

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2006

Special Moments Stay In Our Minds Forever

By Bill "The Duck" Harrell
LRRRC President

I believe there are special moments in all of our lives that stay in the good memory bank forever. Some of mine are seeing Joni Mitchell in concert, reading "To Kill A Mockingbird" for the first time and, of course, meeting Belinda.

The June meeting was not one of them! It was total debauchery. First of all, there were the Club elections that were not really elections. Shouldn't an election involve more than one candidate for office? A wise man once said (I think it was Jerry Garcia) that when one votes for the lesser of two evils he is still voting for evil. Well, there was not a second person to vote for.

Now, I'm not going to admit to being evil but I didn't really want the job.

Then again, there were 150 others who didn't want it either. So you're stuck with me. You had an attorney who is organized and is used to public speaking and uses words like precipitous and cosmogony.

I'm not for sure I know what those words mean and, even if I did, I wouldn't use them in public. First of all I couldn't even pronounce them. See, you are stuck with a stuttering dolt for the next year. Yes, I do know what the word dolt means and it's also one of the words that's easy for me to pronounce ... so get used to hearing it.

That said, my first act as president is to do away with the penthouse/doghouse regulation. Those of you who want to come to a meeting will and those of you who don't will be talked about. But I've got a feeling a lot more of you will show up just to watch me make a fool of myself.

The only sane thing that happened was Randy Oates reading his athletic related poetry.

Which segues into other reasons to attend an occasional meeting and that's for our speakers. We'll have Bill Hoffman talking about how he made Graham, Williams and Polansky into what they are now. We'll have Coreen Frasier talking about her bike trip across Alaska and John McDonnell has even asked to speak; but more on that later.

This month though, Ironman Mike Angel will be speaking. Mike will run down or bike down or, depending on the weather, swim down from Conway to tell us of his Ironman experience. I appreciate Joe Cordi's help in getting Mike scheduled. Joe is one of our Board members and has already earned his yearly stipend.

Congratulations to both of our Grand Prix teams. As of this writing they are both in first place. Of course there are some great individual performances but that will be covered in the results column and can also be accessed on ArkansasRRCA.com and Arkansasrunner.com.

For those of you who are ready for some long distance runs you can contact Jack Evans and run with the Arkansas Pikes Peak Society at no charge and the Little Rock Marathon training group is doing medium-distance runs, I understand. Tom or Hobbitt Singleton can sign you up for that. Or you can contact me and I'll put you in touch with the person of your choice.

For those of you who like breakfast and gossip after your run come to the River Market (Andinas) at 6 a.m. on Saturdays and join a group for up to ten miles. The mileage will increase as the

weather gets cooler. But the appetites and tall tales will remain constant.

I am not one of those who is having great individual performances but I am enjoying the Grand Prix Series, until the 2-mile race anyway. I joined the GP to try and race myself into shape and I can see improvement but after the 2-miler my body hurt so much I considered burning all my running shoes.

During pre-race warm up my Achilles hurt so bad I was in tears (changed shoes and it helped some) and after the race my hamstring was so tight I could hardly take my shoes off and by mid-week I could barely get out of bed (which may not be a bad thing). So I did what a number of you do monthly or weekly ... I got a massage.

It's been a while since I afforded myself this luxury so I was out of the loop on who to visit. Well, the couple of names I was turned onto by my friends must be pretty good because I couldn't get worked in for a day and a half. Being desperate I kept calling and I wanted to keep it in my WLR area.

My persistence paid off and I got a mid-afternoon appointment. Now I'm sure some of you are used to what happened next, but I wasn't.

(See **Special Moments** on Page 3)

July Meeting

July 20, 2006

6:30 p.m.

Murray Park Pavilion 2

Potluck Dinner

Speaker:

Ironman Michael Angel

Marathon Ramblings

By **The Marathon Boy, aka Jacob Wells**

I get the weirdest feeling whenever someone asks me to write anything for a publication, since I have decided that I am the recipient of more undeserved and unearned recognition and notoriety than any runner in Arkansas. So if you are already sick of me and read this anyway, you have no one to blame but Paul Ward for asking me to do it and yourself for not volunteering to write something better. My first article was for the ARK newsletter about a week after I joined their Club and they said, "Hey, you wanna be Runner of the Month? Everybody else already has been."

I run marathons mostly because they keep me out of trouble and because if I do 26 miles at once, I get to take more "recovery days" and be lazy the rest of the week. I also need a valid excuse to take the famous "Kim Howard Ice Bath." I finally figured out that if you do one at least every 3-4 weeks, you don't have to do those awful 20-mile training runs by yourself. My motto has always been "Anything worth doing is worth obsessing over." So for now that is marathons. Something else will come along some day. Nobody really believes my other reason that they are just plain fun to me. Not so much the last six miles, but the whole festival atmosphere, the people I meet and places I see, and the 3,000 calories I get to make up the rest of the day. The whole "Marathon Boy" thing started off innocently enough as I just typed it in to log in for the first time at Arkrrca.com. Now, I pretty much forget my real name on a daily basis. Well, here goes – I have no real theme for this article and so will just toss out a few random thoughts that might be mildly interesting.

