

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2005

Beisel Goes To The Matt For His Students

By Paul Ward
LRRC President

The Little Rock Roadrunners Club met July 21 at Murray Park (Pavilion #2). Over 25 people enjoyed nice mild weather. Our guest speaker was our own Matt Beisel, an avid runner (he ran the LR Marathon this year) who teaches and coaches at Lutheran High School here in Little Rock. Matt said he wasn't an athlete as a kid. He wasn't into organized sports, although he did spend most days outdoors riding his bike, fishing, and the like. He began running in eighth grade in Kansas, then at Concordia University in Nebraska. Matt said running was a massive transformation in his life and he wants to use his passion for running to help benefit his kids.

Matt strongly recommends Jack Daniels – not the bourbon but the PhD of that name who wrote a book on running. Matt said a second edition should be out now. There are six physiological aspects to making you a better runner: cardio, muscular, lactate threshold, VO2 max, speed, and economy of running (your ability to take in oxygen). From these, runners can prepare an aerobic capacity profile.

Matt recommends easy long runs to strengthen your joints, muscles, and tendons, develop more capillaries, and make more mitochondria (these produce energy for your cells through respiration – Matt likes science!). Matt also recommends threshold runs at 90% of your maximum heart rate and interval runs at 98-100% of your maximum heart rate. Matt's a believer in specific training and avoiding "junk" training that doesn't help you.

If you want to increase your running or you are recovering from an injury, Matt recommends you start very

slowly at a short distance (a few miles a day) and maintain that for three weeks. Then increase your distance (add a mile to your daily run) for the next three weeks. For the runners on his teams, Matt suggests reducing one of these three weeks to the mileage of the first three weeks.

For adults, some people can handle very high weekly mileages and some cannot. Matt said he learned early that his maximum is about 40-45 miles per week. Beyond that he risked injury, IT band problems, etc.

Matt has a "track record" of success. Lutheran High is in Class AA. Matt's boys team won the state cross country title in 2002 and his boys and girls teams won the title in 2003. In addition to coaching track and cross country at Lu High, Matt coaches both at Christ Lutheran School, right next door. His 5th-8th grade girls' team won the league cross country championship last fall, had an undefeated track season, and won the championship this spring. Athletes at Christ Lutheran participate in a parochial league with area Catholic schools. Matt is developing running at that level to get more people interested and to get them better prepared to compete at the high school level. Matt also runs the Lu High Cross Country Camp of Champions for 5th-8th grade athletes, coaches, and parents. This June, 110 campers from central Arkansas attended the 5th annual camp and got to meet and hear former Olympians and All-Americans like Joe Falcon, Gary Taylor, and Mark Andersen.

Matt's faith is foremost in his coaching. He tells his runners to put Christ at the top of their priorities, then their teammates, then their individual goals. He also emphasizes good sportsmanship. At Lu High, Matt chairs the

science department and teaches physical science, biology, AP biology, and Faith and Life. Matt said religion is stressed at Lu High but only about 40% of the student body is Lutheran. Matt and his lovely wife Jill have a one-year-old baby daughter.

Thank you, Matt. You were entertaining and informative. Several members lingered after the meeting to talk to Matt and several said what a good speaker he is. For speaking to us, Matt is the first honoree in our Penthouse this month. We had to expand our penthouse and doghouse for the many people who get the awards this month. Joining Matt in receiving the Penthouse Award are Nancy Collins and Rhonda Ferguson. They both completed their chemotherapy and were honored at a July 9 "Celebration of Life" by a packed house at Señor Tequila. Both looked beautiful even with their smooth scalps. Joining these lovely ladies is Coreen Frasier. The Pulaski Heights Lions Club named Coreen and two others to the Retired Teachers Hall of Fame as part of its awards to current and retired teachers in the three local school districts. Congratu-

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August Meeting

August 18, 2005
6:30 p.m.
Murray Park
Pavilion 2
Potluck Dinner

Speaker: Terry Eastin
Coordinator
Headwaters Partnership for the
Arkansas River Trail

Beisel Goes To The Matt

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lations Coreen! Finally, make room in the Penthouse for Mike Watts. Mike has been stationed in Iraq for what seems like a year, but he still managed to renew his Club membership. Our thoughts and prayers are with you Mike and Lynette.

