

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2005

Club President Flips Bird: LRRC 'Roid Rage?

By Paul Ward
LRRC President

The press and commentariat have been all over the story of steroid use in sports. Steroid use apparently is so widespread that it was bound to hit close to home. Most sports observers suspect steroids accounted for the bulging muscles of major league baseball players Jason Giambi and Barry "Melon head" Bonds. The latter entered the major leagues with a small head and the body of a string bean. In recent years his body is closer to "The Incredible Hulk" and his head is as swollen as he is sullen.

Federal grand jury testimony reportedly revealed that these and other athletes got steroids from the Bay Area Laboratory Co-Operative, or BALCO. Some drug tests can detect steroids, and there are some physical effects of steroid use readily apparent to the casual eye. Increased muscle mass and an enlarged head, shrunken testes, and a violent temper are the classic indicators. The last item gives rise to the term "'roid rage."

Bonds' testimony indicates that he took one substance as drops on his tongue and rubbed another substance – a clear cream – on his body. He said he didn't ask his trainer what these were. Steroids and human growth hormone allow users to rapidly increase muscle mass. Some substances are converted in the body to testosterone, and the high level of this hormone in the body leads the body's normal testosterone factory to stop producing testosterone and start atrophying. Steroids also somehow affect the part of the brain regulating mood. In addition to a violent temper, some users suffer severe depression.

The LRRC has no testing program for performance-enhancing

substances. But our crack investigative reporters have uncovered rampant use of steroids and other performance-enhancing substances by several Club members. Their source? The Maumelle Arkansas Laboratory Co-Operative, or MALCO, run by none other than former Club-president-for-life Tom Barron. Since I have been subpoenaed to testify before a local grand jury investigating MALCO, it's time I came clean with you about my own use of these substances.

Before long runs I too rubbed a clear cream on various sensitive body parts. The casual observer might conclude that I used "Body Glide," but since I never asked Tom what it was, it probably was a steroidal cream. During long runs I orally consume gels of different colors and flavors. I'm sure this was either a steroid or human growth hormone. I didn't ask Tom because I didn't want to face the ugly truth. I knew I couldn't cheat the truth forever, but I wanted to win at any cost, or at least try to keep up with Steve Hollowell, so I compromised my integrity.

Fortunately, my use was not so chronic that I developed all the classic indicators. No bulging muscles on me, no swollen head, and no shrinkage. But the 'roid rage did come to the surface on Thanksgiving morning.

I ran with the 20 or so hardy souls who appeared at the Salon Avatar-Full Moon parking lot that cold morning for our annual holiday fun run. Bill Torrey and Steve Hollowell took off setting a blazing pace up Kavanaugh and into Cammack Village. I ran farther back with three nice ladies: Karen Call, Karen Irico, and Lisa Luyet, Steve's younger, more attractive cousin. I don't think the two of them are very close, though, because when Lisa showed up in the

parking lot, Steve asked her who she was. I guess it could have been her headband or Steve's aging vision.

Anyway, since the day was Thanksgiving, we talked about turkey-cooking plans as we ran. Karen Call was having a small crowd that day, so she decided to forego fowl and instead prepare pork tenderloin. Karen Irico was having a large crowd and was cooking a 20-pound turkey in a bag. Karen has New Orleans connections, so she also made a rice-based dressing. I think dressing varies regionally. Most southerners use cornbread in their dressing and most northerners use white bread in their dressing. Some use a mixture. Coastal communities sometimes add seafood to their dressing.

Lisa had the most novel preparation planned. She was baking her turkey in a bag like Karen, but she poured a bottle of champagne in the bag with the turkey before putting it in the oven. That sounded very interesting. I thought the added bubbly would flavor the meat and keep it moist and tender. Plus, diners

(See 'Roid Rage on Page 3)

January Meeting

January 30, 2005

3 p.m.

Hilly Chili Run

3:45 p.m.

Chili Potluck

Home of Donna Cave

5220 Crestwood

Little Rock

501-664-7335

Club Members Make Running Resolutions

By Bill Harrell
LRRC Racing News Editor

Hello fellow runners, joggers, walkers and runner wannabes. Let me be the last person for a while to wish you a Happy New Year and one of the few who really means it.

