

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2004

Happy Trails Are On Their Way To Little Rock

By Paul Ward
LRRC President

Those of you who let thunderstorms, lightning, and a short deluge of rain keep you away from our August 19 Club meeting missed a good presentation. Terry Eastin, coordinator of the Headwaters Partnership for the Arkansas River Trail, spoke about completing the trail from where it currently ends by Rebsamen Golf Course east to the River Market area and Clinton Presidential Library. The plans involve constructing the trail along the inner levee in the Riverdale area, then behind the Junior Deputy ball fields and in front of Bikeseller.com, under the Cantrell Road viaduct, and to the Episcopal Collegiate School, formerly the Cathedral High School, on Cantrell Road. The trail should then run behind the school before curving back by the river. Construction should begin next spring.

In addition to coordinating the Headwaters Partnership, Terry is a consultant to the Little Rock Parks and Recreation Department. The Headwaters Partnership is composed of 27 public and private entities, including federal, state, county, and municipal governments. The benefits from the trail include environmental protection, public health, and economic development. People and organizations are encouraged to support the trail both financially and by communicating their support to government officials.

The portion of the trail that will run from the River Market area west to the Baring Cross Bridge is the "Medical Mile", so named because local physicians and health-related companies are sponsoring this segment of the trail to encourage preventive health and fitness. This portion will go through Riverfront Park and be close to the river.

The beginning portion of the Medical Mile will start from a plaza in the River Market called the Gateway to the Medical Mile. The sponsors are funding benches, lighting, and informational kiosks along this portion of the trail. The kiosks will contain health-related information on eating, controlling weight, and being fit. Renewed LRRC member Eleanor Kennedy said research has shown that building trails improves public health. Eleanor and Terry both credited Dr. Rob Lambert of Heart Clinic Arkansas for being a tireless promoter of the trail and Medical Mile.

The last section of the trail to be completed is the stretch from the golf course to the Baring Cross Bridge. Terry said they are talking with landowners on possible routes for this stretch and how to traverse some Union Pacific railroad tracks. If a pedestrian bridge is required, the cost and time will be much greater than if a grade crossing is allowed. The current timeline for completion is 3-5 years, although Mayor Dailey is planning to complete the trail in two years.

Current plans are for the Little Rock and North Little Rock sides to be connected on the east by a pedestrian bridge built over the old Rock Island Railroad Bridge, and on the west by a pedestrian bridge built over the Murray Lock and Dam. Construction on the former won't begin until 2006, but construction on the latter should begin this fall. The contract for it has been signed and construction should take two years. I can't wait!

When complete, the Little Rock and North Little Rock trails will form a 14 mile loop. Plans also exist for westward expansion on the Little Rock side to Two Rivers Park and Pinnacle Mountain State Park. From the latter park you can pick up

the Ouachita Trail and go all the way into Oklahoma. Terry said eventually you will be able to walk the trail from the River Market here all the way to Tulsa. One wag said you would need a lot of aid stations for this walk!

Terry said the trails on both sides of the river will form a spine with feeder trails from different areas of both cities. Additionally, officials from Maumelle, Mayflower, and Conway are interested extending the trail in their direction.

The trail is now and when complete will be handicapped accessible. The Americans with Disabilities Act requires elevation grades to not exceed a 5-8% slope. On the Little Rock side of the pedestrian bridge over Murray Lock and Dam, this may mean some temporary interference with the existing trail during construction. The slope of the bridge and the needed length for this slope might block the existing trail, but there should be a way to go around any blockage. The bridge cannot extend too far because there is an old cemetery in the woods on the Little Rock side.

(See Happy Trails on Page 3)

September Meeting

September 16, 2004

6:30 p.m.

Murray Park

Pavilion 2

Potluck Dinner

Speaker: Jack Evans
Arkansas Pike's Peak
Marathon Society

Jack And Karen Aren't A Threat To Lance

By Bill "The Duck" Harrell
LRRC Racing News Editor

Jack and Karen. Karen and Jack. Evans and Call. Call and Evans.

