of room to tell jokes and complain about your aches and pains. We've even been known to walk when someone requests it.

Also, the back of the pack offers plenty of room for new runners. I want to encourage anyone who is considering a fun run for the first time to join the Andy's crowd one Sunday. According to Paul Johnson, when I first showed up for fun runs I didn't make a peep for a couple of weeks. However, not in any defense either, I truly don't ever remember running with others without talking!

Although talking while running builds friendships, it also moves you toward those physical goals: strengthening lungs and building a mileage base. Except when we first started running—with two loooong trips around the track—runners needed to support each other during runs. Some of my favorite memories of the great outdoors are tied to my running buddies and what we discussed.

Early on, those discussions got us into adventures we would have never considered individually, such as the Booneville Marathon, which I don't highly recommend eight years later. However, training for it gave me a solid base for friendships through the stories we swapped as we logged in the miles.

By "visiting" while running, we evolve toward goals that keep us in shape—from Officer Bob's 5K to Bill Laster's 232 miles on the Ouachita Trail. Join up with friends, find a goal, and do it!

LRRC, ARK Join Forces for Mile Race; Historic 10K Coming Up

by Bill Torrey

On September 15 a joint venture by the Little Rock Roadrunners Club and Arkansas Running Klub resulted in a successful one mile road race. While the numbers were small, everyone that helped and ran had a really good time. Hopefully, the Riverfront Mile will become an annual event.

There are many people to thank for the success, so I want to thank everyone involved, especially Roy and Mary Hayward, Dawson Mase, Kathleen McComber and the Spa Pacers. As a member of the LRRC, and a new member of the ARK, I know what great people we have in the running community.

It is with that statement that I have to call on the generosity of my fellow runners to support another race. The Historic 10K has been a fall race in downtown the last two years. It returns again this fall, November 3, but will be located on the old Riverdale course. The March of Dimes puts on the race to raise money. In the past, the money has come from the sponsors they sign up. Last year's race was a success but due to the high cost of the

police and the difficulty with CAT over the course layout, the race had to be moved.

The Roadrunners have donated the Club equipment and handled the finish line and results. The Club has agreed to help again this year and volunteers are needed. If anyone is interested, please call me at 227-6252.

Also, we need people to run the race. Other than a sharp turn this can be one of the fastest race courses in the state. Since it is flat it is a good course for those people who run a minimum amount of miles and like an easy run. It could also be used as a tune-up race for the Spa 10K in Hot Springs the next weekend.

Please contact me if you are interested or have any questions about the race.

The regular monthly meeting of the Little Rock Roadrunners Club will be held at 7 p.m. October 18 in the Center for Health Education at St. Vincent Infirmiry Medical Center. The program will be a fashion show of running attire.

The Ultra Corner

by Harley Peyton

The Winona 50K has history. For those who wanted to run and were possibly frightened off by the heat or thunderstorms, you missed your chance at a really classic ultra course. Fast and challenging. For those of you who have not visited the Winona area, it's hard to believe that there is a place so close to Little Rock that appears unspoiled and free from urban congestion. We'll plan it again next year.

The results are:

Male		Female	
1. Johnny Gross	3:37:50	1. Patricia O'Dwyer	5:12:14
2. Tom Aspel	4:06:14	2. Pat Torvestad	5:37
3. Eddie Mulkey	4:28:27	3. Ivy Harrison	5:44:10
4. Jim Sweatt	4:55:38	4. Charlotte Davis	6:04:43
5. Van Davis	5:32:08	5. Donna Hardcastle	6:06
6. Bob Galbraith	5:32:08	6. Joan Carleton	6:15
7. Sam Slug	5:39:31	7. Carol Matthew	6:15
8. Drew Mashburn	5:59:00	8. Irene Johnson	6:44:22
9. Sam Hardcastle	6:06	9. Sandy Venable	6:44:22
10. Nick Williams	6:15	10. Tanya Perry	7:26
11. Steve Eubanks	7:28:00	11. Mary Clendaniel	8:48

The next two races are:

Bastille Day Run, October 6, 6:30 a.m. Approximately 22 miles. Follow Highway 10 for approximately 10 miles from I-430 to the forest service trailer on the left. Park there. This run has never been attempted. It will include approximately four miles of gentle power line trails. Aid will be provided at the turnaround.

