

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 1991

Member Participation is the Strength of the LRRC

by Jack Evans, LRRC President

Noel Carroll once wrote, "Running is the classical road to self-consciousness, self-awareness and self-reliance. Independence is the outstanding characteristic of the runner. He learns the harsh reality of his physical and mental limitations when he runs. He learns that personal commitment, sacrifice and determination are his only means of betterment. Runners only get promoted through self-conquest."

As individuals, such as myself, who are independent, introverted, single-minded, self-reliant, self-confident, and sometimes distrusting, some traits of a runner's personality tend to get in the way of the growth and development of a running club.

If we could only lose ourselves for a few hours each month and direct our energy and talents to the common objectives of our Club, our community would be a much better place to run, more people would realize the benefits of running and exercise in general, and our Club would develop as a major influence in the guidance of resources to be spent for recreational activities in the community.

As your president of the Little Rock Roadrunners Club for the 1991-92 year I will start by saying, your participation could be the strength of our Club, but your non-participation is stretching the resources of those who participate. In other words, some are getting bent out of shape because of the four directional pull.

We need active members and it is my responsibility to give you reasons to become active in your Club. Your board is committed to meet your needs and listen to your suggestions.

It is time for us to come together as a force in the community, we can begin by working with the youth and establishing running and exercise programs in the schools. We can take an active role in the AAU Development Programs during the summer months. We can start a program to gather our somewhat worn old running shoes, refurbish them, and give them to needy children who cannot afford running shoes.

We can take a more active role in assisting corporations to develop wellness and exercise programs. Monies saved in making its employees more productive, hopefully, could be re-directed to recreational facilities and equipment. Corporations would possibly become more active in sponsoring running events.

UALR's cross-country and track program needs our support to help with meets and, maybe someday, we could establish a scholarship at UALR for an outstanding runner from our community.

Our community is in need of a resurfaced track where we do not risk our lives during speedwork. How can we help to provide a decent running surface for the best track program in the United States, the University of Arkansas, if and when they compete in Little Rock?

There are three types of people. People who are satisfied with the status quo; people who are not satisfied, but do not know what to do; and people who make things happen. As a Club, it is time for us to make things happen before it is too late to do anything about it.

Looking forward to working with each of you and remember when running up a long steep hill, keep your head down and take a few inches at a time. Those inches accumulate very quickly, and before you realize it, you are at the top of the hill. How many inches are you willing to take to get us started in the right direction?

Officers Elected; Dues Increased

LRRC officers for the 1991-92 year were voted on at the June potluck in Murray Park. They are: Jack Evans, president; Mike Dwyer, president-elect; Bob Franklin, secretary, and Tom Barron, treasurer. Linda Stribling will continue as newsletter editor and Pepsi race director. Laura Abbott and Rodney Rothoff have agreed to coordinate the Club racing teams. Immediate past president Bonnie Brandsgaard is also a member of the Club's Board, as is Yvonne (Y.T.) Thompson, membership chairman.

Membership dues in the Club were raised. One year will now cost \$12.50; two years will be \$22.50 and a three-year renewal will be \$30. These take effect at each individual member's renewal date.

The July 18 potluck will be in Pavilions 7 & 8 at Murray Park at 6:30 p.m. These pavilions are on the opposite end of the park from where we usually meet. In August we will move back to Pavilions 1 & 2. Bring a dish to feed 6-8 hungry runners; the Club furnishes drinks and eating utensils.

The Ultra Corner

by Harley Peyton

Lou and I receive a weekly correspondence from Nancy Horton, wife of ultra runner and former Arkansan David Horton, who now lives in Lynchburg, Virginia. David has lots of friends in the LRRC who might be interested in his progress as he runs the 2,144 mile Appalachian Trail. As of June 13 (day 36 of his trek) David had run 1,451 miles, averaging 40 miles per day. She writes about his emotional ups and downs as well as what he has seen and encountered. He apparently has overcome his early problems with foot and leg pains and with 870 miles to go appears to be feeling frisky again. By the time you read this he should be finished. We hope that David gets to visit in our state in the fall to tell us about the run.

