

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2006

ER Trip Not Recommended As Diet Plan

By Bill "The Duck" Harrell
LRRRC President

A Sunday afternoon in the recent past and the mostly one-sided conversation between a husband and wife (while driving south on I-40) went something like this:

I THOUGHT YOU WERE DEAD!!! Belinda
AAAGH! Me
YOUR EYES ROLLED INTO THE BACK OF YOUR HEAD! Belinda
AAAGH! Me
YOU SLUMPED OVER!

Belinda
AAAGH! Me
YOU WERE NON-RESPONSIVE FOR 4 OR 5 MIMUTES!
Belinda

AAAGH! Me
I'M TAKING YOU TO THE HOSPITAL RIGHT NOW!! YOU'VE HAD A SEIZURE!!! Belinda
AAAGH! Me
AAAGH! Me
AAAGH! Me

As the wife pulls into a parking spot at the ER she says: Stay in the car till somebody comes and gets you!

When did I throw up? Me

So began a 12-hour journey at the ER of a local hospital. I got to visit the MRI room. I got to visit the CT scan room. I got to visit the x-ray room.

And, after four (yes four) shots of a pain killer to stop the regurgitation the ER Doc says, "How about a spinal tap?"

By now the fourth shot is flowing through my veins so I say something funny (okay, I thought it was funny) like "I won't explode, will I?"

The doctor didn't crack a smile and Belinda was way too tired to laugh, then I look at the DR. and think DR.

Doogie is way too young to get my joke so I will attempt to explain.

"There was a movie in the early '80s about a rock band called Spinal Tap and their drummers kept exploding."

His only reply was "Lean over the tray. I've deadened your back so this will only sting once."

LIAR! My whole body was tingling and grimacing till finally he said "I've got enough to send to the lab. I'll have the results in about 30 minutes."

An hour later he walked in and said the results will be back shortly and if everything is negative I can go home. About 2:30 a.m. that became a reality.

The next day I started the Communion Diet -- crackers and grape juice -- which lasted about three days till I graduated to soup.

Now I know as runners most of you are concerned about your weight and diet. Well I was able to lose 10 lbs. in a week's time and didn't run a step. I've only gained about three back since and I'm holding pretty steady but I wouldn't recommend this plan. Although there are a couple of you who ... oh, never mind.

As you'll read in Sarah's results column there were some excellent times run at Wynne and Hot Springs this year. Paul had a big time marathon PR at Wynne. I know he trained real hard for that marathon and he even organized training runs for others who were training for Wynne. Some people even called it Paul's Marathon Society. He was known as the PMS guy by a number of people.

Tina Coutu had another excellent run at Wynne. She's easily the most improved runner in the state. Speaking of improved, Jordan Hollaway ran her first ½ marathon at Wynne last year. She knocked **50 minutes** off of last year's time ... unbelievable.

The Spa 10K had some amazing results also. Jenny Brod ran her first 10K at the Spa last year and she PR'ed by more than five minutes this year. Mary Wells used the Spa as her first 10K ever and had an amazing run, right Harold.

Sarah Olney, who is doing results this month, will be way to modest to tell you that she was not only the top female Grand Prix finisher but she had a perfect score for all of her Grand Prix races this year.

Speaking of Sarah and Mary, they are re-starting the used shoe program where they will distribute *our* used shoes to kids who aren't able to buy new ones. There will be more information from them about this later. It's not enough to be good runners but they have to be good people too.

Speaking of good runners, Brian S...ski was, for the second year in a row, the overall Grand Prix champ ... er champ.

Congratulations to all and to all an invitation to the Club Christmas party

(See ER on Page 7)

December Meeting

December 16, 2006

6:30 p.m.

Garden Club Building
Kavanaugh at Lee

LRRRC, ARK, ABC
Christmas Potluck

Clubs provide meats and beverages,
members provide potluck for the rest.



Running Wild

By Jacob Wells

October was a weird month for me. I ran the most consistent pace that I had ever run for a month. I also won every race that I ran in October. Unfortunately, I didn't run a step in October thanks to doctor's orders.

