

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2005

LR's Liberal Lady Lawyer Has Georgia On Her Mind

By Paul Ward
Your 2005 Arkansas RRCA
Outstanding Club President!

It's holiday time, so I once again went over the river and through the woods to Grandmother Sybil Taylor's club meeting. The Arkansas Running Klub in North Little Rock met November 14 and heard from noted ultra runner Chrissy Ferguson. Chrissy gave a very energetic presentation, but uttered only a few expletives.

Chrissy started running in 1985. She was an active tennis player at the time. A friend wanted to do a marathon, so Chrissy trained with her ... for three weeks! She finished in 4:16, but couldn't walk for a month because of tendonitis. She swore she would never do that again, but soon she was back at it. She had difficulty with the firefighter physical agility test, so she ran up and down hills carrying a backpack full of books. She got stronger and ran more. She did the same marathon again, this time in 3:10! She decided she enjoyed running more than tennis and hasn't played since.

Chrissy's first ultra run was in 1992. Her boss at the time wanted to do a 100 miler and Chrissy thought he was crazy. He was trying to qualify for the Western States 100 and he and Chrissy ran a 50 miler for this reason. She wanted to do better than he did. She finished third! Chrissy first ran the Arkansas Traveler 100 miler in 1992. In 1995, Chrissy sought a pacer for this race, and Marty Stuart look-alike Stan Ferguson agreed. The run obviously worked out well, because they wed the following year at the Traveler. Stan just won the Arkansas RRCA male masters ultra runner of the year.

"The secret to ultras is, don't quit," says Chrissy. You need to keep

going, because either you'll feel better or you'll finish. The mental demands are difficult. Another key is training. Some ultra runners can train with a low number of miles but most need to put in 100 or more per week. Sometimes Chrissy trains twice a day. She may run 30 miles one day, 20 the next, then 30 the day after.

Chrissy says ultra runners eat a lot. They need to wear a waist pack with a water bottle and pouch for energy gels and a veritable medicine cabinet. Chrissy recommends HammerGel over GU. She says the former has complex carbohydrates that break down slower, while GU has simple sugars. She carries electrolyte tablets, E caps, Succeed, Vaseline (you chafe "everywhere"), hard candy, ginger (settles the stomach), Roloids or Pepto Bismal, and ibuprofen. She prefers ibuprofen over Tylenol (acetaminophen) because the latter can cause irreversible liver damage. The former can shut your kidneys down, but this is reversible. Either way, don't take too many. Also, be careful about your fluid and electrolyte level. Most of all, Chrissy says, "Have a good time!"

The Traveler started in 1991 and was the eighth 100 mile race in the U.S. Now there are 35 such races in North America. In the early 1980s there were four in the U.S., and anyone completing all of them in a year was said to have done the Grand Slam. Bi-club member Bob Marston has done this twice! Lou Peyton did this once. She was the second woman in the world (and is the only Arkansas woman) to complete this.

Chrissy mentioned the importance of volunteers at the Traveler. Linda House has volunteered 15 years. Bob and Rosemary Marston have volunteered 14 years, missing the one year because of sickness. Sybil and Bob Taylor have volunteered almost as long. Chrissy said

next year's race is guaranteed, but she doesn't know if it will continue after that. Angie Orellano will go for her 10th Traveler then.

Your Little Rock Roadrunners Club met November 17. Bettina Brownstein, runner, biker, and lawyer, in that order of importance, spoke to 23 members about her time in the Republic of Georgia. The scuttlebutt was that she went to Georgia to start a branch of the ACLU or as part of a new charity, "Lawyers Without Borders," but she really went on an American Bar Association-sponsored trip to help Georgia improve its former Soviet-style legal system. Bettina worked with two Americans and two Georgians and helped teach trial advocacy because Georgia is establishing an adversarial justice system as opposed to the inquisitional system it had and other countries use. She also helped establish an independent national bar association, not under the government's thumb. Bettina said Georgians are very suspicious of government and there is rampant corruption.

The country is small, 4.5 million people, and reminds Bettina of a small

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December Meeting

December 10, 2005

6 p.m.

Capitol Hill Building

**LRRC/ARK
Christmas Party
Potluck Dinner**

Lady Lawyer (Continued from Page 1)

town. Bettina said when you try a case in a small town in Arkansas, everyone on the jury already knows all about the case before you start. Georgia is like that too.

