

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 1995

## Marathon Training Days Are In Final Countdown

By June Barron  
LRRRC President

November is here! Only 55 more shopping days until Christmas. Only 33 more training days until the Memphis Marathon. Only 40 more training days until White Rock. Only 18 more days until Healthfest. Wow, how time flies! I hope I haven't made you panic but this is a very busy season. If you haven't made your plans to attend Healthfest yet, you should hurry and do so. It is one of the best weekends in our state for athletes. There is something for just about everyone, i.e., running, walking, swimming, cycling, tennis, golf, etc. It is also one of the best social functions for runners for the whole year. You get to meet and visit with runners from all over the state. From the pasta party on Friday night to the depletion run on Sunday morning, it is a great weekend. I'll see you there!

Sad news! Our treasurer, Kamala Gamble, has had a job transfer to Boston, Massachusetts. I'm sad to see her go but I realize this is a great opportunity for her. She will be able to tell us all about the places to go in Boston when we see her there at the Boston Marathon in April. Good luck, Kamala! Ken Bland has been elected to take over the treasurer's duties. Congratulations Ken!

A big thank you goes out to Cindy and Mike Holland for hosting our Halloween fun run/potluck at their house in October. It was a great success and will probably be a great idea for next year. By the way, who did win the costume contest? Could it have been the ballerina, the French maid, the bat with boobs, the divers, the triathlete, etc.?

Our November meeting will be held November 16 at Healthsouth Rehabilitation Center at 7 p.m. Our

guest speaker will be Bill Hoffman. Bill will be telling us about his experiences at the Berlin and Boston Marathons. Bill is an amazing runner and will have lots of good advice for us first-time Bostoners. Please make plans to attend.

The Club is sponsoring a Pancake Fun Run on Saturday, December 2 at Pavilion 2 in Murray Park. It's a leaderless run so you can run the miles you want at whatever time you want. Or you might be one of those going to the Memphis Marathon the next day and don't want to run at all. Just come eat pancakes at 9 a.m.

The date has already been set for our annual Christmas party. So mark your calendars: Friday, December 8 at

7 p.m. at Bill and Belinda Harrell's mansion in Chenal Valley. More details will follow in the next newsletter.

Congratulations to all the finishers of the Arkansas Traveller 100 mile race. It was a great weekend to be working an aid station and getting to see all of those ultra runners. They are some of the most polite people I have ever seen. They always take time to tell you thanks for the help. Lou and Charley Peyton did it again and put on a high caliber ultra event. By the way, the next time anyone sees Harold Hays please congratulate him. He is the Drop Off Aid Station "Chubby Bunny Champion." I think Harold will have the record of seven for quite a while.

Till next month.

## Memories Of A Running Friend

By Linda House, Editor

"Never put off until tomorrow what you should do today." We've all heard that expression before but how often do we follow the advice it gives us?

My latest procrastination has caused me to be embarrassed as well as sad. I called Van Davis on September 6 to wish him "happy birthday" on our mutual birthday. During our conversation he mentioned that another running friend, Les Hall of Yellville, had recently been diagnosed with cancer. I said that I would send a card or letter to Les and his wife, Eura, to let them know that I was thinking about them. I never got around to it and now I'm too late.

In editing the copy for *The Ultra Corner* (elsewhere in this newsletter) I found out that Les died on October 17.

You would have to look hard to find nicer people than Les and Eura Hall. Eura was not a runner but always seemed

to be at the runs in support of her husband.

Les was a handsome man whose white hair and beard would give you the idea that he was elderly. His well-tanned, muscular physique and the miles he ran told a different story. He had completed ultra events such as Pike's Peak, the Ouachita Trail 50 and the Arkansas Traveller 100 in very respectable times.

In *The Ultra Corner*, Lou said,

(See *Memories* on Page 4)

### November Meeting

November 16, 1995

7 p.m.

Healthsouth Rehabilitation Center

8821 Knoedl Court

Little Rock

Speaker: Bill Hoffman

Topic: Berlin and Boston Marathons

## The Ultra Corner

By Lou Peyton

With the completion of the Arkansas Traveller 100 comes some really good feelings for a lot of Little Rock Roadrunner Club members. Our local runners ran well, with Ray Bailey the overall winner. Other LRRC members worked hard and long hours and everyone that I have talked to enjoyed themselves immensely. Mr. Nick would say, "We were served," whether we worked or ran. Harold Hays and I (possibly others also) worked the AT100 and then paced for 42 miles. Now that's the best of both worlds. Very little could have been done to improve this year's AT100. There were 83 finishers out of 105 starters.

