

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 1990

## "Queen of the Mountain" — Last to Leave the Top

by Bonnie Brandsgaard

Due to a cancellation, I was able to make a last-minute commitment to join the other 130 runners going from Arkansas — two weeks before the buses left for Colorado. Great balls of fire! To be honest, I probably trained less than Wally Hall, who, by the way, passed me at mile 12.

Making it to the top was grand but what will always remain with that glorious memory is the two friendly faces of Ken Ropp and Jack Evans. They were waiting patiently for me to appear. And I mean six hours and three minutes of waiting. Jack yelled down for me to hold down my number since the wind was blowing pretty hard, and to smile for the camera as I came up to the finish line. I think I did both; only the photograph will tell.

Speaking for all 130 runners, to say and write "thank you" to an seems not enough, but I hope it is.

The getting there was all. Every step took me closer to overcoming my fear of heights, especially along the edge of the steep trail without guardrails.

*I stepped from rock to rock*

*A slow and cautious way*

*I knew not but the next*

*Would be my final inch.*

*This gave me that precarious gait*

*Some call Experience.*

— Emily Dickinson

During one of my rock-resting pauses on the last two miles, Bill Coffelt, Jr., of Fayetteville, a wonderful fellow, came along carrying the Arkansas flag and offered me his hand to stand and begin again. I covered the next half mile through his thoughtful remarks, none of which I can remember. I only remember that he encouraged me to be brave and climb upward. And to him, I owe another grand "thank you."

Another runner, Rosemary Haluszka of Little Rock, came along just as I finished all my candy and gave me a lifesaver, a green one. I gave her some sunscreen. We shared a light moment of laughter on the face of Pike's Peak that we both will remember for some time.

Younger people and older people passed me. Later I passed some of them. I made a game of counting how many times one young Arkansan, Tally Ward of Alexander, passed me and I passed her. Would you believe nine times? I guess "second winds" came and went on the trail for everyone.

Another "thank you" goes to three friends who came to see us off at the starting line. Much to my dismay, Y.T., Betty and Ivy

greeted me with total horror. I had dressed at 5 a.m. when the air was almost cold and at 7 a.m. the morning sun was promising a good, hot summer day. They marched me into a laundromat where I hid behind washing machines to peel off a couple of layers.

I still did not pass their inspection. My fanny pack was a bit too heavy, about 20 pounds too heavy, according to Ivy. She demanded to know what in the world I had packed in there. I won't bore you with an item by item account. I will only note that I had packed it throughout the night — after every dream about bears, rock slides, and snow storms.

Ivy "loaned" me her fanny pack which was very small, allowing me only to carry my room key, money and candy. This loan and editing of items probably enabled me to finish, and I truly want to thank all three for their concern and candor.

Equally grand, the bus ride there and back brought me back to the side of the amazing Alberto Bumbles, sharing bagels and cookies with Paul's Bike Shop owner Vicky Smith, Mary Clendaniel, and the now-famous Hot Springs polka dancers Charlotte and Van Davis. Steve and I enjoyed remembering how we once ran to town and back each day from his house. Ah, yes, I remember the 1982 Dallas marathon training as if it were yesterday, and I know Y.T. will never forget riding with the police to the motel. Just ask her.

I should and could list quite a few more people who deserve "thank yous," especially Linda Stribling who nurtured all of us throughout that amazing weekend. But it's past the September deadline, and I need to go run. Who knows what adventure waits for us all — just do it!

### September Meeting

**Dr. R. Stephen Tucker**, a family practice physician, an ultra runner and LRRC member, will present the September meeting, along with **Art Hopkins**, a physical therapist at Healthsouth Rehabilitation Center. Steve plans to talk about running injuries and how to treat them. Art, who recently has gotten back into running after a 10-year absence, will then demonstrate how strengthening and stretching exercises will help prevent future injuries. The meeting will be at 7 p.m. **September 20** at the Healthsouth offices in Little Rock, 5810 West 10th, fifth floor.

## The Ultra Corner

by Harley Peyton

To some people it is called the "endless summer" — that period from June to early October when the major 100s are run. First came Western States where Larry Mabry ran 26:37. Then it was the Vermont 100 where four LRRC members finished — Lou Peyton, 21:17; William Gilli, 23:34; Red Spicer, 23:45, and Nick Williams, 28:50. On August 18 we heard from Bill Laster who laid down a 22:43 at the Leadville 100. Congratulations to all! Oh, yes, my "endless summer" ended sooner than I had hoped. I retired after 82 miles at Vermont with 9 1/2 hours to finish. I offered no excuses just a resolve to return and try again.

We are losing one of our better ultra runners. Dr. William Gilli is returning to sunny California for additional medical schooling. We wish him well and hope to read about him in the ultra running magazines from California.

