

THE RUNNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2005

April Running Club Meetings Present Paradox

By Paul Ward
LRRC President

On April 11 Dr. Kent Davidson spoke to the Arkansas Running Klub in North Little Rock on "The Ten Laws of Injury Prevention." If you've been running a long time, you probably have heard many of these already, but even veterans can use a refresher now and then. First, increase your mileage gradually, no more than 10-20% per week. Hold this mileage for a week or two until you become accustomed to it before increasing more. If you're coming back from an injury, start at half your previous weekly mileage.

Increase your intensity gradually. Intense workouts (intervals, tempo runs, hills) should constitute only 20% of your training. Increase your mileage before your speed. Some people want to run farther and faster at once. It's better to get a good base before increasing your intensity. Do *not* increase mileage and intensity simultaneously.

Alternate hard efforts with rest. Allow for a rest day after an intense workout or long run. Intense efforts cause micro-damage to your muscles that takes time to repair. The rest day need not be completely activity free. "Active rest" is good, such as cross training, core strengthening, etc.

Pay attention to early warning signs. You may have non-localized pain that eases after a day or two. Localized sharp pain, joint pain, and joint swelling are red flags. Do not try to run through this pain. Use ice, anti-inflammatory drugs, or see a P.T. or M.D. You can do other activities like cross training, but rest the body part that is hurting.

Wear the right shoes. Find out what type is best for you. Replace your

shoes every 300-500 miles, or when coming back from an injury. Some people need orthotics in their shoes. Dr. Davidson said you can get these off the shelf or have them custom made.

Mix your activities. Cross train, change your terrain (asphalt, trails, golf courses, track, etc), alternate directions on the track. Don't run on hills or the same side of the road every day. Increase your flexibility and strength. Stretching helps flexibility and strength training improves power and speed. Dr. Davidson recommends searching "strength training" at www.runnersworld.com for a specific program for runners.

Finally, fuel properly. You need protein for muscle repair, calcium for bone integrity, carbohydrates for energy, and hydration. Dehydrated muscles are more injury prone. You know what to eat: lean meat, fish, chicken, whole grain breads and pasta, brown rice, and fruits and vegetables. Carbs should supply 60-70% of your calories; protein should supply 15-20%.

Before Dr. Davidson spoke, ARK had its annual election of officers. Members rejoiced as the three-year ordeal of the Marston administration ended. ARK members chose a more attractive face by unanimously electing Sybil Taylor as their new president. Congratulations Sybil! Sybil's husband, Bob, was philosophical about it later. "I'm proud of her," Bob said, "but I'll miss her when she's busy with matters of state." And he added, "I feel a little like Nathan Hale... I regret that I have but one wife to give for my country."

Switching clubs, our own Dr. Richard Nix, a well regarded orthopedist and runner, spoke to the LRRC April 21. About 26 hardy soles attended. Richard's practice is extensively sports related.

Richard candidly admits that he's experienced every injury that he sees in his patients. The most common injuries he sees are tendonitis (the tendon connects muscle to bone), IT band problems (this runs from your hip to your shin and can rub on the outer side of the knee), stress fractures (the bone gradually fatigues until it breaks, like bending a metal wire back and forth until it weakens and breaks), a torn meniscus (a quarter inch rubber-like pad in your knee), osteoarthritis (the articular cartilage - the Teflon-like coating on the end of a bone - wears out), piriformis muscle problems (this runs horizontally across your rear), shin splints (a catch-all term for disorders in the front and back of your lower leg above the ankle), and plantar faciitis (this runs along the bottom of your foot).

Some of these disorders can be treated with anti-inflammatory drugs, ice, stretching, and decreased activity. Richard said you can continue some sport-specific activity in some cases, but with less intensity, such as less distance, no hills, etc. Some of these problems, like the IT band syndrome, get worse with increased mileage. Sometimes a lubricant injection is indicated for that too.

As you might imagine, runners' bones are stronger than those of seden-

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May Meeting

May 19, 2005
6:30 p.m.

