

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 1991

## Secrets of How to Live an Abundant Life

by Jack Evans, LRRC President

### THE ABUNDANT LIFE IS:

- A. Renewing your Little Rock Roadrunners Club membership if the mailing label on your newsletter reflects an expiration date before 10/31/91.
- B. Renewing friendships with fellow runners during LRRC monthly meetings and sponsored races.
- C. Volunteering your talents for community service.
- D. What we have done, what we have seen, heard, felt, feared — the places, the sounds, the colors, the cold, the darkness, the emptiness, the bleakness, the beauty. Til we die, this stream of memory will set us apart, if imperceptibly to everyone but ourselves, from everyone else. For we have crossed the mountain.
- E. Exhaustion and fulfillment: the ascetic in a run — To instill a taste for adventure in those who have not acquired it. To tear ourselves away from our comfortable existence and, using the energy of our bodies as an example to get to our brains, apply ourselves to the discovery of unsuspected pleasures and places. What is essential at the beginning is the resolve to reach the saturation points. Ideally, the run should end only when the members are making no further progress within ourselves. We should not be fooled though by a period of boredom, weariness or disgust; that is not the end, but the last obstacle before it. Let the saturation be serene!  
For it is a condition of such a run that you entrust yourself, stripped of all worldly goods, to nature.... To remove all the useless material baggage from a man's heritage is, at the same time, to free his mind from petty pre-occupations, calculations and memories.
- F. All the above
- G. None of the above

In my mind, body, and soul the correct answer is (F) - All the above. As our travels take us across the mountain to the discovery of unsuspected pleasures and places once thought to be beyond our grasp, we have evolved from a being with self-

imposed limitations into a being who thinks he can. Forgetting what is behind us and straining toward what is ahead, may we press on toward the goal.

As members of the largest running club in our great state, may we ask ourselves how we can overcome our self-imposed limitations and become the running club I think we can. We can learn from the many great running clubs throughout our state and nation and acquire characteristics which will allow us to better serve our running community.

May the wind lift up our wings as we soar like eagles on a journey to a higher calling to serve our fellow runners. From my personal experiences, the thrill of helping a fellow runner is as great as reaching your own goal.

I suppose the difference between the majority of our membership and me is the expectations we have concerning our Club. As a child I was taught to go beyond the ordinary and to do whatever you are doing with all your might.

Being involved in the leadership of the Club, do not expect me to compromise my beliefs. I may become a pain in the \*\*\* in asking each of you to help, but it is time for us to remember why we exist as a Club.

## It's a BOY!

Don and Cheryl Potter are the proud parents of Donald Lee Chase Potter, who was born September 24 at 3:45 p.m. at the University of Arkansas for Medical Sciences Chase, the newest Roadrunner, weighed in at 8 pounds, 12 ounces. Mother and son were doing fine and scheduled to go home the next day. Rumor has it that Daddy Don has already been shopping for some small-sized racing flats.

## October Meeting

The regular monthly meeting of the Little Rock Roadrunners Club will be October 17 at 7 p.m. at Healthsouth Rehabilitation Center, 8821 Knoedl Court. Club member Coreen Frasier will talk about her bicycle ride across the United States with the Cycle America tour.

## The Ultra Corner

by Harley Peyton

As I pen this article I'm just back from the volunteer meeting for the Arkansas Traveller 100. I'm excited. We estimated 50 people in attendance. What a welcome sight for someone trying to get volunteers. In the next Ultra Corner I hope to be telling you what a successful race we had.

I've received my application for the Benton 6-12-24 hour track run on November 15. This year I'll attempt the 24 hour run. It's all a matter of getting your mind right. I've been going to the track every other week and working on my mental toughness. By race day I hope to have spent a couple of six-hour runs at Scott Field in preparation.

The reason I go every other week is because on the alternate weekend we've been going out to the forest service roads and busting it on the Ouachita Mountains. This is to prepare for the Mountain Masochist 50-miler October 26. This is David Horton's Blue Ridge Mountain race near Lynchburg, Virginia. Nick Williams, Lou and I, and hopefully a few others, are car-pooling for a quick weekend trip to the race.

The popularity of the Ultra Trail Series continues to astound me. On September 14 we had approximately 40 people show up at the forest service trailer for the Tom-Harley 50K. The unseasonably hot and humid weather took its toll but we still managed to have 29 finishers. Johnny Gross was our first male to finish while first-timer Nancy Cunningham of Conway was first female. Their times were 3:37 and 4:55 respectively. Eddie Mulkey was second in a time of 3:47. Johnny's time was two minutes off Eddie's course record of 3:35 set in October 1989. Jack Evans was first masters male in 4:27 and Lou Peyton was first masters female in 5:51.