Autumn Classic, November 3, 7 a.m. 28 miles on the Ouachita Trail. Follow Highway 10 to Highway 9. Continue on Highway 10 until you see a Lake Sylvia Recreation Area sign. Turn left and follow that road to Lake Sylvia State Park. There will be a parking area where the Ouachita Trail crosses this road just past Lake Sylvia. This is the start/finish.

Remember, to enter the trail series all you have to do is show up. No entry fee; no registration.

The point leaders in the Ultra Trail Series to date are:

Female (23 runners)		Male (48 runners)	
1. Trish O'Dwyer	145	1. John Gross	140
2. Pat Torvestad	95	2. Tom Aspel	90
3. Barbara Hildebrand	45	3. Eddie Mulkey	70
4. Karen Mulkey	40	4. Ken Gould	55
5. Charlotte Davis	35	5. Jim Sweatt	42
6. Donna Hardcastle	35	6. Stephen Tucker	30
7. Irene Johnson	33	7. Steve Tilley	25
8. Lou Peyton	30	8. Bill Torrey	20
9. Pam Wynn	30	9. Bob Galbraith	19.5
10. Ivy Harrison	30	10. Van Davis	18.5

Riverfront Mile Results

by Roy Hayward, ARK President

On Saturday, September 15 the Little Rock Roadrunners Club and the Arkansas Running Klub held their first joint race. Thirty-four runners participated in The Riverfront Mile, a TAC certified, fast and flat out-and-back race held on Riverfront Drive in North Little Rock. The Little Rock Roadrunners Club provided the Chronomix and giant display clock for the finish line. Club members and families from both clubs helped make the race a success. The clubs and volunteers provided food for everyone, barricaded the course from vehicular traffic, and called splits at 1/4, 1/2, and 3/4 miles, as well as the finish times.

The ARK folks came through again, along with the LRRC. We all did an excellent job. Thanks go out to our race director, Bill Torrey, and to all of our generous volunteers.

Thanks, also to our mile coach, John Pankey (second place in the open men's division with 4:40), for his expert advice and training tips. Half of the runners who took advantage of his training set personal records at the Riverfront Mile. Unfortunately, I was in the other half.

Here are the results:

Open Male		Open Female	
Danny Mann	4:30	Amelia Ingersoll	5:31
John Pankey	4:40	Lesia Allen	6:22
Courtney Garland	4:48		
Keith Brown	4:53	Submasters Female	
David Allen	4:54	30-39	
Alan Babcock	4:59	Barbara Hildebrand	5:42
Fred Reddoch	5:53	Karen DiPippa	6:21
Kenneth Kirtland	5:55	Carol Torrey	6:35
Jerry Ingersoll	6:13		
Submasters Male		Masters Female	
30-39		40-49	
Rick Wilson	5:10	Nita Copeland	6:07
Mark Hartnett	5:20	Mary Hayward	8:27
Mike Carter	5:22		
Bill Harrell	5:40		
Jerald Garner	6:13		
Greg Hut	6:49		
Masters Male			
40-49			
David Williams	4:49		
Ken Gould	5:01		
Jack Evans	5:08		
Charles Smith	5:16		
Mark Spradley	5:22		
Robert Meech	5:23		
Roy Hayward	5:30		
Wayne Thompson	5:39		
Robert Rainwater	5:40		
Ron Landen	5:55		
Senior Masters Male			
50-59			
Arthur Kerns	5:31		
Fred Schmidt	6:20		

Several Names Added to Club Membership Roster

by Yvonne Thompson

Buzz Heaston is a 42-year-old computer software development manager who has been running 5-6 years. He and wife Ann are the parents of 15-year-old Brett. Buzz runs 20 miles per week at a nine minute pace. He races 4-5 times a year and prefers the 10K distance. The following are his PRs: 5K 23:01, 4 miles 31:08, and 10K 48:18. Buzz is presently planning to make Dallas White Rock in December his first marathon. In addition to running, Buzz also enjoys tennis and sailing. If you live in the Pleasant Valley area and would like to meet Buzz at 5-6 a.m., call him at 227-4371.

