

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 1995

## Final Summer Potluck Will Be September 21

By June Barron  
LRRRC President

The August potluck/meeting was one of the better ones we have had this year. Our guests were the Saline County Striders and the Malvern Runners. They came bringing great food and fellowship. It was great to see Clint Cusick and to hear he is back to running again. The turnout was great to see the 1995 LRRRC Talent Review. If you missed the meeting, you probably missed one of the most fun meetings we have.

The Talent Review was a great success. Special thanks to Karen Call, president-elect, for organizing this event. Also, thanks to all our participants: Lea Bove', Luther and Stella for showing us that even a vet's dogs can misbehave when there is food around; Karen Call and the wonderfully off-key Kazoo Band for showing us that even if you have no talent you can still be in the Kazoo Band; Celia Storey for showing us that some people do have talent; Charley, Lou and Chuck (a.k.a. the Arkansas Travelers and Travelette) for showing us that we do have a tendency to forget jokes from one August to the next; and Ben Storey for showing us that runners with talent have children with talent. Seriously, we do thank you for your participation and hope you are already making plans for next year's show.

Our September potluck/meeting will be September 21 at Murray Park, Pavilions 1 and 2 at 6:30 p.m. Our guests will be Club Arkadelphia and the Conway Running Club. Mark your calendars now so you will not miss our last summer potluck.

Plans are underway to have a Halloween fun run/potluck as our October meeting. The date and location have yet to be finalized. This is an

attempt to get more of our members to come to our monthly meetings. It seems that our attendance rate is low when we have a regular meeting with a speaker, so we are going to try different things for a while. If you like or dislike the new ideas, please tell a board member. We want to do what the Club members want us to do. But it is hard if we have no feedback from the members. Also, for your information, the Board meets every month; usually about one hour prior to the regular monthly meeting. These Board meetings are open to any member if you would like to come and see how your Club operates.

You will find an order form for Club uniforms in this newsletter. We have received a small number of orders as of this date, so we will be waiting to order until we receive more orders. We need to have about 50 items to order to get the \$25 cost figure. Any less than that and the cost goes up. So, don't delay! Get your order forms completed and mailed to Karen Call today.

Mark your calendars. September 23 is the date for the Race for the Cure Women's 5K. This is the second year for this event and it is expected to be even better than last year. Our own Yvonne Thompson (YT) is the race director and needs all of our support. If you can volunteer to help with this race, please

give her a call at 666-6301. Registration will be handled at the Sportstop in the Heights as last year. Volunteers are needed in the evenings from 5-7 p.m. starting September 11 to help with race packets. If you can, try to volunteer some of your time to this cause. And by all means, ladies, be there on the starting line on September 23. For all you guys, there is a 2K fun run/walk so you won't feel left out. So there is something for everyone.

Till next month.

## Boston Rooms

You fast runners who have qualified for the 1996 Boston Marathon or those who hope to qualify need to know that hotel rooms for miles around are filled. But you have another option. The town of Hopkinton, Massachusetts, has a marathon committee that is making arrangements for housing in private homes. The hosting families are not responsible for transportation to and from their homes. Some may be able to help but you will have to work this out with the host. You may obtain more detailed information by calling Janet Lewis, 508-435-4837. Write her at 39 Teresa Road, Hopkinton, MA 01748.

## New Members

The Little Rock Roadrunners Club has four new members. They are **Dora V. Anderson**, a military personnel technician who lives in Jacksonville; **Dr. James Comerford**, a Little Rock podiatrist; **Brady W. Hines** of Little Rock, and **Shon & Connie Keith Simpson**. Shon is a project scientist at FTN Associates.

## September Meeting

September 21 1995  
6:30 p.m.  
Murray Park  
Pavilions 1 and 2  
Potluck Dinner



## The Ultra Corner

By Harley Peyton

On September 2 and 4, also known as Labor Day weekend, we will have the fifth annual **Heart O'Traveller training runs**. The Saturday run will consist of 26 miles and the Monday run will be 24 miles. These two runs will take us over the toughest, or the heart, so to speak, of the Arkansas Traveller 100. Saturday's run will be out and back on forest service roads. Monday's run is called the Smith Mountain Loop and will double as Trail Series Race #2. Both will start at 6 a.m. I'll set out water and mark the route. To get to Saturday's run, follow Highway 10 to Williams Junction. Turn left onto Highway 9. Go approximately five miles to Lake Winona Road. Turn right and go four miles. The run will start on FSR 778 at the base of Lake Winona Spillway.

