

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 1991

## Crescent City Classic — The Big Easy Really Was

by Bonnie Brandsgaard, LRRC President

Wow, what a trip to New Orleans. From last year's experience of waiting behind the toilet lines to this year's ride on a special bus — with music and a police escort — my second annual Crescent City Classic 10K had a much better beginning.

The flashing light escort brought our bus to the center of the French Quarter and much to my sister Joan's horror, we were deposited in the middle of, yes, runners.

A couple of friends that my sister had made during the past year invited her to join some of their friends for a jolly good time on the bus and for a special brunch — complete with a striped canopy and catered food, wine and beer — after the race.

This couple assured Joan that we would all start out with a fast walk and jog in a very Big Easy style. When the starting gun was fired (over the loud speaker), we responded with a small shuffle.

What else is there to do when 30,000 people gather on narrow, brick roads with tourists lining the sidewalks? "See, we're walking" I said to Joan. "No problem."

Famous last words. Soon the crowd opened up, and the couple from the bus left us behind. As that happened, Joan mentioned that we might move up just a little to get out of this crowded spot. She started "snaking" around the person in front of her.

To reassure her that we would finish together, I told her I would stay behind her and for her to start walking whenever she wanted. Well, she didn't want to. She jogged around this one and that one and got very excited when we reached the first mile in ten minutes. (Our watches were started when we actually crossed the start line.)

She had the finish-line fever. The air was cool; the music was, of course, upbeat and fun Dixieland; and the crowd was clapping and cheering. As we came to the first water stop, we enjoyed our first water hose spray and Joan shed her jacket. Drinking our water, we walked a way and talked to each other about how much fun that first mile was, commenting on the family with matching T-shirts, proclaiming their interest in running and each other.

Just then, a fellow, dressed a lot like Craig O'Neill plus a top hat and cane, came up to us with fresh flowers and bargained, "Fresh flowers for a kiss."

Fortified with flowers, we proceeded toward the two-mile marker, walking and sometimes "snaking" through the crowd. We passed a charming couple pushing a double seater stroller that held their twins. Much to Joan's dismay, a race walker passed us. We saw someone take a nasty fall and I warned Joan

to run in the center of the road, pick up her feet and watch the road for cracks. I recounted the story about Sally Dudley's mishap with a speed bump.

Mile three brought us to 25 minutes and a fellow passed us while juggling three balls as he trotted along. He reminded me of Rick Lewis, Dick and Nancy Lewis' son, who entertained several years in the Little Rock area as Pockets the Clown. Rick had been a big part of Joan's son John's birthday celebrations that had been arranged by Aunt Bonnie.

At the four-mile marker, Joan's knee started acting up, and we resolved to walk the rest of the way. Just as well because the morning's cool air was gone. We drank more water and took pictures of each other in front of an old restored home with lovely flowers. The London sisters (London is our maiden name) were still having fun after all these years. We danced a bit at the next corner when a high school band struck up "When the Saints Go Marching In." We laughed somewhat when the couple with the twins passed us.

Patriotism entered into the race as some man in a red, white and blue sequined coat and hat passed out small flags — only in New Orleans. Showing support for the troops, many runners wore T-shirts with the flag and various Desert Storm slogans. People on the sidewalks were saluting and clapping for them as they passed by. Although we didn't see him until the run was over, one guy dressed up like Uncle Sam.

However, my very favorite attire for the day, which landed some young man in the sports section of *The Times Picayune*, featured him wearing a box of popcorn with a flag sticking out of it, strapped to his head. He had a picnic tablecloth around his shoulders and, I suppose, he had hot glue gunned on pizza, drink cups and napkins. What a site!

As we neared the finish line, we heard a grandson ask, "How much further, grandpa?" He answered, "Only about 600 yards." The grandson replied, "Six hundred!"

We laughed along with grandfather, I guess 600 of anything sounded like a lot to us too.

Next year? You bet. Wouldn't miss it for anything.

### Monthly Club Meeting

The monthly Club meeting will be Thursday, May 17 in Pavilion 1 at Murray Park at 6:30 p.m. Yes, the potlucks have begun. Bring a dish to feed six to eight hungry runners. The Club will provide the drinks, plates, napkins and utensils.