November got even weirder. After three X-rays, an MRI, and finally a bone scan, the entire medical community was on the verge of ruling out everything that could possibly have been wrong with me, which I guessed would mean I would be cleared to run again. But the bone scan on November 1 showed a big black spot on my femur. Probably nothing serious, but you never know. Since I wasn't going to find out until Monday, I decided to sneak in another marathon on Saturday just in case. Besides, with apologies to Hank Williams, Jr., "All my rowdy friends were coming over to Wynne" and just in case I was only going to run one more marathon, it might as well be one that is already paid for. Now don't go thinking that I was crazy enough to run a marathon after no running at all in five weeks. Heck, nobody is that stupid. I got an easy five-miler in Friday night after work to make sure I was ready.

Another brainteaser that I was immediately faced with was how much to run the first week back. Everything you read says not to increase your weekly mileage more than 10% in any given week. The math doesn't work out so well when it's been zero for a few weeks. I decided that you must get one freebie and the quickest way to get it way back up there is to have a really high first week back since I only get 10% increases after that. I wasn't looking forward to easing back into this anyway. This Phoenix-like resurgence (I researched if there were any mythological characters that rose triumphantly from a steamy pile of dung, but couldn't find any.) is that I had now resuscitated my world-record attempt at running all five Arkansas marathons in the same year, with the Mountain Home Marathon only two weeks away. Reality set in completely when the following week I finally got an accurate diagnosis: microscopic stress fracture of the femur. "Broken leg" sounds a lot more heroic I think. Fortunately, it had already been healing for eight weeks, I hadn't done any further damage with the latest marathon, and it would be only four weeks till I could run again.

As I researched activities to fill my free non-running time, I found this excerpt on the Internet. At first I thought it was silly, but as the reality of my remaining weeks of non-running set in, it started looking pretty tempting ... but alas, I have not been able to find a "forward-walking partner to pace me." And does that 10% increase per week rule still apply if you start with a quarter mile per week? I would be up to a 5K in what, seven years?

Try backward walking for a change of pace. It is demanding, since it's a novel activity for most people.

Even a slow pace (two mph) provides fairly intense training. "Retro" walking is also a good option if you're trying to vary your workout on a treadmill or stair-climbing machine. And if you're recovering from a knee injury, it may help. Be careful when going backwards outdoors: choose a smooth surface and keep far away from traffic, trees, potholes and other exercisers. A deserted track is ideal. If possible, work out with a spotter, a forward-walking partner who can keep you from bumping into something and help pace you. To avoid muscle soreness, start slowly: don't try to walk backward more than a quarter mile the first week. Elderly exercisers or anyone else with balance problems should not retro walk.

Now for the serious part of the story: I was very lucky. I should have never run again until I was sure it was safe to do so. I should have gone to Dr. Richard Nix first, instead of after six weeks of being misdiagnosed. Since it is the day after Thanksgiving as I write this, I should say that I am definitely thankful for all the friends who were concerned and who gave me good advice. I'm even more thankful that I finally showed the good sense to listen to it and follow it. I'm thankful to have finally gotten my own first bicycle after years of good intentions. I might even learn to swim. Do they have any triathlons around here?

Marstons' Annual Fun Run/ Pigout Is December 16

Rosemary and Bob Marston will be putting on their annual Holiday Fun Run and Breakfast Pigout on Saturday, December 16 at 8 a.m. at their house west of Roland, which just happens to sit on the edge of the Ouachita Trail.

Trail and road options are available and maps will be provided for the various routes. Walking is permitted also, as one trail leads out onto a peninsula jutting into Lake Maumelle. For those who want to get in a longer run, getting started before 8 a.m. is allowed.

The Marstons will provide pancakes, bacon, etc. following your run or walk.

