

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 1995

## New Club Officers Were Chosen At June Meeting

By June Barron  
LRRC President

If you missed the June potluck meeting at the river, you not only missed good food and fellowship but also your chance to vote for the new Club officers. The officers elected to serve on the board of directors for 1995-96 were Karen Call, president-elect; Mackie Buckelew, secretary, and Kamala Gamble, treasurer. I think these members were excellent choices for the board positions and I know they will work hard for the Club. I would like to thank our outgoing president Harold Hays and treasurer Randy Davidson for all their time in serving in these positions.

The July meeting will again be a potluck at Murray Park on Thursday, July 20 at 6:30 p.m. Our guests will be members of the Arkansas Running Klub. Please come and bring your family or friends and also a potluck dish. We can't ever have too much good food. The Club provides the drinks and paper goods.

There has been some mention to me to restructure our regular monthly meetings during the fall and winter into more social meetings without designated speakers. Some suggestions have been to have fun runs with potlucks after, just potlucks, every other month meetings with speakers, or continue as we have in the past. I would appreciate hearing from the membership as to what the members would like to do. Please let me or any other board member know what you would prefer.

It is not too soon to be planning our August talent show. That's right! If you have a talent (or think you do), please contact Karen Call for information on how to be a performer in the show. It is a lot of fun and good experi-

ence. Just ask any member of the cast from last year's show. If we have a good show this year, I believe we can take it on the road to every running club meeting in the state. Now, how can you say no to that!

The Club will also be giving our Runner of the Year award soon to some lucky member. If you have a nomination for this award, please contact any board member. It does not have to be a runner who won races or even raced, but someone who you think deserves this recognition.

If you look up at the next race and see a blaze of yellow shorts running by, there go your fellow Club members. The Club uniforms have arrived and been seen out on the streets. The word is we now look sharp! But for those of you who didn't order a uniform and are now whining about that fact, we will be getting

another order together the end of the summer. So stay tuned to upcoming newsletters for more details.

I would also like to mention that the Club does have a weekly fun run on Sundays from Andy's at Markham Street and Barrow Road. This is listed in the running calendar elsewhere in this newsletter. It is a five-mile loop which can be shortened or lengthened to different distances. It is a very good way for new members to meet older members. It is also a lot of fun. Breakfast is served after the run at Andy's and quite a bit of socializing is done, too. Sometimes a bike ride even occurs after the breakfast and socializing are finished. If you haven't ever been to this run or just haven't been in a while, come on out next Sunday. I promise it will be fun! See you there!

## That DAM Night Run Is July 22

By Linda Stribling, Editor

One of the most best organized and most fun races in which to participate during the summer is coming up July 22 at Arkadelphia. It is That DAM Night Run 5K.

Runners gather at the Spillway Dam area, which is seven miles north of Arkadelphia on Highway 7 and just below and east of DeGray Lake Dam. They are taken to the starting line, which is approximately two miles west of the Dam on Skyline Drive, on flatbed trucks for an 8 p.m. start. The finish line is at the Spillway Dam area.

Packet pickup and late registration is 3-7 p.m. at the Spillway Dam Area. There will be no registration after 7 p.m. The entry fee is \$13 until July 7 and \$15 afterwards.

The certified course is flat and downhill with a beautiful view of DeGray Lake and the Caddo River Valley.

The awards presentation will begin at approximately 9:30 p.m. at the Spillway Dam area. Trophies will be presented five deep to overall male and female and masters male and female, as well as five deep in five-year age divisions, starting at 10 and under and going to 65+ for males and 60+ for females.

(See Night Run on Page 4)

### July Meeting

July 20, 1995  
6:30 p.m.

Murray Park  
Pavilions 1 and 2  
Potluck Dinner

## The Ultra Corner

By Harley Peyton

The 1995 *Arkansas Traveller 100* continues to plow along. One of my most oft asked questions is, "How many do you have entered so far?" As I write this (June 20) we have 31 entries. Two Arkies have entered. The rest are spread out among 15 states. I expect to fill up by mid-September. Yesterday I sent out as many letters as I could remember to the volunteers who manned the aid stations last year. The time has come! If I haven't miscalculated we should be in pretty good shape with the stations. I know a few who are having to decline and I've had several unexpected offers to help from out of town groups. When the letters are returned, I'll know for sure. Don't hold back if you missed out in the fun last year. Call Lou or myself at 501-225-6609. I'll be talking it up in the weeks to come.

