

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2004

Paul Ward To Assume Duties Of Club President

By Steve Hollowell
LRRRC President

Hello Roadrunners. Although you have read it before, this will be my last column as president of the LRRRC. I want to thank everybody that has helped me this past year with the Club. Paul Ward will be assuming the seat of power on July 1, 2004. I hope he doesn't mind if the seat is a little sweaty, I just came in from a hot six-mile run. The formalities of this transition will take place at our next meeting, Thursday, June 17. Our new president will be our very own amateur attorney and polysyllabic linguist comedian Paul Ward; well maybe I have that backwards. From the looks of things, he has become quite the newsletter contributor also.

Last month I tried to write something interesting and related to running. I tried to lift this newsletter up to something with some class and sophistication. However, all I get in return for this are libelous accusations hurled at me by the other two-bit contributors to this newsletter. I read Paul's column in amazement last month as he announced he is a bi-club member. The next thing you know he will want ARK and LRRRC to be civilly unionized ... not that there is anything wrong with that.

Paul should make a good president and provide some fresh leadership to our Club. He will be a welcome break from the has beens that we have had over the last several years. Yes, this includes you Tom.

And while I am at it, I actually spotted The Duck-headed one running last Saturday. He also made it to the track for some speed work. It is good to see Bill back on the run. It's also comforting to know that he can run something other

than his mouth. The story he relayed last month was filled with adventure and intrigue. It was also both exciting and heart warming. I hope we can continue to expect such flimsy literary rip-offs in the future. Hopefully, he'll have some race results to report in the future that will help keep him on point.

Our May meeting was great as usual. We had a good crowd. I finally tracked down the maker of the pasta

salad. The recipe for the Greek pasta salad that Lou Peyton made, appears below. I also want to thank Paul and Harley for their efforts in contributing to balancing out our nutritional pyramid. We will be down on the river at Pavilion #2 again in June.

As always, I am open to any questions or comments. I can be contacted at 682-3012, 217-8604 or at shollowell@aristotle.net

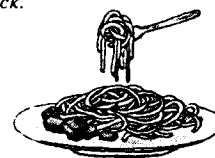
From The Kitchen Of ... Lou Peyton

Greek Pasta Salad

12 ounces of vermicelli pasta - broken, cooked and drained
4 ounce jar of pimientos, drained
1 large can sliced black olives, drained
5 green onions, sliced thin
8 ounces of feta cheese
1/4 cup olive oil
1/4 cup Crisco Savory Seasoning
Vegetable Oil - roasted garlic flavor
3 Tbsp. mayonnaise
3 Tbsp. fresh lemon juice
3 Tbsp. Cavender's Greek Seasoning

Place cooked pasta in a bowl. Mix together all remaining ingredients except feta cheese and toss with pasta. Add feta cheese and toss again. Top with additional feta cheese, if desired. Serve hot or cold.

According to Cindy Hedrick, this was a "fabulous" salad and everyone was clamoring for the recipe. Lou brought it to the May LRRRC potluck.



Two LRRRC Members Graduate From UALR

Long-time Club member and former treasurer Shirley Pence, a 78-year-old great-grandmother, graduated with honors from UALR with a degree in political science.

Dawn Peoples, one of those fast, thirty-something runners, graduated from the UALR School of Law.

Congratulations to both of these bright graduates on their accomplishment.

June Meeting

June 17, 2004
6:30 p.m.

Murray Park
Pavilion 2

Potluck Dinner

World Class “Flying Nun” Pays A Visit To “Olrunr”

By Bill W. Hoffman

The “Flying Nun” is still second to none – worldwide. Marion Irvine of San Rafael, CA, became a sister in the Catholic St. Dominic Order in 1947 at age 17. She will be 75 next October.

Sister Marion set the women’s masters (age 50-plus) world record in the marathon in 1980 by running 2:55:16. She later set the world record in the 60-69 age category in the 2,500 meter with a 10:26:02.

The “Flying Nun,” as she is known in running circles, became the oldest person to ever qualify for the U. S. Olympic marathon trials when she ran 2:51:00 in 1983. She ran the trials at age 54 the next year in 2:52:02. She is still the oldest female to ever accomplish this feat. She was inducted into the Road Runners Club of America Hall of Fame as well as the Masters Track and Field Hall of Fame.

