

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2004

## October Speaker Had A Big Pain In The #@\$\$#

By Paul Ward  
LRRC President

In the past several months I've encountered two Karens who had a pain in their posterior area, and they were not speaking figuratively about men in general or me in particular. Both Mses (what's the plural of Ms.?) Call and Irico had this pain that hampered their running, but I believe both are now mostly recovered and back to their running routines. I was fortunate to see both Karens at our Club meeting October 21 and I wondered how their internal posterior pain compared to Coreen Frasier's external posterior pain this summer. You see, Coreen spoke to us about her bicycle trip across the U.S. this summer. I think riding 4,080 miles would cause just a little seat soreness.

Coreen spoke for a little bit, then showed a PowerPoint presentation of pictures from her trip. Here are the details. Coreen and her bike got a ride from here to Washington State, where the journey began in June. Three others rode with her as they headed eastward across the northern U.S. border states. Coreen has ridden across the country before, but this trip was without the use of a commercial company that would tote her gear. The rough riders used "panniers," which are, in effect, saddle bags for your bike. They toted clothes (but not many), a small stove, cooking fuel, and their homemade dominos.

The double duo encountered subfreezing weather in the mountains. They pedaled for hours up a mountain to pass the Continental Divide. It took many hours to go up, but only one to go down the other side. In Montana they saw more trains than people. The trains were full of double stacked trailers that you see on trucks on the highway. From there it was

on to North Dakota, Minnesota, and Wisconsin. They took a four-hour ferry ride across Lake Michigan, and encountered the famous summer mosquito swarm you hear about in Michigan. Fortunately, they persuaded a park ranger to let them stay overnight in an enclosed pavilion that night. Coreen said these mosquitoes were the low point of the trip.

From Michigan they dipped down into Ohio and went around Lake Erie and into Pennsylvania and New York. Coreen took a side trip into New York City and saw demonstrators outside the Republican National Convention. Too bad she wasn't able to run over Tom DeLay.

Coreen also detoured into Canada, and showed some great close up pictures of Niagara Falls from that side. I imagined seeing Bob Taylor going over the falls in a barrel as part of some adventure race, but I figured that would be too much of a stretch after his torpedoed adventure earlier this year. From there it was on to Vermont, where she told Howard Dean all the states she'd visited, teasing him about his post-Iowa Caucasus speech loudly announcing the states he'd be visiting. "I went from Washington to Montana, then North Dakota... Pennsylvania, New York, and then we're going to Maine. YEEAHHH!"

Seriously, she crossed into New Hampshire and Maine, where the trip ended in Portland, Maine. All in all, the trip took almost 80 days. They rode 73 days and took six days off. They averaged about 65 miles per day. Coreen said in retrospect that this was too much. She'd prefer more days off and fewer miles per day riding fully loaded. Her bike served her well. She had no mechanical problems until she got a flat tire in New York. After the trip, a company in Maine

disassembled, packed, and shipped her bike home to Little Rock. Coreen took Amtrak to Chicago, then home.

The foursome usually rode in pairs, sometimes separated, and communicated by cell phones. The others were vegetarians, so their meals revolved around pasta, vegetables, tofu, cheese, fruit, and, of course, ice cream. If you can imagine Coreen any slimmer, she said she lost ten pounds. Sometimes they camped in parks, in town, or on a church lawn. Sometimes they'd stay in houses of people they'd met that day on their ride. They'd cook every other day, and do laundry about every three days. Coreen said they'd go in a laundromat, strip down, and wash and dry their cycling clothes. The high points for Coreen were staying in homes and having home-cooked meals, and a stint in a hot tub. I'm sure that felt good for sore muscles. For navigation, they used special maps for cyclists, but Coreen said she liked Rand McNally maps better.

Coreen said her next cycling trip will be in Arizona. That state, plus Alabama and Alaska, are the only ones in

(See Pain on Page 2)

### November Meeting

November 18, 2004

6:30 p.m.

Whole Hog Cafe  
Riverdale Shopping Center

Speakers:

Tom & Hobbitt Singleton  
Little Rock Marathon Coaches

# Pain

(Continued from Page 1)

which she has not ridden. The pictures she showed us were a fraction of the thousands they took. So if you want to see the sights she did, just ask her. And thank you very much, Coreen, for speaking to us.

