

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2006

“Wrong Way Walther” Finds Right Way To The Money

By Paul Ward
LRRRC Lane Duck President

What a day! We had almost ideal weather for the March 5 Little Rock Marathon and many Club members had great days. Tammy Walther, who said at our February meeting how much she loves running and the Little Rock Marathon training group, frequently got lost on the group's long training runs. I don't know if she didn't take a copy of the course description, didn't read it, or is just “directionally challenged.” On the group's 21-mile run Tammy got lost twice, was upset, and didn't take kindly to my teasing nickname, “Wrong Way Walther.”

Well, “Wrong Way Walther” found her way in the marathon, finishing in 3:21 to take top honors among Pulaski County females. Tammy learned there would be prize money for top overall finishers and top Pulaski County finishers and she wanted one of the latter spots. Before the race she wondered who would compete with her for the top spots and I thought of Alice Stewart and Betsy Meacham, who have been among the top local females in previous races. Unfortunately, Alice and Betsy had off days and finished around 3:30 and 3:40. But even if they had good days, I think Tammy still would have won. Way to go Tammy!

I saw Robert Holmes before we started and didn't recognize him with his bandana and sunglasses. He printed his per mile split times at his desired pace and taped this to his water bottle. I thought that was a great idea. Robert finished under 3:43 and qualified for Boston. I saw Robert and Bill Rahn in the finish area. Bill had a great day, finishing around 3:33. I saw Lou Peyton before the race. She was the pacer for the 5:30 group and finished with a few minutes to spare.

Pacers provide a real service to runners, especially first-time marathoners.

Most of our members did the half marathon, and Bill Harrell should mention their times in his column. Brian Bariola was the top Grand Prix finisher. A week or so after our February meeting Brian e-mailed me saying he wanted to join our Club and asking if I minded if he ran for our GP team. Do I mind?! I couldn't welcome him fast enough. Welcome to the Club and our team, Brian. Brian Siczkowski and Ginea “Another Race, Another PR” Qualls had personal bests. They seem to do that every time. Joe Cordi drafted off me as we climbed Capitol Avenue after mile eight, then surged ahead to finish the half just seconds from a PR. Denise Cole, one of our “hybrids” (bike club and running club member) did well in her first half marathon (and only her second race), and then was kind enough to cheer for her favorite running club president as he labored along Riverfront Drive.

Barbie Hildebrand and Tina Coutu had great halves and led our women's Grand Prix team to its third consecutive victory. Karen Call did well too, but wasn't waiting for me when I finished. I was looking for her and she was looking for me but we missed each other. Steve Hollowell tried to keep up with Tina and ran well. Karen Irico was not at 100% but still finished strong. The only things that slow Karen are injuries or pennies on the road (she always stops to pick them up). Hannah Clardy, who is in high school with some of Karen's children, trained some with the marathon training group, ran her first half, and was the top teenage female finisher. What an accomplishment!

I am very proud and happy for all of you, and I'm sad for those of you

who were injured, sick, or just had an off day. Best of luck in your next race. I had a great day. I started the marathon with Allison Martin, a young friend of Karen Irico, who was doing her first marathon (her husband was running the half). Allison trained well with the training group but she was unable to do our 21-miler or run much in the three weeks preceding the marathon. She worried whether she could do the whole thing. She was eager to run with me to have some company so I tried to keep her entertained and calm her nerves. We ran together until the 11-mile point near Central High. She got a tight muscle and slowed a little but still hung in there and finished in a little over four hours. I bet she'll easily beat four hours in her next one.

I prepared a table of split times at an 8½ minute and 9-minute pace, and hoped to stay somewhere in the middle. Last year I finished in 3:57 and I wanted to do a little better this year. Allison and I were about 30 seconds ahead of an 8½ - minute pace during the early part. I told her we were okay because we would hit some inclines going to the Governor's Mansion and Central High, and the long Kavanaugh climb. We had slowed to 15 seconds off an 8½ minute pace when we

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April Meeting

April 20, 2006
6:30 p.m.

Murray Park Pavilion 2
Potluck Dinner

Speaker: Dennis Abraham
Appalachian Trail Hike

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headed toward Central High. I didn't pay much attention to the clock until I hit the halfway point, where my 1:51 was close to last year's split. I checked again when I got close to St. Mary's and mile 16. My sister and her family were supposed to be there to cheer for me. Last year I told them I'd get there around 10:30, but I was faster than I thought and beat them by six minutes. They missed me and had to drive down to the Riverdale area to see me.