Names and times of the Arkansans who participated in the AT100 on October 7-8 are: Ray Bailey, 16:42:33; Dr. Steve Tilley, 22:51:55; Angie Ransom, 23:50:17; George McDonald, 23:50:17; Dale Powell, 24:54:00; Kim Pavelko, 26:30:48; Nick Williams, 26:33:15; Dianne Bell, 26:53:19; Jimmy Sweatt, 26:53:20; Pete Ireland, 27:17:38; Teresa Laster, 27:26:24; Dan McCullough, 28:05:52; and Chuck Desjardin, 28:26:40.

October 1995 in Arkansas has been the best weather

in our 29+ years spent in the state. Could we just be mellowing or is life just getting better? Whatever, I pray that it won't change.

The upcoming Ultra Trail Series Race for November 4 will be the Candlewood 12-miler. This run was a "don't miss" event last year. There's some scrambling hand over hand at the start and butt-sliding at the finish. Even if you aren't a mountain goat, it's a fun run with power line, pavement and a creek crossing. You'll love it! This is a good run for newcomers to experience some fun. To get to the 7 a.m. start follow Highway 10 to Pinnacle Valley Road. Turn right and go several miles to the railroad tracks and park.

We will all fondly remember Les Hall from Yellville who passed away October 17. Les befriended us all in a special way. He always said something encouraging to me on the trail or at ultra track events. What great memories we have of our good friend.

Mark your calendars for 7 p.m. on Friday December 22 to be at the University of Arkansas for Medical Sciences on West Markham to hear David Horton of Lynchburg, VA, formerly of Arkansas, tell us about his run across the United States. David successfully completed the Moonbat Trans Am Race, 2,906 miles in August. David will have slides and a great adventure to share with us. For specifics as to the meeting location, call me at 225-6609.

## Mtn. Valley 10K Is Final Race of Grand Prix Series

The Mountain Valley Water 10K state championship run on November 18 is the final race in the Arkansas Reebok Grand Prix XIV. It is also the RRCA Southern Region 1995 10K championship.

The race begins at 8:30 a.m. at Spencer's Corner, Central and Bridge Streets. Race participants will follow Central Avenue past the Arlington Hotel, make a loop around Whittington Park and come back down Central, again passing the Arlington. Then it is uphill on Ouachita Street and into residential areas before passing the starting line again on Central and heading to the finish in front of the Arlington.

The entry fee is \$15 before November 13 and \$20 afterwards. Packet pick up and late registration from 3-6 p.m. on November 17 will be at the headquarters of Mountain Valley Spring Water across from the Arlington Hotel. Race day pick up will be at Spencer's Corner from 7-8 a.m.

Trophies will be presented to the top three overall male and female finishers, as well as the top three masters, grand masters, and seniors. The top five in five-year age divisions from 14 and under, 15-19 up to 100 years will also win trophies. There is also a wheelchair division in which trophies will be awarded to the top three overall.

There will be a non-competitive 5K fun run for beginners and those wanting to walk or run for the fun of it. All finishers will receive ribbons. There will also be a 5K racewalk held at the same time and place as the 10K race. It

is a competitive event judged by USATF-certified judges. The finish line will be on Central Avenue on the right side of the street. Racewalkers will have a yellow numbered bib and will start two minutes after the 10K/5K runners. Trophies will be given to the overall male and female winners and to the top three in ten-year-age divisions from 19 and under, 20-29, etc.

There are numerous other athletic activities throughout the weekend and they all begin with the carbo dinner on Friday at 7:30 p.m. at the Arlington Hotel.

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## Slices Of Pizza Eaten Determined By Activity Level

By Bill Harrell  
LRRC Racing News Editor

Sitting in the doctor's office last month, waiting for the lyposuction machine to warm up, I started skimming through a magazine called *Men's Health*.

In the magazine I found an article I wanted to plagiarize for *The Runaround*. The article dealt with exercise, specifically the number of calories burned during certain activities. The reason the article caught my eye was because the graph was in pizza slices.

