

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 1991

A Few Running Thoughts While Ill with the Flu

by Bonnie Brandsgaard, LRRRC President

Finally, here I sit in front of my computer in my own home in my little upstairs study. After almost three years of wishing for it in the evenings to work on projects near and dear to my heart, here I am with very little running thoughts in my head. No stories jump off the LRRRC roster.

Well, Sue Alton's name reminds me of the time I went to Healthfest without my running shoes. I will always be grateful to Sue for loaning me a pair ten minutes before the 10K.

Corky Binz's name is a reminder that we're planning a big talent show debut for the coming summer. Corky and I are going to play an accordion duet.

Seeing Linda and Dan Joslin on the roster reminds me of two great volunteers who have worked many Pepsi races over the years. I hope they are still out there running.

Or that Karl Kullander was the mystery runner from last month's column. Fast Karl we used to call him. Now, we just call his name and wish for his friendly face at Andy's.

Then there's 50-mile-racer Larry Mabry, who is a past Club president and a loyal supporter even though many of the new members have not met him. When I started running over a decade ago, Larry always made me feel as if I was part of the running community, which was very important to me at the time.

Way before the first Pepsi run, I would think "Me — a runner? Hardly!" Every day I marveled that I was able to run. I would wake up and think "Maybe I won't run so well today. Maybe this has all been a fluke." I always held my mental breath thinking that I really wanted to run again and wondering if I could.

Long before I bought my first pair of running shoes, I thought the only time I might ever run would be a trip to Spain to pay homage to Hemingway. My first "jogging suit" was purchased at Macy's in New York with that thought in mind. While in graduate school, I got the notion to go to the spring festival in Pamplona where charging bulls are released into the streets and only the swift survive, which I think means rarely did the bulls ride in an ambulance. Thankfully, I never could save enough money. I finished graduate school and moved back to Arkansas.

The only time I dealt with a bull while running was in a half marathon held in Melbourne, my home town. He was not too close to us, but then again, Bob Black, Delores Manson and I did pick up the pace a bit after Delores spotted him, saying things I have never heard her utter since then. By the way, we did not know each other at that race and all drove in separate cars to Melbourne from Little Rock. We've laughed about that a lot

because runners so enjoy planning road trips.

My favorite road trip was the one in Steve Eubanks' first blue van. A mass of runners stayed in some hotel in Missouri we christened the "Bangladesh." That was the trip where the Marquis taught us to hang spoons from our noses.

Back to Larry Mabry. He always spoke to me in a way that made me feel recognized for my back-of-the-pack efforts, especially on an out-and-back course. Nothing encourages new runners more than any officer of the Club or the seasoned runners to say "hi" during a fun run.

Well, I have remembered my second most embarrassing moment, not bringing my shoes to Hot Springs being the first. About nine years ago, I bought my first long sleeve cotton T-shirt at the Army-Navy store on Main Street. I was so proud of finding one so inexpensive. If I'm remembering right, I paid less than \$2 for it. I proudly showed up in front of Sue Powell's house the next day at 5 a.m. wearing my shirt, but was almost booed back into my car by Sally Dudley, Steve Eubanks and Paul Johnson. The shirt was camouflage — cheap but not appropriate for a runner on the streets before dawn. What was I thinking! I still giggle about their reaction whenever I wear that shirt. Shirts of such blunders never wear out, so whenever I'm running alone, I wear it under my reflective bib. I figure I might get a little sympathy from the rednecks and it certainly is amusing to any runners I meet. Why not share the giggle.

For those inquiring minds who might want to know why I'm rambling, I'm so sick with the flu even my hair is sore to touch. On top of that, it's Hilly Chili weekend and I've missed that annual gathering as well as the Winter Series Saturday run.

I blame it all on "Faster-Than-A-Speeding-Bullet-Big-Toes" Jack Evans, my neighbor two doors up. His children, Emily and Elliott, are delightful children who love on you even when they have the flu. Or, maybe I can blame it on my last week at Children's Hospital. Flu germs were on every door knob and who, but maybe YT would wash their hands enough to dodge those millions of germs — waiting to infect you, wanting to infect you, and willing to infect you.

