

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 1991

Observations from the Women's Run, Etc.

by Bonnie Brandsgaard, LRRC President

The annual Women's Run drew more than 100 participants and quite an encouraging crowd of friends and families. The artistic ceramic awards were well received and served as a reminder of previous race director Pat O'Brien's work.

The Club's thanks goes this year to co-directors Bill Torrey and Jack Evans, along with scores of Club members who volunteered. One volunteer who stands out in my mind serving in the most "manly" job was Mike Dwyer's assignment to remove or tear the bottoms off the number bibs as the women crossed the finish line. Tough job for a tough guy! Mike reported that his "marathon experience" medical bill came to a cool \$20,000. The good news is that Mike is now jogging two miles as his knee heals from recent surgery. Surely, he is ready to pass the "injury" award onto another runner!

Who stole the show at the race was Nancy Cunningham's daughter, Katie, who was recognized in her age group. The crowd shared with Nancy the pleasure of the emerging second-generation runner. Another happy moment for me occurred as Leyla and Alia Borroho, two young volunteers from last year's run, crossed this year's finish line. They went from the sideline to participants — a big day in their lives.

With the Junior Jog scheduled for April 20, I look forward to a large group of second generation runners. My commitment for that day is with Holly, Betty Ray's granddaughter. I've promised her to go the entire millllllle with her.

Andy's Easter Update

For those who continue to sleep in on Sunday mornings, you missed a special treat on Easter Sunday. Traditionally, Coreen Frasier and her daughter Sherry hide candy eggs and fun items along the five-mile Andy's loop. This year's fun was led by Betty Ray who appeared with a grand Easter bonnet and yours truly who wore a bunny costume, ears and all. It was a great surprise to the motorists along Markham and Rodney Parham to discover that the Easter Bunny is really a runner in disguise. Appearing foolish in public seems to come easy to me when I'm with runners. "What was I thinking?"

Crescent City Classic Bound

Since I've shared the "bunny" story, I might as well get this story out of my system too. Last year I flew to New Orleans to see my sister and her family and to walk with my sister in the Crescent City Classic, a race with over 50,000 people in it.

My sister insisted we go to the very back of the pack to control any "running" urges I might experience because she did

not want me to literally bolt and run away from her during the race.

To keep peace in the family, I agreed we would be the last to start this race. We walked, probably, an extra half mile to accomplish that and found our way deep into the French Quarter.

Since we arrived early to pick up our packets, we had plenty of time to wait and decided to carbo load a bit. After coffee and beignets at Cafe DuMond's — there are advantages to walking — we ambled toward the back walking parallel to the forming line. We finally found the block where the end began. A little stoop in front of one of the homes was very inviting and we took a seat there to wait for the line to move out.

We waited five minutes, ten minutes and then fifteen. I started to grumble about it being dark before we would get started and insisted that we push up to the end of the line to find out what was the holdup.

To our total chagrin, we had been waiting behind the portable toilet lines, all forty of them. As sisters do, we blamed each other, but the humor of it overcame us and we laughed for several miles and months about this delay. We had to really swing our arms to catch the moms pushing strollers and a large group of large nuns. The story goes on and on with our effort and, of course, they were out of food and drink when we arrived. But, we have a T-shirt and, hey, that's what it is all about. That and this story, anyway.

As I plan to join her for our second annual walk together, I wonder what will happen this time? As Bullwinkle says, "This time for sure!"

Pike's Peak Training Tips

I've decided that the ascent and next-day bike ride is too much fun to limit to one year. I'm going back, if they'll let me on the bus.

First Pike's Peak tip: Training occurs all day, every day. Count every hill, whether you're running or walking. Count every time you take the stairs instead of an elevator. Remember, a brisk walk got me to the top. Of course, I barely made the cutoff time. But, I did it. If you're tempted, say to yourself: "If ol' slower-than-molasses Bonnie can make it, so can I." It's the fun and spirit of the event that truly matters. Besides, everyone shares all the cookies and snacks on the bus ride and you hear the most interesting stories about runners "on the other buses."

Second Pike's Peak tip: Everyone who plans to go needs to register in my "learn to polka" class. I'm recruiting deep-in-your-heart-would-be polka dancers for the festivities held in the

(see Bonnie on Page 3)

The Ultra Corner

by Harley Peyton

No one likes to be left out. Apologies to Fallon Davis and Wayne Elliot for overlooking their ultra ranking in last month's Runaround. Fallon was ranked 317th with a time of 7:21:21 in the 50 mile and Wayne was 448th in 7:38:14.

On April 27 we will have the final run of the Ultra Trail Series. It's called the Pipeline Express and is approximately 12 miles of rocks, mud, hills and water. It will start at the old North Shore Landing area off Highway 300 at 7 a.m.