This year I told them to expect me around 10:15-10:25 and I was there around 10:16. They were there cheering. I yelled "Only 10 more miles!" feigning optimism and headed down North Lookout, trying to run the tangents, lengthen my stride, and gain time. A few rain drops hit my head as I headed west on Rebsamen Park Road. I saw Jacob Wells, aka "Marathon Boy," who had "Little Rock Rocks" written on his chest, but who was having an off day. He did 12 marathons last year and his last three were on Thanksgiving Day and December 3 & 10, where he averaged 3:21. I felt badly for him. He has a great positive running spirit. He didn't let this get him down and he's ready for his next three marathons this spring.

I said some prayers for the runners, especially Jacob and Allison. I remember checking my watch again at mile 24 and seeing "3:24." What per mile pace did I need to cover 2.2 miles in 20 minutes? I couldn't run and calculate at the same time, but I knew it was under 10 minutes. Before the race I secretly dreamed of finishing under 3:45 but I didn't think that was realistic. I made it over the Cantrell viaduct and looked ahead to the final Cantrell hill by Dillard's. I put my head down and just kept going. I said hello to Hobbit Singleton, who did the relay and was working the last aid station. I turned on Cross and was counting the remaining blocks. Brian Siczkowski was by the brewery and yelled encouragement. That gave me the final boost. After turns on Fourth, State, and Capitol, I tried to focus on the finish clock. I picked up a little speed down the street and started reciting the "Our Father" and other prayers. I crossed the mat after the clock showed 3:45 but my watch showed 3:44:44. My chip time put me under the magic threshold. I was floating on Cloud Nine. As someone who's one doughnut away from Clydesdale status and facing the half century age mark, I'm happy.

I didn't make the official pasta dinner the night before but one of my co-workers volunteered there and said the Macaroni Grill did not bring enough pasta and had meatless sauce. The manager was angry at runners who came back for seconds. I'm glad I missed it. I was disappointed at the post race food offerings. When I finished, we got our chip removed, received our medal, and then went through narrow cattle chutes. There were some bananas and oranges and what looked like vending machine snacks on both sides. There was water but not Gatorade. There was no pizza. Security personnel had signs saying you could not re-enter this area after you left.

Later I learned that people later distributed some of the pizza in the Hatcher House Perks Tent to finishers who didn't sign up for the perks. There was no sign noting where to get finishers T-shirts, just some people standing in front of boxes by

a metal storage container. I thought last year's arrangement was better because you could rest a little before getting some food, there was more food and beverages, and the area was more commodious.

Jacob Wells recommended a post-marathon ice bath to speed recovery and he even posted on the Grand Prix forum a picture of himself in a tub with some floating ice. A strategically placed washcloth concealed any signs of Costanza-like shrinkage. I got some ice earlier that weekend and tried the bath. I don't know if it helps. I felt better that night but I was pretty sore the next few days.

The post race party was fun. Corky's catered it and there was plenty of delicious food and ample libations. Greasy Greens performed. Their music was good but so loud at times that we couldn't talk to each other even at a far table. The overall winner was recognized and received a standing ovation. Tammy was called to the stage to receive her well deserved recognition. Several of us danced to the music. I acted like I was dancing by moving my arms a lot but keeping my tired legs still.

Overall, I liked the marathon this year. The race is well done, the crowd support gets better every year, and participation is up. I'm amazed to see how far this race has come in only its fourth year. Our Penthouse Award winners this month are directors Bill Torrey, Geneva Hampton, and Gina Pharis, and training group coaches Tom and Hobbit Singleton. Thank you all for your outstanding efforts. Enjoy your restful stay in the penthouse.

Our April 20 meeting will be at our warm weather home, Murray Park Pavilion #2. Our potluck dinner starts at 6:30. Dennis Abraham will talk about his start to finish hike of the entire Appalachian Trail. I hope you can make it. Bill Larson is scheduled to speak to us in May about some wellness technologies that can help runners. We'll have our annual elections in

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Club Officers

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Linda House	Editor	565-4969
Paul Ward	President	664-0060
Bill Harrell	President-Elect	821-6610
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Mark Young Speaks At March LRRC Meeting

By Paul Ward
LRRC Ace Reporter

Texas native Mark Young, MS, ST, LMT, CSCS, spoke to the Little Rock Roadrunners Club at its March 16 meeting. Sixteen Club members attended. Mark got his BA degree from Hendrix, where he lettered each year in track and field. After Hendrix, Mark attended Touch America's clinic of massage and bodywork and became a licensed massage therapist. He then attended UCA and got his Masters of Science degree in Exercise Science. He also earned his Certified Strength and Conditioning Specialist title through the National Strength and Conditioning Association. Mark helped coach cross country and track at Hendrix and he opened Life-letics Sports Therapy on Autumn Road in Little Rock last year.

