

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 1995

October 26 Will Be Halloween Fun Run/Potluck

By June Barron
LRRC President

Ghosts, goblins and witches with running shoes? Have I gone crazy? No. This will be the scene on October 26 at 6 p.m. in Pleasant Valley when the LRRC monthly meeting will be a Halloween fun run/potluck. Cindy and Mike Holland have agreed to host our fun run/potluck at their home at 17 Longlea Drive. There will be a 3-4 mile fun run through the Pleasant Valley area and then potluck at the Holland's home. Costumes are optional, but president-elect Karen Call is planning a prize for the best/weirdest/scariest costume.

There is a map elsewhere in this newsletter for directions on how to get to the Holland's home. Remember, October 26, 6 p.m. Bring a dish to feed 6-8 hungry goblins. The Club will provide the drinks.

The LRRC Runner of the Year for 1994-95 is Kim Goosen. Kim is an outstanding runner and has a long list of achievements. Recently, Kim decided to give ultra running a try and so far has won the women's overall title at four 100-milers: Massahutten, Rocky Racoon, Old Dominion and Vermont.

Congratulations, Kim!

Summer, with all its hot, hot weather, is finally past us. For those who kept running in all the heat, congratulations. Fall is finally here. You will benefit from all the heat training with the first race in cool weather. For those who slacked off during the heat (like me), it's time to get back out there and hit the pavement. Lots of races abound in October; at least one race a weekend. Pick one now and start training. I hope to see you there.

Marathon training! Has anyone started yet? If so, Club member Kathy

Turner is looking for someone to run long runs with. If you are interested, give her a call at 280-0716.

Club uniforms! I know I keep bringing it up but we really do need to get your order form now so that we can send off our order. The more items we order, the less the cost per item. So, the board has set a deadline of October 31, 1995. Please mail your order to Karen Call by that date. We will try to place the order the following week. If we do not get enough orders to get the cost to \$25 per uniform, we will be contacting those members who have already ordered to see what they want to do.

My personal thanks to each and every Club member who helped with the Race for the Cure. This race has become Arkansas' largest race ever. It could not be done without people like you volunteering your time. Most runners do not realize all the work that goes into putting on a race until you have volunteered to help with a race. Then you become very appreciative of the hard work involved. Again, thanks.

The Club has ordered the awards for service during the July 1, 1994 - June 30, 1995 year. However, we have had very little response from the members who have accumulated their points. We need

to know who you are in order to get you an award. Please send your information to Harold Hays at the LRRC mailing address elsewhere in this newsletter. Till next month.

RRCA State Meeting Is November 18 At Hot Springs

The 1995 Arkansas Road Runners Clubs of America will hold its annual state meeting Saturday, November 18 at the Arlington Hotel in Hot Springs, following the Mountain Valley Spa 10K.

The annual awards will be presented during the meeting. They include runners of the year, masters runners of the year, most improved runners of the year, race walkers of the year, junior wheelchair of the year, high school runners of the year, race director of the year, volunteer of the year, Arkansas Spirit award, and outstanding media coverage of running.

Nominations are due by October 15 to Don Still, 105 S. Circle Drive, Hope, AR 71801. A nomination form is printed elsewhere in this newsletter.

Jingle Bell Jog Is Set For December 16

The 17th annual Jingle Bell Jog will be December 16 at 7 a.m. from the Sportstop in the Heights. Wear costumes. Think snow, bells and Santa Claus -- but no ice or sleet. There are options for five or 10 miles. Refreshments (prepared by Chef Paul Bash) and fellowship following the run. Come join us for a good time.

Halloween Fun Run/Potluck

October 26, 1995

6 p.m.

at the home of

Cindy & Mike Holland

17 Longlea in Pleasant Valley

224-2955

The Ultra Corner

By Lou Peyton

On Thursday evening, September 7 the Big Shot and I departed Little Rock via the buckboard (Toyota truck) for the Quivering Quads 10K, Half-Marathon, 50K and 50-Mile race at Cuivre River State Park near Troy, Mo. We got as far as Brinkley, AR. (I knew that Nick "Fast Track" Williams would get a hoot out of that distance covered.) Arriving at Cuivre River State Park around noon Friday we got to choose the best bunk in the cabin where most of the Arkies had reserved a space. The price was right at \$7.50 per person for two nights. Thanks to Chuck Desjardin for thinking ahead to make reservations for the AURA's.