The Spring Classic at Lake Sylvia on March 9 was near perfect. Almost 50 runners were on the starting line with clear weather to look across the scenic vistas. At the gun Johnny Gross and Tom Aspel eased away from the pack and ran uncontested through 16 miles. It was an all-out down hill dash to the finish at 18.7 miles. With his second place finish, Johnny earned enough points to secure first place in the series. Paulette Melder proved that her first place win in last month's 21-mile Mobile Marathon was no fluke. Paulette finished first among the females in a time of 2:47:24 to outdistance Carol Torrey who finished in 2:47:40.

At the first opportunity we will crown our King and Queen of the Trails — Johnny Gross and Trish O'Dwyer. Nick and I will get together and think about next year's series and how to make it better. We've had a few suggestions which we certainly appreciate.

Here are the results of the Spring Classic for LRRC members:

2.	Johnny Gross	2:04:54
3.	Jim Swantt	2:22:23
11.	David Samuel	2:46:42
13.	Carol Torrey	2:47:40
18.	Tom Zaloudek	2:59:00
19.	Nick Williams	2:59:12
20.	Lou Peyton	2:59:15
21.	Sam Hardcastle	2:59:16
23.	Sam Slugg	3:01:58
32.	Donna Hardcastle	3:44:00
32.	Ann Moore	3:44:00
34.	Al Maguire	3:59:00
36.	Sharon Williams	4:13:00

Arkansas Traveler 100-Miler Scheduled

The Little Rock area is going to have its first 100-mile race. The Arkansas Traveler 100 miler will be held Saturday, October 5 beginning at 6 a.m. It will be a measured loop course on trails and dirt roads in the Ouachita Forest. Registration deadline is September 15. The entry fee is \$75 and the field of runners is limited to 100. For more information send a self-addressed stamped envelope to the Arkansas Ultra Running Assn., 41 White Oak Lane, Little Rock, AR 72207 or call 225-6609.

Race Results

The following are race results for Club members from recent races, gathered by Bill Harrell, from local newspapers.

Out-of-Sight 5K, March 16: Female: Kate Spradley, 30:31, 1st in 15-19; Laura Abbott, 19:17, and Lesa Allen, 21:56, 1st and 2nd in 25-29 and 2nd and 3rd overall; Kathy Brotherton, 22:31, and Charlotte Davis, 23:36, 1st and 2nd in 35-39; Martha McKelvey, 30:22, 1st in 60-69. Male: David Allen, 17:32, 1st in 30-34; Bill Torrey, 17:14, 1st in 35-39; Tim Brotherton, 17:47, and Carl Lindstrom, 18:28, 1st and 2nd in 40-44; Roy Hayward, 19:14, Van Davis, 19:42, and Bobby Tiner, 20:20, 1st, 2nd and 3rd in 45-49; Billy McKelvey, 20:33, 1st in 55-59; Don Banker, 21:36, 1st in 60-69. Wheelchair: Marty Johnson, 18:07.

Sports Unlimited Shamrock 5K, March 16: Female: Laura Abbott, 19:17, and Suzanne Banker, 20:40, 1st and 2nd overall; Carol Torrey, 21:59, and Mary Clendaniel, 23:43, 1st and 3rd in 35-39; Jennifer Drew, 23:00, and Sherry Cloud, 23:23, 1st and 2nd in 40-44; Kathleen Wesson, 27:59, and Corky Binz, 28:49, 1st and 2nd in 45-49; Male: Bill Harrell, 19:39, 1st in 35-39; Roy Drew, 18:38, 2nd in 40-44; David Samuel, 20:06, 3rd in 45-49; Hayes McKinney, 19:10, 1st in 55-59; and Don Banker, 21:27, 1st in 60+.