He takes the best from different modalities to solve problems clients are having rather than just alleviating their symptoms. Mark talked some about our fascia, a membrane that surrounds your muscles. Mark said, "Fascia moves muscle, muscle moves bone." Sometimes fascia acts like shrink wrap and contracts when injured. Mark believes in repetitive stretching and working muscles that oppose the muscle that's injured.

Several questions concerned IT band problems. Mark said these problems are really symptoms of another underlying problem, of which there could be many. Someone could have had a childhood injury that shows itself in an uneven running motion that leads to IT band soreness. Similarly, one's legs could be different lengths because of different muscle use. Unbalanced muscle size can affect your IT band. For some clients Mark will teach new methods of sitting, standing, and walking to avoid problems in other areas.

Some clients have scar tissue that inhibits movement. Mark said this is really calcium and can be broken manually. Calcium in the body is soft like chalk, not hard like marble. There may be discomfort from the massage necessary to break the calcium, but increased movement and less future pain will result.

Mark is a big proponent of using ice and a big opponent of using heat. Ice decreases spasm, swelling, and inflammation. Do this frequently. Mark said heat does not help and people have to use more and more heat to feel relief, because the problem area is not responding as well as it did.

Many believe lactic acid leads to pain, but Mark said it is a buffer, produced when the body burns sugar. It inhibits muscle movement. The pain comes from edema, or muscle damage, or

from delayed onset muscle soreness, which is why you may feel more sore two days after a strenuous workout that you did the day after.

Some of Mark's treatments can be covered by insurance or Medicare. A physician's diagnosis and referral are needed for insurance coverage. For people without coverage, Mark said they can work on a suitable payment plan.

Mark will be working at the River City 5K Run/Walk April 8 in NLR. Visit him if you want to experience what he can do.

New Members

This month we have two new members to welcome to the Club.

Emil Mackey, 63, is married, has three grown children and is retired from education and the state.

He began running in May 2005 and runs four or five days each week, averaging 12-14 miles weekly. He tries to do one or two races each month. His favorite distances are the 5 and 10K. Emil has PRs of 30:16 at the Valentine's Day 5K and 1:03 at the Great Duck 10K.

His favorite "fun" running route is the River Trail at Murray Park. His favorite training route is Pulaski Heights Jr. High to Ozark Point to Mt. St. Mary's and back.

Emil's other interests are amateur radio, fishing and travel.

Emil says he did not participate in sports and athletics when he was young. He had been walking for several years for health reasons but had never tried running. He became interested in running through friends and ran for the first time last May. He ran for one minute on the treadmill and says it took him seven minutes to recover.

But, an older friend was doing two eleven-minute miles every day and Emil took the bait to do at least as well. Progress came pretty fast at first and he was bitten.

Now he runs for health reasons, but also for the sheer joy. If he misses a day, he is just not the same.

Jordan Holloway, 27, is single and the office manager at a food brokerage company. She has been running about 14 years and now averages around 15-20 miles per week. She races frequently and prefers the 5K distance. She also enjoys her long runs. Her PRs are 27:12 at the Race for the Cure 5K and 2:21:15 at the Little Rock Half-Marathon.

Jordan's favorite race is the Race for the Cure but likes all the races downtown. She loves to run at the river and can be found running there every Saturday morning.

Jordan has a dog (Ally) who runs with her on the short runs. Ally is a schnoodle — part schnauzer & part poodle.

Her interests other than running are weight lifting, reading and doing crafts.

Welcome Emil and Jordan.

"The Duck" (Continued from Page 5)

this will be an April Fools joke extraordinaire.

Footnotes:

¹character in *One Flew Over the Cuckoo's Nest* (book by Ken Kesey)

²character in *Grapes of Wrath* (book by John Steinbeck)

³character who is current president of LRRC (no book about him, yet)

“The Duck” Is Playing Another April Fools Joke?

By Bill “The Duck” Harrell
LRRC Racing News Editor

There is not much else I can say about the success of the Little Rock Marathon than just add my congratulations to Gina Pharis, Geneva Hampton and Bill Torrey. The city of Little Rock deserves a pat on the back also for believing in this event. Everybody associated with the marathon does an amazing job. I don't know what it is about Bill but he seems to be able to work miracles. He even had John Naill doing manual labor. I didn't think I'd ever see that. How Bill keeps it together on race day I'll never know. He shows up on the morning of the race with the attitude and personality of a Randle P. McMurphy¹ and by days end he has the respect of Tom Joad².

