

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2005

Members Unanimous: February Meeting Best Ever

By Paul Ward
LRRC President

Well, maybe not the best *ever*. But several people said afterwards that they really enjoyed our panel of experts. Usually people tell me how boring I am and the only highlight of the meeting is when I say "Thank you for coming tonight." This was different, and it's all because of our generous panelists. David Williams, Alice Stewart, Jenny Johnson, Leah Thorvilson, and Glen Mays spoke to us about their start in running, why they like running now, and a typical week's workout. Brian Bariola was scheduled to participate, but was sick. I looked at the panelists as a pantheon of running deities, but they were all down to earth and we enjoyed getting to know them better. It always helps when people you admire are also nice.

David started, comforted by an all-too-brief pre-meeting visit by Larry Graham to offer emotional support. David came to running later in life than many. He was active in several sports in high school, but didn't take up running until after law school, renewed single status, and some weight gain. David was smoking and drinking, and at his heaviest weighed almost enough for Clydesdale status. And that's more than Governor Huckabee now weighs!

A friend got David interested in running. In his first foray on the Scott Field track, David could not run one lap. He started training, participating in track meets at Parkview High School, doing speed work, and keeping detailed log books. David said he loves to race, he finds it joyful, and running and racing over the years build memories.

David said he doesn't worry a lot about mechanics; he sees running

basically as a common sense, natural sport where you just put one foot in front of the other. Consistent training and just showing up at the start are important. David said he finds it harder now to do the painful workouts by himself, and he prefers running with others where he can feel challenged. He doesn't do a lot of mileage a week, maybe 35-40 miles, consisting of five-mile runs Tuesdays through Fridays, races on Saturdays, and a 10-mile run on Sundays. Mondays David works out at the War Memorial Fitness Center.

Alice said she was overweight and drinking a lot when she started running seriously. She was active in all sports in her youth and started cross country in college. She got out of it for awhile, but started again when she moved here seven years ago. A friend asked Alice to help her train for a marathon. Alice didn't intend to run one herself, but she increased her training and ran one. Alice said that after you run your first, you're hooked. She runs 1-2 marathons a year, and tries to balance them with the local 5K races. Alice traveled with the Arthritis Foundation's Joints in Motion team to several overseas marathons and she's run Boston twice. Look for her next at the Little Rock and Boston Marathons this year.

Alice said racing is fun because of the camaraderie with fellow runners. When she was hurt (stress fracture), she still went to races to visit with friends. Alice enjoys running with several female friends. She does speed work, long runs on Saturdays, and cross training with weights and biking one day a week.

Jenny was active in dance in high school when she tried out for track. She quickly found that longer distances worked better for her. Jenny was excited

("Wow, I did a mile!"), and she added distance to her running. She ran cross country in high school, but initially ran only for fun in college (LSU). An acquaintance on the track team saw her running at her fast clip around a lake and suggested she walk on the LSU track team. She did, and said that she made some of the best friends ever then. Jenny said being on the team caused her to push herself more.

Jenny came here for medical school after college and started doing races. She finds that running about 40 miles per week works best for her. She tries to do speed work when she can, and occasionally swims. Unfortunately for us, Jenny hopes to move to Tulsa after graduation, but she intends to remain active in running. The Duck promised to visit her for his annual prostate exam.

Considering Leah Thorvilson's name, Scandinavian good looks, and accent, could you guess that she hails from Minnesota? Like Jenny, Leah danced in high school. She started running to keep the weight off (that drinking thing again!). In community college, she offered to coach the women runners. The male official she asked said she should instead run at UALR. Coach Kirk Elias offered her

(See February on Page 3)

March Meeting

March 17, 2005
6 p.m. to eat
Whole Hog Cafe
Riverdale Shopping Center

Speaker at 6:30 p.m.
Gene Prohl

Souixland Marathon Recalls Lewis & Clark Landing

By Al Becken

The Apache had been watching them from the riverbank as they brought their keelboat to shore. There was a flag with 15 stars and 15 stripes flying from the top of the mast. They were a motley crew of 33 men. A big white man in the boat with a sword and smoke stick (rifle) indicated that they came in peace.