I know a lot of you have made your resolutions for '05 and some of you even intend on trying to keep 'em. Mine seem simple but as the year wears on I'll be pushing myself to keep them resolved.

I'm planning on running more than three races this year, losing more than three pounds, not missing more than three days in a row of running and make no more than three mistakes in my monthly column.

Now those of you who know me well may think those last three items are already a lost cause but please, don't judge me until February.

Here are some of the resolutions of a few Club members that we might want to monitor throughout the year. Larry Graham, having beaten Torrey and Polansky in his last two races, swears he'll beat Williams before the year is out. Larry says he really gets excited running behind David but it's time to change positions. We'll see, Larry, David's been on top for a while and he seems to like it there.

Torrey is going to run less and enjoy it more. He has apparently been humbled by Larry. Paul Ward resolves to be president of LRRC as long as Alice Crabtree is president of ARK. That seems only fair, don't you think. After all, they are both lawyers and neither one works for a living.

Karen Call resolves to be a grandmother before the year is out ... but Karen, you're running too well to have that type of distraction.

Bill Bulloch resolves to move to Little Rock and forfeit all that gas mileage he uses going to and from Stuttgart (practically daily).

Steve Hollowell will finally qualify for Boston this year and Harold Hays will not run a 100-miler this year.

Okay, now I will need some course monitors to let me know when these resolutions get broken or get kept. The whole world wants to know this, I'm sure.

One of my resolutions mentioned no more than three mistakes per month in this column. Well that one can easily be monitored because you guys are so much smarter than I am. You can notify me of my mistake and, unlike a politician, I will apologize for it in public.

A mistake I made last month was leaving Kim Morton's name out of the Spa 10K results. Kim placed second in the "over 30" category and even beat a couple of Hall of Fame runners in the process. Kim hadn't run the Spa in 10 years so she had to be a little surprised at the course change but, being the athlete she is, perseverance prevailed.

Some of you may not know the name Kim Morton but when I bring up the name "The Goose" I'm sure a number of you have instant recall. So I apologize to The Goose for the memory

loss. If there is one thing a Duck does not want to do its ruffle the feathers of a Goose.

A name we all instantly recall is that of Jenny Johnson. Jenny has been a faithful and excellent runner for our Club for a number of years and she represented us well at the Honolulu Marathon on Dec. 12. Jenny ran a 3:33:32 and was 20th in the 25-29 division. There were 25, 671 official entrants in the marathons. She was 755th overall.

A week earlier Paul Ward ran the St. Jude's Memphis Marathon in 4:12:59 and a number of you ran the half marathon there also. I wish I could report those times but my computer obviously doesn't want me to have them. It's been as sick as I've been. I'll try again for next month's column but in the meantime if those of you who ran the race will send me your results I'll be sure and publish them.

Speaking of half marathons, the Bailey Lung Run is coming along real well and will be run on February 19 in North Little Rock (yes, NORTH Little Rock). For those of you not competing that day please consider volunteering. You will get a T-shirt, pizza, sub (sandwich...not the boat) and, most of all, my gratitude. I'll give you an update on this in next month's column.

So if you'll excuse me I'll leave you now, the sun is out and I'm going to try and keep one of resolutions intact. (You figure it out.)

Till next month, take care.

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

‘Roid Rage

(Continued from Page 1)

consuming the meat later could freely burp and blame the champagne. I wonder if she called it tipsy turkey.

I was cooking an 18-pounder that morning. I put it breast side down on a bed of celery, carrots, and onion, and stuffed its cavity sparingly with a few of the same vegetables and a bay leaf. I prepared herb butter (sage and rosemary) and rubbed some on the skin and stuffed some between the breast meat and skin. I poured some wine and water in the roasting pan. The turkey’s inverted positioning goes back 20 years. My younger but grayer sister, Caroline, finished college in 1984 and her first job was in a St. Louis suburb. She had to work the Friday after Thanksgiving that year, and since it was her first Thanksgiving by herself, I offered to travel up there to join her. It was a memorable Thanksgiving.

