

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2005

LRRC Members Continue Kakistocracy

By Paul Ward
LRRC President

The Little Rock Roadrunners Club met June 16 at Murray Park (Pavilion #2) for an evening of politics and the arts. A sellout crowd of 12 people attended. The evening got off to a very bad start. We had people, we had food, and we had great weather. But we had no plates, no utensils, and most importantly, no beer. Unfortunately, Joe Cordi, whom I publicly thanked in last month's newsletter for bringing our beverages, was tardy. Fortunately, Charlie Dunn was early and shared his personal supply of cold ones with us until the tardy Cordi arrived, blaming his delay on his probation officer. I suspect it really might have been his over-bearing boss.

The first order of business was to elect the Club's officers. Members were almost unanimous in re-electing Donna Cave as treasurer, Betty Ray as secretary, and yours truly as president. Hence the title of continuing the kakistocracy – government by the least qualified or most unprincipled. Last year I said I wanted to set expectations low so I wouldn't disappoint you, and I have met those expectations! I see re-election as a mandate for more of the same.

The twist this year is that we elected Bill Harrell, a/k/a "The Duck", as our president elect. He cast the only "no" vote of the night, expressing his foreboding of the pressures of office about to fall on him next year. He'll be the only Club member not glad to see me go. My final year as president makes me a lame duck – just like Bill!

Bill was serving as an at-large member of the board. To replace him, I'll appoint one of you. Please say yes when

you are asked to serve. Your country needs you.

After our exercise in politics, we turned to the arts. Club member Randy Oates recited three of his poems. These were well received by both us and an elderly group in pavilion #1 next to us. You might remember reading some of his poems in our newsletter the past few months. Randy will continue writing and submitting poems for our reading pleasure. Thank you, Randy, for appearing and reading your poetry at our meeting and submitting it to our newsletter. You get the acclaimed Penthouse of the Month Award.

Next month our speaker is Matt Beisel. Matt and wife Jill are runners and Club members. Matt also coaches boys and girls track and cross country at Lutheran High School and his teams won the AA conference state championship a few years ago. I hope you can make it. Our potluck meeting is July 21 at 6:30 at Murray Park Pavilion #2.

Please remember to contribute to the drinking fountain on the Little Rock 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 a contribution from Steve Hollowell.

Last month Brian Sieczkowski got the Doghouse of the Month Award for running along the river trail past our pavilion twice while we were meeting and not stopping to say hello. Brian is still suffering from the ignominy. You'd think this would be a lesson to others not to repeat Brian's folly. But no, the very next month while we're meeting we see Karen Call pedaling by our pavilion twice with

nary a wave to the faithful Club members. I guess Karen has gone over to the bike side now. When she was younger she used to bike on the trail, change clothes in front of us, and then attend our Club meeting. Now the exercising ecclesiast doesn't even acknowledge our existence. So Karen, you get the Doghouse of the Month Award, but you can share it with the tardy Cordi, if he shows up on time.

Good luck to those of you running in the Firecracker Fast 5K July 2. I love Independence Day. I put out too many U.S. flags, buy too many fireworks, and eat too much homemade ice cream. But hey, this is America! Every year at this time I'm disappointed with our local government officials who ban fireworks. Banning fireworks on the 4th is un-American! John Adams, appropriately nicknamed "The Colossus of Independence" for his work on behalf of independence in the summer of 1776, wrote his wife, Abigail, after the Continental Congress declared our independence. This vote occurred July 2, which Adams mistakenly thought would be the date future generations

(See Kakistocracy on Page 2)

July Meeting

July 21, 2005
6:30 p.m.

Murray Park
Pavilion 2
Potluck Dinner

Speaker: Matt Beisel
Track & Cross Country Coach
Lutheran High School

Meijer Derby Marathon Is Part Of Kentucky Derby

By Al Becken

"Be careful," the car salesman said. "You should leave now, so you get past Churchill Downs before the traffic grows." I had just purchased my first car, a 1951 Studebaker, and was going to drive from downtown Louisville, Kentucky, on the Dixie Highway to Fort Knox.

Fifty years later I'm running on part of the Old Dixie Highway in the Kentucky Derby Festival Marathon. At 5:45 a.m., I climbed on a shuttle bus in front of the Kentucky International Convention Center for a ride to the start line in Iroquois Park, about five miles south of downtown. I fingered my Apache beads nervously. I'd heard the park was dedicated to the Iroquois who rested here on their Trail of Tears journey to relocate in Oklahoma. I wondered how many Iroquois spirits still lingered in the surrounding woods.

Kentucky was inhabited by Indian tribes such as the Shawnee, Wyandot, Delaware and Cherokee, until they were driven north of the Ohio River by pioneer forces from Virginia. About 1774 Daniel Boone made a 10,000 pounds sterling deal with the Cherokees for all the land between the Ohio and Cumberland rivers. Kentucky was admitted to the Union on June 1, 1792.

As the marathon course headed north past Churchill Downs, my mind drifted to thoughts of the Kentucky Derby, the famous annual American horse race tradition. The Derby has been run at Churchill Downs racetrack on the first Saturday in May since 1875. The race is limited to horses three years of age and is a 1¼-mile distance. The Kentucky Derby is one of the three races for three-year-olds that make up the Triple Crown.