All of this world class running began in 1978 at age 48 for “health reasons.” Soon she quit smoking and “got serious” when she found out running was something she could do well.

Sister Marion went on to compete in the World Veteran’s Games from 1985 until 1993 when she ran a 1:29:56 half marathon at age 64. At that time she was juggling her career as a nun, she was a school principal and, all the while, she was competing intensely as a world class athlete. She decided it was time to ease off. She still runs about 20 miles a week, works at staying fit on various cardio machines and on the weight floor. She also continues to work, part-time, in the social justice field on a national basis.

So why did the Flying Nun fly into Little Rock recently? She has been here twice before over the years to visit her dear friend Dr. Lee Lee Doyle. The two attended Dominican College in San Rafael together. Also, in April 1988 Nike paid her expenses as an invited runner for the annual Pepsi 10K race held in downtown Little Rock. Pepsi was by far the biggest race in Arkansas at that time, drawing as many as 2,500 or more entrants. Sister was 58 years old, ran a 41:34 and was the tenth overall female finisher.

Sister Marion’s friend Lee Lee is a fitness client of Carla Branch, personal trainer at the Little Rock Athletic Club. The two got their heads together last winter and decided that Sister Marion needed to come to Little Rock and run the two-person relay in the Little Rock Marathon set for March 7 with another old road warrior: this writer. I can sometimes refuse one devious woman but not often two. So it was agreed. Then the management of the marathon decided there would be no two-person relay this year and I assumed that was that.

Later, after the marathon, Carla began telling me some obscure tale that she would like for me to run our regular Tuesday 10K training run with a client’s male friend. She said she couldn’t be there that day and the “friend” didn’t know the course. At the appointed time I pulled into the parking lot and there was Carla, her husband Mike and, who was this? It was Dr. Lee Lee Doyle! Carla sprinted over to my car with a mile-wide grin and asked if I knew who I was about to run with. Before I

could venture a guess, she shouted: “It’s Sister Marion Irvine!” I remembered her, of course, from that big Pepsi race in 1988, which I ran too, and her ensuing years as a star athlete. What a surprise! What a pleasure and honor to tag along with a world class runner. My friend and old racing nemesis Hayes McKinnie hooked up with Sister and me down the road. He was as surprised as I was. Sister told me she was known in racing as always running a steady pace and it continues to be true to this day at age 74. She’s tough on an old goat two years her senior.

I asked Sister for her philosophy of life and running: “Running affords the perfect integration of body and spirit – it makes for a fullness of life,” she said.

Later, over coffee at Lee Lee’s, we discussed Sister Marion’s life and running career. I still get a warm glow when I think about what a wonderful, gracious lady and athlete she is and how she has proved that age should never be a barrier to establishing and seeking great goals and living life to the fullest.

Editor’s Note: Bill W. Hoffman, a Little Rock native and retired Air Force Lt. Col., was a charter inductee into the Arkansas Roadrunners Hall of Fame. He has completed 29 marathons in the U.S. and Europe, including 11 straight Boston Marathons, where he ran a 3:04:30 at age 61. That same year, disguised as an old man, he “snuck” by Sister Marion in 38:23 in that Pepsi race.

Canoe/Kayak Race Will Be June 27

If you are a runner who has expanded your field of dreams to include adventure racing, you soon will have an opportunity to train for the paddling portion of the race.

June 27 is the date of Arkansas’ premier canoe and kayak race. All levels of paddlers are welcome in two divisions: a four-mile and eight-mile course. The race starts at 9 a.m. at Burns Park and finishes near Gator’s Restaurant, where the awards ceremony will be held. Shuttles will be available back to the start. The entry fee is \$20 or \$25 on race day.

For more information e-mail race director Rob Lambert at rob_lambert@sbcglobal.net or go to www.raidtherock.com

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Germany To France Marathon Is Held - In Indiana

By Al Becken

The discovery of mineral springs and salt licks in southern Indiana is credited to George Rogers Clark on an expedition in 1778. Later, the French settled here. But, even before Clark and the French arrived there were Indians, buffalo and other animals that came here for the salt and other minerals that bubbled up from the springs. Next, it became a stage stop. Later it became an inn and still later a resort and spa. Today, located in southern Indiana about 65 miles northwest of Louisville, KY, it's known as French Lick Springs and Spa.