I was stationed at the first relay station this year and was the designated “captain.” Being the captain means I had to get there early, stay late and get to talk to Bill and Gina on race day. I also got to watch a lot of you run by. Honestly, I had no idea what my job duties were on race day so I ended up doing something I didn't think I would ever do. I asked Tom Barron and Bill Bulloch for advice. Not only did they give me advice but they gave me good advice. Tom even showed up early to help me get set up. Of course when June ran by he left, he also wanted to get to the beer before the marathoners finished. A personal thanks to you guys for your help.

I want to thank those of you who sent me your times and comments. You've made writing this article a lot easier. I got the chance to run and visit with a number of our members the week of the race(s) and the nervousness really showed. I've only heard of a couple members who had a “bad day” but their bad day was better than a lot of others good day. It must be nice to have a bad day and still beat a couple of thousand people.

For those of you who for some reason didn't send their time to me, like Paul Ward³, the results and membership roster were both perused. So, if you

aren't mentioned this month please send in your time for inclusion next month.

You probably know by now that our top finisher was Tammy Walther. Tammy ran an excellent 3:21 marathon. The Tuesday before she was concerned about running a 3:30; she could've done that on her hands. Tammy was also the first Arkansas female to finish.

We had a number of other young ladies finish the marathon also. Lisa Alberius finished in 4:23:12 and she was followed closely by Allison Martin and her 4:23:47.

Carol Torrey received the big medal from husband Bill for her 4:46:22. Veteran marathoners Lou Peyton ran a 5:26:11 and Robin Hanle had a 5:58:58. Jeanne de Lanois crossed the finish line in 6:52:57.

Chase Hahn was our first male finisher. Chase, who is only 22, ran 3:24:12. Now Chase, I'm not putting any pressure on you but I'm looking forward to following your career for next couple of decades. Chase was also third in his age group.

Other marathon times that I have include Bill Rahn who ran a 3:33:26. There was also a Rahn Family relay entered which consisted of Bill's kids, Hannah, Rebecca and Dan. They adopted Reid Knabe for the day to be the 4th member. The Rahn's ran a 3:49:45.

I have a couple of other member relay teams I would like to mention. The Andy's group consisting of Lynn Major, Shirley Pence, Coreen Frasier and Yvonne (YT) Thompson ran 5:57:42. The Kavanaugh Kwik Chicks include Stephanie Tharp, Melody Piazza, Barbara Milato and Kelly Thompson. They were the second female relay team to finish and were kwik enough to run a 3:18.

Harold Hays, a prized employee of Dillard's, crossed the finish line in 3:38:56. For his effort, Dillard's has officially petitioned the city to name the hill in front of their building the Harold Hays Hill.

Robert Holmes, after numerous tries at other marathons, decided to run one in Arkansas and it paid off with a Boston qualifying time of 3:42:40. He was

also the first Arkansan to finish in the 55-59 age group.

David Threm finished in 4:04:44. I saw a picture of David running in our study recently and wondered why Belinda had it framed. Then I noticed the other guy in the picture, he was skinny and had dark hair. After a few seconds I realized it was me. I guess she's trying to remember the former me, or maybe it's all about David.

Jacob Wells, who has run every LRM came across in 4:13:16. I heard a rumor that Jacob stopped at Diamond Bear and got into a drinking contest with Polansky and S...ski. Jacob's run 16 marathons in 13 months, he's allowed a beer or two.

Bob Hanle, a pioneer of Arkansas running, had a 4:44:06 this year. Bob used to have a couple of running partners that he would run a 20-miler with every weekend. Bob's running partner is now a dog. So far the dog doesn't need orthotics or GU to get through a run.

Marshall Singer ran a 5:51 marathon and said he was a little disappointed. Take it from me, disappointment is not being able to run one.

And then there's John Woodruff, who was told years ago he would never run another marathon, but keeps proving doctors wrong. He's finished all four LRM's since he was told that and this year had a 6:24:28.

The half marathon was a Grand Prix race for the first time this year and a lot of our members took advantage of it. There were a number of first timers in this year's race also. Congratulations to all of you who finished your first half marathon, it is a major accomplishment.

A couple of our veteran female runners (notice I did not use the word **older**, ladies) had top 10 finishes. Barbie Hildebrand and Tina Coutu were seventh and eighth overall with times of 1:34:11 and 1:34:14. They were the first and second Masters winners as well as the first two Arkansas finishers.

Fifteen year old Hannah Clardy easily won her 15-19 age group with a 1:39:44. As of this writing Hannah is not a

“The Duck”

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member but has an application in hand. Karen Irico, our recruiting coordinator, is in charge of signing Hannah. Hannah will be our version of Mitch Mustain.

Karen Call ran a 1:41:54 and was third Grand Master. Karen did **not** end up in an ambulance this year, much to the chagrin of all the guys working for MEMS. Karen Irico took advantage of training with Hannah and ran a 1:49:09.

