

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2004

A Bridge To The 26.2

By Paul Ward
LRRC President

November 18 was a date for the history books. Many elected officials, dignitaries, sports and entertainment luminaries, and regular running folks were in town for the big event. While here, many also attended the dedication of the Clinton Presidential Library, but most were here for the monthly meeting of the Little Rock Roadrunners Club.

The overflow crowd of the rich and famous – and not so rich and famous – flocked to the Whole Hog Café for the tasty barbecue, hoping to rub elbows with the Club president, and eager to hear Tom and Hobbit Singleton speak. The Singletons, plus Fred Klinge, are the coaches of the Little Rock Marathon Training Group, now in its third year. You may have read the articles they've written on training in the Monday Health and Fitness section of the *Arkansas Democrat-Gazette*. They spoke to the Club about this training group and their recent certification as coaches by the Road Runner Clubs of America.

RRCA certification is open to active runners (for simplicity, when I use "running" and "runners", that includes "walking" and "walkers") who want to help others achieve their goals. The two-day class necessary for certification is offered twice each year. The next available classes are offered in South Carolina and Oregon. The days are long (nine hours) and cover everything from the basics to advanced training information. Candidates must have current certification for CPR and first aid.

Tom said people cannot take the classes online, because organizers want to see candidates in person to judge how they interact with people. A very knowl-

edgeable person with poor interpersonal skills would make a poor coach. After the classes, candidates receive a take home exam. Some questions are multiple choice, but others are hypotheticals involving a specific fact situation. For example, one question might give a runner's age, sex, walking or running history and times, and desired goal, i.e. a 39-year-old female walker whose longest distance covered is 18 miles in so many hours wants to complete a marathon two months from now in less than six hours. Candidates are then asked to design a training program for this person that includes weekly mileage activities, clothing, shoes, hydration, nutrition, and timing chip operation, plus a race strategy, so this hypothetical individual is ready to achieve her desired goal. Tom said the testers tell the candidates that there is no "right" answer, but testers want to see that candidates have the knowledge underlying all aspects of training.

Tom and Hobbit can help with injury prevention and stretching, but will refer injured runners to physicians or physical therapists. Runners with emotional or relationship problems should feel free to talk to Fred. Tom said most injuries they see are from overuse: runners try to do too much too fast. It's better to under train than over train. The most common injury involves the IT band.

Although in the Little Rock Marathon Training Group Tom works mainly with runners and Hobbit works mainly with walkers, their certification covers both activities. Tom said the three coaches cover a range of experiences. Fred, who has run a marathon in well under 2½ hours, can help people wanting a fast finish time. Tom usually helps the

middle of the pack runners, and Hobbit focuses on the walkers. The training group is open to all, regardless of whether you register for the marathon itself. You can join it online at www.littlerockmarathon.com.

The training schedule (miles during the week and long runs on Saturdays) and group run training locations are also available on the website. The mileage schedule is geared toward first time marathoners, but the coaches can modify it and develop individual schedules for people who want to increase their speed and finish by a certain time. The main goal is to interest people in running and get them to the starting line in good shape.

Originally, the training group was to end after the marathon, but Tom said many of the participants wanted to continue running together afterwards, so the training group is now almost year round. After the marathon, the coaches will develop routes and establish locations for relaxed weekly runs throughout the summer. Official training for the Little Rock Marathon begins in the fall.

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December Meeting

December 11, 2004
6 p.m.

Capitol Hill Building
West Fourth Street
North of State Capitol

Christmas Party/Potluck

Bridge (Continued from Page 1)

People training for other marathons are welcome to run with the training group. This year, several people trained with the group and participated in marathons in South Dakota in the summer, St. Charles, MO in September, Chicago in October, and the December St. Jude/Memphis, White Rock/Dallas, and Honolulu marathons. The coaches will develop a route covering whatever mileage a runner wants. For example, in November the standard long runs for the Little Rock Marathon group were nine and 10 miles. Tom developed alternative routes of 14-20 miles for people training for the December marathons. The routes are detailed on one sheet of paper and distributed before each training run.

The training runs start out short and flat, but progress to long distances with hills. The long runs start at six miles, peak at 20, and taper at 12 and six. The coaches will put water out on the course for longer runs (though runners are strongly encouraged to carry water), and sometimes there are even cookies available at the finish! The runs collectively cover most of the marathon route, so first-timers will have course knowledge and the confidence to know that they've run this or that hill before. Group runs start at 6 a.m. from Cook's Landing, Andina's in the River Market, Alltel Arena, McArthur Park, the State Capitol, Allsopp Park, Mt. St. Mary Academy, Murray Park, Two Rivers Park, Lake Willastein in Maumelle, and Rahling Road.