The series will skip October and concentrate on the Arkansas Traveller 100. On November 2 we will resume with the all new Pigeon Roost Mountain Run, 14 to 16 miles beginning at 7 a.m. To get there from Little Rock follow Highway 10 16.5 miles from the I-430/Highway 10 overpass. There is a forest service road on the left. If you've never been to one of these runs and would like an adventure we're waiting on you. No registration or entry fee. Happy Trails.

## September Race Results

By Bill Harrell

September was a slow month when it came to races but a lack of races didn't slow down the runners.

Besides the TCB 5K a couple of one mile runs were held. The people who run these are usually in tip-top condition and go all out from beginning to end. Being a former high school miler I know there is no room for mistakes in the mile. That's why I've quit racing them.

I really enjoyed watching the TCB 5K this year. There are always races within the race that are exciting to see.

Here is how some of our members fared. Marty Johnson, 2nd overall wheelchair, NTA; Johnny Gross, 15:55, 1st in 25-29; Ray Bailey, 16:13, 1st in 30-34; and Tom Zaloudek, 16:42, 1st in 35-39; Steve Sipes, 16:33, and David Williams, 16:45, 2nd and 3rd in 40-44; Joe Whillock, 17:40, and Paul Krause, 17:52, 2nd and 3rd in 45-49; Don Cave 2nd in 50-54 in 17:50 and Hayes McKinnie was 3rd in 55-59 with a 19:37. Bill Hoffman ran a 19:43 and Don Banker a 22:11 for 1st and 3rd in 60-64. Earl Guyer won 65-69 men in 22:52.

On the women's side of the ledger, Christy Henson won 10-14 with 22:51 and Mackie Buckelew ran a 21:39 for 3rd in 30-34. Barbara Hildebrand's 19:54 was good enough for 2nd in the tough 35-39 group. Marlene Guyer had a 34:44 for 2nd place in 55-59 and Martha McKelvey won the 60-64 with a 32:23. Rosalind Fredeman, one of the Club's hardest working volunteers, won 70+ in 44:50.

Here are some times from the Owens Road Mile: David Williams, 4:43, (40-49), David Allen, 4:39 (men's open), and Lesa Allen, 5:38 (women's open).

And from the Riverfront Mile: David Allen, 4:56; David Williams, 4:54; Arthur Kerns, 5:49; Lesa Allen, 6:07; Don Banker, 6:25; Mary Hayward, 8:34; Bettye Kerns, 9:50, and Belinda Harrell, 11:05.

## Upcoming Races

*The following is a list of upcoming races published by David Samuel in the RRCA newsletter. Be sure to confirm the date because dates of some races on the schedule are merely carried over from last year.*

- 10/5 Arkansas Traveller 100-miler. Call 225-6609.
- 10/12 Minuteman 10K at Camp Robinson. Call 771-5210.  
Calvary Baptist Church 5K. Call 663-8303.  
Turkey Trot 5K at Yellville.. Call 449-4238.  
Greers Ferry Lake 5K. Call 362-2416.  
Sherwood Fest 5K. Call 835-6893.  
Cabotfest 5K. Call 843-3539.
- 10/19 Arkansas 20K at Benton. Call 794-1203.  
McGehee Delta Fest 5K. Call 222-4451.  
Founders Day 5K at Batesville. Call 698-4368.  
Razorback 15k and 5K at Fayetteville. Call 442-6488.
- 10/26 Oktoberfest Fast 5K at Hot Springs. Call 624-3002.  
Run for Health 5K at Corning. Call 857-6961.  
Hash House Harriers Half Marathon. Call 851-7306.  
Red Ribbon 5K at Pine Bluff. Call 842-2519.
- 11/2 Pigeon Roost Mountain Trail Series. Call 225-6609.  
Historic 10K. Call 225-1050.  
Tulsa Run 15K. Call 918-588-2431.  
Wild Indian 1/2 Marathon. Call 933-4394.
- 11/3 Turkey Trot 1/2 Marathon at Rogers. Call 855-2806.
- 11/9 Red Cross Turkey Trot 7K. Call 666-0351.  
Trail of Tears 10K. Call 739-4416.
- 11/10 Fayetteville Turkey Trot 5-miler. Call 855-2806.
- 11/16 Mtn. Valley Spring 10K. Call 321-1700.

## My Flight Down Pike's Peak During Marathon

By Bill Harrell

Here are the answers to the most asked questions from my recent trip to Pike's Peak.

