

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 1991

The Desire to Win is in Your Mind and Heart

by Jack Evans, LRRRC President

I recently read a phrase which said "Take time to think. It is the source of power." The phrase reminded me of a poem which was given to me by my track coach in college.

It's All in a State of Mind

*If you think you are beaten, you are;
If you think you dare not, you won't;
If you like to run, but don't think you can,
It's almost a cinch you won't.*

*If you think you'll lose, you're lost;
For out in the world you'll find
Success begins with a fellow's will;
It's all in a state of mind.*

*For many a game is lost
Ere even a play is run,
And many a coward fails
Ere even his work is begun.*

*Think big and your deeds will grow,
Think small and you'll fall behind;
Think that you can and you will;
It's all in a state of mind.*

*If you think you are out-classed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can even win a prize.*

*Life's battles don't always go
To the stronger or faster man,
But sooner or later, the man who wins
Is the fellow who thinks he can.*

The above words speak of the importance of our will and the following words speak of the importance of the heart.

I recall an unforgettable horse race. In the stretch, two horses layed teeter-totter with the lead. First, the smaller of the two, a chestnut, stuck his nose ahead, then the larger, favored bay poked his in front. At the eighth pole, just as it seemed the smaller horse was all done, he reached back and found some reserve.

Straining with all that was in him he came on again and at the wire got the nod by a nose. Yet, if you asked, "Did the best horse win?", I cannot answer. The prime question is always: did you win or lose?

You can measure someone's speed with a watch, but it takes a race to measure his heart.

In the last analysis, that's what comebacks are made of, HEART.

The above pep talk is dedicated to those who had the guts to try and demonstrated the desire to test themselves against the ultimate challenges — Leadville Trail 100, Pike's Peak Ascent, and Pike's Peak Marathon. Whether you reached whatever goal you set, you know more about yourself, your limitations and your will and heart will be a force to be reckoned with in the future.

Members of our Club have the opportunity to witness such a force during the running of the Arkansas Traveller 100 Mile Run on October 5. Your assistance in working the run will insure an outstanding event for our state. To witness such an event is an inspiration and great learning experience. Runners of all forms, shapes and sizes will display singular courage in conquering the obstacles of distance and terrain.

May the force be with you as we prepare ourselves to run or work the Arkansas Traveller 100 Mile Run.

September Meeting

The speaker for the Thursday, September 19 meeting will be Dr. Jack Vander Schilden from the Sports Medicine Department at University of Arkansas for Medical Sciences. He will speak about his experience working with the U. S. Olympic athletes this summer.

The meeting will be held at 7 p.m. at Healthsouth Rehabilitation Center, 8821 Knoedl Court. Knoedl Court is just off I-630 and Barrow Road on the northwest corner. This is a new location for Healthsouth and will be the regular meeting place for the Club.

A tour of the facility will be given after the meeting for those who are interested.

The Ultra Corner

by Harley Peyton

The worst kind of salesman is the one who has "got" to make a sale. I am trying my best to be a "good" salesman. October 5-6 is the date of the Arkansas Traveller 100 miler at the Lake Sylvia Recreation Area, 30 miles west of Little Rock. The administration of the race is by ultra runners from the various roadrunner clubs around central Arkansas. A race like this is not unlike any of the shorter races. However, it takes more aid stations and usually longer hours. Of course, with the need for more aid stations comes the need for more aid workers. (Here's where I get to be a good salesman. Lou Peyton, the race director, wants you! She promises that for whatever amount of time you can spend with the 100 you'll enjoy it.

If you've never been to Lake Sylvia you'll see a beautiful part of the state. It is very isolated and mountainous. Turkey and deer sightings are common here. The aid station worker is the important job of a 100 miler. The workers always have a ball. Runners bond swiftly with the aid station workers who provide them with encouragement and comfort as well as the food and drink they need. Although the area is isolated and rugged for the runners, the aid stations are situated for easy access so that you don't need a four-wheel drive to get there. Already lots of Little Rock Roadrunners Club members have volunteered. If you would like to be a part of this historic event, Call Lou at 225-6609. About two weeks before race day all the volunteers will get together and go over assignments and answer specific questions. Call now.