I like train travel, so I took Amtrak up there and saw a beautiful sunrise on the Mississippi River before pulling into St. Louis. Caroline had gotten a turkey and took care of the cooking. Being the only male around, I watched football and carved the cooked bird. I started carving what I thought was the turkey breast and I wondered why there was so little meat. It seemed to get meatier as I carved closer to the bottom. On closer inspection, we discovered that she cooked the turkey upside down. Unintentionally. Neither one of us cooked much back then and we’d never cooked a whole chicken, much less a turkey. We had a lot of laughs about cooking the turkey upside down since then.

Later when I began to cook for myself and watch cooking shows, I saw several recipes recommending starting a chicken or turkey breast-side down so gravity would cause the juices to flow to the breast meat and keep it moist. I’ve been doing this ever since. One-half or one-third of the way through the cooking time, I take the chicken or turkey out and turn it over on its back. Dark meat takes longer to cook than white meat, so starting the bird breast-side down lets the dark meat cook faster.

This Thanksgiving I put my turkey in the oven before leaving for our run.

Afterwards, I was anxious to get back and turn the turkey over so it could finish cooking breast-side up. Karen Irico coined the appropriate sound bite: Club President Flips Bird.

So yes, I did flip the bird on Thanksgiving Day after our run, but I don’t know if steroids had anything to do with it. I do know that the Duck had his own problem with steroids. He got his confused with his Preparation H, and this led to a different kind of ‘roid rage.

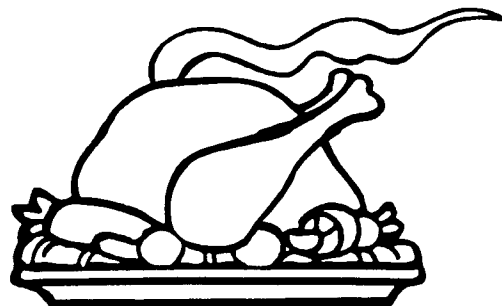
Since the Club did not meet in December and January, there is no guest speaker report. But there were two Club Christmas parties I attended, so I’ll play society reporter and give you the run down. First, I attended the Arkansas Running Klub’s party at Nancy Collins’ house. There was good food, a good crowd, and another Marston-inspired decorating theme. Bob Marston e-mailed Club members (except Nancy) before the party and asked them to bring certain items to place around Nancy’s house indicating that she was sexually confident and high maintenance. Not that she necessarily is or is not, that was just what Bob wanted people to keep in mind when supplying items. Example: a pair of sheer, black, bikini briefs, sized medium, from Bob’s underwear drawer. Before the evening was over, Francine promised to model this item at a future Club event. Last year’s theme was “nouveau redneck” and attendees brought things like a bag of Red Man, a porn magazine, and a worm-containing bottle of tequila.

Our own Club party the following week had to be moved at the last minute. We’d planned for months to have it at the Capital Hill Building. Days before our planned party, we learned that the heat would not be on as expected.

Fortunately, Steve Hollowell graciously offered to host the party again at his Walton Heights estate. We had good food and a good crowd. Brian Polansky brought his better half – always a plus. David Williams brought a young woman, maybe his daughter. Unfortunately, the Duck was ill and unable to attend, thereby casting a somber pall on the otherwise happy occasion. We played “Dirty Santa” afterwards, but there were no really embarrassing gifts. I remember a few years ago when one of the “Dirty Santa” gifts was a desensitizing cream for intimate activity. Mrs. Duck was studying it intently when someone explained its purpose. Her face reddened and she quickly passed it on to someone else. I think Karen Call ended up with that. Karen also got an interesting book at another party before this past Christmas, but I can’t write about it in this family newsletter. If you see her, ask her about it, and I’m sure she’ll fill you in.

I hope you had an enjoyable Christmas and a happy New Year celebration. We won’t have a regular meeting this month. Instead, we will have our annual Hilly Chili run from Donna Cave’s hilly abode. Bring chili or something to go with it. The Club will provide beverages. You can join the fun run before hand, or just relax and taste the chili. Our next meeting will be February 17 at the Whole Hog Café. Details on that next month.

