

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 1995

## August Meeting Will Include Annual "Talent" Show

By June Barron  
LRRRC President

The July meeting/potluck was a smashing success. I'd like to thank the Arkansas Running Klub for being our guests and bringing such good food. The August meeting/potluck has been moved forward one week to accommodate all you hardy folks who are going to Pike's Peak this year. The meeting/potluck will be Thursday, August 10 at 6:30 p.m. at Murray Park, Pavilions 1 and 2. The Saline County Striders and the Malvern Runners will be our guests. Remember this meeting will contain our famous talent show. Karen Call has been working hard on this to bring together all the talent of the Little Rock Roadrunners Club members. If you haven't signed up yet, there are still some openings. Please call Karen and she will get you on the program. We are even going to have a prize this year for the "best" talent. Mark your calendars now so you won't miss this great event.

After having seen our flashy new Club uniforms, several members have mentioned wanting to order one. We have had lots of compliments from other clubs on our uniforms. If you missed out the first time or just want to order another outfit, the order form is elsewhere in this newsletter. Plans are to order in September and get them back by mid-October.

Congratulations to Lou and Charley Peyton! The Arkansas Traveller 100 mile run has been awarded the 1995 RRCA Southern Region Championship for that distance. If you haven't been involved in this event, you should volunteer to help this year. It is well worth your time. Never have I seen runners more thankful to see someone at an aid station than at this run.

The Club is still seeking nominations for Runner of the Year. If you know someone who deserves this award please contact a board member and submit their name. The Board will be voting on this prestigious award at the August meeting, so we need names soon.

It is time to add up all your service points for the year and submit them to Harold Hays. The areas for points are listed elsewhere in this newsletter. Harold is getting ideas together for what the awards will be and we need to know who you are.

It is August in Arkansas and you

know what that means. Hot and humid! Please take care while running. Remember to drink lots of water, run in the cooler parts of the day, wear light weight clothing and stop running if you feel dizzy, nauseous or your ankle hurts. Don't despair! Cooler weather is on the way and ankles do get better.

Good luck to all our members at the Hope Watermelon Festival 5K. May the wind be at your back! Also, good luck to all our members who are going to Pike's Peak. May the mountain be kind! Til next month.

## Watermelon 5K Is August 19

By Linda House, Editor

The 17th annual Hope Watermelon 5K is set for August 19. This year's race is both the State and Southern Region RRCA championship for the 5K distance.

The race begins at 7:30 a.m. at 6th and Mockingbird, which is adjacent to Fair Park in Hope. The course follows the same route as in previous years and is certified by the USATF Running Technical Committee and sanctioned by RRCA and USATF.

Since the course is certified and sanctioned, the use of "sport radios," "Walkman" or any similar device is considered highly dangerous and participants are asked not to use these while participating in this race.

Also, due to recent changes in guidelines from both USATF and RRCA, as well as Melonvine Striders policy, animals (other than seeing-eye) will not be allowed on the course.

It is recommended that the use of such devices known as "Baby Jogger," "Jogging Stroller," or other similar

walking/jogging carts not be used as this may void race liability insurance.

The entry fee is \$13 if post-marked by August 16 or \$15 afterwards, including day of race until 7:15 a.m. There is an "early bird special" of an \$8 entry fee with no T-shirt for those who enter by August 4.

Restrooms and showers will be provided to all race participants at Fair Park swimming pool. Use of the pool is limited to runners and their guests until 10 a.m. As usual, ice cold watermelon will be served to all participants, along with other refreshments.

(See Watermelon 5K on Page 3)

### August Meeting

August 10, 1995

6:30 p.m.

Murray Park

Pavilions 1 and 2

Potluck Dinner

"Talent" Show

## The Ultra Corner

By Harley Peyton

Volunteer now for the 1995 Arkansas Traveller 100 Miler that will be run October 7-8. Give Lou Peyton a call at 501-225-6609. Good jobs are still available. As I write this we are about half full, with runners from 20 states and one from Canada. Louisiana and California are tied with the most runners entered -- six.

Big, big news from New England. LRRC's Kim Goosen was first female at the 1995 Vermont 100 July 22 with a time of 17:41. This is Kim's fourth 100-mile win in as many tries since February. Somebody needs to write about this.

With the cancellation of the 1995 Hardrock 100, other opportunities opened for those who had entered. The following was written by Lou Peyton who traveled to the Great Smokey Mountain National Park with me for a look and a run at the Appalachian Trail near Gatlinburg, TN. We were joined by Steve and Sandy Eubanks.