Tom invites anyone to join the group's weekly runs, regardless of whether you want to run a marathon. There is no charge to join the training group or participate in a run, and no requirement to attend. You can run with the group as often as you like. If you register at the marathon website for the training, you will receive the weekly e-mail on the upcoming weekend's training run. (The e-mail list is not shared.) This information is also posted on the Little Rock Marathon Message Board or Forum, accessible from the website or ArkansasRunner.com.

Over 300 people are in the group. From several dozen to over 100 people usually attend each week's long run. Participants range from fast runners to walkers. Like the marathon itself, the training group is a race for every pace. If you've never run a marathon, the coaches and training group can help you cross that bridge to the 26.2 miles.

Thank you, Tom and Hobbit, for speaking to us and for your great work and dedication as coaches for the training group. I also want to thank and credit LRRC board member Celia Storey for suggesting Tom and Hobbit as guest speakers, as well as October's speaker, Coreen Frasier. But come to think of it, I don't remember seeing Celia at either meeting, or at any meeting in the last several months. Why, oh why, Celia? Are you too busy with your more learned husband and fellow columnist, or biking to work and competing in adventure races, or caring for the dead cat who writes the Saturday column? You leave me no choice: you get the Doghouse of the Month Award, with its accompanying shame, opprobrium, and disgrace. Your name is off my Christmas list!

It's good to release my inner Scrooge. On a more positive note, the Penthouse of the Month Award, with its

accompanying praise, respect, and everlasting admiration, goes to two LRRC ladies: Linda House and June Barron. I was thinking last month about all they do and how I (and maybe you) take them for granted. Linda edits our newsletter. Although she freely admits that editing my fine column is a labor of love and takes no time – as opposed to previous office holders' tortured submissions – she still has to hound Bill Harrell to write his column and spend a lot of time making it as funny as it is. Then she formats the newsletter, has it printed, and gets it mailed to you and me. I know it's the first thing you look for in the mail each month.

June is our longtime membership director. She keeps track of all our members, reminds them of upcoming membership expirations (and threatens "consequences" if members don't renew), prepares newsletter profiles of our new members, and prints the mailing labels for our newsletter. Neither lady receives a salary for her efforts; most of our budget goes to my compensation package. Thank you, Linda and June. We couldn't operate without you.

We won't have "official" meetings in December or January. Our Christmas party will be Saturday, December 11, starting at 6 p.m., in the Capitol Hill Building. This is right next to the AEA building by the State Capitol. We'll be on the first floor. This is potluck, so bring a dish. The Club will provide beverages. Dress is casual, or optional. We'll play "Dirty Santa," so bring a modest (or immodest) wrapped gift if you want to play. If the Duck wears his Christmas hat with the mistletoe sticking above it, don't worry. His beard is softer than you think.

Remember that Bob and Rosemary Marston will host a fun run and breakfast Saturday, December 18, starting at 8 a.m. Contact Bob for directions. All are welcome.

On Christmas Eve day we will have our fun run at 7 a.m. at the Salon Avatar – Full Moon shopping center on Kavanaugh Blvd. and L Street, across from "The Living Room"

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Club Officers

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

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Democrats And Ducks Toed The Line In November

By Bill Harrell
LRRC Racing News Editor

On November 13 in downtown Little Rock 455 Democrats and Harold Hays lined up to run the Presidential 5K. This was one of the coolest mornings to run that Little Rock had seen in a while. The times run by the participants were pretty cool too. Apparently the fall weather is beginning to agree with the runners.

Now, back to Harold. Seeing him is pretty unusual. He finished the Traveler 100 in October in 26:47:07. That's hours, minutes and seconds for those of you who don't know any of those ultra guys.

Obviously, the guy is in good enough shape to run a 5K which he did in 21:21 and was second in the 45-49 age group. The next day he ran the John McCain/Barry Goldwater close but not quite Presidential 5K in Phoenix, AZ. His time there was also 21:21 but he had to sprint like a burglar on Christmas Eve to beat a 10-year-old girl. He's considering retiring from the 100's but he may try 33 back to back 5Ks to make up for it.

Other LRRC members who ran that day were Mackie Buckelew who was third in 45-49 with a 24:46 and Karen Call who won 50-54 in 22:44. It's my understanding that Karen hasn't been running a whole lot lately and is definitely not doing any speed work. If that's the case then look out all Grand Masters females because '05 will be very competitive. Ivy Harrison, who has been known to enter an ultra or two, ran 27:00 minutes in the 50-54 age group.

