

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 1991

The Review of the Club Roster Continues

by Bonnie Brandsgaard, LRRC President

If any runner was ever tempted by her own neck-of-the-woods to leave her favorite recliner to go for a run in the great outdoors, it has to be Lee Lee Doyle who lives on a street named Gorgeous View. And we have her to thank for bringing to a spring fun run Sister Marian Irvine, who is famous for meeting such challenges as running across Death Valley as well as winning trophies at marathons. Lee Lee and Sister Marian joined us for our "Before Easter Sunday Fun Run," annually hosted by Coreen Frasier. What makes Coreen's annual Easter run memorable each year are the Easter eggs and candy she distributes along the run — ah, chocolate and sugar: the magic ingredients that bring us each year to risk our necks and knees to run with Paul Bash through the cold on ice and snow for an oatmeal cookie and a little Jog Juice.

However, back to the Easter story. The year Sister Marian joined our fun run, she established herself in the Little Rock running community for what happened to her on that particular run rather than her reputation for distances and speed, which, I might add, delayed the start of our run as we posed with her for pictures by Bob Black's trusty camera.

She raced down the streets and was really racking up the Easter goodies as we back-of-the-packers slowed up even more to find the obscure eggs she and the other speedies had passed by. The "egg on her face" (Bullwinkle-ishy speaking) story began when she mistakenly gathered Easter eggs from a yard where the Easter Bunny (parents) had "visited." When the parents noticed what she was doing, they came out to inquire and possibly discourage. Of course, Sister Marian explained as best she could — better probably than most of us could have.

Back at Andy's, Sister Marian recounted the encounter to the rest of us. Sister had us laughing and teasing her for ten solid minutes saying things such as headlines for the newspapers: "Nun on the Run — Takes Children's Easter Candy." She definitely scored the highest marks for the Andy's laugh of the day and established herself firmly in the Andy's folklore of running stories.

Going down the runners' list looking for my next tell-it-all story, I see Mike Dwyer's name and come to a complete stop. What a story! His story is still in the making since he is home recovering from what may be the "Hitting-the-wall-of-the-decade" marathon story. I trained with Mike as did John Mitchell, and Mike's son — as did many other runners. None of us burned any rubber off our shoes in speed work, but Mike had his marathon training down to the exact minutes of training

needed. Morning after morning Mike did hill after hill in west Little Rock. He tried Power Bars and they upset his stomach. He tried Exceed and it had the same effect. What he ate and drank at the Memphis Marathon — I don't know, but his son and a friend from Russellville reported at the Jingle Bell Jog that they paced him up to 24 miles. That's when he became seriously ill and had to stop. After Mike returned to his hotel room, his condition grew worse until his son took him to the nearest Memphis hospital.

Mike's problem is a common one. We have all had trouble with being sick, but Mike's "problem" destroyed the lining of his throat and stomach, threatened his life, and put him in the hospital for more than three weeks. During that time he was in intensive care and wasn't allowed visitors. However, he's home now and plans to be back at work around the middle of January. I hope he's able to come to Andy's some week soon and swap "wall" stories. It's got to top any marathon story I've ever known about.

We've all had setbacks. We've all recovered. What I wish from all of us for you, Mike, along with your recovery, is another victory another day. To give all that time required for training, to lace up your shoes and tie the knots and then to reach 24 miles is winning. The price of your health was too high, but we certainly raise our hats to you and your determined spirit. Emily Dickinson described your spirit in one of her poems: "Superiority to Fate, Is Difficult to Gain. 'Tis not Conferred of Any, But Possible to Earn."

Mike, speaking for the entire running community, we wish you recovery and strength!

Upcoming Club Activities

The next regular Club meeting will be January 17. At press time a meeting location had not been secured so we will have to ask you to watch the local newspapers.

Other activities on the Club agenda, although all details have not been firmed up, are the Hilly Chili Run on a Sunday afternoon in late January or early February, and the Valentine Twosome Race which is held the Sunday afternoon before Valentine's Day — February 10, 1991.

The BIG ONE for the Club is the 12th annual Pepsi 10K, scheduled for March 23, 1991. Start thinking now about what you would like to volunteer to do to help out. We will need all the help we can get.

The Ultra Corner

by Harley Peyton

The 10-9-10 trail run continues to be the most popular run in the trail series. This section of the Ouachita Trail passes through private timber company land (between Highway 10 and Highway 9) and is a "jungle" in the spring and summer. However, in the winter, after deer season, it offers a variety of trail conditions ranging from rolling hills, clearcuts and swamps.