The Apache held up his open hand in the traditional sign of friendship. He had heard about the smoke stick weapons from the Chiricahua, but his people had been content to isolate themselves in the San Carlos and Gila Mountains of Southeastern Arizona; whereas the Chiricahua, Mescalero and other Apache tribes raided the Spanish Missions for weapons and horses.

"My name is Captain Meriwether Lewis and this is my co-captain William Clark," said the big white man. "I will give you beads if you will take us to the Sioux encampment and help us make friends."

"I Apache! I speak your tongue, Sioux, and Dakota. I come many moons to talk peace with tribes on Great River. But, I want smoke stick. Come, the Sioux already know you here".

A member of the group, Sergeant Floyd, was very sick and died. The Apache watched while they buried him on top of a bluff by a small river that flowed into the Great River (Missouri) near what is known today as Sioux City, Iowa. Today his grave is marked by a 100-foot tall sandstone obelisk, which became the first historic landmark registered by the U. S. government.

Now, two hundred years later near Sioux City, where Lewis and Clark landed, is the Siouxland Lewis and Clark Marathon. The October 16, 2004, marathon started in front of the Marina Inn Convention Center located in South Sioux City, Nebraska. The finish is located across the Missouri River in Sioux City, Iowa, in the historic 4th Street area. As I ran down Dakota Avenue and crossed the Veterans Memorial Bridge over the Missouri River (connecting the two cities of South Sioux City, NE, with Sioux City, IA) straight ahead was the Lewis and Clark Interpretive Center that focuses on a day in the life of the explorers as they traveled through the area [a must see] and the Sgt. Floyd River Boat Museum. Another impressive structure on the riverfront that should be visited is the Sioux City Art Center with over 8,000 square feet of gallery space featuring changing exhibitions.

After crossing the Missouri River into Sioux City, Iowa, the marathon course follows an asphalt trail north along the river. I struck up a conversation with a young man who informed me he was part Dakota Indian. I informed him of my Apache blood. He pointed to a fork in the river and informed me that this was where the Big Sioux River enters the Missouri. My Dakota friends say "That's Nebraska on the other side of the Missouri River, South Dakota is on the other side of the Big Sioux, and we're running in Iowa."

The marathon course leaves the river at mile eight and turns onto War Eagle Drive. As the course climbs, the War Eagle

Monument comes into view on a bluff overlooking the tri-state area. War Eagle was said to have been a Dakota Indian who was a friend to the white people.

Next, the course heads east into rolling hills and enters Stone State Park at about the half-marathon mark. Stone State Park is about two miles of steep, winding, twisting, up-hill road. After that, the course heads back into Sioux City, passing through residential areas until it reaches the city center where the course passes the Art Center and heads to the Historic 4th Street District.

Before I turned onto 4th Street, I could hear chanting and drums. I asked the road monitor what was happening. He informed me that groups of Dakota Indians were conducting a Pow-Wow at the finish line to keep evil spirits away so runners could finish the race. My Apache skin started to tingle. I later learned that every year the Dakotas are at the finish line doing their best to help the runner's spirits.

In a July 1, 2002, proclamation, President George W. Bush designated 2003 through 2006 as the Lewis and Clark Bicentennial. I am aware of three Lewis and Clark Marathons that can be run to celebrate the Lewis and Clark Journey of Discovery: Bozeman, MT, St. Charles, MO, and Siouxland. The third Siouxland Lewis and Clark Marathon will be held on Saturday, October 15, 2005. Information at: Siouxland Lewis and Clark Marathon, P.O. Box 423, Sioux City, Iowa, 51102 or www.siouxlandmarathon.com

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

February Meeting Was The Best Ever (Continued from Page 1)

a scholarship, but Leah was really torn on whether to accept it. She visited Little Rock and remembered everyone being so nice. Leah and her mom loaded a U-Haul and headed south, but she was tearfully uncertain on whether she made the right decision. After she arrived here, she never regretted the move.

Leah said she learned so much here. She enjoys training for a marathon, but finds it hard to balance running with her work, friends, and sleep. Some days she doesn't look forward to running but she runs anyway because otherwise she'd regret it. Ideally, Leah would run 75-80 miles a week, but she usually manages "only" 55-75 now. She takes a day off occasionally but not every week, does intervals, tempo runs, and two-a-days. Leah said she will cross train if she's injured, but doesn't do weights because "I get big." Core strength is good, she said.

