

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2005

If You Build It, They Will Run, But When?

By Paul Ward
LRRC Lane Duck President

Are you frustrated? I know I am. No, it's not what you're thinking. Well, it is what you're thinking but that's not what I'm talking about here. Many people are frustrated with the slow completion of the Arkansas River Trail on the Little Rock side of the river. And no one is more frustrated than Terry Eastin. Terry spoke to the Little Rock Roadrunners Club August 18 at Murray Park (Pavilion #2). Terry is a consultant to the LR Parks & Recreation Department on the trail and has just been named director of the Mississippi River Trail project, a proposed trail running from Minnesota to Louisiana along the Mississippi River. I bet Coreen Frasier (who biked across the U.S. last summer) already is planning her bicycle trip along this trail.

About 14 people suffered through the heat until the sun went down. Once the sun set, we had nice weather and a large, almost full moon rose in the east. I let out a howl as I drove home, scaring several elderly lycanthropophobes. Too bad a certain Warren Zevon song wasn't playing on the radio.

Terry said she frequently hears complaints about the trail's progress on the south side of the river compared to the finished trail on the north shore. Most of the problem is land ownership. North Little Rock was fortunate because it owned much of the land where the river trail runs. Little Rock does not own most of the land, and the city has had to negotiate with multiple landowners to obtain land or easements to run the trail from the Rebsamen Golf Course to the Baring Cross Bridge. For example, the trail was to run from the golf course along the

inner levee in the Riverdale area to the Harvest Foods store. But the levee top is not wide enough and the levee district and adjoining landowners won't allow the necessary widening. So now the city is talking to landowners along the river side of Riverfront Drive to route the trail there, plus doing some surveying and engineering work.

There are some advantages to this route. It's flat. The city owns most of the right-of-way. There is a required 6% setback from the street that can be used. And this route would avoid crossing Rebsamen Park Road and some railroad tracks. Terry said it would be a great achievement if construction could begin on this segment in a year.

The next tangible sign of progress will be on the portion of the trail from the Harvest Foods store to the Junior Deputy baseball fields area. The engineering and design work is done and construction should begin in 30 days. The city will do the construction in-house.

The final leg, around the Episcopal Collegiate School to the Baring Cross Bridge is the most problematic. The school is agreeable to the trail running behind it. Union Pacific Railroad has been "extremely difficult". The city is working with the national Rails to Trails Conservancy to solve this. The RTT has experience dealing with railroads in general and UP in particular regarding new trails.

There will be a pedestrian-bicycle bridge over the railroad tracks near the Baring Cross Bridge. The General Assembly included money for this bridge in the general capital improvement (pork barrel) funding from the most recent session. UP's local office has approved this bridge and we're waiting

on the national headquarters in Omaha to give the final approval. UP requires a "caged" bridge so no one can throw something onto the tracks. Terry said the city is looking at using a pre-cast bridge (she said these are manufactured) to save time and money. Once you get across the Baring Cross Bridge, the trail is paved all the way to the River Market (this is the "Medical Mile" segment). It will be extended to the Clinton Library.

On the west side of the trail, the pedestrian-bicycle bridge over the lock and dam should be completed in a year. The LR-side ramp curves toward the downtown side of the bridge, but the elevated part of the bridge is wide enough to accommodate a future ramp sloping west toward I-430. The bridge will be 14' wide with four observation areas that jut out farther, and it will be lit at night. There will be a large "flag plaza" in the center. At the western end of the trail by the boat launch, Pulaski County is planning a pedestrian-bicycle bridge over the Little Maumelle River to Two Rivers Park.

(See Build It on Page 2)

September Meeting

September 15, 2005

6:30 p.m.

Murray Park

Pavilion 2

Potluck Dinner

Speakers:

Harold Hays, Bob Taylor, and

Nancy Collins

50th Pike's Peak Marathon

Build It (Continued from Page 1)

I know the slow progress is frustrating, but the city has faced difficult issues with landowners. One of these days the trail will be completed, and I look forward to running and biking on the entire loop.