The Ultra Trail Series got off to a fast start with the Wasatch Scramble on August 3. Little Rock Roadrunners Club member Johnny Gross edged out Eddie Mulkey by 10 seconds to win in 1:30:16. The first female finisher was Kim Pavelko from Conway in 2:05:50. Our new master's category produced some surprises. Sam Hardcastle was the first 40 and over to complete the rocky, weedy power line in 2:03, ahead of Grand Slammer Roy Haley of Queen City, TX. Roy is on course for his second Grand Slam trophy. (The Grand Slam is the completion of four major 100 mile races in one summer.) Ivy Harrison was the first female master with a time of 2:17.

The next race of the Trail Series is the Tom-Harley 50K. It starts at 6:30 a.m. September 14 from the fore service trailer. Happy Trails.

September Races

- 7 - Sixth Owens Road Mile at Hempwallace. Call 767-4371.
- River Run 5K at DeValls Bluff. Call 988-2487.
- 14 - "Strut Your Stuff" 5K at Paragould. Call 239-8531.
- 21 - Rat Race 5K at Berryville. Call 423-6636.
- United Way 5K at Jonesboro. Call 935-3968.
- Rogers Run 15K. Call 855-2806.
- 28 - Caddo River 15K, etc. at Glenwood. Call 356-3613.

The Second Riverfront Mile

by Bill Torrey

Last year the Little Rock and North Little Rock running clubs joined forces to sponsor the first Riverfront Mile. The clubs provided drinks and the members brought food for a potluck after the race. The total number of runners was small but everyone enjoyed participating in the run or working the different jobs needed to put on the event.

On September 21, 1991, at 7:30 a.m. the clubs will again get together to put on this fun event. Runners, workers and food are needed, so please call Bill Torrey at 227-6252 if you can help. Workers can also run as we will try and run each division separately.

The cost is only \$3 and some food for others to enjoy. Medallions will be awarded three deep in six divisions, including a wheelchair division.

This event is a good change from the 5Ks and 10Ks and allows people to test their foot speed for a mile. If all the people enter that I hope will, the open and masters division could be a lot of fun to watch. So warm up three or four easy miles or just show up and run an event that is growing in popularity.

Jingle Bell Jog Time? Can't Be!

by Linda Stribling

It's hard to believe that someone is already thinking about Christmastime. But Paul Bash is!

In case you haven't heard of him, Paul is a local chef and runner who sponsors the Jingle Bell Jog, a 10-mile fun run in which the participants dress in costumes reminiscent of the season, including bells, lots and lots of bells.

He called August 3 to say that the 10th annual run will be held December 21, 1991, at 7 a.m. beginning at the Sportstop in the Heights. Since it is the 10th anniversary, Paul is planning some special surprises.

The route goes through Cammack Village, down Overlook Hill and Rebsamen Park Road along the River, up Cedar Hill and Kavanaugh and back to the start where Paul will provide all sorts of delicious goodies to eat and drink.

Be sure to mark December 21 on your calendar for one of THE running events of the year!



Results from July and August Races

by Bill Harrell

July and August, what great running weather that was. Some people think it was great anyway.

David and Lesa Allen ran six races in seven days, and probably set PRs in each one. Hayes McKinnie, who has been running and racing since Adam chased Eve around Eden, is still setting PRs.

I know it's been a mild Arkansas summer, but c'mon y'all, if you run this fast in the heat and humidity just think of the pressure you'll put on yourself when the weather gets cooler and you're supposed to run faster.

We'll start the PR parade with two races held on July 27, the Chicken & Egg 5K at Prescott and That Dam Night Run 5K in Arkadelphia. Every Club member who ran at Prescott came away with a trophy this year. Herewith are your heroes: Marty Johnson, 15:24, 2nd wheelchair; Lesa Allen, 20:33, overall woman, David Allen, 16:38, 1st in 30-34; Sam Green, 17:45, 1st in 35-39; Bill Harrell (my good friend and running partner) 18:40, 1st in 40-44; and Paul Krause, 17:43, 1st in 45-49.

In Arkadelphia, Johnny Gross was 5th overall with a 15:26, Barbara Hildebrand was 5th overall female in 18:25, and Marty Johnson was 2nd wheelchair with a 13:33. In the masters category Steve Sipes was 2nd in 15:43, while David Williams was 3rd in 16:18.