Pepsi 10K, March 23: Female: Christy Henson, 49:32, 2nd in 14-under; Laura Abbott, 40:48, and Nina Frye, 43:04, 2nd and 5th in 25-29; Barbara Hildebrand, 40:25, and Carla Branch 41:02, 3rd and 4th in 35-39; Lou Wintroath, 53:03, 5th in 45-49; Shirlye Garner, 54:11, and P. J. Dising, 57:09, 1st and 2nd in 50-54; Marlene Guyer, 1:09:26, 3rd in 55-59; Martha McKelvey, 1:03:52, 1st in 60-64; and Rosalind Abernathy, 1:02:56, 2nd in 65-69. Male: Gary Wade, 31:34, and Hunter Northcutt, 37:45, 1st and 5th in 20-24; Fred Klinge, 32:20, and David Allen, 36:13, 2nd and 5th in 30-34; Lowry Foster, 33:50, Mark Moore, 34:20, and Bill Torrey, 34:56, 2nd, 4th and 5th in 35-39; Stephen Sipes, 34:01, David Williams, 35:41, and Tim Brotherton, 36:28, 2nd, 3rd and 4th in 40-44; Paul Krause, 37:43, 3rd in 45-49; Don Cave, 36:46, and Don Potter, 39:04, 2nd and 5th in 50-54; Hayes McKinnie, 39:03, and Billy McKelvey, 42:16, 2nd and 4th in 55-59; Bill Hoffman, 39:44, Don Banker, 43:48, and Earl Guyer, 48:35, 1st, 2nd and 4th in 60-64; and Robert Abernathy, 48:08, Bob Elshire, 58:12, and Floyd Glenn, 58:54, 1st, 3rd, and 4th in 65-69. Wheelchair: Marty Johnson, 31:16, 2nd overall.

Old Goat and Nanny 5K, March 30: Female: Joann Hathorn, 36:39, 1st in 55-59, and Helen Elshire, 1st in 65-69. Male: Bill McKelvey, 20:46, 3rd in 55-59; Bob Abernathy, 23:49, and Bob Elshire, 25:34, 1st and 3rd in 65-69.

Women's Run 5K, March 30: Laura Abbott, 19:13, Barbara Hildebrand, 19:36, and Carla Branch, 19:54, 1st, 2nd, and 3rd overall; Virginia Hoffman, 28:05, 3rd in 14-under; Nina Frye, 20:47, 1st in 25-29; June Barron, 22:19, 2nd in 30-34; Donna Cave, 23:05, 3rd in 40-44; Coreen Frasier, 26:25, 2nd in

(see Results on Page 3)

Runners Hall of Fame

by Jim Stanley

An individual approached me after the 1990 induction ceremony for the Roadrunners Hall of Fame and commented that "so and so" was not inducted, and he thought they deserved to be.

I asked him in return, "Why didn't you nominate them?" Our nominees come from you. We need your input. Please send resumes to: Jim Stanley, 1202 Kings Mountain Dr., Little Rock, AR 72211 or Dan Bartell, 4919 Lakeview Rd., North Little Rock, AR 72116.

The criteria is:

Performance (any or all of the following):

- Many continuous years of outstanding performance
- Contribution to the advancement of running in the state
- Resident of the state (past or present) and portrays a favorable image of Arkansas runners

• Truly outstanding feats of courage and determination

Service (any or all of the following):

- Many years of continuous support to running in the state

• Resident of the state (past or present) and portrays a favorable image of Arkansas and its runners

Concerning funding for the Arkansas Roadrunners Hall of Fame, we knew going in that the first two years would be close on funds. As you can see by the report below, all monies were spent for the recognition of runners. The board has been asked if they would accept private donations. YES! (But with no strings or commitments attached!)

Contributions from running clubs:	\$ 380.25
Loan at 0% interest:	<u>50.00</u>
	\$ 430.25
One time design and set up for trophies:	\$ 90.10
Purchase of six trophies:	<u>286.20</u>
	\$ 376.30
Bank service charge:	<u>.50</u>
Total expenditures for 1990:	\$ 376.80
Bank account balance January 1, 1991:	\$ 53.45

Information:

Banquet tickets for inductees and spouses donated by Spa Pacers and LRRC.

Postage and stationery donated.

One additional plaque donated.

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

Linda Stribling
Bonnie Brandsgaard
Jack Evans
Gary Tidwell
Betty Ray

Editor
LRRC President
President-Elect
Secretary
Treasurer

April Club Meeting

Susan Slater, a physical therapist who attended Rutgers University on a track scholarship, will share her knowledge of running with Club members at the monthly meeting on Thursday, April 18 at 7 p.m. The meeting will be at Ergoplex, which is a part of Little Rock Sports Therapy, 1601 Westpark Drive, Suite 6, just off 12th Street.

Junior Jog is April 20

In an effort to promote health and physical fitness among children, the Little Rock Roadrunners Club in 1985 instituted an annual race for children known as the Junior Jog. It is a 2K (1.2 mile) run for children ages 5-14. This year's race will be held April 20 at 8 a.m. starting in the East Parking Lot of War Memorial Stadium.

This race gives more children an opportunity to win trophies because trophies are given to the first three finishers in one-year age categories. All finishers are given an olympic-style medal for participating, as well as refreshments after the race.

To volunteer to work this worthwhile endeavor call Yvonne Thompson at 666-6301.