After a three-month layoff the Ultra Trail Series starts up again August 3 with the 12-mile Wasatch Scramble. Mile for mile, this is probably the most rugged race of the Series and features about eight miles of hilly powerline. As usual, my partner, Nick Williams, and I will accept no registration fee for the Series. You all are welcome to come out. We promise you an adventure. One added feature is the masters category that we will be adding. I repeat, no entry fee, no registration and no awards. You'll earn points for your finish place and at the end of the Series the runners (male and female, open and master) will receive recognition as King and Queen of the Trail. Sound fun?

For more information about the Ultra Trail Series call me at 225-6609, or Nick Williams, 225-5557. The first two are as follows:

Wasatch Scramble — August 3 at 6:30 a.m. Follow Highway 10 for 1.5 miles past Highway 113 to Bringle Creek Road. Turn right and go one mile to an AP&L substation. Park there. Two water stops.

Tom-Harley 50K — September 14 at 6:30 a.m. from the forest service trailer on Highway 10.

On June 8 Lou and I began leading training runs over the Arkansas Traveller 100-mile route. On our first run from Lake Sylvia we had a good turnout. It was good to see Ann Smith Gray in the crowd. Ann, better known to some as the "Sarge," was in town taking care of business. She looks good and still runs like she used to. She and John have made a new home in Portland, Oregon, and seem as happy as can be.

The July runs are as follows:

July 13 at 6 a.m. from the Lake Winona parking lot for 28 miles on forest service roads. Water will be set out.

July 27 at 6 a.m. from the intersection of forest service road 114 and #2 at Lake Winona for 20 miles.

Call us at 225-6609 for more information. You'll love it!

Schedule of Fun Runs, Races

July 6

- Great Mosquito Chase 5K at McCrory. Call 731-2521.
- Rollin' on the River 5K at Clarendon. Call 747-3319.
- Frontier Days 5K at Avery, Texas. Call 214-427-3905.

July 7

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

July 13

- Pike's Peak Training Run from First Commercial Bank, Cantrell & Foxcroft. 16.5 or 22 miles at 5:30 a.m. Call Ken Ropp, 565-8520.
- Mount Nebo 10K. Call 229-3666.

July 20

- Pike's Peak Training Run from Highland Valley United Methodist Church, 15524 Chenal Parkway. 10 or 15 miles at 6 a.m. Call Ken Ropp, 565-8520.

July 27

- Chicken & Egg 5K at Prescott. Call 887-3876.
- That Dam Night Run 5K at Lake DeGray in Arkadelphia. Next race in Grand Prix Series. Call 246-5824.
- Ding Dong Daddy 5K at Dumas. Call 382-5848.

July 28

- Pike's Peak Training Run from the Forest Service trailer, just off Highway 10, 10 miles west of I-430. 10, 16 or 21 miles at 5:30 a.m. Call Ken Ropp, 565-8520.
- Camp Yorktown Bay Half Marathon and 10K. Call 767-2333.

August 2

- All-Comers Track Meet at Benton High School. Call 794-1203.

August 3

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

August 4

- Cave Springs 5K. Call 284-7211.
- White River Classic 4-Miler at Batesville. Call 793-2378.
- Pine Tree Festival 5K at Dierks. Call 286-2912.

Lost and Found

Bob Black can't find his copy of the 1990 Pike's Peak video. If you have a copy of the tape that doesn't belong to you, and you don't know where it came from, send it to him at:

2100 Rebsamen Park Road, #204
Little Rock, AR 72202
or call 664-3257.

Someone left a large, steel-handled knife at the June potluck. To reclaim it, call Linda Stribling at 565-4969. You can then pick it up at the July 18 dinner/Club meeting.

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

Recent Race Results for Club Members

by Bill Harrell

Even I make mistakes. I know that's news to most of you, but it is true. For instance, Lee Wyant finished third in the 35-39 age group at the Toad Suck 10K recently where he ran a PR of 38:00, but he got left out of the newsletter. The reason for this is that Lee is in my age group and I used to be able to run with him, or at least keep him in sight. I can't do that anymore. Apparently jealousy raised its evil head.