Murray Park
Potluck Dinner

New York Anniversary Trip Ends With Hospital Stay

By Bill "The Duck" Harrell
LRRC Racing News Editor

From lobster ravioli to jello, that's pretty much how the vacation went this year. Those of you who have known me for a while remember some of my more memorable vacations. To update the rest of you I'll tell you about a couple of the more well known trips.

The one that is most talked about was the time I got flown off of Pike's Peak. I was in probably the best shape of my life when that happened. I had really trained hard for my fourth or fifth run of this marathon and was thinking in the back of my mind about the PR I would set. That may have been my problem, over confidence. I slipped and fell on the way up and sprained my back.

The mountain rescue unit had to come get me and cart me down to a flat area where a helicopter took over and carried me to the Monroe County hospital. It sticks in my mind that a couple of the first visitors I had were from lawyers Mark Spradley and Arthur Kerns.

A few years later a number of us from the running community were headed to Colorado on a ski trip. I started out driving our van and drove until about Kansas when I decided to get on my back bench seat and take a nap. We spent the night on the road at the Kansas/Colorado border and I was still sleeping. By the time we got to Denver at noon the next day to pick up our lift passes and groceries I was sitting on the side of the van throwing up.

Belinda and I got the room nearest the bathroom when we got to the condo and it was much appreciated. I lay in bed three days with the flu. Belinda also caught it and Jim Pearsall was only able to ski half a day before he got sick. Needless to say, Dr. Tilley became good friends with the pharmacist at the local Wal-Mart.

This one wasn't as bad but it ranks pretty high on the list. What had started out to be a long weekend in New York City to celebrate our anniversary became a full week-long vacation.

The weather in NYC was real good for early to mid-April so not only did I get to run all over Manhattan and Central Park but we got to do a lot of walking too. Hindsight says that may not have been the best thing for me to do.

We stayed on Times Square so I was less than two miles from Central Park where I ran on a Sunday morning. There was a women's marathon/half marathon being held in the park that day so there were a lot of people out there running. But, hey, it's Central Park and that's the way it should be. I didn't get to run the whole park due to the fact that we had to figure out the subway system and get to Yankee Stadium for an early ballgame. But running in Central Park is highly recommended if any of you ever get the chance.

I also really enjoyed running up and down Broadway and all through Manhattan -- but do it early. Early morning traffic is mostly delivery people and the occasional trash pick up. Even when traffic picks up you can finish a run without a lot of

problems. As a matter of fact, I see more people running red lights in one day in Little Rock than I saw in one week in Manhattan. And, as a cabbie pointed out, those people were from New Jersey. I had to avoid a crowd one morning because one of the TV stations had a stage set up for Mariah Carey to perform. In a case like that, stay on the other side of the street and wear ear plugs.

Of course, there were things to be done that didn't involve running. The day we went to Central Park we stopped at the Dakota Apts. where John Lennon lived (and died). We were even interviewed for a documentary on the Beatles. As you would suspect, Belinda came off as intelligent and energetic. I, on the other hand, came across as a Stuttering Duck.

We had lunch at The Tavern on the Green and my lunch came with a caviar appetizer. Now I had tried caviar before and hadn't developed a taste for it. But here I am in NYC and I'm thinking it may taste different. Well, I still haven't developed a taste for it.

Saturday night was our anniversary dinner at a nice romantic restaurant in the Village. Of course, this was a four-course dinner and this is where I had the lobster ravioli. This is a dinner I would fondly recall five days in the future.

A couple of days later on my morning run I passed the Ed Sullivan theater and saw where tickets were available for tapings of the David Letterman show later in the day. I con-

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Club Officers

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Mailing Information

The Runaround is mailed with a Nonprofit Organization Bulk Permit Number. Bulk mail is not forwarded. If you move and want to continue receiving the newsletter contact June Barron, 54 Oak Forest Place, Maumelle 72113, or call her at 851-4655. Or you can send an e-mail to littlerockroadrunners@yahoo.com.

