

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 1995

December Is A Busy Month For Running Activities

By June Barron
LRRC President

Season's Greetings! I hope you have all of your shopping done (I do, of course) and all of your training miles run and are ready to have a great holiday season. Lots of things are going on in the running community in December.

First and foremost is the Club's **Christmas party**. This will be Friday, **December 8 at 7 p.m.** at the home of Bill and Belinda Harrell (map located elsewhere in this newsletter). Please come and bring a guest and a dish of something really fattening to eat (preferably chocolate, my favorite!). The Club will provide the drinks and other stuff.

Next on the social calendar is **Saturday, December 16**. This will be one full day. Start it off with the **Jingle Bell Jog at 7 a.m.** at the Sportstop in the heights. Come dressed in bells and be prepared to see some of the best in running attire for the holiday season. The run is a fun run of any mileage from "to the corner and back" to a ten-mile loop for the true diehards. After the run there is some of the best food you will find anywhere during the holidays. Thanks to Paul Bash for providing the goodies.

Then, you will be able to squeeze in a little Christmas shopping before meeting at **2 p.m. at Smitty's** for the **Pub Run**. This is a great event thought up by our own Bill Hoffman. The run consists of running from pub to pub in west Little Rock and imbibing some holiday cheer at each pub. You do not have to be a drinker to enjoy this run. Total mileage for the run is somewhere around six miles, more or less.

Next on the running calendar is an impromptu **Club fun run** to see the Christmas decorations at the State

Capitol Building. Since we are not having a Club meeting this month, I thought we could use this time to have a fun run. So, **Thursday, December 21**, meet at the U. S. **Pizza in Hillcrest** (2814 Kavanaugh Blvd.) At **6:30 p.m.** for a run to the Capitol to view the decorations and then run back to U. S. Pizza for some social interaction. Now, have you got all of this on your holiday calendar?

My thanks to Bill Hoffman for his great talk on the Berlin Marathon at the November meeting. He made me almost sad that I am not running a marathon this winter.

For those of you ordered Club uniforms, we have placed this order and will be receiving the shipment around December 8. If the order arrives in time, Karen Call will bring them to the Club Christmas party to distribute.

Thanks to Lou and Charley Peyton for providing the great food at the Pancake Fun Run. Maybe this can be the start of a new tradition.

Plans for the January and February Club meetings are in the works. We plan to have Kurt Truax speak at our January 18 meeting. Kurt just got back from participating in the World Duathlon and World Triathlon Championships in Mexico. He will be speaking on his experiences there. In February, we plan to try the Hilly Chili again. Maybe, this year there will not be any snow or rain. More details on these meetings later.

Congratulations to Steve Tilley, Nash Abrams and Charley Peyton on being inducted into the Roadrunners Hall of Fame! These three individuals are very deserving of this, the highest honor bestowed to runners by runners. Congratulations!

Speaking of the Hall of Fame, we need one more representative from our membership to serve as a board member of

the Hall of Fame Board. The duties are light, but the responsibility important. If you are interested, please contact me. At their January meeting, the LRRC Board will elect one person to serve.

Congratulations to all of our Grand Prix winners! I know how hard and long you worked to achieve your goal. Now you have a couple of months off before Grand Prix 1996 starts. ENJOY!

Good luck to everyone going to Memphis or Dallas for the marathon. May the weather be perfect and your legs strong.

I want to wish each one of you a very happy holiday season and the happiest of new years. May you have a personal best in every distance in 1996. Til next year.

CATS Are Organizing

The first meeting of the Central Arkansas Triathlon Society will be Thursday, December 7 at 7 p.m. at the Westside YMCA (Siebert Building) on Sam Peck Road, just off Highway 10. The purpose of the organization is to train, share race schedules and transportation, compete as a club, sponsor a junior triathlon, and socialize. For more information call Mike Dwyer at 686-5683 (o) or 225-5926 (h).

Christmas Party

December 8, 1995

7 p.m.

at the home of

Bill and Belinda Harrell

29 Calais Court in Chenal Valley

821-6610

The Ultra Corner

By Harley Peyton

David Horton, one of this country's premier long distance runners, will be in Little Rock and is scheduled to talk about the 1995 Trans America foot race that he completed this summer. The program will be Friday, December 22 at 7 p.m. at the University of Arkansas for Medical Sciences (UAMS) radiology conference room.

UAMS is located at 4301 West Markham. Turn onto Campus Drive and park in the parking deck. There is a \$1 fee. Enter on the first floor of the Hospital. Go through the first double doors on the left. Pass the second double doors where you will see signs (courtesy of Jack Evans) that will direct you to the meeting location.

The next morning, Saturday, December 23 at 6 a.m., meet at the Sportstop, Cantrell and Pierce Street, to run with David. For more information call Lou Peyton at 225-6609.

David is a native Arkansan who now lives in Lynchburg, Virginia, where he heads the physical education department at Liberty University.