Not only did Coreen Frasier get interviewed by one of the local TV stations but she finished second in 60-64 with a 30:53 and Mrs. Easy Runner, Libby Smith, had a 33:10 for third. Rosalind Abernathy ran an excellent 45:07 to win 75-79.

Our own Glen Mays was easily the overall winner in 15:41. He had cooled down, showered and eaten breakfast before I finished. But that's okay because it's great to have Glen in town and running for the LRRC.

Jim Barton was the guy who beat Harold in the 45-49 age group but a 19:29 beats a lot of people when one is *their* age.

Bill Crow flew by The Duck at the very end to run a 22:55 and beat The Duck by an incredible margin of six seconds. That hasn't happened in over two years and a challenge is now on between the two fowl friends. We'll see who's soaring highest at the end of '05.

Leon Blue, also in 50-54, was closing on the feathered fiends and finished in 24:09. Jimmy Pearsall, now there's a name from the past, ran a 20:39 for second in 55-59. I'm pretty sure that's Jimmy's first race this century and it took some guy from New Jersey to knock him out of first.

The real athlete in the Evans family, Jack's brother Jerry, was third in 21:54. Jerry is not a member of the Roadrunners as of this writing but I have it on good authority that brother Jack is giving him a three-year membership for Christmas. What a thoughtful brother.

Allen White and Lloyd Moore are also in that age group. Allen was right behind Jerry in 22:36 and was within shouting range with a 26:13. Like Bill Clinton, Lloyd is also a past president, but of the LRRC.

David Samuel took home a second place in 60-64 with a 25:23. Jim Yamanaka and Carl Northcutt were first and second in 70-74 with times of 26:36 and 39:58.

Dianne Woodruff and Shirley Pence, two of my favorite ladies, walked the 5K. Dianne had a 52:28 and Shirley was first in 75-79 with a 51:04.

Race director Bill Torrey was given all types of congratulations for this race; everything went so smooth. Bill has probably directed in the vicinity of a hundred races in his career but he said that he enjoyed this one more than most and he hopes the city keeps this race on the running calendar. If not, he can't wait till Hillary opens her library so he can do it again.

A week earlier the team bus went to Wynne for the Mid-South Marathon and half marathon. Although none of our guys ran the marathon the bus was loaded up with trophies from the half for the ride home.

James Terbrack was the third overall finisher (and first Arky) in the half with a 1:24:50. David Williams, who rode in the Club limo, was fourth overall and top master in 1:26:06. Brian Sieczkowski ran 1:28:41 for sixth overall and first in 25-29. Bill Torrey, who drove the team bus, picked up a first in 50-54 for his 1:29:50 effort and Larry Graham, who drove David in the limo, was second in 50-54 with a 1:34:36. By the way, Larry looks so cute in his little chauffeur's cap. And then there was Charlie Dunn who provided the beer. He ran a 1:43:07 and won 60-64.

November 20 was the date for this year's Spa 10K/5K. The overall winners at the Spa 10K both came from the LRRC. Glen Mays took the male honors with a 32:16. I'm going out on a limb here and to say that is a course record. I'm sure I'll get called down if it's not but I'm pretty confident here.

Coach Steve Oury took top honors in 35-39 with a 37:27 and Brian Polansky and Jim Barton grabbed second and third in 45-49 with times of 39:00 and 39:59. Bill Torrey was third Grand Master with a 40:28 and Bob Marston and Rod Lorenzen ran 51:23 and 53:24 in the 50-54 age group. Charlie Dunn grabbed third senior with a 46:14 and R.C. Fason finished in 54:08 and David Samuel had a 55:29 in the 60-64 category.

In the 65-69 age group, Don Cave got off his bike and ran a 1:32:32. Jim Yamanaka and Hayes McKinnie took first and third in 70-74 with times of 53:22 and 55:09. Al Becken once again made the journey from San Antonio and captured 75-79 in 58:38.