But, the flu does have its compensations; I weigh less. I mean I really weigh less. I've been working toward a certain number on the scale for more than a year. Maybe the flu germs got together with my knees and said, "Hey, we'll help you lighten your load." Yeh, it may have been a conspiracy to really help me, similar to the way my parents explained what was best for me: "You are not going there nor staying out that late." I read a

(see Flu on Page 2)

The Ultra Corner

by Harley Peyton

There were some interesting statistics in the February issue of *Ultrarunning*, a national ultra running magazine. There were 230 ultra races in the United States last year with 11,800 starters. The article listed the ranking of runners at the various distances and there were several LRRC members mentioned. They are:

24 hour	Bill Laster	46th with 116 miles
100 miles-male	Bill Laster	196th in 22:43:35
	William Gilli	263rd in 23:34:53
100 miles-female	Lou Peyton	9th in 21:17:03
50 miles-male	Eddie Mulkey	255th in 7:10:49
	William Gilli	417th in 7:34:22
	Stephen Tucker	473rd in 7:42:09
	Larry Mabry	593rd in 7:58:14
50 miles-female	Lou Peyton	40th in 8:01:02

The largest 50-mile race was the JFK 50-miler with 364 starters; the largest 100-miler was the Western States 100 with 352 starters.

Ultra Trail Series Update — A few days before New Year's Day, Lou and I and several trail friends had the pleasure of showing the Mobil Run (21 miles) to David Horton, an Arkansan now living in Virginia and a highly ranked ultra runner. When we returned to the cars, David asked about the winning times over this run during last year's series. I didn't remember so I went and looked it up. The record was 2:19:53 by Tom Aspel and 3:12:40 by Ann Smith Gray.

The morning of February 2 was perfect — sub-freezing, clear and calm. A group of 33 runners started and 29 signed the results sheet. The top two series leaders were there along with several contenders. Much to everyone's surprise Stephen Tucker took an early lead with his strategy to take some of the speed out of John Gross and Tom Aspel. The first six miles are mountainous and the next 4.9 miles are rolling hills. Dr. Tucker hit the turnaround in 66 minutes. Johnny and Tom were several minutes back. On the return Aspel put a series of surges on Johnny, who wouldn't fold. As they hit the hills again they saw Stephen walking on a hill and eventually got around him. Soon after, Johnny took control and finished in a new course record of 2:12:29 to Tom's PR of 2:13:20. Tucker rallied to a fast closing 2:13:28.

The women's race was uneventful at first glance. Trish O'Dwyer, the overwhelming series leader, took an early lead followed by newcomer Paulette Melder, 50-mile ultra winner Irene Johnson and Lou Peyton.

At the turnaround Trish was still in the lead and looking strong. However, on the hills, Paulette caught and passed Trish and finished in 3:16:38. After the run it was discovered that Trish is expecting a baby. Congratulations. With her second place finish Trish's point total is 310. With two races to go she

cannot be beaten and, therefore, will be crowned Queen of the Trail. We will officially recognize her and the male winner after the last race in April.

Ultra Trail Series Schedule

March 9 — Lake Sylvia area, 18 miles of forest service roads. 7 a.m.

April 27 — North Shore Landing area off Highway 300. 12 miles of pipeline running. 7 a.m.

Call Harley, 225-6609, or Nick, 225-5557, for details.

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Louisiana Marathon Results

Here is a list of LRRC members and their times in the Louisiana Marathon held February 17 at Bossier City.

Stephen Tucker	2:49:11
Paul Krause	3:03:36
Charles W. Smith Jr.	3:20:16
Don Potter	3:20:16
John T. Mitchell	3:31:14
Dan Bartell	3:36:49
Marty Johnson	2:20:14 (wheelchair)

Fred Reed ran 20:31 in the Bossier 5K for first in 45-49.

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Flu (continued from Page 1)

lot of books and practiced my accordion. Yeh, it's all making sense to me now.

"So what?" you say to the above. Well, how many of you have had the flu and thought you would never run again, much less walk to your back door. Ah hah! I do have a point. And it is . . .

Starting over is not all that bad. Starting over is what's important. Just do it, even if it means your Personal Worst at Pepsi (PWP). Be there and make Linda Stribling happy. She's wanting a record number of runners. We can do it; the clock will wait for us. Anyway, it can't be any harder than Pike's Peak. Yes, Pepsi!

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Linda Stribling	Editor
Bonnie Brandsgaard	LRRC President
Jack Evans	President-Elect
Gary Tidwell	Secretary
Betty Ray	Treasurer

Several Names Added to Club Membership Roster

By Yvonne (YT) Thompson, Membership Chairman

Rosemary Haluszka is 43 years old and the mother of Lisa, 17. She teaches fifth grade in addition to running 25-30 miles per week. She says she races "semi-frequently," preferring the 5K and 10K distance. Even though Rosemary only began running on January 1, 1990, she was able to successfully complete the Pike's Peak Ascent in August 1990. In addition to running, Rosemary also enjoys camping, canoeing, gardening, drawing, hiking, baking and fixing up her house.