Directions: Proceed west on Highway 10 (Cantrell Road) to the traffic light at the Wal-Mart store on Chenal Boulevard. Turn right onto Chenal Boulevard (Highway 300) and go north past Pinnacle Mountain State Park, through Natural Steps, all the way to Roland. At the yield sign in Roland, turn left onto Henry Street. Go west 100 yards and turn right onto West Street. Go 150 yards to the four-way stop sign and turn left onto Roland Cutoff Road (also known as Beale Street). Go two miles and turn left onto Wild Oak Lane. Go to the end of the road and drive up into the woods to the house. Park anywhere taking care not to obstruct any of the roads. It takes 25 minutes to get here from the I-430 and Cantrell Road intersection. It is 11 miles to the house once you leave Highway 10 at the Wal-Mart store.

Questions, please call 868-1072.

Travels With Stinky: Winning Over The Wind In Wynne

By Paul Ward
LRRC Past President

I decided to run the November 4 Mid South Marathon in Wynne this year because it was a Grand Prix race, the state championship race for that distance, and it offered a chance to help our LRRC men's team in their competition this year. Last year we did not have enough men run the marathon to garner any points. I've been to Wynne before, many years ago, but I have never run there.

I did a lot of the training with the Little Rock Marathon training group. Several participants in that group were training for fall marathons, either Wynne, Chicago, or New York. Training group coach Tom Singleton is always great about developing special courses for runners needing different distances. I tried to incorporate more miles than the standard LR Marathon training group schedule, which I've used for my previous four marathons. In addition, I started participating in our Tuesday track workouts at Scott Field and CAC, and our Sunday Heights Run from the U.S. Pizza on Kavanaugh and Taylor. I hoped this would put me in better shape than previous marathons.

The training went well. The long run three weeks out was enjoyable. Robert Holmes, Tammy Walther, Isabelle Kiefer (who won a lottery spot in the NYC Marathon – her first), and I ran a long 21+ mile loop through Cammack Village, over the Big Dam Bridge, along the NLR River Trail, through the River Market, and back up Markham and Kavanaugh. Before the Mid South Marathon, we were counting on Robert Holmes, Jacob Wells, Brian Wagner, Nick Alsbrook, and me constituting our team. We needed four finishers to score points for the LRRC men's team. Jacob Wells got injured, so we lost a usually reliable member, but Carl Northcutt entered, so our numbers were the same. We wanted a cushion of an extra runner in case one did not finish. Several of us worried about Nick, because it would be his first marathon (in his first year of running, first year of the Grand Prix, and having just had his first child) and he hadn't done

the typical training leading up to a marathon.

On our LRRC women's team, we had the superb Tammy Walther and Tina Coutu, and mainstay Mackie Buckelew ready to go. They had already wrapped up the Grand Prix team title for the year, so scoring at Wynne was unnecessary. Women's teams need three finishers to score. Tina had some difficult training. She frequently raced in the Grand Prix on Saturday and did 18 and 21 mile long runs on Sundays. I was greatly impressed.

Robert and I were going to carpool to Wynne the morning of the race. Because we would need to leave early, I laid out my clothes, shoes, GU, moleskin, Bodyglide, etc. the night before. I went to bed earlier than usual, but I woke up before 2:00 the next morning. I hate it when that happens! I laid in bed for awhile, then said "To hell with it" and got up. I ate my usual oatmeal, toast with peanut butter and jelly, and banana, and drank my orange juice and coffee. I applied the Bodyglide, moleskin, and sunscreen, loaded the car, and headed to get Robert.

We made good time because most of the truckers were still asleep and not on I-40. We arrived a little over an hour before the start. While in line to get our packets, I saw Jaynie Cannon, the Lois Lane of the message board and erstwhile companion and groupie to Jacob "MarathonBoy" Wells. She told us Jacob would be running the marathon after all. He had told us he was out because of an injury he got back in September when he completed four marathons. Jacob had not run for over five weeks, but he took his usual spot right on the starting line. Jacob later learned that his injury, originally called "tendonitis of the hamstring," was in fact a stress fracture of the femur. He ran two marathons with a stress fracture! He says he's going to take it easy and follow his doctor's orders before running again, but I've caught him breaking this vow almost as often as a famous former president broke some of his vows.

