

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2004

Climb Every Mountain ... NOT!

By Paul Ward
LRRRC President

Those of you looking for new challenges might find one in the Pike's Peak Marathon. Jack Evans, who leads the Arkansas Pike's Peak Marathon Society, spoke to the Club September 16 about this interesting race. For the historically challenged, this Colorado mountain was named after Zebulon Pike, who "discovered" it in 1806. After his attempted ascent failed, he said no one could climb the mountain. Katherine Lee Bates composed "America the Beautiful" in 1893 from her inspiration of Pike's Peak. The Pike's Peak Toll Road, opened in 1916, is the second highest highway in the world. A cog railroad, begun in 1891, also operates.

The first up and down race occurred August 10, 1956. The founder of the race wanted to commemorate the 150th anniversary of Pike's discovery of the mountain and prove that smoking reduced one's physical endurance. Thirteen runners accepted the challenge and the three smokers did not finish. The race has run every year since then, and next year's race will mark the 50th Pike's Peak Marathon.

Pike's Peak is the second oldest U.S. marathon but the first one to allow women participants. There are two separate races: a Saturday half marathon ascent to the top, and a Sunday ascent and descent, for a full marathon. Some hardy souls (soles) do a "double" – both the Saturday ascent and the Sunday ascent and descent. The ascent goes up 7,500 feet at an 11 degree incline over roads and trails. The descent covers the same route as the ascent, although the start and finish lines are separated.

According to previous Pike's Peaker Bob Marston, the Saturday ascent counts for "doing the Peak." It's a tough uphill hike, with little actual running. The ascent fills with applicants faster than the full marathon, so be sure to register early if interested. Next year's race will be a big one because of the 50th anniversary. Bob recommends registering for it in February, training with the Little Rock Marathon training group and running the Little Rock half marathon, then continuing your training with the Arkansas Pike's Peak Marathon Society. The APPMS has over 550 members, although not all go every year.

Jack is looking for 200 Arkansans to go next year and he's already reserved all 55 rooms at the Silver Saddle, the traditional APPMS hotel. To prepare for the annual run, the APPMS has weekly training runs in the summer on roads, hills, and trails in Pulaski, Saline, and Garland Counties. Contact Jack if you have any questions or if you want to accept the challenge.

But why? Jack says Arkansans do this marathon for several reasons. The main reason is to define one's self. This is a very challenging race. Other reasons include visiting Colorado, escaping the Arkansas summer heat, foolishly believing a friend who says it's a "piece of cake," looking for a mate, training for a future flatland marathon, and enjoying the experience with fellow Arkansas runners. The APPMS is a well recognized group at each year's run.

Returning to level ground, the Monday before our meeting, UALR men's and women's track and cross country coach Kirk Elias spoke to the Arkansas Running Klub in North Little Rock. Kirk mentioned some of the advice he gave us

when he spoke at two LRRRC meetings earlier this year. Here are a few highlights.

How fast you run equals your maximal speed times your ability to endure. Just like a math equation. Kirk said most runners focus all their training on endurance. Your training needs to emphasize both speed and endurance. Your endurance consists of two power sources: aerobic (oxygen breathing) and anaerobic. The latter kicks in when the former is depleted, but you can't use anaerobic energy for long. After you run using your anaerobic energy, lactic acid develops and your muscles fatigue.

When you run at your aerobic threshold you should be able to breathe easily but not talk easily. If you can talk while running, you probably are below your aerobic threshold. Kirk said you should do some workouts at, below, and above your AT. The best training of the three is to run at your AT, but a variety of workouts is even better.

Kirk said you race the way you train. If you want to perform differently in a race, then adjust your training accordingly. The SAID acronym, Specific

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October Meeting

October 21, 2004

6:30 p.m.

Whole Hog Cafe

Riverdale Shopping Center

2516 Cantrell Road

Speaker: Coreen Frasier
Bike Ride Across America

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Adaptation to Imposed Demand, applies. If you train by running 11 minute miles, you become very good at running 11 minute miles. If you want to run faster, then train by running some distances at a faster pace. Your body adapts to that imposed demand.

Kirk emphasizes rest and nutrition. You should do no more than two stressful training activities a week. Your fitness level declines for 24-48 hours after such an event, so remember to rest. Adequate rest allows you to recover and eventually increase your fitness level. Contrarily, if you undertake another stressful training before full recovery, your fitness level declines even further and recovery time is even longer.