To get to Monday's run, follow directions to Williams' Junction. Turn left and go about three miles to the Winona Scenic Drive also known as FSR 132. Follow FSR 132 to FSR 75, approximately 15 miles. Turn left onto FSR 75 and go three miles to the intersection of FSR 114. Turn left and go 1/4 mile to FSR 2. Park. Please, please don't drive FSR 114 from Winona to FSR 2. It looks quick and easy but if you don't have good tires the rocks will eat up your wheels. If you have questions call Lou Peyton at 225-6609.

The **Arkansas Traveller 100** is October 7-8. Call Lou or Charley for details. Good positions still available.

Great news from the **1995 Leadville 100** on August 19. LRRC runner Jack Evans finished the Leadville 100 in a time of 28:24. Congratulations. Man o' man what an accomplishment. Jack has a buckle to wear!

On July 25 Lou drove to St. Joseph, MO, to crew for former Arkansan and premier ultra runner David Horton as he competed during the **1995 Moonbat Trans-AM**, a 2,925 mile foot race across the country. The run started on June 17 in Huntington Beach, California, and ended 64 days later, August 19 in Central Park, New York City. I don't know the final results but from as best I can determine, David finished in third place. This was a stage race format. Every day was a race. The race officially ended on the 63rd day. The final day was a 19 mile group run into Central Park. If my calculator is right that averages 46 miles a day.

LRRC's Bob and Rosemary Marston who live in St. Joseph crewed for David two days in Kansas. Lou and Rosemary shared duties for one day in Missouri than Lou took David three days by herself to the Illinois line. When she returned to Little Rock I quizzed her about her adventure.

*Where did you meet David and where did you leave him?* I met him at St. Joseph, Missouri, on July 25 and stayed through Hannibal, Missouri, on Friday, July 28.

*I remember you crewed for Max Hooper at Western States in 1985 and paced me at the "Coon" in '95. Both times you let the runner quit. Did you have a plan if David had decided to throw in the towel during your watch? It never*

crossed my mind that David might "throw in the towel" as you call it.

*Describe your typical day -- morning, noon and night.*

A typical day began at 3:30 a.m. Everything had to go as fast as possible, making no mistakes. Shampoo, do my dressing and packing by 4 a.m. Packing and loading David's camp/sleeping gear, bags, etc. Eat something, get coffee, finish David's gear loading. At 5 a.m. sharp the race was on. My job was to meet my runner every two miles with pre-planned fluids and foods. I had to have all the things he could ask for as quickly and as accessible as possible.

After daybreak I could settle down and begin to enjoy the event. David was leading the race some of the time so I followed the pace vehicle or the yellow van that belonged to a Slovakian runner named Dusan. I think this is what ricing the press vehicle at Boston or New York must be like. The race would shape up before my eyes and I felt I was an important of the event. David was my runner for that day, that week.

With 10 miles to go every day the runners seemed to give their last thrust of energy to see who placed where.

I supplied David with Conquest, assorted edibles from chips, candy, fruit, power bars, iced cream and sandwiches. As the day progressed, I prepared sponges and a bucket of ice water. Also, ice water to carry in his pack. It was busy, busy changing his sunglasses, hats; ointments for blistering, shoes and socks. David and the top five contenders were finished by noon each day. Then my chores began. Unload his two major bags -- one must have weighed 50 pounds. I never knew what he carried in that bag. Prepare four quart-size ice bags making sure there were no air pockets. After 15-20 minutes of icing, David wanted to eat a big lunch. Guess who ate the same size lunch? After lunch it was back to the school, or wherever we were lodging, for David to rest, listen to tapes, open mail, make phone calls, etc.

I tried to reassemble the contents of three large ice chests. My house cleaning job called for washing and drying clothes, gas the truck, buy ice, distilled water and resupply food stuff. If there was time, I would make phone calls or write post

(See Ultra on Page 3)

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## Bile Covers Races While Brother Bill Vacations

*Memo to the Editor from Bill Harrell: "A reminder that I will be on vacation for a majority of August. Bile, my crazy twin brother, has agreed to gather results and write my article for the month. Please edit him closely for he is a filthy, foul-mouthed, disgusting person. There is always hope that his new girlfriend will turn him around. Till next month, take care."*

**By Bile Harrell**

Hi there, how y'all doing. My name is Bile. Most of y'all know my crazy twin brother, Bill. Well, I'm the smart, good looking one of the family.