I'll start proofreading my copy before it goes to the editor and maybe I can cut down on the mistakes.

Camden's Road Hog 5K was held on June 1 and first is where most of our members finished. Diane Novotny was overall female with a 19:37 while hometown favorite Lisa Allen was third overall in 21:03. Not to be outdone, Lisa's husband David was second overall in 16:55.

There were four first places in age groups. They were 40-44 women Jennifer Drew in 22:51, her spouse Roy 19 flat in 40-44 male, P. J. Dising 27:41 in 50-54 women and fast Hayes McKinnie a 19:13 in the 55-59 division.

Some of the same people ran in Conway a week later. Not only did they win again but their times dropped considerably! Do your own comparing. Jennifer Drew, first in 21:56, Frank Rivers, first in 40-49 male with a 17:04 with Roy Drew, third in 17:55. Hayes McKinnie was first in 50-59 with an 18:31 and Jim McKim was second in 19:33.

David and Lisa Allen again brought home hardware, this time from Warren's Pink Tomato 5K. David was first in his age group with a 16:51 and Lisa was second in hers in 21:12.

A 5K was held on the Riverdale course June 15 where Diane Novotny was the overall finisher with a time of 19:35. Some other winners were (remember, there are no losers) Roy Drew and Roy Hayward, first and second in 40-49 with 18:49 and 19:25. Don Cave ran 18:02 to win the 50-59 men. Marty Johnson had a 14:01 for a second in the wheelchair division while Suzanne Banker was the first 20-29 female to finish. Her time was 20:56. Barbara Hildebrand was 10 seconds behind Diane Novotny for a second in 30-39 with a 19:45.

The Second Chance for Life 5K was held in Bryant on June 22 and a few of our members took home awards there also. Frank Rivers ran 17:49 and Bobby Tiner a 19:47 for first and third in 40-49 male, while Don Banker and Robert Abernathy

were first and third in 60+ with 22:03 and 23:55, respectively. Like father, like daughter. Suzanne Banker was first in 20-29 with a 21:15. Ms. Bonnie Brandsgaard wowed the spectators with a 27:53 second place in the 40-49 division and Rosalind Abernathy had a win in the 60+ with a 30:37.

Smackover's Oil Run 5K was also held on June 22. This is one of my favorite races, having run it for ten straight years is a giveaway, although the weather is always extremely hot and humid.

My father gets to ride from Hampton with me to watch the race and he always enjoys meeting all the Club members who show up.

Everyone in the Club who ran this year, but moi, received a trophy. They are as follows: Second overall, Rodney Rothoff in 16:07; third overall, Kent Wells in 16:40, and third overall female, Lisa Allen in 21:03.

David Allen was second in the 30-34 male with a 16:56 and Lee Wyant ran an 18 flat and stole my third place trophy in the 35-39 division. Van Davis blazed to a 19:12 second place in the 45-49 group.

Another Hamptonite, Hayes McKinnie, ran a 19:26 for a second place in the 55-59 age group.

In biathlon news, Rodney Rothoff was a member of a two-man team that finished first and Joe Whillock won his 45-49 division.

Please relay your times in the Firecracker 5K to me so they can be published. I will be out of town and won't get to talk to any of you on race day. My number is 225-1050.

Letter to the Editor

To the Editor:

In more than 12 years of membership in the Little Rock Roadrunners Club, I have never before seen the Club's newsletter used as a forum for personal attacks by one runner against a fellow runner.

I was appalled to see such a personal attack in the June newsletter.

Whatever our personal differences and disagreements, let us please settle these differences outside the forum of the Club newsletter. *The Runaround* was established as a common meeting ground for runners — from beginners to elite competitors — to enjoy the fellowship and camaraderie of our chosen form of recreation. I don't believe Charley and Lou Peyton, who invented *The Runaround* on a manual typewriter in their living room nearly two decades ago, ever envisioned that the newsletter would become a vehicle for settling grudges and squabbles among runners.