Terry encourages us to lobby elected officials to support trails. Write your legislators, congressman, and senators telling them that trails are important to you. Terry stresses the "triple bottom line" of trails. Trails improve public health by getting people walking, running, and cycling. Trails cut air pollution by reducing the need for automotive travel. And trails aid economic development because studies show that people want to live in areas with accessible trails. Next year, if you're contacted by a candidate for elected office, ask the candidate his/her position on trails and tell him/her yours.

Terry said the water fountain we're funding has been ordered. The city is looking at possible locations. The availability of a nearby water main is the only constraint in our fountain's location. I'll keep you posted. Since our last newsletter, we received a contribution from Shirley Pence in honor of June Barron's birthday. Thank you, Shirley. Together, the Club and you have raised almost \$2,000 for this worthy project. Pat yourself on the back.

During our meeting, I looked at people on the trail and saw Rob Wistrand run by. You're thinking, "No, not again." Yes, once again. Rob didn't stop by to say hello. He just ran on by, ignoring his fellow Club members who faithfully attended the meeting, and he probably was thinking "I'm better than those bozos." His brother, Tim, did stop in to quaff some water and hear Terry speak before resuming his run. And Bill Rahn ran by again, saw me looking at him, and quickly detoured to say hello so he wouldn't get the dreaded Doghouse of the Month Award. All right, Bill, you're safe this month. But come to our meeting once in a while.

So Rob gets the award and now resides in the Sieczkowski-Call-Walther wing of the Doghouse, reserved for those ignoring us as they run or ride by our pavilion while we meet. A source who wishes to remain anonymous to avoid retribution told me he saw Lee Wyant running by too. So he's in the Doghouse with Rob. Enjoy your stay guys! I wonder who will do this next month, our last time to meet outside this year. Our next meeting is Thursday, September 15, at Murray Park Pavilion #2. Our potluck meeting starts at 6:30. Don't you be the one in the Doghouse!

Several of our Doghouse Award winners also have won the Penthouse Award. This month's Penthouse winner, a previous Doghouse resident, is Brian Sieczkowski. Brian could get the award just for his running, but he gets it this month for his work with the new website: www.arkrrca.com. The site has race schedules, results, pictures, a message board, and links to local running clubs. Soon, thanks to Brian's stellar work, we'll have our own website on this link. This is where we plan to post our newsletter and go to a completely electronic format. Brian will develop links for our races, fun runs, officers, and a membership application.

If you have an idea for a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you just want to shout for joy now that school has started, call me at 664-0060 or 682-5881.

New Member - Gina Pharis

Meet new member, Gina Marchese Pharis. Most of you probably know Gina. She is the race director for the Little Rock Marathon. She is 41 and happily married to Brett, who is also a runner. They have two dogs and two cats. Gina runs 12-15 miles per week. Her favorite race distance is the half marathon. She has completed the Chicago Marathon and four to five half marathons. When she is not devoting all her time to planning the next marathon or running, Gina likes to garden and do yoga. She claims she's not a real "runner" but anybody who has completed a marathon should call herself a real runner.

Welcome to the Club, Gina. We are happy to have you as a new member.

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.

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.

Gentleman And Lady Of The Knight Honor The King

By Bill "The Duck" Harrell
LRRC Racing News Editor

Once upon a time, in Little Rock, Arkansas, there was a running club that had a couple of hundred faithful followers and worshipers of its fearless leader, His Majesty Paul Ward.

King Ward would send his troops out to lands near and far and demand them to bring back riches and return with trophies in hand to prove they were worthy of his leadership. This "treasure hunting," as it would be known in later years, would become so popular that some of the faithful would even pay their way to exotic locales such as Morrilton and Dumas to prove they were worthy.

The Gentleman Knight, Sir Michael Erwin, and the Lady of the Night, Karen Call, mounted their steeds on August 6 and made the journey to the Morrilton Pig Out 5K. There, they dueled with great pride for their beloved LRRC. Sir Michael, although disappointed there was no biking event, finished seventh overall and second in his 50-54 age group with an amazing 21:20.

Lady Karen also represented her king well with a second place finish overall by running a 22:38. Karen was beaten by a 15-year-old Princess from Maumelle, but Karen has promised not to let that happen next year. She is now working out eight times a day.