### The Great Smoky Mountain National Park by Lou Peyton

Steve and Sandy Eubanks drove ahead of Harley and me to the Great Smoky National Park and secured a camp site at the Elkmont Campground. You do need reservations 30 days or more in advance. We just got lucky as everything was reserved and the campground was full. Harley and I had auto problems on the drive over -- OK -- so it took us three days to get there.

We spent the first night at Natchez Trace State Park about five hours from Little Rock. The second night we stayed in a motel in Harriman, TN, while we waited for repair to our truck. Harley said it was the fuel pump. I was about to think that this trip was not meant to be. We couldn't reach Eubie on his car phone to tell him our situation, but a honeymoon is a honeymoon anywhere and a king size bed in any condition in July ain't bad.

Day #3. We were finally off of I-40 going south and feeling free -- maybe, just maybe, the Appalachian Trail at last. We got a call from Little Rock that Eubie and Sandy were camped at Elkmont Campground and waiting for us. At 2 p.m. on the third day we arrived at Elkmont. Of course, Eubie had already had a long run on the Appalachian Trail that morning. We set up our tent, ate a snack and Eubie took Harley and me to Clingman's Dome (the highest point on the Trail, elevation 6,640 feet) and offered me a 7-8 mile run to New Found Gap, elevation 5,000 feet. Finally, the rough, rocky Trail was underfoot. It felt real exciting. There were hundreds of tourists, cars, hikers, campers, etc. but all were real nice and friendly. But ... people everywhere!!!! Eubie ran with me and we took a three-mile wrong turn but still had a great run, 10.8 miles.

Day #4. We drove to New Found Gap and ran on the Trail from the Gap to Charlie's Bunion, 8+ miles. There were beautiful views and lots of people on the trail. Then we had some good food back at camp, napped and walked with a ranger guide. The program at the park amphitheater was on the Trail.

Day #5. Eubie and I ran from the camp to Cucumber Gap for a 2:27 run. Then it was time to pack up the tent and go home. The scenery at the Great Smoky National Park is a #10 and the weather was very cool at night and very mild during the day. On the return we camped at the Natchez Trace Park and Harley took me to a first class dinner buffet at the Park lodge.

In summary, we needed two more days and a 30-miler to make this a complete Appalachian Trail adventure. We know how to do it next time.

## Service Points List

It is time to report service points earned for the period July 1, 1994-June 30, 1995. You will earn a reward if you have accumulated 100 points for the 12-month period. Submit point totals to Harold Hays, 2401 Maple Ridge, Little Rock 72211, or call 227-8038. Points are earned as follows:

Article for Club newsletter	10
Sponsor new Club member	10
Help with Club-sponsored race	20
Committee Chair, Club-sponsored race	30
Club board member	30
Director, Club-sponsored race	50
Bud Run committee chairman	50
Club officer	50
Bud Run race director	100
Newsletter editor	100
Treasurer	100
Club timing equipment manager	100
Club president	100
Bring in five new members	100
Club member present program	100

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## Turtles Have To Take Shortcuts To Beat The Hares

By Bill Harrell  
LRRC Racing News Editor

The fabled Aesop said, "To the slow and steady go the race" or something like that. Apparently Mr. Aesop never ran the Firecracker Fast 5K.

Aesop didn't run much of anything, unless it was his mouth. Oh sure, every once in a while you'll hear of a turtle beating a rabbit, but I'll give you odds that the rabbit has a hamstring problem or an injured Achilles. The rabbit only entered the race for the Grand Prix points.

I've been running slow and steady long enough (well, slow anyway) to know that the only way I'm going to beat my rabbit friend is to take shortcuts, which I have found plenty of recently.

For some reason the people who put on the races frown if you take a little bit off their course.

Now, if you were to get lost and run a little extra then that would be okay. They would probably make you an honorary Hash House Harrier.

Straying back to the original idea here about the Fast 5K, I really enjoyed watching all of the slobbering, panting, sweat-caked people racing on July 4. The finish was fantastic and the kicking and clawing and diving some of you were doing to try to knock off that extra second or to get that PR was also great theater.

Some of you even gave me your times to publish so here they are: 17:49, 18:15, 18:19, 18:43, 19:02, 19:57 20:05, 20:20, 21:30, 22:08, 23:54, 24:18, 24:58 and 26:03.

Everybody seems to want their times published these days. Since only the first 25 were professionally timed, I'm not going to guarantee that the above times are accurate.

What is accurate is that some of our members had some very fine performances. Lowry Foster ran a 15:39 for fourth master and 23rd male overall.