Thanks for letting me air my feelings.

Yours truly,
Paul Johnson

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

Linda Stribling
Jack Evans
Mike Dwyer
Bob Franklin
Tom Barron

Editor
LRRC President
President-Elect
Secretary
Treasurer

Pike's Peak Marathon — Why Ask Why?

by Arthur J. Kerns

For first timers (as well as second, third, fourth, etc.), Pike's Peak, when seen on arrival at Manitou Springs, appears huge, foreboding, neverending and unforgiving. Who says first impressions are not correct? Pike's Peak is all of the above and more — sad to say — much more. Why do any of us do it then? For me, it's like the Eskimo who bought the freezer from the traveling salesman (Ken Ropp, who else). I was led to believe that my life would be fuller for the experience. Well, in a way, it has been. On that mountain, I've never known that life could be so full of pain and fatigue for so long a period of time. Don't misunderstand me — those were the positive experiences of the run. However, each of you who do the ascent or the marathon will see spectacular views of nature at its best, will receive assistance and encouragement from volunteers and spectators to go further and perhaps faster than you expected, and will experience a great sense of accomplishment when you finish.

While the run itself is always a new experience for first-timers and veterans alike, the real fun part is The Trip. What is The Trip? Only those traveling on one of the three sleeper coaches (much more elegant than saying buses) will experience The Trip. Seventeen hours of stories, jokes, snacks, games, perhaps a video on the VCR and rest. This is the only way to go. Some suggestions for a better time: have someone bring cards or a game like Trivial Pursuit, bring a book. This is your chance to relax and enjoy — going and returning. For games like Trivial Pursuit, it is best to divide the bus into two teams — equal in either IQ or ability level. For those of us on bus #2 last year, that worked out to be Rosemary Haluszka and Susan Jarvis against the other 30+ riders. It was a very evenly matched contest. I think Rosemary and Susan won only two of the three games played.

Another thing to do is to observe the other riders. Find out who the "morning" people and the "night" people are on your bus. Now, "morning" people should always share the beauty of the sunrise Friday morning with a "night" person who has probably never seen a sunrise. Get that "night" person's attention — pull the pillow or cover off of their head. They'll thank you for showing them such an uplifting view at 5:30 a.m. Right Susan? I mean, what are friends for if not to share. Susan shared a pillow, two shoes, and an empty Pepsi can with me after I shared the sunrise with her.

Snacks! If anything other than the camaraderie makes The Trip worthwhile, it is the Snacks. Be sure to bring enough to share — cookies of all kinds, strange kinds of popcorn, fruit, cakes, broccoli, whatever. Although sodas will be provided on each bus, be sure to bring your own "nectar" if you want something different. There is something magical about the food and drink during The Trip. It is all low calorie and high in carbohydrates. It's good for you.

There are some precautions you should consider when you reach your motel, like keeping your running shoes in your room. A couple of years ago, Don Potter had his favorite running shoes

stolen from outside his room the night before the race. I guess he put them out there so that they could better "acclimate" to the altitude. The next morning they were gone. Some thought a marmot had taken them, or a jackalope — a lineal descendant of one of those creatures that had feasted on the flesh of poor Andrew Frame. Also suspected was a fellow runner who felt that by stealing Potter's magical shoes that he could beat Potter. Well, Dandy Don still ran nearly forty minutes faster in borrowed training shoes than the alleged perpetrator who ran a fantastic time of five hours and 30-some minutes and now has a hearing problem when he tries to run and whose daughter is going to run again this year. (Hey, Mark, don't get upset; that description could fit a lot of people.)

For the morning of the race — Ascent or Marathon — get up and out a little earlier than usual. Experience the excitement building. Enjoy the anticipation of the morning. Observe the fresh and eager runners as they congregate near the start. Share in the glory of the pre-race festivities. Cause God only knows how bad you're going to be suffering in just a little while, for a long while. But hey, that's what we're here for isn't it? Seriously though, the morning of the run is exciting. Whether you're running, going to run the next day or ran the day before — get to the start to share in the excitement.