Leah is planning to run the Boston Marathon with her sister, who just qualified, and Leah is looking forward to the whole experience.

Glen said his running began when he was in first grade in North Carolina. An overweight, bearded, middle-aged man ran by Glen's house and Glen ran after him (kids, don't try this at home!). The man had decided to make a lifestyle change and get fit. Soon Glen and he were running a two-mile route around Glen's home. Later he took Glen to several 5Ks and 10Ks around the state, and Glen got hooked on running. When Glen joined his high school track team, he had a huge head start over everyone else.

Glen got interested in ballet at the North Carolina School of Arts (as a way to meet girls), and was recruited by Brown University, where he ran NCAA cross country. After graduation, Glen moved to Boulder, CO, and focused on running full time for six months. He found that it wasn't enough to keep him interested. Back in North Carolina for graduate school, Glen ran 5Ks, 10Ks, and half marathons.

Glen said he suffered many injuries in recent years as he tried to add mileage while maintaining his speed. Glen now focuses on marathons (he's done five), and said he had to sacrifice some

speed for the additional distance. If you've seen any of his race times, you'll probably say, "Some sacrifice!" He just won the Lung Run Half Marathon in 1:09!

Glen enjoys training with others but said it's hard finding people to do this, so he trains mainly on his own. In spite of a demanding work schedule, Glen puts in 110-120 miles per week. Glen says he does one quality workout each week. He does intervals on Wednesdays, tempo runs at a faster-than-marathon pace on Saturdays, and long runs on Sundays. Glen does sit-ups, but no other cross training.

So how can you run as well as our panelists? My expert synthesis of their backgrounds leads to this conclusion: drinking and dancing. That must be the key. I'll soon incorporate this into my workouts and let you know how well I improve. Actually, David told a joke about genetics playing a role, and I think that is very true. But you still can do the right training and run as well as you're genetically programmed to run.

Did you enjoy the Lung Run February 19? The weather cooperated (the only atmospheric problems were some manure smells along one stretch of the route – I later learned the circus was at Alltel Arena). The steep hill up to Lakewood was challenging, but what else would you expect from a Bill Torrey course? I enjoyed running along the lakes and seeing the Old Mill. Thank you Bill and The Duck, and all you Club members who volunteered and helped make this a great race.

I have a few miscellaneous announcements. Our Capital City Classic is April 2. Please enter this race or contact Bill Torrey to volunteer. This is one of the Club's prime sources of revenue. Please consider entering the Catholic High Rocket 5K on March 19. Past President Steve Hollowell and I are helping to plan this. The race commemorates the school's 75th anniversary. And since it's my alma mater, I would appreciate your running in it. Be warned, however, this is a hilly course. You'll run down the hill west of the school and up

and down some hills in the neighborhood. You'll head out to H Street and go by Hall High School, then cut through a neighborhood to University and head back up to the school. You won't set a PR, but I hope you can have a fun race. And you won't have to wear a tie!

If you're running all or part of the Little Rock Marathon March 6, good luck to you. We have several people planning to run the Boston Marathon the following month. Good luck to you as well.

Our monthly Penthouse Award goes to our five panelists who spoke at our February meeting. Everyone enjoyed their anecdotes and getting to know the panelists better. Thank you very much David, Alice, Jenny, Leah, and Glen. As a new benefit (based on "The Apprentice"), since you won the Penthouse Award this month, you each receive immunity from the Doghouse Award next month.

Unfortunately, Linda House, our own talented newsletter editor, lacks immunity and gets the Doghouse Award for this month. What, you ask, could someone who helps out as much as Linda does ever do to deserve such an infamous award? Well, I'll tell you.

In the column I sent Linda last month I gave the Doghouse Award to the NFL for fining Randy Moss \$10,000 for faking mooning the crowd. After that paragraph, I began the next by saying, "If you want to drop trou or drop me a line...." When I was in college, we used "drop trou" for lowering one's trousers to moon someone. Linda, without my consent, changed this to, "If you want to drop your trousers...." That made it sound like I was propositioning Club members. I had to explain to the complaining females that I wasn't *that* shallow and to the interested males that I wasn't of that orientation, not that there's anything wrong with it.