Melissa Ragan is a nurse who states she has been running on and off for four years. Her present training schedule is 15 miles weekly at a 9 1/2 or 10 minute pace. Melissa states she does not race but would like to run with someone who is really competitive, "just for fun." This 28-year-old, who is presently single, is planning a June wedding. She also enjoys travel, reading, needlework and hiking. If you are interested in joining her for an evening run in western Little Rock call 224-2909.

Roger Newman from El Dorado is 34 years old and has been running for about three years. He puts in 30-40 miles per week at a 7:15-7:30 pace. Roger says he likes to race and states he sometimes thinks he does so too frequently. He prefers 10K and longer distances and gives the following PRs — 5K 17:03, 10K 35:05, and marathon 2:46. Roger, who is single, is a part-time student who states he is hunting for a full-time job. He also enjoys biking and reading. Roger adds that he "would like to thank all the members of the LRRC who have been so helpful and supported me in my running. I wish that I lived closer to Little Rock so that I could attend the meetings and Club runs."

Fletcher Allen is a 33-year-old computer programmer who has been running for two years. He averages 4-6 miles weekly at an 8:00 pace. He races often, preferring a 5K distance and his PR is 22:38. Fletcher, who is single, also is interested in basketball, racketball, tennis, eating, reading, talking and watching movies. He states he might be interested in running with someone in the evening, so if you live in the Riverdale area give him a call at 666-4954.

Roy and Mary Hayward are a running couple from North Little Rock. Mary is 43 years old and has been running for eight years. She is a secretary/administrative aid at the U. S. Department of Commerce and states she runs 25 miles per week at an 11:00 pace. She races often, preferring 5K and 10K distances and her PRs are 28:30 and 60:00. Mary also enjoys reading, needlework (cross stitch), TV, walking, junk food and music. And in her spare time she is secretary of the Arkansas Running Klub (ARK). Husband Roy, age 45, is the owner of Hayward's Home Building and Remodeling. He also has been running for eight years and puts in about 40 miles per week at a 7:45 pace. He likes to race all distances from one mile to half marathon. The following are some of his PRs — 1-mile 5:23; 5K 17:59; 10K 37:39, 20K 1:21:42, half marathon 1:25:28, and 4-mile 23:27. Roy also likes archery, hunting, hiking, reading, TV, chess and flying. (He has a commercial pilot's license.) He is currently president of the ARK in North Little Rock and states he

just completed a two-story, 2,600 square foot underground house near Mountain View. He also mentions that an article with pictures of the house has appeared in Earth Sheltered Digest magazine. Roy is presently building a new home for Mary and himself on a wooded hillside in North Little Rock. What a busy man!

C. Lee Wyant states he has been running on and off for about seven years, but has kept it up steadily for the last 1 1/2 years. He trains 30-40 miles weekly at a 6-7 minute pace. Lee states he races infrequently, only six times in 1990, but enjoys 10K, 15K and 20Ks. He gives the following PRs — 5K 18:14, 10K 37:59, 15K 1:02:11, and 20K 1:22:09. These were all set in 1990. A 35-year-old dentist, Lee and his wife Diane are the parents of Clay, 5, and Abby, 3. He also enjoys fly fishing and camping and states he would like to run a marathon this year if his feet hold up.

Tommy Tucker is a 45-year-old insurance agent who states he has been running since 1982. He gets in about 40 miles per week at a 9:00 pace. Although he doesn't race frequently Tommy has set PRs in his last three 10K races and is very proud of having now broken 50 minutes. He ran his first marathon at Dallas White Rock in December and finished in just over five hours after taking a record total of seven pit stops along the way. Tommy is the divorced father of two adult sons, Roger and Dan (who also runs occasionally.) In addition to running, Tommy also enjoys biking, canoeing and watching movies.

Valentine Twosome Results

The Club-sponsored Valentine Twosome 5K Race/Fun Run for couples was held February 10 on the Riverdale course.