I been living in Bill's attic for about a year now and Bill told me I could come downstairs if I would write this here article for him. I'm the bum end of the deal here, y'all.

That place is a sty. Ever since last Christmas when he had a bunch of people over for a party the place has just gone down hill. Me and my girlfriend are gonna clean it up though while he and his missus are out roaming the land. Won't do a lot of good though. He's so stupid he'll probably invite those people back over this Christmas.

Some of you might know my girlfriend, Ophelia O'Lean. Her nickname is "Tramp" and it's not because of what you think. My darling Tramp O'Lean is a very kind and generous and giving person. She has very high morals. She even used to be a male model during the disco years. That was before the accident. Tramp O'Lean is a lovely person with a bouncy personality (if you know what I mean.)

Bill said something about this being some kind of running article. I dunno why he'd be writing one of those. I can't think he'd know much about the subject. I know he doesn't do much of it. If he calls himself a runner I hope he don't do it in public cause he'll look like a fool. Hell, I got farts that last longer than some of his runs.

What's this on the counter? A Boston Marathon application. You gotta pay to be a spectator now? That Bill will do anything to get out of work.

There's a note here to talk to Kurt and others about a triathlon they

entered. I don't even know what a triathlon is so I sure ain't able to talk about one. Whatever it is, it was called the River Cities and was for the championship of Louisiana down in Shreveport. They had to swim for half a mile, bike 18.2 miles and run a 5K. Kurt said he won the 50-54 age division in 1:24 and Lance Cornman was third in 1:30. Kamala Gamble's time was 1:34. Jimmy Pearsall wouldn't tell me his time but I do know he was second in the "Big Hair" division, right behind Reba. Bill McCumber followed close behind and placed in the crew cut division.

Mike Dwyer was first in 60+ at the Y-Tri at El Dorado on August 12 with a 1:49 and second at the Caney-Dorcheat in Minden, La. With 2:16 on August 19. Kurt Truax won 50-54 in 1:36. Karen Call was first in 40-49 at El Dorado with 1:20. She was masters overall winner at the Dragonfly at Sardis, MS on August 19 with a 1:48 and she was the overall winner at the Mini-Tri at Little Rock Air Force Base on August 26 with 1:10.

Another part of this note says "Get race results from Hope." Hell, I didn't even know NASCAR had a race in Hope. If it happens in Hope I can get it. I got a good friend from there by the name of Roger. He told me he'd get me anything I wanted in the world as long as

I didn't show up where he was.

First and third overall females were Joyce Deason in 18:22 and Barbie Hildebrand in 19:25. Shirley James was first grand masters in a time of 26:21. Diana Willis placed second in 25-29 in 23:39. Lesa Allen was third in 30-34 while June Barron was third in 35-39 in times of 23:26 and 25:05. Sybil Taylor was fourth in 50-54 with a 32:38.

The male masters division had Lowery Foster first in 16:35, Steve Sipes second in 17:14 and Bill Torrey third in 17:26. David Allen was second in 30-34 with a time of 17:04. Sam Green was seventh in 40-44 in 19:27 and David Williams was first in 45-49 in 17:27. David Samuel was fifth in 50-54 and Don Potter was second in 55-59 in times of 21:07 and 18:34. In the sixties age category Jim Sunao Yamanaka was second in 60-64 with 21:17 and Don Banker was second in 65-69 with 24:06.

The male walkers were led by Don Cave in 26:41. Debbie Desjardin and Marlana Newton were the first two females in 40-49 with times of 33:46 and 34:21. Kay Richardson was first in 50-59 with 36:23.

Nice of him to do all the work, ain't it. He's a nice guy though, and man can he sing. He oughta be a major star one of these days.

## Ultra (continued from Page 2)

cards. By the time I got chores done the runners were in bed and the quiet time was really respected. No talking or noises after 8:30 p.m.

*Tell us about any interesting people you met.* Jessie Riley, the co-director, and his sister, Shotsie, were a delight. Shotsie lives on Wye Mountain near Lake Maumelle out side of Little Rock (it's a small world). The Japanese runners and their crews were very interesting to be around. Very polite but most spoke no English. There were some Japanese employees of the Moonbat Company who were sponsors of the race who spoke English very well. When you met them they would bow. After the day's run the Japanese crews would be squatting down outside the motel or school cooking over a grill. I guess it was rice and noodles. They shared some of it with me and it was tasty. The Japanese also had their own doctor who would administer acupuncture. One unusual thing about some of the Japanese runners was that they would tape crystals to their legs. Maybe it was at pressure points to relieve the pain.