A deposed king, Steve Hollowell, wanted to prove he is still worthy and hitch-hiked to Dumas on July 30th to participate in the Ding Dong Daddy 5K. Steve, who is known more for the Ding than the Dong, did not disappoint by finishing second overall in 19:30. This is truly amazing since Steve was nursing a pulled muscle earlier in the year. The amazing part is that nobody even knew he had a muscle to pull. He is like skin painted over bone. Steve has less fat than a bottle of water. But the guy can break 20.

There were some major jousting taking place across the state too and this required teams be sent to take of LRRC business.

The Dam Night 5K on July 30th was once again a huge success. Due to

family illness I wasn't able to make it this year but as your once and future king I will definitely be there next year.

There was a diamond in the rough found this year. A six-year-old princess by the name of Sabrina Diamond ran a 37:20 for sixth place in her age group. Sarah Olney and Ginea Qualls captured first and third in 25-29 with times of 19:32 and 23:51 and first place in 30-34 went to Tammy Walther in 20:05. Barbie Hildebrand and Karen Call were the top two Grand Masters runners in 20:09 and 21:34. Carol Torrey grabbed fourth place in 50-54. Rosemary Marston ran off with the fifth place award in 55-59 with a 30:32 and Rosalind Abernathy won 75-79 in 45:02.

The men's team keeps running well also. They finally recruited some young turks to prop up the veterans. Brian Sieczkowski is leading the way as he won 25-29 in 16:41. Tim Wistrand is only 20 and he ran a 17:20 for second in 20-24. The 30-34 group had David Qualls running his first race in 36:45. David's wife, Ginea, has made tons of improvement this year. Now we welcome David to the running fold.

Steve Oury made it over and ran a 19:16. Steve is trying to stay in shape so he can keep his high school cross country team in sight. Bill Diamond had a fifth place finish in 40-44 with a 17:43 and Brian Polansky won 45-49 in 17:28. Jim Barton took fifth in 18:44 and Marshall Singer finished with a 28:12. Randy Taylor was second Grand Master in 18:19 and Bill Torrey took second in 50-54 with 19:00.

Third place went to Larry Graham in 19:34. I'm supposed to make fun of Larry by saying he was thinking of his favorite TV show ever which was Walker, Texas Ranger or maybe he was thinking of buying a horse ranch and raising Tennessee Walkers. Or, better yet, he was thinking about his favorite baseball player, Larry Walker. But I won't do any of that. Even if Larry was a walker, he still broke 20:00 and that's saying a lot for someone who can't run a full 5K.

David Bourne wasn't too far behind with his 20:56 and David Williams won 55-59 in 18:32. David Hildebrand came across the finish line in 26:20 and Charlie Dunn was third in 60-64 with a 22:12. He was followed by Roy Hayward in 22:56. Jim Yamanaka ran a 26:35 for third in 70-74 and Bob Abernathy was second in 80-84 with a 43:09.

The sixth of August had few of the faithful defending our honor in Batesville. This challenging 4-mile course deals with heat and hills and everything but a moat. I understand Joe Pool is already digging one and will have it ready for next year.

Ginea Qualls kept her good running streak going with a second in 25-29 with a 32:42. and Mackie Buckelew had her chariot on fire with a 32:30 and a second in 45-49. Joy Ballard took third in 50-54 with a 39:27 and Linda House ran 50:52 for third in 55-59.

Tim Wistrand ran a 24:52 while winning 20-24 and Brian Sieczkowski won 25-29 in 22:34. The second and third place masters were Brian Polansky in 24:16 and Bill Diamond with a 24:19. Sixty-year-old Roy Hayward won his age group in 30:35 and Jim Yamanaka and Carl Northcutt were second and fourth in 70-74 with times of 33:31 and 50:17.