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

Anniversary Trip

(Continued from Page 2)

sulted with Belinda and she informed me that Saks and other stores were open and she had planned on visiting them.

So we went our separate ways that day, she shopping and me to see David Letterman. As I was sitting in the theater I was thinking "Gee, I'm sitting three rows from where the Beatles and the Doors and so many others have performed." My youth was haunting my mind and the ghosts of yesteryear wanted to hang on a while longer.

I had the same thoughts at Yankee Stadium. I pictured Mantle, Maris, Berra, Ford and others on the field and I was watching them play a game on a black and white TV as I got ready for my Little League game. Then I remember my father telling me about Ruth, Gehrig, DiMaggio and so many others who played there. This place is more of a museum than a ballpark.

Our last full day in the city was spent at the Empire State Building and Macy's. I mention Macy's for two reasons, purses and Steven Spielberg. While Belinda was looking at purses the sales lady asked me if I was Steven Spielberg. Belinda's comment was if I was Steven Spielberg she wouldn't have to ask the price of the purses. The lady even said that she had met Spielberg before and she still thought I could be him.

Belinda took her purses and I my ego and headed back to our hotel to get ready to attend the Broadway play *Spamalot*. This is a play taken from the 70's cult movie *Monty Python and the Holy Grail*. The play was performing right across the street from our hotel and with a perfect night to be outside we decided to play tourist and hang around outside the stage door of the theater.

We ended up with autographs of some of the lead performers in the cast, including Emmy winners David Hyde Pierce (Niles Crane of *Frasier*) and Hank Azaria (Moe on *The Simpsons*).

By now you are probably wondering why I'm billing this as a bad vacation. Well, so far it had been perfect but there was one day to go.

When we left Little Rock my allergies had been acting up and I was on

sinus medication until midway through our stay in NYC. Due to a nightly cough escapade I got on high octane Robitussion. I stayed on this until the plane ride home. Now I have never gotten sick flying but Belinda has had a couple of problems so she had some dramamine with her which I decided to take.

We changed planes in Chicago and I ended up throwing up in O'Hare airport. This airport is huge and they had put concourse J&K between concourse G (where we landed) and H (where we took off from).

Now, having thrown up, I was running through O'Hare trying to catch a plane. Honestly, I wasn't running as much as I was being dragged by Belinda. She had me in one hand and was carrying my carry on, her carry on (which she had to buy to bring home purses and shoes) and her purse in the other.

Well, we made the connection and that was probably the luckiest thing that happened all trip. Compared to New York cab rides even American Eagle seems like a smooth ride. I didn't know how smooth until about 20-30 minutes outside of Little Rock when I decided to get up and use the restroom.

As I was heading to the back of the plane everything went black. The next thing I knew I was laying in the aisle with someone taking my pulse and a flight attendant trying to get my attention and Belinda yelling "**BILL!!!**"

As I understand it, the pilot got us back to Little Rock ahead of schedule and the LFRD and MEMS were waiting to board the plane when we landed. This is the first time I've been the first person off a plane and I certainly hope it's the last.

I was in the Baptist Hospital ER about five hours when they decided to admit me overnight, which became two overnights. That could have been 5-7 overnights if I hadn't been "so healthy" according to the doctor. I was probably the healthiest sick person in the hospital.

I had developed a case of pneumonia. I could not believe I had been running and walking around NYC for a week and now I was spending my

first two nights back in Little Rock in a hospital with tubes up my nose, an IV in my arm and on a liquid diet.

The first thing I was given to eat was jello. Half way through my tasty meal I looked up at Belinda and mentioned that a few nights ago I was eating lobster ravioli, now I'm eating jello. It doesn't take long to put one back in his place.

The next morning for breakfast they brought me grits. Being born and bred in Arkansas I have tried grits, and, like caviar, I never developed a taste for them. But I had to eat something before they would send me home.