Jack and Karen, it sounds like the first draft of a John Mellencamp song doesn't it. Well it's not, but it could be a song about two very good runners who can't run because they keep falling off their damn bikes.

In the case of Karen she was riding in Ferndale where dogs run freely and guard their property with fierceness. Karen was one of the first to give me a nickname (Kibbles) when a Ferndale dog attached itself to my arm a few years back.

I haven't run in Ferndale since and I make it a point to always run with someone slower than me these days. This in itself is a very hard feat to accomplish.

But fearless Karen keeps on truckin' or bikin' in this case. It seems a dog ran out in front of her bike and she ended up doing a header over the handles. She was given a 9.715 by the Russian judge but there was no way she came out a winner, although the hunky biker guy she was trying to impress did carry her to safety.

Now for Jack, I think he goes over the handlebars just for the attention. But Jack, you need to try harder. Your scrapes and bruises don't even come close to Karen's but I'm sure you'll have plenty more opportunities to show your stuff.

Jack also led the Arkansas Pike's Peak group to another successful journey to Colorado this year. It is no easy task to get that group trained and ready to run the mountain when the altitude of Colorado just can't be found in Arkansas.

Apparently it was tougher than normal this year for Saturday's ascent. There was a 38 minute delay at the start due to hail blocking the road. The volunteers couldn't get to their stations till the roads were cleared.

Before I go any farther I want to say "thank you" for all your inquiries about Belinda and her surgery. She is doing fine now and is back at work. I missed writing about the Firecracker and I really missed running or working the race. There is always a great gathering for the race and with this year's cool weather I know it had to be one of the best ever.

I understand our members did real well this year, especially our female members. They have also done excellent at the Dam Night Run and the Hope Watermelon 5K. There is a good mixture of youth and er, experience with our women. Now if we had a couple of young guys to jump in with our elder statesmen of running everything would be cool.

Now I am not going back to July and grab results because you can find them at arkansasrunner.com and you have already done that by now. Geez, it's been two months, half of those people have gotten injured by now and the other half wish they were.

As a matter of fact, I'm not even giving you the August results. (You can find them where you find the July results.)

There is a little bit of gossip that I will relate to you though. Although there is one story about Bill Torrey that I won't tell you in this article but I will gladly tell you in private. I must be getting mellow because I am not often compassionate toward Bill Torrey. He is 50 now so this will be his birthday present. (John Naill asked me to print it but I'll need help with the Lung Run so I'll keep it private.)

Steve Hollowell is a guy that I can't be compassionate with. Steve goes to Dumas every year to run the Ding Dong Daddy Days 5K. At first we thought he was just trophy hunting because he would finish 1st or 2nd every year and win a little bit of cash. But Steve slipped to 5th this year.

Someone asked Steve why he kept going back and Steve's reply was "I keep going for the ding dong, daddy."

Now there's a couple of ways that statement can be translated and I won't go into either. Maybe I am getting too compassionate.

The other story stars Brian Polansky. Brian has been known to call us on occasion from foreign lands and play 20 questions. The object of the game is to figure out where he is. Brian normally likes to talk with Belinda because she's smarter and can figure it out quicker. But Belinda wasn't feeling well and he had to settle for me.

Well I got lucky and figured out he was in Austin, TX. But I wasn't ready for the next part of the conversation. Brian said he had a hard time getting a room due to a biker convention in town. Now here he was in Austin but didn't know what to do because of the big crowd of bikers that had taken over the city.

He said there was a nudist colony on the outskirts of town but he was neither a nudist nor a biker. So Brian remembered that I had run a marathon there a couple of years earlier and wanted my opinion on what to do.