1. Yes, I really did fly down the mountain. And I challenge any of you to come down in more style and grace than I did this year.

2. No, I will not be on Rescue 911 although characters from the TV show M.A.S.H. did flash through my head when I heard there was a helicopter coming to take me away.

For those of you who don't know the story I will tell it one last time.

This was my fifth year to run the Pike's Peak Marathon and it could have been my best. I had trained hard this year and was very confident. Also, I had been in Colorado for a week, vacationing and acclimating to the altitude.

The first four miles of my race were excellent but being a veteran of the race I slowed my pace because there is always an unknown factor lurking on the mountain. It was also a very warm day.

A couple of easy miles later I was ready to run again. As I picked up my pace I looked up to get a visualization of the mountain. That's when I slipped and fell. There was back pain but after a few minutes rest I felt fine. I decided to continue my sojourn to the summit. The pain became more prevalent the higher I got but I was closer to the top than to the bottom. Less than a mile from A-Frame, 10 miles up the mountain, I fell again. I don't know why I fell. I don't even remember falling but I do know that I was on the ground. I took another breather but when I stood up this time pain shot through my legs. I laid back down on the rocks hoping the pain was temporary.

In the meantime, someone told an EMT at the A-Frame that a runner was down. In a way I was glad to see her arrive. I said something like "I've fallen and I can't get up."

Not laughing, she said, "Let's try to walk down." I took one baby step and cramped up. My body was reacting like that of William Hurt in the movie "Altered States."

"You're not going anywhere," said my new friend. "I'm calling in a rescue unit with a stretcher" she told me as she took my vitals. Everything was good except I had no brain wave. That was normal, I explained to her.

In the meantime, I cried. I was less than four miles from the summit, approximately one hour away from finishing. But that

wasn't why I was crying. After all, I had topped the mountain in four previous tries and I was attempting something few people in the world would even think about attempting. I was crying because it would delay me in seeing my wife.

Belinda had ridden to the top earlier in the day with Arthur and Bettye Kerns to watch me finish and to give me a big hug and a kiss when did. For some reason that hug was all I could think about.

I didn't know what to expect from my stretcher ride. Thank God for that. It was pretty dang rough, even for this country boy. The object of this game was to transport me to Mountain View in time to catch the Cog Railroad for a ride down.

This time frame was close and I didn't help any. I almost passed out once and they had to stop and unbuckle me and get me going again. Some quick thinking and a half tube of glucose might have saved me from an even bigger tragedy.

Even with reinforcements to help transport me there was no way to make the cog train. I started hearing the words chopper and LZ (loading zone) being used over and over. "My God, I thought, this is my punishment for protesting against Viet Nam.

They finally got me to one of the two LZs on the mountain. A few moments later Sky King made a couple of passes over and landed.

"What am I gonna tell my momma?" I thought as I got strapped into the whirlybird. I think the flight from Pike's Peak to the hospital was beautiful. My view wasn't great but the ride was smooth.

As the doctor at the hospital was examining me and giving me "S8 Pepsis" to get me hydrated enough to fill a jar the nurse was talking to Belinda on the phone begging her to come and pick me up.

The doctor diagnosed a strain in my lumbar region as the problem and Susan Slater, a physical therapist who was there to run the Peak also, worked with me back at the motel and found some swelling in my back that caused the pain to go to my legs.

Rest, ice and drugs have made me feel better and I'm back running again. A word of thanks to all of you who showed concern. I really appreciate it.

And a special thank you to Arthur and Bettye for getting Belinda to the hospital and to Mark Spradley for coming by to check on me.

Strange how two attorneys showed up. Were they there as friends or were they wanting to sue someone?

By the way, I finally got my hug.

*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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## Date for Historic 10K Set

Another Club-sponsored race will be held November 2. Bill Harrell will be the director of the Historic 10K which will benefit the March of Dimes. Volunteers are needed. Call Bill at 225-1050. He said, "If I don't have enough volunteers by Halloween I will trick you into working."

## New Members Added to Club Roster

by Yvonne Thompson

**Bill Goodman** is 63 years old and the president of Goodman Engineers Inc. He states he has been running "forever" and does 10-15 "slow miles per week." Bill and his wife, Molly, have three adult children — Liz, Anne and Suzi. He does not race often but does prefer the 5K distance. He doesn't know what his PR is, however. In addition to running, Bill also enjoys reading and fishing and he gives Mike Dwyer credit for getting him up to run in the mornings.