The Germany to France Marathon begins at the railroad museum between French Lick Springs and West Baden. You can see the French Lick Springs Resort and Spa (host hotel) and West Baden Springs Hotel from the start. The course winds its way around the countryside of the two communities and finishes at the Spring Valley Jr./Sr. High School. The entire course is paved with hills, but most of the hills are long inclines. The race flyer states: "Remember that there are as many down hills as there are up."

Dr. William Bowles purchased the salt lands (springs) from the state of Indiana in 1832. He built a hotel and health spa on this location, which prospered and became known as the French Lick Springs Hotel. Bowles left for the Mexican War in 1846 and leased the hotel to Dr. John Lane. When the lease ended, Dr. Lane decided to build a competing hotel a mile away, which is known today as West Baden Springs (named after the mineral springs and spas of Weisbaden, Germany). By 1860 both inns (hotels) were well established and prosperous. Both hotels were plagued by fire at various times and burned to the ground.

Packet pickup for the marathon is at the Indiana Railway Museum – about a quarter mile from and within site of both hotels. The Railroad Museum has 10-mile rides into the Hoosier National Forest, through the 2,200 foot Burton Tunnel and the hilly Ohio River Valley country. The pre-race dinner is at the Senior Citizens Center on Larry Bird Boulevard (famous

basketball star's home) and across from the high school – about six blocks from the hotel. The spaghetti dinner, including the deserts, was prepared by the senior citizens and I couldn't resist three different deserts that I was encouraged to take.

On the early morning of June 14, 1901, the West Baden Springs Hotel burned to the ground. There were over 400 guests, but miraculously not one person was lost or injured. Lee W. Sinclair, who had been a guest at the West Baden Springs Hotel and owned it at the time of the fire, decided to construct a dome with rooms circling the perimeter of the dome – largest dome in the world at that time and considered the eighth wonder of the world. Sinclair could not find an architect to quote on the project until an unknown 35-year-old West Virginia architect, Harrison Albright, volunteered to do the project. The Rotund is a six story domed atrium constructed of steel and concrete and covered with glass, still considered the largest promenade in the world.

The marathon started at 8 a.m. EST (time zones split Indiana). Walkers start at 7 a.m. Spring flora was in full bloom for this April marathon providing a splash of color along the course. At the start of the marathon the sky was overcast, but later on the sun broke through and the temperature rose to the high 70s. I had been warned that the temperature could reach the 80s so before the start I dug into my Apache survival bag and smeared bear grease (better known as sunscreen) over my face, arms and legs. There were only about 80 marathon runners and 20 walkers.

There were students from the Spring Valley High School serving as course monitors and at water stations. I walked over to the marathon start line early and struck up a conversation with some of the students who were gathering for their assignments. I discovered that some were running track or cross country in high school, but none tackled this marathon because track season was not over. I kidded one young cross country

runner by the name of Travis, because that is a Texan's name (commander at the Alamo) and suggested that he could be running the marathon.

At about mile six on a long incline up Route 145, I noticed a state police car parked across the highway with its red, blue and white emergency lights blinking. A number of cars were already stopped. Further up the road I saw many flashing lights. As I passed the parked cars I asked what had happened. One of the stopped car passengers said a runner had been hit by a car. As I neared the area of the accident, I noticed it was an intersection and also a right turn on the course. Soon I could see the EMS vehicle, fire engine, a medical evacuation helicopter and several police cars. All runners were being directed onto the grass for the turn and to avoid the accident. This course turn was also a water station. I asked an adult male water station assistant what had happened. He said that one of the high school students monitoring the intersection had been hit by a car. "Who?" was my inquiry. "A young lad by the name of Travis" was the reply.

As I crossed a bridge a quarter mile further down the road from the intersection I could hear the helicopter take off. Further on I passed one of the lady walkers who said she saw the accident happen and never wanted to see anything like that again. I was pleased to hear a month later that Travis had no life threatening injuries or broken bones.

In addition to the spa, French Lick Springs has a variety of recreational activities for the whole family: golf, a large indoor/outdoor swimming pool, horseback riding, volleyball, basketball, horseshoes, badminton, shuffleboard, tennis, croquet, and a fitness center. There is an excellent restaurant in the hotel and a variety of restaurants in the town of French Lick, which is adjacent to the resort. If you would be interested in this marathon and/or a recreational weekend contact: French Lick-West Baden Chamber of Commerce, P.O. Box 347, French Lick, IN 47432; phone 812-936-2405 or go to www.frenchlick-westbadenc.org/events/gfinfo.php.