John Perez and Mike Banman also arrived and entered the marathon that morning. That took some of pressure off

the rest of us, because we knew they would finish near the top. If only we'd known sooner we wouldn't have said so many prayers for Nick!

Mackie was injured, but Tina and Tammy were ready to go. Jaynie and Frances Alsbrook were crewing for our LRRC teams. Several Club members also were there for the full or half marathon. Like Nick, Dan Belanger and Carl Northcutt were there and fulfilled their Ironman status by completing all 17 Grand Prix races. Way to go guys! I saw Jordan Holloway and Ginea Qualls right before the start. I think Jordan PRd and Ginea had a course PR that day, both in the half. Congratulations ladies! Emil Mackey also was there doing his first half marathon. David Williams brought a carload of top runners, including Steve Hollowell, David Bourne, and Larry Graham. David had a course PR and Larry might have, but a car decided to end Larry's racing a little early. When you get back to town, you turn right from one highway to another and move to the opposite shoulder. Larry was doing this when a car hit him from behind (no it was not a spurned lover!). Larry was knocked up on the hood, then on to the ground. Fortunately he was not seriously hurt. He was taken strapped on a board to the hospital and X-rayed, but he made it back in time to enjoy some of his beer the others hadn't drunk.

The weather at the start was almost perfect. Cool temperatures in the 40s, a light wind, a few clouds. The race starts near the high school. The marathon had 150 finishers. The half had over 200 finishers.

Robert debated what skull cap to wear in the race, and eventually decided on one with an "8 ball" on it. We all shivered at the starting line. Jacob had his shirt off! The race heads out of town on one highway, then turns north on Highway 163. The half marathoners turn around after 6+ miles, the full marathoners go past Birdeye and turn around at mile 13. I enjoyed seeing several of our guys after they made the

Race Results

Cut and pasted by Sarah Olney

Harding Academy Invitational Searcy, AR October 24, 2006

David Sunde 17:51:86 15th place overall

Wynne Marathon November 4, 2006

Women

Tina Coutu 3:24:58.05 1st overall, 1st in 40-44
Tammy Walther 3:33:11.88 4th overall, 2nd in 35-39

Men

Mike Banman 3:18:21.33 4th in 40-44
John Perez 3:22:03.72 6th in 40-44
Brian Wagner 3:35:44.82 4th in 30-34
Paul Ward 3:40:12.95 8th in 45-49
Robert Holmes 4:02:03.32 5th in 55-59
Jim Yamanaka 4:35:03.30 1st in 70-74
Jacob Wells 4:58:04.64 14th in 35-39
Nick Alsbrook 5:12:28.11 7th in 25-29
Dan Belanger 5:53:57.86 8th in 60-64
Carl Northcutt 6:59:08.41 2nd in 70-74

Wynne Half Marathon November 4, 2006

Women

Ginea Qualls 1:58:08.51 3rd in 25-29
Jordan Holloway 2:07:19.44 7th in 25-29

Men

James Terbrack 1:23:56.36 4th in 30-34
David Williams 1:24:26.87 1st in 55-59
Jimmy Thompson 1:30:53.79 3rd in 40-44
Jeff Bost 1:42:11.51 5th in 40-44
Steve Hollowell 1:43:44.77 8th in 45-49
David Bourne 1:43:46.08 3rd in 50-54
Dave Wilkinson 1:45:06.75 6th in 35-39
Joe Cordi 1:45:07.13 8th in 40-44
Bill Crow 1:49:45.90 10th in 50-54
David Threm 1:51:40.35 8th in 35-39
Charlie Dunn 1:55:21.93 4th in 60-64
Emil Mackey 2:14:25.71 10th in 60-64

New York Marathon November 5, 2006

Women

Isabelle Kiefer 3:35:30 age place 218
Gina Marchese 5:32:33 age place 1,846

Men

Bill Torrey 3:25:14 age place 196
Kenneth Bland 4:24:08 age place 690
Mike Huckabee 5:33:39 age place 2,620