Moving on a little ways from the part of your anatomy that rests on a bicycle seat, last month Bill Harrell wrote about running in a race benefiting cancer of the prostate. I read that next to skin cancer, prostate cancer is the most common cancer in men. In the U.S., a man is 33% more likely to get prostate cancer than a woman is to get breast cancer. So to all you men, use your sunscreen and get an annual prostate exam. Speaking as one who has been personally probed, it's not as bad as you might think.

This also brings me to my annual rant about sex discrimination. The Prostate Cancer 5K allows females to enter, even though females have no prostate. The Race for the Cure does not welcome males to run, even though a few thousand males get breast cancer each year. That's not right. Some Susan Komen Foundation races in other cities do allow men to run. The reason I've heard locally for not welcoming men is that organizers think some women would be inhibited in entering if men participate. I doubt that. I think men are affected by breast cancer when their wives, significant others, mothers, daughters, or sisters are stricken. I think they should be able to run or walk hand and hand with the women who directly face this cancer.

Locally, men can pay an entry fee and stand on the side and watch the women go by. This "Three Miles of Men" doesn't cut it for me. When Rosa Parks got on the Montgomery bus over four decades ago, the law required her to ride in the back. It didn't require her to pay money, stand on the side of the road, and wave as the bus went by.

Now I'll jump off my soapbox and give you some announcements. Our next and last meeting this year will be on the third Thursday as usual, November 18, at Whole Hog Café. Come at 6 p.m. to eat, or 6:30 p.m. to hear our program. Tom and Hobbit Singleton, two of the Little Rock Marathon coaches, will talk to us about their recent certification as RRCA coaches and about our marathon. I hope you can make it.

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. This is potluck, so bring a dish. The Club will provide beverages. Dress is casual, or optional. I guess we'll play "Dirty Santa" as usual. I'll try to send an e-mail reminder that month. Thank you Steve Hollowell for arranging this for our Club. No coal in your stocking this year!

The preceding Saturday, December 4, is the Christmas party of the Arkansas Running Klub. Nancy Collins is hosting this again at her Hillcrest abode. This party is open to LRRC members, as ours is to ARK members, also starts at 6 p.m., and is potluck. Around Christmas time, Nancy has an even greater twinkle in her eyes.

ARK president Bob Marston and first lady Rosemary will host a fun run and breakfast Saturday, December 18, starting at 8 a.m. Contact him for directions. All are welcome.

Last year we had a couple of holiday fun runs in the Hillcrest and Heights areas of Little Rock. We'll do this again this year on Thanksgiving and Christmas Eve day. Both start at 7 a.m. and begin from the Salon Avatar shopping center on Kavanaugh, between Evergreen and L Streets, across from "The Living Room" and Angels in the Attic thrift shop. We had a whole range of runners last year, so please join us.

In January we will have our annual Hilly Chili run Sunday, January 30. Donna Cave will host us again at her Crestwood Alpine Redoubt. Watch this space for more details. Our next regular meeting will be in February.

Writing about all these holiday events has put me in a happy mood. No more curmudgeonly criticisms from me! So no one gets the doghouse of the month award. I know you're relieved to hear that. For the penthouse award, I want to honor and thank two couples, Bob and Rosemary Marston, and Bob and Sybil Taylor. Both running couples participate in both the LRRC and ARK, support and volunteer in local races on both sides of the river, and are great resources for advice on running. Their being nice people is icing on the cake. So congratulations Bobs, Rosemary, and Sybil. Your contributions are much appreciated.

Speaking of ARK, they contributed several hundred dollars toward the NLR River Trail from proceeds of their 5K race in September. If you're not a bi-club member (as contrasted to a bi club-member) like me, please consider joining ARK in addition to the LRRC to support the trail.

If you have a burr in your bicycle saddle, a constructive comment or unconstructive criticism, a suggestion for a speaker or topic, or a nominee for our monthly Penthouse and Doghouse awards, contact me at 664-0060 or 682-5881. I hope you and your family have a happy Thanksgiving. And I'll let you know where I'm registered for Christmas gifts so you can shop for me early!