Ultra Trail Series #5 is the 10-9-10 run on December 9 at 7 a.m. The run begins at the Lake Maumelle picnic park on Highway 10, about 18 miles west of Little Rock. The run is 21 miles out and back on the Ouachita Trail. There is no fee and no registration. Last year this run proved too tough for many of the participants, as we had only two finishers -- myself and my attorney, John Gross.

The following letter is one that I sent to Don Still, Arkansas state representative for the Road Runner Clubs of America, following Healthfest weekend at Hot Springs. I have edited it somewhat for *The Runaround*.

Dear Don:

Lou and I wanted to write and thank you for the recognition given to the ultra runners at the RRCA meeting in Hot Springs this past weekend. I thought Tony Johnson did a commendable job presenting the awards. He made several comments about ultra runners in Arkansas that you might not be familiar with that I would like to share.

In order to fully explain I must go back to the charter meeting of the Little Rock Roadrunners Club (LRRC) in the early spring of 1977. Lou attended. I did not because I was too intimidated to be around runners who I heard could run four or five miles. But ... I did work up the courage for the second meeting and have made most of the monthly meetings since and have served as a Club officer and supported the LRRC in every way I could.

Over the years several "splinter groups" developed with the LRRC. I will emphasize that these groups were open and welcomed all. One group we had was the Break 40 Club, where the goal was to go under 40 minutes in a 10K, or at least run faster. Another group was the 3:20 Club whose goal was a qualifying time for the Boston Marathon.

In 1985 Lou had a chance to pace Max Hooper at the

Western States 100. Upon her return she encouraged those around her to try distances longer than a marathon. Some runners joined us and didn't like it. For others, it gave new life to their running.

In February 1989, after a particularly taxing run, I sent a "tongue-in-cheek" letter to the eight or nine runners who had participated in the training run. The response I received was encouraging so I followed the next month with another letter with a little ultra news I'd heard. As I write this note to you we are coming to the end of our seventh year of monthly newsletters. This newsletter is called the *Arkansas Ultra Runner* and is the voice of the Arkansas Ultra Running Association (AURA). AURA is open and welcome to all. The membership is relatively small, about 80. Their addresses range from coast to coast. About 60% are in Arkansas. The rest are scattered from Hawaii to Virginia. Administratively we have no officers, no meetings, no bylaws, no requirements and no treasury (money). I write the newsletter for the sole purpose of promoting running, trail running and ultra running by getting the information out to those who might be interested.

In the past I have been asked about making the AURA an RRCA club. During the Healthfest weekend I wished that we were. But my response has always been that my allegiance is with the Little Rock Roadrunners. Some of the AURA's belong to RRCA Clubs. Some don't belong to any club. We are open and welcome to all who are interested in this type of running. I encourage members to join their local RRCA club, attend the meetings, serve as an officer and volunteer to help with the races.

So, this is the course I've plotted. Regards and thanks again for the ultra recognition.

The 17th annual **Jingle Bell Jog** will be December 16 at 7 a.m. from the Sportstop in the Heights. Wear costumes and lots of bells. Options for five or 10 miles. Refreshments courtesy of Paul Bash and lots of socialization afterwards. At 2 p.m. the same day will be the fifth running of the first annual **Bill W. Hoffman Pub Run** from Smitty's, 215 North Shackelford.

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Abrams, Tilley, Peyton Inducted Into Hall Of Fame

By Jim Stanley

The Arkansas Roadrunners Hall of Fame came into being in 1990, after several years of discussion by the original board members. The purpose of the Hall of Fame is to honor individuals in the state for their accomplishments in the sport of running. The Hall of Fame is funded by donations from the running clubs and individuals in the state that care to support it. The vision of the charter board members was that, in time, the board would be composed of past inductees. We are practically at that point now, with a total of 21 honorees.

Inductees for 1990 were Henry Hawk, Max Hooper, Bill Hoffman, Lou Peyton and Paul Johnson. The 1991 inductees were Tom Aspel and David Samuel, who were joined in 1992 by Nancy Cunningham, Don Potter and Jim Johnson. The inductees for 1993 were Jack Gentry, Joe Whillock and Gary Smith. Ethan Busby, Cecil Earp, Steve Sipes and Dan Bartell were inducted in 1994. The most recent inductees were Nash Abrams, Steve Tilley and Charley Peyton.

A mailing is sent to all running clubs in late summer or early fall, requesting nominations for proposed inductees. These replies are compiled into a master voting list and the ballot is mailed back to clubs later in the fall. To date, we have used the Healthfest banquet at the Hot Springs Healthfest in late November as a presentation site for our awards.

Funding has been a major consideration in our activities during the years. However, we are close to one of our goals to establish a permanent display board with pictures of honorees. That might possibly take place this year.

The Arkansas Roadrunners Hall of Fame is private and not associated with RRCA, USAT&F or any other institution. We do receive a lot of support from RRCA, particularly information about the running clubs. We use RRCA figures on the size and address of the clubs. Size of

clubs is important, since voting is representative of club size. Ballots are sent according to membership. In order to make voting representative of all members, one vote is allowed for each 100 members. Also, each past honoree has one vote.

There are two sets of criteria for nomination into the Hall of Fame. An individual can be selected either for performance or meritorious service.