The women had Joyce Deason finishing 12th overall in 17:54, Cheryl Potter ran a 19:18 for 16th overall and Julie Bridgforth had a 20:32 for 25th

overall and fifth master.

At the Mighty Mite Triathlon on July 15 new Club treasurer Kamala Gamble was fifth overall in 1:13. President-elect Karen Call was first in 40-44 with 1:20. Among the males Kurt Truax was first in 50-54 with 1:06:08 and Mike Dwyer was third in 60-64 with 1:44:33.

On the same Saturday at the Mount Nebo 10K Mackie Bucklelew was first in 35-39 and fourth overall female in 1:07. Fletcher Ward placed in the 50-54 age division in a time of less than one hour, but my assistant lost the notes on the exact time.

The Dam Night Run might have been one of these races where the turtle could've beaten the hare. If the turtle had been on its back scooting down the hill it would've had a very good chance at beating the rabbit.

There are numerous trophies given by Club Arkadelphia and those who came out of their shell and hopped up to receive these awards are: David Williams and Bill Torrey, second and third in the male masters division with 16:40 and 17:09. Barbara Hildebrand was first female masters and third overall with 19:29. Joyce Deason and Cheryl Potter were second and fourth overall with 18:01 and 19:39.

## Watermelon 5K (continued from Page 1)

The awards ceremony will begin at 10 a.m. in front of the pool at Fair Park. Overall awards will be given to the top three male and top three female runners, the top three male and female masters runners, and the top three wheelchair finishers and junior wheelchair finishers. Age group winners from 0-9 to 70+ will receive awards three-deep, except for 25-29 through 45-49 which will go eight-deep.

Awards for walkers in the 5K will be given to the top five males and females overall and three deep in 10-year age categories from 0-19 to 60+.

There is a "Melon Mile" for all boys and girls who will be ages 3-12 as of

David Allen was first in 30:34 with 16:36 while Kamala Gamble was first on the female side with 21:17 and David's wife Lesa was second in 23:06. (Lesla has also become a competitive bodybuilder and will compete at Memphis August 12.)

New RRCA state director Don Still was fifth in 35-39 with 18:59 and Sue Smith was third among 35-39 females with 23:16. Kathy Sariago and Carol Smith were fourth and fifth among 40-44 year old females with 27:42 and 27:54. Linda House (formerly known as Linda Stribling) was third in 45-49 with 28:47.

Lou Sariago ran 18:45 and David Samuel 26:16 for first and fifth among 50-54 males. The 55-59 age category had Don Potter first with 18:12 and P. J. Diesing and Shirley James ran one-two with 25:49 and 26:03.

The 60-64 age category also had three Club members who finished in the top five. They were Jim Sunao Yamanaka second in 20:54 and Rosalind Abernathy fourth and Joan Glenn fifth in 34:36 and 38:46. Three of the top five in the 65+ male division were LRRC members. They were Nash Abrams first in 25:37, Bob Abernathy second in 26:49 and Floyd Glenn fifth in 28:42.

August 19, with an entry fee of \$5. The course is .6 miles in length and is the same as last year and is protected at the main intersections. It starts and finishes at the side gate near Fair Park Pool at 9:30 a.m. Medallions will be awarded to all participants and the first 80 participants will receive a T-shirt.

Results of the 5K will be mailed to all participants.

Other activities that runners of interest on Saturday are a seed spitting contest and an arm wrestling contest

For more information on the running events write Don Still, 105 S. Circle Dr., Hope 71801, or call 501-777-1917.

## Watch Out For The Moose At Veryfine Marathon

By Al Becken

Watch out for the moose! The 13th annual Veryfine Sugarloaf Marathon (VSM) and the 10th annual 15K started on a backwoods Maine road, 30 miles east of Quebec Province, Canada, in a shivering 32 degrees with 225 fanatic runners, and moose, either in rut or calving -- whichever. (I'm not sure that it makes much difference to the moose's disposition.)

So why am I here on this 19th day of May? Having run the Portland, Maine, marathon several years ago, I wanted to run a different marathon in Maine. Besides, the promotion was too good to pass. The race application read, "The Sugarloaf area is extremely excited about the marathon and everything is in place. (This statement means the roads are clear of snow.)"

The start is located at the Cathedral Pines Campground, which is three miles north of the Village of Stratton. The campground has graciously provided us with the access and freedom to use their restroom facilities, a couple of privies that looked like they dated from when Benedict Arnold was here in 1765 during the French and Indian War. Prepare yourself for one of the most beautiful runs you've ever taken. This course is in the beautiful western mountain forests of Maine, follows the rushing Carrabasset River for the last 16 miles, and is surrounded by 4,000 foot peaks. And please, watch out for the moose.

