

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 1991

Running Is A Positive Addiction

by Jack Evans, LRRRC President

According to a recognized expert (because he wrote a book), a positive addiction can be anything at all that a person chooses to do as long as it fulfills the following six criteria:

1. It is something noncompetitive that you choose to do and you can devote an hour (approximately) a day to it.
2. It is possible for you to do it easily and it doesn't take a great deal of mental effort to do it well.
3. You can do it alone or rarely with others but it does not depend upon others to do it.
4. You believe that it has some value (physical, mental, or spiritual) for you.
5. You believe that if you persist at it you will improve, but this is completely subjective — you need to be the only one who measures that improvement.
6. The activity must have the quality that you can do it without criticizing yourself. If you can't accept yourself during this time the activity will not be addicting.

The same expert titled a chapter in his book "Running — The Hardest But Surest Way to Positive Addiction."

A world class marathon runner once said, "There is a part of every marathon where something does take over — a sensation of movement. You lose a sense of identity in yourself, you become running itself. I get this in training. I only have to think of putting on my running shoes and the kinesthetic pleasure of floating along, the pleasure of movement starts to come. I get a feeling of euphoria, almost real happiness. It's an unvicious circle; when I am happy I am running well and when I am running well I am happy. It is the platonic idea of knowing thyself. Running is getting to know yourself to an extreme degree."

For those of you who read *Vanity Fair*, the March 29, 1990, issue had a picture of a jogger with the following words: "Jogging: He makes the movements of his muscles a solemn ceremony."

Whether you run five minute miles, twelve minute miles, or walk fifteen minute miles, we all can relate to the positive addiction attributed to running.

In the October 1974 issue of *Runner's World*, Joe Henderson, the editor, published a questionnaire which included the following question: Can you describe the main state of your mind when you are settled into your day's run?

A few responses to the above question are as follows:

"Meditative is probably the single word but it is a

different state from Quaker meeting type meditation. The most similar state of mind I know comes when listening to music for pleasure. The rhythm of running is a strong element. Sometimes problems get solved while I am running or I think of things to say to people but it is not a figuring out process. More of a sudden flash of insight that comes when you are least trying to find an answer. I think worrying and running are impossible to do at the same time."

"When I am settled into my run I concentrate on running as much as possible but the mind wanders to thoughts of most anything. The state of mind is one of almost total complacency and privacy. Although you are in sight of people, cars, buses, school kids, dogs, etc., I feel a very privateness when I run. People may yell at me or a kid may bug me for a few hundred yards but due to the nature of running (it is hard and physically demanding) you are pretty much left to yourself and no one can invade your runner's world because they physically are not able. If another runner enters or intrudes it is fine because he is running for the same reasons and for a lot of the same feelings."

"A sense of specialness, victory, cleanliness, timelessness, friendliness, a sort of positive loneliness, a kind of a long stretched out masturbation, only with a shining infinite future involving the whole mind and body and all surroundings, past, present and forever. There must be something religious there too, because it all seems so right with eternity, personally and collectively."

The three responses are from ordinary runners who live extraordinary lives. Yes, because of our positive addiction of running, we have a better life because we run.

What better gift could we give a family member or friend than a part of us which was created from the simple activity of running.

Running is not a way of life, but simply an activity which supplements our physical, mental and spiritual well being.

I would be remiss if I did not end with the bible verse (Isaiah 40:31) quoted in *Chariots of Fire*:

*But those who hope in the Lord
will renew their strength
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.*

The Ultra Corner

by Harley Peyton

The months of October and November are always prime ultra months. Two weeks after the October 5 Arkansas Traveller 100 several of us ventured up to the Blue Ridge Mountains near Lynchburg, Virginia, and participated in the Mountain Masochist 50-miler. I crewed for Nick Williams last year but I decided that I needed to share in his fun this time. The Arkansans in the race were Tony and Irene Johnson, Max Hooper, Bob Franklin, Ivy Harrison, Nick Williams, Lou Peyton and myself.

The race course looks a lot like the Ozark Mountains with long steep up and down hills. Plenty of rocks, too. If you are a fast walker and good down hill runner the course would be to your advantage. Being fresh would help, too. I suspect that is why Tony, Irene and Max ran into trouble. They competed in the "Traveller" two weeks before. Poor Bob's knee wouldn't cooperate past the 44-mile aid station and he was pulled. For the rest of us, Nick (10:40:39), Lou (10:43:00), Ivy (11:04:56), and Harley (11:35:56), we got to experience that "ultra feeling" all the way back to Little Rock on the following Sunday — a 14-hour drive in Nick's van.