Here's how it goes. One slice of pizza equals about 150 calories. The chart was for one-half hour of activity for a 175 pound man.

I know most of you weigh less than 175 and your activity level is normally more than 30 minutes. You can discard this information or chart your own pizza graph according to your own physical appearance. This stuff is interesting folks.

The most calories burned, 437, came from running a nine-minute mile. That's three slices of pizza. Mountain biking was 337, walking (briskly) burned 159 as did raking leaves. Washing dishes was 91 calories and sex was 59 -- that's only a third of a slice of pizza, y'all.

Here's where I'm going to challenge the data. Was this 175 pound man having sex alone, with his significant other or with a group when he was participating in this survey? Something tells me that the amount of calories burned during sex would depend on the type of sex.

Since this is based upon one-half hour of activity let's assume it's with his mate. After all, somebody has to time the event.

So far, this guy, let's call him Steve, has ordered a small pizza but he's looking at a lot of leftovers since he has only earned one-third of a slice. Steve starts thinking, washing dishes and sex together, now that's 150 calories. Hey, that's one whole slice of pizza.

Now Steve is a 175 pound guy and one slice ain't enough. Raking

leaves and sex, 218 calories burned. That's better but it still leaves Steve craving (for pizza). At least the neighbors would be entertained.

Steve does what he has to in order to get his pizza. He runs. An hour at a nine-minute pace is approximately 6 1/2 miles and six slices of pizza, which leaves two for a midnight snack (if he can earn it).

This just goes to show that the best way to burn calories is not by cleaning house and doing yard work -- it's running.

I bring this up now because Thanksgiving is coming up and some of you will be stuffing a bird (this is not a reference to sex, Jack) for the holidays. So remember to keep running so you won't run up the calories.

A lot of you have been participating in calorie burning events in the past month. I have quite a few lists of results but they are listed in order of finish -- not in age groups. Now I love you people (well, some of you) and think of you as family (well, a few of you) but none of you will leave me an inheritance so I ain't going through and put them in age groups. I can list more and different people this way.

The Malvern to Benton Marathon on September 16 saw Bill Torrey run a 3:10:03 for the overall title. Five other males in the LRRC, all between 51 and 53 years of age, finished the run. They are Fletcher Ward in 3:49:38, Van Davis in 3:50:50, Lance Cornman in 4:08:28, Dick Johnson in 4:16:35, and David Samuel in 5:06:25.

Kamala Gamble, 31, ran a 4:08:37 to finish as overall female winner (The Arkadelphia Women's Relay Team had 4:21:56). Charlotte Davis ran 4:27:46 and Lou Peyton ran a 4:52:52.

I'm giving you the results of the 15K in Glenwood in overall place only. Of course, most of these would have placed in their age group anyway.

Lowry Foster was fifth overall in 52:23, David Williams was seventh in 53:06, Steve Sipes was eighth in 53:53 and Brian Polansky took tenth in 54:35.

Joyce Deason was 17th overall and first female in 56:21. Lou Sariego was 27th and he ran 1:01:11, Larry Graham found the finish line in 1:01:51 and 31st place and Barbie Hildebrand was 33rd in 1:02:15.

Steve Wilson was 34th in 1:02:20 while Don Still took 39th in 1:03:09, Kurt Truax jumped in at 42nd with a 1:03:47 and Harold Hays ran 1:03:55 and an award-winning performance in 44th place. Karen Call landed on the 53rd spot in 1:06:29 and Julie Bridgforth ran a 1:10:13 for 65th, Kurt Limperis was 71st in 1:11:27 and Dick Johnson was 84th in 1:14:04. Charley Eagle was 89th in 1:15:26, Bob Taylor ran a 1:16:51 for 95th and Bill Bridgforth captured 101 in 1:19:14 as Don Banker ran 1:19:36 for 103.

P. J. Dising was 111 in 1:21:21 and Cindy Truax was 113 in 1:24:16. Donna Cave finished in 1:24:22 for 114th and Shirley James was the 125th finisher in 1:32:58.

Once again, I have gone in and weeded out everybody and come up with an A List of LRRC members in the Hash Half Marathon on October 14. First overall honors went to Brian Polansky as he ran a 1:24:15 and Tom Zaloudek was second in 1:26:48. Barbie Hildebrand was third in 1:29:34 and sixth overall went to Carl Cerniglia in 1:38:00.