Warhawk 5K Enola, AR November 11, 2006

Women

Jaynie Cannon 40:48 13th overall

Men

David Bourne 21:00 2nd overall
Jacob Wells 22:10 4th overall

Spa 10K Hot Springs, AR November 18, 2006

Women

Sarah Olney 42:48 2nd overall
Tina Coutu 45:06 4th overall
Mary Wells 45:58 6th overall
Andrea Murphy 50:32 5th in 25-29
Ginea Qualls 56:43 8th in 25-29
Robin Harrison 1:01:09 11th in 35-39
Donna Cave 1:04:39 4th in 55-59
Coreen Frasier 1:10:14 3rd in 60-64
Rosemary Marston 1:11:53 5th in 55-59
Linda House 1:24:49 7th in 55-59
Jaynie Cannon 1:30:23 18th in 40-44

Men

David Williams 38:27 5th in 55-59
Victor Carson 40:06 3rd in 50-54
Larry Graham 40:13 4th in 50-54
William Diamond 40:24 5th in 40-44
Bill Torrey 40:57 5th in 50-54
Jim Barton 41:19 6th in 50-54
Steve Hollowell 41:42 3rd in 45-49
Randy Taylor 41:55 2nd in 55-59
Paul Ward 46:45 5th in 45-49
Robert Holmes 47:27 3rd in 55-59
Bill Crow 48:27 8th in 50-54
Bob Marston 51:48 10th in 55-59
Dan Belanger 52:56 6th in 60-64
Jim Yamanaka 54:33 1st in 70-74
Nick Alsbrook 54:06 11th in 25-29
Al Becken 59:23 1st in 75-79
Carl Northcutt 1:22:45 4th in 70-74

RRCA Award Winners

Arkansas RRCA award winners were announced at the state meeting November 17 after the Spa 10K, the final race in the Grand Prix Series.

Congratulations to the following LRRC members:

Brian Sieczkowski, male runner of the year and Al Becken Volunteer of the Year

Sarah Olney, female runner of the year

Barbie Hildebrand, female masters runner of the year

Tina Coutu, most improved female runner of the year

Top Ten Reasons For A Runner To Give Thanks

By Jacob Wells

(Prologue: Along with my fractured femur came a severe case of writer's block. When I offered to skip a month, Linda panicked and said all she had was the member birthdays, the race results, and Duck's article, which she didn't even have yet. So to heroically save the day, I searched the archives. I originally wrote this 2½ years ago, before I joined the LRRC, and hope it's worth dusting off in an emergency. The timing also seemed somewhat appropriate since the theme is thankfulness. Updated or added comments are in italics. By the way, Glen and I are back in the same age group again.)

I'll be 35 tomorrow (July 8) and once I got over the shock of being five years away from the Masters division, I started thinking of all the things to be thankful for as a runner approaching 35. So here they are, Top 10 style:

- 10) I didn't start till I was almost 31 so I still have plenty of my "learning curve" left.
- 9) I can be as lazy as I want and call it a "recovery day."
- 8) There will never be a shortage of T-shirts around the house. *(I actually gave about 80 of them to charity earlier this year.)*
- 7) Old running shoes are great for mowing the yard. *(Unfortunately, I'm up to about a dozen pairs and down to zero lawns.)*
- 6) It's a very inexpensive and flexible hobby. Since I am too lazy to get new shoes often enough, it is even cheaper for me,

New Members

Robin Harrison, 39, is in pharmaceutical sales. She has been running for 10 years averaging 20-25 miles per week at a 9½ minute pace. Robin does race frequently and prefers the ½ marathon and marathon distances. She has a PR of 4:09 in the marathon. Her favorite marathon is Chicago. Other than running, Robin likes to spend time with friends and family, traveling and with animals.

Andrea Murphy, 29 is a doctor of audiology. She is married to Michael (also a runner) who is a nursing student at UALR but is currently activated with the AR National Guard. Michael has been mobilized for Operation Iraqi Enduring Freedom and left for about 18 months on November 8, 2006. Andrea has been running since 2002 and averages 30 miles/week at 9:00 minute pace. She races frequently and prefers the 10K distance. Andrea has PRs in the 5K of 23:12; 10K 50:17 and marathon 4:32. Michael has PRs of 19:35 in the 5K; 45:11 in the 10K and 3:31 in the marathon. Their favorite running route is the LR & NLR river trail. They love the new pedestrian bridge. They are more triathletes than runners and have completed road triathlons and several Xterra off road tris. Their longest triathlon was the Pigman Half-Ironman in Cedar Rapids, Iowa, in 2002. Andrea and Michael have two Scottish Terriers named Baxter and Butters.