Bettina said Georgia is a beautiful, rugged country, with a lot of history, not all pleasant. The country has been invaded many times over its history. The Caucasus Mountains are in Georgia, and Russia, Turkey, and Armenia border it. Georgians hate Russia and President Vladimir Putin, and they fear he wants to conquer them. Georgia was the second Christian nation, after Armenia, and today Greek Orthodox is the main religion. The country is generally ethnically homogenous, with small percentages of Russians, Armenians, Chechens, Kurds, and Assyrians. The economy is third world, agriculture based, and very poor with lots of joblessness. The capital, Tbilisi, is crumbling and has many beggars. Georgians want freedom and democracy, but the standard of living was better under the former repressive system.

On the plus side, Georgia has a 99% literacy rate. Its education system is European, and it has public and private schools. Massive education reform is occurring and they have national exams. The generations live together and there are no nursing homes. Bettina said the food is great, seasoned well, and seasonal. They also have fantastic wines. Georgia is very cultured. They have opera and dance, and you can find pianos in farmhouses. Georgian women have been world champion chess players. News is widely available in the form of English language newspapers, CNN, and French TV. The government is full of "youngsters" in their 40s and younger. The U. S. is contributing a lot of money but Bettina is worried about the country.

When I first asked Bettina to speak to us, she asked if I wanted her to talk about running. I said no, just tell us about Georgia and what you did there. Evil schemer Bob Marston wanted me to trick Bettina by introducing her at the meeting and saying she would talk exclusively about running in Georgia, what shoes they wear, nutrition, apparel, etc. I didn't want to be mean to Bettina, but she did mention the subject. There is some running in Georgia. The women wear long pants and more clothes to run; the men wear very brief shorts. A few expatriates there run, and they have Hashers.

Thank you, Bettina, for your time and very interesting talk to us. Many members told me they enjoyed your presentation. You get this month's Penthouse Award. Enjoy your stay there over the holidays. The pesky Bob Marston, who interrupted your talk with questions so often I thought he had Tourette's syndrome, will deliver plenty of holiday treats to make your stay even more enjoyable.

That leaves the Doghouse Award. Who deserves this? How about our board members with unexcused absences from our Club meeting? Ex officio board members Brian Sieczkowski and Sarah Olney attended. But not the others. Nah, I'll give them a holiday pass from the Doghouse. Will Barnes, however, had his pass and lost it. He's the biker, new runner, and Club meeting sponge who's attended some of our meetings but not

joined our Club. He said months ago he'd join and I gave him a membership brochure/application. A month later he said the brochure got too sweaty from his bike ride home. In our October *Runaround* I gave him a 30 day reprieve from the Doghouse. Another month passed and he still didn't join. When asked, he repeated his lame excuse about the sweaty application. One thing I don't like is a weasel. If he'd only come clean and asked for mercy, I might have given him another pass. But he tried to weasel his way out of his broken commitment. So it's off to the Doghouse for you, Weasel Will. That should give you plenty of time to complete our membership form.

Speaking of bikers, Ken Gould is on top of a suggestion to open the river trail from the Lock and Dam west to I-430 to vehicular traffic. Apparently Alltel and the Little Rock Chamber of Commerce want to do this to ease Riverdale workers' daily commutes. Details are on the website of Bicycle Advocacy of Central Arkansas at www.bacar.org. This trail is a very valuable resource for runners and bikers, and I'd hate to lose it to automotive traffic. You also may have heard the news that Congress has appropriated some money to convert the Junction Bridge downtown to a pedestrian-bicycle bridge. No word on when this will be completed.

If you read this before December 10, we're having our Christmas party that Saturday at the Capitol Hill building (first floor lobby) on the State Capitol grounds. The potluck starts at 6 p.m. and we're having a joint party with our north shore friends in the Arkansas Running Klub. The clubs will provide meat (smoked turkey and ham) and beverages; you need to bring a side dish or dessert. Bring some mistletoe too!

Our January 19 Club meeting will feature the wine tasting that the library puritans cancelled in October. It will be at the Capitol Hill Building too. We'll also have a potluck dinner, so please come even if you dislike wine. To participate in the tasting, you'll need to RSVP a couple of weeks in advance so I can give the correct number to the wine shop guy. Let me know by January 9 if you're interested. We should be back at

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Club Officers

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Club Members Dominate At Grand Prix Awards

By Bill "The Duck" Harrell
LRRRC Racing News Editor

Well, I guess congratulations are in order for a number of our members for their accomplishments in the Grand Prix this year. I'm sure Paul has already touched on this but I want to throw in my two cents.

First of all, I want to give a hearty pat on the back to Ginea Qualls for receiving the Most Improved Runner award. I know how hard this young lady has worked the past two years. She is setting PR's almost every time she laces up her shoes. She is very competitive in her age group and has the enthusiasm and work ethic to be even better. I remember when I used to beat her in races consistently. Now I just hope she'll slow down and run with me occasionally.