The Ultra Trail Series is proving to be a very popular event. Not only do we get a lot of out of state calls inquiring about the races, but we also attract families. At the Wasatch Scramble we had our usual running couples but we also had our first family of runners. Nick and Sharon Williams were joined by their oldest son, Roger, who turned in a very respectable finish. Roger loved the power line trail and was quoted as saying, "-----." Well, never mind. Speaking of quotes, some of you should be ashamed of yourselves for some of the remarks you made going up that last hill at the turnaround. You know you loved it.

In summary, good runners can run well on any surface. Tom Aspel and Johnny Gross were neck and neck from the start to the finish with Tom out-kicking Johnny to win by three seconds at 1:36:15. There was a tie among the women between Trish O'Dwyer and Barbara Hildebrand. Here is a list by place and time of the LRRC members who finished. There were 39 starters and 38 finishers.

### Men

(2)	John Gross	1:36:18
(5)	Jim Sweatt	1:47:34
(10)	Ernie Peters	2:02:44
(15)	Sam Hardcastle	2:13:00
(17)	Bob Galbraith	2:13:25
(18)	Nick Williams	2:14:30
(20)	Roger Williams	2:19:01
(23)	Ken Millar	2:26:32
(24)	Sam Slug	2:31:12
(26)	Steve Eubanks	3:11:11

### Women

(1)	Trish O'Dwyer	2:07:39
(1)	Barbara Hildebrand	2:07:39
(6)	Lou Peyton	2:34:34
(7)	Donna Hardcastle	2:47:25
(8)	Margaret Perritt	3:09:56
(11)	Sherry Cloud	3:15:43
(12)	Sharon Williams	3:30:58

The next run in the Ultra Trail Series is October 6 and is known as the Bastille Day Run. It is approximately 22 miles and begins at 6:30 a.m. 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.

P.S. My apologies to Kim Bertram who I left out of last month's Pigeon Roost results. He had a determined 3:00:00 finish.

## Break 40 Club Workouts Begin

by Mark Spradley

The LRRC's Break 40 Club kicked off its 1990 fall training program on September 10 with the first of nine workouts. As in years past, a primary part of the program is a weekly speed workout at the track. The Club's philosophy, however, is more holistic than just speed work. It touches on daily training and living geared for those who want to give a 10K, or any other race, their best shot.

The workouts will begin at 6 p.m. each Monday at Parkview High School, 2501 Barrow Road, until further notice, because of scheduling conflicts with football games at Scott Field. It is necessary to drive to the back of the school to reach the track. A workout schedule for daily workouts for the nine-week period is available. The schedule is flexible for those wanting to train for 5Ks up to marathons. If you cannot attend the workouts but want a copy of the schedule, send a self-addressed, stamped envelope to Mark Spradley, 14 Crownpoint, Little Rock, AR 72207.

We will train as a group, select a target 10K race with a backup race and one or more tuneup races along the way. While the workout schedule, training techniques and philosophies have not changed much since the Club's beginning, we have added a few new wrinkles. (I suspect that the lack of suggested changes is due to a fear that the suggestor might be drafted into implementing the change.)

We have been pleased to see participation in the program increase from year to year and look forward to having a good group this fall. The program is for all runners, regardless of their ages or abilities, who want to incorporate speed work into their fall training program. A couple of accomplished, veteran runners have been drafted to add new blood to the program and they should be able to offer new and different experiences to share with a lot of the runners. Hope to see you at the track — we can run until we "puke" and have lots of other fun.

## Gary Wade Takes Position with CJRW

Gary Wade, former Capital campaign director and client relations manager for a local fundraising development organization, has been named associate account executive with Cranford Johnson Robinson Woods and will work primarily on Entergy Corporation programs. Entergy Corp. is the parent organization of AP&L.

## Several Names Added to Club Membership Roster

by Yvonne Thompson

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

**Jim Henson**, a 45-year-old firefighter, is no stranger to the Little Rock racing scene. He and his daughters, **Summer**, 14, and **Christy**, 11, are frequent local race entrants. Jim is married to Brenda, a non-runner who is seen at all the races supporting her family. Jim states he has been running for seven years and trains 25 miles per week at an eight-minute pace. He likes to race the 10K distance and his PRs are 38:38 for a 10K and 18:36 for a 5K. In addition to running, Jim also enjoys biking and swimming. He also says that he really likes to run and bike with his two daughters.

**Danny Mann** is a graduate student and track coach from Conway. This 24-year-old has been running for 11 years and trains 60-90 miles per week at a 6-6:30 pace. Danny likes to race, preferring the 5K and marathon. His PRs are: 5K 14:49, marathon 2:28:55, mile 4:09, and 2-mile 9:08. Danny and his wife, Tammy, are the parents of 3-year-old Ashley. In addition to running, Danny also likes to hunt and fish.