Our monthly Penthouse and Doghouse awards are taking a holiday break. But I do want to thank Nancy, Steve, and Donna for hosting their Club events last month and this month. If you have a suggestion for a speaker or topic at our meetings, or a nominee for our monthly Penthouse and Doghouse awards, call me at 664-0060 or 682-5881.



Running Calendar

Upcoming races, fun runs, Ultra Trail Series (UTS) runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. Contact Charley or Lou Peyton at 225-6609 regarding UTS runs. The LRRRC sponsors Sunday fun runs beginning at Andy's, Markham and Barrow Road, at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

January

- 15: Faces of Our Children 5K at Morrilton. Call 501-669-2517.
 15: ARK Winter Series at Burns Park Soccer Fields. Call 501-676-5660.
 16: Andy's Fun Run.
 22: ARK Winter Series at Burns Park Soccer Fields. Call 501-676-5660.
 22: No Name 5K at Danville. Call 479-495-7143.
 23: Andy's Fun Run.
 29: ARK Winter Series, NLR River Trail. Call 501-676-5660.
 29: Grand Prix Series Race Directors Meeting, 10:30 a.m.; potluck dinner, 11:30 a.m.; and Hall of Fame Induction and 2004 Grand Prix Awards, 1 p.m. at Maumelle Community Center.
 30: Andy's Fun Run.
 30: Miami Marathon at Miami, FL. Call 305-278-8668.

February

- 5: ARK Winter Series, NLR River Trail. Call 501-676-5660.
 6: Andy's Fun Run.
 12: Valentine Day 5K at Russellville. **GPS**. Call 479-868-4272
 13: Andy's Fun Run.
 19: Lung Run Half Marathon at Little Rock. **GPS SC**. Call 501-224-5864, ext. 103.
 19: Sylamore Trail 50K at Allison, AR. Call 501-868-5555.
 20: Andy's Fun Run.
 27: Andy's Fun Run.

March

- 5: Running for the Green 5K at Rogers. Call 479-936-2934.
 6: Andy's Fun Run.
 6: Little Rock Marathon. Call 501-371-4770.
 13: Andy's Fun Run.
 18-20: Three Days of Syllamo at Allison, AR 501-753-6910.
 19: Victorian Classic 10K at Eureka Springs, AR. **GPS**. Call 479-253-8667.
 19: Catholic High Rocket 5K at Little Rock. Call 501-664-3939.
 20: Andy's Fun Run.
 26: Paws and Claws 5M/2M at Huntsville, AR. Call 479-677-2875.
 26: Spring Fling 5K at Cabot, AR. Call 501-843-1406.
 27: Andy's Fun Run.

April

- 2: Capital City Classic 10K at Little Rock. **GPS**. 501-455-2643.
 2: Alma Partners Club 5K at Alma, AR. Call 479-632-2162.
 2: Eisenhower Marathon at Abilene, KS. Call 785-263-2341
 3: Andy's Fun Run.
 3: Hogeve Marathon, Half (**GPS**), Relays at Fayetteville. Call 479-575-2975.
 9: Bison Stampede 5K at Rogers, AR. Call 479-636-6360.
 9: ARK River Trail 15K at North Little Rock. **GPS SC**. Call 501-834-1313.
 9: ATU Band 5K at Russellville. Call 479-970-9875.
 10: Andy's Fun Run.
 10: Spirit of St. Louis Marathon at St. Louis, MO. Call 314-727-0800.

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 – Melissa Polansky
 6 – Laura Nail
 7 – Ann Moore
 9 – Leah Thorvilson
 10 – Pam Hays
 15 – Suni Hoffman
 17 – Melissa Topping
 19 – Carl Northcutt
 21 – Bill Rahn
 21 – Kim Fischer
 21 – Richard Johnson
 25 – Ann Scroggins

Running Calendar (Continued)

- 16: St. Mary's 5K at Russellville. **GPS**. Call 479-968-7979.
 16: Ouachita Trail 50K/50M at Little Rock. Call 501-329-6688.
 16: Marine Corps League 5K at Little Rock. Call 501-221-3147.
 16: 1040 Tax Run 5K at Batesville. Call 870-793-2464.
 16: Stone County Medical Center 5K at Mountain View. Call 870-269-2871.
 17: Andy's Fun Run.
 23: Dogwood 5K at Siloam Springs. Call 479-524-5779.
 23: 4-H 5K Trail Run at Little Rock. Call 501-821-6884.
 24: Andy's Fun Run.
 30: Toad Suck 10K/5K at Conway. 10K is **GPS**. Call 501-450-4635.
 30: Country Music Marathon & Half at Nashville, TN. Call 800-311-1255.