Jenny Johnson grabbed the overall ladies trophy with a 42:10 and Barbie Hildebrand was second in 42:27. Sarah Olney took the honors in 25-29 with a 46:08 and my buddy Ginea Qualls ran a 1:00:48 in 25-29. Mackie Buckelew, who I think is racing weekly, but smiling daily, ran 53:49 in the 45-49 group. Carol Torrey, who will soon be beating Bill again, ran 56:26 in the 50-54 category. Donna Cave, Rosemary Marston, Linda House and Linda Fason kept the rivalry going in 55-59 by finishing

Running Calendar

Upcoming races, fun runs, Ultra Trail Series (UTS) runs, and Grand Prix Series (GPS) races, including state championships {SC}, are listed below. Contact Charley or Lou Peyton at 225-6609 regarding UTS runs. The LRRC sponsors Sunday fun runs beginning at Andy's, Markham and Barrow Road, at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

December

- 4: Downtown Tinseltown 5K at Russellville. Call 479-890-6625.
- 4: FCA 5K at Siloam Springs. Call 479-549-8880.
- 4: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 4: Memphis Marathon and Half Marathon. Call 800-565-5112.
- 5: Andy's Fun Run.
- 12: Andy's Fun Run.
- 18: Marston Fun Run. Call 501-868-1072.
- 19: Andy's Fun Run.
- 26: Andy's Fun Run.

January

- 2: Andy's Fun Run.
- 9: Andy's Fun Run.
- 9: Rock 'n' Roll AZ Marathon/Half at Phoenix, AZ. Call 800-311-1255.
- 16: Andy's Fun Run.
- 23: Andy's Fun Run.
- 30: Andy's Fun Run.
- 30: Miami Marathon at Miami, FL. Call 305-278-8668.

February

- 6: Andy's Fun Run.
- 12: Valentine Day 5K at Russellville. GPS. Call 479-868-4272
- 13: Andy's Fun Run.
- 19: Lung Run Half Marathon at Little Rock. GPS. Call 501-224-5864, ext. 103.
- 19: Sylamore Trail 50K at Allison, AR. Call 501-868-5555.
- 20: Andy's Fun Run.
- 27: Andy's Fun Run.

Everyone Is Invited to Marston Fun Run/Ride

Bob and Rosemary Marston are inviting runners and bikers to a fun run or ride at their home. The date is Saturday, December 18 at 8 a.m. One can run a quiet country road or trail or walk the Ouachita Trail to the peninsula or the scenic vista. Those who wish to bike can ride around Roland. Breakfast will be ready afterward.

Directions: Go west on Hwy. 10 (Cantrell) and turn right on Chenal Blvd. at the Shell Station and across from the new Wal-Mart. That road becomes Hwy. 300 and goes by the entrance to Pinnacle Mtn.

State Park. Continue on 300 through Natural Steps to Roland. At the yield sign in Roland turn left on Henry St. which goes 100 yards and turns right and becomes West St. Go 200 yards to the stop sign and turn left on Roland Cutoff Road. Go two miles and turn left on Wild Oak Lane. Go to the end of the road and continue straight up into the woods on the rough gravel driveway. It should take you about 25 minutes from the I-430/Hwy. 10 intersection. Contact the Marstons at 868-1072 or bobandrose@comcast.net.

Birthdays

The following is a list of Club members/spouses who were born during the month of December. Call June Barron at 851-4655 if the information is incorrect.

- 01 – Steve Hollowell
- 02 – Al Becken
- 03 – Michael Watts
- 04 – Jack Evans
- 06 – Jimmy Thompson
- 08 – Charlie Dunn
- 08 – Geneva Hampton
- 08 – Matt Olney
- 10 – Robb Williams
- 11 – Barbie Hildebrand
- 11 – Chris Kupper
- 12 – Howard Hurst
- 13 – Randy Taylor
- 16 – Corky Zaloudek
- 16 – Jim Smith
- 17 – Samantha Mayo
- 18 – Bob Doran
- 18 – Dana Westfall
- 21 – Keith Collard
- 24 – Jenny Johnson
- 26 – Tom Barron
- 27 – Carol Smith
- 28 – Cindy Holland
- 28 – Donna Larkin
- 28 – Fletcher Ward
- 29 – Jan Taylor
- 29 – Robert Watkins
- 30 – David Threm

Retreads

The Retreads meet the first Wednesday of each month at Franke's Cafeteria, 11121 N. Rodney Parham Rd. (Market Place Shopping Center). Wear something to show you are one of the gang--shirt, hat, scarf, finisher medal, etc. It is Dutch Treat. Just show up and look for the Old Runners--Retreads.

The Runaround is mailed with a Nonprofit Organization Bulk Permit Number. Bulk mail is not forwarded. If you move and want to continue receiving the newsletter contact June Barron, 54 Oak Forest Place, Maumelle 72113, or call her at 851-4655. Or you can send an e-mail to littlerockroadrunners@yahoo.com.

The expiration date of your LRRC membership is the date on the top right corner of the mailing label on your newsletter.

Democrats (Continued from Page 3)

1, 3, 4 and 5 with times of 1:07:36, 1:13:10, 1:13:50 and 1:14:45. Coreen Frasier keeps running well as she was second senior in 1:02:54.

