

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 1991

Running Thoughts from Final Days of Presidency

by Bonnie Brandsgaard, LRRC President

As I come to the end of my term of office, I must say that it's been interesting. Please consider joining with me and all the other volunteers who continue to support the Club in welcoming the new officers.

Over the last decade, I treasure the memories of being with so many of you at different times — running the roads and trails. And we've shared a lot of easy times such as yogurting at TCBY, dining every fall at Mollie's in Hot Springs, and, of course, the potluck picnics every summer. Those good times, especially for me, add up to a Hollywood ending where the members of the Little Rock Roadrunners "live happily ever after" — year after year. Truly, I can recommend serving the Club; we're a good group.

Now on to Andy's.

Every time I drive up at Andy's I wonder who will show today. Will Shirley, Andra, Y.T., Karl, Coreen, Ravic, Ruby, both Johns, JoAnn, Margaret, Betty, Tommy, or Ivy be there? Will the Honeys and Barrons be there? I start looking for recognizable trucks (Fred Reed and Bob Franklin, to name two) and cars, too (Jim Stanley's is still my favorite.)

Although we're all sleepy, we half-heartedly joke around about "why are we doing this?" but the group, as a whole, is a happy lot.

As we start down Markham, we're all proud of Ros (Dr. Abernathy to the world) who runs with her plastic bag to collect the discarded aluminum cans. We play a modified version of "I spy." There's a can. Yek! It's still half full, or does that mean it is half empty? Anyway, Ros stomps the can and we all go forward.

As we cross over the interstate, two groups form: the obsessive compulsive, who must go all the way around the gas station, and the rest of us, who gladly cut through the Kroger parking lot.

Moving into Walnut Valley, we slow a bit to make it up two hills. As we top the last one in front of the fire station, some of us have been known (never-tell-a-writer-anything-you-don't-want-public Officer Bob) to cut through Breckenridge, the connecting street. However, most of us trudge on toward the K-Mart parking lot, where we divide again into those who must run the entire square block and those who don't feel that need.

In the summer, we stop for a drink of cold water at the Exxon station, located across the street from Chili's and my beloved Marshall's: the store where I bought the \$30 Asics — one third the cost that Jim Stanley paid for the same identical ones!

On we trudge, discussing every subject known to runners. To reveal any more would make me liable and this column could be used in a court of law.

As we top the hill across from Blockbuster Video, we, for the last time, divide into two groups: those who run all the way to Markham and Rodney Parham and those who cut down the road that runs in front of Bill Harrell's house.

If — during the run — I am discussing the Purple People Eater, I usually make the longer route because I do so enjoy talking about the serious and profane while running. However, I have been known to "cut" when I stayed out toooooo late on Saturday night for a moonlight sail.

Now, if you're not tempted to join us on Sunday morning for what may be one of the best experiences in fellowship known to runners, what can I say — or write.

Come on down, we're a good group. Just do it.

P.S. Thanks for everyone's help through the years. I might not have made it without all of you. And, thanks for everything you all did in this last year, too!

Officers Elected in June

In accordance with the LRRC bylaws, the nominating committee submits the following nominees for Club officers for the 1991-92 year: president-elect, Mike Dwyer; secretary, Bob Franklin; and Tom Barron, treasurer. Jack Evans is the current president-elect which automatically makes him Club president for the upcoming year.

The nominees and/or other nominations from the floor, will be voted on at the June 20 potluck. Installation of officers will then be held at the July 18 meeting.

The June potluck will be in Pavilions 1 and 2 at Murray Park at 6:30 p.m. Bring a dish to feed 6-8 hungry runners; the Club furnishes drinks and eating utensils.

The Club officers are also proposing a dues increase. Dues for one year would be \$12.50; two years would be \$22.50 and a three-year renewal would be \$30.

Please turn in your service points and jacket size by July 1. Send them to the Club post office box or give them to Bill Harrell at the June meeting or call him at 225-1050.