After such a long hot summer we had anticipated a hot weather race but we were lucky that there had been rain and a cool front move into the area the day before the race. We were even looking for jackets on Friday evening before the spaghetti dinner. Fleet Feet Sports sponsored the race and there were over 200 participants in the entire field of runners. We were treated to a new carbo substance at the aid stations, GU, as well as all of the regular amenities from Gatorade, pretzels, cookies, etc. This race gets a thumbs up for getting your money's worth. The race organizers were a great host to us Arkies.

The AURA Arkies ran really well as we had 100% finishers. We also had the male and female winners in the 50-mile: Randy Davidson, 9:01, and Kim Pavelko, 10:07. Congratulations to Randy and Kim for showing us how it's done!

Other times were: Charley Peyton, 1:38 in the 10K and Scarlett Williams and Mischelle Morris, 3:34, half-marathon. The 50K had father-son duo Nick and Roger Williams with a 6:30. This was Roger's first ultra maraththon. Congratulations! Also in the 50K Steve Eubanks had a 7:43 and Rosemary Marston ran 7:47 for second female. Rosemary ran 40 minutes faster than last year. Ann Moore ran 8:40. Besides Randy and Kim, the 50-miler had Bob Marston, 10:05 (Bob also ran 40 minutes faster than last year.); Dianne Bell, 11:10, second female; Jim Sweatt, 11:10; and Lou Peyton, 11:35, third female.

Volunteers for the Arkansas Traveller are shaping up nicely but we could always use a few more. For more information contact Charley or Lou Peyton after 6 p.m. at 225-6609. It would be helpful to know how much time you can spend working the race which starts on Saturday, October 7 at 6 a.m. and ends at noon Sunday. There will also be work that needs to be done on Friday in the set up area at Lake Sylvia.

Upcoming ultra runs in our area are: Saturday, October 21, the Mountain Masochist Trail Run, 50 miles at Lynchburg, VA. The pre-race entry fee is \$45 by October 7 or \$60 thereafter. Contact David Horton, Liberty University,

Box 20,000, Lynchburg, VA 24506, or call 804-239-1324 (home) or 582-2386 (work). David says that there are no Arkies entered as of September 13. He has entries from 18 other states.

The Palo Duro Trail 50 at Amarillo, TX will be 25 and 50 miles on Saturday, October 28. The pre-race entry is \$40 by October 20 and \$50 thereafter. Write Red Spicer, 6100 W. 45th, #627, Amarillo, TX 79109, or call him at 806-353-3847. Red has hosted a really fine race in the past and this is the first year for this race to be all trail.

Mark your calendars for December 21 and 22. David Horton will be paying his annual Christmas visit to Arkansas and work is being done to have David share his adventure of completing the Trans Am Race. Stay tuned.

Letter To The Editor

Dear Editor:

First of all I want to admonish the Roadrunners Club for all the good things they do. You put on very enjoyable, professional races here in Little Rock, and I enjoy your monthly newsletters.

I do have one grievance. I had been wanting to attend one of your monthly meetings for a long time, but family obligations made me procrastinate. I felt especially guilty early this summer after reading a column in the newsletter about poor turnouts at potlucks, so I finally came and brought my family.

I expected to be automatically accepted by fellow runners, but was very disappointed. Only YT and one other lady (I believe her name is Debbie and she does race walks) were friendly and spoke to us. I did persist and go up to a few other people and try to start conversations, but I did not feel very welcome. We had also expected the Club officers to greet us and introduce themselves.

I am confused to whether you do want visitors or just prefer the "regular" group?

Sincerely,
Vickie Willis

The Runaround is published monthly by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. Copy deadline is the 22nd of the month for publication in the next month's issue. Send copy to the Editor at 4207 West Drive, Little Rock, AR 72209.

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Three Grand Prix Races Are Scheduled For October

By Linda House, Editor

Three RRCA/USATF Reebok Grand Prix XIV races will be held on three succeeding weekends in October. The Chile Pepper Cross Country Festival 10K will be October 14, the Arkansas 20K will be October 21, and the Oktoberfest Fast 5K will be October 28.

The Chile Pepper Cross Country Festival 10K will be held at the Prairie Grove Battlefield Park on U. S. 62 in Prairie Grove, AR, beginning at 8 a.m. The course is a combination of grass, cinder and uneven terrain. The challenging hills and many turns are a strength runner's paradise, where speed is not the name of the game.