(See Jack and Karen on Page 7)

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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Happy Trails (Continued from Page 1)

If you want more information on the trail, visit its website: www.rivertrail.org. You can also visit Bicycle Advocacy of Central Arkansas' website, www.bacar.org. They have a link to the U.S. Army Corps of Engineers for information on the pedestrian bridge over the Murray Lock and Dam.

As things stand, we can't make a complete loop on the Little Rock and North Little Rock trails. That is unless you're Bob Taylor, who bikes on one side, swims across the river, runs on the other side, swims back across, and runs back to his bike. If a barge happens to be passing, Bob climbs to the tugboat cockpit, discusses river hydrology and currents with the crew, then rappels down to the other side to resume his swim.

Bob actually provided heroic service during one of his multi-sport outings. One early Saturday morning in August there was a fishing tournament on the river called the "Governor's Cup." LRRC member Bettina Brownstein heard that Governor Huckabee would be participating, so she developed a fiendish plan. Bettina dressed in her black "Ninja" outfit, removed her nose stud so no dawn sunlight would reflect off it, and slipped undetected aboard the U.S.S. Razorback submarine moored near the old rock quarry on the NLR side. She overpowered the skeleton crew with ACLU literature, seized the controls, and managed to launch a torpedo toward the governor's fishing boat. The governor saw the torpedo's distinctive underwater wake heading toward him and he quickly lost even more weight, although this probably was only fluid.

At this very moment, Bob was swimming across the river imitating Michael Phelps' Olympic Gold Medal performance. Bob saw the torpedo in plenty of time to take action. Possessing no weapons to shoot the torpedo, Bob had to improvise. He quickly removed his Speedo swimsuit and grasped the two sides to form a rudimentary net or sling. As the torpedo closed, Bob lined up his Speedo to catch the very nose of the torpedo in the small amount of material available. Fortunately Bob wasn't wearing his thong. The torpedo snagged the

Speedo and Bob was wishing off on an aquatic version of Slim Pickens' famous nuclear bomb ride in "Dr. Strangelove." Minus the cowboy hat of course.

By pulling one side or the other of the Speedo, Bob was able to steer the torpedo. He pulled it to the governor's left (since the governor leans to the right) and the Speedo torpedo missed its intended target by a few feet. As he wished by, Bob yelled to the governor, "Don't forget to enter ARK's Riverfront 5K!" Bob aimed the torpedo toward a small craft on the shore and let it go. Unfortunately, the torpedo hit and destroyed Kim Fischer's kayak. It sure is a small world.

Bob swam to shore and was interviewed by a local television station crew doing a live remote broadcast of the fishing tournament. Of course, no longer having his swimsuit, the complete Bob was revealed to the viewing public, and he showed no effect from the cold water. Sybil happened to be home watching TV at the time and saw her handsome heroic husband in all his glory. "What's he done now?" she exclaimed.

One of the few activities Bob does with his clothes on is running. In August Bob completed yet another Pike's Peak Marathon. I didn't know until recently that Arkansas has a significant contingent of runners who tackle the full marathon (ascent and descent) or the half marathon (ascent). Can you imagine running a half marathon up a mountain, then another half back down? Not me! How about running above the "tree line?" If trees can't grow somewhere, I don't want to run there.

Bob and Sybil, Bob Marston, Nancy Collins, and John Woodruff are among the LRRC members who have conquered Pike's Peak more than once. Our speaker for September is Jack Evans, who heads the Arkansas Pike's Peak Marathon Society. Jack will tell us about the marathon itself, why people like to run it and run it repeatedly, and how you train for it in Arkansas during the summer. Our potluck meeting September 16 will be the last one this year at Murray Park. In October we move indoors to the

Whole Hog Café in the Riverdale Shopping Center.

Geneva Hampton told the LR Marathon training group recently that you can now enter the 2005 Marathon, and if you e-mail her, she will try to reserve a particular number if you want. Keep your eyes out for Bob Marston's number. Poor Rosemary.