My memory is fading but I still remember when I out sprinted Ginea's mom, Barbie Hildebrand, to the finish line once. That'll never happen again either because Barbie is re-energized after having won the Female Runner of the Year award. She has to keep training hard just to keep ahead of Ginea.

Another young lady, Kim Morton, is the Female Ultra Runner of the year. I remember when Kim was just a kid and running in the Pepsi 10K. One year she passed me and I'm saying to myself, "Who is this kid and why is she passing me?" I was determined not to let a "kid" beat me at the Pepsi, especially a little girl.

Well I think Kim probably ended up beating me anyway and now getting beat by a kid, boys or girls, is the norm for me. I don't worry about who beats me now ... just finishing a training run has become a major accomplishment.

Some of our guys got singled out too. Brian Polansky won the Spirit Award this year. That's probably because he always had a spirit in hand. By the end of the race he was probably yelling at everybody ... whether he knew them or not.

Brian also shared the Volunteer of the Year award with Brian Sieczkowski and John Perez. Now I don't know John Perez but he must be close to a saint if he puts up with the two Brians.

Brian Sieczkowski is also the Male Runner of the Year. I'm really proud for the guy but I also have a problem with it because I have to keep typing the name Sieczkowski in all of the results. I thought about changing his name to Smith but it just didn't suit him. Besides, there are a number of Brian Smiths out there who would probably be extremely upset. So I finally came up with something that was suitable and I wouldn't have to keep typing Brian's last name. I'll use his initials, BS, instead. So now every time you see or hear BS you'll think of Brian. A perfect solution, huh?

But what bothers me the most is seeing who won the award for Outstanding Club President. Paul Ward. Our Paul Ward? Is there another Paul Ward out there who is a president of a running

club? The only time I thought I would hear the word outstanding and Paul Ward in the same sentence would be: "Paul Ward is out standing by that tree trying to catch supper." Or maybe: "Paul Ward is out standing in the out house because he just ate the supper he caught while out standing by that tree."

Okay, who out there voted for this guy? You guys do know that not only is he a lawyer but a lawyer for the State of Arkansas. Can you say con artist? Come on now, have any of you ever read his articles or e-mails? The guy is hung up on big words trying to impress people and show off his degree from Cow Dung U. He must think he's Jack Kerouac. Well, he's not, although he may be a subterranean.

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Lady Lawyer (Continued from Page 2)

Whole Hog for our February meeting and we'll repeat the "panel of experts" theme we did early this year

Speaking of next year, the 2006 Grand Prix season starts and you can be part of it. Information and application forms are on the Grand Prix website, www.arkrrca.com. Congratulations to our men and women who participated this year. The LRRRC men won the team competition. The LRRRC women came close but were hampered by not appearing in some out of town races. In the 12 races they entered as of November 21, they won the most points nine times. The top female team entered 18 races. Next year promises to be even better. Please consider running for our Club in the Grand Prix next year. The Grand Prix adds a team aspect to the otherwise individual sport of running. You cheer for your teammates and you help them by just finishing a race. For example, a team needs four men and three women finishers to garner any points. If you're that fourth male or third female on a team in a race, your team can get points. If the team lacks that necessary person, the first three men's or two women's points

don't count for their teams. You can finish last in a race and still help your team. So join our Grand Prix team. We need you!

Finally, the 2005 Grand Prix awards were announced and your Club came out very well. Congratulations to multiple award winner Brian Sieczkowski. He is the Male Runner of the Year, the Most Improved Male Runner of the Year, and (with John Perez and Brian Polansky) winner of the Al Becken Volunteer of the Year. Brian Polansky also won the Buzz Wilson Spirit Award. Barbie Hildebrand won the Female Runner of the Year. Ginea Qualls won Most Improved Female Runner of the Year. Kim Morton won Female Ultra Runner of the Year. And, thanks to you, I was chosen Outstanding Club President. Not a bad showing at all!

If you want to deck your Paul with boughs of folly, you have an idea for a speaker or topic at our meetings or a nominee for the Penthouse or Doghouse Awards, or you just need an idea for what to get your favorite Club president for Christmas, call me at 664-0060 or 682-5881. Merry Christmas, Happy Hanukah, and Happy New Year!

Awards

(Continued from Page 3)

Now, I'm going to have to find a way to make you think I'm a good president starting next June. I had planned to just slide in under the radar and slough off for a year, sort of like Paul was doing, and hand off to Ginea.

But no, now I've got to do something because Paul has a big enough ego and enough money to pay people to vote for him. He probably has a PAC just for that purpose. See if I contribute to his library.

Congratulations Paul!