Bill Harrell finished in his I.Q., 14, in 1:43:41 and Bettina Brownstein was 19th in 1:52:12 while Judy Lansky was 25th in 1:55:54. Leon Matthews ran 1:59:31 for 26th and Cindy Truax ran 2:00:09 for 28th.

Steve Eubanks was 32nd in 2:18:05 and P. J. Dising was 33rd in 2:24:32. She was followed closely by Becca Bennett in 34th at 2:24:34.

The Riverdale course was home to the MouthCounts 5K on October 21. All entrants had to count to ten without making a mistake before they could run. That kept the numbers down but it was an enthusiastic group anyway. Randy Taylor was second overall in 17:44, Tom

(See Pizza on Page 4)

## Race Calendar

By Linda House, Editor

Upcoming races, fun runs, Ultra Trail Series (UTS) races, 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.

### November

- 4: Candlewood 12-miler. UTS. Call Charley Peyton, 225-6609.
- 4: Andrew Jackson Marathon at Jackson, TN. Call 901-668-1708.
- 4: Riverside V at Shreveport, LA. Write Red River Road Runners Inc., POBox 37691, Shreveport 71333-7691 or call 318-673-7758, 318-861-0348, or 318-865-2981.
- 5: Andy's Fun Run, 7 a.m.
- 11: Red Cross Turkey Trot 7K at Maumelle. GPS. Call Bill Torrey, 455-2643.
- 12: Andy's Fun Run, 7 a.m.
- 18: Mountain Valley Spa 10K at Hot Springs. GPS SC. Call Buzz Wilson, 501-624-3002.
- 18: 10th annual International Friendship Run 10-miler. Write City of McAllen, Parks and Recreation, POBox 220, McAllen, TX 78505-0220 or call David Schmitz, 210-682-1517.
- 19: Andy's Fun Run, 7 a.m.
- 25: Great Duck Race 10K at Stuttgart. Call Nathan Slaton, 501-673-4467
- 26: Andy's Fun Run, 7 a.m.

### December

- 2: Pancake Run. Run miles you want, when you want. Eat at 9 a.m. at Pavilion 2, Murray Park.
- 3: Andy's Fun Run, 7 a.m.
- 3: 1st Tennessee Memphis Marathon. Call 800-893-7223.
- 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. Shackelford Rd.
- 17: Andy's Fun Run, 7 a.m.
- 24: Andy's Fun Run, 7 a.m.
- 31: Andy's Fun Run, 7 a.m.

## Hoffman Pub Run, Jingle Bell Jog Are December 16

The fifth running of the first annual Bill W. Hoffman Pub Run will be at 2 p.m. Saturday, December 16 from Smitty's, 215 N. Shackelford, Little Rock. Adults only. There is no entry fee, no amenities will be furnished. You are responsible for your own food, drinks and safety. Non-running friends with their own transportation are welcome. Run the Jingle Bell Jog that morning at 7 a.m. and then join us for the Pub Run in the afternoon.

## Memories (Continued from Page 1)

"What great memories we have or our good friend." One of the things I remember about Les was his strength as a runner. For several years I worked the Pinnacle Mountain aid station at the Ouachita Trail 50. It was the first and last aid station that the runners came to during the race. One year Les got there, according to my watch, about two minutes past the afternoon cutoff. He assured me, though, that he felt fine and had just run too slowly earlier in the day. I told him to go on and was certainly glad I did. He finished the race with more than 20 minutes to spare.

I am sending a copy of this newsletter to Eura Hall to let her know I am thinking about her and that I fondly remember Les.

## Pizza (continued from Page 3)

Barron ran 23:44 for second in 45-49, Bill McCumber ran 22:50 for second ion 50-54 and Mike Dwyer was second in 60-64 in 30:38.

Bettina Brownstein was second overall female in 22:13 and June Barron ran 22:24 for third overall female.

Now that we are through with this racing stuff, I want to remind you that the Harrell household is once again home to the LRRC Christmas Party on December 8. Those of you who came last year are welcomed back this year and to those of you who for some reason couldn't make it last year had better show up this year. It's going to be the best party of the year. Who knows we might even order a bunch of pizzas.