Lesa and David Allen are a young couple who have recently joined the running community. Lesa is 28 years old and is employed as a medical secretary. She has been running since April 1989 and logs about 25-30 miles per week. She races almost every weekend, preferring the 5K and 8K distances. Her PR's are 22:36 5K and 40:16 8K. Lesa says she also enjoys camping, water skiing, sightseeing and fishing. She also mentions that she really enjoys the friendly runners she meets at the races and is looking forward to her first 10K this fall.

Husband **David**, 29, says he has been running for 14 months. He trains about 40-55 miles per week at a 6-7 minute pace. David also races about every weekend and submits these PRs: 17:18 5K, 37:50 10K, and 29:00 8K. If you would like to run with him either morning or evening, call 664-6679. David's other interests are fishing, biking, hiking, hunting, water skiing and reading. He is presently working toward adding a degree in surveying to the one he already has in business. David states he really enjoys competition and would appreciate any advice on how to break 17:00 in a 5K. (Mark Spradley, do you think the Break 40 Club could help?)

Paul Abdella lives in El Dorado and has been running since 1968. This 47-year-old gentleman is a bank investment broker and father of 16-year-old Amy. He states he runs about 16 miles per week at an 9:00 pace. He doesn't race often but has completed a 3:54 marathon. Paul lists travel, Razorback football and reading as his other interests. He runs the New York City Marathon every year. He would like someone to run with him in the mornings. If you live in the El Dorado area call him at 862-6989.

Race Results for Club Members from Recent Races, Triathlons

DeValls Bluff River Run 5K, September 8: Female: Carol Torrey, 21:09 1st overall; Cheryl Potter, 23:46, 1st in 20-29; and Martha McKelvey, 31:32, 2nd in 50+. Male: Bill Torrey, 16:50, 1st in 30-39; Don Potter, 18:32, and Bill McKelvey, 20:01, 2nd and 3rd in 50-59.

Central Arkansas Hospital Tri-Searcy Triathlon, September 8: Joe Whillock, 1:03:12, 1st in 40-54 male.

Johnson County 4-H 4K Fun Run, September 8: Lou Wintroath, 20:24, 1st in 41-55 female.

Owens Road Mile, September 8: David Allen, 4:44.9, 4th in male open; David Williams, 4:40.5, 1st in male master's (old record 4:53.0); and Tom Barron, 5:48.7, 9th, male master's; and Lesa Allen, 8th in female open.

Bluesman Triathlon, September 15: Kathy Lindstrom,

1:35:50, and Lisa Thoreson, 1:36:04, 2nd and 3rd overall female; Carla Branch, 1:36:55, and Patricia O'Dwyer, 1:56:27, 1st and 2nd in 35-39 female; and Kurt Truax, 1:31:05, 1st in 45-49 male.