The Ultra Corner

by Harley Peyton

Lots of ultra news this month. I have been saying this for a number of years but ultra runs really are fun, especially when you are three or four weeks removed from them. At my limited ability, it is possible to run an ultra and two weeks later be competing in another one. Such is the case when I did the Maumelle 60K on April 6 and followed that with the 4-C Trail 50-miler on April 20. Then it was the Ouachita Trail 50 on May 4. Three ultras in five weeks.

I vaguely remember the feelings of fatigue and thirst but somehow I feel disassociated from it. Nick Williams says, "It's like childbirth. You forget the pain." All I know is that it's May 20 (the date this was written) and I am bouncing off the walls wanting to race long again.

At Grady's Restaurant on April 27 we teamed up with the Trail Series runners and presented the winner's plaques for King and Queen of the Trail. Congratulations to Johnny Gross and Trish O'Dwyer for their victories. We had a total of 111 different finishers for the Series. This was up from 65 finishers last year. We averaged 27 finishers at each of the 10 runs. We will be starting the Series again in July with the 14-mile Pigeon Roost Mountain Run. Nick Williams and I will add some new territory again this year and probably delete a few that "bombed."

Oh, yes! It will be called the Ultra Trail Series again next year. There has been some speculation on why we call it ultra since they are not all 50-mile runs. To clarify it: An Ultra Trail Series, for purposes of awarding points toward the Road Runner Club of America Ultra Runner of the Year, is defined as a series of seven or more off road organized races for which one or more is of 50K distance or greater. In Ultrarunning Magazine, 50K is a recognized distance for record keeping purposes. We hope to have two 50K distances in the series in 1992. Furthermore, I consider myself an ultra runner because I've run 50Ks, 60Ks and 50-milers. I don't run that distance every time I run but that doesn't disqualify me from calling myself an ultra runner.

Female Athlete Symposium Set

Arkansas Sports Medicine, the folks who provided medical assistance for the 1991 Pepsi 10K are sponsoring another activity for the running community — at least the female portion. On July 13 they are holding a Symposium on the Female Athlete, which will have Francie Larrieu Smith as its main attraction.

Francie began running competitively at 13 and continues to win big money races at age 38. She has been a member of four U. S. Olympic teams, a member of U. S. World Championship 10K and Ekiden teams and is a former holder of five indoor world records and four U. S. outdoor records. She has won 19

TAC championships and is a member of the RRCA Hall of Fame. Last year she set a world best 5K time in Chicago of 15:05.

Doctors and other health professionals will also address the symposium on topics related to women in athletics.

For more information contact Arkansas Sports Medicine at 225-0080.

Fun Run, Race Schedule

June 8

— Trail run. 6 a.m. from the parking lot at Lake Sylvia. 17 miles. First segment is a figure-8 loop that will be the first segment of upcoming 100-miler. Some aid on the course but bring your own, also. Call Lou or Charley Peyton, 225-6609.

— Pike's Peak Training Run from Highland Valley United Methodist Church, 15524 Chenal Parkway. 15 miles. Call Ken Ropp, 565-8520.

— Portfest 8K at Jacksonport Museum. Call 523-8805.

— Strong Bodies 5K at Murry State Park. Call 374-1120.

— Poultry Festival 5K at Waldron Memorial Hall at 8 a.m. Call 637-4377.

June 15

— Pike's Peak Training Run from YMCA on Sam Peck Road. 16-18 miles. Call Ken Ropp, 565-8520.

— Phillips Classic 5K at Bentonville. Call 555-2806.

— 13th Smackover Oil Run 5K. Call 725-2907.

June 22

— Pike's Peak Training Run on Burns Park Trail. 10 miles. Call Ken Ropp, 565-8520.

— Second Chance for Life 5K at Bryant. Call 663-0701.

