

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 1991

Club Members Must Decide Limit of Involvement

by Jack Evans, LRRRC President

William James, a down to earth philosopher, once wrote, "Even if the day ever dawns in which it will not be needed for fighting the old heavy battles against nature, muscular vigor will still always be needed to furnish the background of sanity, serenity, and cheerfulness to life, to give moral elasticity to our disposition, to round off the wiry edge of our fretfulness and make us good humored and easy of approach."

The background of sanity began at 2:30 a.m. on July 21, 1991. The serenity and cheerfulness to life kicked in around 4 a.m. and lasted for approximately three hours. The remaining two hours and some change gave us moral elasticity to our disposition.

Amazing how a long run can change your mood and disposition many, many times over a short time span. I must say I answered mother nature's call four times before I got in the mood. The battle with nature lasted about ten miles before I wiped it out with a sudden burst of after-burner speed.

The completion of the GREAT BEAR RUN with friends definitely rounded off the wiry edge of our fretfulness, made us good humored, and easy of approach on the couch in the afternoon.

The above words are meaningless, other than the value of exercise/running, unless you were involved and committed to the common goal of a friend (sometimes). Seven individuals, with various running abilities and interests, came together for what seemed a brief instant to assist a fellow runner achieve her goal. Without the assistance of one additional gentlemen, our common goal would have been much more difficult to reach. Yes, without the volunteers it would be very difficult for your to reach your running goals. May the volunteer always catch his limit of fish.

The point of our story lies within the breakfast of champions. As the non-runner enjoys his bacon and eggs, which animal is more committed to your breakfast, the chicken or the pig? One might say the pig because it gave it's life. The chicken was only involved up to a point.

As a Club, we do not need the commitment of the pig, but we need the involvement of the chicken and its continual contribution of a small part of itself. Your involvement is vital to the success of our Club.

As you toe the line of your next race or run remember these words: "It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal are the happiest. When you see 20 or 30

people line up for a distance race, don't pity them, don't feel sorry for them. Better envy them instead." My goal is to get you involved in some way and your contribution will make us the envy of every club in _____. It is up to you to define our limit.

Runner/Service Awards

Congratulations to Carla Branch, Carol Torrey and David Williams for being named LRRRC Runners of the Year. Linda Stribling and Bill Torrey were given the Service Awards for 1990.

August Meeting

The final summer potluck at Murray Park will be in pavilions 1 & 2 on August 15 at 6:30 p.m. Bring a dish to feed 6-8 hungry runners; the Club furnishes drinks and eating utensils. Then stay around for the entertainment — the Club's annual "talent" show. The first indoor meeting of the fall will be September 19 at the new Healthsouth Rehabilitation Center at the Barrow Road exit off I-630. More about that program in next month's issue of *The Runaround*.

Last Call for Service Points

This is the last call for service points. The following people have turned in points for the 1990-91 year which began January 1990 and ended June 30, 1991. If your name is not on the list and you earned 100 points for the year and one-half time period, please contact Bill Harrell at 225-1050 as soon as possible or you will miss getting a nice Tyvek (paper) jacket displaying the LRRRC logo.

The names of those with 100 or more points are: Bonnie Brandsgaard, John Carter, Van Davis, Mike Dwyer, Jack Evans, Rosalind Fredeman, Arthur Kerns, Dawson Mase, Jim Pearsall, Charley Peyton, Mark Spradley, Jim Stanley, Linda Stribling, Yvonne Thompson, Betty Ray, JoAnn Hathorn, Lisa Thoreson, Bill Torrey, Nick Williams and Celia Storey.

The new point year begins July 1, 1991 and ends June 30, 1992.

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

The Ultra Corner

by Harley Peyton

Congratulations to LRRC ultra runner Nick Williams for his completion of the Western States 100 miler in a time of 27:33:15. Nick is sporting a finisher's belt buckle and proud of it. He now has awards from the four major 100-mile races around the country: Virginia's Old Dominion, the Vermont 100-miler, Utah's Wasatch, and Western States in California.

Nick stated that the conditions for running were better than in the past but "a hundred miles is still a hundred miles." Nick also said that he ran the whole race with Dr. William Gilli, a former LRRC member who is now living in Bakersfield, California.

Speaking of finishers, David Horton, Arkansas/Virginian, completed the Appalachian Trail in 53 days. That is 2,144 miles. By my rounded off calculations that's about 40 miles a day for almost eight straight weeks. Now that is ULTRA RUNNING!