The LR Marathon website also has a training schedule from now until the marathon. If you're looking for a group to run with Saturday mornings, check the website. They meet at different locations and run short to long distances. Participants range from fast runners to walkers. The message board will have the latest message about the training run for the upcoming Saturday.

There are several local races in September and October. Check the calendar in this newsletter or at ArkansasRunner.com for the complete list. Someone who won't be running for a while is our own Karen Call. Just as she was completing her recovery from a running ache, she had the misfortune to collide with a large, unleashed criminal canine while she was biking. Karen had a bruise that covered most of one thigh, some scabs on her arm and shoulder, and one arm in a sling. In spite of this, Karen made it to our August meeting and brought her trademarked, light-up-a-room smile. I hope you recover soon and are back running and biking as usual.

Karen easily wins our Penthouse of the month award, and would deserve this even if she didn't suffer her latest injury. She's a loyal member, very good runner, and all around nice person. Congratulations Karen!

It's getting late, I have to get this article to our editor before she throttles me, and I don't feel like picking on anyone for the Doghouse of the month award, so all you no-shows get a break this month. If you want to nominate anyone for our monthly awards, contact me at 682-5881 or 664-0060.

And, "Happy trails to you...until we meet again..."

Be Careful What You Wish For, You Might Get It

By Bill W. "Olrunr" Hoffman

I begged for the worst job I ever had and was rewarded by getting it! World War II was raging and there were not many temporary work opportunities available for an inexperienced lad of 14 in Little Rock. My best buddy and neighbor Phil "Flip" Newton had scored not long after school was out for the summer and found a job with a big plus... it was within easy walking distance of home. We were not driving yet.

We talked about his good fortune and I found out he was starting to work as the only employee in a one-boss operation. Surely, we thought, the boss could use another pair of willing, albeit unskilled, hands when help was almost impossible to get because of the war.

Well, the boss, Mr. Buck, a name that would "live in infamy" and be engraved in sweat, grime and paint on our memories, didn't think so. But I gave it my best selling job and he finally agreed to give me a try. The very next morning I found myself a part of the war effort and working for the U.S. Army! It was an all-out war and we wanted to do our bit like the older guys were.

Mr. Buck was a subcontractor in the final step of providing the U.S. armed forces with wooden ladders. He painted the manufactured elsewhere ladders olive drab ... that was it ... his *raison d'être*.

Flip and I carried the unpainted ladders into the paint shop from the storeroom. Mr. Buck spray-painted them and we hauled them off to dry and then shipped out. The hardwood ladders were probably 15 feet long and very heavy for a 14-year-old with no hard labor experience. I believe we carried them as a team and individually.

Working conditions were primitive compared to today's employee safety-oriented rules. Our shoestring operation was based in an old auto garage at Wright Avenue and Battery. It was poorly lighted and ventilated by a few small filthy windows. There were no fans and certainly no air conditioning. Mr. Buck kept us busy sweeping floors when not carrying ladders. Years of accumu-

lated dust mixed with paint spray constantly filled the building's already fetid air. We had no breathing masks, now required for lung protection, and no plugs for our ears in this very noisy, dirty factory. An added "incentive" was the heat -- it was July in Arkansas and we had led relatively sheltered lives until this point. I don't know what we did to rehydrate as there were no water fountains.

And what princely sum did we receive for our "blood, sweat and muscle?" We were paid minimum wage -- it WAS a government operation -- of 35 cents an hour! We were glad to get it.

Flip and I found ourselves outside, seated on the curb dangling our feet in Wright Avenue one evening after a particularly scorching and arduous workday. We were "plumb wore out!" We then decided as one that if Mr. Hitler was

going down in defeat, he would have to go without us! So much for the ladder factory summer vacation war effort job. We had lasted about a week but gained plentiful amounts of insight and experience at how to avoid this type of manual labor situation in the future. We both later retired as Lt. Colonels from the U.S. military with Flip being career army and serving two tours in Vietnam. Perhaps this experience helped.

