

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2005

“Ain’t No Mountain High Enough, Ain’t No Valley Low Enough, To Keep Me From Running To You”

By Paul Ward
LRRC Lane Duck President

Death Valley in California is the lowest point in the Western Hemisphere. Mount Whitney, also in California, is the highest point in the contiguous United States. Its elevation is just short of 14,500 feet. Pikes Peak in Colorado is 14,110 feet high. Guest speakers at the September meetings of the Arkansas Running Klub and Little Rock Roadrunners Club traversed these three points this summer.

Greg Eason spoke to the ARK September 12 on the “Badwater” ultra run, going 136 miles from Death Valley to about 8,000 feet up Mount Whitney during the heat of July. Greg gave what seemed like a mile-by-mile recap of the run, which he completed in just over 40 hours, much earlier than the 60-hour cutoff. LRRC member Lou Peyton, Greg’s wife Heather, and another friend provided much of his support. Race organizers provide no aid stations; each runner has to provide his own support.

Greg started at 6 a.m. (They have staggered starts at 6 a.m., 8 a.m., and 10 a.m.) His support van would meet him every couple of miles starting out, then every mile as he got further along. He alternated drinking water and Gatorade, and ate pretty much everything under the sun during the run. Occasionally he would rest for a couple of hours. He went through 400 pounds of ice! Some was used to fill a bathtub, to which the “cold” tap water was added, which was so warm it quickly melted the ice. He would soak in the tub to cool off. His crew would also soak towels in the ice and hand them to him to drape over his head and shoulders during the run. Running in the wee hours

of the morning brought some relief from the heat – the temperature was only 98 degrees!

Badwater got its name because the original surveyor’s mule refused to drink the water. The water’s high salinity made it nonpotable. Greg wore compression shorts to avoid chafing, plus long pants, long sleeves, and a hat with trailing fabric to protect from the sun. His crew even put ice in his hat. Cotton was acceptable, Greg said, because the high heat and low humidity caused sweat to evaporate so fast that wicking fabric was unnecessary. Greg went through frequent sock and shoe changes, plus some hypodermic blister puncturing from his loving wife. The run was all on the highway and the pavement was hotter than you can imagine.

Greg prepared for the run by sitting in a sauna, sleeping in an un-air-conditioned room, and running here at noon. During the Badwater run, Greg periodically measured his urine output (before handing the cup to his receptive crew), had his blood drawn and analyzed, and weighed himself. The blood testing was a voluntary project by a university. The results showed that Greg was ... crazy!

A slightly less rigorous run was the Pike’s Peak Ascent and Marathon this past August. Several Club members did one or both of these. Bill Harrell should mention these exemplary people in his column. For those of you unfamiliar with this event, the Saturday ascent goes from the town up to the top of the Peak for a half marathon. The Sunday marathon goes up and back down. This year’s run was the 50th anniversary of the marathon, the second oldest in the U.S. (Check our

October 2004 *The Runaround* on our website to see some general information on the Peak and marathon.)

Club member Jack Evans directs the Arkansas Pikes Peak Marathon Society. He gave us a very informative presentation last year on the history of the peak and the marathon. This year, Club members Nancy Collins, Bob Taylor, and Harold Hays spoke to the LRRC about the recent ascent and marathon. Nancy did part of the ascent, Bob did the full ascent, and Harold did all of both the ascent and full marathon. Over 30 attendees, including many Peak veterans, heard their presentation.

Nancy jokingly said she prepared for this year’s ascent by tapering all year. Her surgeries and chemotherapy prevented any real running until recently. Nancy said she wanted to see how far up she could go without any training. She made it four miles up before turning back. The first four miles are steep and the aid station at that point is staffed by Arkan-

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October Meeting

October 20, 2005
6:30 p.m.

Roosevelt Thompson
Branch Library
36 Rahling Circle

Potluck Dinner
&
Enological Evaluation

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sans, who greatly help the runners with much encouragement.