In the female age groups Christy Henson was first in the 11-14 with a 20:52 and Summer Henson was 5th in 15-19 with a 25:16. Lesa Allen had her 2nd PR of the day with a 20:14 for 2nd place in 25-29 while in the 30-34 group Mackie Buckelew ran a 21 flat and June Barron a 21:12 for 3rd and 4th. Carla Branch won the 35-39 with an 18:52 with Carol Torrey 3rd in 21:02. Jennifer Drew and Nancy Gray were 1st and 5th in the 40-44 group with 21:33 and 24:11. P. J. Dising ran 23:36 for a first place in the 50-54 and Marlene Guyer ran 33 flat for 2nd in 55-59. The women in 60+ are getting really competitive and there was a 1-2-3 finish for Club members Shirley Pence 27:54, Rosalind Abernathy, 29:07, and Martha McKelvey in 29:57.

On the men's side Ray Bailey and David Allen were 1 and 2 in 30-34 with 16 flat and 16:17. Bill Torrey was 4th in 35-39 with a 17:01 while Jim Pearsall ran 17:39 and Roy Drew had a 17:54 for 4th and 5th place in the 40-44 division. A near sweep in the 45-49 with 1-2-3-5 finish. They are Joe Whillock 17 flat, Frank Rivers, 17:12, Paul Krause, 17:14 and Roy Hayward,

18:15. Don Cave and Robert Hopkins were 1 and 2 in 50-54 with 17:25 and 18:18. The 55-59 had Hayes McKinnie 3rd in 18:16 and Jim McKim 4th in 21:08. Bill Hoffman keeps his name at the top of the list with a 1st place in 60-64 with an 18:51. Al Becken at 20:04 and Don Banker at 20:49 were 2nd and 3rd. In the 65-69 group Earl Guyer had a 22:23 and Robert Abernathy a 23:26 for 1st and 2nd.

Only a few were able to run again the following week but the ones who did fared well. Roy and Jennifer Drew and Hayes McKinnie all won age division awards at a 4-miler in Batesville.

Apparently the Morrilton Pig Out 5K on (8/10/91) is a big success with the LRRC. Some of the successes are David Allen, 17:13, 1st in 30-34. Bill Torrey and Richard Nix, 1st and 3rd in 35-39 in 17:39 and 18:55. Roy Drew 18:42, 1st in 40-44. Frank Rivers and Paul Krause 1st and 2nd in 45-49 with 17:52 and 18:03. Daddy Don Potter ran 20:26 for 1st in the 50-54 group and Hayes McKinnie a 19:49 first place in 55+. On the female side Lesa Allen, 21:30, Carol Torrey, 21:28, and Jennifer Drew, 22:26, all won their age divisions.

Members were seeded throughout the Watermelon 5K award ceremony at Hope. Johnny Gross got to the meat of the run with a 3rd overall finish in 15:26. In masters men David Williams and Steve Sipes showed they are getting ripe with age as they finished 2nd and 3rd with a 16:43 and 16:45. Marty Johnson took a 3rd place with 16:10 in the wheelchair division.

"Bones" Bailey stole first place from David Allen in 30-34 with a 16:24 to David's 16:46. Tom "Z-Man" Zaloudek zoomed to a 17:24 4th place in 35-39 while Jim Pearsall keeps performing well with a 17:35 and a 3rd in the 40-44. Frank Rivers and Paul Krause continue battling it out in 45-49. Frank won in 17:21 while Paul was 3rd in 17:56. Don Cave had a 17:52 second place performance while Kurt (Ironman) Truax finished 3rd in 18:53 in the 50-54 males. Males 55-59 had Hayes McKinnie 2nd in 19:32 with Jim McKim 3rd in 20:09. Bill Hoffman and Don Banker continue their dominance in 60-64. Bill was first in 19:43 to Don's 2nd in 21:12. Earl Guyer was top guy in 65-69 with a 23:25.

Once again Christy Henson won 14 and under. There was NTA but I'm sure it was good. Lesa Allen was 3rd in 25-29 with a 21:04. Mackie Buckelew, 21:20, and June Barron NTA, 2nd and 4th in 30-34. Carol Torrey 21:12, 1st in 35-39, and Jennifer Drew, 22:06, won 40-44. Marlene Guyer was 2nd in 55-59, NTA.

By the way, I talked to Mark Moore a couple of days before he moved back to New Orleans. He asked me to wish all of you good luck in your running and everything else you do. Also, he has really enjoyed being around Arkansas and her people and he wants to come back and run a few of the races here.

Mark, you are welcome back anytime, just stay out of my age group, okay.

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

New Members Added to Club Roster

by Yvonne Thompson

Dianne Reece is a 44-year-old divorced mother of Sherri, 27, and David, 25. She is a secretary who began running five years ago. Dianne usually runs about 20 miles per week but says she doesn't race frequently and does not know her PR times. In addition to running, Dianne also enjoys art, music, decorating and flower arranging.