Mr. Buck had found his way to Little Rock as a war worker and stayed around for years after the war. He was not an unkindly man. But he had no time for employee relations or small talk. His mantra was: "boys ... we gotta job to do!" I used to see him on the street occasionally. He didn't remember me ... probably only saw me once with a face not masked by sweat, paint and dirt.

"Watch Your Six" On The NLR River Trail

By Bill W. "Olrunr" Hoffman

We were on the NLR trail headed west -- just past the sub -- when it happened.

Not a week goes by on the trail without olrunr warning the SnoFlakes Running Group about outlaw bikers coming up unannounced behind them. I was as far right on the edge of the trail as possible when -- with NO prior warning -- I heard a biker's voice from VERY close behind me. I jumped, as immediately as a slow olrunr can, to the right into the gravel off the trail. I figured if he wanted that trail he could HAVE it!

In mid-air I heard the sound of bike wheels in this same gravel -- RIGHT behind and almost on top of me! Apparently the biker going in our direction, came out of la-la land and realized, "HEY! there are runners up ahead and I'm going to run over one of them!" When I knew he was going to hit me I switched directions (Bartell says it was in mid-air) back left toward the pavement. Guess I caught my toe on the edge of the asphalt and down I went -- it wasn't pretty. But, it

could've been worse if he had hit me from behind. Just the usual road-rash, common to all who do what we do, on knee, hip and palm but the left elbow was, and is, a bloody mess! He did stop -- well out of rock range.

I hollered at him from my supine position to PLEASE just let us know where he is and what he plans to do -- like "on your left" and we'll get the hell out of his way!. He was chagrined but unapologetic and went on his way.

Someone is going to get hurt badly! There are MANY maniac bikers out there on that trail who really FLY in this shared and often crowded space. We all need to be aware that in this ever overcrowding world that we must follow the rules in order to get along safely with our fellow man.

In the meantime, runners "WATCH YOUR SIX!!!" That's an old military flyer's warning to watch your butt -- 12 o'clock designating straight ahead of you. From now on I will run on the left side of the trail as we do on the roads

Which To Use When: Ice Or Heat?

Knee pain after running? Wake up with a backache? Twist an ankle? When aches, pain, strains or swelling take place due to an injury or chronic condition, what is the best course of action: ice or heat? Many people automatically assume heat will ease their discomfort. Think again!

Ice and heat have opposite effects when dealing with inflammation and pain. Both are useful when applied at the correct stage of an injury. Ice constricts blood vessels and decreases blood flow to an injured area, therefore reducing inflammation. It also numbs pain. Heat increases local blood circulation and relaxes tight muscles. When is it appropriate to use each?

The Acute Injury Stage:

Immediately after an injury occurs, inflammation and swelling takes place due to damaged soft tissues and broken blood vessels which leak blood into the affected area. This is considered the acute stage of an injury and lasts about 48 to 72 hours. Pain, stiffness, bruising and tissue tenderness are symptoms of the acute stage. Ice should always be used immediately following an injury because it constricts blood vessels, which will lessen swelling, as well as numb pain and control bleeding. Apply ice no more than 20 minutes at a time. Always protect skin from tissue damage by using a cover over the ice pack. Allow the skin to return to normal temperature before reapplying ice. Heat should not be used during the acute stage. It will increase blood leakage, which increases swelling and possibly pain. Most professionals agree that icing an acute injury will facilitate healing. Applying heat may actually slow healing during the first 72 hours after an injury takes place.

The Chronic Injury Stage:

This is normally the point at which inflammation decreases, approximately 72 hours after the injury. Pain and stiffness may still be present. At this point, both ice and heat can be used to assist in healing. Use ice to control pain and to help with inflammation that might occur after

working the injured area, such as a sore knee after running. Use heat to relieve muscle tightness or joint stiffness. Heat is also helpful before a workout to increase blood flow to the injury and warm up the affected area. When applying heat, use moist warmth. Never use a heating device that is too hot nor sleep on a heating pad, which may result in burns. Apply heat only for 20-minute intervals, using the same general guidelines as ice.