Race day registration will be from 6:30-7:30 a.m., with an entry fee of \$10. For those who pre-register before October 6 the fee is \$8. Packets may be picked up from 6-9 p.m. on Friday, October 13 at the Hilton Hotel lobby, located at 70 N. East Avenue, on the downtown square in Fayetteville. On race day they may be picked up at the Park.

The 10K is also part of this year's Reebok Cross Country Series. The top men and women finishers competing in the open division will win \$450 for first place, \$200 for second and \$100 for third. Runners must be U.S. citizens to be eligible for prize money.

Custom Chile Pepper artwork, created by local artist Kathy P. Thompson, will be awarded to winners in the open, masters, senior masters, grand masters and heavy weight divisions. Additional awards will be given to the top eight male and female runners in the open and masters divisions, along with the top five males and females in the senior division (senior master and grand master combined). The heavy weight runner-up and the oldest male and female runners will each receive a special award.

For more information write the University of Arkansas Division of Continuing Education, #2 University Center, Fayetteville, AR 72701, or call 501-575-3604 or 800-952-1165.

The House Hash Harriers Half

Marathon will be held Saturday, October 14, starting at 7 a.m. at Pavilion 7 at Maumelle Park. The run will serve as a training run for the upcoming marathons on the only TAC-certified half marathon course in Arkansas. There will be no T-shirts or trophies, but there will be accurate times and traffic control. The entry fee is \$5. There will be aid stations on the course and refreshments after the race. For more information contact Dennis Tiguc, 982-1832.

Another race on October 14 is the **Musicfest 5K** in downtown El Dorado., beginning at 7:30 a.m. The pre-registration entry fee is \$12 or \$15 day of race. Awards will be presented to the top three overall males and females, the top masters and the top walkers. Age category trophies will be presented two-deep to 13 and under, 14-19 and 60+. They will be presented three-deep to 20-29 through 50-59. For more information call Missy Norman, 501-863-3181 or Terry Norman, 501-862-8141, or 501-863-4546 after 5 p.m.

Harvestfest '95 5K will begin at 8 a.m. October 14 behind Citizen's Bank and Trust in Carlisle. The finish will be at City Park. The entry fee is \$10 or \$12 day of race. Trophies will be given to the top overall finishers and three-deep in ten-year age groups. For more information write Harvestfest 5K, POBox S, Carlisle 72024 or call 501-552-3147.

The **Arkansas 20K** at Benton will be October 21 at 8 a.m. It is the sixteenth race in the 1995 Grand Prix Series and is the state championship for the 20K distance. The run starts in front of Benton High School on Border Street and continues past the historic Saline County Courthouse, through residential areas, across the old Saline River Bridge, over rolling hills to the turnaround at 6.2 miles. This is a hilly, challenging, out and back course which finishes on the Benton High School track. The entry fee is \$15 or \$20 after October 15. Packet pickup and day of race registration will be from 6:30-7:30 a.m. at the Benton High School gym.

Awards will be presented three

deep to the overall, masters, grand masters, and seniors. Awards will be presented five deep in five-year age categories. All entrants will be eligible for an expense-paid trip for two to the White Rock Marathon in Dallas, which includes round trip airline tickets from Little Rock, hotel room, and entry fees. For more information call Jeff Curry, 501-778-0956.

The Arkansas Society of Professional Engineers will hold the first **ASPE Mathcounts 5K** on the Riverdale course October 21 at 8 a.m. The entry fee is \$12 or \$15 day of race. Mailed entries must be postmarked by October 18. You may register in person at the offices of the Arkansas Society of Professional Engineers, 920 W. 2nd St., Little Rock, or call Ann Hamilton at 501-376-4128 from 9 a.m. and 4 p.m. Day of race registration will be from 6:30-7:30 a.m. at the finish line.

Mathcounts, the first nationwide program of its kind, combines the efforts of education, business, government and the technological community to promote math excellence among junior high school students through regional, state and national competitions. The competition phase of Mathcounts begins in the schools in the form of a qualifying test. The "mathletes" are coached during the school year in everything from basic arithmetic skills to math logic, probability and statistics, linear algebra and polynomials. The students then compete in regional and state competitions that could lead them to the national competition in Washington, D.C.