I left San Antonio, Texas, late Friday morning and flew to Boston where I caught the Colgan Air commuter to Augusta. Colgan Air flies out of Continental's Boston Terminal A. I mention this because no one at the Boston terminal seems to know where Colgan Air is located. A friendly terminal employee took pity on me, went to an office, and returned (what seemed like an hour later) with the information. Flying to Augusta in a twin engine Beechcraft may not be the best way to go, but it's the fastest unless you have five hours to drive up from Boston. As we circled Augusta I

could see the state capitol and forest within a few blocks of each other. I later discovered the greater Augusta area consists of only 23,000 people.

I rented a car from Budget, the only rent-a-car service available at the Augusta airport, and picked up state Route 27 outside the airport gate and stayed on it all the way to Sugarloaf. The distance between Augusta and Sugarloaf is 79 miles. I arrived in Augusta about 7:35 p.m., so by the time I ate in the airport restaurant and headed out the gate, the sun had set. Now, driving alone on a twisting, lonesome backwoods Maine road at night is not my idea of fun. I pushed the pedal to the metal trying to reach Sugarloaf before midnight. At 11:30 p.m. I informed the lady at the Sugarloaf Inn registration desk about my road race. She replied that only a stranger would risk speeding at night because this is moose season. For some reason the moose are attracted to the roads. I didn't pursue the subject further. All I wanted to do was sleep.

The Sugarloaf Inn is headquarters for the marathon. You can't beat \$39.50 per day, which includes lodging, breakfast, and use of the Sugarloaf Sports and Fitness Club. There are also mountainside condominiums available. Sugarloaf/USA is primarily a ski resort. An entire village of about 1,000 condominiums, an Inn with an excellent restaurant and lounge, hotel, seven ski lifts, 81 vertical ski trails, a premiere golf course designed by Robert Trent Jones Jr., and more. I'm not one for golf but I had breakfast with a golfer from California who told me the Sugarloaf golf course compared (#1 rated golf course in Maine) with Pebble Beach in Carmel.

Friday morning I got up late, had my free breakfast, and climbed in the car to scout out the course. I had no difficulty in locating Cathedral Pines Campground, 11 miles north of Sugarloaf on route 27 and just north of Stratton. But there were no markings on the road nor was there anyone around the park that could provide a clue about the start line. I discovered the next morning that the start

was located almost a half mile south of the park entrance and privies. However, a thick growth of trees and underbrush covered both sides of the road, and these were later put to good use by runners. I drove the course, marking the hills and the miles (using the car odometer), to Kingfield. This is a point-to-point course and has an elevation loss of 300 feet between the start and finish. There is a mile long hill from the fifth to the sixth mile, slight hill at the half marathon, 20, 21, and 23rd mile. The finish is in Kingfield where Route 27 and 142 intersect. There are showers at the Kingfield Elementary School, located on Route 142 about six blocks from the finish -- bring your own soap and towel.

Friday afternoon I had lunch at Theo's Restaurant and Brew Pub -- they brew their own beer, but wait until after the marathon before imbibing the spirits -- drove over to the golf pro shop to check out the golf course, then to the sports and fitness club to pick up my race packet, and back to the Sugarloaf Inn for a pasta dinner at the Seasons Restaurant. I had dinner with Mike, a physical therapist from Boston. He ran the course last year so we had a long dinner discussion with me picking his brain for every bit of information possible about the course. He drove up from Boston and just arrived in time for dinner. He didn't have a room and the Inn was full, so I offered to share my room since I had two king size beds. He said he would get a motel room down the road or in Kingfield. The next morning he informed me that he slept in his car overnight.

The race started at 7 a.m. Buses left from the finish line parking lot in Kingfield at 5:30 a.m. You had to purchase bus transportation (\$5) when you mailed in your entry. The VSM information material warned that each bus driver will have a computer printout (roster) of those who purchased bus transportation. Space is limited and by reservation only. And remember, there is no bus service after the race. The

(See *Veryfine Marathon* on Page 5)

## New Members

Four new members have been added to the LRRC roster.

**Brenda Wright**, 38, lives on Coachlight Drive. She is the mother of two sons, Jonathan, 11, and Justin, 12.

Former Club president Mike Dwyer has introduced two UAMS employees to the Club. They are **Ted Bowden**, 40, who lives with his wife, Judy, in Maumelle, and **Kari Prince**, a 25-year-old who lives in North Little Rock.