Welcome to the Club, Robin, Andrea and Michael.

but that is probably offset by always paying full price late registration fees, since I am always late on those also.

- 5) Only 20 more years or so till the times in my age category actually slow down! *(Except for David H. Williams.)*
- 4) I will no longer be in the same age group as Glen Mays (age 33), but at least he usually wins the overall and leaves the age group hardware to us mere mortals. (By the way, I have visited with Glen at several races since his move to Little Rock in May and he is a super nice guy and a great addition to the Arkansas running community – for those of you who don't remember, he won the Little Rock Marathon in March 2004 while a resident of Washington, D.C. and was in town to look at houses.)
- 3) *Those Jelly Belly Sport Beans taste just like the real thing!*
- 2) I couldn't think of any more but a Top 9 list sounded silly.

And the No. 1 thing that I am thankful for as I turn 35 is:

- 1) At the River Trail 15K *(in April 2004)*, a young lady (who otherwise seemed of normal intelligence and couldn't have been legally blind since I'm sure she drove herself to the race) asked me if I was in the 20-24 age group!

(Prologue: Glen finished 5th in the Little Rock Marathon in 2005 behind three natives of Kenya and his very own running buddy from the Washington, D.C., area. And how about that Number 1? A race that was cancelled the next year, only to be renewed for 2007!)

2007 Grand Prix Schedule

1/28	Hour Track Run at Russellville
2/10	Valentine's Day 5K at Russellville
2/17	River Trail 15K at North Little Rock
3/4	Little Rock Half Marathon
3/10	Chase Race 2-mile at Conway
3/31	Spring Fling 5K at Cabot
4/1	Hogeye Half Marathon at Fayetteville
4/7	Capital City Classic 10K
4/21	Army ROTC 5K at Arkadelphia
5/5	Toad Suck 10K at Conway
6/16	Heat in the Street 2-mile at Arkadelphia
6/23	Brickfest 5K at Malvern
7/28	Dam Night Run 5K at Arkadelphia
8/4	HealthSouth 4-mile at Batesville
8/11	Watermelon 5K at Hope
9/1	Clear Mountain 5K at North Little Rock
9/15	Orange Crush 8K/5K XC at Conway
10/13	Chile Pepper 10K XC at Fayetteville
11/3	Mid South Marathon at Wynne
11/17	Spa 10K at Hot Springs

Stinky

(Continued from Page 3)

half turnaround. James Terbrack, Davids Williams and Bourne, Steve, Larry, and Jimmy Thompson all looked strong. I was right behind Joe Cordi and Dave Wilkinson, who ran tethered. The road had cones separating highway from shoulder, but the cones were not in a straight line. Joe had to tell Dave to run left or right so they could navigate the errant cones. Look for them next on "Running With The Stars." This was Dave's first half marathon, and he pulled Joe to a PR. I wished them good luck, and they did the same to me, and I headed out farther. This is a very lonely marathon. The small number of participants and lack of a crowd along the route means you'll see more cars and cows than people. The aid stations are spaced every mile and well staffed and supplied.

Next I started seeing the full marathoners on their way back. I saw eventual overall winner Stan Ferguson running well. Kim Howard was too, after planning to run this only as a tune-up for Dallas. I wouldn't mind a 3:17 marathon "tune-up." Next, Perez, Banman, and Coutu came up. I was pleasantly surprised to see Tina running with them, and I was happy for all of them and they all looked strong. Tammy passed and I yelled encouragement, but she was probably too fast to hear me.