Our plans for the Arkansas Traveller 100 are coming along. Several of us went out to the trail and did some road clearing one day recently. We ended up with a flat tire and a busted bush hog. But, we got it cleared for our run over the section scheduled for August 10. It will be 24 miles of rugged hills. You'll love it! On August 16 we have a night run over part of the course beginning at 8 p.m. from the Winona picnic area. These runs are for everyone, regardless of whether you are going to run the 100 or not. Who knows, we might pick up a volunteer for the 100 out there.

Don't forget the Ultra Trail Series on September 14. It's the Tom-Harley 50K starting from the forest service trailer at 6:30 a.m. For additional information call me at 225-6609.

Happy Trails.

Letter to the Editor

Dear Editor:

I am somewhat perplexed. I read the letter to the editor in July's issue of *The Runaround* in which the writer complained of the newsletter being used as a venue for making a personal attack on someone. Excuse me? I've received every issue of *The Runaround* and I must have missed something. I do recall seeing a letter in *The Runaround* in June in which the writer expressed an opinion about an article written by a local runner/reporter which was critical of races which offer trophies and runners who seek to win them. However, both these pieces appear to me to be nothing more than two runners expressing different points of view. Besides, running doesn't "belong" to any particular type of runner. It belongs to all of us: the ultra runners, the recreational joggers and the competitive racers. And in the same respect, *The Runaround* doesn't "belong" to anyone. It is the Little Rock Road Runner's product and property. Surely, there is not a

separate, more restrictive category of freedom of the press called "freedom of the newsletter so long as you don't write critical opinion pieces."

Come on! Let's not be so thin-skinned that we can't take a little criticism. After all, we work hard for whatever achievements we attain as runners, whether it be trophies, good health, personal satisfaction or just a good sense of well being. There is nothing "wrong" with wanting to win trophies, nor is there anything "wrong" with not wanting to. Our common goal is the promotion of running. Sometimes a good dose of criticism does wonders for our objectivity and sensitivity to others point of view. Let's keep the newsletter open to new issues and new ideas.

Sincerely yours,
David H. Williams

Point of View

Controversy! Perfect opportunity for Sugar Bob (Montana Red to those truly in the know) to set things straight. We all can use the points of view expressed by Messrs. Plunkett and Torrey to criticize, polarize and alienate. I don't really think either of them sought to do that.

As for me (I'm sure you're holding your breath to hear about me), I've approached running from about every angle possible. I've trained hard and run near my (limited) potential. I've jogged with liberal walks and I've done most between. I've always, however, tried to keep the fun in it and reveled in the pleasure of the company of individuals who, perhaps selected out only because of our unique avocation, are stimulating to be around. It never mattered to me whether one was "better" than me, "stronger" than me, "faster" than me, "richer" than me, etc., or vice versa, etc. In fact, the diversity and the fact that at one time or another I did or could be any one of the above is and was stimulating.

Now, some think Si and Bob's Running School is a disgrace. You wouldn't believe the number of "good" runners who slip back over in the cover of early morning darkness to get help recovering from injury, illness, etc. only to use us and leave us upon recover. So you see, even those who "don't take running seriously" do serve some purpose.

I think Plunkett and Torrey both were saying that when the race is over all participants are winners not just those to whom trophies were given. In this respect, running and racing can be a metaphor for life. One tries one's best with dignity, compassion, grace and perseverance accepting intermediate results as they come. (Actually, one year on Pike's Peak I was sure the final results were about to be tallied for me.) Anyway, I believe in the final analysis, it doesn't matter how many miles we ran, how fast we ran, how many races we won or worked, etc., but how we treated each other that separates winners from losers.

I have every confidence that we can enjoy our diversity. I don't know if Arkansas is unique in its running community or not but I certainly appreciate being a part of it all.

Robert C. Galbraith, SB, MR, DNF

Recent Race Results from "Margaritaville", etc.

by Bill Harrell

Florida's abbreviation is FL, which is apropos, but it could also stand for flat land or frontal lobotomy. There is plenty of both in the land of sun and sweat and I even started to miss the hills of west Little Rock.

Don't get me wrong folks, I went to Margaritaville to waste away and that is exactly what I did, loving every minute of it. But running is an addiction and a runner can't leave home without it.

I would like to mention a race I ran in on July 4 while visiting in Key West. The Naval Air Station sponsored a 5K as part of a celebration they were having. Finally, a flat 5K. The run started and finished on a beach. I would have been better off wearing aqua socks than Tigers, but I didn't know this at the time.

When the race finally started I settled in behind the lead female, figuring if I were to get lost on the course I didn't want it to be with a bunch of guys. Since there were no splits called I kept an eye out for mile markers. I saw a "1" painted on the road but my watch read 7:58. I train at a pace faster than that, but with the Florida sun it might be accurate. The next marker I was at was three miles. I glanced at my watch. — 15:56. Wow! One hell of a two mile run. The last tenth lasted forever though. Total time running — 21:02. Total distance covered: no one knows, although I estimated it at 3.5 miles. This was good enough for second in the 30-39 group, although the trophy I received is for second place female 13 and under. But that's a different story.