A couple of my favorite running partners were our next two finishers. Ginea Qualls had a three minute PR by running a 1:54:30 and June Barron's first race after a long layoff was a 1:56:22 finish.

Brooke Nalley and Mackie Buckelew had a good duel with Brooke running a 1:57:29 and Mackie a 1:57:41. Beverly Smith ran her second half in a week; she finished this one in 1:55:02. A week earlier she ran Cowtown in Ft. Worth in 1:53:25.

Beverly went to Ft. Worth to visit her parents but she had hitchhikers Bill Bulloch, Kimberly Alls, and Ted and Melanie (Baden) Kuhn tag along. All but Kimberly ran the half, she was smart enough to stand on the course and take pictures. Ted ran a 1:37:09 and Mel had a 1:41:48. Bill chased Beverly in with a 1:53:45. Bill is one of those guys who is enamored with cowboys and ran the race in a 10-gallon hat, chaps and cowboy boots. Bill and Kimberly also spent eight hours working the third relay exchange during the LR Marathon. You guys get a couple of thousand “thank yous” for that.

Back to Little Rock where Dana Yates ran a 2:05:47 and Denise Cole ran a 2:13. Judy Lansky ran a 2:14:05 and Cindy Hedrick warmed up for her tennis match later in the day by running a 2:19:25.

Jordon Holloway, one of our newer members, ran her first half marathon in 2:21:15. Jordan wanted to run a little faster which means she is a true runner. Since joining LRRC Jordon has been coming to the meetings regularly and absorbing all this knowledge a lot of you aren't. Watch her times start dropping.

Club Treasurer Donna Cave came across the finish line in 2:21:57 and Francie le Brandt-Stockner ran 2:28:36. Two lovely ladies, Rosemary Marston and

Nancy Collins, finished in 2:31:50 and 2:59:03.

There were a bunch of our guys who ran this too. They didn't look as good as the girls did when they ran by but they managed to get the job done.

Brian Bariola got the job done pretty quickly too. His 1:17:03 placed him fourth in 30-34 and he was the age group's first Arky. Brian Siczkowski garnered a second in 25-29 with his 1:19:33 and got him to DB Brewery in record time. John Perez ran a 1:22:50 for first in 40-44 and Mike Banman was second in that group with a 1:24:41.

First and second in Grand Master were training partners David Williams in 1:24:20 and Larry Graham with a 1:28:46. Ronnie Hardin finished with a 1:28:54 and Steve Hollowell crossed in 1:34:21. Lee Wyant and Michael Ervin were second and third in 50-45 with Dr. Lee running a 1:38:31 and Michael had a 1:42:19.

Charles Martin was fourth in 55-59 with a 1:41:27 and Maurice Robinson was third senior with a 1:42:23. Allen White just nipped Roy Hayward 1:43:30 to 1:43:31. Roy took third in 60-64. Jeff Bost, another one of our newer members, ran a 1:45:26 and beat one of our long time members (and Grand Prix sponsor) Dr. Richard Nix who finished in 1:45:58.

Ken Bland keeps running excellent times with a 1:50:04 and Joe Cordi does likewise with a 1:51:43. Kurt Truax took home a second in 65-69 by running a 1:52:12 and had a comment of DO NOT GET OLD!! Kurt, as long as you are around I won't be.

It's good to see my old friend Bill Crow running again, I just don't want to see him running any better than he is now. Bill ran a 1:54:56. First time half runner Nick Alsbrook ran 1:55 and was extremely excited to break two hours. As well he should be.

Dale Wintroath, who has run races from Key West to Colorado and places beyond, ran a 1:57:13. Christopher Heller finished in 1:59:56 and Bob Marston ran on, on to a 2:01:47. Bob Taylor powered home in 2:03:30.

Ronnie Daniel got his medal by running a 2:05 and Chuck Nalley of the

running Nalley's had a 2:07:22 Bob Black had a big smile by running a 2:47:05. Carl Northcutt, one of our Stuttgart members, ran a 2:52:29.

Once again, congratulations to all of you, no matter which race you ran or what time you ran you all deserve kudos. You've even made me want to run in this event next year ... and that's really accomplishing something.

Since this newsletter is not due out before April 1, I can now let you in on some news. All of the I's and T's are due to be dotted and crossed today so I'm hoping that means everything is finalized. Belinda has taken a job with a hospital chain in Durango, Colorado, as its HR Director. It was really difficult for her/us to make this decision. Leaving Little Rock will be extremely hard for us because of family and all of our friends that we dearly love who live in the area.