The most fun marathon I have ever done is the recent Hatfield-McCoy Marathon in Williamson, West Virginia, and Goody, Kentucky. It starts in one state and finishes in the other and so 50-Staters can pick whichever state they need or run it twice and count them both as I have. The actual sites and the festival re-enactments of the famous feud are quite a bonus for American history enthusiasts. There are only seven or so members of the 50 States Club in Arkansas, including Rick Franks and Joe Pool, both of Batesville who ran this marathon this year.

The hilliest marathon I have ever done is definitely Hogeys in Fayetteville. I asked Tom Mayfield, veteran of over 60 marathons, if it was the toughest course in America, and he said "Yep!" Tom once did a 2:58 marathon at age 62. That last couple miles straight uphill were just brutal to me. It was fun to run through the campus where I graduated 15 years ago.

The toughest marathon I have ever done was the 2005 Mid-South Marathon in Wynne. After the turnaround, we had a 25 mph headwind the entire way back. Some folks just quit. It was so tempting just to step in front of one of those semis heading down the highway. Wynne the year before was the scene of one of my episodes that earned me my other nickname. I ran into Race Director David Reagler at another race and he said "Oh yeah, you're the puker guy!"

The smallest marathon I ever did was the Arkansas Marathon in Benton. With only 25 men and 32 total entrants, my

goal was to finish in the top 10. Bill Torrey joined the group to do a 20 mile training run and said as we started, "Heck, look around, you might win this thing." Well, not quite, but to finish third behind some guy from Texas and the amazing Gary Gehrki was quite a pleasant surprise. Gary and I ran together for about the middle 15 miles. We both took wrong turns and went over 27 miles. He claims to run 140 miles a week, which blows my mind. While the rest of us were doing the 2-miler last weekend, he was doing 20.

The "loneliest" marathon I have ever done was Chicago, where I ran with 36,000 of my closest friends. To have someone within arms reach for the entire 26 miles and to have the same finishing time as 10 other folks is certainly unique. The crowd support is amazing and I heard "Go Little Rock!" 500 times if I heard it once. I probably don't have to mention how they knew. This is the only marathon I ever flew to. I came straight home afterward still wearing the race number when I stepped foot back in Arkansas.

Finally, my favorite marathon ever will of course always be the Little Rock Marathon. It was number 1, 2, 4, and 16, so far. If it weren't for the LRM, I probably would have never done my first one. My plan is to run it the first 50 times and then retire at 82 and be the Grand Marshall, kinda like Johnny Kelley at Boston, except he won it a couple times in his early days. Oops, I just read that he did 58 Bostons so maybe I won't stop just yet.

Others have included running down the Oregon, California, and Santa Fe Trails in Kansas, running through the brewery and past the arch in Saint Louis, running past the Memorial in Oklahoma City, running under the Olympic Rings in Atlanta, finishing in the outfield in the minor league baseball stadium in Memphis, and in my only ultra, finishing at 1 a.m. (That was the race where I beat Chuck Campbell.) In a couple of weeks in Seattle will be what is billed as the "cooler summer marathon" in the country. We'll see about that.

All this pales in comparison to crazy guys like my friend and old neighbor Steve Kirk, who does 100 milers through

(See **Ramblings** on Page 4)

Club Officers

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Special Moments (Continued from Page 1)

After the initial sermon and hot Jacuzzi soak and the covering of the towel I was ready for an old fashioned massage. Apparently the only thing old fashioned is me.

With the soothing (?) music playing in my ear the masseuse started whispering to me in a constant you are so tight ... you need to relax ... there is a lot of darkness in your body...

Darkness in my body? Who am I, Darth Vader? Will they start calling me Duck Vader?

Just relax...let the darkness out...let everything go limp.

Lady, everything is limp ... as if you haven't noticed.

Very good ... the darkness is leaving your body ... now for hot rocks.

Hot rocks? Okay, it's about time for some Rolling Stones ... I really am tired of Yanni's greatest hit(s).

Just relax ... enjoy the hot rocks ... let the aura surround you.

Aura? Lady, I don't think they call that an aura and I really don't think you're supposed to leave the hot rocks there. What, are you expecting molten lava?

Now ... just relax your neck and let your head float free ... let your head become a bowling ball.

Needless to say, I'm glad you're at the other end ... but make my head a bowling ball?

This went on for a while but two hours after I walked in I felt better than I've felt in a long time. I was only able to run about five miles that week but I'm hoping I let enough darkness out to get through the Brickfest 5K.

Oh yeah, back to John McDonnell. He's contacted me a couple of times about speaking to our Club. For

those of you who don't know who John McDonnell is, he owns and operates Johnny Mc's Get Up and Go Pharmacy in SWLR. He's told me that he has helped a lot of people reach a higher level of physical and mental awareness than even they could realize and he thinks he could help some of us.

It sounds like he could put us in a very precipitous aura so we could understand the cosmogony and all of its surroundings.