LRRC Celebrates 50th Anniversary Of Bannister's

By Bill Harrell
LRRC Racing News Editor

The date May 6, 1954, may not mean much to some of you but some of us grew up hearing about it from our parents and coaches. That was the date Roger Bannister broke the four-minute mile. Breaking four minutes in a mile might seem ho-hum these days if you watch a lot of track meets on TV but it was a huge accomplishment 50 years ago.

The LRRC celebrated on May 6, 2004, and may have been the only running club in the nation to have done so. But before I tell you about that celebration let me tell you a little known fact that ties Bannister's run that day to the LRRC.

I was reading the "Today in History" column in my hometown (Hampton) newspaper recently and it mentioned that native son Hayes McKinnie was attending a track meet in Oxford, England, in May of 1954. Well, needless to say I became real curious and started researching this profusely. I found out that not only did Hayes attend that historic meet ... he ran in it.

Apparently Hayes was paid a lot of money to be the rabbit for Bannister. But Hayes, being the competitive guy he is, decided he wanted to run the whole race. Being the rabbit he was already ahead after two laps and knew the others would have to work extremely hard to catch him.

But as Hayes was about to start the last lap he noticed that the beer for the victory celebration was already set up. Nobody has ever called Hayes dumb (well, they have, but that's another story) so he quickly stepped off the track and poured him a cold mug.

Hayes was quoted as saying, "I really think I could've beaten Bannister but do you know how much bloody ale those blokes can drink in a minute? Hell, do you how much bloody beer I can drink in a minute? I had to be sure I got my share of the beer. I can break four minutes anytime."

Bill Hoffman, Hayes' mentor, said that's what has kept their friendship so steady throughout these years. Accord-

ing to Heir Hoffman, "Not only does Hayes have a good sense of priority but he can speak two languages fluently, English and American, and I really admire him for that."

Of course Hoffman can only speak Alabamian; anyone who has received an e-mail from him knows what I am talking about. No wonder he admires Hayes so.

John Naill, the official historian of the LRRC, called me on May 3rd and asked me to join him in a celebration of the breaking of the four-minute mile on the 6th. I gladly accepted and along with Jim Barton and Fletcher Ward we had our celebration team intact.

On the afternoon of the 6th we showed up at our local track and would you believe that the school had the gall to schedule a track meet that day. After telling us to get lost because they didn't care what day it was we decided to put Plan B into effect and get lost.

We drove to Cook's Landing where Jim has the trails marked in quarter mile increments. The plan was to run a mile and simulate the exact finish the race 50 years earlier. We ran into one problem though: nobody could break four minutes, or five minutes or six minutes. Although Jim Tom said on a good day that barrier would be broken.

So somebody said how about a relay. That calculates to four sub 60 second quarters. That was soon dismissed too. So John, being a U of A graduate, came up with the brilliant idea of a four-men mile. Bannister ran a four-minute mile; we ran a four-men mile. After the four-men mile we ran all out for four minutes. Although none of us covered a full mile in four minutes if you add up our total distance a full mile was covered.

Then, to keep tradition intact, we celebrated with the post-run beer. We are lucky Hayes didn't show up or there wouldn't have been any beer left by the time we finished our run.

Paul Ward will be taking over the presidency of LRRC from Steve Hollowell shortly. Steve told Paul to follow him around for awhile and he too would become an excellent leader. (?)

Paul took that to heart. Steve entered the Christ the King 4-miler on May 1st and Paul entered the Christ the King 4-miler. Steve won 40-49 in 28:39 and Paul followed in 30:17 for third. I do not know if Paul followed Steve to the showers too.

A number of you hopped over to Conway that same day for the Toad Suck races. Some of the names I have in the 10K include Ginea Qualls who ran a 57:18 and Angie Heringer who was overall winner in 40:35.

Ginea's Mom, Barbie Hildebrand, was the overall master in 42:59 and Mackie Buckelew finished second in 45-49. Joy Ballard came second in the 50-54 group with a 56:42 and Linda Fason ran a 1:06:42 in that age group. Rosemary Marston and Linda House were the top two in 55-59 with times of 1:08:17 and 1:10:43. Coreen Frasier took second in 60-64 with a 1:02:41 and Rosalind Abernathy won 75-79 in 1:31:55.