I watched my time the first few miles until mile four, when it showed 32:00. I checked it again at mile 13 and it showed about 1:44. That's better than any of my half marathon times or halfway points in full marathons. I didn't look at my watch again except to check on 40 minute intervals, when I would consume a GU ("Chocolate Outrage" is my favorite). Brian Wagner was close behind me at the turnaround. He later passed me. I caught up a couple of times, but couldn't stay with him. He didn't tell me he was going to PR that day, or else I would have saved my breath! I saw Jacob next. I asked if he needed a GU, and he said, "No, I need a hug." I'm an equal opportunity hugger, so I opened my arms. But he puckered his lips and tried to kiss me. I draw the line there! I fought him

off and in the process stopped one of my watches. I'm sure I could have finished with Tina had Jacob not accosted me!

I saw Nick sooner than I expected. As feared, he went out too fast in spite of everyone telling him to take it easy. He looked great at mile 12, but he looked very pained at the awards ceremony.

One hallmark of the Mid South Marathon is the wind. After the turnaround, we had a strong but intermittent head wind. Most runners' split times are much slower on the second half because of this. Sometimes you just have to put your head down and plow ahead. My legs were getting tired and I took several walking breaks in the latter miles. I started getting blisters on the bottom of my feet and all around my toes. Ouch!

I passed Nishi, Jacob's friend from Japan, who flew here and back three times for the Arkansas Marathon, Mid South Marathon, and Mountain Home Marathon. I don't remember seeing anyone else after that. It was a *very* lonely run. The route comes back into town and to the high school, where runners take a quarter lap around the track and finish near the 50 yard line. Pretty high school girls were there to distribute finishers' medals. They declined my post race massage request, several saying they were waiting for Larry to return.

Afterwards I was so excited to see Tina. She was the third overall female finisher and her 3:24 time crushed her previous PR of 3:40 the year before. I PR'd by almost five minutes over my LR

Marathon time earlier this year. Tammy was a little slower than her stellar LR Marathon time, but she still won her age group.

The school also hosted the post race food and awards ceremony. Tasty barbecue, baked beans, slaw, and pizza were available. The half marathon awards ceremony started at noon; the full marathon ceremony started around 2 p.m. Robert changed clothes and headgear. Those of you who've seen the pictures on the grand prix forum noticed Robert wearing a skunk hat that day. The announcer called Robert "Stinky" when he came to get his age group award. Stinky clinched the LRRC men's team victory by displacing two Conway team runners, ensuring our one-point win. Our win that day clinched our men's team victory for the year. Way to go Stinky! Next on tap for him is Boston 2007.

Stinky and I put our stiff bodies in the car and headed home. I tend to drive fast, and eventually we passed Tina on her way home. That's the only time I'll ever pass Tina on race day. The trucks were more prevalent on I-40 now, but we still made good time. We got home safely. I hobbled to the shower, fixed my dinner, and then crashed. Next for me is the LR Marathon next year.

For those of you considering Wynne next year, the positive aspects are the course's gentle rolling hills, good community support, small number of runners, and good post-race food. The downsides are the uninteresting scenery, wind, and lack of spectators.

New Member Born, New Challenge Issued

By Paul Ward, LRRC Has-Been

Steve and Ann Straessle ("STRACE-lee") welcomed another Club member into the world October 30 when their daughter Kathleen Louise "Kate" Straessle was born. Kate hit the starting line of life at 7 lbs., 12 oz., and stretched 20.5" long. Steve reports that the labor and delivery went very well and mother and daughter are fine.

Ann is reputed to be the real runner in the family, and she chafed under *The Runaround's* frequent reporting of Steve and son Jacob battling each other earlier this year in different 5Ks. Ann knew she could easily take them both. Now that gestation is complete, Ann has vowed to resume training and show Steve and Jacob who really wears the running shoes in the family. She promises she'll beat them both in next year's Firecracker Fast 5K. You heard it here first. Steve and Jacob will have to console themselves with competing for second place in the family.

Congratulations Steve and Ann, and good luck in your next race.