Meanwhile, on the home front, a couple of aces from Conway, Frank Rivers and Jim McKim, were winning their age groups at the Clarksville Peach Festival 4-miler. Frank ran 22:29 and Jim a 25:52. They are 47 and 55, respectively.

Malvern's Brickfest proved to be popular with our members again this year. Some of the people who brought home bricks are Johnny Gross, first in 25-29 with 16:01; in 30-34 Ray Bailey, first in 16:56, David Allen, third in 17:22, and Bruce Mendelson, fifth in 18:13. Bill Torrey ran 17:52 for a third in 35-39 and Roy Drew was third in 40-44 with an 18:40. Van Davis blazed a 19:08 for second in 45-49. David Samuel ran 19:46 for a fourth place finish. Mr. Consistent, Hayes McKinnie, garnered another first in 55-59 with a 19:27. In the 60-64 group Don Banker was first with a 21:41 and Earl Guyer was third in 23:07.

Our women did just as good. Christy Henson ran 22:59 for second place in 14 & under and her sister, Summer, was fifth in

15-19 with 27:45. Suzanne Banker and Lesa Allen dueled it out for second and third in the 25-29 group. Suzy ran a 21:06 and Lisa had a 21:17. Gloria Guyer was fourth with a 22:56. There was a 1-2-3 sweep in 35-39 with Barbara Hildebrand running 19:16, Carla Branch a 19:41 and Carol Torrey a 21:37. Jennifer Drew was tops in 40-44 with a 22:02. P. J. Diesing was second in 50-54 with 26 flat and Marlene Guyer was second in 55-59 with a 35:14.

Carl Northcutt was third in the 50+ division at a 5K in Clarendon with a 29:02.

I do not have any results from the July 4 runs but The Runaround will be glad to publish them next month if you will send them. I do know that Lesa Allen ran a PR in Benton and I'm sure some more were set at the Firecracker Fast 5K. Let us know what they are; all PRs should be published.

The Great Mosquito Chase 5K in McCrory was held July 13. Those who earned hardware are Johnny Gross, second overall in 15:43, David Allen, first in 30-34, 16:43, Bill Torrey, first in 35-39, 17:26, and Lesa Allen, second overall in 21:08.

While most of us were doing our 5Ks a couple of real runners were in San Francisco running a marathon. Dale Wintroath ran a 3:49:59 after fighting his way to an almost eleven-minute first mile. Although being injured, his lovely wife, Lou, ran the half marathon. Not only was the race congested, the weather was cold but they seemed to enjoy the run, nonetheless.

Schedule of Fun Runs, Races

August 10

— Pike's Peak Training Run from Rebsamen Bldg. to Fort Roots and back. 16.8 or 23.8 miles at 5:30 a.m. Call Ken Ropp, 565-8520.

— Great Arkansas Pig-Out 5K from the Morrilton Courthouse at 7 a.m. Call 354-2393.

— Possum Stampede 5K at Lake Catherine State Park at 7:30 a.m. Call 844-4176.

August 17

— Hope Watermelon 5K. Call 777-2313.

— Elvis Presley 5K at Southbrook Mall in Memphis. Call 901-323-0190.

August 18

— Pike's Peak Training Run from Maumelle Park. 12 miles at 6 a.m. Call Ken Ropp, 565-8520.

August 24

— Valley Fest 5K at Dardanelle Lock & Dam at 8 a.m. Call 967-6405.

— Pike's Peak Ascent Run in Manitou Springs, CO.

August 25

— Pike's Peak Marathon in Manitou Springs, CO.

August 31

— TCB/Summerset 5K in Burns Park at 7:30 a.m. Grand Prix Series. Call 758-0733.

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

Linda Stribling

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Mike Dwyer

Bob Franklin

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Editor

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Runner of the Month — Laura Abbott

How do you write an article for a running club newsletter which addresses readers on such varied running levels? One person suggested I write about my personal records and running accomplishments. Nice thought, but how boring it would be to read another article on an ex-collegiate runner turned road racer. Anyone can achieve all-conference and all-American when blessed with the ability, time and desire to do so. Such publicized rewards are nice and great to put on a resume' but running has given me so many other rewards. The greatest gifts running has given me include friends, jobs, physical fitness and a greater understanding of myself and my creator.