Caddo River 15K, September 29: Male: Rodney Rothoff, 50:12, Gary Wade, 50:24, and Johnny Gross, 50:57, 1st, 2nd and 3rd overall; Marty Johnson, 53:48, 1st wheelchair; Fred Klinge, 51:16, Jim Sweatt, 1:03:15, and Bruce Mendelson, 1:05:16, 1st, 7th and 9th in 30-34; Bill Torrey, 54:58, Tim Brotherton, 59:29, and Carl Cerniglia, 1:01:43, 2nd, 5th and 7th in 35-39; David Williams, 54:28, Randy Taylor, 54:43, and Steve Sipes, 55:21, 1st, 2nd and 3rd in 40-44; Joe Whillock, 54:54, Paul Krause, 59:46, Kurt Truax, 1:01:50, David Samuel, 1:11:50, 1st, 2nd, 4th, and 8th in 45-49; Don Cave, 58:54, Robert Hopkins, 1:00:44, Don Potter, and 1:02:29, 2nd, 3rd and 4th in 50-54; Hayes McKinnie, 1:01:34, 1st in 55-59; and Bill Hoffman, 1:05:30, and Don Banker, 1:14:56, 1st and 3rd in 60-64. Female: Lisa Thoreson, 1:04:25, 3rd overall; Christy Henson, 1:18:24, 1st in under 19; June Barron, 1:21:06, 3rd in 30-34; Carla Branch, 1:08:06, Carol Torrey, 1:12:48, and Donna Hardcastle, 1:29:42, 1st, 2nd, and 6th in 35-39; Donna Cave, 1:22:54, 6th in 40-44.

Sports Attic 5K, September 29: David Allen, 17:23, 2nd overall male, and Lesa Allen, 23:09, 2nd in female 20-39.

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'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.

The loneliness of the long-distance support crew

Or, how to handle Pikes Peak from the Silver Saddle hot tub

By Michael Storey

Team chief, 1989, 1990 Team Storey

"They also serve who only stand and wait."

- John Milton

On His Blindness

So there you are contentedly watching thirtysomething or The Simpsons when your loved one announces she has decided to run the Pikes Peak Marathon again this year and, of course, you will just love to be her support crew. No big deal, right? Wrong, overpronation breath. Life as you know it is about to change, but I'm here to help you. Follow my example and you will survive. Learn it. Know it. Live it.

If you're going to do this thing right, you should begin your training at the same time the family runner starts hers (wives: please substitute gender specific pronouns from here on). Remember, anybody can call himself a support crew, but it takes a special person to do the job well. Your primary function will be to remove from your runner's mind all those little mundane and taxing worries and cares that interfere with concentrating on the ultimate goal: Making it up (or up and down) Pikes Peak without dying. Pikes Peak is America's ultimate support crew challenge, but you can do it.

I'm a firm believer in planning. Since Celia had different work hours this year than last, I hoped to compensate for her inability to train daily by taking the family to Colorado on vacation a week before the marathon. I figured a good seven days in the rarefied air above 7,500 feet would cause those red blood cells to divide or multiply or do calculus or whatever they do at that altitude. Since living at Barr Camp for a week seemed a bit extreme, I wrote off for every pamphlet and brochure from every chamber of commerce within a hundred mile radius of Manitou Springs to make plans.

I got back enough stuff for six vacations. It was tough, but I finally picked three sites that would enable Celia to train and also give Ben, our 8-year-old, stuff to do.

That chore out of the way, see to it that your runner makes as many of the weekend training runs with the 1991 team as possible. This whips the runner up into fits of enthusiasm and covers those dreary days when the ultimate goal seems beyond reach. When Celia couldn't make a scheduled run she was encouraged to do the routes on her own. I was, at times, a hard and cruel taskmaster but it was my job. August was looming. In fact, August was upon us before we knew it.

As support crew you will have to listen to endless hours of complaining in August. It's hot and nasty. Negative vibes will waft over you from your runner. Shake them off. Press on. Your dedication and perseverance at this point will pay off when the Cirque looms on the cold, cruel trail. Better to lose it now and recover than to lose it at French Creek with no where to go.

The week before the team buses were to head west, I loaded up the car with unnecessary plastic objects and enough clothes for a month and we took off. Be sure to take plenty of old obscure local race T-shirts like Rich Mountain or That Dam Night Run. These are primo status symbols in Colorado and excellent conversation pieces.



The first day's drive will be the toughest. We made it from Little Rock to Tucumcari, N.M., in just over 12 hours. Drive 'til you drop. Regaining an hour when crossing into Mountain Time is a big psychological advantage.