How about some results from the MidSouth Marathon/ Half Marathon on November 5? Apparently, the only person in the Club who can run a marathon is Tina Coutu, and run she did. Tina was fourth overall in 3:41:12. I understand that Tina and Melanie will be tackling Boston in April. Boston will never be the same.

The half marathon had David Williams finishing sixth overall in 1:27:33 and Larry Graham tenth in 1:32:51. Robert Holmes and Bill Bulloch were first and third in 55-59 with times of 1:54:23 and 2:07:05.

There were quite a few others at the Spa 10K in Hot Springs the following weekend and what a weekend it was. Belinda and I spent the weekend there this year and this was the first time in about four years that we were able to go over. We had a blast!

I really enjoyed visiting with all of you and all of the others around the state that I haven't seen in a while. What I miss most about not being able to race is visiting with all the other runners. For the most part, you guys are pretty cool.

It's good to see Glen Mays running again. He's had an injury that kept him on the shelf for a while but he's dusted off his shoes and ran a 32:46 at the Spa. He was fifth overall. Glen was followed by BS in eighth place in 36:04. William Diamond finished in 38:31.

Jim Barton, Larry Graham and Tom Zaloudek were bunched up with times of 40:02, 40:27 and 40:38. Bill Torrey found the finish line in 41:31 and Steve Hollowell stumbled across in 43:43.

David Bourne sneaked past Harold Hays with a 45:45 to Harold's 45:54. Bob Marston got tangled up in his

red dress but still managed a 47:35. David Samuel ran a 53:57 and Jim Yamanaka ran his home course in 54:27.

Don Cave and Michael Erwin each biked about 300 miles before the 10K then ended up in the hot tub and called it a triathlon. (They were there at the same time ... not together, you perverts).

The ladies did really well too. Sarah Olney was second overall with a 41:15 (notice her time is better than Bill Torrey's) and Barbie Hildebrand was fourth overall in 44:44 and Karen Call ran a 46:06 for seventh overall. Karen celebrated the opening of deer season that morning by wearing her brand new sexy camouflage running outfit that she purchased from Fredericks of Holly Grove.

Ginea Qualls and Mackie Buckelew had one of the best races you'll ever see. Ginea edged Mackie at the finish by half a second. Their official times were Ginea in 50:05.89 to Mackie's 50:06.38. Tell me that ain't close.

Judy Lansky had a 1:03:01 and Donna Cave ran 1:04:29. Linda House ran a 1:23:22 and Rosemary Marston had a 1:28:17. Now I was told that Rosemary got "misdirected" on the course. Personally I think she was trying to get as far away from Bob as possible.

There was a 5K advertised as a *fun* run also that day. I can do a *fun* run, I'm not ready to race but I can surely have *fun*. I was looking forward to this *fun* run but then my former good friend and running buddy Bill Bulloch signed up also. I explained to Bill that I was not going to race the 5K but would do it for *fun*.

Bill says he has no problem with that; a 30 minute 5K is all he wants anyway. I know he would do better than that, he just ran a half marathon a week earlier so I knew a 5K wouldn't be a problem. I knew I could do better than 30 minutes but I wasn't going to tell Bill that.

So Bill and I met up before the race/*fun* run and Bill started off. Here's what happened: Bill didn't get to Hot Springs until 3:15 that morning because he had been to see a movie (Chicken Little...this is the truth y'all). He was now high on caffeine but knew it was going to wear off before the race and he was complaining that he needed to drop 20 pounds.

I could tell he was ready to run. He had a 23:22 and won his age group. He even beat an eight year old boy by a full eight seconds. Apparently Chicken Little gave him motivation.

I ended up with a 25:09 and a second place in my age group and I really did have *fun*. But I'll do a lot of complaining next time so I can run better.

Karl Kullander ran a 36:18 and won 70 and over and Rod Lorenzen came in with a 36:37. The only female I found that ran was Betty Ray and she had a 39:37 to win 70 and over.

Melanie Baden-Kuhn and Bill Bulloch did another wonderful job with the Duck Run in Stuttgart on the 26th. This was Melanie and Bill's last year to direct this 10K so I don't know what will happen to this fun event. Let's hope it keeps going for a long time.

Former Stuttgart resident Barbie Hildebrand had another good race as she placed overall with a 42:30. Tina Coutu finished fourth overall (first master) with a fine performance of 44:11.

Mackie Buckelew and Ginea Qualls had another duel. This time Mackie ran a 49:59 and Ginea had a 50:14. Joy Ballard had a 54:10 and Coreen Frasier 1:01:16. Rosemary Marston ran 1:03:43 and Linda House came across in 1:19:59.