The hot ultra runner in the East appears to be LRRC's own Kim Goosen. This 22-year-old was first female and ninth overall at the *Old Dominion 100* in Woodstock, Virginia, on June 3, with a time of 22:08. Having attempted *Old Dominion* myself several years ago, I appreciated her accomplishment.

The down news of the month goes to the runners (Lou Peyton, Kim Goosen, Jim Sweatt, Randy Davidson and Dianne Bell) who had entered the *Hardrock 100* scheduled for July 7 in Silverton, Colorado. After training faithfully for

many months for what is arguably the toughest ultra in the country, the call came from the race directors June 18 that the record snows in the Rockies was forcing a cancellation. All are understandably disappointed. From my perspective, I understand the safety concern for the runners and compliment the race director for making a tough decision. Right now it looks like Lou and I will go East during the *Hardrock* time period and take a good look at the Appalachian Trail in Georgia and Tennessee. I think that will pacify her disappointment.

On June 8 Lou and I drove with LRRC's Nick Williams to southwest Pennsylvania for the 16th running of the *Laurel Highlands 70-Mile Challenge*. Nick had a turn of bad luck two days before leaving Little Rock while loading a five-gallon water jug in his van. His back was so sprained he could hardly walk. On race day he was somewhat better but still hobbled and missed the 46-mile cutoff by 13 minutes. Lou, who was his pacer, put up quite a fuss and thoroughly embarrassed me. Nick, however, said he was a "whipped puppy" and folded up. Good try; pretty country. Maybe next year a larger group from the area can try it.

The 1996 *Ultra Trail Series* will start up again this year with the *Midnight 50K Mountain Run* on July 29 at 8 p.m. from the Lake Sylvia trail parking lot. The course is out and back on forest service roads and water will be set out every 3-4 miles.

The last and most important item is the omission of Donna Duerr from the list of finishers at the *Strolling Jim 40* in last month's *Runaround*. Donna ran 8:59 and I hear she had a strong finish.

Congratulations!

## Celebrate The Fourth With The Firecracker 5K Run

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.

### July

- 2: Andy's Fun Run, 6:30 a.m.
- 4: Firecracker Fast 5K. Write Sportstop in the Heights, Canrell and Pierce, Little Rock 72207 or call 501-666-1720
- 4: Sportspectrum Firecracker 5K at Shreveport, LA. Write 7837 Youree Dr., Shreveport, LA 71105 or call 318-798-1241 or 1242.
- 9: Andy's Fun Run, 6:30 a.m.
- 16: Andy's Fun Run, 6:30 a.m.
- 22: That Dam Night Run 5K at Arkadelphia. Write Club Arkadelphia Runners, POBox 422, Arkadelphia 71923 or call Ronnie Penney, 501-246-6343 (n) or Randy Hill 501-246-2466 (d).
- 23: Andy's Fun Run, 6:30 a.m.
- 29: 12th Annual Run for Life 5K/10K at Marietta, GA.

Write Life College, 1269 Barclay Circle, Marietta, GA 30060 or call 404-424-0554, ext. 327.

- 29: Midnight 50K Mountain Run. Call Harley Peyton, 225-6609.
- 30: Andy's Fun Run, 6:30 a.m.

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## Dallas Trails Marathon Is A Splash In The Mud

By Al Becken

There are about 25 million runners in the United States, but on this day 154 were sloshing and splashing as they ran. At first I couldn't believe what I saw, soon I was laughing -- part denial and part humorous resignation to reality. This is the first time since 1932, when at the age of four, I could remember having so much fun splashing in the water and slopping through the mud.

March 26, 1995, was the Third Annual Dallas Trails Marathon. Last year the weather was cold and windy. This year it poured rain and hailed off and on all day Saturday and into the night. Sunday morning at the 7 a.m. start the sky was overcast, 100 percent humidity, about 70 degrees, a steady mist, but no rain.