As support chief it is important that you do all the driving. Keeping one's foot on the clutch for extended periods can result in iliotibial band syndrome and cripple a runner. Maintaining constant road speeds can lead to ligament damage and the terrible burnout condition known as "Deckerslaney." So, you drive. You will be wise to practice long distance driving in July with several 300-milers. Alternate with some interstate speed intervals of around 53 miles (the average distance between rest areas) thrown in for good measure.

I was prepared. My support experience in last year's race was invaluable in this crucial phase in 1990. I replenished my precious bodily fluids often across the dry Texas panhandle and kept an eye on my resting heart rate. I felt good. I felt strong.

Once at altitude in Colorado, I didn't have to coax Celia into that first training run. She was eager to do six miles at 8,000 feet around scenic Vallecito Reservoir northeast of Durango. After she finished an hour later she looked like death warmed over, but I felt good. I felt strong. I knew the first hurdle was behind us. Subsequent runs at other assorted vacation spots went well and by Thursday we were in Manitou Springs and ready to roll. I was ready for the hot tub.

I confess to one lapse in my concentration as team chief. I gave in to a bizarre impulse on Thursday and left Celia and Ben to drive back down Pikes Peak while I hiked down Barr Trail to satisfy some inner need to actually see all those landmarks I had only heard and read about. The fact that it was sleeting and lightning slowed me down, but I made it. Fight the impulse - you're there for a higher purpose.

Sunday morning will be your biggest challenge. Months of planning culminate in one final burst of support energy as you must make sure your runner is up at 5 a.m. to eat lumpy oatmeal. Plan to be at the line by 6:30 to hold a place at the PortaPotties. And dress well for the occasion. In the immortal words of Jim Johnson, "It doesn't matter what you do, so long as you look good doing it." I wore my red Bike walking shorts and a white T-shirt emblazoned with a homemade team logo and PIKES PEAK in six inch letters on the back. I looked good. Take lots of pictures. It makes the runners feel important.

Kiss your loved one goodbye at 6:55 and disappear. Your job is finished, but your toughest assignment is just ahead - killing the six or eight or 12 hours until she makes it back. Ben and I spent the time in the pool and hot tub. It wasn't easy, but somebody had to do it. We wandered back to the finish line about 1 p.m. to claim the body. Celia? Thanks to me she did OK.

(Editor's note: Michael Storey has decided to retire from his support chief role and train for the 1991 Pikes Peak ascent. He is currently looking for a second wife to act as his support crew.)

Life: Before, During, and After Pike's Peak

by Margaret Perritt

It's been three weeks since the Pike's Peak Marathon and the participants are still talking about it. The stories change with each telling, getting more interesting and less accurate. As I have listened to each person share his or her experience, I see that each one of us has a very different story to tell.

My experience was one of the longest if not the most acclaimed. The run-walk-stumble up was long and grueling. And although I thankfully didn't suffer from altitude sickness, I must have suffered from brain shutdown. There are parts of the uphill trek I don't remember. I'm still not completely sure why it took me an incredible seven hours and 45 minutes to get to the top. The race officials weren't sure either and unceremoniously disqualified me. The only thing I could think of as they were trying to get me to take the bus down was that I had come 2,000 miles to complete this race. I did not feel sick. I did not want to have to come back and do this thing again. And I knew I could get back down to the bottom before dark.

Heading down I thought, "Well, you blew it. You took too long and now everyone will be at supper when you get back to the motel."

An old worn out expression ran through my mind. "It's not over 'til the fat lady sings." Well, before I made it to the bottom the fat lady would have sung, folded her tent and moved on to the next town along with the rest of the carnival. The throngs of cheering spectators waiting for me to cross the finish line would be gone along with the band. I didn't even know where the finish line was. I shed a few tears until I realized I might dehydrate.

As I ran along, I began to look around. The shadows were getting longer, there was a cool breeze, and the sky was a brilliant blue. I could look out and see 150 miles. (That's what the guy on the Cog Railroad said.) I could actually see the curve of the earth on the horizon. There was no one left to race, no other runners and no clock. The only thing I had to beat was darkness. I felt pretty good and if I made it to the bottom on my own two left, I would have achieved what I set out to do.