The next weekend was the Ultra Trail Series run, affectionately dubbed the Pigeon Roost Mountain run. All of the trail regulars were at the starting line. A total of 40+ altogether. The men's favorites were Tom Aspel, Johnny Gross, and Ray Bailey. The women were led by Conway's Nancy Cunningham and Kim Pavelko. Despite the cold, the weather was ideal for mountain running. The men's race wasn't decided until the last quarter mile when Tom Aspel outsprinted the field to win by 11 seconds ahead of Gross in a time of 1:29:50. Nancy Cunningham finished first among the females and eighth overall in a time of 1:47:00.

Times of Club members are as follows:

Johnny Gross	1:30:01
Ray Bailey	1:30:15
Jack Evans	1:33:15
Frank Rivers	1:33:50
Bob Marston	1:47:25
Jim Sweatt	1:47:34
Ernie Peters	1:59:34
Bruce Nunnally	2:07:00
Sam Hardcastle	2:08:58
Lou Peyton	2:19:12
Tony Johnson	2:20:44
Charlotte Davis	2:29:02
Rosemary Haluszka	2:36:35
Tom Holland	2:42:26
Cathy Holland	2:42:26
Corky Binz	3:10:32
Tom Zaloudek	3:10:32
Sharon Williams	3:13:00

On November 15 the Benton High School track was the setting for the 6-12-24 hour track run. Lou and I had signed for the 24-hour run but after several hours I couldn't get my mind right and stepped off the track. Lou ran about eight hours before retiring. Both of us felt that we had not recovered from the Mountain Masochist Trail 50 three weeks prior.

Congratulations to Bill Laster for his first place 120-mile performance. In addition, it was announced at the Road-runners Club of America meeting in Hot Springs during Healthfest weekend November 16 that Bill was named the RRCA Ultra Runner of the Year. Bill won the Shockaloe Trail 50, placed second in the 1990 Benton 24 hour track run, third at the Cross Timbers 50 and 15th at the Leadville Trail 100. Lou Peyton was awarded the female Ultra Runner of the Year. Although she didn't win any races in 1991 she finished six ultra races placing second four times and third once.

"Winter Classic" Is Next Trail Series Race

The next Ultra Trail Series race will be the "Winter Classic" and will be approximately 15 miles of creek crossings and trail running. The date is December 14 at 7 a.m. To get to the start go approximately 1/2 mile past the forest service trailer on Highway 10. There is a forest service road on your left about 1/2 mile after you pass the trailer. For more details call Harley at 225-6609 or Nick Williams at 225-5557.

Happy trails.

6-12-24 Hour Results

The annual 6-12-24 hour Benton track run had a total of 23 starters. Twelve hearty runners ran for 24 hours. Overall winner Bill Laster logged a total of 120.28 miles with Bill Howerton (110.10) in close pursuit at all times. Laster and Howerton exchanged the lead several times during the race. Their 100-mile times were 17:55:11 and 18:53:50, respectively. Laster stated that "I would have quit several times, but he just kept on running. Due to his persistence I was able to get as many miles as I did."

Gayle Bradford, this year's women's winner, is new to the world of ultra running. Her longest run prior to this was 42 miles with minimal training. Her total of 91 miles was extremely impressive as she continued to run until the very last lap.

All runners braved humid conditions with a threat of rain the entire time. Several runners, including Joel Guyer, last year's winner with 123 miles, surrendered to injuries and blisters prior to the 24-hour time limit.

Mileage for Club members is as follows:

6 hours: Ivy Harrison, 33.97, and Bob Franklin, 16.86.
 12 hours: Irene Johnson, 46.62; Tony Johnson, 46.62, and Ann Moore, 46.37.
 24 hours: Bill Laster 120.28; Al Maguire, 39:18; Lou Peyton, 34.72, and Charlie Peyton, 8.93.



Club Celebrates Season

by Linda Stribling, Editor

The regular monthly LRRC meeting will not be held in December in lieu of a **Club Christmas party**. Shirley Pence has graciously volunteered the use of her home for the party on Saturday, December 14 beginning at 6:30 p.m. Those attending should bring snacks or hors d'oeuvres. The Club will provide beer, wine and soft drinks.