**Gandy Baugh**, 34, says he started running again in January 1987 after a 10-year absence. He presently runs about 36 miles per week at an 8-8 1/2 minute pace. He races 3-4 times a year preferring the 10K distance. His PRs are 10K 48:08 and 5K 24:00. Gandy, an attorney, says his wife Susan is thinking about becoming a runner. They are the parents of Brandy Leigh, 8 1/2, and Greyson Tyler, 2. Gandy is also interested in science fiction and fact, new age thought, good times with friends and family, and his children.

**Bill Dunaway** is a 42-year-old junior high school principal who says he has been running for 12 years. His training schedule is somewhat erratic, but he has been known to get in an occasional 50-mile week. Bill doesn't really concentrate on speed, but prefers to run more for his own enjoyment. He does race 4-5 times a year and lists the following very respectable PRs: 5K 19:35, 10K 40:31 and marathon, 3:33:33. Bill is married to Mary Glenn and they have two children, Amy, 17, and Adam, 11. He says he also enjoys playing golf when he is not entertaining his fellow runners with his wild and crazy sense of humor. Those of us who rode the Pike's Peak bus with Bill appreciate not only his lively wit but also his good-natured ability to accept being the

object of much undeserved ridicule.

If you have recently joined the LRRC and have not received any new member information, please notify Yvonne Thompson at 666-6301.

## Race Results

**12th White River Classic 4-Miler, August 4:** Hayes McKinnie, 25:33, 1st in 50-59 male.

**3rd Possum Stampede 5K, August 11:** Don Banker, 21:55, 1st in 50+ male.

**Great Arkansas Pigout 5K, August 11:** Bill Torrey, 17:01, 1st in 35-39 male; Mike Dwyer, 28:54, 2nd in 55+ male; and Carol Torrey, 21:49, 1st overall female.

**14th Hope Watermelon 5K, August 18:** Male: Gary Wade, 15:23, 2nd overall; Marty Johnson, 19:25, 2nd overall wheelchair; Johnny Gross, 16:17, Danny Mann, 16:23, and David James, NTA, 2nd, 3rd and 5th in 25-29; Fred Klinge, 15:40, 1st in 30-34; Bill Torrey, 17:11, and Carl Cerniglia, NTA, 1st and 4th in 35-39; David Williams, 16:52, 1st in 40-44; Kurt Truax, 18:40, 1st in 45-49; Robert Hopkins, 19:11, 2nd in 50-54; Hayes McKinnie, 18:53, 1st in 55-59; Bill Hoffman, 19:26, and Don Banker, 21:43, 1st and 3rd in 60+. Female: Christy Henson, 23:26, 3rd in 14 and under; Gloria Guyer, 22:32, and Lesa Allen, 22:50, 1st and 3rd in 25-29; Trish O'Dwyer, 21:08, and Carol Torrey, 21:26, 1st and 2nd in 35-39; and Marlene Guyer, 30:58, 3rd in 50-54.

**TCB Summerset 5K, September 1:** Male: Fred Klinge, 15:26, 1st overall; Marty Johnson, 19:09, 1st overall wheelchair; Gary Wade, 15:29, 1st in 20-24 and 2nd overall; Johnny Gross, 16:08, 3rd in 25-29; Alan Babcock, 16:45, 1st in 30-34; Bill Torrey, 17:16, 3rd in 35-39; David Williams, 16:28, and Steve Sipes, 16:51, 1st and 2nd in 40-44; Joe Whillock, 17:04, and Frank Rivers, 17:34, 1st and 3rd in 45-49; Robert Hopkins, 18:51, 3rd in 50-54; Hayes McKinnie, 19:10, and Billy McKelvey, 20:09, 1st and 2nd in 55-59; Bill Hoffman, 19:25, and Earl Guyer, 22:05, 1st and 2nd in 60-64; Nash Abrams, 23:35, 1st in 65-69. Female: Christy Henson, 22:33, 1st in 10-14; Katrina Suter, 23:40, 3rd in 15-19; Lisa Thoreson, 19:24, 3rd in 25-29; Laura Huggins, 22:30, 3rd in 30-34; Barbara Hildebrand, 19:58, and Carla Branch, 1st and 2nd in 35-39; Lou Wintroath, 26:06, 3rd in 45-49; Mary Stanfield, 27:24, and Marlene Guyer, 30:05, 1st and 2nd in 50-54; and Martha McKelvey, 33:00, 1st in 60-64.

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## RRCA/TAC Races Coming Up

Three more races in the RRCA/TAC Grand Prix series are coming soon. The Third Annual Caddo River 15K in Glenwood is September 29, the Oktoberfest Fast 5K in Hot Springs is October 13 and the Arkansas 20K in Benton is October 20.