Now for the dreaded Doghouse of the Month Award. First to go is me. Yes, last month I chastised Joe Cordi for bringing the beer to our meeting late. Well wouldn't you know it, we had a Club board of directors meeting before our July Club meeting and I was late. The Saturday before that I was late meeting Joe for a long run from Cook's Landing. But my tardiness gave Joe a reason to revel, thus giving meaning to his life. So the tardy Cordi leaves the Doghouse and the nonpunctual Paul enters. Joining me is Steve Hollowell. During our Club meeting I went to get a beer and the ice chest was full of soft drinks but devoid of beer. Steve said he thought he brought more, but mistook some soft drink cans for beer cans. Looking saddened, he said, "I guess you can write about me in the newsletter." Come on in the Doghouse, Steve, but we have to make room for Tammy Walther. This well-farded female resides in the Sieczkowski - Call wing of the Doghouse. Remember two months ago when Brian Sieczkowski got the award for running by our pavilion twice while we were meeting and not stopping in to say hello? Then the very next month Karen Call pedaled by twice while we were meeting and ignored us. You'd think the humiliation of the Doghouse would deter future perpetrators, but no. Tammy was spotted running by twice while we were meeting and didn't pause to say hello. She did look over at us, but only to see The Duck's tongue hanging out of his mouth. New Club member Rob Wistrand was running by and he did stop in to say hello. But not Tammy. Finally, we have to make room for David Williams. David has several stickers on his car, but he covered his Little Rock Roadrunners Club sticker with a University of Arkansas alumni sticker. What an insult! It's very crowded in the Doghouse this month, and thanks to Steve, there's no beer. I can't wait for next month's honorees to replace us here.

Next month our speaker is Terry Eastin. She's the consultant to the LR Parks and Recreation Department for the River Trail and the coordinator of the Headwaters Partnership for the Arkansas River Trail. She spoke to us last August on the trail and the pedestrian bridges over the river. She'll update us, give us a status report, and tell us what to expect in the next year. We meet August 18 at 6:30 at our same pavilion for our potluck dinner. Join us!

Speaking of the trail, on July 14 several Club members attended the joint meeting of the Arkansas Bicycle Club and Bicycle Advocacy of Central Arkansas at Murray Park. Among the attendees was Karen Irico, who rode to and fro without changing gears because she'd never done so before. That Overlook hill was some fun! County Judge Villines and Corps of Engineers Project Manager Jim Pfeifer spoke. They gave us interesting details on the bridge over the lock and dam, future pedestrian bridges downtown, and the route of the trail from the golf course to the Baring Cross Bridge. For details, go to www.bacar.org.

Please remember to contribute to the drinking fountain on the LR side of the River Trail. Send your tax deductible checks payable to "Arkansas River Trail" to us at our post office box. Note if your contribution is in honor or memory of anyone. Since our last update, we've received contributions from Betty Ray in honor of the June and July birthdays of Karl Kullander, Karen Call, Yvonne Thompson, Coreen Frasier, and June Barron; and Shirley Pence and Tom and June Barron for the birthdays of Coreen, YT, and Karen. The Club board of directors voted to increase our matching contribution level to \$1,000 and we're close to meeting that. We may increase it further, if treasurer Donna Cave doesn't do it for us first. I hope to give you some concrete details on the fountain at the next meeting.

Did you enjoy the Firecracker Fast 5K July 2? The LR Marathon training group ran earlier that morning from Mt. St. Mary's to the side of the state Capitol and back. Then some of the runners helped training group coaches and Club members Tom and Hobbit Singleton work the water station on Kavanaugh in front of St. Mary's. Several Club members worked registration, a mile marker, and the finish chutes. Karen Call directed the males and females to their respective sides. Karen Irico's wish came true as she got to work the male chute. I noticed Pat Piazza working the male chute and taking plenty of time removing Rod Lorenzen's tab. I'm sure Bill Harrell will write

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Club Officers

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Mailing Information

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 LRRRC membership is the date on the top right corner of the mailing label on your newsletter.

Club Needs A President-Elect Elect For 2006-07

By Bill "The Duck" Harrell
LRRC Racing News Editor

Those of you who are addicted to reading every word of this newsletter know by now that the Paul Ward administration has blackmailed me into being the President-elect of the LRRC. Let me go on record now and say that **ALL CHARGES ARE FALSE!!!**

Once I am cleared of all these heinous misrepresentations I will keep my promise to all the good runners of Central Arkansas and not serve my term as president nor will I ever be an officer or serve on the board of directors of any running club in the lower 48 states or Alaska. (I could be coerced into living in Hawaii for a couple of years though.)