The Race itself? Only a woman who has undergone 6-10 hours of intense labor followed by a breech birth can tell someone who has completed the Pike's Peak Marathon that the run wasn't so bad. And reportedly, a few hours after the experience, both will agree. Some suggestions for getting through the Race: First on the list, curse Ken Ropp for ever talking you into doing (or re-doing) this; second, disassociate, pretend that you are somewhere (anywhere) else enjoying yourself; third, during the first part of the run, stop and look at the scenery, smell the flowers. Later on, higher up that Peak, hug a rock, start an affair with a boulder, stop and lay down, curl up in a fetal position (this gets a lot of sympathy from your fellow Arkansans, especially Y. T. and Ivy who showed such concern for a certain nameless runner a few years ago who found himself in just such a position. They stepped around or over him and muttered something about blocking the trail.); fourth, while in the fetal position — CRY. However, one runner reports that all the good that did him was to be send BACK down the trail from the 12 1/2 mile point for a DNF of 25 miles; fifth and last, the thing that is guaranteed to get you through the worst parts of the run and to a glorious finish — curse Ken Ropp louder.

After the race — Ascent or Marathon — you'll be able to do what all the rest of us finishers have done: LIE! By the numbers, they are as follows: (1) Oh, it wasn't so bad; (2) I think I might have done better had I not taken a left at the Cirque, fallen 1,500 feet and had to climb back up the sheer cliff; (3) I felt strong the whole way; (4) I had to stay off the trail to let the age group leader of the 75+ pass me; (5) I was just getting my second wind; (6) My legs got a LITTLE tired on the cutbacks about four miles

(See Pike's Peak on Page 5)

Coreen Frasier is Cycling Across America

by Linda Stribling, Editor

LRRC member Coreen Frasier is one of those people who does more than run. She swims beautifully, plays golf, bowls and bikes, to name a few, besides being an elementary school physical education teacher in the Little Rock School District.

This summer she has taken on the ultimate biking challenge — to ride a bicycle across the United States with the "Cycle America" team. The group left Winthrop, Washington, on June 3 and is scheduled to arrive in Portland, Maine, on August 23. According to the schedule, they will also make stops in Montana, North Dakota, Minnesota, Wisconsin, Michigan, Ohio, Pennsylvania and New York.



Club members may send words of encouragement to Coreen at the address listed below. Mail letters at least six days in advance and allow at least eight days for parcels.

Cycle America
Coreen Frasier
General Delivery
City, State Zip

The July schedule is as follows:

Minnesota Tour

7/8 Park Rapids, MN 56470
7/9 Pine River, MN 56474
7/10 Little Falls, MN 56345
7/11 Annandale, MN 55302
7/12 Northfield, MN 55057
7/13 Wabasha, MN 55981

Wisconsin Tour

7/15 Elroy, WI 53929
7/16 Prairie du Sac, WI 53578
7/17 Waterloo, WI 53594
7/18 Plymouth, WI 53073

Michigan Tour

7/20 Ludington, MI 49431
7/22 Holland, MI 49423
7/23 South Haven, MI 49090
7/24 Three Oaks, MI 49128
7/25 Sturgis, MI 49091
7/26 Morenci, MI 49256

Ohio Tour

7/29 Sidney, OH 45365
7/30 Upper Sandusky, OH 43351
7/31 Butler, OH 44822
8/1 Canal Fulton, OH 44614
8/2 New Middletown, OH 44442

The photo was taken by Bonnie Brandsgaard at Coreen's annual Easter Egg Hunt/Fun Fun. The cropping and printing was done by Club member John Herbst, owner of Ben Red Studio.

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Pike's Peak (continued from Page 4)

from the finish; (7) I saved too much for that glorious sprint at the end. (Ask Bob Black about this one.) Take your pick or come up with one of your own, like, boy, I'm looking forward to doing this again next year, where do I sign up? Yeah!

The Trip back home will be over before you realize it. New friends, new experiences, new expectations. These are all part of the Pike's Peak Trip. So, why ask why, — just enjoy!