Glen Mays was back atop the leader board with a 32:56 and BS ran 35:38 for third overall. David Williams found a 37:21 somewhere and that put him in fifth overall and rounding out the top ten was William Diamond with a 38:30.

There was another duel on the prairie with Jim Barton running a 39:20 and Larry Graham ducking in with a 39:22. Harold Hayes followed Tina in with a 44:15 and Bob Marston ran sans his red dress and finished in 46:47. Jim Yamanaka conquered this course in 52:21 and hometown favorite Carl Northcutt 1:17:07.

Everybody seems to be running so well. So many of you are setting PRs and getting awards. The only thing left to accomplish this year is attending the Club Christmas party on the 10th. This is an ARK/LRRC get together but all of you others on internet land are invited too.

Bob Marston will be dressed as Mrs. Claus. So this is one party you won't want to miss.

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.

December

- 3: St. Jude Memphis Marathon and Half. Call 800-565-5112.
- 3: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 3: Children's Miracle Network 5K at Bella Vista, AR. Call 479-636-2223.
- 3: Freezing 5K at Fayetteville, AR. Call 479-575-3542.
- 4: Andy's Fun Run.
- 10: Reindeer Run 5K at Russellville, AR. Call 479-858-6144.
- 11: Andy's Fun Run.
- 17: Winter Wonderland 5K at Bentonville. Call 479-271-9153.
- 18: Andy's Fun Run.
- 25: Andy's Fun Run.
- 31: ARK Winter Series at Alltel in Riverdale.

January

- 1: Andy's Fun Run.
- 7: Winter Sprinter 5K at Morrilton. Call 501-327-4666.
- 7: ARK Winter Series at Alltel in Riverdale.
- 8: Andy's Fun Run.
- 14: MLK Celebration 5K at Morrilton. Call 501-669-2517.
- 14: ARK Winter Series at Burns Park Soccer Fields.
- 15: Andy's Fun Run.
- 21: ARK Winter Series at Burns Park Soccer Fields.
- 22: Andy's Fun Run.
- 28: ARK Winter Series at NLR Riverfront Park south of Alltel Arena.
- 29: Andy's Fun Run.

February

- 4: ARK Winter Series at NLR Riverfront Park south of Alltel Arena.
- 5: Andy's Fun Run.
- 12: Andy's Fun Run.
- 18: Sylamore 50K Trail Run at Allison, AR. Call 501-663-6068
- 19: Andy's Fun Run.
- 25: Healthy Heart 2M at Jonesboro. Call 870-931-0578.
- 26: Andy's Fun Run.

Birthdays

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

- 1 – Steve Hollowell
- 2 – Al Becken
- 3 – Michael Watts
- 4 – Jack Evans
- 6 – Jimmy Thompson
- 8 – Charlie Dunn
- 8 – Matt Olney
- 9 – Tom Holland
- 10 – Robb Williams
- 11 – Barbie Hildebrand
- 11 – Chris Kupper
- 12 – Howard Hurst
- 13 – Randy Taylor
- 16 – Corky Zaloudek
- 16 – Jim Smith
- 18 – Bob Doran
- 18 – Dana Yates
- 26 – Tom Barron
- 27 – Carol Smith
- 28 – Cindy Holland
- 28 – Donna Larkin
- 28 – Fletcher Ward
- 29 – Jan Taylor
- 29 – Robert Watkins
- 30 – David Threm

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.

Pre-Holiday Fun Run And Breakfast Pigout At Marstons' Estate

“Rose and Bob’s Fun Run and Pre-Holidays Bacon and Pancake Practice Pigout” will be Saturday, December 17, 2005, at 8 a.m. That means that Rosemary and Bob Marston are providing food and drink at their lovely home in the suburbs of Roland. Free parking will be available at the Marston Estate. Visitors can run or walk on the roads or trails. Markings and maps will be available at the parking lot.

Directions: Take Highway 10 (Cantrell) west to the stop light at Wal-Mart. Go right at the light on Chenal Boulevard, which turns into Highway 300. Go north on 300 past Pinnacle Mountain and through Natural Steps until you see a yield sign as you enter Roland. Turn left at the yield sign onto Henry Street, go 200 yards and the road bends around and becomes West Street. Go 200 yards on

West to the stop sign and turn left onto Roland Cutoff Road. Go two miles to Wild Oak Lane, which is a left turn off of the Cutoff Road. Go to the end of Wild Oak and proceed straight up into the woods to the house. The journey takes 25 minutes to get there from the intersection of I-430 and Cantrell. If these directions aren't clear enough call 868-1072. Just don't call so early that you wake up the hosts.