*Now that you're back home what is your impression of your week on the road with the Moonbat Trans-AM?* I want to go back for more. The weather was too hot for me to be a participant but I'd love to crew someone next year through Illinois.



## Numerous Races Are Scheduled For September

By Linda House, Editor

The **PRU 95 12K/5K** will be September 9 at Conway. It is race no. 13 and the state championship for the 12K distance in the RRCA/USATF Grand Prix XIV series. The 12K/5K begins at 7 a.m., including a 5K competitive walking division. Runs for Kids begins at 8:45 a.m. The entry fee for the 12K/5K is \$12, \$15 after September 6. The Runs for Kids fee is \$7 or \$2 without a T-shirt.

The 12K/5K will start at Conway High School Stadium on Prince Street (Highway 60) and finish with one lap around the track. The Runs for Kids will be on the track.

Awards will be given to the top three overall M/F finishers; top three masters M/F finishers; overall masters M/F in the 5K; the top two wheelchair finishers in the 12K; the top five M/F 5K walk finishers; and trophies to the top two M/F finishers in each of the Runs for Kids races. In addition, each Kids participant will receive a neck medallion. Age group awards in the 12K will be awarded five-deep in age divisions 25-49 for women and 20-59 for men. Other age group awards will be given three deep. Age group awards will be given three-deep in the 5K for M/F. For more information call Don Potter at 501-329-5715.

The first **Runway Run**, a flat, fast and certified 5K, will take place on the runway at Little Rock Air Force Base September 16 at 8 a.m. The course is an out and back, beginning in front of Base Operations (directions provided at Vandenberg gate). The entry fee is \$10, if postmarked by September 12, or \$15 afterwards and day of race. Awards will be presented to the top overall M/F runners and the top three M/F in the following age categories: 14 and under, 15-19, 20-29, 30-39, 40-49, and 50+.

For more information write David Ekse, 8 Creekridge Circle, North Little Rock 72120 or call 835-4583.

The **Malvern to Benton Marathon** will be Sunday, September 17, beginning at 6:30 a.m. at Andy's, 1100 East Page in Malvern. The finish will be

in Tyndall Park at Benton. Transportation will be provided from Benton to Malvern. Runners must be at Tyndall Park in Benton at 5:15 a.m. and transportation will depart at 5:30 a.m. sharp. The entry fee is \$5. There will be aid stations ever 3-4 miles and refreshments served after the race. The runners will decide the winner of the "Best Aid Station" contest. There will be T-shirts for winners in each age and gender group: 10-20, 21-30, 31-40, 41-50, 51-60, 61-70, and 71+. The run is jointly sponsored by the Malvern Runners and the Saline County Striders. For more information call Dale Burns, 337-0007, or Glenda or Fred Erwin, 332-2264, or write Dale Burns, Malvern Runners Club, 1200 Clardy, Malvern 71204.

The **Race for the Cure 5K** for women, which will benefit the Susan G. Komen Breast Cancer Foundation, will be September 23 at 9 a.m. There will be a 2K (1.2 mile) walk/run for families that will begin at 9:15 a.m. Both events begin at Capitol Avenue and Broadway and finishes at Capitol and Louisiana in downtown Little Rock.

The entry fee is \$12 if post-marked by September 16, or \$15 from September 17-23. Runners may register in person anytime at the Sportstop in the Heights, Cantrell and Pierce, or from September 16-21 at JCPenney at University or McCain Malls from noon until 8 p.m. For those who pre-register by mail, packets may be picked up at the Sportstop in the Heights September 18-22, and at TCBY Plaza on race day.

The winner of the women's 5K race will receive a ticket from American Airlines good for round-trip airfare anywhere in the continental United States. The first place survivor will also receive a ticket for similar travel. Awards for the Women's 5K will be presented to the first three finishers to complete the entire course and to the first three finishers in the survivor and wheelchair divisions. Other 5K participants will be eligible for age group awards presented to the first three finishers in five-year age groups from 5-9 to 70+.

All those who register for the race are eligible for the grand prize drawing of two tickets to anywhere in the continental United States from American Airlines. The drawing will be held at the awards ceremony. Additional drawings, based on entrant race numbers, will be held throughout the morning for valuable merchandise. You must be present to win any of the prizes.

For more information call Yvonne Thompson, 666-6301.