**Judy Hornbrook** is no stranger to the Little Rock Roadrunners but we welcome her back to the group after several years absence. Judy is employed as director of human resources at Professional Counseling Associates. She and husband Pete are the parents of 18-year-old Ashley. Judy is not sure if she began running in 1979 or 1980 but she manages about 15-20 miles weekly at a 10 minute pace. She doesn't race often but does an occasional 10K. However, she states she can't remember her PR because it was "so long ago!" Judy's other interests are work, school, reading, family and movies. She adds that she "appreciates the Roadrunners stability — being around when I came back has been a great motivator." If you would like to do an occasional 6 a.m. run with this interesting lady, call her at 663-5343.

**James Joyce** is another long time runner who states he started about 12 years ago. He is 41 years old and the program director of Head Injury Rehabilitation. James runs 45-50 miles weekly at a nine-minute pace. He states that he prefers longer races up to the marathon distance. The following are his listed PRs — 10K-40:55, 10 miles-1:08:12, and marathon-3:22:48. James also enjoys work, baseball and other sports.

**Bonnie Joyce**, wife of James, is 37 and the director of the pediatric program of the Head Injury Rehabilitation. She began her running career seven years ago and logs about 9-12 miles weekly at a 10-minute pace. Bonnie states she doesn't race often but prefers the 5K or 10K distance. Her 10K PR is 52:00. Bonnie also is interested in architecture, antiques and history.

**Mike Baker** began running three years ago and averages 25-30 miles weekly. He states he enjoys racing 5K and 10K distances. The owner of Mike Baker Nissan, Mike's other interests are boating, scuba diving and deep sea fishing. If you live near Sherwood and would like to run either morning or evening with Mike call 834-3563.

**Cynthia Baker** is the wife of Mike. She has had knee surgery and is unable to run but has been walking for two years. Cynthia is a 36-year-old lawyer who also enjoys boating, scuba diving, gardening and cats. She adds that she was chief deputy prosecutor for Chris Piazza and assisted him in trying Steve Clark. She is now Piazza's law clerk.

**Vickie Dorey** is 38 years old and has been running for nine years. She states that her distances and paces vary. She also races infrequently at varied distances and lists her PR as "slow." Vickie is a CPA who also enjoys diving, music, caving and environmental issues. If you live near the river and would like to run with Vickie in the evening call 663-8513.

**Nancy Cunningham** is a familiar face to anyone who has ever run or watched a race in Arkansas. She states that she has been running for 25 years which is really impressive since she is only 35 years old. Nancy and her husband, Glen who is also a runner, are the parents of Carson, 15; Will, 13; Katie, 8; Cody, 6, and Gavin, 2. Nancy says she runs 35-40 miles weekly at a 6:30-7:00 pace. She enjoys racing all distances and lists these PRs — 5K-17:16 (16:54 on the track), 10K-36:26, 1/2 marathon-1:21, marathon-2:58, and 50 miles-6:53. Nancy adds that she thinks the Club does a great job of sponsoring races and promoting running in Arkansas and would like to help in some way. (Did you read that, race directors?) Also, if you live in Conway and would like a real workout, Nancy says she would like someone to run with either morning or evening. Call 329-9028.

**Jim Van Cleve** is 53 years old and has been running for 16 years. He and wife Mary Beth are the parents of two adult children, Susan and Bill. Jim says he runs 12 miles per week at a 7:50 pace. His favorite race distance is the 5 mile and his PRs are: 5K-22:00, 5 mile-36:53, and 10K-46:10. When he is not running or working as the area sales manager for Deere Credit Services Jim enjoys playing tennis and golf. Jim also shares the following with us: "Have run the Illinois River to River relay twice. Eighty miles total race with eight person relay teams each running three legs of three-plus miles per leg. Run is from the Mississippi River to the Ohio River across southern Illinois."

**Bob Church** is the director of material management at Jefferson Regional Medical Center at Pine Bluff. He is 43 years old and has been running for 20 years. He presently logs 10-15 miles per week at an 8:30 pace. He races 5K and 10Ks frequently and his 10K PR is 48 minutes. Bob and wife Nancy are parents of Tony, 16; Jan, 13, and Bobby, 10. Bob's other interests are basketball and softball and he says he enjoys the camaraderie of fellow runners. If you live in the Pine Bluff area and would like to join Bob at noon or evenings, call 247-0478.

**Nancy Church**, wife of Bob, is 42 and a medical secretary/receptionist. She states she has been running for 10 years and her weekly mileage is erratic at a 9-10 minute pace. She doesn't race often but does like the 5K distance. Nancy also is interested in art, painting, softball and tennis. She would like a female to run with in the evening or on weekends. You can call her at 247-0478.