This just goes to show that we must keep everything in perspective, to keep one grounded, because overnight one can go from lobster ravioli to jello; from caviar to grits.

Looking over the results of the Capital City Classic 10K and the ARK River Trail 15K I see where a lot of you showed some grit while running these races. Then some of you looked like jello but I won't get into that.

In our own LRRC sponsored 10K, Glen Mays eked out a win by three minutes as he won overall in 32:38. Brian Siczkowski ran 35:39 for second in 25-29 in his final tune up for Boston.

David Williams won 55-59 in 37:50 and the soon-to-be world-famous Brian Polansky finished third in 45-49 with a 38:50. Larry Graham, who is already world famous in his own mind, won 50-54 in 39:31. William Diamond ran a 40:10 for fourth in 40-44 and Jim Barton grabbed a fifth in 45-49 with a 41:14. Bigelow's own Rob Wistrand was fourth in 25-29 with a 46:11 and the ever-lovable Charlie Dunn ran 46:23 for second in 60-64. The not as lovable but accident-prone Bill Crow grabbed sixth in 50-54 with a 46:50 and Roy Hayward ran a 48:14 for sixth in 55-59. Jim Yamanaka had an excellent 52:15 for second in the very tough 70-74 age division. David Hildebrand ran a 56:09; Marshall Singer had a 57:03 and Bob Black a 1:06:36 for sixth in 65-69.

Kim Morton's comeback onto the running scene is really taking off as she was overall winner in 39:20. Barbie Hildebrand is also progressing nicely in her comeback from getting shot in the leg as

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.

May

- 1: Andy's Fun Run.
- 7: Goshen Gallop 5K at Goshen, AR. Call 479-582-2320.
- 7: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 7: Women Can Run 5K at Conway, AR. Call 501-328-9255.
- 7: Heather Ridley-Fleeman 5K/1M at Bentonville. Call 479-725-2140.
- 7: Run Like Yell 5K at Dardanelle. Call 479-229-3328
- 8: Andy's Fun Run.
- 14: Run For Their Lives 5K at Little Rock. **GPS**. Call 501-258-1442.
- 14: Root Rocket 5K at Fayetteville. Call 479-442-2217.
- 14: Great Cross Country 4M at Little Rock. Call 501-327-0214.
- 14: Rough & Ready Days 5K at Monticello. Call 870-367-6741.
- 14: Pioneer Day 5K at Waldron. Call 479-637-3188.
- 15: Andy's Fun Run.
- 21: Paws on the Pavement 5K at Little Rock. Call 501-223-2457.
- 21: Crawdad Days 5K at Harrison. Call 870-365-2440.
- 21: Lions 5K Challenge 4 Sight at Fayetteville. Call 479-236-3341.
- 21: World's Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 21: Magnolia Blossom Festival 5K at Magnolia, AR. Call 870-234-3072.
- 21: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 21: One Day in May 5K at Rogers. Call 479-464-9198.
- 22: Andy's Fun Run.
- 28: Mark Thomas Memorial 5K at Salem. Call 870-895-6226.
- 28: Augusta 5K River Run. Call 870-347-2077.
- 29: Andy's Fun Run.
- 29: Yorktown Bay Half Marathon (**GPS**)/10K at Mountain Pine,. Call 501-620-3285.
- 29: Mt. Nebo 5K at Dardanelle, AR. Call 479-722-2051.