Shirley lives at 1519 Tarrytown. To get there turn onto Breckenridge off Rodney Parham. The Colony West Shopping Center is on one side of Breckenridge and El Chico is on the other. Go one block east on Breckenridge and turn right on Tarrytown. Go to the far end which is about 2-3 blocks to the cul de sac. The house is a one-story yellow brick on the east side of the street. In case you get lost phone 225-5383.

Yvonne Thompson will hold her annual **New Year's Eve party/run** at her home 5100 Woodlawn at Van Buren. The party begins at 8 p.m. and the run at midnight. Runners should bring snacks and the Club will provide the liquid refreshment.

Parking is limited but there should be ample parking at Kavanaugh and Van Buren which is only three blocks away. War Memorial Stadium is just a little further away in the opposite direction. Call YT at 666-6301.

The annual **Jingle Bell Jog** will be held December 21 at 7 a.m. beginning at the Sportstop, Cantrell & Pierce. Dress in a costume reminiscent of the season and include lots and lots of bells. The course is 10 miles with options for less. After the run partake of goodies provided by run sponsor chef Paul Bash.

January Meeting

The next regular monthly Club meeting will be held January 16 at 7 p.m. at HEALTHSOUTH Rehabilitation Center, 8821 Knoedl Court. Club member Marty Johnson and Joe McNeil of Hope, recent participants in an all-wheelchair marathon in Japan will talk and show video from the race.

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Grand Prix Series Is Set

The 1992 RRCA/TAC Grand Prix XI Series schedule is complete. The Pepsi 10K in Little Rock on April 4 will possibly return to the list of races. Those definitely on the roster are:

- February 22 - Cow Pasture 2 1/2 mile cross country run in Fayetteville
- February 29 - El Dorado One-Hour Track Run*
- April 11 - Talimena Half Marathon at Mena*
- May 9 - 12K at Russellville*
- May 23 - The First Bank 8K Race in Little Rock*
- August 15 - Watermelon 5K at Hope*
- September 5 - Twin City Bank 5K in North Little Rock
- September 26 - Caddo River 15K in Glenwood*
- October 17 - The Arkansas 20K at Benton*
- October 24 - Oktoberfest Fast 5K in Hot Springs
- November 14 - Red Cross Turkey Trot 7K in Maumelle
- November 21 - Mountain Valley Spring 10K in Hot Springs*

* State championship

GP XI points will only be awarded to participants who are 1992 members of an RRCA/Arkansas Club.

Only the top 10 race performances for any participant will be counted and participant must score points in at least two GP races to receive an award.

Runners moving to a new age division because of a birthday will have any previous points earned transferred to their new five-year age division.

No duplication of awards at individual GP races or for the GP winner. Overall winners are not eligible for age division awards.

Awards will be presented as follows: first three overall male and female, first three overall masters male and female, first overall wheelchair male and female, first five overall walkers male and female, and first five runners in five-year age divisions.

RRCA Honors Club Members

Several members of the Little Rock Roadrunners Club were honored with Road Runners Club of America annual awards that were presented at the state meeting in Hot Springs November 16.

Lowry Foster was named male runner of the year and Steve Sipes was named male masters runner of the year.

The most improved male and female runners are also husband and wife — David and Lesa Allen.

The male and female ultra runners of the year were Bill Laster and Lou Peyton.

Bill Torrey was named the top volunteer of the year, along with four other runners from around the state.

Special awards for promoting a healthy Arkansas through running were given to David Williams, Jim Stanley, Roy Hayward and Carol Torrey, and through ultra running to Charley Peyton.

The Runaround was named the Best RRCA Newsletter and editor Linda Stribling was also given the "Best Porta-Potty" award as director of the Pepsi 10K.

New Members Are Added to Club Roster

by Yvonne Thompson, Membership Chairman

Mackie Grasinger Buckelew is a 33-year-old elementary school physical education teacher who lives in Ruston, La. She states that she has been running since college and puts in about 30-40 miles per week at a 7-8 minute pace. Mackie said she races often, preferring the 5K, 10K and 1/2 marathon distance. She has a 5K PR of 23:00. Mackie also states that she loves to run. "It has helped me overcome stress in my life. It helped give me a new meaning to life."

Harold W. Wilson from Waldo, Ark., has been running for three years. He runs 25-30 miles weekly at a 7:00 minute pace. Harold says he races 5 and 10Ks frequently and his PRs are 19:02 and 39:54, respectively. Harold is 57 years old, married to Anna Fay, and they are the parents of Donna, Toby and Lonnie. He is employed as an operator and, in addition to running, also enjoys fishing and gardening. If you live in Waldo and would like to join Harold in the morning call him at 234-4927.