During high school competition I began to realize how blessed we are to have bodies which are capable of running. My twin sister, Leslie, had been injured during most of the track season. She was so upset that she couldn't run. At the end of our season at the regional meet Leslie and I tied stride for stride for the 800 meter championship. Not only was this a phenomenal memory to have for life (a local paper got a snapshot) but it made me realize that some injuries are temporary and some are permanent and we should be grateful for healthy bodies.

After high school I proceeded to run on the college level. At the time of my graduation from high school there were only three women's track programs in Arkansas. Today, there are eight college track programs for women. When I transferred to UCA there was no program. Leslie helped get a program started at UCA. We felt there was such a need to get a program started at UCA not only so Arkansas girls could continue competing but could use their track skills to help fund their education. Running

helped pay for my college education.

Running also helped fund my education by enhancing my chances of working at Kamp Kanakak-Kanakomo, a christian sports camp. The three summers I spent in the hills of Missouri are priceless. Not only did I grow in my relationship with my creator, I learned how to work with young people which later has helped me in my teaching career. So, running has helped me in the spiritual realm as well as the occupational realm.

This brings me to this spring. After a 2 1/2 year layoff I started to run to get in shape. During this spring I've made money running, received press coverage, and learned more about the sport. But the neatest gifts from running has been the friendships and the memories. Arkansas is blessed with one of the friendliest running communities in the area. I sure have felt welcome by the Break 40 Club, the Foxcroft bank runners, the Pike's Peak group, the Sunday Harvest Food crew, Si and Bob and the Kavanaugh Queen. I'm sure the Grand Prix crowd will never be forgotten, along with the hail (hale) of Talimena or the humidity of Texarkana.

Well, hopefully, one can see that running on any level is a gift. It is great to see our Club help walkers, joggers, and runners on all levels—handicapped, young, old. How fantastic it would be to see our local colleges recruit our native Arkansans who are diamonds in the rough! I remember cheering in the elderly man at Texarkana. What a symbol for running he is. Regardless of our ability I would hope that each day we are grateful we can celebrate, not compare, the gifts we have been given.

Coreen Frasier Completes Bicycle Trip This Month

By Linda Stribling, Editor

As I told you last month, Club member Coreen Frasier took on a big challenge for her summer vacation — riding her bicycle across the United States from Winthrop, Washington, to Portland, Maine.

If she is not too saddle sore, it has been suggested that she speak at an upcoming Club meeting about her exploits.

I'm sure that in this final month she would appreciate any words of encouragement that her fellow runners might offer. Mail letters at least six days in advance and allow at least eight days for parcels. The address is:

Cycle America
Coreen Frasier
General Delivery
City, State Zip

The remainder of the schedule is as follows:

Pennsylvania Tour

8/5 Indiana, PA 15701
8/6 State College, PA 16801
8/7 Jersey Shore, PA 17740
8/8 Wellsboro, PA 16901
8/9 Bath, NY 14810

New York Tour

8/12 Mexico, NY 13126
8/13 Boonville, NY 13309
8/14 Long Lake, NY 12847
8/15 Lake Placid, NY 12946
8/16 Clintonville (Keeseville, NY 12944)

New England Tour

8/23 Portland, ME 04101

LITTLE ROCK ROADRUNNERS CLUB
 STATEMENT OF CASH RECEIPTS AND DISBURSEMENTS
 FOR THE TWELVE MONTHS ENDING JUNE 30, 1991

<u>RECEIPTS</u>	<u>June 30, 1991</u>
Membership Dues	\$1,951.87
Equipment Rental	1,364.20
Interest Earned	218.79
Special Events	
Pepsi 10K	2,850.00
Women's Road Race	314.71
Junior Jog	(882.04)
Valentine Run	(52.84)
Riverfront Mile	(79.60)
Maumelle Scenic 60K	<u>(231.04)</u>
 Total Receipts	 \$6,699.57
 <u>DISBURSEMENTS</u>	
Newsletter	\$3,084.87
Postage and P.O. Box Rental	66.25
Storage Rental	624.00
Meeting Expense	780.19
Equipment Expense	11.98
RRCA Dues	219.75
Racing Team	66.00
TAC Arkansas	30.00
Telephone	216.00
Runners Hall of Fame	299.50
Club Awards	69.17
Killer Worm Costume	146.94
Pepsi Packet Inserts (Club Membership Application)	182.43
LRRC Stickers	188.70
Race Director of Pepsi 10K	<u>500.00</u>
 Total Disbursements	 \$6,485.78
Transfer of CD to Checking	1,495.75
Cash in Bank - Beginning	\$1,249.30
Ending	2,053.72
 Invested CD (1)	 3,462.11
 Total Ending Cash & Invested	 \$5,515.83

Betty Ray, Treasurer