Kirk recommends eating your vegetables and he suggests you eat a variety of colors (red, green, yellow, orange, purple). In the last several years scientists have discovered beneficial phytochemicals in vegetables that help protect us from carcinogens.

I have some updates on the Arkansas River Trail since last month's newsletter. First, our Club has joined the Headwaters Partnership for the trail, so we will be included in future developments. I attended the Partnership's quarterly meeting September 9 and we got updates on the Medical Mile, Murray Lock and Dam pedestrian bridge, and unfinished portion of the trail from the Rebsamen Golf Course to the Baring Cross Bridge.

The Medical Mile will run from the Baring Cross Bridge to St. Vincent's Plaza in the River Market. This stretch should be completed by June. It will have trees, lights, and informational kiosks.

The federal Centers for Disease Control expressed interest in conducting a baseline study of the trail's effects on health and disease prevention. This research would be the first of its kind.

September 9 coincidentally was the first "contract day" for the pedestrian bridge. The contract term is 747 days, or about two years. The bridge will be 4,750 feet long (the longest pedestrian/bicycle bridge in the U.S.) and 14 feet wide inside. There will be lights and eight observation points on the bridge.

About 1,000 feet of the existing river trail on the Little Rock side by the lock and dam will be relocated to the railroad right of way to accommodate the necessary slope of the bridge and avoid the old cemetery in the woods at the base of that hill. On the North Little Rock side, the trail by Cook's Landing will be relocated to connect with the bridge. This route already is laid out.

The Roberts and Williams landscape architect firm will prepare drawings of the trail from the golf course to the Baring Cross Bridge. The route from the golf course to the Episcopal Collegiate School is set, but not from the school to the bridge. The three possibilities are to go in front of the school, behind the school, or up to the State Capital. Planners hope to have the trail completed in time to coincide with the pedestrian bridge's completion in two years.

On September 11 Pulaski County dedicated several miles of new trails in Two Rivers Park. Portions of these trails are close

to shade-providing trees and some offer nice views of Pinnacle Mountain. Future plans include a pavilion and separate boat docks for motorized and non-motorized crafts. The county plans to build a pedestrian/bicycle bridge connecting the existing Arkansas River Trail to Two Rivers Park. This bridge will run from the western end of the trail on the Little Rock side by the boat launch and Coast Guard station (just west of the I-430 Bridge) across the Maumelle River to the tip of the peninsula of Two Rivers Park. The design for this bridge should be completed by next summer. The county also has retained the same Roberts and Williams firm to prepare a trails master plan for the county.

Future plans after this include extending the trail westward on the Little Rock side to Pinnacle Mountain State Park, where the trail can connect to the Ouachita Trail.

You might remember from the last newsletter that eventually you can walk a trail from the River Market here all the way to Tulsa. If you don't feel like walking quite that far, how about bicycling across the country? Our own Coreen Frasier did just that this summer. She'll speak to us about this journey at our next meeting, October 21. We'll meet at the Whole Hog Café in the Riverdale Shopping Center. Join us at 6 p.m. if you want to eat or at 6:30 if you just want to hear our speaker. Place your order and get your meal at the counter, then join us in the large room at the far left as you enter the restaurant. I hope you can make it.

After former president Bill Clinton's September heart surgery, many Baby Boomer men with any kind of chest pain rushed to cardiologists to have their hearts checked. Physicians and nurses dubbed this the "Clinton Syndrome." In a local twist to this, many aging, non-hirsute males with pain in a different area took to heart Tom Barron's recent experience and headed to their favorite proctologist for a checkup. "Barron's Disorder" is now a familiar term in local medical establishments.

I think Jack deserves our Penthouse award this month. Not only did he take the time to research some history of Pike's

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Club Officers

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The Race Ain't Over 'Til The Fat Guy Finishes

By Bill Harrell
LRRC Racing News Editor

I don't recall the fat lady singing but I do recall the fat guy running (or rather racing since he paid to do it). The fat guy being me. Now I don't think I was ever in the statistics that made Arkansas an overweight state. Nor could I ever get into Jennings Osborne's hand-me-downs but I have gained some weight in the past year due to some inactivity.