Kathy Lee is 24 years old and has been running for two years. She puts in 15 miles weekly at a 9:00 minute pace. She states she doesn't race often but does prefer the 10K distance. Her PRs are: 10K-54:30 and 5K-24:25. Kathy, an accountant, is married to Rick and also enjoys swimming, biking and reading. She says she is very interested in meeting people with similar interests such as fitness and outdoor activities. If you would like to run with Kathy either morning or evening call 374-0206 (work).

Rick Lee is the husband of Kathy. He is a 23-year-old student and states he is "just getting started" running. In addition to pursuing a masters degree in physical therapy, Rick also swims, plays golf and enjoys outdoor activities. He would like to run with someone and his schedule is flexible. Call him at 664-8068.

Mary Kelly is a freelance writer who has been running for two years. She runs 20-25 miles per week at an 8 1/2-9 minute pace. She says she occasionally races 5 and 10Ks. Mary, age 28, and husband Dennis are the parents of Sean. Mary's other interests are reading, writing and traveling. (One thing that Mary didn't mention on the new member questionnaire is that she had an article published in *Runner's World* earlier this year.)

Dennis Kelly, age 30, and husband of Mary, is director of news and programming at KARN. He states he has been running for two years, 35 miles per week at an 8:00 minute pace. Dennis states he only races every 4-6 months, prefers the marathon distance and his PR is 3:50. Dennis, who describes himself as a "news junky," states he also enjoys weightlifting, family, gardening and traveling.

Guy Marangoni has been running for 12 years and trains at a sub-10:00 pace. He does not race often but gives a 59:00 PR for the 10K distance. A special agent for the FBI, this 31-year-old also enjoys snow skiing. He would possibly like someone to run with either morning or evening. If you are interested call 455-5076.

Jill Marangoni is the wife of Guy. She is 34 years old and also a special agent with the FBI. She has been running for

15 years and usually trains at a 7:15 pace. She states she races often, preferring the 10K, marathon and 1/2 marathon. Her PRs are 3:18 marathon and 39:52 10K. Jill states she also enjoys golf, tennis, water and snow skiing.

Jack Vander Schilden is a 40-year-old physician. He and wife Pam are the parents of Jaclyn, 3, and Victoria, 2. Jack, as a new member of the LRRC, is unique in that he is not a runner. However, as an orthopedist he has treated many of the Club members for various running injuries as well as having been a guest speaker at a recent Club meeting. In response to a request to tell about himself he asserts "I'm crazy but not as much as you guys and gals!!"

Annette Miller is 33 years old and is employed as an applications analyst.

Bob Franklin: I have postponed writing about this Club member for several months because I needed the extra time to verify the information on the questionnaire which he submitted. After diligently searching for someone to vouch for his credibility, I have come to the conclusion that Bob Franklin is simply incredible. Therefore, I present the following biography. You members may decide for yourself whether to believe the information or not.

Age: Race age 92.

Marital status: All girls over the age of three laugh at me, therefore, none will live with me.

Children: My ex always made fun of everything I did, including sex.

Occupation: No one will hire me.

Interests other than running: I spend most of my time hiding in my house trying to let my ego recover from the last run.

Do you race frequently? My friends say I will have to improve my speed before I can call my running racing.

What race distances do you prefer? 10B (B stands for blocks)

What are your PRs? I don't know. My watch only times to 9 hours and 59 minutes. My 10Ks always are longer than this. Maybe I need to try a 5K.

Would you like someone to run with, either morning or evening? To run a mile I start in the morning and finish in the evening.

What else would you like to tell us about yourself? (1) I spend a lot of time pondering the great mysteries of life. (i.e., Why do my running shoes have the clop-clop of a Clydesdale while everyone else has the pit-pat of a gazelle?)

(2) Do any of the LR Roadrunners have faces? I only get to see the backs of their heads (and other anatomical parts).

(3) Why does a dog let 85 people pass by in the winter series and then bite me?

(4) I could run a marathon but it is hard to find three consecutive days to give to running one race.

Recent Race Results for Club Members Listed

by Bill Harrell

On October 26 the Oktoberfest Fast 5K was held in Hot Springs. Since this is a TAC/RRCA Grand Prix race a fast one was assured. Some of our Club's top performers were Lowry Foster, 2nd overall in 15:38, and Muffin Campbell and Carla Branch, 2nd and 3rd overall female in 19:29 and 19:30.