The local and state competitions are funded by the National and Arkansas Societies of Professional Engineers and business and industry sponsors. In 1990 Arkansas produced the individual national Mathcounts champion. Area businesses have covered all the costs of putting on the race, which means that 100% of the race registration fee will benefit Arkansas' mathletes in either the

(See October Races on Page 5)

Brother Bile Runs First Race; Places Third In 40-44

By Bill Harrell
LRRC Racing News Editor

I guess the first thing I should do is apologize for last month's article in *The Runaround*. I am surprised that some of the things Bile wrote got by the editor of this fine publication. LRRC's Board of Censors is a very conservative group of old curmudgeons.

But then again, Bile has always been able to get away with a lot. After all, when my mother read last month's article she said, "You know, Bill, I think your crazy twin brother Bile is a better writer than you are."

This is the first time in years I've been able to get in some running while I was on a vacation. A lot of you have already been to the places where we went this year. But if you haven't been or if you weren't running at the time I recommend some sunrise runs in Manitou Springs at the Garden of the Gods, Telluride, the Colorado ski resort, the Grand Canyon and Santa Fe, NM.

There are other places along the route too that we enjoyed but the memory of the beauty of those places at sunrise really remain in the mind.

We scheduled the vacation around the Pike's Peak Marathon. Although I wasn't able to compete in either of the races this year I did manage to make it to the French Creek aid station, which is four miles up the mountain, to help out some.

There were some very good times by Club members this year. Two of the best were by first-timers Bill Nelson in 5:59:27 and Brady Hines in 6:00:47. Veterans like Van Davis in 6:17:56 and Arthur Kerns in 6:26:44 are equally impressive as were the times of YT in 8:50:49 and Steve Eubanks in 9:46:54. P.S. Bob Marston, 6:44:36.

There were also very good runs on Saturday in the ascent by Dr. Steve Tucker in 3:41:25, Ellis James in 3:46:20, Judith Lansky ran a 4:34:57 and Jim Johnson did his tenth PPM in an excellent 5:01:59

A couple of other veteran

Peakers headed west this year at the same time but they ended up in San Diego. That happened to be the Traveling Wintroaths, Dale and Lou. Dale is from the left coast and was visiting an elderly aunt and uncle. He also wanted to see some of his ancestors at the San Diego Zoo.

It just so happens that the San Diego Chamber of Commerce heard that the famous Wintroaths were in town and put on a half marathon in their honor. Over 5,500 runners were at San Diego Bay for the start of the race that wound through downtown San Diego and ended at Balboa Park which is home to the zoo. Dale was so excited about getting to go to the zoo that he ran his worst half marathon ever (1:49:14) but Lou had a PR of 1:55:08 and finished ninth out of 73 in her age group.

As usual there was a lot of activity back here in Arkansas as well. For instance there was the TCB 5K in Burns Park where Joyce Deason was the overall female in 18:22 and Karen Call ran a 20:57 for second master. Shirley James was second grand master in 25:47.

Kathleen Fuxa was first in 35-39 with a 21:35 while Sue Smith at 23:00 and Marion Fulk in 23:36 were third and fourth. Lea Bove' took second in 40-44 with a 23:31 and Julie Bridgforth, Bettina Brownstein and Donna Cave were first, second and fifth in 45-49 with times of 21:37, 23:12 and 25:19.

Coreen Frasier was second in 50-54 with a 32:51 and Marilyn Abrams ran 34:47 for first in 55-59. Women walkers had Debbie Desjardin first overall in 33:59 and Dana Stewart was fourth.

Steve Sipes at 16:59, David Williams in 17:07 and Bill Torrey in 17:24 were top three masters and Don Potter's 18:24 got him third in grand masters and 23:55 by Don Banker landed him a third in the seniors.

David Allen ran a 17:03 for fourth in 30-34 and Brian Polansky was fourth in 35-39 with 17:00. Jim McDaniel took fourth in 40-44 with 19:03 and Jim Smallwood was third in 45-49.

Lou Sariego was first in 50-54

with a 19:02 and Roy Hayward took fourth in 20:56. Charley Eagle was fourth in 55-59 with a 23:55 and Leon Matthews ran 25:06 for fifth.

In the 60-64 division Carl Northcutt ran a 28:08 for fourth and Nash Abrams took first in 70+ in 25:48. Don Cave was second overall walker.