Bob completed his ascent and planned to run back down the mountain but some unseasonal hail prevented this. Bob said over six inches of frozen precipitation hit the mountain top. Snow plows were called to clear the road so runners could get back down, but the delay caused many to shiver in their warm weather clothes while waiting for the vans. Bob ran down to the lower parking level three miles below the summit and tried contacting Sybil with his Blackberry and cell phone to arrange a pickup. Transmission was intermittent, but Bob eventually made contact and returned safely.

Harold said this year's (his tenth year at the Peak) race was extraordinary. He had never seen weather worse than a sprinkle there before this year's hail on the ascent. Harold wore just shorts and a short sleeved shirt and didn't send a jacket or warm clothes to the top. The hail was so bad at times that visibility was only 20 feet. Harold took four hours to reach the summit, but a cold six hours to catch a ride back down. On the second day, Harold said, none of the snow or ice had melted on the last mile up the mountain, and it hailed at the A-Frame, which is about 12,000 feet up and marks the tree line, above which nothing grows. The conditions were worse going down the mountain. A cold, slushy, and muddy mixture enveloped runners up to their ankles as they maneuvered down the trail. Harold credited Nancy and Peak veteran John Woodruff for their inspiration to him and other Arkansans running the Peak this year.

You probably read about the runner who had a heart attack and died on the course during the marathon. Several Arkansas runners, including at least one Club member, stopped their running to assist him until paramedics could arrive. Thank you for your efforts to save his life.

Thank you Nancy, Bob, Harold, and all you Peak veterans who attended our meeting and made it so enjoyable. When several members tell me they really enjoyed the meeting, that's a reflection on our speakers. And thank you, Bill Harrell, for suggesting this theme for our meeting. For those of you thinking about trying the ascent or full marathon next year, the training usually begins in April. Contact Jack Evans if you are interested. The sign-up period begins March 1 online at www.pikespeakmarathon.org and the events fill quickly.

For our October 20 meeting, we have a new location and a new concept. We will have a wine tasting at this meeting in addition to our potluck. We'll sample a variety of white and red wines and have some fun while we're at it. We have a wine retailer who will bring the wine and glasses, and speak to us about each wine. If you don't want to participate in the tasting, we still want you to come to the potluck meeting, of course, and we'll have water and soft drinks to go with our potluck. There are a limited number of people we can accommodate in this tasting. If the number of people interested exceeds this, I'll give a preference to Club members over nonmembers, or use some arbitrary criteria (like your offering me a bribe) to make the tough selection decisions.

I have no idea whether this will be popular. If it is, we might repeat the concept at a future meeting with fewer restrictions. If capacity limits prevent your participating in this one, you'll get a preference for the next one. This tasting and our potluck meeting will be in the meeting room at the Roosevelt Thompson branch library at 38 Rahling Circle in way-out-west Little Rock. The room has a capacity for 40+ people. Our potluck starts at 6:30 p.m. Next month we'll return to our "winter" meeting location, the Whole Hog Café.

Now for the other big change. This is probably the last newsletter you'll receive in the mail. Next month we switch to an electronic newsletter, available at our website: www.arkrrca.com/LRRRindex.php?LRRRmain=LRRRmain. This is a long address, so go to the Arkansas Grand Prix homepage www.arkrrca.com, click on "Clubs", then click on our club. If you send us (littlerockroadrunners@yahoo.com) your e-mail address, we'll notify you when the new issue is posted. We don't share our address list, so please send us yours if you have not already done so. Having your e-mail address helps us if we have to notify members of any last minute changes in planned events (as happened last year). It will also help June Barron, our membership czarina, contact you when your membership expires. Now we put your expiration date on your mailing label, but when we stop mailing the newsletter, you won't see this reminder. If you don't want us to have your address on file, check the website around the first of each month to see when the new issue is posted. If you lack access to the internet, let me know and we'll arrange to mail you a copy of the newsletter. We spend a significant amount of your

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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 3800 Bruno Road, Little Rock, AR 72209 or e-mail house@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.

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money mailing our newsletter to people or groups who are not members just so we can meet the minimum number necessary to keep our bulk mail permit. This change should save the Club some money.