June 29

— Trail run. 6 a.m. from the parking lot at Lake Sylvia. 22 miles on forest service roads. Some aid on the course but bring your own, also. Call Lou or Charley Peyton, 225-6609.

— 12th Peach Festival 4-Miler at Clarksville. Call 754-8384.

— 11th Brickfest 5K at Malvern. Call 332-6981.

June 30

— Pike's Peak Training Run on Mobil Marathon course, 5.8 miles west of Ferndale. 21.6 miles. Call Ken Ropp, 565-8520.

July 2

— Freedom Fest Sunset 5K at Pine Bluff. Call 535-0110.

July 4

— Firecracker Fast 5K in Little Rock. Call 666-1720.

— 11th Firecracker 10K at Rogers. Call 855-2806.

— Crossett Fun Day 5K. Call 364-7840.

— 14th Independence Day 5K at Greenwood. Call 996-7505.

— 10th Fantastic Fourth 5K at El Dorado. Call 862-4772.

— Libertyfest 5K at Benton. Call 794-1203.

Bob Plunkett's "Pet Peeve List" Completed

by Bill Torrey

The people of Arkansas are fortunate to have two newspapers that cover recreational sporting events twice a week. Runners have been featured weekly and articles are written by several different people. One of the writers is Bob Plunkett, whose articles appear in the Arkansas Gazette.

Bob's last article, appearing May 23, dealt with the "small things that frustrate a runner." The headline read, "List long but probably not complete." I would like to complete Bob's list.

Sports writers who can't trophy hunt: Bob believes there is only one winner for any race and everyone else are also-rans. It is a good thing that the people at Special Olympics don't treat the kids that way. I wonder if Bob put in the effort to train hard enough to place third in his age group would he still feel that way. Placing ahead of a Randy Taylor, David Williams or Steve Sipes would require years of hard training.

Sports writers who never volunteer: Out of every 10 good races there is at least four or five bad races. Ones with no mile splits, water stops, or results that are not ready three hours after the race. Also, price tags that range from \$10-\$15.

I have worked a number of races in the last four years and I don't recall seeing Bob at too many of these events. Bob, what you did 10 years ago is important, but how about lately?

About a month ago Bob wrote an article about Sam Green's effort to bring a marathon to Little Rock. Bob implied that an effort had been made several years ago by himself and Gary Smith and if they could not do it then it was not possible. Sam would like to thank Bob for the article because he has gotten more people to volunteer than he first thought possible.

It is a shame that Bob didn't see the opportunity for someone else to run with the idea and involve himself and Sportstop.

Ad agents that are race directors: Bob is the race director for the Firecracker Fast 5K and claims to have the best race in the South. The race is supposed to promote a non-competitive atmosphere for all runners. Yet, a large amount of money is paid to the first few finishers and top running names are brought in to compete.

People like Frank Shorter and Bill Rogers are great for the spectators but most runners never get to see these runners before, during or after the race.

Sports writers who never see what they write about: Bob believes that pacing is a form of cheating. I would have to check

with him to see if that includes receiving water and aid from the stations along the course.

The woman he mentioned in his article surely didn't need anyone's help to set the new record.

In the eight years that I have been running in Little Rock I can only remember one time that a policeman has given me a hart time. If Bob would stop calling them fat they might not pull him over for speeding. Bob speeding, that's hard to believe.

Writers who don't have an open mind: This includes me, so I reread Bob's article and found two items with which I agreed. One, people should support local merchants. The Sportstop is Little Rock's running center and I hope people purchase their running products from them. Second, jogging paths in our town are not safe in either construction or protection from the criminal element.

I have spent a lot of time attacking Bob and some of the articles he has written. I would like to thank him for taking the time to write about running. Please do just that; write about people and events and not just about yourself. I can think of 10 interesting people who deserve space in your paper.

Finally, since I know Bob is of the old running school of Little Rock, I saw a T-shirt in the Sportstop from Si and Bob's Running School that reads: "If you can't run with the big dogs stay on the porch."