Alan Stone says he has been running for four years and does 20-25 miles weekly at a seven minute pace. His favorite race is the 10K and he does about two per month. His PRs are: 5K-17:17, 10K-35:48, and marathon-3:00:10. Alan, a systems programmer, and his wife, Cindy, are the parents of one year old Haley Anna. They recently moved to Little Rock from Dallas, although he is a native of Pine Bluff and says he is glad to be back in Arkansas. In addition to running, Alan enjoys hunting, fishing, cycling and triathlons. A list of his accomplishments include the Dallas White Rock Marathon, Hotter Than Hell 100 bike ride in Wichita Falls, and the Texas Hill Country Triathlon in New Braunfels. However, he states that running is really his strong suit. Alan would like someone to run with in the evenings. Call him at 223-9753.

Mark Moore, a 25-year-old single banker has been running for 10 years. He trains 50 miles per week at a 6:20 pace. He races frequently at distances from the 5K to half marathon. PRs listed are: 5K-14:40 and 10K-30:45. Mark also enjoys traveling and investing. Mark recently returned to graduate school at Tulane to work on his MBA and as a graduate assistant track coach.

Dick Wiedower is a 36-year-old dentist from Conway who has been running for the past six years. He runs 20 miles per week at a 7:30 pace. His preferred races are 5K and 10K and lists 20:06 and 43:06 respectively for PRs. Dick says he plans to be married soon to Kim Kelley who is also a runner. His other interests are biking, canoeing, hiking, triathlons, botany/horticulture, sailboarding, kayaking, woodworking and jet skiing. He describes himself as "eccentric." (I think that means runner.)

Darryl Caillouet is only 29 years old and says he has been running for 16 years. He runs about 10-15 miles a week at 7:30 per mile. He races occasionally and prefers 5K and 10K distance. A computer programmer, Darryl and his wife, Linda, are the parents of Martin Taylor, age one. Darryl also enjoys cycling and photography.

Lee Carter III, a 33-year-old quality assurance technician and his wife, Catalina, are the parents of Linda Marie, 7, and Gregory Lee, 3. He has been running for two years and trains 20 miles per week at a 10 minute pace. He races infrequently but gives a 25:33 PR for the 5K distance. He also is interested in biking and bowling. If you would like to run with him in the evening, call 224-7439.

Claire Rogers is a 32-year-old glass artisan and single mother of Rebecca Ray, 11. Claire began running in September 1990. She runs about 25-30 miles per week at a nine minute pace. She says she does some races, mostly 10Ks but would like to do

longer. (Note: Since this questionnaire was received Claire completed the Pike's Peak Marathon.) Claire says she also enjoys canoeing, caving, art stuff, and outdoor stuff.

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Wheelchairs to Race in Japan

by Linda Stribling

The 11th Oita International Marathon will be held November 4 in Japan.

This is a unique race in that it is the only exclusive wheelchair marathon in the world. Of the 441 competitors from 37 countries who entered the race last year, 35 were from the United States. The winner was Heinz Frei of Switzerland in 1:39:35.

This year at least 50 wheelchair athletes from the United States will attend. Two of these Americans will be the first two Arkansans to compete — Marty Johnson, a LRRC member, and Joe McNeil of Hope.

The event is sponsored by the Japanese government. Once the athletes arrive in Japan all expenses (transportation in country, hotels and meals) are covered.

Marty and Joe are looking for support in covering their round-trip air fare. To make a tax deductible donation send a check to Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72217, with a note asking that the Club donate the

Talent Winners Named in August

by Mike Dwyer Jr.

During the last poduck of the summer a remarkable talent show was staged. A panel of highly qualified, extremely motivated, and keenly astute judges selected the following winners:

Male musician: Tom Barron, for his outstanding rendition of Red River Valley on the kazoo.

Female musician: Bonnie Brandsgaard for her extremely careful performance on the accordion (nothing got caught).

Male dancers: John Mitchell and Fred Reed for their excellent country and western dance (proving that the time spent at BJ's was not wasted).

Mixed duet: Celia and Michael Storey, for their unprecedented ballad, "Ode to Jim Stanley."

Dancing couples: Van and Charlotte Davis for their lightfooted polka. They got the Lawrence Welk Award.

The board would especially like to thank **Van Davis** for acting as emcee for this spectacular event and all those brave souls for an entertaining evening.

Remember, next year it will be your turn!