Brian Sieczkowski helped add information to our website. He's listed our meetings and added past issues of *The Runaround* and some local running route options. Brian said LRRC member John Perez deserves most of the credit for developing the grand prix website and our Club homepage there. This is so beneficial to us that John and Brian can stay in the Penthouse for the rest of the year. Nancy, Bob, and Harold can join them for this month. So can Tom Singleton. Tom and wife Hobbit are Club members and coaches for the Little Rock Marathon training group. The week following Hurricane Katrina, Tom developed a 13-mile training run course for a New Orleans Track Club member temporarily staying here and training for the Marine Corps Marathon. Thank you for helping this man, Tom. And I'll throw in Bill Harrell. Bill had the idea for our meeting's topic: he brought our plates, utensils, and beverages; he's agreed to serve as Club president next year; and most importantly, he sometimes brings the lovely Belinda to our functions. Nancy, you don't mind sharing accommodations with six running studs do you? I'm sure they'll behave.

Now for the Doghouse Award. I had the prey in sight running along the river trail while we were meeting. I recognized Matt Beisel, who just spoke to us in July. I couldn't believe he would be the one guilty of running by our pavilion while we met, the fifth month in a row for this offense, especially after I warned people in my meeting reminder e-mail that Monday not to do this. Unfortunately, I couldn't control myself. In my glee at having a victim for the Doghouse, I yelled "woof, woof" at him to let him know he'd been busted. He did a 180-degree turn and raced to our pavilion to catch the last of our program. Target acquired but lost because of my premature eruption. Strike one.

(But Matt remains on the potential Doghouse list because he needs to stay there and work on his remedial math. You

might remember from our August issue of *The Runaround* that Matt chairs the science department at Lutheran High School. A few months ago Matt and I ran with the Little Rock Marathon training group from Andina's in the River Market. The coaches tell us that if we run over the Main Street Bridge, turn right and run to Olive Street by the Alltel Arena, then turn right and run to the 0 mile marker at the flood wall opening, we will have covered one mile. So if you want to run six miles, you'd run to the two-mile marker on the river trail (which would be three miles), turn around, and return the way you came. The morning we ran together, Matt comes to the four-mile marker on the trail and asks where the turn around is for eight miles. I got to tell him it was one mile back, he'd run five miles so far, and he was going to run a ten-miler that morning. He did a mental Homer Simpson "Doh" and slapped his forehead. Then I saw Matt two days after our last meeting and he said he thought we met the third Thursday of the month. I told him September 15 was the third Thursday. Same reaction. You're running on thin ice, Matt, and one more slip-up will send you to woof woof land.)

My next target was Marshall Singer, the frequent biker and occasional runner. I see him at many ARK meetings, but not at LRRC meetings. I thought, "Yea, he'll get the Doghouse Award for missing our meetings". But then he saunters in an hour after we started our meeting, so I can't pick him. Strike two.

Then I saw biker Will Barnes, who started running and training for a triathlon, and who's attended several of our meetings this year but not joined our Club. I could send him to the Doghouse for not joining. But he said the membership application he got last month got too sweaty when he biked home. I guess I'll grant him a one month reprieve. Strike three.

At 8 p.m. that evening, President Bush spoke to the nation from Jackson Square in New Orleans. I listened to the speech on the radio driving home and watched the end when I got home. This was the "Eureka" moment. I had my victims.

First in the Doghouse is New Orleans mayor Ray "Nothin'" in the

Noggin" Nagin, for his poor implementation of the city's evacuation plan before Hurricane Katrina and his lack of planning to provide food and water to the poor souls in the Super Dome and convention center. Joining Mayor Moron is Louisiana governor Kathleen "Blank Brained" Blanco, for not sending the National Guard into the city the Tuesday after the flooding, and generally displaying a deer-in-the-headlights approach to the crisis. Joining Governor Dingbat is former FEMA director and all around incompetent Mike Brown, the resume-padding, inexperienced ditherer who was clueless on what was happening in the flooded city. And let's add Homeland Security Department Secretary Michael Chertoff, whose arrogance roughly equaled his ignorance about what was happening on the ground. He was speaking in one press conference about all the supplies the federal government positioned before the hurricane hit, but he was unaware of the extent of the flooding and the abandoned people in the Super Dome and convention center who weren't getting any food or water. Finally, President Bush goes to the Doghouse. He doesn't watch the news or read the newspapers; his aides give him filtered portions of the news. He didn't know what was happening in New Orleans, he spent too much time in photo ops, and he praised former FEMA director Brown for doing a "great job." I'm reminded of David Williams' bumper sticker that says, "Somewhere in Texas a Village is Missing its Idiot."