Charlie Smith Elected President of ABFP

Charlie Smith, the runner and LRRC member, is formally known as Dr. Charles W. Smith Jr. He is the medical director of University Hospital and was recently elected president of the American Board of Family Practice (ABFP).

ABFP is the certifying organization for family physicians, the nation's second largest medical specialty. Charlie has served on the ABFP since 1987.

He is also a staff physician at the Family Medical Center in Little Rock and is executive associate dean for clinical affairs at the University of Arkansas for Medical Sciences. He is a professor in the department of Family and Community Medicine in the UAMS College of Medicine.

In addition, Charlie was recently appointed executive director of the Medical College of Physicians Group at UAMS and is acting director of Continuing Medical Education.

He is editor of *Family Practice Currents* and *American Family Physician*.

He does all of that and still finds time to train for such runs as the Ouachita Trail 50-miler, which he completed in a respectable 9:23:35.

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

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

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Gary Tidwell	Secretary
Betty Ray	Treasurer

Recent Race Results for Club Members

by Bill Harrell

This article was supposed to start in March—about the time of the Pepsi race—but I caught a disease called "Lazyassness Syndrome" and everything came to a standstill for a while.

Anyway, I'm here to torture you for a few months with stories of races run throughout the state.

It would be helpful if you would report to me on any experience you had during your race, whether it be good, bad, comical or just plain frustrating. I will also try to include names of all LRRC members who won awards.

Until my special 900 number is installed (\$4.95 a minute, 4 minute minimum) I can be reached at 225-1050 or look me up after the race. I'll be the one lying on the ground yelling "This was not fun! This was not fun!"

There was a potpourri of runs held on May 4 and the LRRC had members running everything from 5Ks to 50-milers. The weather won most of these races because the rain finally stopped and the humidity humbled harriers from Hamburg to Hazen.

Kent Wells, a new LRRC member, went home to Hamburg to take the overall male title in 15:55. Laura Abbott won the female overall in 19:39 and Keith Brown was 2nd overall male in 16:13.

Laura went on to Pine Bluff to race another 5K that morning. She was overall female there also in 18:59. She was pushed by two other LRRC members, Barbara Hildebrand and Lisa Thoreson, who were 2nd and 3rd overall.

Twice this year Laura has raced two 5Ks in a morning. She garnered three overall wins and a 2nd overall. I have a hard time finishing one 5K a month.

The Ouachita Trail 50-miler was also held that day. Some of our members who finished were: Charlie Smith, 9:23:35; Nick Williams, 9:47:59; Jim Sweatt, 9:51:53; Lou Peyton, 10:13:56; Sylvia Ransom, 10:18:53; Larry Mabry, 10:55:17; Charlie Peyton, 10:55:55; James McNair, 11:16:44; Donna Hardcastle, 11:32:49, and Otis Edge, 11:44:32.

Toad Suck Daze, the infamous run for the T-shirt, was held in Conway. There were some good showings in both the 5K and 10K. The overall winner in the 10K was Mark Moore with a 32:46. Andy Rogers was 3rd in 30-34 male in 36:07. A sweep in the 40-44 male: David Williams, 36:13, Tim Brotherton, 36:57, and Roy Drew, 37:57. In 45-49 male, Paul Krause was 1st in 37:25, Bobby Tiner was 2nd in 41:16. In 50-54 Robert Hopkins was 1st in 39:04 and Arthur Kerns was 2nd in 39:31. In 55-59 Hayes McKinnie was 1st in 40:41 and Jim McKim was 2nd in 42:25. Don Banker was 1st in 60+ with 43:15. Marty Johnson was the overall wheelchair winner in the 10K. Susanne Banker was 2nd in 25-29 females with 43:03.