June

- 3: Resuscitation 5K at Gravette. Call 479-787-5291.
- 4: Dino Dash 5K at Little Rock. Call 501-396-7050, ext. 213.
- 4: Chase the Chicken 5K at Prescott, AR. Call 870-887-2622.
- 4: Cherishing Children 5K at Rogers. Call 479-621-0385.
- 4: Farmington 5K at Farmington, AR. Call 479-267-3159.
- 5: Andy's Fun Run.
- 11: Poultry Dash 5K at Little Rock. Call 501-375-8131.
- 11: Mt. Magazine 15K at Havana, AR. Call 479-968-0286.
- 11: Flat as a Pancake 5K at Wynne. Call 870-238-5528.
- 11: Festival of 4 States 5K/10K at Joplin, MO Call 417-825-2710.
- 12: Andy's Fun Run.
- 18: ArkansasRunner 2M at Benton, AR. **GPS SC**. Call 501-315-9252.
- 18: Great Mosquito Chase 5K at McCrory. Call 870-731-2521.
- 19: Andy's Fun Run.
- 25: Brickfest 5K at Malvern, AR. **GPS**. Call 501-332-2602.
- 25: Elk Fest 5K at Jasper. Call 870-446-2682.
- 25: Cancer Challenge 10K/5K/1M at Bella Vista. Call 479-273-3172.
- 26: Andy's Fun Run.

July

- 2: Firecracker 5K at Little Rock. Call 501-221-0017.

Birthdays

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

- 1 – Mary Hayward
- 1 – Robin Hanle
- 2 – Steve Oury
- 4 – Ivy Harrison
- 6 – Joe Cordi
- 7 – Joe Schneider
- 8 – Dianne Woodruff
- 13 – Jackie Martin
- 14 – Don Cave
- 18 – Bill Bulloch
- 21 – Cindy Hedrick
- 21 – Gary Ballard
- 23 – Carol Torrey
- 24 – Ann Marie Crow
- 25 – Paula Anderson
- 27 – Brooke Nalley
- 29 – Allen White
- 29 – Nicolette Raegan Barron

Running Calendar (Continued)

- 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.
- 10: Andy's Fun Run.
- 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 near Arkadelphia, AR. **GPS**. Call 870-246-2566.
- 30: Centerton Fire Run 5K/1M. Call 479-795-2550.
- 31: Andy's Fun Run.

Retreads

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

April Meetings (Continued from Page 1)

tary people. But Richard said runners can get stress fractures if they start too much activity before the bone can build up. A classic case is a soldier in boot camp who goes from little running to 20 mile hikes with full packs. Stress fractures usually occur in the forefoot and these can quickly heal by themselves. Sometimes they occur in the mid-tibia or femur. The key indicator is point tenderness on the bone.

A torn meniscus will not heal by itself. Richard said x-rays and MRIs diagnose this problem and surgery is necessary to correct it. Surgery is also sometimes indicated for a stress fracture or a problem with the piriformis muscle.

Richard recommends that you build your running gently and be consistent with your workouts. He said the body can adjust to the increased demands and you can be fit for life. Richard also urges us to keep the "fun factor" in our running. If you do suffer an injury, allow enough time for your recovery. Finally, Richard said to keep your shoes fresh. He suggests writing the date on your shoes when you start using them. Since you know your weekly mileage, this is a more scientific way to know when to replace your shoes. Richard said 500 miles is a good time to replace shoes, but heavier runners should replace theirs after 300-400 miles.

Thank you, Richard, for a very informative and enjoyable presentation. Many attendees told me they got a lot from your talk. You win our Penthouse of the Month Award, with its accompanying praise, acclaim, and prize money. Those of you who were AWOL get the Doghouse of the Month Award. The Duck said he was sick, but my sources say he was carted off a plane, rushed to an institution, and then placed in home detention. Steve Hollowell said he was out of town. Yeah, right. Steve was last seen two days before our meeting sending white smoke out his chimney and running through his neighborhood shouting "Habemus Papam" ("We have a pope.") after the papal election. He later was disappointed that the new pope chose "Benedict" rather

than "Stephen" as his name. I was hoping for "Paul" myself.