## The Ultra Corner

*(Editor's Note: Harley Peyton is the byline you usually see in this spot. This month he wanted his wife, Lou, and their friend Nick Williams to tell you about their recent ultra running experience.)*

by Lou Peyton

The punch line first. I had a wonderful time.

I thought the highlight of the trip to Frozen Head State Park, 30 miles north of Knoxville, Tenn., would be getting to visit and spend time with my good friend Suzi Thibeault from Colfax, Calif. Wrong!

Meeting Gary Cantrell and hanging out at Frozen Head State Park with well known ultra runners such as Shelby Clifton, Nancy Drach, Doyle Carpenter, Rick Hamilton, John Lewis and several others who were supporting and encouraging the 36 race participants was the best of the best in running experiences.

Let me back up to Thursday before the race on Saturday. Nick Williams offered me a ride to the race. We left Little Rock at 5 p.m. Thursday and arrived at Oak Ridge, Tenn., at 4 a.m. Friday. Nick drives straight through no matter what the distance. On arrival Nick went to bed. After drinking hot coffee and cokes all night sleep was not for me. At 7 a.m. we met all of the runners and had a breakfast of blueberry pancakes and more coffee. After breakfast it was time to grocery shop, make sandwiches, pack drop bags and go out to the start of the race, a 40 minute drive.

At Frozen Head we met Race Director Gary Cantrell. Now here is the man who advertises his race as one that you cannot finish. I expected an older man. This guy is a kid. How did he get such a reputation in his 24 years. He told me that he is 24, when I couldn't figure out if he was 20, 30, 40, or a young 50. That means he started writing for *Ultrarunning* magazine when he was 13!

After hours of Barkley talk and renewing acquaintances we asked Gary about the pre-race meal. He said, "Gather up some sticks and start a fire." He then proceeded to unload a case of frozen chicken parts. We thought he was kidding but, no — an hour later we were cooking our chicken and had three dishes added to the potluck table which consisted of one package of forks and one package of paper plates. Then we settled into how rustic this was going to be. Our dinner napkin was an old T-shirt that David Horton dug out from under the seat of his truck and we passed it around the table.

Laughter and jokes abounded and then we drove back to town for rest. I slept this night until the 3:40 a.m. wake-up call. A thunderstorm was raging at wake-up time. By the start of the race at 6 a.m. there was only a slight drizzle. We are off and up the first mountain.

Now let me say that Nick was in his element here as he was leading a pack of ten runners. Several were Soviets and Poles who couldn't speak English. Nick, Suzi, and Nancy Hamilton

from Maryland were the runners in charge as they had memorized the course from the description or had a knack for wilderness survival. My job was to keep up. This was like a Hash run in that we were on a trail, then the trail would disappear and everyone looked for landmarks that were described in the race brochure. I learned quickly to stay close to Nick and Suzi or I would have been lost the first hour. When these two found the trail they were off and you'd just better be able to catch up.

I knew what I was getting into from the start. I had told Nick the week before on a training run that he was not responsible for me and I was not responsible for him. Now it was really happening. I was going to be left in the deep, dark woods of Tennessee if I couldn't keep up. I had a map and a compass but what does that mean when they are running away from you. Once I started screaming my wild animal call going up Hell Hill. They all had pulled that ravine ahead of me and were out of sight. I yelled 50 times and I could hear Nick hooting, going over the next ridge. I kept screaming and kept climbing. Hell's elevation gain is 1,300 feet in 1/2 mile — no trail. Nick told me "Just grab yourself by the a-- and keep up." He meant it!

I'm not going to describe the whole course, but I am going to ask, "How can anything so scary be fun?" I don't know, but it is! It took us four hours and 18 minutes to cover the first seven miles. I told this back at camp to a male runner who had run one or two loops for the past four years. This runner lived in Oak Ridge, Tenn. He said that was a good time as it took him five hours to go that first seven miles. The race is all that it is reputed to be.

When I finally got back to camp (five minutes behind Nick, Suzi, and Nancy) in 10 hours and 15 minutes for loop #1, Gary Cantrell asked me, "Are you going on?" I answered, "Are you crazy? Back out there? However, I will be back." This was not the year to go on. I needed Thursday night's sleep. I needed to be well, not coughing, hoarse and half sick. I dropped after the first loop.