The fourth new member is **Robert Stovall** who lives in Indian Harbour Beach, Florida, with his wife, Cathryn, and daughter, Kayla. He is 33 and says he visits Little Rock 2-3 times per year and is interested in road races.

## Ad Rates

Advertising space is available in *The Runaround* at the following rates:

Full page, 1 issue	\$ 50
Full page, 3 issues	\$125
Half page, 1 issue	\$ 30
Half page, 3 issues	\$ 75
One-fourth page, 1 issue	\$ 12.50
One-fourth page, 3 issues	\$ 40

## Veryfine Marathon (continued from Page 4)

recommended plan is to leave your car in the parking lot at the finish in Kingfield and take the bus to the start. Be sure to get to Kingfield well before 5:30 a.m. to make sure you have a seat on the bus. You can have someone drive your car to the start and meet you at the finish, but cars are frequently blocked from using the road. Your extra clothing is transported from the start to the finish -- bring your own bag.

At the start I was the only runner wearing pants except for Mike who had on a pair of tights. I also had on my polypropylene long sleeve, turtle neck sweater and tyvek jacket. Noticing the other runners were wearing shorts and race tops or T-shirts, I decided to do the same. I

was shaking violently at the start but within three miles the sun was out and I was warm.

This was going to be a 3:17 marathon, but Mike and I talked too much and I also started walking at mile 22. A 3:34:14 was my finish time. The part I didn't like were instructions to run on the southbound lane of Route 27 -- running with the traffic. The sheriff's department enforces this rule, and the race director explained that the use of the route could be jeopardized if people used the northbound lane.

Veryfine fruit drink is one of the major sponsors. At the finish area there was plenty of water, Veryfine fruit drink, fresh fruit, yogurt, and a cash barbecue.

## Calendar Of Upcoming Races

Upcoming races, fun runs and Grand Prix Series (GPS) races (including state championships {SC}) are listed below. The LRRC sponsors Sunday fun runs beginning at Andy's, Markham and Barrow Road, at 6:30 a.m. from the first Sunday in May until the first Sunday in October, when the runs begin at 7 a.m. If you know about a race that should be listed send information to *The Runaround* editor.

### August

- 5: Great Arkansas Pigout 5K at Morrilton. Call Morrilton Chamber of Commerce, 501-354-2393.
- 5: White River Water Carnival 4-mile Classic. Call Batesville Area Chamber of Commerce, 501-793-2378.
- 6: Andy's Fun Run, 6:30 a.m.
- 13: Andy's Fun Run, 6:30 a.m.
- 19: Watermelon 5K at Hope. GPS SC. Write MRSC, c/o Don Still, 105 S. Circle Drive, Hope 71801, or call 501-777-1917.
- 20: Andy's Fun Run, 6:30 a.m.
- 27: Andy's Fun Run, 6:30 a.m.

### September

- 2: TCB 5K at North Little Rock. GPS. Call Mary Hayward, 758-4126 or Sybil Taylor, 834-1313.
- 3: Andy's Fun Run, 6:30 a.m.
- 9: The Pru 12K at Conway. GPS SC. Contact Don Potter.
- 10: Andy's Fun Run, 6:30 a.m.
- 17: Malvern to Benton Marathon. Write Malvern Runners, 1200 Clardy, Malvern 71204 or call Dale Burns, 501-337-0007 or Glenda or Fred Erwin, 501-332-2264.
- 17: Andy's Fun Run, 6:30 a.m.
- 23: Race for the Cure 5K. Contact Yvonne Thompson, 666-6301.
- 23: UALR Alltel 5K Cross Country Run. Write Rodney Rothoff, UALR Athletic Department, 2801 S. University, Little Rock 72204 or call 569-8921.
- 24: Andy's Fun Run, 6:30 a.m.
- 30: Caddo River 15K at Glenwood. GPS SC. Contact Jack Gardner.
- 30: That Dam Run 5K at Bull Shoals Park. Call Ram Wissel, 501-424-4444.

My trip home Monday morning was uneventful, except for the accident I saw on Route 27 about halfway between Kingfield and Augusta -- just south of Farmington. An eighteen-wheel logging truck turned over on the northbound lane. The accident must have occurred just minutes before I arrived on the scene. Some folks were clearing logs off the southbound lane. The truck cab was crushed and on its side. All I could see was a bloody pile of clothes through the dab front window, which was completely gone. As I drove very slowly by on the far shoulder of the road, I opened my window and asked, "How did it happen?" Someone shouted, "Watch out for the moose."