## 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](mailto:lhouse@pcssd.org).

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# Steve Is His Name And Trophy-Hunting Is His Game

By Bill Harrell  
LRRC Racing News Editor

If I were to say trophy hunting, whose name would come to mind first? Steve Hollowell, right? That's what I thought. Steve is as slick as the Olsen twins when it comes to finding races where he can easily win some hardware.

Steve was in Dumas recently and this month I'm reporting on races he's run in Heber Springs and Otter Creek. Granted Heber is his hometown, but he has to wear a disguise and register under a false name due to a city ordinance banning him from the city. He must really want that trophy.

It also helps that this is a night race. It was dark enough that the spectators couldn't recognize the runners. This race was held October 2 and Steve managed a third overall in a time of 19:21. The lovely Cindy Hedrick was with Steve and she won her age group in 28:16. The equally lovely Tammy Walther was also there and she ran a 20:05 and was second overall female.

Tammy was also one four Club members who finished in the top 10 at the Race for the Cure. Second place overall went to Jenny Johnson in 19:52. The 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> finishers were Sarah Olney in 20:35, Barbie Hildebrand in 20:38 and Tammy Walther in 20:44.

Ginea Qualls ran a 25:22 that day and Carol Torrey had a 26:26. I can't imagine running a race that huge that isn't designed to be a race. Ginea got passed in the chute and Barbie, Tammy and Sarah had their finisher tags swapped at the finish. Of course, with that many entrants and without Bill Torrey in charge there's gonna be a couple of problems.

I apologize to any of you who ran the Race for the Cure that I didn't mention. I tried to cross reference the finishers with my Club roster but these old eyes tend to fail me on occasion. Please send me your name and time and I'll publish it next month (if I can remember to do an article).

A few of you managed to get up to Fayetteville on the 16<sup>th</sup> for the Chili Pepper 10K. It looks like everyone who went up there ran well except Larry Graham.

Jenny Johnson and Sarah Olney were the third and fifth overall finishers with times of 41:33 and 43:44. Jenny is training for the Honolulu Marathon in December. If training helps you run, which some people say it does (I don't believe it since it's never worked for me.) then Jenny is going to have one heck of a marathon.

David Williams ran a 37:48 at CP and Brian Polansky ran 38:18. I heard that Brian slept in his car the night before. He's probably been banned from all the motels. Former Razorback runner Randy Taylor ran a 39:26 and Jim Barton had a 39:53.

Another former Razorback, farmer John Naill, ran 41:35. The name all of you have been waiting for, Larry Graham, ran 42:35. R.C. Fason ran a 53:41 and Jim Yamanaka finished with a 55:42.

The same day Steve Hollowell made his way to Otter Creek for the Tyler Curtis 5K. The one kink in Steve's

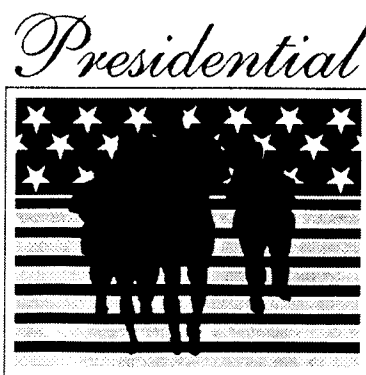
trophy-hunt plan is that he shouldn't slow down because there are other trophy hunters out there too. Steve ran a 19:56 and was sixth overall and, I believe, second in his age group.

Ginea Qualls was third overall in 25:12. I've heard a rumor that the one and only Mackie Buckelew was second overall but I don't have a time or verification of that. If I'm wrong then at least Mackie got a mention in the newsletter.

I honestly forgot to write a column this month. (I've only been doing it for about 15 years.) I walked in from doing some yard work and there was a message on my machine from Editor Linda. I won't repeat what I said when I got the message but I don't want Editor Linda on my bad side.

So I hope I didn't leave any of your times or races out of column. Please contact me or Editor Linda and she'll see to it that the error gets corrected.