Performance requirements are:

1. Many continuous years of outstanding performance.
2. Contribution to the advancement of running in the state.

3. Resident of Arkansas, past or present, who portrays a favorable image of Arkansas runners.

4. Truly outstanding feats of courage and determination.

Service requirements are:

1. Many years of continuous support of running in the state.
2. Resident of Arkansas, past or present, who portrays a favorable image of Arkansas and its runners.

Like all organizations, we are constantly looking for individuals who will be willing to support us with their time and talents. Please contact me if you would like to be of help.

Race Calendar

By Linda House, Editor

Upcoming races, fun runs and Ultra Trail Series (UTS) races are listed below. Call Charley Peyton, 225-6609 about UTS Races. 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.

December

- 2: Pancake Run. Run miles you want, when you want. Eat at 9 a.m., Pavilion 2, Murray Park.
- 3: Andy's Fun Run, 7 a.m.
- 3: 1st Tennessee Memphis Marathon. Call 800-893-7223.
- 9: 10-9-10 Adventure Run. UTS.
- 9: Jingle Bell Run for Arthritis, 9 a.m. in Riverdale. Write Janna Jarvis, 6213 Lee, Little Rock 72205 or call 664-7242.
- 9: Mississippi Marathon at Clinton MS. Write Mississippi Track Club, POBox 866, Clinton, MS 39060 or call 601-856-9884.
- 9: Rocket City Marathon at Huntsville, AL. Write Huntsville Track Club, 8811 Edgehill Dr., Huntsville, AL 35802 or Call Harold and Louise Tinsley, 205-881-9077.
- 10: Andy's Fun Run, 7 a.m.
- 10: Dallas White Rock Marathon. Call 214-528-4765.
- 16: Jingle Bell Jog, 7 a.m. from Sportstop. Call 666-1720.
- 16: Bill W. Hoffman Pub Run, 2 p.m. from Smitty's, 215 N. Shackleford Rd.
- 17: Andy's Fun Run, 7 a.m.
- 21: Capitol Christmas Lights Fun Run from U. S. Pizza, in Hillcrest, 6:30 p.m.
- 23: David Horton Run, 6 a.m. from the Sportstop. Call Lou Peyton, 225-6609.
- 24: Andy's Fun Run, 7 a.m.
- 31: Andy's Fun Run, 7 a.m.

January

- 6: Round Mountain Loop, Albert Pike Trail, 21 miles. UTS.
- 7: Andy's Fun Run, 7 a.m.

Grand Prix Series XIV Winners Are Announced

By Linda House, Editor

The female members of the Little Rock Roadrunners who participated in the Reebok Grand Prix Series XIV again placed first in the team competition. Several also placed individually in the age category competition.

Joyce Deason was the overall winner, while Barbara Hildebrand was the second masters finisher. Shirley James was first in the grand masters division. Debbie Desjardin and Kay Richardson were first and fourth among female walkers.

Joanna Patton and Cheryl Potter

were first and fourth in the 30-34 age category while Sue Smith was first in 35-39. Carol Torrey was fourth in 40-44 and Donna Cave and Mary Hayward were third and fourth in 45-49.

The men from LRRRC placed second in the male team competition. All three of the male winners in the masters competition were Club members. They were Steve Sipes, Lowry Foster and David Williams. Don Banker was the third place seniors runner. Don Cave was second among male walkers.

John McGhee was second in the 14 and under age group, while Brian Polansky was third in 35-39. Bill Torrey

won the 40-44 age division while Leonard Boen finished fifth. In the 45-49 group Jim Smallwood finished fourth.

David Samuel and Lou Sariego finished one-two in the 50-54 age group while Don Potter and Charley Eagle were second and fourth in 55-59. Carl Northcutt won the 60-64 age group.

Trophies were presented to all the winners at a November 18 ceremony in Hot Springs after the final race in the Series -- the Mountain Valley Spa 10K. Participants in the Series can now take a couple of months off before Grand Prix XV begins in February 1996. The schedule is as follows:

<u>DATE</u>	<u>RACE</u>	<u>LOCATION</u>
February 10	Valentine's 5K	Russellville
February 17	Gulley Park 4K	Fayetteville
February 24	One Hour Track Run	El Dorado
April 13	Festival of Two Rivers 5K	Arkadelphia
April 20	The Bud Run 10K	Little Rock
May 4	Toad Suck 10K	Conway
May 18	Fit For Life 10K	Fayetteville
May 25	The Rock Run 8K	Little Rock
June 29	Brickfest 5K	Malvern
July	Gator Run 4-Miler	Ashdown
August 17	Watermelon 5K	Hope
August 31	Twin City Bank 5K	North Little Rock
September 7	Pru 12K	Conway
September 28	Caddo River 15K	Glenwood
October 12	Chile Pepper 10K	Fayetteville
October 19	Arkansas 20K	Benton
October 26	Oktoberfest 5K	Hot Springs
November 9	Red Cross Turkey Trot 7K	Maumelle
November 16	Mountain Valley Spa 10K	Hot Springs