The usual gang of idiots gathered in Hope on the 13th to harass the townspeople and all the visitors at the Watermelon 5K. Brian Sieczkoski led the way with a first place finish in 25-29 by running 17:00. Rob Wistrand was third in 19:12. Brian Polansky and William Diamond were third and fourth Masters with times of 18:09 and 18:18. David Williams captured Grand Masters in 18:43 with Bill Torrey and Larry Graham third and fourth with 19:19 and 19:48. Roy Hayward grabbed the fifth senior award in 23:20 and Jim Yamanaka gathered up second in 70-74 with a 26:26.

I have been banned from racing this year, something about I'm not taking enough steroids. Without them I'll be embarrassing everybody I know ... but especially myself. So, I'm not for sure how the races are scored. Hopefully, I'm getting

Taster's Choices Do (And Don't) Separate . . .

By Celia Storey
Who Means Well

Once upon a time we ran four- and five-hour marathons up and down Pikes Peak sustained by the energy inside five Cherry Life Savers.

Today, who would do that? Today we trundle through 10-mile training runs wearing fanny-packs bulging with a smorgasbord of sports gels. (And the word smorgasbord fits in this context, deriving as it does from the ancient Swedish "S'more," a sticky glue made of marshmallow and chocolate that's capable of breaking a zipper if left to dry, and "gas," a petrochemical.)

I forget whether we started with Gookinade or Gatorade, but somewhere between guzzling pickle juice and swilling multi-vitamins disguised as spring water, we also took to toting around all these little Mylar packets of cake frosting. If we didn't chip a tooth tearing them open or aspirate a metal flap after chipping that tooth, these gels promised to vault us over "the wall" while preserving our ability to recover quickly from Herculean endeavors in the field of sport.

Maybe they did and maybe they didn't, but we got bored on long runs and we liked eating. Being told that we actually owed it to our bodies to eat even while we ran was just great. So few distance runners today have not tasted at least one gel.

And as a delivery system for caffeine to addicts who roll out the door for a long run before Mister Coffee stops dripping, sports gels rock.

We are willing to spend tidy sums, many of us, for them. And so swelling armies of sports-gel manufacturers jostle and clash on the demassified shelves of local stores, for our cash. Each claims its goop is the angel-pure distillation of Olympian science itself, better than any other.

Most of us got through high school chemistry by dumb luck, and we don't know from science. I sure don't. But we do know gak when we taste it.

So a few meetings back, we gathered 30 different flavors of these gels

from local stores and nibbled our way through 29 of them. (Nobody wanted to open the Raspberry Hammergel, maybe because we got enough of that at the Little Rock Marathon.)

Rather than pretend, we conducted some sort of "study" leading to any reliable conclusion, I'm simply going to list the products here with our reactions verbatim.

Take from the comments whatever you wish. Maybe they're an indication that you should seek out some of these gels. Maybe we tasted them so that you don't have to.

Accel Gel: Strawberry Kiwi, at McCain Mall GNC Needs whipped cream, A (that's a good GU!), A- (good!), A+ (wonderful, love it), A+ (good!)

Accel Gel: Chocolate, at McCain Mall GNC 4 spoons (great!), F (funky), two sweet, B- (not as good as the GU Chocolate Outrage), C (a weak chocolate taste), D, B (best of the chocolate flavors)

Carb Boom: Apple Cinnamon, at Easy Runner B (better than I expected), B (tastes like McDonald's apple pie), B (not bad!), B (can you bake this into cookies?), B- (tastes like McDonald's pie, too sweet), B- (good but I like vanilla or kiwi or plain better), F (yuck!), B- (a little too sweet)

Carb Boom: Chocolate Cherry, at Easy Runner F (dog poop, ain't even trying this one), F (unpleasant), D (didn't taste good)

Clif Shot: Mocha Mocha, at one of the bike shops B, B (This is a chocolate lover's dream), C+ (It probably deserves a better grade but it's not as good as Mackie's brownies so it gets a C+), C- (funny-tasting chocolate), D (too chocolatey and weird chocolate, too), A (the best)

Clif Shot: Viva Vanilla, one of the bike shops Has magnesium good, A (nice mild flavor), 4 stars (better vanilla, strong, need water), C- (yuck, too intense), C-

Clif Shot: Cola Buzzzzz, Arkansas Cycling and Fitness C- (reminds me of cola and apple pie), F (nasty to me), half a spoon (waste of money), F- (I'd rather stick the spoon in my eye), F- (nasty stuff, real loser), F