My biggest worry is that Paul already has the judge and jury bribed. He's even had someone on his staff leak a memo to the press that I would be a much better President than he could ever dream of being.

What Paul doesn't realize though is that before he learned to tie the laces on his running shoes, I was already serving as president of LRRC. I believe it was in 1991-92. There is a little plaque around here someplace with the correct date but that's not really important. The important thing is that I had to follow Bill Torrey as president.

In a way that made it easier to serve ... I mean have you ever tried to read anything Torrey has ever written? Geez, I've got a degree from UAM and I have difficulty decoding some of his e-mails.

Well, at least Paul can write but having to work with him is going to be tough. I like the guy and all but he has some strange ideas. Hey, the guy thinks *ELVIS IS DEAD!* How strange is that?

As of this writing, there is not a President-elect-elect though. We will be scouring the names, addresses, phone numbers and e-mails of the 200-or-so members to fill the position. It would be nice to have someone under 40, don't you think. There are quite a few "youngsters" in the Club that are talented, and a couple of them even seem to be intelligent. Now that would be a good change of pace wouldn't it.

Believe me; you don't want to keep recycling us old guys. I've been a member of this Club for 20 years and I know the damage some of us can do.

Speaking of old guys, I'm going to give public congratulations to Jack Evans. Jack and his Board of Directors have done an excellent job with the Arkansas Pikes Peak Marathon Society. The Arkansas Team, for years, has been one of the most notable and respected entities at the Pikes Peak Marathon and it's not about to change this year. The race(s) are held the third weekend of August, so if you see someone in an APPMS shirt be sure and give a hearty "attaboy."

Those of you running 5K's deserve a pat on the back also. I have the results for the Brickfest 5K in Malvern that was run on June 25th and the Firecracker Fast 5K in Little Rock, run on July 2nd. I know the race is usually run on July 4th but Gary Smith has enough pull to get a holiday changed.

In Malvern, Tammy Walther ran a 20:32 for second overall. A 15-year-old won the race and apparently Tammy didn't want to discourage the young lady from running so she didn't try to catch and pass her. You are too good a sport Tammy.

Mackie Buckelew is sporting her first place trophy for winning 45-49 in 24:51 and Ginea Qualls, who was sick that day, placed second in 25-29 with a 27:25. Coreen Frasier won 60-64 with a 30:32 and Rosemary Marston and Linda House fought it out in 55-59 with Rosemary running a 32:08 and Linda ran a 36:28.

Brian Sieczkowski, not to be outdone by Tammy, also was second overall. Brian had a 17:02 and David Williams ran 18:04 to win 55-59. Bill Diamond won 40-44 in 18:23 and Brian Polansky had an 18:38 to pick up second in 45-49. Bill Torrey's 19:17 earned him a win in 50-54 and Larry Graham stumbled in with a 19:34 for third in that age group. Jim Barton had a close up view of Larry's heinie while finishing in 19:36. David Bourne ran a 21:59 in the 50-54 age group. (David, Torrey is officially injured as of this writing so expect a trophy in

your next race.) Jim Yamanaka, who always goes home with a trophy, ran 28:41 to win 70 and over.

The Firecracker drew another large crowd this year and I probably had as much fun working this race as any I've worked. It seems as if everybody is serious yet low key. I wonder how that happens. It must have something to do with Polansky's guitar riffs on the 4th.

Ginea Qualls (Barbie's daughter) apparently got over any illness because she ran a 24:33 for fifth in 25-29 and Tammy Walther finally got that sub-20 as she finished fourth in 30-34 with a 19:51. It took out-of-staters to beat her too.

Tina Coutu seems to be improving with every step as she ran a 22:13 for fifth in 40-44. Pam Hays woke up the morning of the 2nd and noticed what a nice day it was and went back inside and tried to awaken her husband, Harold. Once that task was accomplished she handed him some running clothes and told him to get dressed because they were doing a 5K. Harold agreed but only if they would walk it. He was an ultra guy and he wasn't about to do any of that dang sprinting. They finished in 47:51. It was also the first time Harold's running clothes have matched in recent memory.

Carol Torrey, the Torrey who can still run, was third in 50-54 with a 25:26 and Coreen Frasier ran 29:38 for third in 60-64.

David Threm is still running well as he had a 22:20 in the tough 35-39 age group and Bill Diamond ran a 17:27 for fourth in 40-44. Jim Barton was second (to a former college All-American) in the 45-49 group with an 18:23. Larry Graham, CEP; Lee Wyant, DDS, and Michael Erwin, BKR, were second, fourth and seventh in 50-54 with times of 18:40, 19:21 and 20:11. David Bourne finished right behind Michael in 20:39 and Rod Lorenzen ran a 24:20 and Leon Blue flew in from Searcy to run a 28:27 in the popular 50-54 age division.