We have discussed this situation before and there are only a few places we would leave Little Rock for. Durango was near the top and a situation, to good to pass up, presented itself. Everybody at Alltel says Belinda is one of the best in her field and now she has the chance to prove it to others. Durango is only a few hours from one of our favorite vacation spots ever, the Ouray/Telluride/San Juan Mountains area. The weekends will very relaxing and, sometimes for me, very taxing. There are a lot of hiking/running trails there.

Of course, we'll be back to visit and our door will be open to each and all of you who want to visit out West. I am going to miss this running community immensely. I've been a member of LRRC for over 20 years which means I've known some of you longer than I've known Belinda. But everything seems to be going great; there is a great mix of new and old leadership which hasn't happened for a while. I'm sure the running community will stay in good hands for some time to come.

If this column happens to come out before 04/01 please keep it to yourself because, as I said earlier, I'm not supposed to say anything. My biggest fear is

(See “The Duck” on Page 3)

My Fear Of Frying Is Brought On By “The Colonel”

By Bill “The Duck” Harrell

My Mom spends a few days with Belinda and me most months. She’s usually here for doctor appointments but sometimes it’s just to visit, which is fine, especially since I can recall all those days she spent raising my brother and me. She’s very appreciative of a place to stay and the chauffeuring around town and everything else we try to spoil her with. But on a recent stay she questioned my cooking. Now I can’t fault anyone who questions my cooking, I’ve even done it before so why can’t others.

Since my retirement a couple of years ago I do most of the cooking, especially on weeknights. I seldom try anything fancy, I’m a chef by no means, but it’s usually edible and healthy. The healthy part is what my Mom was questioning. Being raised in a small town in

rural Arkansas I recall fried food being a daily staple. Crisco was one of the basic food groups. But, dang, it made food taste good. What two gobs of lard can do for food is amazing.

So after a few nights of meals featuring grilled chicken or baked fish or ... egad ... that meatless meal of a baked potato and salad she wanted to know if she could help me cook some fried chicken. Fried chicken is almost like a drug for a guy from south Arkansas and I didn’t know if there was a 12 step program to help me stop. Besides, I know what those frequent fryer meals can do to a waistline.

When I explained to her that I didn’t think EVOO would be a good substitute for frying I got that “I’m your Mother and don’t give me that crap” look. So, I started thinking, she’s almost 85 years old, hasn’t she deserved the right to

eat what she wants? Besides, I’m usually more tired when we get home from Wal-Mart than she is. Apparently that fried food hasn’t caused her a lot of harm.

So I made a decision. I called Belinda. I told her my dilemma and that I didn’t want to go the store and buy the “frying materials” and would she mind stopping at ... gasp ... KFC and bring home some chicken dinners. “Oh,” she said, “that sounds really good.” “Besides,” she continued “if you tried to fry something you’d burn down the house.”

That’s how I fell off the wagon. Although I still don’t fry anything I’ve found out that there are restaurants that actually serve fried food. And a person doesn’t even have to be hungry to eat something fried. All it takes is to smell it cooking, like right now someone is warming up a fried pie. Hey, can I have ice cream with that?

Wrong Way (Continued from Page 2)

June and Randy Oates will recite some of his poetry. We did this last year and it’s nice to balance the seamy politics with the uplifting arts. After that I head off to the former running club presidents retirement home.

Now that we’re meeting at Murray Park, let me warn those of you who run or bike on the river trail by our pavilion while we meet and don’t stop in. Last year I saw a different offender almost every month and gave that person the Doghouse Award. Don’t you be the one this time!

No local member has done anything deserving the Doghouse Award

this month, so I have to stretch to find an offender. One runner in the marathon got his packet that morning and didn’t read the instructions with the “Champion Chip” that say to attach the chip to your shoe. He attached the chip to his bib, it didn’t register when he crossed the mats, and his running effort wasn’t scored. Then he repeatedly called Bill Torrey complaining. You know the type of jerk who keeps venting the same gripe over and over, regardless of what you say. Bill offered to refund Mr. Jerk’s money and he still kept complaining. I’ve reached the age where I have no patience for a**holes. Ignorance of the law is no

excuse and ignorance of the chip rules isn’t either. Bill may have the patience of Job but I don’t, so it’s off to the Doghouse for you, Mr. Jerk. Enjoy your stay and use the time to catch up on your reading.

If you want to vent a gripe (once), you have a suggestion for a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse Awards, or you need to claim me as a disabled dependent on your tax form, call me at 664-0060 or 682-5881.

Top Of Utah Marathon Supports KARE

By Al Becken

They exited the bus exhausted, destitute, and forlorn. In all, 25,000 arriving in San Antonio, Texas, at the former air force base at Kelly Field, a closed shopping mall, school gyms, churches, homes, and wherever space could be found. These evacuees from hurricane Katrina were greeted, fed, sheltered, provided medical attention, and furnished with bathroom facilities, clothing, and bedding by volunteers from all over the nation. Among those volunteers were a number of students from Utah State University. An overflow of about 300 evacuees were placed on planes and sent to Salt Lake City, Utah.