(sucks), needs a margarita chaser, F (gag a maggot), FFF

Clif Shot: Razz Sorbet, at some bike shop First taste is good ... the last may not be as good, B (OK), D (tastes like cattle feed), F (cattle feed, yes), D (tastes like molasses), C+ (good aftertaste)

Clif Shot: Mmm ... Chocolate, at some bike shop C (tastes OK while standing still but I wouldn't run with it), too thick, B (too thick, GU's Chocolate Outrage is better), B (thick chocolate), B (would be good over ice cream)

Crank E-Gel: Strawberry Slam, at Easy Runner B- (It's OK), B- (OK, nothing special), cough syrup!, B+ (real strawberry taste but where's the little seeds?)

Crank E-Gel: Tropical Blast, at Easy Runner A (great taste), B (good), pretty good goo, A (good light taste)

Crank E-Gel: Mountain Rush, at Easy Runner I see no caffeine in it, F (no, I wouldn't buy this one), B (like a gel margarita), G (good), BAD ... although it may cure constipation, C (tastes like Sprite or Mountain Dew), C (just average, couldn't eat more than one)

Crank E-Gel: Cherry Bomb, at Easy Runner C (It's OK, not my favorite), B- (OK but a little strong), B, D, makes me crank(y), C (not too good, bombs for me)

Cytomax Gulp 'N Go: Vanilla, at GNC 2 spoons (pretty good), B (nice), OK (average), C (GU's Vanilla Bean is better), C (very vanilla), B (tastes like butterscotch), C (aftertaste), B (good)

Cytomax Gulp 'N Go: Vanilla, at GNC B (baby aspirin for sure), C (ditto), C- (can't imagine eating this at mile 14!), C (bad aftertaste), C (not the best), gross

Enervitene Sport Gel: Cola, at Bikeseller A- (my favorite), A (good taste), A, B- (like cola syrup), A- (good), B- (tastes like a bad sweet cola), OK but would wear on you after two or three, F (yuk!)

Enervitene Sport Gel: Lemon, Bikeseller B-, B (needs meringue), B (OK), yuk, D- (yuck, lemon goo, gagging!)

Enervitene liquid, Bikeseller B- (I like the calories, too), A- (good flavor, I like that it's not too sweet), C, B (light flavor), not too bad, B+ (I like the

... Goo From Goop

drinkability), B (OK, but since it's a liquid I'd probably spill it all over me before I could down it)

Energice: Blue Raspberry, McCain Mall GNC B, B+ (pretty good), B+ (taste good), B+ (good taste), B+ (good taste), B (light Jell-O taste), C (tastes like bad jelly)

Energice: Fruit Punch, McCain Mall GNC B (really sweet!), B (really sweet), B (different texture. I'd have to get used to this product), A- (good flavor), A (good flavor! Jell-O time), B (OK)

GNC Energice: Orange, McCain Mall GNC A (pretty good!), B (an orange blast off!), D (bad stuff — too sweet), C (strange), C (not good)

GU: Vanilla Bean, at Easy Runner My all-time favorite, A (mine too), A (nice), tried and true!

GU: Just Plain, at Chainwheel B, B (good), B (OK, pretty basic), B (good and bland)

GU: Espresso Love, at Bikeseller B, B, B+ (pretty decent like caramel ice cream topping), A, C- (OK), D (yucky), D+

Gentleman (Continued from Page 3)

the names and times right. If I mess up your place then I guess you will just have to slow down and quit winning awards.

It's easy to figure out what Kimberly Morton did. She ran 20:01 and was second overall. That was a pretty good tune up for the Pikes Peak Marathon the following week. Barbie Hildebrand was fourth overall but she may have been first Grand Master, either way she ran 20:24. Tammy Walther ran a 20:35 and won her age group, then again she may have been fifth overall. Sabrina Diamond definitely was third in 5-9 with a 39:33 and Ginea Qualls was third in 25-29 with a 26:06. Mackie Buckelew was second Master in 25:04 and Linda House captured third in 55-59 with 38:14. After biking to Hope, Coreen Frasier ran a 31:34.