An Easy Guide for Ice and Heat:

When to Use Ice:

During Acute Stage (48 to 72 hours immediately after an injury)
To decrease swelling and inflammation
To numb pain
To decrease muscle spasms
To treat an acute burn

During Chronic Stage (after inflammation subsides, usually 4 or 5 days after injury)

To manage pain and possible swelling
After an activity or workout involving an overuse injury to decrease pain and swelling
To treat joint swelling due to inflammatory

arthritis

When to Use Heat:

During Chronic Stage (after inflammation subsides, usually 4 or 5 days after injury)

To warm up stiff joints and aid in joint mobility

To decrease chronic muscle spasms

To aid in stretching tight muscles

Before an activity or workout involving an overuse injury to warm up the affected area

Disclaimer: This information is not intended as a substitute for professional medical treatment or consultation. Always consult with your physician in the event of a serious injury.

*About the Author: Louise Roach is the editor of on-line health and fitness newsletter, NewsFlash*SnowPack. She has been instrumental in the development of SnowPack, a patented cold therapy that exhibits the same qualities as ice. Her injury prevention and treatment articles have been published on health and fitness websites. For more information visit: <http://www.snowpackusa.com> Visit our free health newsletter at: <http://home.netcom.com/~newsflash/>*

Run For Your Lights 5K

The inaugural running of the Run for Your Lights 5K at Heber Springs will be held October 2 at 7 p.m. Participants will run across the JFK Dam and around Greer's Ferry Lake. All proceeds from the race will go toward the purchase of new Christmas lights for Heber's Main Street. For more information contact Netta Thomas at 501-362-7292.

Memphis Marathon

Experience Memphis – birthplace of rock 'n' roll and home of the blues – and support the life-saving work at St. Jude Children's Research Hospital by entering the St. Jude Memphis Marathon or Half Marathon scheduled for Saturday, December 4, 2004. For more details and to register go to www.stjudemarathon.org or contact marathon@stjude.org or call 800-565-5112.

Mountain Home Marathon

The first Mountain Home (Arkansas) Marathon is scheduled for Saturday, November 20, 2004, starting at 8 a.m. rain or shine. Other events include a half marathon, 10K, and a 5K. Participants in the marathon must be at least 16 years of age. Runners in the half marathon must be at least 14.

There will be a pasta dinner on Friday, November 19 from 5:30-7 p.m. at the Mountain Home High School cafeteria. Pizza Hut of Mountain Home will donate personal pan pizzas to the first 100 entrants.

A downloadable entry form and additional information is available at www.mountainhomemarathon.com. Contact Laurie Kasinger at 870-492-6625 or agape316@centurytel.net

All proceeds from the race will go to World Vision, an organization dedicated to helping children worldwide.

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.

September

- 11: UAPB/SEARK Scholarship 5K at Pine Bluff. Call 870-535-0110.
- 11: Zero Mountain 5K XC at Fort Smith.
- 11: Minuteman Day 5K at Camp Robinson, North Little Rock. Call 501-212-5402.
- 12: Andy's Fun Run.
- 18: Orange Crush 8K/5K XC at Conway. **GPS SC**. Call 501-450-9292, ext. 26.
- 18: Smoke on the Water 5K at Pine Bluff. Call 870-536-8175.
- 18: Prostate Cancer Challenge 5K at Little Rock. Call 501-526-7047.
- 18: A-Phi-A 5K Power Run at Jonesboro. Call 870-239-7030.
- 19: Andy's Fun Run.
- 25: Mercy Celebrity Classic 5K at Ft. Smith. **GPS**. Call 479-783-7444.
- 25: Furry Friends 5K at Little Flock. Call 479-464-3200.
- 25: Barn Sale 5K at Camden. Call 870-836-6426.
- 25: Prospect Bluff 5K at Judsonia. Call 501-729-4796.
- 25: Run Around Town for Sound 5K at Little Rock. Call 501-868-8260.
- 26: Andy's Fun Run.
- 26: AR Sr. Olympics 5K/10K at Hot Springs. Call 800-720-7276.