Retreads

The Retreads 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. It is Dutch Treat. Just show up and look for the Old Runners--Retreads.

Grand Prix Race Directors Meeting, 2004 Awards, And Hall Of Fame Induction Is January 29, 2005

The 2004 Grand Prix Series was a success with many races seeing increases in the number of runners. It is time to start thinking about the 2005 season and which races you will be running. The schedule has been set and you can review it at Arkansasrunner.com.

The new season gets started with some fun at the annual Grand Prix Awards. The location is changing again, with this year's awards ceremony being held at the Maumelle Community Center. The date is January 29 and the awards will be presented at 1 p.m.

The day will start with a workshop for Grand Prix Series race directors. It is strongly recommended that all race directors attend. Questions about age group awards were presented at the state

RRCA meeting in Hot Springs that need to be addressed by the race directors.

This workshop will start at 10:30 a.m.

Lunch will begin at 11:30 a.m.

This year the Grand Prix will provide the main course (catfish & chicken) and soft drinks. People whose last names begin with A-K are asked to bring a side dish and L-Z bring desert. My choice is always more desert and less green.

Before the Grand Prix Awards are announced a few people will be inducted into the Arkansas Roadrunners Hall of Fame. Drawings for door prizes will be held throughout the ceremony. This is one of those events that helps to recharge you engines for the coming season.

Directions to the community center are:

Coming from Conway and west, take the Morgan/Maumelle exit and turn right on Hwy. 365 which you will follow until you can turn left on Hwy. 100 and into the Maumelle Community. About 1.8 miles from the exit turn right on Edgewood Drive. The Community Center will be about ¼ mile on the left. Go to the front of the building and the meeting room is on the main floor to the right.

Coming from Little Rock or North Little Rock take the Maumelle exit from I-430 and go west. Edgewood Drive is about five miles from I-430. You will pass a small pond with a fountain on your left before turning left onto Edgewood.

For those of you who remember the Red Cross Turkey Trot, Edgewood Drive was the site of the starting line.

The Goose Makes A Formal Complaint To The Duck

This is a formal complaint to The Duck, who failed to mention my name as placing second in the Spa 10K in the "I'm over 30 but won't admit to it" category. As a LRRC dues-paying member, I feel slighted. Duck, how could you? Was it because I haven't raced a 10K in 10 years, or because I barely beat Jim Yamanaka? Or was it because you heard I had slowed my 10K time 10 minutes in 10 years, and didn't want to embarrass me?

As an armchair runner for the last 10 years, I look forward each month to reading about the adventures of my more highly motivated friends and former training partners. However, there comes a time when even the most slothful former athletes must try to recompose themselves. This time for me came in August 2004, when my husband of seven years decided he would take up running. So now I had no excuse!

After a blissful three months of "jogging," I was invited by my friend Amie, a native of Hot Springs, to enter the Spa 10K, but only on the condition I run an additional eight miles with her after-

wards. (No, she's not a masochist, she's training for the Disney Marathon.)

It has been exactly 10 years since I last ran the Spa, and much to my dismay the course had been entirely altered to include a ridiculous amount of hills (ridiculous to this girl who lives in the flatland of Maumelle). I ran with Amie for 5.4 miles, laughing and talking, we knew we weren't "racing", right? But the last mile ... the old road racer mentality

kicked in, and Duck, I actually passed someone! (Never mind it was a little kid with a side stitch.) So Duck, all will be forgiven if you mention my name in the newsletter. I'll even bribe you with my 1-liter Spa 10K water bottle trophy (sorry, I already drank the water).

Most sincerely,

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(a.k.a. "The Goose" in semi-retirement)



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