For this crew, whose bumbling could convert a big government liberal into an anarchist, we've relocated the Doghouse to New Orleans' ninth ward below sea level. The Army Corps of Engineers is building a special levee surrounding the Doghouse, and will pump some of the polluted flood water inside this levee. The rising water will force our Doghouse residents to climb to the attic, punch a hole in the roof, and wave a towel at passing helicopters, who will ignore them for a few days. After that, we'll drop some MREs and water. What a disgrace!

If you want to levy a comment or a flood of criticism my way, you have an idea for a speaker or topic at our meetings or a

The Duck Does Not Diss Dueling Dorks

**By Bill "The Duck" Harrell
LRRRC Racing News Editor**

A couple of people came up to me after the last newsletter came out and complained that I didn't diss anyone. Well let me apologize now to those that I normally diss and to those of you who needed dissing and didn't get it. I will try to do better.

I really haven't been the same since I've been taking kabala classes with Madonna. That's probably the reason I've been so nice to everybody. All I really want to do is sing and dance, fall off horses and make out with Brittany Spears. That's totally not like me.

I only have a few races to report this month but surely some of you screwed up enough to get a mention in the "what an idiot" section.

I guess the word idiot is a good segue into the Pike's Peak Marathon. Since I've run this race five times I can assure you that the word is appropriate. Really, this is a great run for those who like a different type of challenge and can manage three months of high mileage during the Arkansas summer. You guys already know the history of Arkansas runners and the Peak challenge. This year was no different. Arkansas had more round trip runners than any state outside of Colorado. Our own Kim Morton was fourth in 30-34 with a time of 5:49:44.

Three of our members did the double this year. (A double is the ascent on Saturday and the round trip on Sunday.) Jack Evans, the APPMS leader the past couple of years, had times of 4:09:17 and 7:16:29. Harold Hays, a former APPMS president, ran 4:07:03 and 7:17:28 and Ken Bland, possibly a future APPMS president, had a 5:06 and 9:07:18.

Bob Marston ran the round trip in 7:15:30 and Marshall Singer completed his race in 9:06:30. John Woodruff completed his run in 10:33. I believe this is John's eleventh trip to the Peak. John said this was his slowest time ever but in that ten and a half hours he accomplished more than most of us could ever think about.

I've already mentioned Kim's run but Barbara Bonds also ran the round trip. She ran an 8:57. Barbara has made numerous trips to Colorado also. Bob Taylor was our only ascent finisher, in 5:07:56, but was obviously trained for the round trip.

Some of you ran a shorter and flatter course on August 27th at Easter Seals Rollin' on the River 5K. A lot of our members volunteered at this race but a few of you have enough money to race. One of those with a lot of money is Mackie Buckelew. I think Mackie races every weekend so she has to have a bundle of cash on hand, not to mention a huge house to keep all those T-shirts and trophies. Mackie was the first master in 24:04. David Williams, who really does have a "trophy room," was second overall in 18:47. Randy Taylor, with five decades of running, definitely has a lot of trophies and was first master in 19:30 and Larry Graham, who thinks he's a trophy, won 50-54 in 19:55.

Tom Zaloudek, who quit racing for a couple of years, is getting back in race shape and took home a trophy for second in 50-54 with a 20:39. Jim Yamanaka, who always takes home a trophy, won 65 and over in 25:50.

ARK's Riverfront 5K was held the following week and our own Brian Sieczkowski was the overall winner in 16:53. Bill Diamond was third master in 17:52. David Williams was the top grand master in 18:28.