Some of our winners in the 5K were Mandy Sivils, 22:34, 2nd in 15-19; Gloria Guyer, 22:17, 1st in 25-29; Carol Torrey, 21:21 2nd in 35-39 and Marlene Guyer, 32:02, 1st in 55-59. On the male side was Dandy Don Potter with a 19:05 for 1st in 50-54; Bill Hoffman, 19:52, and Earl Guyer, 23:08, 1st and 2nd in 60+.

There were a couple of races on May 11. The Terry Stome 5K was run in Burns Park. Some of the trophy getters were

Linda Stribling, 25:18 and Mary Hayward 31:02, the 2nd and 3rd women in 40-44. Roy Hayward ran a 19:04 and Bobby Tiner a 19:19 for 1st and 2nd in the 45-49 group. In the 50-54 category Robert Hopkins ran 19:03 to prove that nice guys quite frequently finish first. Mike Dwyer is continuing his comeback with a 33:51 2nd place in 55-59. Sixty and over Bob Abernathy was first in 30:40.

Also on May 11 the Mayfest 12K state championship in Texarkana was held. The humidity was higher than the temperature at race time and the temperature was high. Nevertheless, there were some good performances that day. Steve Sipes and David Williams were the top two masters to finish. They ran 42:09 and 43:56 and Marty Johnson was the overall wheelchair finisher.

Rodney Rothoff won the male 20-24 in 40:10 while Mark Moore and Keith Brown were 1st and 2nd in the 25-29 group with 40:07 and 42:27. In the 50-54 division Don Cave and Kurt Truax were 2nd and 3rd by running 46:48 and 49:09. Hayes McKinnie ran 50 flat for 2nd in 55-59.

The 5th overall finisher in the women was Laura Abbott in 53:03. Radonna Johnson won 20-24 in 56:20 and Carol Torrey was 2nd in 35-39 with a 57:55. Marlene Guyer was 2nd in 55-59 with a 1:32:48.

The only race reported to me for May 18 was the Magnolia Blossom 5K but it was pretty good for a couple of members. Lisa Allen was the overall woman in 21:18 and husband David was 2nd overall male in 16:53. Van Davis was the 2nd finisher in the 45-49 age group with a 19:10.

First Commercial Bank sponsored the state championship 8K on May 25 and did an excellent job with the race. Andy Rogers, a LRRC member, was the race director and would like to say thank you for all the support he received from the running community. This race is really growing in popularity and should be on everyone's race calendar next year.

Meanwhile, back at the awards ceremony the list of Club members getting trophies keeps growing. Here is the list as best as I can figure it out. Female 14 and under, 1st, Christy Henson, 40:01; men 20-24, 1st, Rodney Rothoff, 25:53; Mark Moore 25:59, and Johnny Gross, 26:07, 1st and 2nd in 25-29; 25-29 women, Suzanne Banker, 34:14, 3rd; 30-34 men, David Allen, 2nd in 28:07, and Ray "Bones" Bailey, 28:24, 3rd. 30-34 women, Diane Novotny, 1st in 31:54; 35-39 women, Barbara Hildebrand, 1st, and Carla Branch, 2nd, in 31:47 and 33:20. Another sweep for 40-44 men with Steve Sipes in 27:13, David Williams, 28:09, and Randy Taylor, 28:21. Frank Rivers ran 28:44 and Joe Whillock a 29:34 for 1st and 3rd in the 45-49 group. 50-54 men Don Cave was 2nd in 29:36 and Kurt Truax 3rd in 30:25. Hayes McKinnie and Jim McKim were 1st and 3rd in 55-59 with 31:42 and 33:17. First and 2nd in 60-64 were Bill Hoffman in 32:28 and Don Banker, a 36:24. Marty Johnson had a 24:28 for an overall win in the wheelchair division. Women 60-64 Martha McKelvey was 1st with a 53:08. 65+ had Bob Abernathy 1st in 38:54 and Nash Abrams 2nd in 39:33. Rosalind Abernathy ran a 53:08 for 1st in the 65+ women.