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 Sylvia, 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: 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.
- 24: Andy's Fun Run.
- 30: Downtown Fall Festival at Russellville. Call 479-890-6625.
- 31: Andy's Fun Run.

Birthdays

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

- 1 – Pat Piazza
- 3 – Clyde Burnett
- 6 – Barbara Bonds
- 6 – Bill Torrey
- 6 – Linda House
- 6 – Sybil Taylor
- 9 – James Mayo
- 9 – Melvin Edwards
- 14 – Dawn Peoples
- 16 – Ken Gould
- 17 – Hobbit Singleton
- 18 – Janet Davis
- 20 – Jim Yamanaka
- 21 – Angie Heringer
- 21 – Deb Bulloch
- 21 – Mike Scheidler
- 28 – Rex Bell

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.

Little Rock Roadrunners Club, Inc.
Statement of Receipts and Disbursements
For the Period December 2003 through August 25, 2004

Beginning Balance	(amended) \$3,433.02
Receipts	
Membership	1,593.00
Dino Dash	520.00
Lung Association	409.00
Cabot Country	50.00
Marine Corps	150.00
Capital City Classic	<u>*2,934.22</u>
	5,656.22

Disbursements	
Security U Stor	585.50
Kwik Kopy	1,453.75
Arkansas Runner.com	60.00
Newsletter Editor	400.00
Postage	109.90
Bulk Mail	429.00
Box Rental	68.00
Megaphone	161.29
Clock Repair	211.66
RRCA Grand Prix	50.00
USATF Dues	50.00
Stationery	92.49
Miscellaneous	<u>8.15</u>
	3,679.74
Net Receipts	\$1,976.48
Ending Balance August 25, 2004	\$5,409.50

Capital City Classic
2004

Receipts	
Entry Fees	4,849.00
Easy Runner	500.00
F.S. Green	<u>200.00</u>
	\$ 5,549.00

Disbursements	
Police	150.00
Discount Trophies	93.53
Kwik Kopy	110.74
T Shirts	1,317.51
Awards	481.00
Arkansas Runner.com	362.00
Miscellaneous	<u>100.00</u>
	\$2,614.78
Net Receipts	*\$2,934.22

“Watch” (Continued from Page 4)

facing bike traffic. They're subject to the same rules as autos and should stay on the right side of the roadway. Whenever you run, remember to be fully alert and aware of your surroundings. Above all, WATCH YOUR SIX!! Some of the SnoFlakes, however, are seeking the identity of this “stealth” biker – they want to REWARD him!
Ha, olrunr.

New Members

Welcome new members, Justin and Shelley Charton. Justin, 25, is a medical student and Shelley, 24, is a registered nurse. They have been running seven years and average 6-10 miles per week. Their favorite running route is the riverside. Other interests besides running include reading, working out, hiking, their dog and gardening. Welcome to the LRRC!

New Runner

Former Club President Jeff Curry and wife Laura are the parents of a daughter born July 8 at St. Vincent Infirmary Medical Center. Hannah Elizabeth Curry weighed 7 lbs. 3 oz. She is the Curry's second child. Son Riley Garrett will celebrate his second birthday on October 28.

Jack And Karen (Continued from Page 2)

I told him the circumstances were different but that he was the type of individual that could talk to anyone and have fun wherever he went. I told him to go out the door and enjoy himself. Apparently he did, he got naked and walked through the biker convention. That must be why he's running so well now.
Till next month when I come back with a few results and a bunch of gossip, take care.