The morning of December 8 was perfect ultra weather — clear and frosty. I counted 33 runners at the start. A few newcomers were present, most notable were Charles Smith and Ray Bailey. After the start, I drove around to the eight mile point with water while Van Davis took aid to the turnaround at 11 miles. The first runner to pass me was Eddie Mulkey in 56 minutes. About 100 yards back was Johnny Gross and Tom Aspel.

The first female was Trish O'Dwyer with Lou Peyton and Carol Mathew in the far distance. On the return Johnny and Tom overtook Eddie to finish in 2:52:33 and 2:53:18, respectively. Lou and Carol rallied and finished a scant three and six minutes behind Trish.

The course record is 2:50:54 for the men by Eddie Mulkey and 3:33:00 for the women by "Sarge" Smith.

The most recent results are:

1.	John Gross	2:52:33
2.	Tom Aspel	2:53:18
3.	Eddie Mulkey	3:09:51
4.	Jim Sweatt	3:24:13
5.	Ray "Bones" Bailey	3:24:14
6.	Stephen Tucker	NTA
7.	Nick Williams	3:37
8.	Charles Smith	3:45
9.	Tom Zaloudek	3:45
10.	Steve Tilley	3:50
11.	Ken Millar	4:14
12.	Patricia O'Dwyer	4:34:55
13.	Tony Johnson	4:36:13
14.	Lou Peyton	4:37:58
15.	Sam Slug	4:41:21
16.	Carol Mathew	4:41:50
17.	Bruce Shackelford	4:46:54
18.	Ron Hale	5:13:13
19.	James Hicks	5:13:13
20.	Sandi Venable	5:23:25

The Ultra Trail Series continues on January 12 at 7 a.m. with the Great Wall of China Run. Follow Highway 10 west approximately 20 miles from the I-430 overpass to Highway 113. Continue on Highway 10 another 1 1/2 miles to Bringle Creek Road on the right. Follow Bringle Creek Road one mile and park at an AP&L substation on the right. The run will be 20 miles on forest service roads and will not include powerlines.

The Mobile Marathon, 21 miles on forest service roads, will be February 2 at 7 a.m. Go 5.6 miles past the Ferndale intersection on Kanis Road and park on the forest service road on the left.

There is no entry fee and no registration for Series runs. Water is provided. Call Nick Williams, 225-5557, or Harley Peyton, 225-6609, for more information.

Marathon Madness Continues

Still seeking that elusive Boston qualifying time. There are two more opportunities on the horizon. The Louisiana Marathon at Bossier City is February 17. Call 318-746-8291 for more information. The Arkansas Marathon in Booneville is March 2. Call 675-2666.

Recent Race Times Reported

Dallas White Rock Marathon, December 2: Men: Keith Brown, 2:37:35; John McGrew, 2:53:27; Hunter Northcutt, 2:53:32; Paul Krause, 2:58:00; Carl Cerniglia, 3:09:25; Bill Hoffman, 3:13:01; Don Potter, 3:18:29; Ernie Peters, 3:27:35; John Mitchell, 3:52:38; Bob McGowan, 3:53:18; Tom Barron, 4:12:42; Jim Henson, 4:38:09; Tom Tucker, 5:00:43; and Steve Eubanks, 5:42:44. Women: Carla Branch, 3:25:45; Yvonne Thompson, 3:52:39; June Barron, 4:22:56; Cheryl Potter, 4:30:03; Christy Henson, 4:38:09; Gloria Guyer, 4:41:44; Ann Moore, 4:44:56; and Coreen Frasier, 5:00:44.

Memphis Marathon, December 2: Men: Stephen Sipes, 2:38:14; Danny Mann, 2:47:49; Bill Torrey, 2:55:48; Tim Brotherton, 3:00:19; Kurt Truax, 3:09:24; George Wells, 3:47:09; and Wayne Thompson, 4:06:59. Women: Kathy Brotherton, 3:39:05, and Carol Torrey, 3:44:38.

Spina Bifida 10K, December 8: Men: Rodney Rothoff, 32:39.78, 2nd overall; Bill Torrey, 38:02.39, 1st in 35-39; David Samuel, 42:36.27, and Bobby Tiner, 43:34.33, 1st and 3rd in 45-49; Billy McKelvey, 41:48.40, and Jim Johnson, 46:43.63, 1st and 3rd in 55-59; and Don Banker, nta, 1st in 60+. Women: Barbara Hildebrand, 40:08.11, 6th overall; Lisa Thoreson, 42:34.91, 2nd in 25-29; Robin Hanle, 47:47.80, 2nd in 35-39; and Martha McKelvey, 1:03:02.68, 1st in 60+.

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