Running Calendar

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

December

- 2: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 2: CMN Winter 5K at Bella Vista. Call 479-636-2223.
- 2: St. Jude Memphis Marathon. Call 800-565-5112.
- 2: Freezing 5K/10K at Fayetteville. Call 479-575-3542.
- 2: Yule Run 5K at Greenwood. Call 479-996-6357.
- 3: Andy's Fun Run.
- 7: Jingle Bell 2K at Jonesboro. Call 501-664-7242.
- 9: Dashing Through the Streets 5K at Van Buren. Call 479-474-6918.
- 10: Andy's Fun Run.
- 16: Marston Family Fun Run at Roland. Call 501-868-1072.
- 16: Winter Wonderland 5K at Bentonville. Call 479-271-9153.
- 16: Jingle Bell Run 5K at Hot Springs. Call 501-664-7242.
- 17: Andy's Fun Run.
- 24: Andy's Fun Run.
- 31: Andy's Fun Run.

January

- 7: Andy's Fun Run.
- 13: Martin Luther King 5K at North Little Rock. Call 501-231-3730.
- 14: Andy's Fun Run.
- 21: Andy's Fun Run.
- 27: Fleet Feet SC Trail Series #1 at Huntsville. Call 479-571-8786.
- 28: Hour Track Run at Russellville. **GPS SC**. Call 479-857-4527.
- 28: Andy's Fun Run

February

- 4: Andy's Fun Run.
- 10: Sedona Marathon & Half at Sedona, AZ. Call 800-775-7671.
- 10: Valentine's Day 5K at Russellville. **GPS**. Call 479-857-4527.
- 11: Andy's Fun Run.
- 17: River Trail 15K at North Little Rock. **GPS**. Call 501-993-1018.
- 18: Andy's Fun Run.
- 17: Sylamore Trail 50K and 25K at Allison, AR. Call 501-663-6068 or e-mail geason@sbcglobal.net.
- 25: Andy's Fun Run.

March

- 4: Little Rock Marathon and Half Marathon (**GPS SC**). Call 501-371-4770.
- 4: Andy's Fun Run.
- 10: Chase Race 2-miler at Conway. **GPS SC**. Call 501-514-4370.
- 11: Andy's Fun Run.
- 16-18: Three Days of Syllamo at Mountain View. Call 501-753-6910.
- 17: Run For Their Lives 5K at Little Rock. Call 501-227-6060.
- 18: Andy's Fun Run.
- 25: Andy's Fun Run.
- 31: ASU-Beebe 5K. Call 501-882-8255.
- 31: Spring Fling 5K at Cabot, AR. **GPS**. Call 501-843-1406.
- 31: Paws & Claws 5M/2M at Huntsville. Call 479-738-1355.
- 31: Run With The Knights 5K at Van Buren. Call 479-471-5756.

Birthdays

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

- 1 – Steve Hollowell
- 2 – Al Becken
- 3 – Tom Holland
- 3 – Michael Watts
- 3 – Dawn Wilkinson
- 4 – Jack Evans
- 5 – Carl Cerniglia
- 6 – Jimmy Thompson
- 7 – Gayle Holmes
- 7 – Michael Schrenkenhofer
- 8 – Charlie Dunn
- 8 – Geneva Hampton
- 8 – Matt Olney
- 10 – Robb Williams
- 11 – Barbie Hildebrand
- 12 – Howard Hurst
- 13 – Randy Taylor
- 16 – Corky Zaloudek
- 18 – Bob Doran
- 18 – Robert Holmes
- 20 – Steve Straessle
- 22 – Brian Wagner
- 24 – John Martin
- 26 – Tom Barron
- 28 – Cindy Holland
- 28 – Fletcher Ward
- 29 – Jan Taylor
- 30 – Ann Louise Straessle
- 30 – David Threm

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on December 16th. The party will be held at the Garden Center at Kavanaugh and Lee. ARK and the Bike Club are co-sponsors (tri-sponsors) once again this year. An e-mail will be sent out shortly with details about what food items will be needed for the potluck.

I hope to see you then.

Oh yeah, Happy Holidays.

Retreads

The Retreads meet the first Wednesday of each month at 11:30 a.m. at Frankes 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.