Randy Taylor's 18:08 and Allen White's 21:37 gave them a first and fourth in 55-59. Allen has neat story about running a race in New York on a runway at an airport. Or maybe he was just trying to,

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.

August

- 12: Mosquito 10K & Splash at Siloam Springs. Call 479-524-5779.
- 12: Hot Summer Night 4M at Jonesboro. Call 870-931-0758.
- 13: Watermelon 5K at Hope, AR. **GPS**. Call 870-777-1917.
- 13: Run for the Grapes 5K at Tontitown, AR 479-361-1100.
- 13: Founder's Day 5K at White Hall. Call 870-247-3465.
- 14: Andy's Fun Run.
- 20: ValleyFest 5K at Russellville. Call 479-968-7819.
- 21: Andy's Fun Run.
- 27: Rollin' on the River 5K at Little Rock. Call 501-227-3710.
- 27: Lake Atalanta 5K at Rogers. Call 479-366-7756
- 28: Andy's Fun Run.

September

- 3: ARK Riverfront 5K at North Little Rock. **GPS**. Call 501-868-1072.
- 3: Possum Trot 5K at Mount Ida, AR. Call 870-867-2370.
- 4: Ozark Half Marathon, 10K, 5K, 1M at Gentry, AR. Call 479-736-2221.
- 4: Andy's Fun Run.
- 5: Run for a Child 10K/5K at Rogers. Call 479-795-2417.
- 10: Arkansas 20K/Marathon at Benton. Call 501-315-9252.
- 10: Race for Awareness 10M/5K at Jonesboro. Call 870-972-0017.
- 10: Zero Mountain 5K at Fort Smith. Call 479-782-2451.
- 10: Baker Bash 5K at Bentonville. Call 479-409-8427.
- 11: Andy's Fun Run.
- 17: Orange Crush XC 8K/5K at Conway. **GPS**. Call 501-450-9292, ext. 26.
- 17: Mt. Nebo Chicken Fry 10K at Dardanelle. Call 479-229-3328.
- 18: Andy's Fun Run.
- 24: Mercy Classic 5K at Fort Smith, AR. **GPS**. Call 479-484-5883.
- 24: Walk, Run, Sprint for Life 5K at Fayetteville. Call 501-664-4343.
- 24: Panther Invitational 5K at Siloam Springs. Call 479-238-5028.
- 25: Andy's Fun Run.

October

- 1: K8 8K at Jonesboro. Call 870-931-8888.
- 1: Run for Your Lights 5K at Heber Springs. Call 501-362-7292.
- 1: Furry Friends 5K/1M Dog Walk at Rogers. Call 479-464-3200.
- 1: Sacred Heart Octoberfest 5K at Morrilton. Call 501-354-3936.
- 1: Tyler Curtis Memorial 5K at Little Rock. Call 501-231-3730.
- 1-2: Arkansas Traveller 100 at Perryville, AR. Call 501-329-6688.
- 2: Andy's Fun Run.
- 8: Sacred Heart Octoberfest 5K at Morrilton. Call 501-354-3936.
- 8: UAPB/SEARK Scholarship 5K at Pine Bluff. Call 870-535-0110.
- 9: Andy's Fun Run.
- 15: Chile Pepper 10K XC at Fayetteville, AR. **GPS SC**. Call 479-521-7766.
- 16: Andy's Fun Run.
- 22: Raid the Rock Adventure Race. Call 501-529-3052.
- 22: Iron Will 10K at Jonesboro. Call 870-933-4604.
- 22: Oktoberfest 5K at Maumelle. Call 501-851-2500.

Birthdays

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

- 2 – Libby Taylor
- 3 – Linda Smallwood
- 4 – Larry Graham
- 5 – Tommy Tucker
- 7 – Bob Taylor
- 7 – John Naill III
- 8 – Ginea Qualls
- 8 – Jim Comerford
- 14 – Linda Van Blaricom
- 15 – Christopher Heller
- 18 – Kimberly J. Morton
- 19 – David Samuel
- 20 – Amy Oury
- 26 – July Barton
- 26 – Mackie Buckelew
- 27 – David Bourne
- 27 – Debra Simmons
- 27 – Jane Rhodes
- 28 – David Williams
- 28 – Paul Ward
- 30 – Donna Johnston
- 31 – Rod Lorenzen

- 22: Whitney Cline 15K at Cassville, MO. Call 417-847-3137.
- 22: Race for the Cure 5K at Little Rock. Call 501-202-4009.
- 23: Andy's Fun Run.
- 29: Mud Run 5K at Little Rock, AR. Call 501-371-4639.
- 29: Downtown Fall Festival 5K at Russellville. Call 479-890-6625.
- 30: Andy's Fun Run.