But since late July I have worked pretty hard on slimming down and I thought I was doing a pretty good job. But on one of my morning runs Robert Jacuzzi came up behind me on his bike and said "You've been eating too many Buffalo Grill burgers, haven't you."

That's okay Robert; you've just given me more incentive. I even entered the Prostate 5K just to prove to myself that I could finish a 5K. Well, I did finish it and I even beat our slimmed down governor. There was a rumor that he was seen taking a short cut though. Now that's hard to believe, I mean have you heard of a politician cheating?

I almost cheated and ran the correct course though. We ended up running a block extra just to be sure we got our money's worth.

Some of the Club members I remember seeing there were Randy Taylor, Bill Crow, Dale Wintroath and Lloyd Moore. I don't know their times but I'm pretty sure most of them walked away with awards. I walked away wondering how come I didn't enter under an alias.

Speaking of a long course, the Lung Run Half Marathon will be run totally in North Little Rock next year. Believe it or not, there were a couple of complaints about the Sixth Street hill in this year's race. But that's not why we're changing it. North Little Rock really wants us to come over there and the LRPD seems to have their hands full with the Little Rock Marathon which is two weeks after the half.

Having the Half in North Little Rock should make it easier to administer the race. As the race director I'm really interested in that. We're hoping to start and finish at or near Alltel Arena. Course

designer extraordinaire Bill Torrey is in the process of laying out and certifying the course as you read this. I just hope he decides NOT to go up Ft. Roots hill. That would make the complaints about Sixth Street seem like thank yous.

Let me touch on a few of the races you guys have run recently. I called the one-mile split at ARK's Riverfront 5K and I was really looking forward to harassing some of you as you ran by but dang if y'all didn't go by too fast. I barely had the time to call out the splits, much less say anything else. And I talk fast.

Leah Thorvilson was supposed to run only 20 minutes due to an injury. Apparently Leah can't run that slow. She was overall female in 19:00. You know, I thought Leah was this sweet Swede because when I went into the Easy Runner to buy myself a birthday present (new shoes) in July she said "How old are you, 35?" I smiled broadly and told her to reverse those numbers and she would have it correct.

I was on a high 'til I was reminded that people in college think 35 IS old. Which is true. When I was in college I didn't trust anybody over 30. Fifty-three is probably closer to her grandfather's age. Oh well, it was a good birthday present anyway.

Ginea Qualls is also in the 25-29 age group and ran a 25:32. Ginea is pretty new to running and is improving with every race. Kelly Thompson won 40-44 in a 21:34. I've seen Kelly running in all areas of the city and when she runs with husband Jimmy she's no more than five yards behind. I think Jimmy's getting scared to race her.

Barbie Hildebrand keeps atop the Masters Leader Board with a 20:23 and Joy Ballard keeps up her steady running with a 26:46. The 55-59 group stays competitive. Rosemary Marston, Linda Fason and Linda House were 4th, 5th and 6th with times of 31:40, 33:15 and 34:06.

In the men's 40-44 Steve Hollowell ran a 19:39. Larry Graham is calling Steve "Little David" (as in David Williams, not David and Goliath). Larry

says it's because of the bald heads and fast times. Apparently Larry is jealous because they are both beating him now.

Keeping with Larry and the things he's said concerning the new river trails that's proposed for LR and NLR the next few years, Larry wants to put up statues of some of the LRRC's better runners. He said he would pay for the statue for his good friend David Williams, but on second thought he said he couldn't afford it because it would be this little body with a big head and he didn't have the money to finance the head.

That really seems mean, don't you think. When George W said all people start out as feces he must've had Larry in mind.

Larry did run a 20:31 to place in 50-54. Turning 55 is not keeping David from his master mastery as he ran an 18:09. R.C. Fason ran a 25:02 in that age group. Odds are, if you travel on Rahling Rd. at least twice a day you'll see R.C. running on it at least once.

Charlie Dunn came all the way from Conway to run a 22:14 and take home a trophy in 60-64. Jim Yamanaka and Hayes McKinnie are refueling and dueling with a second and third in 70-74 with times of 25:25 and 25:36. And Carl Northcutt keeps running and smiling and finished with a 39:28.