The course started and finished near the White Rock National Guard Armory in Northeast Dallas (actually in the parking lot of the city maintenance facility next to the Armory.) The course is billed as USATF certified, all the trail is paved with asphalt or concrete, very flat (well, kind of) except for two medium grade hills between four and six miles -- over the dam. The tree-lined course heads south for a 10-mile loop around scenic (well, it used to be. Now it's full of sediment.) White Rock Lake, then winds along White Rock Creek (about seven miles) on a running trail (up hill) into Northern Dallas and returns down the same trail to the starting line.

James Thruston, the local Phidippides running store owner until recently, was the creator and race director who concocted this event. Three years ago he established a "Survivor's Fund" of cash that is now up to about \$1,000. The fund increases each year by two times the number of remaining survivors. Survivors are participants of the original 248 finishers from the Dallas Trails Marathon who continue to finish each year under five hours. Only 94 of the original 248 finishers from 1933 came back and finished the 1994 marathon. There are about 75 of the original finishers who

finished the 1994 and 1995 marathon, including my friend Joe Nolan who ran despite medical advice not to because of allergy sickness. Joe has a greater incentive and motive to run the marathon than me. When there is only one person left who has run all the marathons under five hours, that person (survivor) collects the fund.

The race was delayed about 15 minutes while a makeshift bridge of stacked chain link fencing was placed over a low water crossing at about the first mile. (What ingenuity, a horizontal and vertical swinging suspension bridge.) The water turned out to be about eight inches deep and the fencing, laid face down in multiple layers, provided a springy bounce as long as you didn't catch a foot in the spaces between the wires.

But first, a half mile from the start, a closed gate. There was room to squeeze under the gate, so under the gate it was. (It could be worse.)

The trail around White Rock Lake borders the water's edge. Water wasn't over the trail, but it was Saturday, and wood debris covered the trail in many areas on Sunday. After circling the lake, I came upon the closed gate again. Someone still hadn't "gotten the word." So, under the gate again and then up the creek trail. Soon the first "steeple jump", only this jump is about 50 feet long with foot-deep water. (So much for dry shoes.)

Next came the sea of ankle-deep mud and muck. The water and mud continued every mile, sometimes three, four, or more times each mile. A runner slipped and fell in the mud. Other runners tried to run in the footsteps of the runner in front, before the foot print filled with mud -- it doesn't make any difference. Seven miles up the creek trail and back down through the same muck. You actually welcomed puddles that looked lake-like for the chance to clean off layers of mud caked on your legs and shoes. Runners still looked like mud babies when they finished the race.

A half mile from the finish line - the closed gate again. Well, if the gate wasn't open after three hours, it must be part of the course -- like the mud, muck and water. No one should have to go down on their hands, knees, or belly a half mile from the finish line. Some bystanders asked laughingly why I didn't go over the fence. I was too tired to respond and if I did I couldn't repeat it. At the finish line my youngest son was waiting for me. He took my picture -- never to be developed I hope.

This was a survivor's marathon. If you're faint of heart try the 5K, which starts an hour later. Or, better yet, check out "Big D's" civic events and restaurants for the weekend and enjoy yourself.

Maybe next year it will snow.

### Sidelines



"FRED CALLED... SAID HE SAW YOU JOGGING... THEN HE STARTED LAUGHING AND COULDN'T STOP."



## Race Results Are Few And Far Between This Month

By Bill Harrell  
LRRRC Racing News Editor

There are some of you who run after work or on your lunch breaks. I know because I see you.

I wish I had the mental toughness to get out in 90 degree weather and get in my workout. I just don't seem to be able to do it.

When I came back to this sport about a decade and a half ago I would do my runs after work because I wasn't a morning person and an afternoon run fit best into my schedule. But when summer came I started my runs about 9 p.m. That didn't work out too well though because I had to dodge a lot of cars and beer cans at that hour.

As luck would have it, I got invited to join a 5:30 a.m. running group. It was a nice gesture but I was going to have to get up at 5 o'clock in the morning to do this. No way could I rearrange my schedule to get up before sunrise to run. Well, through harassment and phone calls to wake me up my schedule did change and it was one of the best decisions I have ever made.