So there you have it. Two clubs, two meetings, two physicians. It definitely presents a "pair-o'-docs". [groan] Sorry. I'll move from puns to pronouncements. Next month, May 19, we meet at Murray Park Pavilion #2 for a potluck dinner at 6:30. We will have a "Gu" tasting at this meeting. If you're thinking about training for a marathon and want to know what flavor of energy gel to get, here's your chance to try them before you buy them. Celia Storey is coordinating this and she'll have plenty of different flavors and spoons. You choose what flavors to try, squeeze some on your spoon, and move on to the next. We'll have water and other beverages to cleanse your palate between tastings. If we don't finish the packets, I'll just fold them shut, stick them in my closet, and

distribute them next year at the Little Rock Marathon (just kidding, Geneva).

Speaking of Celia, thank her for serving on our Club board of directors this past year. Celia provided several good ideas for guest speakers and themes at meetings. Thank you Celia! Replacing Celia on our board is Joe Cordi. Like me, Joe joined the Club in response to the Club's outreach efforts toward the developmentally challenged. And like me, he's a lawyer in government who represents bureaucrats. Uh oh. Thank you, Joe, for agreeing to serve and welcome aboard.

A few years ago the Club arranged for members to purchase different clothing items or accessories bearing our logo. At the Capital City Classic, Karen Call modeled a navy sweatshirt with this logo and was asked when the Club would do this again. Well, that's up to you. If you're interested in purchasing clothing with our logo on it, let Karen know. If we get enough interest,

(See April Meetings on Page 6)

Poetry From The Sole

Enjoying The Gift

I crave the feeling of the running experience.
It is almost sensuous at times.

The feel of the road under my feet,
The wind on my face,
Sweat dripping off my forehead,
The sound of labored breathing,
The movement of legs and arms
maintaining a steady pace,
as my mind surveys each part of the body
to measure its level of performance.

At that moment
I can't tell you my name.
I don't know or care
what I do for a living.
I'm not sure of my age
and I can't recall my bank balance.
Because none of these things are important,
while I am in touch with
who I really am,
a spiritual being
enjoying the gift of a physical experience.

April Meetings (Continued from Page 5)

we'll inquire and let you know what items we can get and how much they will cost. In the past we've ordered sweats, running shorts and tops, and a small athletic bag.

We need to prepare a group run calendar and master list. Many times people who move here or start running ask us about running with a group. I know of a few group runs, but I bet there are many regularly organized runs each week that we could relay to interested newcomers. If you participate in any of these and welcome newcomers, please let me know the days and times you run, the distance(s) covered, per minute pace if applicable, location, and a contact person. Here are the ones I have already: Karen Call's and Donna Cave's 5:30 a.m. Tuesday/Thursday Hillcrest run; the Sunday morning 9 a.m. Heights U.S. Pizza run with

David Williams, Larry Graham, etc.; the Saturday 6 a.m. LR Marathon training group runs from different locations; and the Sunday morning 7 a.m. Andy's walk and run that we list on our calendar. I need a contact for this last one. Thanks for your help with this. This may attract new runners or walkers to become Club members, which we can always use.

The Dino Dash is June 4. Please enter this race or contact Steve to volunteer. Congratulations to Leah Thorvilson, Brian Sieczkowski, and Alice Stewart for their Boston Marathon runs April 18. And kudos to running studs Bob Taylor and John Woodruff for their Oklahoma City Marathon runs April 24. Both ran OKC last year and both ran the LR Marathon this year. Finally, congratulations to Tina

Coutu. She had a very good marathon in February in Alabama, and then did even better in the St. Louis Marathon in April, qualifying for Boston next year. Barely two weeks after her latest marathon, Tina was running with the Arkansas Pikes Peak Marathon Society on their appropriately named "Arthur's Revenge" – a difficult, hilly, 10-mile course. Several guys were struggling unsuccessfully to keep up with her on the trails and one called her "The Fountain of Youth." Way to go! These gals and guys are great examples and all around nice people. I'm glad I'm in their Club.

If you want to suggest a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you have an incriminating photo of Bob Marston as last year's Queen of May, call me at 664-0060 or 682-5881.