The winners were:

Open under 50

- (1) David Adcox and Tally Ward
- (2) David Putz and Laura Putz

Open 51-75

- (1) Martin Fulk and Leslie Dudley
- (2) Bobby Tiner and Laura Abbott
- (3) Ed Gray and Marion Fulk
- (4) Jim Henson and Christy Henson

Open 76-100

- (1) Don Banker and Susanne Banker
- (2) Albert Mangiamiele and Deb Strehle
- (3) Bob Black and Lani Self

Married 76-100

- (1) Don and Donna Cave
- (2) Ronnie and Betsy Penny
- (3) James and Nancy Baskin
- (3) Tony and Irene Johnson

Married 51-75

- (1) Bill and Carol Torrey
- (2) Robert and Vajerie Morgan
- (3) Roy and Mary Hayward
- (4) Rick and Tina Wilson

The Relatively New Sport of Wheelchair Racing

by Marty Johnson

(Editor's Note: I have had people ask me about Marty Johnson, the guy who runs so many races around Arkansas in the fluorescent green wheelchair. So, I decided to ask him to tell us about himself. He said he was not athletically inclined before he had to start relying on a wheelchair for mobility, although he did play some league softball in his hometown of Berryville. Marty has been able to take a tragic situation and turn it into something positive. He received a masters degree in social work in May 1990 and now works for the Veterans Administration in North Little Rock as a counselor in the Spinal Cord Injury Program. I'll let him tell you more.)

I guess I was like everyone else before my injury in June 1983. I didn't know much about wheelchairs. I especially didn't know anything about wheelchair racing. After my month-long stay in Fayetteville's Washington Regional Medical Center and another four months in Arkansas Rehabilitation Institute in Little Rock I was about as down and depressed as you can get.

I had to deal with the reality that my girlfriend, Tracy, was killed in the car/motorcycle accident and my doctors had informed me that I would never walk again due to permanent damage to my spinal cord.

One day I happened to pick up a magazine that dealt with wheelchair athletics. That seemed like a contradiction in terms, but I soon realized that life could be more than just sitting around and feeling sorry for myself because I had to use a wheelchair for mobility.

I also met a quadriplegic, Walter Green, who was active in the National Wheelchair Athletic Association. He was a competitive swimmer and held a world's record in the 25-meter butterfly. Since I am a paraplegic, meaning that I have full use of my arms and upper body, I figured that if he could train and become a contending competitor, I surely could too.

Walter talked me into going to a regional track meet in Houston in 1985. I was amazed when I got there and saw people using chairs in ways that were unbelievable. I saw George Murray break a four-minute mile in a chair which, at that time, was phenomenal. Maybe you've seen George. He's the guy in the racing chair on the Wheaties box. After that trip I was hooked on wheelchair sports.

I ran the Pepsi 10K for the first time six years ago in a regular chair. I was far from any four-minute mile pace. I finished in 78 minutes. After that, I trained more, got better equipment, and my times have steadily improved.

The running community has generally been very receptive to this relatively new sport. As times in wheelchair divisions improve, a new respect appears to be given in return. The Boston Marathon times for runner's qualifications gave them an extra ten minutes in which to finish. The wheelchair qualifying times had ten minutes taken away. For paraplegics the qualifying time is 2:10, while a runner of my age (34) has 3:10 to qualify. This only goes to show that a chair is faster than a runner. The course record for a runner is somewhere around 2:05, while the course record for the men's wheelchair division is 1:29 and the women's

wheelchair division is 1:43. Again, it is a legitimate sport as is proven by these times.

It is really good to be able to get together with people who enjoy doing the same thing, whether it's by foot or by hand. It makes us push just a little harder when we're chasing runners and it makes runners try harder when they're chasing us. It's beneficial to both.

American Cancer Society's 2nd Annual

Dusk 'til Dawn Relay



Friday, April 19th at 7 pm 'til
Saturday, April 20th at 7 am
North Little Rock High School

The second annual Dusk 'til Dawn Relay will begin at 7 p.m. April 19 at the North Little Rock High School track and will continue until 7 a.m. April 20.

According to Mark Moore, chairman of the relay, "The event consists of individuals or teams of up to 12 people circling the track in relay fashion for 12 hours to benefit the American Cancer Society. Last year, 17 teams and several individuals participated and raised over \$17,000. Participants had a great time while camping on the track's infield, cooking, eating, (some sleeping), and running/walking throughout the night. Prizes will be awarded to those teams that run the most laps during the relay, and to teams and individuals who raise the most money for the Cancer Society."