A week later on September 9 at the Pru 12K/5K in Conway Gary Wade ran a 39:07 for a second overall in the 12K. The top three masters in that race were Lowry Foster in 41:15, Steve Sipes in 42:32, and David Williams in 42:46.

Brady Hines, one of LRRC's newest recruits, ran 48:21 for second in 25-29 and Bill Torrey, one of LRRC's oldest recruits ran 43:18 for first in 40-44. Jim Smallwood was second in 45-49 with a 48:01 and Lou Sariego ran 47:50 for third in 50-54. Don Potter not only ran a 46:47 for third in 55-59, he was also the race director. Don, you did a fine job in both aspects. Keep up the good work.

Sunao Yamanaka was third in 60-64 with a 52:35 and Don Banker ran 59:21 for second in 65-69. Nash Abrams captured first in 70-74 with a 1:07:36.

Joyce Deason captured the overall crown in 45:15 as Barbie Hildebrand and Julie Bridgforth were first and second masters in times of 48:07 and 52:38. June Barron was third in 35-39 in 57:30 and Mackie Buckelew was fourth in 35-39 in 1:02:25. Shirley James ran 1:05:06 for first in 55-59.

The 5K had Cheryl Potter as the overall wheelchair winner in 22:11. Bile Harrell finally entered a race and ran a 21:20 for third in 40-44. Tom Barron was fourth in 45-49 with 24:04 and Tom Tucker was second in 50-54 with 22:48.

A little further to the northeast some LRRC members were participating in the Searcy Triathlon. Karen Call was first in 40-49 with a 1:17:43, Dr. Bob McGowan won 50-59 in 1:11:36 and Mike Dwyer was second in 60+ with 1:44:32. The next day Mike Dwyer was first in 60+ at the YMCA Duathlon.

The following Saturday Harold

(See Bile Runs on Page 5)

Bile Runs (continued from Page 4)

Hays and Brady Hines went to Jacksonville to race on a runway. Brady was fifth overall and second in 25-29 with a 19:02 and Harold finished sixth overall and third in 35-39 in 19:06.

Also on September 16 at the Russellville Fitness Center Duathlon Karen Call was first overall female, Bill McCumber was first in 50-59 and Carl Northcutt and Mike Dwyer were second and third in 60+.

Now for a big one, the Race for the Cure. Over 4,000 participants in this one folks. Jack Evans hasn't been this happy since he finished the Leadville 100 (by the way, way to go Jack). He had a smile on his face from ear to ear.

Here is a list of LRRC entrants that I have found so far! Sue Smith was sixth in 21:20, June Barron was seventh in 21:27, both in 35-39. Barbie Hildebrand was first in 40-44 (fourth overall) in 18:14, Julie Bridgforth was first in 45-49 in 20:10. Bettina Brownstein was third in 45-49 with a 21:07 and was also the top finisher in the survivor group. Lou Wintroath took third in 50-54 with a 23:51 and P. J. Dising was first in 55-59 in 24:39.

Betty Ray was second in 60-64 but her time was not available. Shirley Pence was second in 65-69 in 28:22 and Rosalind Abernathy was third in 31:11. Joan Glenn ran a 35:30 for first in 70+.

Congratulations also to YT and Dawson Mase for being co-directors of this race. You did a fine job.