Just as I entered the tree line where the trees are dwarfed and twisted, interspersed with dead stumps and boulders, I looked out over the "purple mountains majesty." A spiritual feeling of serenity enveloped me. I heard a bird caw. A little chipmunk perched on a rock, squeaked at me, and scampered into his hole. A marmot glared at me through beady little black eyes and stood his ground. (These furry, rat-like creatures are really long lost runners destined to spend eternity on the Peak.) I was the only human being on The Mountain. It was all mine.

Continuing down, I started meeting workers who had provided aid during the race, packing out after the race was officially over. One of them gave me an apple, another one gave me some of her own precious supply of water. They looked tired, trudging along under heavy loads. I thanked them for making the race possible for me and all the rest of the insane participants. Some of them smiled in encouragement. Some looked at me in disbelief and shook their heads. Some of them appeared to be in their own

private mountain place of serenity. They all looked like they were thankful this long, arduous day was almost over. Me too.

As I neared the bottom, running down a series of seemingly endless switchbacks, I glimpsed a pair of red shorts and legs with feet attached, moving rhythmically below me. Getting nearer I saw the telltale Arkansas Pike's Peak Marathon Society shirt. Another determined runner from Arkansas. I caught up with her and we proceeded down, chattering about how glad we were to see each other and how glad we were this ordeal was almost at an end. Suddenly, as we rounded a switchback I spied a human form sitting on a rock, a garbage bag draped around her shoulders and knotted attractively at the neck, with a Little Igloo cooler at her feet. My friend slowly stood up and with a tired smile on her face and a look of relief in her eyes said, "I'm glad you're okay. We've been worried about you."

She and some other runners had come back up the mountain after completing the race to wait for us and offer aid. (She said she had put food in the cooler for me but got hungry and ate it. I never saw any of this alleged food.) More friends were at the bottom waiting to cheer me across a deserted finish line. What a glorious end to an ignominious performance!

It's all over now, and we're trying to get back into our former routines. Do you remember what life was like before we started all this Pike's Peak training nonsense five months ago? As for me, I will continue to remember this experience with some regrets, but mostly appreciation. I regret it took me 12 hours, 18 minutes, 22 seconds to complete the race. I regret that people were worried about my safety while I was coming down. I would change both of those if I could, but I can't. However, more than anything I am grateful for the Peak Experience: the camaraderie, the sick humor, the sense that each of us had unique motives and abilities in our struggle to achieve a common goal, the encouragement we gave each other on that rocky mountain trail.

Stanley, Dunaway "Run Across America"

by Linda Stribling, Editor

Two LRRC members are trying to "Run Across America." They aren't going to do it non-stop but do hope to complete the mileage over a period of time.

Jim Stanley, the Club equipment manager and a civilian employee of the National Guard, and Bill Dunaway, an employee of the Little Rock School District and a member of the Guard, are participating in this self-directed program within the military that tracks mileage on a course across the United States. There are milestones at locations from coast to coast denoting the number of miles traveled, beginning at Charleston, South Carolina.

The cities and mileages are: Atlanta, 240 miles; Little Rock, 761; Oklahoma City, 1,039; Denver, 1,542; Salt Lake City, 1,917; Reno, 2,338, and San Francisco, 2,532.

Jim reports that he is about half way between Birmingham and Memphis. He says Bill is about 20 miles behind him.

Final Races in Grand Prix Series, Other Races Set

by Linda Stribling, Editor

The final races in the RRCA Grand Prix IX Series will be run in upcoming weeks.

The **Oktoberfest Fast 5K** will begin at 8:30 a.m. October 13 in downtown Hot Springs.

The **Arkansas 20K** in Benton will be held October 20.

The **Mountain Valley Water Spa 10K** will be held in connection with Healthfest on November 10. A number of races will be held on those dates as well as in between. A schedule of those races follows.