After my decision, Gary said, "You can go over there and eat more chicken." That's just what I did. Gary's wife, Sandra, was still cooking that frozen chicken. I then got a hot shower and visited with some real interesting runners and slept until Nick made round #2, which he finished at 5:40 a.m. Sunday. Suzi and Nancy Hamilton went on to finish the 55 miles and become the first women to win the Barkley in 34+ hours. The cutoff was 36 hours. Suzi was the sixth finisher and Nancy was seventh out of 10 finishers. Arkansas' David Horton finished fifth overall. David stopped upon finishing his second loop. After sleeping all night, he got back in the race, caught and passed Suzi and Nancy. Dennis (the Animal) Herr from Virginia finished first with a new course record of 25+ hours.

This race is not for everyone but for a few it is a hoot! A super hoot! I hope to get another chance next year.

by Nick Williams

The Barkley Marathon was very hard. I'm not going to say anyone can do it. What I will say is if you like to walk, run,

(see Barkley on Page 3)

## The Thrill of Victory is the Attempt Not the Finish

*There's no thrill in easy sailing  
when the skies are clear and blue.*

*There's no joy in merely doing  
things which anyone can do.*

*But there is some satisfaction  
that is mighty sweet to take  
when you reach a destination  
you thought that you'd never make."*

— *Spirella*

This quote was written on a poster board at the Western States Medical check-in in 1989. I read the quote then wrote it in my

spiral notebook. I think of it during long training runs or races when it is time to dig down deep and remember why I am doing the run.

I also think of a statement that Jack O. Allsup has made many times. Jack says that he wouldn't attempt to summit a mountain if he knew he could make it to the top. He would attempt to summit a mountain if he knew that he could not reach the top. It's the chance that he can summit that makes him want to climb mountains.

It's the chance and thinking that I can make the finish line that makes me want to run ultra distances and cross the finish line.

— *Lou Peyton*

## Running Calendar

### May 18

- Pike's Peak training run. 12 miles from Maumelle Park at 6:30 a.m.
- Linn's Cross Country 8K at Hendrix College in Conway at 8:30 a.m. Call 327-8131.
- Jose's Chili Pepper Run at UA Fayetteville at 9 a.m. Call 521-0337.
- Cotton Country 5K at Dermott. Call 538-5896.
- Magnolia Blossom 5K in Magnolia at 8:30 a.m. Call 234-5627.
- 9th annual Mental Health 5K on Bona Dea Trail at Russellville. Call 327-8950.

### May 25

- The First Bank 8K in downtown Little Rock. Part of the Grand Prix Series. Call 371-7054.

### May 26

- Pike's Peak training run. 16-18 miles from YMCA on Sam Peck Road at 5:30 a.m.

### June 1

- 11th annual Lum and Abner 5K in downtown Mena. Call 394-4062.
- South Arkansas Running Club Roadhog 5K in Camden at 7:30 a.m. Call 574-2409.

### June 2

- Pike's Peak training run. 10, 16, or 21 miles from the Forest Service trailer on Highway 10 at 5:30 a.m.

*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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## Susan Jarvis Wins Writing Awards

Susan Jarvis, the recreation writer for the *Arkansas Gazette*, and a member of the LRRC, was recently awarded four first-place awards for sports and outdoor articles by the Arkansas Press Women at their 1990 communications contest awards luncheon.

### Barkley (continued from Page 2)

climb at a 60° angle, slide on your buns for 1/2 mile dodging thorns, climb ravines, wade creeks and rivers holding onto each other to keep from being swept away, climb over and under trees, and look for spots where books were placed for you to tear out sequential pages to prove you had been there, then this is the "run" for you.

Yes, I was in hog heaven. The only thing lacking was an a--kicker (Sharon). Where were you when I needed you?

I retired after two loops and daylight in sight. I had no guts! Pluses for the run:

1. Where else can you go and have to cook your own pre-race chicken (frozen)?
2. Run with four good women (Lou Peyton, Nancy Hamilton, Nancy Drach, and Suzi Thibeault)?
3. Eat unlimited numbers of cheeseburgers (five)?
4. Cover the kind of ground I like?