Retreads

The Retreads meet the first Wednesday of each month at 11:30 a.m. at Franke's Cafeteria, 11121 N. Rodney Parham Rd. (Market Place Shopping Center). Wear something to show you are one of the gang--shirt, hat, scarf, finisher medal, etc. It is Dutch Treat. Just show up and look for the Old Runners--Retreads.

Wyoming Race Is At The Crossroads Of The West

By Al Becken

His horse was foaming at the mouth as he reached the crest of the barren hill. A mile down the bluff was Fort Casper (formerly the Platte River Bridge Station). A glance over his shoulder reminded him that the Arapahos were rapidly closing the distance he had managed to put between them. Urging his faithful steed forward with a gentle kick to its side and a slap of the reins he dashed down the hill to the safety of Fort Casper. The fort was named after Lt. Casper Collins who was killed in a battle near the fort in 1865.

As I stood outside the Events Center on the bluff above the North Platte, my mind drifted back to the stories my great grandpa used to tell us little kids about his adventures into Wyoming territory. Now, here I am for the 3rd annual Casper, Wyoming Marathon, 140 years after great grandpa's escape from the Arapahos. The marathon starts at the Casper Events Center, 5,120 feet above sea level. The course route loops around sagebrush hills near the Events Center and drops down to a cottonwood-filled rails-to-trails park located on the banks of the North Platte River. This out-and-back course ends at the Holiday Inn (host hotel), on the river.

The Oregon, California, Bridger, and Mormon trails, as well as the Pony Express routes, crossed the Platte River at Casper. About 350,000 migrants passed through Casper, the Crossroads of the West. Reportedly, one in 17 died along the way from disease, accidents, weather, starvation, and Indian attacks from the Cheyenne and Sioux nation tribes. Our eyes were as big as saucers and our mouths would drop open when great grandpa would tell us about the Mormon handcart companies with the women pushing and pulling their carts by hand (no horses or oxen) over the plains and hills. The Mormon men would walk beside the carts with their rifles flung over their shoulder. (Maybe that is one reason why Mormon men had so many wives.) It was the Mormons that established a ferry

at Casper before a bridge was built. And, it was the Mormons who were beset with food shortages, icy river crossings, and a winter blizzard between Casper and the Devil's Gate in 1856 that took 150 lives before a rescue party from Salt Lake found the survivors.

This early June marathon starts at 6:30 a.m. and includes a marathon relay and half-marathon. There is a six-hour time limit for the marathon. The weather in early June is usually in the 50°-65 °F range. Don't worry about rain. Average rainfall is 11.2 inches annually. The packet pick-up, pasta party, awards, and post-race celebration are all at the host hotel, which also serves as the finish line location.

Casper was chartered in 1889 to coincide with the arrival of the railroad. By 1925, trains were hauling more oil from Casper's refineries than was being shipped from any other place in the world. Rich black gold was found in wells 42

miles north of Casper, also part of the Teapot Dome oilfield scandal.

If you run the Casper marathon, I would suggest taking a couple of days to visit the many museums, historical sites, planetarium, and explore the various trails on Casper Mountain and along the Platte River. Golfing, cycling, camping, fishing, rafting, and mountain climbing are available for outdoor enthusiasts.

Casper, population 49,644, and Cheyenne, are the two largest cities in the state of Wyoming. If you would like to be a part of the excitement of the 4th annual Casper Marathon in June 2006, contact Casper Area Convention and Visitors Bureau at visitors@casperwyoming.info. Their website is located at: www.casperwyoming.info, or write Casper Marathon, P.O. Box 1152, Casper, WY 82602 or www.runwyoming.com. Phone: 1-800-852-1889. Eric Easton is the race director.

The River Trail

You are my seductress,
I come to you again and again-
to glide upon your paths,
to challenge your hills
and to gaze upon your
timeless beauty.

Each turn brings new pleasures.
A forest canopy of welcomed shade,
the hayfield, the smell of wild plumbs, deer, the occasional Eagle,
Pelicans in the spring and those pesky Canadian Geese!