That's all of the results for this month unless I have time grab the times from Pikes Peak. They'll be in next month's column for sure. Earlier in the year I told Paul and the Board to locate

(strong taste. OK when sitting, probably would gag me if I were running), B (good)

GU: Orange Burst, at a bike shop B+ (I like the GU products vs. Energice), B+ (good flavor), B (pretty good and I don't even like orange)

Hammergel: Apple Cinnamon, found in the bottom of a backpack Anything cinnamon is good!!, B (not bad!), B- (artificial taste), F (hate this flavor)

Powergel: Vanilla, at Kroger C- (yuck), needs more vanilla, B- (very sweet taste, too something), A- (very good), A (good, I'd buy it), B (not too bad, but I like GU better)

Powergel: Tangerine, at Kroger C- (kind of metallic), D (yuck!), double yuck!, D (yuck), F- (no on taste, but if it will give me a boost I'll use it), C (not bad but I wouldn't buy it), B- (not bad)

Powergel: Strawberry Banana, at Kroger A (I've run with it and didn't yak), C (tastes OK), B (good), A- (very good), 3 spoons (very good!), B- (most notable for its being unique), B (OK but nothing

another race director for the Lung Run Half Marathon. I didn't feel I was a good enough race director and I knew I couldn't devote the time to the race that it needed. Well, I was a worse RD than I thought. The Lung Association Board has decided to drop sponsorship of the race. It seems as if the half has been around forever and I will definitely miss it. Not only have I been the RD but I have run the race and it was really a class act.

I want to thank all of my friends who have volunteered the past few years and made this a success in spite of me. I especially want to thank John Bailey for underwriting the race and giving so much to the running community. John is not only a very fine runner but a very good friend.

To everybody in the LRRC and ARK...thanks for all your support.

great), tasty, B (pretty good, strong flavor though).

Run With The Planes At Rochester, NY

By Allen White

Why would anyone want to go to upstate New York in the summertime when he can stay here in Arkansas and run in the heat??? Well, I would have had no answer to that question several years ago but now that my son, his wife and my only grandchild, Allie, live in Rochester I look for any excuse to travel north. I found such an excuse in June when I discovered the "Airport 5K," scheduled to be run at the Greater Rochester International Airport. I guessed (correctly) that this would be an unusual course so I signed up and even talked my son into running with me.

The morning of June 25th was warmer than normal in Rochester with highs expected to reach near 90. Piece of cake, I figured, for this Arkie used to the heat and humidity of the South! The 9 a.m. start saw some 264 runners line up across a runway. Now, as far as I could tell, the airlines were not using this particular runway at this exact time, but I could see them landing and taking off just across the field about half a mile away! The flat and fast course made two loops that used this runway and taxi-ways with the finish line in front of a big hanger that provided shelter and refreshments for the runners both before and after the run. Outback Steakhouse was there and grilled steak and chicken for all runners later that morning as we waited for the race results.

The overall winner finished in 15:09 and won a ticket on American Airlines. There were other cash prizes and awards but, unfortunately, my time of 21:59 was only good enough for fourth place in my age division. (Those Yankees ARE pretty good hot weather runners

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.