Anniversary Trip (Continued from Page 3)

she was second overall in 43:24. Laura Naill and Karen Call were fourth and sixth overall and both won their age group -- Laura in 40-44 with a 44:30 and Karen in 50-54 with a 46:59. Carol Torrey was fourth in 50-54 with a 52:04 and Mackie Buckelew won 45-49 with a 54:57. Coreen Frasier grabbed the second place award in 60-64 with a 1:02:32.

The ARK River Trail 15K saw Glen Mays keep his win streak alive with a 49:13 effort and David Williams kept his streak alive also with a 58:31 finish in 55-59. Places 10-14 all belong to Club members as their "friendly competition" starts to develop. Brian Polansky ran 1:01:01 for second in 45-49 and Larry Graham once again took first in 50-54 with a 1:01:20. William Diamond scored a third in 40-44 with a 1:01:30 and Bill Torrey took second in 50-54 with a 1:02:01. Jim Barton's 1:03:00 got him a third in 45-49. John Naill found a way to finish fourth in 50-54 with a 1:06:47 and Allen White ran 1:12:22 for fourth in 55-59. Roy Hayward took the fifth place award in that same age group with a 1:14:15.

The girls did even better than the guys in their placement, but what would

you expect. The second through sixth places all went to LRRC members. Kim Morton starts it off with a 1:01:40 and she was followed by Jenny Johnson with a 1:04:10. Sarah Olney ran 1:04:14 for first in 25-29, Barbie Hildebrand came through with a 1:06:12 to win 50-54 and Laura Naill captured 40-44 with a 1:08:27. Mackie Buckelew's 1:22:00 got her a second in 45-49 and Joy Ballard took third in 50-54 with a 1:23:06. Coreen Frasier ran a 1:35:57 for second place finish in 60-64.

I recognized three members of our Club who finished Boston this year

and they certainly need to be mentioned. Brian Sieczkowski ran a 3:15:17 in what I believe was his first run in Boston. Glenn Davis, who I'm pretty sure has run this before, had a 4:35:13 and Leah Thorvilson, who told me she was going to run this with her sister "just for fun" must've gotten a cramp in her funny bone because she ran a 2:58:00. Leah was the 34th female overall finisher and the 20th American. Dang, that's good. See if I ever share my water with her again if our paths ever cross on a run.

Now my jello and grits I'll gladly give her.



Big Island Marathon Views Are Swimsuit Optional

By Al Becken

"Run for your life," my brother screamed. I lunged for the open back door. My older brother had chased me in and out of the house for years. I thought here we go again. But this time his voice had a real tone of fear. As I ran out the door and up the hill behind the house, I could hear my brother's footsteps close behind. But I could also hear a kind of dull rumble, like thunder or a distant train, but louder and constantly growing in volume. A glance over my shoulder revealed a wall of water about 35 feet high bearing down on us. We yelled in unison: "TSUNAMI!"

As I flew into Hilo Airport on the Big Island (Hawai'i), I recalled that fateful day of May 22, 1960, when my brother screamed, "Run for your life." Now I was returning to Hilo to run for my life again in the March 20 Hilo International Marathon.

Runner's buses left the Nanilo Hotel in Hilo at 4:30 a.m. for the trip 10 miles north along the coast to Pepeekeo to the marathon start at 6 a.m. The course starts on an asphalt road that snakes its way up and down gulches leading to the Pacific Ocean; past exotic waterfalls, flowering trees, fruit bearing palms, tropical foliage, and broad leaf ferns. This area is a virtual paradise. Hilo is on the windward side of the island. Trade winds maintain a pleasant breeze bringing around 305 inches of rain annually. It is a tropical rain forest as opposed to Kona on the other side of the island where scattered trees, grasses, and hardened lava flows make it more of a desert environment. The southern tip of the island is dominated by Mauna Loa that rises 30,000 feet from the ocean floor and remains an active volcano today. At mile 10 the marathon course enters Hilo and travels through the bay-side parks created by the devastating tsunamis of 1946 and 1960 that wiped out the town's bayfront area.