So, it was no surprise when, in September, as I opened my packet at the Top of Utah Marathon Expo and registration that inside was a yellow wristband with "KARE" printed on the side that stood for "Katrina Recovery," and money from selling the bands was donated to the hurricane victims. One of my Apache friends in the Naomi Wilderness had invited me to the seventh annual Nordic Track Top of Utah Marathon in Logan. Logan lies in the Cache Valley about 90 miles north of Salt Lake City, part of the Wasatch Mountain Range. I had expected to see bare rocky terrain. Instead I saw a lush green valley forested with crimson maples, yellow aspen, and deep green pine and juniper trees — paradise. Logan is home to Utah State University or USU. The student body, I was told, was about 40,000. With a total population of about 150,000, the students make up a significant part of the town. Logan's historic downtown is centered on a Tabernacle and Episcopal Church. Across the street from the Tabernacle is the Blue Bird Café. You won't want to miss a meal at the Blue Bird. I ate all my meals there. The food is what Mom used to make at 1940's prices. It's also a gathering place for students and town folk, but especially students.

The Marathon starts at the Hardware Elk Refuge, which is up the Blacksmith Fork River Canyon. It parallels the river for about 17 miles, passes through the small farming communities of the Cache Valley, and ends at Merlin

Olsen Park in the center of Logan.

Although the race starts at 7 a.m., runners had to board a bus at 4:45 a.m. for the trip up the canyon. All runners must ride the bus because police close the canyon road the morning of the race. And was it ever closed! I saw motorcycle police on each mile of the road. Every driveway or side street was closed with a posted traffic monitor, usually a law enforcement officer. No spectators were allowed up the canyon beyond the first 14 miles of the course.

The marathon started at an elevation of 5,850 feet and ends in Logan at 4,531 feet. The first 18 miles going down the canyon drops 1,000 feet. The temperature at the start was about 35 degrees and increased to about 70 at the finish. Because of the temperature variation, there was a box for clothing drop-off at each mile mark. These drop-off boxes were marked with their respective mile mark and then lined up at the finish in numerical order, so finding clothing was easier than the heap of clothes I have experienced at so many races. A good idea since there were more than 2,000 runners.

The outdoor recreational activities and tourist attractions available in the Logan area are almost unlimited. Hiking, biking, canoeing, camping, golfing, fishing, rock climbing, horseback riding, and more are nearby. Bear Lake is located 41 miles east of the Cache Valley. Bear Lake is known for its turquoise-colored water and white sandy beaches. The lake offers boating, jet skiing, scuba diving, fishing, swimming, and sailing. Raspberries abound in the area, so be sure to get a raspberry shake or sundae when you have a chance.

I met a runner in Fredericksburg, Texas, last spring at the Wildflower 10K. Gretchen was from the Salt Lake City area but was working in Dallas and came down to see the new Mormon Temple in San Antonio, and decided to run in the Fredericksburg run while in the area. Fredericksburg is located in the hill country just north of San Antonio. At the run, she said she had registered for the Top of Utah Marathon. I didn't see her at the start of the race, but after about a mile

I heard a familiar voice. Gretchen and I ended up running together for about 13 miles and she filled me in on local history as we ran. She had many friends at USU. Her mother and grandfather who lived in the area were at the marathon to cheer Gretchen on. She insisted I meet the family after the marathon at the Blue Bird Café. While there, I met her family as well as two students from USU. The meal was extraordinary, and paid for by Gretchen's Mom. They asked me to stay over for a few nights so they could show me Bear Lake and the American West Heritage Center. Unfortunately, I had a plane to catch back to San Antonio, but if I am ever in Logan again, I will definitely take the time to see the sites.

The Top of Utah Marathon for 2006 will be in September. If interested, www.topofutahmarathon.com or write P.O. Box 414, Providence, Utah 84332-0414. More information is available at www.tourcachevalley.com.

Birthdays

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

- 5 – Bob Black
- 6 – Hayes McKinnie
- 8 – Sarah Olney
- 9 – Cindy Truax
- 12 – Chuck Nalley
- 13 – Bob Franklin
- 18 – Gary Welchman
- 19 – Jim Goodhart
- 21 – Kelly Thompson
- 22 – Harold Hays

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. The LRRC sponsors Sunday fun runs beginning at Andy's, Markham and Barrow Road, at 7 a.m. If you know of a race that should be listed, send information to *The Runaround* editor.