Rob Wistrand and Matt Olney were first and second in 25-29 with times of 19:18 and 24:20. Joe Cordi was fourth in 35-39 with a 23:01. Steve Holloway ran a 20:19 in the very tough 40-44 division. Brian Polansky grabbed first in 45:49 with an 18:19 and Paul Ward sneaked in for fourth with a 23:05.

The top four places in 50-54 went to Larry Graham in 19:27, Tom Zaloudek in 20:07, Michael Erwin in 21:16 and David Bourne in 21:51. I'm sorta glad I'm not able to race this year. Roy Hayward ran off with third place senior with a 23:09 and Jim Yamanaka had a 25:56 for third in 70-74. Hayes McKinnie made a successful

return to the racing scene with a fourth place and a 27:54.

Sarah Olney was also an overall winner as she ran a 19:39 and Barbie Hildebrand was third in 20:02. Tammy Walther (fifth overall) won 30-34 in 21:11. Sabrina Diamond ran a 40:58 for second in 5-9 and Ginea Qualls ran 23:43 to win 25-29. Mackie Buckelew took home a second place master with a 23:43 and Linda House ran 39:00 in 55-59.

Jenny Johnson Paul hasn't let marriage or internship slow her down as she came down from Tulsa and took second in the open division at the Orange Crush 5K in Conway on September 17 with a 19:39. Jenny is such a nice person and I'm sorry I didn't get to visit with her but I'm sure there will be other visits. She has too many friends here to stay away forever. Kim Morton was only a few steps behind in 19:46 and Sarah Olney followed up with a 20:21. Barbie Hildebrand ran a 20:36 and Laura Naill rode in with a 21:30. Tammy Walther came in with a 21:54 and Ginea Qualls ran a 24:44. Rosemary Marston ran a 30:51 and Sabrina Diamond, the race's youngest finisher, had a 31:05.

The guys jumped up to an 8K distance and the distance seemed to suit most of them. Tim Wistrand was our first finisher in 27:56 and Brian Sieczkowski followed closely with a 28:09. William Diamond found the finish line in 29:24 and David Williams had a 30:13. Matt Beisel crossed in 30:49 and was closely challenged by Randy Taylor who had a 30:52. Jim Barton screamed in delight as he finished in 31:57. The dueling dorks, Larry Graham and Bill Torrey, had another close race. Larry ran 32:15 and Bill had a 32:20. John Naill got in a training run for the Chili Pepper with a 33:11.

In this race, college and open run together so it had to finally happen ... father vs. son. Brett Hays, Harold's son, goes to Ozarks where he plays baseball. Apparently the school needed a couple of extra guys to run cross country this year and the baseball coach volunteered Brett to be one of them. I also heard that the CC coach is young and female but I'm

Washington's Seafair Festival Has A New Marathon

By Al Becken

"My finger is being torn off!" I screamed. "Hold on!" yelled my guide, who had instructed me to throw my rope around a rock outcropping and take a self-arrest position. Unfortunately, during this move the second finger on my right hand got caught between my rope and the rock. Wrapping his rope around the rock and hooking onto my taut rope, my guide relieved the pressure so I could extricate my hand and mangled finger. I grabbed my wrist with my other hand to stop the bleeding while my guide wrapped gauze from his medical pack around my finger and hand.

I had flown to Seattle, Washington, to run a marathon, part of the SEAFAIR, a month-long festival in Bellevue, with plans to go to Mount Rainier the day after the marathon. The inaugural Virginia Mason Team Medicine Marathon, Half Marathon, and 5K started and finished at the Bellevue Downtown Park, which is only a few blocks from the Hyatt Regency Bellevue host hotel, packet pick-up, and expo. The course makes a loop around the city, which is located east of Seattle between Lake Washington and Lake Sammamish. The course has some gradual inclines and hills, but a five-mile stretch along Lake Sammamish is scenic with large homes overlooking the lake. A hike and bike trail leads from the lake back toward the town's residential area with the last two or three blocks uphill to the finish at the park.