Now I have gone from running at 4:30 p.m. to 9 p.m. to 5:30 a.m. There was a time when I would get up in the morning and run at the crack of dawn, but Belinda found out about it and disapproved.

Dawn moved away and I started running at sunrise. I am now starting my runs at 4:30 a.m. or earlier; reasons being that I live farther out of town and I have to be at work early and I'm running much slower than ever before.

This is a 12-hour turnaround in my training schedule from when I started running. If I go out any earlier I'll be bumping into Lou and Harley and Nick.

The weekend of June 17 Larry Graham was in Duluth, Minnesota to emcee a tractor pull. Larry never misses a run so when he stepped out of his room at the Motel Six he was amazed to find thousands of people warming up to run with him.

Larry asked what was going on

and was told that Grandma's Marathon was about to start. Larry's comment was that if Grandma could run it, so could he.

Larry was immediately comped into the race and started running. To no one's surprise (but Sam Green) Larry ran a 3:18 and qualified for the 1996 Boston Marathon.

When Larry got back into Little Rock I sent my new loyal assistant, Wally, to interview him. Larry, being humble and gracious, could only give kudos and credit to his coach, Wilhelm Hoffman.

Coach Hoffman took the credit but told Larry to keep the Kudos because they were fattening. Coach Hoffman is expecting big things from Larry at Boston next year. He told Larry that any car he won he could keep but the prize money belonged to the coach.

There is another story about the Traveling Wintroaths this month. They ran a race in Arkansas of all places. Dale had been driving and had gotten lost and ended up in Nashville, AR. He knew Jack's Feed & Seed didn't look like the Grand Ole Opry.

There was a race in Nashville called the Dinosaur 5K Run. Since Lou was anxious for another trophy they decided to enter. The theme of the Dinosaur Run is to honor the extinction of mankind and apparently that is what's happening since Dale won the 55 and over age group. Lou also won her 50-54 age group.

I do not have the winning time from the Dinosaur Run 5K because the hourglass they used for timing malfunctioned.

There were other races in Arkansas last month but those of you who ran them didn't bring me the results and race directors don't answer their phones. Since I am too gimped up to race, there ain't a lot more to write about.

I did send my new loyal assistant, Wally, to cover the Smackover and Malvern runs but he ended up in Stuttgart and Magnolia. He probably uses the same map that Dale does.

Hopefully, the results next month will be different. If not, I'll just make

'em up. Editor Stribling was able to get the overall results of the Malvern Brickfest 5K from a co-worker who lives in Malvern. Since the results were not broken down into age groups I don't know who won trophies but here are the names of Club members with their overall place and time:

Lowry Foster, 4, 16:18  
Steve Sipes, 5, 16:33  
Brian Polansky, 10, 16:54  
Bill Torrey, 14, 17:15  
Joyce Deason, 30, 18:11  
Lou Sariago, 38, 18:59  
John Wesley McGee, 43, 19:19  
Barbi Hildebrand, 50, 19:31  
Matt Cloninger, 117, 22:51  
Don Banker, 152, 24:06  
Charley Eagle, 158, 24:21  
Shirley James, 186, 25:54  
Nash Abrams, 187, 25:56  
Jim Bradford, 243, 31:57  
Mary Hayward, 254, 38:44.

Overall female walkers were Debbie Desjardin, 2, 32:39, and Cathy Sariago, 7, 35:49. Don Cave was second overall male walker in 26:24.

### Night Run (continued from Page 1)

There is also a walking division with trophies going five deep to overall males and females. Wheelchair racers will be awarded trophies three-deep.

All entrants will have a choice of a singlet or hat but those who enter after July 7 will receive a large singlet. The 95th finisher will receive \$19.95. The winner of the best costume contest will receive \$50, with \$25 going to the runner-up. Other "special" cash incentives for participants will be announced at the race. There will also be grand prize drawings in which runners must be present to win. There will be live entertainment at the Spillway after the race.

For more information or to enter write Club Arkadelphia Runners, P. O. Box 422, Arkadelphia, AR 71923, or call Ronnie Penney, 501-246-6343 evenings or Randy Hill, 501-246-2466 during the day.