The males had Brian Sieczkowski winning 25-29 in 38:24 while Bill Torrey and Jim Barton took first and third honors in 45-49 with 39:19 and 40:09. R.C. Fason ran a 52:18 in the 55-59 group. Charlie Dunn was third in 60-64 with a 47:40 and David Samuel was fifth in 52:05. Jim Yamanaka, Hayes McKinnie and Carl Northcutt were 1, 2 and 5 in 70-74 with times of 51:25, 52:31 and 1:16:58. The winner of 80-84 was Bob Abernathy in 1:23:00.

Leah Thorvilson was in the money at the Run for Their Lives 5K on May 15. Leah was the overall winner in 18:00 and Liz Borrell took second with an 18:42. And Ginea Qualls kept up her strong running with a 25:12. Kelly Thompson ran a 21:55 for second in 40-44 and Mackie Buckelew was second in 45-49 with a 23:47. Libby Taylor ran a 46:50 and Sybil Taylor had a 54:59.

The guy side has Steve Hollowell running a 21:04 and Bill Torrey, Brian Polansky and Jim Barton 3, 4, 5 in 45-49. Their times were 18:54, 18:59 and 19:18. Richard Nix won 50-54 in 20:23 and the running Randy's. Taylor and Oates, won their respective age groups. Randy Taylor in 55-59 with an 18:34 and Randy Oates in

Breaking Of The Four-Minute Mile On May 6, 1954

60-64 with a 22:56. John Wooldruff ran 45:00 and Jim Yamanaka won 70-74 in 25:37.

Three of our members entered the Chenal 5K a week later and all three won their age group. They were Richard Nix in 50-54 with a 21:13, R.C. Fason in 55-59 with a 26:02, and Leon Matthews in 65 and over with 33:03.

Meanwhile, across town, some of you were dogging it at the Paws on the Pavement 5K. The LRRRC administered both races and both came off without any problems. But it was two in one day; I propose we spread 'em out next year.

I've yanked the Paws results from Arkansasrunner.com so please check it for the full results of all races. But I can make fun of you if I write about you and one of the guys I pick on the most is Larry Graham. But dang if Larry didn't finish seventh overall in this race. Larry, named for one of the Three Stooges, ran 20:05. He was obviously avoiding Nix who ran Chenal.

I could make fun of Jimmy Thompson, although he ran a 21:30, for letting Graham beat him but I won't. I'm going to wait till Kelly beats him. She's doing speed work and he's not ... so it won't be long. Allen White ran 22:14 and apparently didn't get hauled off in an ambulance. Then there's Keith Collard. Keith ran a 22:59, and there is so much I can say about him but he gets enough from Kathy that I'll give him a reprieve.

Of course, there is nothing but respect for our female members, especially with the times they are running now. Barbie Hildebrand seems to dominate this race as she was once again the overall winner. She ran 20:48 this year.

Mackie Buckelew ran a 24:16 and Joy Ballard had a 26:21. Ginea Qualls and Judy Lansky had a duel with times of 27:06 and 27:19. And then there is Kathy Collard who just keeps improving. She ran 28:29 and is definitely whipping Keith into shape too.

Since I'm late once again with my copy I'll get a head start on next month's by giving you the results from the Camp Yorktown Bay Half Marathon, 10K and 5K held on May 30th. This is a very easy, fun

course that everybody needs to run at least once. (hee hee)

There were three young ladies in who ran the Half. Mackie Buckelew was fourth in 45-49 with a 2:06 and Joy Ballard and Linda Fason third and fourth in 55-59 in 2:17 and 2:43.

Harold Hays was fifth in 45-49 with a 1:56 and R. C. Fason was third in 55-59 with a 2:13. Bob Taylor and David Samuel were second and fifth in 60-64 with times of 2:13 and 2:36. Jim Yamanaka won the 70-74 in an amazing 2:04.

That's all the results that I can find presently but I do want to congratulate Shirley Pence and Dawn Peoples on

their graduation. Shirley, the youngest 78-year-old to graduate ever, got a political science degree from UALR. Dawn graduated from the UALR School of Law and is looking forward to taking the Bar.