Minuses for the run: None, really. Gary Cantrell, in his instructions, said, "This race is not fair. It is not reasonable. You will not finish."

I had a ball and did not finish. (No guts!)

Ten people did finish including two women.

Conclusion: This race is like childbirth. The further you get away from it, the more you think you like it.

Yes, I'm going back and I'm taking my a-- kicker with me!

## Race Results from April Races

**Festival of Two Rivers 5K, April 6:** Female: Carla Branch, 19:22, and Lesa Allen, 21:46, 2nd and 3rd overall; Cheryl Potter, 23:53, 2nd in 25-29; Jennifer Drew, 22:50, and Linda Stribling, 24:43, 1st and 3rd in 40-44; Jane Dising, 24:45, 1st in 50-54. Male: David Williams, 16:49, 1st in masters; David Allen, 17:22, 2nd in 30-34; Bill Torrey, 16:56, 1st in 35-39; Roy Drew, 18:17, 2nd in 40-44; Paul Krause, 17:50, Van Davis, 19:02, and David Samuel, 19:25, 1st, 3rd and 4th in 45-49; Don Potter, 18:41, 1st in 50-54; Hayes McKinnie, 19:57, 1st in 55-59; and Bill Hoffman, 19:21, 1st in 60-64.

**8th annual Great Maumelle Scenic 60K, April 6:** Johnny Gross, 4:27, 1st; Sam Green, 4:41, 2nd; Larry Mabry, 5:42, 4th; Wayne Elliott, 5:58, 6th; Leslie Dudley, 6:03, 7th; Lou Peyton, 6:17, 13th; Ernie Peters, 6:20, 14th; Bob Plunkett, 6:45, 16th; Charlie Peyton, 6:56, 19th; and Ann Moore, 8:00, 22nd.

**Talimena Half Marathon, April 13:** Female: Christy Henson, 2:13:17, 1st 14-under; Radonna Johnson, 1:49:22, 1st in 20-24; Laura Abbott, 1:32:59 and Nina Frye, 1:37:23, 2nd and 3rd in 25-29; June Barron, 1:51:55, 2nd in 30-34; Barbara Hildebrand, 1:31:10, 1st in 35-39; Jennifer Drew, 1:49:47, 3rd in 40-44; Yvonne Thompson, 1:59:52, 3rd in 45-49; and Rosalind Abernathy, 2:43:09, 2nd in 60+. Male: Gary Wade, 1:16:44, 1st in 20-24; Mark Moore, 1:14:14, and Keith Brown, 1:18:08, 1st and 2nd in 25-29; David Allen, 1:22:23, 2nd in 30-34; David Williams, 1:20:55, and Roy Drew, 1:27:23, 1st and 3rd in 40-44;

Don Cave, 1:25:19, and Kurt Truax, 1:29:50, 2nd and 3rd in 50-54; Hayes McKinnie, 1:32:06, 2nd in 55-59; Don Banker, 1:42:43, 1st in 60-64; and Bob Abernathy, 1:48:27, 1st in 65+.

**Boston Marathon, April 15:** Steve Sipes, 2:38:27; Bill Torrey, 2:55:57; Tim Brotherton, 3:10:28; Bill Hoffman, 3:05:05; Carla Branch, 3:20:12; Kathy Brotherton, 3:34:17; and Carol Torrey, 3:48:48.

**MADD Dash at Searcy, April 20:** Laura Abbott, 40:27, overall female in 10K; Keith Brown, 16:20, overall male in 5K.

**Gator Run 4-miler at Ashdown, April 20:** Lisa Allen, 27:47, 2nd overall female; and David Allen, 22:15, 2nd overall male.

**Hot Springs 5K, April 27:** Jennifer Drew, 23:02, 1st in 39-48 female.

**Fordyce on the Cotton Belt 5K, April 27:** Lisa Allen, 21:38, 1st in 20-29 female; and David Allen, 17:22, overall male.

**City Fest 10K at Jacksonville, April 27:** Laura Abbott, 40:09, 1st female, 18-30; and Bill Harrell, 39:04, 1st male in 31-40; and Arthur Kerns, 39:31, 2nd in 41+ male.