At mile 16, the marathon course headed into Cherokee Park. The Cherokees were once one of the most powerful native tribes of the southeastern region of the United States. Cherokee Park was a rest stop for the 300-mile forced march of Indians (Trail of Tears) by troops of the U.S. Government in 1838. The few thousand survivors of more than 14,000 Cherokee established their government in what is now known as Cherokee County, Oklahoma. Today there remains a small Cherokee reservation in western North Carolina on land purchased by a number of Indians who escaped the Trial of Tears.

The marathon passes the Louisville Slugger Museum (largest free-standing baseball bat in the world) and ends in downtown Louisville near the Kentucky International Convention Center. The Galt House on the river is the official host hotel. If you start there, you can walk by overhead passageway to the Convention Center for the packet pickup, expo and pasta dinner the night before the race. The marathon is a part of the Kentucky Derby Festival, a weeklong series of festive events leading up to the Derby. The festival was begun 50 years ago and includes a steamboat race, balloon race, wine festival, concerts, food festival and culminates in a carnival night parade before the running of the Kentucky Derby horse race.

The 2006 Meijer Derby Festival Marathon is most likely on April 29th or 30th. There is also a half marathon that has been in existence for 30 years. For more information write: Meijer Derby Festival Marathon, 1001 South Third Street, Louisville, KY 40203 or the web site www.derbyfestivalmarathon.com.

Kakistocracy (Continued from Page 1)

would celebrate our independence. Two days later Congress adopted the Declaration of Independence Thomas Jefferson drafted. Adams wrote:

The Second Day of July 1776, will be the most memorable Epocha, in the History of America. - I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by Solemn Acts of Devotion to God Almighty. It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfire and Illuminations from one End of this Continent to the other from this Time forward forever more.

We still celebrate our independence with parades and "illuminations" (fireworks) in spite of local government meddlers. I hope your Independence Day celebration is safe and enjoyable.

If you have an explosive idea for a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you have extra homemade ice cream for your favorite Club president, call me at 664-0060 or 682-5881.

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.

Linda House	Editor	565-4969
Paul Ward	President	664-0060
Bill Harrell	President-Elect	821-6610
Betty Ray	Secretary	225-5635
Donna Cave	Treasurer	664-7335
Steve Hollowell	Past President	217-8604
June Barron	Membership	851-4655
Bill Torrey	CCC 10K Race Dir.	455-2643
Joe Cordi	At Large Member	223-9767
	At Large Member	

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.

Another “Crazy Twin” Shows Up At Dino Dash

By Bill Harrell
LRRC Racing News Editor

A funny thing happened at the Dino Dash this year. The crazy twins of two members showed up. Most of you know about my crazy twin, Bile, who is always getting me in trouble. But how many of you know about Mackie Buckelew's crazy twin. Yes there is a mean, maniacal Mackie out there.

This Mackie will talk trash to you and make you cry. At least that's what she did to Bile. This girl talks trash like she trained in the NBA. Of course the real happy go lucky, smiling Mackie denied they were kin but Bile wouldn't lie to me. Besides, the real Mackie brings brownies to Club potlucks not some kind of vegetable. That's proof there is a second Mackie out there. Next time you see her at a race, which is every weekend, speak to her. If you get a smile and a compliment then you've got the real thing; if you get trash talk then turn around and walk away.

Steve Holloway was the Club representative for the Dino Dash which included being in charge of the finish line and results. I hate to say this but he did a bang up job. As a matter of fact, Steve says he wants to be the next Bill Torrey and direct 10 or 12 races a year. Hey if this political thing doesn't work out he may get his chance.

The Club is paid per finisher for the races they conduct and Steve is so determined to make the Club money that he said he would leave the finish line up till David Williams finishes.

Last report is there have been numerous wrecks in the River Market district due to stanchions in the road. David, the next time you see Hollowell give him a dollar or two, it'll make downtown so much safer.

There were some pretty times turned in at the Dino Dash by our Club members although most of them belong to our female members. Sarah Olney at 20:06 and Tammy Walther at 21:18 were second and fourth (first in age group) overall. Kelly Thompson won her age group in 22:25 and was sixth overall. The mean,

maniacal Mackie Buckelew won her age group in 25:01.

David Bourne was the top finisher for our males as he ran a 21:56 for second in 50-54. Jim Yamanaka ran a 26:36 and was the top finisher in 70 and over. Leon Matthews is back on the podium with a 36:15 in the 65-69 age group. I don't know what the awards were but I'm sure granddaughter Day gladly grabbed it for Leon. I hear she ran in the kid's race and Leon couldn't keep up.

Bob Abernathy, who is 81, had an excellent 41:13 and Benjamin and Richard Nix both ended up with a 45:02, although Benjamin was a step ahead at the finish.

Although The Duck finished the race he threatened me if I published his time. He apparently got his feathers ruffled by the mean, maniacal Mackie and was so scared of her that he got in the back of the pack and hid.