So many special memories;
of good times and old friends,
sunny days and cold mornings,
a diversion up a mountain path,
of introspection, a special love-

You are my right of seasons,
I will return to learn more of you
and more of myself;
to remember,
to forget
and to understand.

Beisel Goes To The Matt (Continued from Page 2)

about the Club members' results, but I want to mention one family in particular. My high school classmate Jim Goodhart and his family joined the Club this year. Jim's three teenage sons, Tim, Phillip, and Jeff finished the race in 18:24, 18:50, and 19:06. All three were among the top 50 male finishers. Jim was lagging way back with a certain Club president. I hope he has room for three firecracker trophies to go with the others his sons have won and will win.

Now for some announcements. Steve will be directing the Easter Seals Rollin' on the River 5K August 27. Contact him to volunteer or enter this race. It starts near the Victory Building in front of the Capitol. The following Saturday, September 3, is the Arkansas Running Klub's Riverfront 5K from downtown NLR. Contact Bob "No I'm not related to Ted Kazcynski" Marston to volunteer. This race is flat and fast. The LR Marathon training group is gearing for

the 2006 marathon. The training schedules and locations are at the marathon website. Runners and walkers of all paces are welcome, even if they are not entering the marathon.

The board of directors has new members. Brooke Nalley is replacing Bill Harrell (who is now president-elect) as an at large member. We've also added three ex officio members. Sarah Olney, Ginea Qualls, and Brian Sieczkowski will serve us in this capacity. The average age of the board was 75 years, so we needed to add some young blood and fresh faces. Welcome aboard!

Now for our help wanted section. Next year we will need a new president elect to serve with Bill Harrell. Are you interested or do you know of someone who is? We need a new race director for the Lung Run Half Marathon next winter. Bill won't be able to do this and Bill Torrey and Steve Hollowell are also unable. They assure me that a novice can

do it because there's an existing support network. Leadership skills and quick decision making are good attributes. Can you help us? Finally, we may need a new newsletter editor. Do you have the skills and equipment to do this? Linda House says there's special computer software to do this. She prepares the newsletter, sends it to the printer, sticks on the mailing labels, and takes them to the NLR mailing facility. Linda may face a job change and be unable to continue as editor. The Club pays the editor, but it's less than minimum wage. Speaking of the newsletter, we are looking at making our newsletter purely electronic, available by e-mail or from a website. Stay tuned.

Put December 10 on your calendar. That evening we will have our Club Christmas party. The Duck and Mrs. Duck will host us at their Chenal abode. Stay tuned for more details.

If you're ready to be Club president, Lung Run race director, or newsletter editor, you have an idea for a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you just want to chat with your favorite Club president, call me at 664-0060 or 682-5881.

THAT'S JAKE



'This is a common ailment in middle-aged joggers — the tongue gets inflamed from dragging on the ground.'

Club (Continued from Page 3)

literally, catch a plane. I'll try to get Allen to retell me the story when I have pen and pad available. Or, here's a novel idea, he could write a story for the newsletter. (applause, applause)

Leon Matthews, another nice gentleman (I know that because he's lived across the street from me for 11 years and I'm still alive), who keeps going in spite of injuries, ran 32:38 for third in 65-69 and Carl Northcutt ran 38:11 for fifth in 70-74.

You guys had better start racing because you only have another year to get embarrassed by me in the racing column. Of course you could be getting embarrassed by me on the front page then. But, just think, if you were my president-elect how much fun you would have embarrassing me. As if I need any help for that to happen.

Membership Application/Renewal

Little Rock Roadrunners Club
P. O. Box 250229
Hillcrest Station
Little Rock, AR 72225

Dues are \$20 per year, \$36 for two years, or \$45 for three years, and include all members of a family who live in the same house.

CHECK ONE: NEW _____ RENEWAL _____ ADDRESS CHANGE _____

YEARS PAYING FOR: ONE _____ TWO _____ THREE _____

RUNNER: _____ WALKER: _____

DATE THIS FORM WAS SUBMITTED: _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ BUSINESS PHONE: _____

E-MAIL ADDRESS: _____

OCCUPATION: _____

AGE: _____ BIRTHDATE: _____

SPOUSE: _____

AGE: _____ BIRTHDATE: _____

RUNNER: _____ WALKER: _____

CHILDREN: _____

NAME OF LRRC MEMBER SPONSOR (if applicable): _____