Use Common Sense to Avoid Injury, Keep Running

by Mike Dwyer

The majority of those of us who run have experienced, at one time or another, the feeling that our mind was telling us we were too tired to run any further, to slow down or to stop, when, in fact, our bodies were still capable of an additional effort. I believe this has occurred to those who are able to sprint in the last few hundred yards of a 5K, kick the last mile of a 10K, run through the pain and suffering and finish the last six miles of a marathon, or be able to urge oneself on to complete the last few hours of an ultra run.

I am reminded of a story told to me by a naval aviator who had been shot down behind enemy lines during the Korean War. He spent his first six nights walking toward friendly lines over the worst snow-covered terrain imaginable. After six nights he thought he could no longer walk another night and had to walk during the day when he could pick out the easiest route possible. At this point he was close enough to unfriendly lines to actually hear small arms fire. Needless to say, on the seventh day he was soon captured because of his attempted movements during daylight hours. This man who could no longer walk another night walked 25 days in the opposite direction to a prisoner of war camp. What was the difference? He had a bayonet at his back, and his mind was more concerned about his own life than about how far he had to walk.

The expression "mind over matter" has some applicability when we are able to urge our bodies on to do things our minds say are not possible. But that is not what I really want to talk about.

I think an even more interesting phenomenon occurs when just the opposite is true. Everything we have ever done or learned is retained somewhere within the confines of the brain. Granted, much of the information or experience cannot always be recalled without some difficulty, if at all, but they are still there. I know I still have nightmares about not having the proper uniform on while a plebe at the Naval Academy nearly 40 years ago.

The mind does an excellent job of remembering our good days, especially when we felt we performed in an exceptional matter, but it has also embedded in it all the long hours that were put in on training runs over what may have been many, many years for some.

The one most common piece of advice given to runners who have been injured is, "Don't try and come back too fast." Why is this so important? What forces us to try to return to our previous level of fitness and commitment too soon?

It is the mind remembering what we were once capable of doing and trying to tell the body it is still capable of the same level of performance.

For those who have suffered injuries but who have managed to stay in relatively good shape through cross-training, returning to full activity after an injury is not as much of a problem as long as the debilitation has been fully reversed.

The real problem occurs when the previous level of fitness has been so reduced that in fact there is no fitness level left. When

one then returns to relatively strenuous activity again, the mind recalls the former level of activity and keeps telling the body it is good for it. This appears to be more apparent in endurance than in speed. It is under these conditions that you must make a conscious effort to curtail the urge to "go for it" and to temper your activities and very gradually work back to the former level of fitness.

More injuries occur under these conditions than probably from any other, especially for those of us in the running community. Probably the best example of this I can think of, not to mention names, is the new president of our organization. Also, speaking from experience, as one who was unable to even walk up a half-flight of stairs in my home, I continue to find myself going too far out on an out-and-back training run, and then have to force myself to walk back part of the distance to keep from overdoing it. Your mind may try to slow you down when you are in shape, but it would be much more disastrous if you allow yourself to push your body more than it's capable of during any recovery period. Listen to your body. Use a little common sense and avoid injury, and let's all keep running.

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Club Member Fights Back

(Editor's Note: The following article is reprinted from the June 3 Arkansas Gazette business section. George Wells is a marathon runner and member of the LRRC.)

George Wells, a partner in the commercial real estate firm of Flake, Tabor, Tucker, Wells and Kelley, is "courageously fighting back" after surgery, John Flake said last week. Flake and Wells are partners in the company.

Wells underwent neurosurgery in late March. About 10 days after the surgery, his illness sent him back into the hospital.

"This past Sunday (May 26), George was home for the first time since being re-hospitalized after his initial surgery," Flake told the Downtown Rotary Club of Little Rock on Thursday.

He is a patient at Baptist Rehabilitation Institute in Little Rock and should be released within a few weeks. His return home on May 26 was just for the day.

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