## Lou Peyton Recovering from Arterial Bypass

August 24, 1990

To those I love and to those who love me:

I have needed to write this letter for a couple of days but I have procrastinated and hoped that I would have better news.

Let me start back on July 28-29, 1990, with the Vermont 100-Mile Trail Race. This was the best race of my life because I was able to maintain concentration for the entire event. I did not tire excessively and was alert with no sleepy, tired time during the event.

Charley and I returned to Little Rock on Monday and I took my return to running very easy. I walked on Tuesday, Wednesday, and Thursday, then jogged four miles with several walks on Friday.

Saturday we were in Vicksburg so Charley and I ran for 30 minutes continuously in the military park.

Sunday, I ran six miles with several walks.

Monday, I resumed my four miles easy with the dogs on dirt and added two 1/2-mile swims on Tuesday and Thursday. Thus, I was back on schedule.

I walked on Friday and ran the Wasatch Scramble 12-miler on Saturday. This was a race. I ran easy, taking a walk in the first mile which was uphill the last 3/4 mile. I continued at an easy to steady effort to the turnaround. After the turnaround, I came by our truck and said to myself, "If you were a smart woman you'd get in the truck because you ran a 100-miler two weeks ago and you are tired." I thought, no, I'll take it easy and walk the uphills and just take it in to the finish.

My toes felt like I banged them on the downhills. I thought I must have blisters real bad because my toes were taking a banging. Later, when we got home, I looked at my toes and they were fine. No blisters. My legs felt okay. No problem.

On Sunday, Charley and I went out to run/walk five miles easy and to check out a new summit near Pinnacle Mountain. In the first 100 yards I was shocked that my right leg felt real trauma. Wow! I couldn't believe how I had banged my leg the day before. I had trouble walking even slowly. I was real scared but decided to rest a couple of days and try running again. I had that old fear that I had done serious damage, but this was my right leg which had never had an artery problem.

Wednesday morning I walked with Paul Johnson at 5 a.m. and he nearly killed me. I tried to keep up and not let him know that my right calf was almost causing me to limp. I mentioned to Paul, "Aren't you going faster than usual?" He replied that he was going to slow down the second half. This is on a two-mile walk. I got home and told Charley what had happened; then, I went out to try to run, thinking "I'll take small steps and see how that feels." I simply could not run 100 yards.

I called Charley at work and asked what he thought about me asking Dr. Morris to check the blood flow in that leg. Charley thought I had pulled a calf muscle. I hoped he was right, but I was scared.

I called and Debby said I could come by Dr. Morris' office on

my way to work. The bomb fell. I had a blood pressure of 130 in my right leg, 175 in my left leg, and 170 in my arm. Dr. Morris sent me to St. Vincent for more tests that afternoon. The tests showed that the right artery was blocked, the same as the left artery had been in the fall of 1977. The blockage is between the naval and the groin on the right side. A simple procedure was tried on August 21 (arteriogram with urokinase infusion-radiology specific procedure.) This did not work as the radiologist couldn't get through the blockage, so an arterial bypass is scheduled for September 4 using a vein from my left thigh for the graft.

I am just sick over this turn of events in my life. I am so sorry that I kept running that Saturday on the Wasatch Scramble. I never dreamed I could hurt my right leg more, causing more than just sore muscles. Dr. Morris has said it is going to be okay. I trust him completely. I am so sorry for what this puts Charley through. I am simply out of the running for now but I hope to run again and I do believe that things will turn out okay.

Sometimes we just have to go on faith. Even though I fall down in the bog and cry and beg God for a miracle, that I won't have to have the big surgery, I know that I will have to go through some bad times before this will be okay again.

I have had to think about friends who have battled cancer, and some are still fighting that battle, and what emotional stress they faced. If I can just keep their faces in my mind and think of the courage they displayed when things looked bleak I can surely come through this with my head up, too. Please say a prayer for me and for Dr. Morris and his work on me and all of his patients. He has, with God's help, made more than one miracle happen.

Sincerely,

Lou Peyton

August 30, 1990

P.S. I want to say thanks to all of the LRRC members/Pike's Peak Marathon Society who signed the get well card and mailed it to me from the Peak. I am real touched that at such an exciting moment in one's life a runner bought this card and went to the trouble to get the Peak Freaks to sign it before their BIG RACE. Thank all of you so much. There's no one like a runner who can understand another runner and the sometimes "unusual" things we do. I love all of you so much.

*Editor's Note: My apologies for The Runaround being so late this month. A computer breakdown, a trip to Pike's Peak and the three-day Labor Day weekend all contributed. The delay does give me the opportunity to tell you, though, that Lou had the surgery as scheduled on September 4 and was able to go home on September 6. Lou, we all love you a lot, too, and expect to see you back on the trails and/or roads very soon.*