Bring your tents, sleeping bags, ice chests, etc. to make the evening fun and comfortable. If you have questions or want additional information call Mark at work, 371-7496, or home, 666-3774, or call Kim Knight at the Cancer Society, 666-5409.

Pepsi — A Rite of Spring

by Bonnie Brandsgaard

In a word, "Pepsi."

It was my best PR time, it was my worst PR time. For people from all over the state, "Pepsi" holds that same definition for them. Whether we're having a good year or an off year, we still run Pepsi.

We runners are drawn again and again to our Rites of Spring. We cross the wide Arkansas River—twice—to begin our ritual dance through downtown Little Rock. Some years the sun warms our efforts and other years lightning flashes and rain drenches us. But we never quit coming back.

Pepsi is our summer solstice and the buildings downtown become our Stonehenge. We gather and celebrate living through running the streets. We dress in the most colorful combinations offered to us. We look to the clock to document our successes and our failures. Its mechanical presence records for us that part of our lives we use to celebrate running whether it's 30 minutes or two hours. We were there.

Pepsi is also a collection of combined memory of all the years. I fondly remember the year an old-fashioned gun from the Territorial Restoration was fired to start the race. Remember the cannon? For a few years, Starr Mitchell and George West played their hammer dulcimer and violin for us as we passed their porch downtown.

Remember the first year they played "Chariots of Fire?" Remember the year they first played "Rocky?" The runners became so animated by the music, alive with their commitment to physical and mental health and the expression of it through running.

For me, the first Pepsi was my first 10K. What luck. My sense of accomplishment was overwhelming. For days, I marveled that I finished. I only wore the T-shirt on weekends, never to sweat in it. Today, it is too small and very faded and is destined to be the center block in my running quilt.

Start your own memory collection. March 23 is the 12th running of the Pepsi 10K, which has, in recent years, added a two-mile walk/run. It really is "The race for every pace." If you don't want to walk or run either distance, volunteer to work the race or just come to watch and cheer on the participants.



Upcoming Races

March 16

— Shamrock 5K at 9 a.m. and one-mile at 8:30 a.m. starting at UALR Field House. \$8 before March 13; \$12 afterwards. Call Rodney Rothoff, 569-8921 or 565-7876.

— 10th Yale to Oak 10K and two-mile fun run along the Mulberry River at 10 a.m. \$7 pre-registered; \$9 day of race. Call Jeff Levin, 292-3325, or Peggy Higgins, 292-3483.

— Out of Sight 5K at 7:30 a.m. on 65th Street in Southwest Little Rock. Divisions for visually impaired racers with sighted guides and wheelchairs. Call 569-4257.

March 23

— Pepsi 10K and two-mile walk/run at 8 a.m. starting at Markham and Broadway. \$10 pre-registered; \$20 day of race. Call the Sportstop in the Heights, 666-1720, or Linda Stribling, 565-4969.

— 10th Victorian Classic 10K at 9 a.m. and two-miler at 8:30 a.m. in Eureka Springs. Call 253-8737.

March 30

— 11th Women's 5K Run on the Riverdale course at 8 a.m. sponsored by Little Rock Roadrunners. Contact Bill Torrey, 227-6252.

— Caddo Coasters 5K run/walk at Glenwood. Call 342-9248.

— Azalea Trail 10K in Tyler, TX. Call 214-531-4223.

— Saline County Striders Old Goat and Nanny 5K for people ages 50 and over at 9 a.m. in Tyndall Park in Benton. \$7.50. Call 794-1203 or 847-8498.

April 6

— Festival of Two Rivers 5K and kids run in Arkadelphia at 8 a.m. Call 246-5824.

— 14th Hogeye Marathon and relays in Fayetteville. Call 521-2200.

— Cityfest 7K in Jacksonville. Call 982-3378.

— Great Maumelle Scenic 60K. \$25 before March 25; \$35 day of race. Call Robert Hanle, 753-3638.

Grand Prix X Race Schedule

April 13	Talimena Half Marathon at Mena*
May 11	MayFAST 12K at Texarkana*
May 25	The First Bank 8K at Little Rock*
July 27	That Dam Night Run 5K at Arkadelphia**
August 17	Watermelon 5K at Hope**
August 31	Twin City Bank 5K at North Little Rock*
September 28	Caddo River 15K at Glenwood**
October 19	Arkansas 20K at Benton*
October 26	Octoberfest Fast 5K at Hot Springs**
November 16	Mtn. Valley Spring 10K at Hot Springs**

* State Championship; ** Racewalking Division