## 5K Race Will Kickoff Library Opening



**5K FUN RUN**

November 13, 2004  
Little Rock, Arkansas

By Linda House  
Editor, *The Runaround*

The Clinton Presidential Center and Park will begin opening activities with the running of the Presidential 5K and Fun Run on Saturday, November 13.

The starting gun will go off at 8 a.m. in downtown Little Rock.

The starting line for the 3.1 mile course is at Markham and Broadway. The route will circle the State Capitol where former President Clinton served many years as Governor. The finish line is on Center Street, just south of the Old State House Museum's front gate at Markham and Center, where then-Governor Clinton announced his candidacy for President.

The registration fee is \$20 or \$25 on race day. All proceeds will benefit Little Rock Parks and Recreation. Online registration at [www.presidentialfunrun.com](http://www.presidentialfunrun.com) will be available until November 7. A mailed entry must be postmarked by the same date. The mailing address is: Little Rock City Hall, 500 W. Markham, Room 108, Little Rock, AR 72201.

Those who have pre-registered may pick up packets at City Hall from 10 a.m.-4 p.m. November 10-12. Pre-race registration will also take place at the same

# 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 LRRRC 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.

## November

- 6: Mid South Marathon and Half Marathon at Wynne. Marathon is GPS SC. Call 870-238-4235
- 6: Epilepsy 5K at Little Rock. Call 501-833-8680.
- 7: Andy's Fun Run.
- 13: Presidential Fun Run 5K at Little Rock. Call 501-371-4770.
- 14: Andy's Fun Run.
- 20: Spa 10K at Hot Springs. GPS SC. Call 501-520-4551.
- 20: Mountain Home Marathon, Half, 5K. Call 870-492-6625.
- 20: Turkey Trot 5K at Siloam Springs. Call 479-524-5779.
- 21: Andy's Fun Run.
- 21: Philadelphia Marathon. Call 215-685-0054.
- 27: Great Duck Race 10K at Stuttgart. GPS. Call 870-673-1602.
- 28: Andy's Fun Run.

## December

- 4: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 4: Downtown Tinseltown 5K at Russellville. Call 479-890-6625.
- 4: Memphis Marathon and Half Marathon. Call 800-565-5112.
- 5: Andy's Fun Run.
- 12: Andy's Fun Run.
- 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 Arizona Marathon at Phoenix. Call 800-311-1255.
- 16: Andy's Fun Run.
- 23: Andy's Fun Run.
- 30: Andy's Fun Run.
- 30: Miami (Florida) Marathon. Call 305-278-8668.

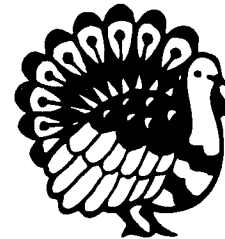
## February

- 6: Andy's Fun Run.
- 12: Valentine Day 5K at Russellville. Call 479-968-4272.
- 13: Andy's Fun Run.
- 19: Lung Run Half Marathon at Little Rock. 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..

# Birthdays

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

- 2 – Nancy Collins
- 3 – Shirley Pence
- 6 – Lloyd Moore
- 8 – Bill Crow
- 10 – Matt Beisel
- 11 – Judy Lansky
- 12 – JoAnn Plunkett
- 13 – Celia Storey
- 16 – R. C. Fason
- 18 – Lynne Matthews
- 18 – Robert Abernathy
- 19 – Tom Zaloudek
- 21 – Lynn Major
- 30 – Elizabeth Parry



## Library (Continued from Page 3)

time and location. Race day registration and packet pickup will be held from 6:30-7:45 a.m. in a tent on the grounds of the Old State House.

All participants will receive an official race shirt. Finish awards will be given three-deep to overall and overall masters runners, walkers, and wheelchairs in both male and female categories. Age group awards will also be given three-deep in 14 age groups.

To take part in the race activities without running, volunteer to be a course marshal to man the streets of Little Rock to keep cars at bay and the runners on course. To volunteer, contact Linda Sue Sanders at 501-228-2008 or 501-744-2039 or e-mail [suewho2@att.net](mailto:suewho2@att.net).

Gina Marchese Pharis is race director. Contact her at City Hall at 501-918-5321 or [gmarchese@littlerock.state.ar.us](mailto:gmarchese@littlerock.state.ar.us).