At Mt. Rainier, I asked if I could go with a team preparing to climb the mountain. I didn't want to go to the top, 14,410 feet above sea level, but was willing to pay for an extra guide to bring me down when the team got started up the glacier. We had reached the glacier when my guide (we were the last two on the team) said, "We'll rope up our harnesses to the team so you'll know how to do it if you ever decide to climb higher." We had barely finished placing our ropes through our carabineers when the team started up the glacier. I was waiting for the rope to go taut and then be dropped by the last

man in the team when I heard a loud piercing cry for help. The lead man on the team had fallen into a snow-covered crevice. My guide acted instinctively

Bill Gates of Microsoft fame built his house on the east shore of Lake Washington in Bellevue after reportedly tearing down four mansions so he would have enough acreage for his \$30 million home. His wife, Linda, preferred a more contemporary setting for their children and had the landscape redone for undisclosed millions. Because Microsoft has such a large presence in downtown Bellevue, the city has become the "Silicon Valley" of Washington State.

For 55 years, SEAFAIR has been a month-long summer of events: parades, swimming, cycling, runs, air shows, hydroplane racing, seafood fest. This year included the first marathon. A timing chip was used for official times and must be exchanged for finishers medal and avoid the \$30 fee. (This appears to be a common practice these days.) This marathon was exceptionally well organized with 20 water/aid stations and port-a-johns or restrooms available throughout the course. Monitors and/or police at every intersection and driveway kept traffic completely off course roads. The temperature for this summer marathon is usually 55 F degrees at the start and about 70 F at the finish. A fabulous post-race party at the Bellevue Downtown Park includes live music, food, massages, awards, and all the Starbucks coffee you can drink for free. There is also a drawing for two Southwest Airlines round-trip tickets and a seven-day Alaskan or Caribbean cruise for two.

Mount Rainier is famous for its dense forests of Douglas fir (some to 200 feet high!), western red cedar, and western hemlock, dazzling wild flower meadows, snowfields, and glaciers. Moisture-laden weather moves off the Pacific Ocean so that some parts of Mt. Rainier receive up to 126 inches of rain annually and 680 inches of snow each winter. Mt. Rainier is in the Cascade Range and is considered an active volcano with the potential to erupt like Mt. St. Helens. There are many

trails to hike at the base and the lower slopes from one to 93 miles long. Snowfields and glaciers are for the more daring. Accommodations are available at the National Park Inn at Logmire (open year round), at Paradise Inn (higher up and summer only) and Sunrise Day Lodge and Visitors Center. The Henry M. Jackson Memorial Visitors Center, located at Paradise, provides a variety of historical and geological exhibits, restaurant, gift shop, and excellent views of the mountains year round, weather permitting. Clouds and fog often hide Mt. Rainier's top.

Returning to Paradise, exhausted and on the verge of going into shock, I was admitted to the emergency medical facility. A doctor, available 24 hours a day, made 16 sutures in my finger. A nurse gave me a tetanus shot, a bottle of antibiotics, and bananas to dip in salt with lots of cold water. Finally, wrapped in a heavy wool blanket, I laid down on a cot to rest. A couple of hours later I awoke, no worse than when I had started my ill-conceived climb up Mt. Rainier except for the damage on my hand.

If possible, add a couple of extra days onto your trip to the Seafair Marathon to tour Seattle and Mt. Rainier. Even if you've been to Seattle, another visit to Pike Market Place, Pier 57, Seattle Center, neighborhoods, museums, parks, dining, and shopping in the Emerald City can be fun. For next year's July 9th marathon, go to www.seafairmarathon.com or call 1-206-728-0123 or mail SEAFAIR, attn. Marathon registration, 2200 Sixth Avenue, Suite 400, Seattle, WA 98121-1830.

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nominee for the Penthouse or Doghouse Awards, or you need advice on what to wear while trick or treating this Halloween, call me at 664-0060 or 682-5881.

Happy trails!

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.