Brian Polansky led the way in the Orange Crush 8K in Conway on September 18 for our Club. He ran a 30:02 and beat David Williams by 14 seconds. I understand the last time Brian beat David God's dog was a pup. Since that's about all Brian could talk about for a week it apparently doesn't happen often. Brian says it's going to become the norm.

Bill Torrey was our third finisher in 31:42 and John Naill ran 33:40 in his training effort for the Chili Pepper. Larry Graham ran a 35:10 and his finish gave the LRRC the team championship. Now I ran some cross country in college and I thought I knew the scoring procedure but three teams tied for first and I ain't about to try and explain how the tie was broken.

Climb (Continued from Page 2)

Peak in general and the marathon in particular, but he also was a good sport in the face of our rowdy crowd. Thank you, Jack. As for the Doghouse award, I have so many options. Should it be the regular attendees who missed our meeting, such as Steve Hollowell, who said he was out of town but I suspect he really was home watching "The Apprentice," still sulking over not making it on the show and distraught over Martha Stewart's immi-

nent imprisonment? Or the ones who came to the meeting and shouted at Jack? Or me for calling Betty Ray "Shirley" (what an idiot we have for Club president!)? No, this month I'm going to criticize the city of Little Rock. Although Little Rock has done much for us runners with the Little Rock Marathon, river trail, and parks, I get irritated seeing so many unnecessary "Your Bond Money at Work" signs and the new street signs with the "LR" logo on them. Couldn't money be better spent on the actual projects rather than the numerous signs? A half mile of

North University Avenue was repaved and there are four large signs noting this amazing feat. And I like the new street signs, but it seems wasteful to replace existing signs in good condition with expensive new ones just to have the cute logo.

If you want to comment on various signs of the times, suggest a speaker or topic, or nominate someone for our monthly Penthouse and Doghouse awards, contact me at 664-0060 or 682-5881.

Fat Guy (Continued from Page 3)

Arkansasrunner.com will explain it to you if you really care.

Joe Cordi ran a 38:40 and R.C. Fason had a 42:28 followed closely by Hayes McKinnie in 42:38. Steady Carl Northcutt came in at 1:05:40.

Our female runners consisted of Jenny Johnson with an overall win in 19:55 (5K). Barbie Hildebrand was third overall in 20:49 and ran with a pellet in her leg. She was shot in the leg with a pellet gun as she was leaving UALR Wednesday night before the race. I'm sure I would run faster if I was shot at but having it imbedded is a

different story. I've been known to take a week off because of a hangnail. Laura Naill finished in 21:33 and wasn't even on a horse. Sarah Olney ran 22:10 and her finish gave the women's team a first place finish to match the men. The women's team is a lot younger and better looking than the men though. Joy Ballard came across the finish in 26:26 and Ginea Qualls ran a 27:51 and Carol Torrey had a 28:19.

The last race we'll cover is the Mercy Classic 5K held in Ft. Smith on September 25. Our ladies team once again garnered an overall team award. Jenny Johnson and Tammy Walther were the top two overall with times of 19:06 and 20:07. Ginea was the team's third finisher and ran

a 25:20. I'm taking credit for Ginea's improvement because I'm pacing her in track workouts. It has nothing to do with the Hildebrand genes ... it's my coaching.

Brian Polansky and Bill Torrey were the only members to attend the Mercy and therefore we didn't field a team. But they both volunteered to run the course twice if they would count both times. Ballard wouldn't go for it. Brian did run a 17:59 and Bill had an 18:54.

Well, now that fall is here I've got to get out and start losing more weight. After all, Thanksgiving isn't too far off and I've got to make room for all that dinner and desserts.

State RRCA Meeting Is November 20

The 2004 Grand Prix Series is coming to a close. The Chili Pepper Cross Country 10K will be October 16 at Fayetteville followed by the MidSouth Marathon at Wynne on November 6. On November 20, the Spa Pacers of Hot Springs will host the Spa 10K. This year the race is the state championship for the 10K distance.

After the Spa 10K, the best runners and volunteers in Arkansas will be recognized at the state Road Runners Clubs of America (RRCA) meeting that will be held at the Arlington Hotel at noon. All Arkansas running club members are eligible to vote. A ballot is available online at arkansasrunner.com.

Ballots must be received by November 10 to allow time for plaques to be made.