We have a change of pace for our March meeting guest speaker. Do you remember in last month's newsletter when I said our speaker will discuss something you might see while running along the river in Little Rock or North Little Rock? One

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.

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.
- 12: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 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: Hogeye 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.
- 9: Rock the World 5K at Cabot. Call 501-843-1423.
- 10: Andy's Fun Run.
- 10: Spirit of St. Louis Marathon at St. Louis, MO. Call 314-727-0800.
- 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: Run to Remember 5K at Batesville. Call 870-793-2464.
- 16: Stone County Medical Center 5K at Mountain View. Call 870-269-2871.
- 16: Kiwanis Children's 5K at Siloam Springs. Call 479-524-4156.
- 17: Andy's Fun Run.
- 23: Dogwood 5K at Siloam Springs, AR. Call 479-524-5779.
- 23: 4-H 5K Trail Run at Little Rock. Call 501-821-6884.
- 23: ASU Beebe Alumni 5K. Call 501-882-8255.
- 23: Ozark Race for the Cure at Fayetteville. Call 479-283-2784.
- 24: Andy's Fun Run.
- 30: Toad Suck 10K/5K at Conway. 10K is **GPS SC**. Call 501-450-4635.
- 30: Christ the King 4M at Little Rock. Call 501-227-4587.
- 30: Springdale Lions Roaring 5K. Call 479-751-8733.
- 30: Country Music Marathon & Half at Nashville, TN. Call 800-311-1255.

May

- 1: Andy's Fun Run.
- 7: Goshen Gallop 5K at Goshen, AR. Call 479-582-2320.
- 7: River City Ministries 5K at North Little Rock. Call 501-801-8061.
- 7: Women Can Run 5K at Conway, AR. Call 501-328-9255.
- 8: Andy's Fun Run.

Birthdays

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

- 1 – Karen Irico
- 1 – Lynette Watts
- 1 – Victor Bettis
- 3 – Brian Polansky
- 6 – Felton Rhodes
- 6 – K. A. Parry
- 8 – Rosalind Fredeman
- 9 – Jim Barton
- 9 – W. Leon Matthews
- 10 – Leon R. Blue
- 14 – Lou Wintroath
- 20 – C. Lee Wyatt
- 20 – Marshall Singer
- 23 – Charles Martin
- 31 – Laura Butts

Catholic High 5K

Runners and walkers are invited to participate in the Catholic High Rocket 5K race commemorating Catholic High School's 75th anniversary. The race starts and ends at the school, located at 6300 Father Tribou Street, on March 19 at 8 a.m. The course is through a residential area with a few hills. Registration is \$20 if postmarked by March 12, and \$25 after. All entrants will receive a T-shirt. Family registration entitles everyone in a family to participate for \$50 by March 12 or \$60 afterwards. Each family will receive three T-shirts. Registration forms are available at the school by calling 664-3939, or online at www.lrchs.org or www.arkansasrunner.com.

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.

Put Your Money Where Your Mouth Will Be

By Paul Ward
LRRC President

The title is not meant to be suggestive. The Club and you, our members, are going to pay for at least one water fountain along the Little Rock side of the Arkansas River Trail. Your Club board of directors met before our February Club meeting and voted to commit up to \$750 to match individual contributions toward funding a water fountain. Those of you who run on the North Little Rock trail probably have enjoyed drinking from the fountains paid for by the Arkansas Running Klub. We hope to follow their lead.

The formula is simple: you contribute and the Club matches your contribution. The \$750 the Club has committed to match is the current maximum, but the board may revisit the issue and increase the matching amount. So if our members contribute \$600, the Club will match that with its own \$600. If members give \$1,000, the Club will contribute \$750, our current ceiling. As mentioned, the board may decide to give more later. We want to start conservatively at first; after all we are dealing with your money.

If we raise substantially more than the cost of one fountain, the board will decide on funding a second fountain. We are considering locations for one or two fountains. Right now there are numerous fountains throughout Murray Park, so we are considering placement along the stretch of the trail running west from the lock and dam to the I-430 bridge or between the golf course and Baring Cross Bridge. If no fountains are planned for the Medical Mile between the bridge and River Market area, then we might place one there.