We also dominated many of the age groups. The award winners in those are: Brian Frame, 20:56, ages 10-14 first, and Kent Wells 16:57, 3rd in 25-29.

Ray Bailey and David Allen ran 16:37 and 16:42 for a 1st and 2nd in male 30-34. Tom Zaloudek and Leonard Boen were 2nd and 3rd with 16:38 and 17:03 in 35-39.

Once again team members swept 40-44. The familiar names are Steve Sipes, 1st in 16:36, David Williams, 2nd in 16:46, and Roy Drew, 3rd in 18:15.

Paul Krause ran 18:02 for 3rd in the tough 45-49 while Don Cave was 3rd in 50-54 with 18:03. Jim McKim's 20:31 earned him a first in 55-59 while Bill Hoffman had a 19:56 for a familiar 1st in 60-64.

Nash Abrams and Earl Guyer were 1st and 2nd in 60-64 with 23:18 and 23:29 respectively.

On the ladies side of the ledger the times and places were just as impressive so we'll start with Christy Henson who ran 21:38 for a 2nd in the 10-14 division.

Lesa Allen, a perennial winner in the 25-29 group, did it again, this time with a 21:12. She was followed by Gloria Guyer who had 22:26 for a 2nd in the age group.

Mackie Buckelew took 3rd in 30-34 with 21:41 while Carol Torrey ran 21:37 for 3rd in 35-39.

Jennifer Drew and Donna Cave were 1st and 2nd in 40-44. They ran 21:58 and 23:19. Yvonne Thompson, 25:00, and Coreen Frasier, 26:15 were 2nd and 3rd in 45-49, while Marlene Guyer took 2nd in 55-59 with a 35:20 and Shirley Pence ran a 28:50 for a 2nd place finish in 65-69.

The Red Ribbon Run was also held on October 26. The only person I know of to trophy was Mike Dwyer who was 1st in 55-59 with a 28:40. If any of you ran the race and placed you can notify me and I'll put you in next month's column.

There are times when volunteering is harder than participating and the Classic 10K on November 2 was one of those. The Club members who fought sub-freezing temperatures to help you runners were Lesa Allen and Kent Wells, two of the state's top runners, who called splits and Arthur Kerns and Jim Pearsall who pulled me through another race by working the finish line. If it's anything these two guys do better than running it's being a friend.

There was also Linda Stribling who never met a race she didn't work. Rosalind Fredeman, a top LRRC walker who has a big heart, was the first to volunteer, first to arrive and the last to leave.

Scott Warrior also helped. Apparently his brain froze because he decided to join the Club for three years.

The people who braved the elements and won are

Mackie Buckelew, the overall female at 45:03, and Jennifer Drew, 2nd overall in 45:36.

Barbara Hildebrand and Nancy Richie were 1st and 2nd in 35-39 with 47:41 and 54:23. Sherry Cloud had 47:41 to win the 40-44 and Rosalind Abernathy had a 1:02:19 to capture the 60+ group.

David Allen, 35:22, and Bill Torrey, 35:27, were top two overall males. Roy Drew won 40-44 in 30:55 while Roy Hayward and Bobby Tiner were 2nd and 3rd in 45-49 with 39:12 and 43:32.

Bob Boyd got a 3rd in 55-59 with a 1:02:46 and Don Banker and Robert Abernathy were 2nd and 3rd in 60+ with 45:21 and 51:27.

That same day Alan Babcock was the overall winner at the LRAFB 5K. His time was 17:08. Tim Brotherton won his 40-44 group at Redfield in 18:02 and Brian Frame was the 14 and under winner in 21:16.

Look for Club member's times from the Red Cross 7K, the Mountain Valley 10K, the Thanksgiving Day 5K, the Duck Run 10K, and the Memphis and Dallas marathons in next month's issue of *The Runaround*.



New Members (continued from Page 4)

(5) I am really a good-looking 20-year-old with lots of hair but I am trapped in someone else's body.

Author's note: The above entertaining material was printed directly from Bob's response questionnaire. I would like to add a few serious comments. Bob is 51 years old and began running less than two years ago. Since that time he has run every distance from 5K to the ultra marathon. He is an avid member of the LRRC ultra marathon team and has entered several 50 milers as well as the Arky 100. He also completed the Pike's Peak Marathon in August. Bob is already an enthusiastic volunteer for the LRRC and is presently serving in the role of secretary. We are very pleased to welcome this gentleman to our Club.