Also on the agenda will be discussion to set the 2005 Grand Prix schedule. There will be door prizes and cash give-aways. Another highlight is the award for the best T-shirt design from the 2004 race season.

The final race of the 2004 Series will be the Great Duck Race 10K on November 27 at Stuttgart. The Duck 10K race course is one of the flattest courses in the state. Participation in this race is a great way to burn those extra calories gained at your Thanksgiving Day meal.

The Grand Prix Series Awards will be presented in January.

New Member

Tom Holland, welcome back to the LRRC! Tom is a former Club member who moved away several years ago and we are glad to have him back in Little Rock. He has been running for 30 years and has completed many races including two 100-milers - Leadville and the Arkansas Traveler; New York City Marathon, Pike's Peak Marathon three times, Grand Canyon, and many others. Tom, 55, is now retired and in remission from cancer. He enjoys walking 8-12 miles every week from the Rebsamen Golf Course to the Dam and back. Other than walking, Tom enjoys genealogy and computer stuff.

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.

October

- 2: Eye Five 5K at Memphis. Call 901-722-3392.
- 2: K8 8K at Jonesboro. Call 870-931-8888, ext. 182.
- 2: Walk, Run, Sprint for Life 5K at Fayetteville. Call 501-664-4343.
- 2: Octoberfest 5K at Morrilton. Call 501-354-3936.
- 2: Run For Your Lights 5K at Heber Springs. Call 501-362-7292.
- 2: Thirst for Knowledge 5K at Highfill. Call 479-736-5711.
- 2: Ozark Square Gathering 5K at Ozark, AR. Call 479-667-2525.
- 2: Swamp Sister 5K at Gillett. Call 870-263-4748.
- 2-3: Arkansas Traveller 100 at Lake Sylvania, near Perryville. Call 501-329-6688.
- 3: 142nd RedLeg 5K at Bentonville. Call 479-283-6195.
- 3: Andy's Fun Run.
- 9: Dr. Scholl's Habitat Tin Cup 5K at Fayetteville. Call 479-575-9696.
- 9: Arkansas 20K/Marathon at Benton. Call 501-315-9252.
- 9: Oktoberfest 5K at Fairfield Bay. Call 501-884-7777.
- 9: CabotFest 5K. Call 501-843-6665.
- 9: Turkey Trot 5K at Yellville. Call 870-449-4676.
- 9: Race for the Cure at Little Rock. Call 501-202-4009.
- 10: Andy's Fun Run.
- 16: Chile Pepper 10K XC at Fayetteville. **GPS SC**. Call 479-444-8626.
- 16: Tyler Curtis Memorial 5K at Little Rock. Call 501-455-2643.
- 16: Race for the Cure 5K at Texarkana. Call 903-614-4427.
- 16: Sherwoodfest 5K. Call 501-833-3922.
- 17: Andy's Fun Run.
- 23: Raid the Rock Adventure Race and 5K Mud Run. Call 501-371-4639.
- 23: Iron Will 10K at Jonesboro. Call 870-933-4604.
- 23: Lyon Fest 5K at Batesville. Call 870-793-1788.
- 24: Andy's Fun Run.
- 30: Downtown Fall Festival at Russellville. Call 479-890-6625.
- 31: Andy's Fun Run.

November

- 6: Mid South Marathon and Half Marathon at Wynne. Marathon is **GPS SC**. Call 870-238-4235
- 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, 10K. 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.

Birthdays

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

- 1 – Gail Northcutt
- 1 – Kreth Koehler
- 2 – Donna Cave
- 3 – Earl Bond
- 3 – Francine LeBrant-Stocker
- 4 – Justin Charton
- 7 – Bonita Samuel
- 7 – Phil Plunkett
- 12 – Rosalind Abernathy
- 13 – Rosemary Marston
- 16 – Kathy Collard
- 17 – Randy Oates
- 18 – Mimi Evans
- 19 – David Hildebrand
- 20 – Melissa Wade
- 20 – Phyllis Edwards
- 22 – Sandy Cordi
- 23 – Charlotte Sullenberger
- 24 – Barbara Akers
- 24 – George Heineman
- 28 – Brynn Mays
- 29 – Bill Hoffman
- 29 – Bob Marston
- 30 – Lance G. Sullenberger
- 31 – Kurt Truax
- 31 – Mike Holland

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.

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.