September

- 3: ARK Riverfront 5K at North Little Rock. **GPS.** Call 501-868-1072.
- 3: Battlefield Run 5K at Prairie Grove, AR. Call 479-267-5000.
- 4: Ozark Half Marathon, 10K, 5K, 1M at Gentry, AR. Call 479-736-2221.
- 4: Andy's Fun Run.
- 5: Run for a Child 10K/5K at Rogers. Call 479-795-2417.
- 5: Run to the Son 5K at Tulsa, OK. Call 918-492-4545.
- 10: Arkansas 20K/Marathon at Benton. Call 501-315-9252.
- 10: Race for Awareness 10M/5K at Jonesboro. Call 870-972-0017.
- 10: Zero Mountain 5K at Fort Smith. Call 479-782-2451.
- 10: Baker Bash 5K at Bentonville. Call 479-409-8427.
- 10: Minuteman 5K at North Little Rock. Call 501-212-5551.
- 10: Quadrangle Bi-State 5K at Texarkana, AR/TX. Call 903-276-0928.
- 11: Andy's Fun Run.
- 17: Orange Crush XC 8K/5K at Conway. **GPS.** Call 501-450-9292, ext. 26.
- 17: Mt. Nebo Chicken Fry 10K at Dardanelle. Call 479-229-3328.
- 18: Andy's Fun Run.
- 24: Mercy Classic 5K at Fort Smith, AR. **GPS.** Call 479-484-5883.
- 24: Walk, Run, Sprint for Life 5K at Fayetteville. Call 501-664-4343.
- 24: Panther XC Open 5K at Siloam Springs. Call 479-238-5028.
- 24: Barnsale 5K at Camden. Call 870-836-6426.
- 25: Andy's Fun Run.

October

- 1: K8 8K at Jonesboro. Call 870-931-8888.
- 1: Run for Your Lights 5K at Heber Springs. Call 501-362-7292.
- 1: Furry Friends 5K/1M Dog Walk at Rogers. Call 479-464-3200.
- 1: Tyler Curtis Memorial 5K at Little Rock. Call 501-231-3730.
- 1: 5K for B. S. A. at Harrison. Call 870-437-5590.
- 1-2: Arkansas Traveller 100 at Perryville, AR. Call 501-329-6688.
- 2: Andy's Fun Run.
- 8: Sacred Heart Octoberfest 5K at Morrilton. Call 501-354-3936.
- 8: UAPB/SEARK Scholarship 5K at Pine Bluff. Call 870-535-0110.
- 8: HART Center Oktoberfest 5K at Fairfield Bay. Call 501-884-7777.
- 8: Tin Cup 5K at Fayetteville. Call 479-575-9696.
- 8: SAU/Sigma Pi Rider Run 5K at Magnolia. Call 870-235-4079.
- 9: Andy's Fun Run.
- 15: Chile Pepper 10K XC at Fayetteville, AR. **GPS SC.** Call 479-521-7766.
- 15: Raid the Rock Adventure Race. Call 501-529-3052.
- 15: Race for the Cure 5K at Texarkana, TX. Call 903-748-3265.
- 15: Sherwoodfest 5K at Sherwood. Call 501-833-3922.
- 16: Andy's Fun Run.
- 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.
- 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.
- 30: Andy's Fun Run.

Birthdays

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

- 1 – Pat Piazza
- 3 – Clyde Burnett
- 6 – Barbara Bonds
- 6 – Bill Torrey
- 6 – Linda House
- 6 – Sybil Taylor
- 7 – Robert Hanle
- 8 – Ken Bland
- 9 – Melvin Edwards
- 9 – Sandra Welchman
- 13 – Cathy Perry
- 16 – Judy Lansky
- 17 – Hobbit Singleton
- 18 – Janet Davis
- 20 – Jim Sunao Yamanaka
- 28 – Rex Bell

Planes (Continued from Page 5)

after all!) My son, Faber, did well with a PR of 25:41 ... not bad for a novice runner.

So, if you are ever in the Rochester area in late June, look up the Airport 5K and enjoy "running with the planes" in upstate New York!

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.

Membership Application/Renewal

Little Rock Roadrunners Club
P. O. Box 250229
Hillcrest Station
Little Rock, AR 72225

Dues are \$20 per year, \$36 for two years, or \$45 for three years, and include all members of a family who live in the same house.

CHECK ONE: NEW _____ RENEWAL _____ ADDRESS CHANGE _____

YEARS PAYING FOR: ONE _____ TWO _____ THREE _____

RUNNER: _____ WALKER: _____

DATE THIS FORM WAS SUBMITTED: _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ BUSINESS PHONE: _____

E-MAIL ADDRESS: _____

OCCUPATION: _____

AGE: _____ BIRTHDATE: _____

SPOUSE: _____

AGE: _____ BIRTHDATE: _____

RUNNER: _____ WALKER: _____

CHILDREN: _____

NAME OF LRRC MEMBER SPONSOR (if applicable): _____