Results (continued from Page 2)

45-49; P. J. Dising, 25:35, 1st in 50-54; Shirley Pence, 28:36, and Rosalind Abernathy, 31:18, 1st and 2nd in 60-69; and Rosalind Fredeman, 43:24, 1st in 70+.

Caddo Coaster 5K, March 30: Female: Charlotte Davis, 22:58, 1st in 35-39; and Jennifer Drew, 23:18, 1st in 40:44; Male: David Williams, 17:309, 3rd overall; Roy Drew, 19:04,

Bonnie (continued from Page 1)

host town during the weekend. Yes, for those who might not want to ride a bus or climb a really talllllll mountain, there's a great German festival with authentic foods, music and dancing. Now who can resist? Please write your requests for a time and place and I will consult with the Arkansas polka queen and king, Charlotte and Van Davis of Hot Springs. For those who attended the August Club Talent Contest, the Davis couple can polka in the heat with skeeters buzzing around them as their audience howled with laughter as yours truly served as the "ump-pa-pa" band for them on my accordion.

Third Pike's Peak tip: It's absolutely beautiful on the way up, in the bus and on the Peak trail. The people and the event are on the tippy top of my list of memories. For those who are tempted, just do it!

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April & May Brings Races, Races and More Races

April

- 19 - 12 Hour Dusk 'Til Dawn Relay at North Little Rock Westside campus track. 7 a.m. until 7 p.m. Call 664-3480.
- 20 - Brierfest 5K at Greenbrier. Call 679-4808.
- Gator Run and Fun Walk 4-miler at Millwood State Park. Call 898-2758.
- Heart and Sole 5K at the Pine Bluff Wellness Center. Call 541-7890.
- TRAHC 5K in Texarkana at 9 a.m. Contact 774-2315.
- LRRC Junior Jog at War Memorial Stadium at 8 a.m. Call 664-7679.
- MADD Dash 10K and one-mile fun run at Searcy. Call 774-2315.
- Dogwood Festival 10K at Siloam Springs. Call 524-5779.
- Methodist Hospital 5K in Jonesboro at 9 a.m. Call 935-3968.
- Lake Fort Smith 5K on Park Road at 2 p.m. Call 782-8143.
- 27 - Ultra Series Pipeline Express. 12 miles from Northshore Landing at Lake Maumelle at 7 a.m. Call 225-6609.
- Fordyce on the Cottonbelt 5K at 4th and Main at 8 a.m. Call 352-8481.
- Jacksonville Cityfest 10K/5K from Jones' Chevron Station on Main St. at 8 a.m. Pre-registration entry is \$8; \$10 day of race. Call 982-3378 or 982-0100.
- Abilities Unlimited 5K in Fayetteville. Call 521-3500.
- Pocahontas 5K at Randolph County Medical Center at 9 a.m. Call 892-4511.
- Monroe Auto Equipment 5K at Paragould at 9 a.m. No entry fee. Call 239-8531.
- First Bank of Arkansas 5K at Russellville on the Bona Dea Trail at 8 a.m. Call 968-7030.

May

- 4 - Toad Suck Daze 10K, 5K and Relays in Conway at 8 a.m. Call 450-4638.
- Summerfest VI 5K in Camden. Call 836-6426.
- 3rd Annual Bobby Creek 5K at Fouke High School at 8 a.m. Call 214-838-5899.
- Medical Center 5K and Kid's Fun Run in El Dorado. Call 863-2390.
- Rector Spring Festival 5K in downtown Rector at 9 a.m. Call 595-2427.
- Hamburg Armadillo Day 5K at 8 a.m. Call 853-5005.
- Cane Creek 5K at Star City at 8:30 a.m. Call 628-5117.
- 4th Old Timers Day 8K at Lee Creek Park in

- Van Buren at 8 a.m. Call 474-3582.
- Heifer Project Stampede 8K at the Heifer Ranch in Perryville. Call 889-5124.
- Washington Regional Medical Center 10K, a part of the Northwest Arkansas Grand Prix. Call 442-1000.
- Long Crossing Ultra 50-miler. Call 666-6621.

Service Awards Point System

Club members who actively assist in Club activities earn points, and tangible awards are given to those with 100 or more points in a year. In the past that year has been the calendar year. Recently, Club officers decided to change the point year to coincide with the yearly term for officers — July 1-June 30. That means that Club members can have from January 1990 through June 1991 to earn 100 points.

In the past the awards have been nylon windbreakers and, last year, a sweatshirt, all imprinted with the Club logo. This year's award will be a Tyvek (paper) jacket.

The following is the 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

At the end of June, mail your point total and jacket size to:

Service Points
Little Rock Roadrunners Club
P. O. Box 250229
Little Rock, AR 72225

For information on Club-sponsored activities call 377-1653.