April

- 8: River City 5K at North Little Rock. Call 501-801-8061.
- 8: Bellview Bobcat 5K at Rogers. Call 479-685-5913.
- 8: Fit for Life 5K at Jonesboro. Call 870-972-3591.
- 8: Kiwanis 5K at Springdale. Call 479-751-8733.
- 8: SCMC 5K Run Walk at Mountain View. Call 870-652-3419.
- 8: Bison Stampede 5K at Rogers. Call 479-636-6360.
- 9: Andy's Fun Run.
- 15: 1040 Tax Run at Batesville. Call 870-793-2464.
- 15: Farmington 5K at Farmington, AR. Call 479-267-3159.
- 16: Andy's Fun Run.
- 22: Rock the World 5K at Cabot. Call 501-843-1423.
- 22: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.
- 22: Alma Partners Dog Run 5K at Alma. Call 479-632-1953.
- 22: Crossgate 5K Run Walk at Hot Springs. Call 501-262-4222.
- 22: 4H 5K Trail Run at Little Rock. Call 501-821-4444.
- 22: MADD Dash 10K/5K/½M at Searcy. Call 501-279-4756.
- 22: Marine Corps League 5K at Little Rock. Call 501-472-2759.
- 22: Army ROTC 5K at Arkadelphia, AR. Call 870-230-5915.
- 23: Andy's Fun Run.
- 29: Goshen Gallop 5K at Goshen, AR. Call 479-582-2320
- 29: Jonesboro Jets 5K. Call 870-933-4604.
- 29: ASU-Beebe 5K. Call 501-882-8255.
- 29: ARORA 5K at Little Rock. Call 501-907-9150.
- 30: Andy's Fun Run.

May

- 6: Toad Suck 10K/5K at Conway. GPS. Call 501-450-4635.
- 6: Hytrol 5K at Jonesboro. Call 870-972-8951.
- 6: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 6: Armadillo Day 5K at Hamburg. Call 870-853-7377.
- 6: Christ the King 4M at Little Rock. Call 501-227-4587.
- 6: Heather Ridley Fleeman 5K at Bentonville. Call 479-725-2140.
- 7: Andy's Fun Run.
- 13: Women Can Run 5K at Conway. Call 501-328-9255.
- 13: Run For Their Lives 5K at Little Rock. Call 501-978-2275.
- 13: Root Rocket 5K at Fayetteville. Call 479-442-8718.
- 13: Run Like Yell 5K at Dardanelle. Call 479-229-3328.
- 13: Rough & Ready Days 5K at Monticello. Call 870-367-6741.
- 14: Andy's Fun Run.
- 20: Crawdad Days 5K at Harrison. Call 870-365-2440.
- 20: Lions Challenge for Sight 5K at Fayetteville. Call 479-236-3341.
- 20: Paws on the Pavement 5K at Little Rock. Call 501-223-2457.
- 20: Loose Caboose Festival 5K at Paragould. Call 870-239-7730.
- 20: One Day in May 5K at Rogers. Call 479-451-0566.
- 20: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 20: Great Cross Country 4M at Little Rock. Call 501-327-0214.
- 20: Magnolia Blossom Festival 5K at Magnolia. Call 870-234-3072.
- 21: Andy's Fun Run.
- 27: Walk "Skippy" Run 5K at Arkadelphia. Call 870-246-7603.
- 28: Mt. Nebo 5K at Dardanelle. Call 901-870-2051.
- 28: Andy's Fun Run.

Poetry For The Sole

Learning At The Races By Randy Oates

I always learn more from a race
than a training run.
Running with other competitors,
pushing the pace and
testing my athletic ability
is always a learning experience.

Before the start I often wonder,
why did I get up so early,
drive an hour or so
to a strange location,
when I could have slept in
and run my regular route at home?
Races are opportunities to learn
test yourself
and grow.
Testing frequently scares us
because we do not know
and may not like
the end result.

Races can create doubts and raise
hidden fears.

"What if I don't finish?"

"What if I get beat by a slower
competitor?"

"What if I have started out too fast,
again?"

Negative thoughts and fears always
slow us down.

However, we can learn to choose our
thoughts,
positive or negative.

What if I thought,
I am prepared and feel strong today.
This pace feels good.
In fact I could run all day at this
pace.

If I truly believe
then YES
my body will respond.

And who knows
maybe I will learn something
about myself in a race,
that I would never learn on an easy
training run.

THE END IS NEAR

From Left to Right, Fred Klinge looks concerned, but Karen Irico, David Dobbs, Tom Singleton, and Melody Brown are unaware of unknown “cheeky fellow”. This brings to mind the famous picture several years ago of David Williams before the Lung Run. When you don’t have time for a full moon, a quarter moon will have to do.