In 1960 I had been visiting my brother who lived on Haili Street a couple of blocks up from Kamehameha Street (named after the first King to unite the islands under one ruler). Kamehameha Street is the main road along the Hilo

bayfront. As my brother and I ran past the Lyman Mission House, I knew we were safe. David Lyman was the first missionary in Hilo, arriving in 1832. He established a huge mission house that still stands today, and a boarding school for native children. He is credited with creating a written language for the Hawaiians, who had none, and educating thousands of Hawaiian children in reading, writing, arithmetic, and vocational skills. Next to the Lyman house is the nationally-accredited Smithsonian affiliated Lyman Museum containing exhibitions of Hawaii's natural history and culture. A must see for visitors.

My brother had heard the Pacific Tsunami Warning System siren, but it only sounded once rather than three times. The radio station reported only small waves in Tahiti and no loss of life in Samoa. The water in the bay had only risen four feet above normal, but then fell to three feet below normal -- no significant cause for concern. Once again, Hilo took the brunt of the Hawaiian tsunami with the highest casualty toll of 61 deaths, 229 homes and 508 businesses destroyed. Buildings along Kamehameha Drive were leveled. Twenty-two ton rocks from the breakwater were thrown inland hundreds of yards. Because of the tsunamis, Hilo today has beautiful parks along the bayfront that extend for two miles and inland for up to half a mile. This is all area where buildings used to stand. The parks have many soccer and baseball fields, and picnic areas lined with palm and banyan trees. The 1960 Tsunami also sunk 40 boats and caused damage in Los Angeles.

The marathon course wanders through parts of downtown Hilo, past the Tsunami Museum, the King Kamehameha statue, through the parks, and then goes around two sides of the airport -- a boring and unattractive change from the first twelve miles. The course follows along the coast along South Hilo Bay passing through and by several parks. Kahena Beach was a great place for a water station. Swimsuits are optional. I stopped to fill my water bottle, paused to catch my breath and rest my legs and take in the view. The return route by Lili'uokalani

Park at mile 25 goes past tall palm trees. I looked up and noticed large coconuts clustered under the fronds. I quickly noticed a sign: "Beware of falling coconuts and fronds." Just what I need, newspaper headlines: "Marathoner killed by falling coconut one mile short of finish."

This marathon ends near Pauahi Street in the Hilo Bay Front Park. As I glanced at the tranquil Hilo Bay, my mind wandered back to thoughts of the 1946 Tsunami, one of seven to hit Hilo since 1837. Because the 1946 tsunami struck early in the morning of April 1, many people thought the report was an April Fools joke. As a result 159 people perished including many children who wandered out on the beach to gather fish, crabs, and turtles when the water level had dropped seven feet.

As I finished the marathon a young Hawaiian girl, with a smile and a hug, placed a seashell necklace and a lei around my neck. A group of senior Hawaiian women are doing a hula dance. A young Hawaiian boy asked me if I wanted a leg massage. A Hawaiian man gave me a bottle of water, offered me a banana and some lemon twist rolls. As I lay down in the grass, I heard a slight rumble. A Hawaiian kid saw my startled look. "Don't worry mister. It's Mauna Loa. Pele, the fire goddess is erupting lava into the ocean."

Points of interest in or near Hilo include: The Farmers Market, Coconut Island, Tsunami Museum, Tropical Rainforest Zoo, Mauna Loa Macadamia Nut Plantation and Factory. The Plantation is purported to be the largest in the world with 2,500 acres and over 250,000 macadamia trees. That's a lot of nuts. Macadamia nuts are available plain, roasted, and in many different flavors, as well as in cookies, dipped in chocolate, candy coated, in candy bars, brittle and mixed in popcorn, cake, and more.

The Ninth Annual Hilo Marathon is tentatively scheduled for March 19, 2006. Contact: Big Island Marathon, P.O. Box 11211, Hilo, Hawaii 96721, phone: 808-969-7400. E-mail: www.runhawaii.com or marathon@runhawaii.com.