A couple of you have asked me about my recovery from pneumonia so I will update those of you care. The rest of you can skip down and look for your name in the next race. According to Dr. Feelgood I no longer have any symptoms but it is difficult to get into a regular running routine. I am running with Bill Bulloch on weekends; apparently, he'll do anything to get out of Stuttgart. I like

running with Bill because when we're running side by side I look thinner and more like a real runner. Bill isn't running a lot right now either but he is biking some. Although he did say he had to replace his bike seat with a tractor seat so he could be comfortable.

The Arkansas Runner 2mile state championship was held on June 18 and I understand there were some pretty good performances by our members. Tammy Walther, who I believe is leading the women in Grand Prix scoring, ran 12:44 for fourth overall and a first place finish in the 30-34 age group. Mackie Buckelew got her weekly trophy by running a 15:28 and Linda House did the same with a 22:49. Libby Taylor came in with a 29:32.

Brian Sieczkowski was third overall with a 10:31 and Bill Diamond and Brian Polansky were 11th and 12th with times of 11:33 and 11:34. Jim Barton huffed and puffed his way to an 11:54 and Bill Torrey finished in 12:06 and he was followed by Randy Taylor in 12:09. Jim Yamanaka once a gain won his age group by running a 16:51 and Bill Walther, Tammy's husband, ran 18:47. Bill is new to running but he also has a good coach. We all look forward to tracking Bill's improvement in future races.

Now I guess I better go hit the road and see if I can improve enough to run a race with you guys. I will be working the Firecracker. Hope to see you there.

New Runner Is In the “Waddling” Stage

Cathy Perry is the newest member of the LRRC. She is 40 and is the divorced mother of three: Chris, 22; Brandon, 20, and Danyelle, 15. She is a claims examiner for the Association of Arkansas Counties in Little Rock, handling workers compensation and property claims.

Cathy says that she had been walking as much as five miles on a treadmill for several months when she decided only a few weeks before the 2005 Little Rock Marathon that she wanted to walk the half. She said that she really didn't know what she was in for but

finished and decided that she wanted to try to get in condition to run. Cathy says she is in what *Runners' World* columnist John “The Penguin” Bingham refers to as the “waddling” stage. She said she started running for real in May and averages 10-15 miles per week at a 12:30 pace.

She likes running in races and draws from the energy at them and uses them to push herself. She prefers the 5K right now, however, she says she's hooked and ready to add more miles. Since Cathy lives in Sherwood she says she loves

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. 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.

July

- 2: Firecracker 5K at Little Rock. Call 501-221-0017.
- 3: Firecracker 5K for St. Jude at Memphis. Call 901-765-4409.
- 3: Andy's Fun Run.
- 4: Freedom Run 5K at Jonesboro. Call 870-933-4604.
- 4: Farmers Bank Freedomfest 5K at Greenwood. Call 479-996-6357.
- 9: Leann Harris Memorial 5K at Arkadelphia. Call 870-230-1965.
- 10: Andy's Fun Run.
- 16: Hotter Than Hell 5K at Winslow. Call 479-751-8733.
- 16: Tigers on the Prowl 5K at Republic, MO. Call 417-889-0601.
- 17: Andy's Fun Run.
- 23: River City 5K Run/Walk at North Little Rock. Call 501-801-8061.
- 24: Andy's Fun Run.
- 30: That Dam Night Run at Lake DeGray at Arkadelphia. **GPS.** Call 870-246-2566.
- 30: Centerton Fire Run 5K/1M at Centerton, AR. Call 479-795-2550.
- 31: Andy's Fun Run.

August

- 6: HealthSouth 4M at Batesville, AR. **GPS.** Call 870-793-2464.
- 6: Pig Out 5K at Morrilton. Call 501-354-1814.
- 6: Magic City 8K at Moberly, MO. Call 660-263-9320.
- 7: Andy's Fun Run.
- 13: Watermelon 5K at Hope. **GPS.** Call 870-777-1917.
- 13: Run for the Grapes 5K at Tontitown. Call 479-361-1100.
- 13: Founder's Day 5K at White Hall. Call 870-247-3465.
- 14: Andy's Fun Run.
- 21: Andy's Fun Run.
- 27: Rollin' on the River 5K at Little Rock. Call 501-227-3710.
- 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.
- 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.

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 – Jill Beisel
- 3 – Coreen Frasier
- 9 – Jeff Yates
- 11 – Bill Harrell
- 11 – Tammy Walther
- 15 – Dale Wintroath
- 15 – Glen Mays
- 15 – Rhonda Ferguson
- 22 – Lou Peyton
- 24 – June Barron
- 24 – Matthew Morton
- 26 – Paul Johnston
- 27 – Steve Bonds
- 29 – Glenda Beasley
- 30 – Andra Dillard

New Runner (Continued from Page 3)

running on the North Little Rock River Trail.

Her interests other than running include studying since she is a full-time student at UALR, although she says she likes to read for pleasure when she has a few quiet moments. She also likes Iyengar yoga, swimming, sewing and gardening.

Cathy says she really wants to thank Rosemary Marston for helping her along and for introducing her to so many encouraging people. She says, "It truly has made a difference becoming involved in the running community."

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.