Dawn, if you let Shirley take you to a bar you'll get educated on fine wines. Way to go you two. The only thing better would be to graduate from my school, UAM, which is known as the Harvard of Drew County.

I understand UAM is going to change its name though when Interstate 69 is finished. They will be known as I-69-U. I can't wait on the new mascot.



Sister Marion Irvine and Bill Hoffman, also known as "The Flying Nun" and "Olrunr," embrace after a 10K training run. (Article on Page 2.)

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.

June

- 12: Dinosaur Festival 5K at Nashville, AR. Call 870-845-7405.
- 12: Flat as a Pancake 5K at Wynne. Call 870-238-5528.
- 12: Leann Harris Memorial 5K at Arkadelphia. Call 870-230-1965.
- 12: Boys & Girls Club Pioneer Day 5K at Waldron. Call 479-637-2802.
- 12: Ice Cream Social 5K at Berryville. Call 870-423-5257.
- 12: Gary Schuchardt Memorial 5K at Jonesboro. Call 870-935-3658.
- 12: Mt. Magazine 15K at Havana. Call 479-968-0286.
- 12: Springdale Lions Roaring 5K. Call 479-751-5222.
- 12: Pink Tomato 5K at Warren. Call 870-226-5225.
- 13: Andy's Fun Run.
- 19: ArkansasRunner 2M at Benton. **GPS SC**. Call 501-315-9252.
- 19: ASPE Firecracker 5K at Springdale. Call 479-751-8733.
- 19: Bill Prewell Memorial 4M at Booneville. Call 479-675-2571.
- 20: Andy's Fun Run.
- 26: Brickfest 5K at Malvern. Call 501-332-2602.
- 26: Cancer Challenge 10K/5K at Bella Vista. Call 479-273-3172.
- 26: Police Red-White-Blue 5K at Mountain Home. Call 870-421-2986.
- 27: Andy's Fun Run.

July

- 3: Freedom 5K at Jonesboro. Call 870-933-4604.
- 3: Firecracker 5K at Little Rock. Call 501-221-0017.
- 3: St. Jude Firecracker 5K at Memphis. Call 901-765-4409.
- 4: Andy's Fun Run.
- 11: Andy's Fun Run.
- 17: Peach Festival 4M at Clarksville. Call 479-979-1228.
- 18: Andy's Fun Run.
- 24: Maumelle Fitness Club 5K. Call 501-730-8678.
- 24: Ding Dong Daddy Days 5K at Dumas. Call 870-382-4303, x234.
- 25: Andy's Fun Run.
- 31: That Dam Night Run 5K at Lake DeGray. **GPS**.

August

- 1: Andy's Fun Run.
- 7: HealthSouth 4M Classic at Batesville. **GPS**. Call 870-793-2464.
- 7: Escape from Turkey Mountain 5M at Tulsa, OK. Call 918-492-3338.
- 8: Andy's Fun Run.
- 14: Run for the Grapes 5K at Tontitown. Call 479-361-1100.
- 14: Watermelon 5K at Hope. **GPS SC**. Call 870-777-1917.
- 15: Andy's Fun Run.
- 22: Andy's Fun Run.
- 28: Rollin on the River 5K at Little Rock. Call 501-227-3700.
- 28: White Hall Founders' Day 5K/2M. Call 870-540-6526.
- 29: Andy's Fun Run.

Birthdays

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

- 1 – Margaret Blue
- 4 – James Terbrack
- 4 – Karl Kullander
- 5 – Lynda Easter
- 6 – Jim Smallwood
- 11 – David Qualls
- 15 – Charley Eagle
- 16 – Jim Pearsall
- 19 – Mary Jo Watkins
- 21 – Lani Black
- 21 – Tamara Heineman
- 22 – Debbie Thompson
- 23 – Cariana Celeste
- 23 – Joy Ballard
- 24 – Glenn Davis
- 24 – Jay Rogers
- 24 – Karen Call
- 28 – Kristy Sieczkowski
- 28 – Luise Armstrong
- 28 – Roy Hayward
- 28 – Yvonne Thompson
- 29 – Brian Sieczkowski
- 29 – John Woodruff

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, call 851-4655, or 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 newsletter mailing label.

Retreads

The Retreads will 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. This is Dutch Treat. Just show up and look for the Old Runners -- Retreads.