October

- 22: Iron Will 10K at Jonesboro. Call 870-933-4604.
- 22: Whitney Cline 15K at Cassville, MO. Call 417-847-3137.
- 22: Race for the Cure 5K at Little Rock. Call 501-202-4009.
- 22: Coach K 5K at Fayetteville. Call 479-587-8494.
- 22: Flying Pumpkin 5K at Westville, OK. Call 918-723-5716.
- 22: Whitney Cline 15K at Cassville, MO. Call 417-847-3137.
- 23: Andy's Fun Run.
- 29: Mud Run 5K at Little Rock, AR. Call 501-371-4639.
- 29: Downtown Fall Festival 5K at Russellville. Call 479-890-6625.
- 29: Fall Festival Panther Prowl 5K at Greenbrier. Call 501-679-2389.
- 29: Iron Will 10K at Jonesboro. Call 870-933-4604.
- 30: Andy's Fun Run.

November

- 5: MidSouth Marathon (GPS SC) & Half at Wynne. Call 870-238-4235.
- 5: Seize the Moment 5K at Little Rock. Call 501-833-8680.
- 6: Andy's Fun Run.
- 12: Spa 10K (GPS) & 5K at Hot Springs, AR. Call 501-520-4551.
- 12: Lewis & Clark Adventure Race at Fayetteville. Call 479-521-7766.
- 12: Mountain Home Marathon at Mountain Home, AR. Call 870-492-6625.
- 13: Andy's Fun Run.
- 19: Chicks & Chili 5K for Women at Bentonville. Call 800-986-7511.
- 20: Andy's Fun Run.
- 26: Great Duck Race 10K at Stuttgart. GPS. Call 870-673-1602.
- 27: Andy's Fun Run.

The Duck (Continued from Page 4)

sure that has nothing to do with Brett running.

When Harold heard that Brett would be in Conway he decided to get off the sofa and challenge him. Brett said his dad was as slow as a FEMA response but decided to run as Mark Jelks just in case. He shouldn't have worried. Brett ran 34:59 and Dad had a 35:20. Joe Cordi ran his race in 37:29 and Jim Yamanaka had a 43:11. Hayes McKinnie ran his second race in a row and had a 45:47.

There you have it – another column with very little dissing in it. I know I have disappointed some of you and for that I apologize. I'll try to do better next month ... or until the bribes I'm taking run out.

New Club Member - Chase Hahn

Chase Hahn, 22, is our newest member of the Club. Chase is single and an Environmental Compliance Consultant. He has just moved to Little Rock from New Orleans. He graduated from Tulane University where he was a rower with no time nor energy for running. He is just getting back into running with aspirations of triathlons and adventure races. He has been running off and on for five years. He is averaging about 18 miles per week at a 7.5 to 8 minute pace. His favorite running route is anything involving a good wooded trail. He is also interested in the outdoors, hiking, reality TV and good beer. Welcome to the Club, Chase.

Birthdays

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

- 1 – Gail Northcutt
- 1 – Kreth Koehler
- 1 – Robert Wistrand
- 2 – Donna Cave
- 3 – Earl Bond
- 3 – Francine LeBrant-Stocker
- 3 – Randy Alberius
- 4 – Justin Charton
- 7 – Bonita Samuel
- 7 – Phil Plunkett
- 12 – Rosalind Abernathy
- 13 – Rosemary Marston
- 17 – Randy Oates
- 18 – Mimi Evans
- 19 – David Hildebrand
- 20 – Phyllis Edwards
- 22 – Sandy Cordi
- 23 – Charlotte Sullenberger
- 24 – Barbara Akers
- 28 – Brynn Mays
- 29 – Bill Hoffman
- 29 – Bob Marston
- 30 – Lance G. Sullenberger
- 31 – Kurt Truax
- 31 – Lisa Alberius
- 31 – Mike Holland

Club Members Produce New Club Member

Robert Wistrand's wife Hope gave him a very special belated birthday present for his October 1 birthday. On October 10 at 12:25 p.m. Hope gave birth to a baby girl. Psalm Juliana weighed six pounds and 13 ounces and was 20 inches long. The proud parents said, "We are so thankful and blessed to have such a healthy and beautiful baby girl!"

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.