We already have a head start on our goal thanks to Betty Ray. For her recent milestone birthday (59?), Betty asked her friends to contribute money to the Club for the trail. Her friends gave \$115 to the Club for this. Betty not only is willing to have this money go toward the water fountain(s), but she also decided to match the contributions and kick in her own \$115 to the Club for the fountain.

And the Club will match this \$230 with its own \$230, so we're well on our way.

Now, what you should do if you want to support this project is contribute in honor of Betty's birthday, have her match your contribution, and have the Club match yours and hers. We may bankrupt Betty, but we'll get that fountain in no time!

Actually, just send your checks to the Club and make them payable to the "Arkansas River Trail." This will ensure that you receive a tax deduction for your contribution. The Club will record your contribution, forward your check to the nonprofit organization, and, of course,

match it. If you want to contribute in honor or memory of some person or event, or to challenge others to match your gift, please note that on a cover letter or post-it note and we'll include this in our newsletter. Unless you want your contribution to be anonymous, we'll list all contributors in our newsletter (but not the individual amounts unless you want us to.)

I've contacted Marshall Singer and Ken Gould, LRRC members who also lead the Arkansas Bicycle Club and Bicycle Advocacy of Central Arkansas, to see if their groups would like to join this project. I'll update you on our progress, but for now, get those checks mailed!

February (Continued from Page 3)

wag said he thought there would be homeless people speaking.

Actually, Gene Prohl will speak to us about the U.S.S. Razorback submarine, moored on the North Little Rock side of the river. Gene served during the Korean Conflict on the U.S.S. Tilefish and U.S.S. Carp. These two boats and the Razorback are all "Balao" class submarines, almost identical copies of each other. Gene helped lead tours of the Razorback when they were offered last year. He'll tell us everything we ever wanted to know about the Razorback and life on a sub. I hope

you can make it, and feel free to invite any guests who might be interested. Also, his daughter is my boss, so be sure to put in a good word for your favorite Club president. We meet March 17 at the Whole Hog Café. Come at 6 p.m. to eat, or 6:30 p.m. to hear our speaker.

If you want to dive into a particular subject, suggest a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you still can't decide what to give up for Lent, call me at 664-0060 or 682-5881.

From The Kitchen Of ... Lou Peyton

CAULIFLOWER & BROCCOLISALAD

1 large head cauliflower, cut in small pieces
1 bunch of broccoli, cut in small pieces
1 or 2 bunches green onions, cut up
1 cup salad dressing or mayonnaise
Red wine vinegar, no more than ¼ cup

Sugar (optional but no more than ½ cup)
Salt and pepper
Bacon bits (optional)
Garlic (optional)
Mix all together and refrigerate for 24 hours. (Lou says it is wonderful, even immediately.)

Running In The USA Website

If you would like to: find the results of the race you ran; find a race or running club in your area, or find a race or running club near a place you will visit, then I think you'll like this website:
<http://www.runningintheusa.com>

Running in the USA is an online directory of race results, races, and running clubs. Listing races or club information is free and easy. Check the site for details.

Happy Running, Mary Flaws

Lung Run Half Marathon Received Much Applause

By Bill Harrell
LRRC Racing News Editor

Wasn't that a great Lung Run Half Marathon that was run on February 19th? Everything went so smooth, a lot of compliments on the course, and what traffic control, wasn't it great. That pretty much shoots down the rumors that were floating around before the race that traffic control/security would not be provided for the participants. Whoever it was that started all those rumors about the race, well, how you going to show your face now? One or two people cannot kill this race because it's been around too long and has a great sponsor and a great charity behind it.

That said, yes, the numbers were down but I believe that will change next year. With the cooperation shown by the City of North Little Rock, their Police Dept. and all the volunteers and all the positive comments about this year's race there will most definitely be an increase in participants next year. Oh yes, there will be a new race director with new and better ideas to assure this race stays a success.

After a number of years as the race director of the Half, I've decided to step down and let some new blood get infused into the system. I had very little to do with the success of this year's race and I probably even held it back a little. Because I love you guys and everyone involved in the Bailey Lung Run I think it's best to hand over the bull horn to someone with less bull. I'm sure Paul and the board will make a wise choice on the next race director. There is a lot of talent in this Club ... we've just got to tap it.