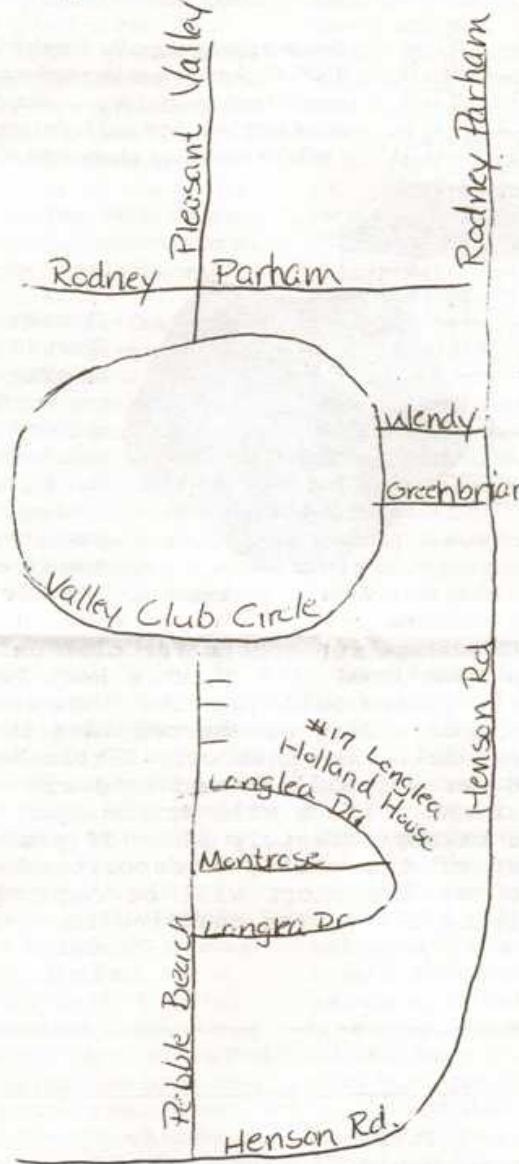
Well, I think that's about it for this month y'all. I've pretty much used up my allotment of space. But if you keep running I'll keep writing.

October Races (continued from Page 4)

state or national competition. For more information call Jennifer Devine or John Watkins at 376-3633.

The **Oktoberfest Fast 5K** will be October 28 at Hot Springs. The race is a Grand Prix race but no details were available at press time. For more information call Buzz Wilson, 501-624-3002.

Map To Halloween Party



Renewal Date

Have you ever noticed the date on the right-hand corner of the mailing label on this newsletter? That is your membership expiration date. The LRRC Board has voted that, beginning November 1, if that date is more than two months past due, you will be dropped as a member of the Club. Those that have expired, or are about to, are highlighted and stamped "Renew". Please check the date to make sure that your membership hasn't expired so you can continue to receive the benefits of Club membership.

Race Calendar

Upcoming races, fun runs and Grand Prix Series (GPS) races (including state championships {SC}) are listed below. The LRRRC 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.

October

- 7: Arkansas Traveller 100-miler. Call Charley or Lou Peyton, 501-225-6609
- 7: Timberfest 5K at Sheridan. Call Kerri Shepherd, 501-942-2351.
- 7: King Biscuit Blues Festival 8K at Helena. Call Frank and Carolyn Clancy, 501-338-6351.
- 8: Andy's Fun Run, 7 a.m.
- 14: Chile Pepper 10K at Fayetteville. GPS SC. Contact Joe Fennel, 501-521-0337.
- 14: House Hash Harriers Half Marathon at Maumelle Park. Call Dennis Tigie, 982-1832.
- 14: Musicfest 5K at El Dorado. Call Missy Norman, 501-863-3181, Terry Norman, 501-862-8141, or after 5 p.m., 501-863-4546.
- 14: Harvestfest '95 5K at Carlisle. Write Harvestfest 5K, POBox S, Carlisle 72024 or call 501-552-3147.
- 14: Spillway 5K at Hot Springs. Call Susan Koonce, 501-624-4411, ext. 214.
- 14: Turkey Trot Trot 5K at Yellville. Call Larry Evans, 501-449-4328.
- 15: Chicago Marathon and 5K. Write POBox 10597, Chicago, IL 60610-0597, or call 312-527-2200.
- 15: Andy's Fun Run, 7 a.m.
- 21: The Arkansas 20K at Benton. GPS SC. Call Jeff Curry, 501-778-0956.
- 21: ASPE Mathcounts 5K. Call Jennifer Devine of John Watkins, 376-3633.
- 22: Andy's Fun Run, 7 a.m.
- 28: 1995 Civil War Relay from the Capital of the Union to the Capital of the Confederacy (118 miles from Alexandria, VA to Richmond, VA). Write POBox 1352, Arlington, VA 22210 or call 703-241-0395.
- 28: Oktoberfest Fast 5K at Hot Springs. GPS. Contact Buzz Wilson, 501-624-3002.
- 28: Harvest Festival 5K Run at Corning. Call Deloyd Lawson, 501-857-3613.
- 29: Andy's Fun Run, 7 a.m.
- 29: Humana Greater Kansas City Marathon and 10K. Write POBox 836, Shawnee Mission, KS 66201.

November

- 5: Andy's Fun Run, 7 a.m.
- 11: Red Cross Turkey Trot 7K at Maumelle. GPS. Contact 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.