Karen Call was also an overall winner but in the 5K with a time of 22:15. I really want to make a comment about Karen but there are no words available (at least in my vocabulary) to describe her. So, Karen, just keep up the good work (and keep beating Bill Crow.)

Betty Ray also ran the 5K and won 65-69 in 37:38. Steve Hollowell ran a 19:24 but was not the overall winner but he did manage to win 40-44. Bill Crow took a second in 50-54 with a 22:19 and Randy Oates won 60-64 with a 22:31. Karl Kullander won 65-69 in 35:03.

The Great Duck did not get to the Great Duck Race in Stuttgart November 27 but the 10K was a success anyway.

Leah Thorvilson was very successful with her overall win in 37:50

and Barbie Hildebrand took second as she ran through her old stomping grounds in 42:19. Tammy Walther picked up a first place 30-34 win with her 44:54. Mackie Buckelew won 45-49 in 52:40 and Joy Ballard took home a duck box in 50-54 with a 55:14. Rosemary Marston and Linda Fason were first and second in 55-59 with times of 1:10:36 and 1:11:55.

Brian Sieczkowski was our top finisher in Stuttgart where he won 25-29 with a time of 38:39. The other Brian (Polansky) trophied in 45-49 with a 40:20. Bill Torrey, who is the Grand Master champion of this race with a 39:41, was overheard saying, "Man, I'm really pretty good when Williams is sick and can't run." Bill, too bad David isn't sick often.

Larry Graham was right behind Bill in the 50-54 group with a 39:56. More importantly though, he beat Polansky. When asked about this he said, "Well, the gauntlet has been dropped. This is pretty

much a mandate win for me. I don't ever see Polansky being close to me in a race again. I dedicated this race to my best friend David Williams so beating Brian was a no brainer."

Bob Marston was also in that age group and ran a 47:15. If he hadn't run so hard on Thanksgiving Day he would've been right up there with Bill and Larry. The 60-64 group had R.C. Fason and David Samuel in second and third with times of 53:40 and 54:24. Jim Yamanaka won 70-74 in 53:27 and hometown favorite Carl Northcutt was third in 1:20:56.

I believe that's about all the racing that took place in November and I understand a number of you will be participating in marathons in December. Please contact me with your marathon times and experiences. I would love to gossip about you in our next edition.

Hope to see you all at the Club Christmas party on December 11.

Happy holidays, Bill.

2005 Grand Prix Schedule

2/12	Valentines Day 5K at Russellville
2/19	Lung Run Half Marathon at Little Rock
3/19	Victorian Classic 10K at Eureka Springs
4/2	Capital City Classic 10K at Little Rock
4/3	Hogeye Half Marathon at Fayetteville
4/9	ARK River Trail 15K at North Little Rock
4/16	St. Mary's 5K at Russellville
5/7	Toad Suck 10K at Conway
5/14	Run For Their Lives 5K at Little Rock
5/29	Camp Yorktown Bay Half Marathon at Mountain Pine
6/18	ArkansasRunner 2-Mile at Benton
6/25	Brickfest 5K at Malvern
7/30	That Dam Night Run 5K at Arkadelphia
8/6	HealthSouth 4-Mile at Batesville
8/13	Watermelon 5K at Hope
8/20	Run for the Grapes 5K at Tontitown
9/3	ARK Riverfront 5K at North Little Rock
9/17	Orange Crush 8K/5K XC at Conway
9/24	Mercy Classic 5K at Fort Smith
10/15	Chile Pepper 10K XC at Fayetteville
11/5	MidSouth Marathon at Wynne
11/11	Spa 10K at Hot Springs
11/27	Great Duck Race 10K at Stuttgart

Bridge (Continued from Page 2)

and "Angels in the Attic" thrift shop. Call Karen Call or me if you have any questions. Or more succinctly: call Call or Paul.

In January we will have our annual Hilly Chili run Sunday, January 30, at 3 p.m. Donna Cave will host us again at her Crestwood abode. We'll have a fun run, then eat chili. Our next regular meeting will be in February.

The next newsletter will be later than usual, because I'm sending Linda on a Caribbean vacation. Actually, her office will be closed for an extended time. So this is the last column you'll see from me this year. I know, you're crushed. I hope you and your loved ones have a Merry Christmas, Happy Hanukah, Happy Kwanzaa, and any other December holiday I've omitted. And I hope you have a very happy and healthy New Year.

If you have a new year's resolution you think I should adopt, a suggestion for a speaker or topic, or a nominee for our monthly Penthouse and Doghouse awards, call me (not collect) at 664-0060 or 682-5881.