Before we get into the Larry Graham story of the month I want to send out a personal "Thank You" to some good friends who helped on day of race. This may be the first time I had more than enough volunteers show up to work. Bill Bulloch was the finish line coordinator and Steve Hollowell got up extremely early, especially for him, to help me set out mile markers; Tom and June, Linda, Coreen, Jimmy, Ivy, Barbie, Robert, Tina, Y.T. and, as always, Sybil and Bob. You are all special.

Most of you know that I have a crazy twin brother by the name of Bile. He's the one that screws up and enters races in my name that I don't intend to run due to a lack of training and will walk or crawl across the finish line while making loud guttural noises.

But did you know that Larry Graham also has a twin brother. Larry's parents didn't have the imagination that my parents had because they named Larry's twin Larry. The Larry we all know and love is Larry L. Graham, CEP. His brother is Larry V. Graham, CLP(ed).

Unlike my twin, Bile, who is the screw-up, the CLP(ed) Larry is the good Larry. He's the one who's running the fast times. Larry with the V is the one who has lost nine pounds and is spending money to go out of state to run. Larry L is the one who wears cologne to training runs and listens to Barry Manilow. Just look what the good Larry did at the **Mercedes Marathon/Half Marathon** in Birmingham, Alabama. He won his age group, 50-54, in 1:27:23. His partner (training partner that is), David Williams, ran a 1:23:54 for first Grand Master and Tina Coutu ran the full marathon in 3:54.

There were others who stayed in Arkansas that weekend and traveled over to Russellville for the **Valentine Day 5K** on February 12. LRRC members Jenny Johnson, Sarah Olney and Laura Naill finished 3, 4, and 5 overall with times of 19:35, 20:27 and 20:48. Jenny and Sarah are in the 25-29 age group and Laura has finally turned 40. Ginea Qualls ran a 27:14 but did it with a 101° temperature. She's going to be as stubborn as her Mom when it comes to running. Linda Fason and Rosemary Marston ran 32:16 and 33:32 in the 55-59 age group and Coreen Frasier won 60-64 in 29:36.

Glen Mays was the overall champ in 15:29. Glen will probably be overall in most races he runs around here. It's proof that nice guys can finish first. Brian Sieczkowski ran a 17:15 to win 25-29. Brian Polansky was second in 45-49 with an 18:22 and Jim Barton claimed fourth in 19:47. Bob Marston used some ultra conditioning to run 21:34 for fourth in 50-54 and Randy Taylor garnered a first in 55-

59 with an 18:50. Roy Hayward had a 23:42 in that age group. In the 60-64 age group R.C. Fason took third with a 24:45 and Jim Yamanaka was third in 70-74 with a 25:19.

Let's fast forward a week to the 19th and the **Lung Run**. Glen Mays had an excellent run of 1:09:22 to win overall. Of course it was a course record but a sub 1:10 seems awful dang good to me. Brian Sieczkowski didn't do too bad either. He had a 1:22:30 as he won 25-29. David Williams ran a 1:23:09 as he took home second Masters and Brian Polansky was third Master in 1:27:50. James Terbrack ran a 1:23:35 for second in 30-34 and Larry Graham won Grand Master in 1:27:50. Bill Torrey ran a 1:32:41 for second Grand Master and Lee Wyant had a 1:47:19. Glenn Davis took home a fifth in 55-59 with a 1:49:11 and Jim Yamanaka ran a 1:54:03 for second in 70-74. Paul Ward found his way around the course in 1:54:59 and Bill Crow came home in 1:56:25 and R.C. Fason finished with a 1:59:35.

Leah Thorvilson also set a course record as she prepares for her first Boston Marathon. She ran a 1:23:10 in her overall win. Tammy Walther is starting off the year in fine fashion as she ran a 1:39:00 to win 30-34. Carol Torrey ran a 2:02:01 and Linda Fason had a 2:48:46 for second in 55-59.

Well, the year has started off pretty good for a number of you. (Notice I didn't say *us*.)

For those of you involved in the Little Rock Marathon I wish you the best. For those of you who aren't I'll have the latest info, both news and gossip. Who knows, there may even be a story about Larry Graham.