The **That Dam Run 5K** will be September 30 at 8 a.m. at Bull Shoals. The start will be at Lakeview State Park and will continue across the dam to Bull Shoals and finish at the meeting place. The entry fee is \$10. The first overall M/F finisher in the 5K will receive a \$100 savings bond. Trophies will go to the top three overall M/F and award ribbons to the top three in each age group 0-14, 15-19 and ten-year increments from 20-29 to 60+. All others will receive participation ribbons, with T-shirts awarded to all entrants. There will be drawings for three \$50 savings bonds among all finishers, with many other prizes from local merchants. For more information contact Ram Wissel, 501-424-4444.

The **Southland 5K** will be Sunday, October 1 at 2 p.m. at Southland Greyhound Park at West Memphis. The entry fee during September is \$13. Day-of-run fee will be \$15. The course is a flat out and back on a city street that is completely closed to traffic. The finish is in front of the 10,500 seat grandstand at Southland. There will be 90 trophies for individual runners plus overall wheelchair three deep and overall baby buggy runner, M/F, three deep. There is a scrumptious post-run buffet, including bar-b-que cooked by award winning teams and a fruit-vegetable-salad bar. There will also be over \$1,000 in door prizes, with \$50 as the minimum value of each prize, and live music. For more information write Southland 5K, POBox 1728, West Memphis 72303 or call Ward Wimbish, 501-732-7500.



## Letter To The Editor

July 26, 1995

Dear Editor:

My husband and I are members of LRRC although we now reside in Texas. We "go home" several times a year, and often try to plan a visit around an upcoming Little Rock race. Unfortunately, unless it's a holiday event with a fixed date, we usually don't find out about the races until after they are over.

Case in point: I am leaving for Little Rock tomorrow. I was misinformed that the Dam Night run was coming up this weekend. Today, I received our July issue of *The Runaround* and saw that I missed the race.

We often receive our newsletters at the very end of the month, and you only provide a schedule for that month's runs. Is there anyway that we could receive them sooner? I would be happy to pay extra for your postage. Or maybe you

could post the next month's race schedule in each issue, also. I think you did send out a year schedule once, because I have some races marked on my calendar. But even if you did, these things get lost, we forget, and a timely monthly reminder would be extremely helpful.

Also, regarding Al Becken's story on the Dallas Trails Marathon, you might want to post these corrections. James Thruston is the owner of Thruston racing, but is not and never has been the owner of Pheidippides running store. Fran Moore was the owner of Pheidippides, although he recently sold it to Bob Wallace, and it is now called Run On. But it, and Fran, were a Dallas running institution for many years. Secondly, the Marathon has been around since 1993, but certainly not since 1933. James isn't that old.

I am sorry that Mr. Becken had

such a disastrous Dallas run, but appreciate his good-humored re-telling.

Sincerely,  
Kathleen Rea Fuxa

*Editor's Note: It is always good to hear that Club members are reading the newsletter, even if we have made a mistake. I make a real effort to get the newsletter in the mail as soon as possible after the first of the month. Therefore, it was upsetting to learn that you didn't receive the July issue until the very end of the month. Apparently the problem is with the postoffice. They gave me some tips on how to speed things up. Let me know if it works.*

*Putting in more than one month of races in the newsletter depends on space but I'll try to fit more in.*

## 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.

### September

- 9: The Pru 12K at Conway. GPS SC. Call Don Potter, 329-5715.
- 10: Andy's Fun Run, 6:30 a.m.
- 16: Fall Fest Four at Union City, TN. Write Michelle Harris, POBox 610, Union City, TN 38281 or call 901-884-4357.
- 16: Runway 5K Run/Walk at Little Rock Air Force Base. Write David Ekse, 8 Creekridge Circle, North Little Rock 72120 or call 835-4583.
- 16: 14th annual Walk for Healthy Lungs. Write American Lung Association, 211 Natural Resources Drive, Little Rock 72205 or call 224-5864.
- 17: Malvern to Benton Marathon. Write Malvern Runners Club, 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.
- 30: Mums, Music and Muscadines 5K at Jacksonville. Call Anthony Lee, 982-3378.
- 30: World's Flattest 5K. Write Grand Prairie Festival of Arts, POBox 65, 108 W. 12th, Stuttgart 72160.

### October

- 1: Andy's Fun Run, 7 a.m.
- 1: Southland 5K at West Memphis. Write Southland 5K, POBox 594, West Memphis 72303.