The 1990 state meeting of RRCA will be held at 2 p.m. November 10 in the Venus Tower Suite of the Arlington Hotel in Hot Springs. The agenda includes the presentation of the annual RRCA awards, a short presentation from each Arkansas RRCA Club president about their club, refreshments and a drawing for door prizes.

The 1991 RRCA national convention will be in Kansas City, Mo., May 30-June 2. The convention will be held at the Crown Center Square's city block complex. There will be a pre-race dinner and a health and sports Expo. The convention closes on Sunday with the famous Hospital Hill Half Marathon and 7.7 mile RRCA national championship, followed by a spectacular post race celebration. Another feature is a tour of the Hallmark Cards Hall.

David Samuel, Arkansas' RRCA representative, is planning a chartered bus trip to the convention. If you are interested in representing Arkansas, contact David at 416 North Ross Maddox Road, Pearcy, AR 71964. You can call him at home at 767-1591.

Other upcoming races are:

October 13:

October Fast 10K in Texarkana. \$2,200 purse. Call 779-3091.

Zoo Run 5K at the Little Rock Zoo. Call 666-2406.

Calvary Baptist Church 5K in the Heights in Little Rock. Call 663-8303.

Turkey Trot 5K at APP&L Square in Yellville at 8:15 a.m. Call 449-4238.

Southwire Osceola 5K in Osceola. Call 563-5207.

United Medicals 10K at Camp Robinson in North Little Rock. Call 227-0900.

Greers Ferry Lake 5K at Dam Site Park at 9 a.m. Call 362-2416.

Cabotfest 5K at the Downtown Mall in Cabot at 8 a.m. Call 843-3539.

Paws-a-thon 1K and 2K fun run/walk for dogs and their owners in Riverdale area in Little Rock at 8 a.m. Call 224-6067.

October 20:

Girl Scouts 5K in Riverdale area in Little Rock. Call 758-1020.

McGehee Delta Fest 5K at 8:30 a.m. Call 222-4451.

Founders Day 5K at Arkansas College in Batesville at 9 a.m. Call 698-4368.

Festival of the ARK 5K at Red Lick Church in Texarkana. Call 214-838-4780.

October 21:

Razorback Run 15K in Fayetteville. Also 5K. Call 442-6488.

October 27:

Tulsa Run 15K. Call 918-588-2431.

2nd Governor's Cup Ultra 50 miler on trails in the Ozark National Forest north of Russellville.

Knights of Columbus 5K in Texarkana at 8 a.m. Call 214-838-5899.

Run for Health 5K at the Community Hospital in Corning. Call 857-6961.

Hash House Harriers Half Marathon in Maumelle. Call 982-1832.

November 2:

6/12/24 Hour Track Run at Benton High School track. Starts at 7 p.m. Call 794-1203.

November 3:

Historic 10K in Riverdale. Call 227-8583.

Wild Indian Half Marathon in Jonesboro at 8 a.m. Call 933-4394.

November 4:

9th Turkey Trot Half Marathon at Frisco Park in Rogers at 2 p.m. Call 855-2806.

LRRC Fun Runs:

Call 377-1653 for information on Saturday and Sunday runs.

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I've Said "Yes" Once Too Often

by Marjorie Holmes

The following was written by Marjorie Holmes, an inspirational writer, who selected her own favorite prayers, poems and prose about love to appear in her paperback book "Lord, Let Me Love."

Oh, God, I've done it again, I've said "Yes" once to often and now I'm stuck with this extra job.

How will I manage to accomplish everything? All these committees, all these meetings, all these phone calls.

Right now I don't see where there'll be enough time in the day (or night). I don't see where my strength is coming from.

Only you will help me. You will give me strength. You will give me the intelligence to manage. You, who created time, will even give me that.

Now let me quietly thank you for this challenge. If I'm a fool to take on so much — all right, you, who made me so, will not leave me stranded. You will fortify, you will supply my needs.

Bless the people with whom I'll be involved. Bless the job I've undertaken, and I know it will prove worthy of the efforts I bring to it.