I will keep you posted on the date of his speaking engagement.

I would like to see as many of you as possible at the Dam Night Run on July, 29th. There are quite a few of us who will not be running that night but we'll be enjoying the food and camaraderie. It's a good old fashioned party. More information will be sent out via e-mail in a couple of weeks.

I hope to see you there.

Pedestrian - Bicycle Bridges Update

**By Paul Ward
LRRC Past President**

I attended the June 1 meeting of Bicycle Advocacy of Central Arkansas (BACA) along with fellow LRRC members Karen Call, Bettina Brownstein, Pat Piazza, Denise Cole, Rod Lorenzen, John Woodruff, and Will Barns. The highlight was some new information on the pedestrian-bicycle bridge over the Murray Lock and Dam and the soon-to-be-converted Rock Island Railroad Bridge.

The Rock Island Bridge is the one next to the Clinton Library, in contrast to the Junction Bridge, which is farther west. The North Little Rock City Council just approved a design for the ramp on the NLR side of this bridge. This was the last remaining obstacle to moving forward on converting this bridge to a pedestrian-bicycle bridge. As you cross the bridge from Little Rock heading to NLR, the ramp will curve west, or up river, and go through the flood wall to connect to the River Trail near the

former Gators Restaurant. Access is already in place on the LR side.

The bridge over the lock and dam is scheduled to open September 30. There will be an all-day celebration with national attention. The ribbon-cutting is scheduled for 10 a.m. and County Judge Villines wants cyclists to lead the procession across the bridge. The Arky 100 bike race is scheduled for October 1 and will traverse the newly-opened bridge. A professional events coordinator has been hired for this race. Several shorter riding distance options are available for cyclists not wanting to ride the full 100 miles.

Two New Members Added To Club's Roster

Our newest members of the Club are Jenny Brod and Mira Lelovic.

Jenny is 25, single and a corporate services sales associate for a bank. Jenny started running about 10 months ago. She loves racing and is very competitive. She hasn't done a lot of races yet but has a PR in the 5K of 23.27 and in the marathon of 4:12. Jenny is trying to qualify for the Boston Marathon next year by running at least 3:40 at Memphis in December. She has been running by herself since she

started running and needs people to run with to get her out there more often. Her pace is about a 9:30 mile but she would like to pick that up a bit if she finds people to push her.

Mira is 34, married to Milan, also a runner, and mother to two children, Nada, 7, and Luka, 4. Mira just moved to Little Rock in February 2005. She grew up near Pittsburgh, PA. Mira is a physical therapy graduate student with plans to graduate in August 2008 from

UCA with a doctorate. She has been running since 1996 and averages 30-40 miles per week at an 8:30 pace. She races frequently and prefers the half-marathon distance. Her PRs in the half-marathon are 1:35 and in the marathon 3:38. Her favorite races are the Little Rock Half Marathon and the River Run Half Marathon in Cleveland, Ohio. Her interests other than running are triathlons. She has registered for the Ironman Wisconsin in September 2006.

Welcome to the Club, Jenny and Mira.

June Racing Review: Hollowell = The Man

By Brian Sieczkowski

Ding dong, the Duck is gone! And by gone I mean he is no longer writing this race results column. In an Election Day scandal reminiscent of Florida 2000, the Duck was recently elected president of the LRRC. Thus, he must write the front page President's Disquisition that most of you skip in order to scan this column hoping to see your names in print. In fact, most of you probably skipped this opening paragraph that has already gone on far too long. So without further inane balderdash, let's travel back in time to June 3rd, 2006.

The month started out with the annual Dino Dash 5K held in downtown Little Rock. Steve Hollowell pretty much runs that show and does a top notch job, or so I've been told. Our own Tammy Walther was the overall female winner in 20:16. Jenny Brod was 12th overall in 23:27, with Mackie Buckelew not far behind at 24:33.

On the men's side, LRRC fossil David Williams was third overall in 18:32. Last year Dave DNF'ed the Dino Dash, so third place is quite the achievement. The next two men across the line were Brian Wagner in 18:57 and Jim Barton in 19:25. David Bourne scored a top 20 finish by running 21:17. The one and only Duck ran strong for 24:16, beating Jacob Wells, the self-proclaimed Marathon Boy, who finished in 24:23. Next among the LRRC men was Jim Sunao Yamanaka in 26:59, and then Leon Matthews with a 41:15 finish.

Lots of LRRC members helped out as race volunteers, so a big thanks to all of you.

June 10th was the Mt Magazine 15K in Havana. This race features a nice easy opening three miles followed by six miles of running up Mt Magazine to the State Park. The River Valley Runners consider this their turf, so it is especially sweet to report that our man Glen Mays delivered a roundhouse kick to the entire field. Glen won in 1:01:26, beating the closest RVR guy by over eight minutes. We had two other men brave enough to conquer the mountain: David Bourne in 1:27:39 and Marshall Singer in 2:36:41.

That same day there was another race on the other side of the state with very different topography: The Flat as a Pancake 5K in Wynne, AR. Jordan Holloway, one of the newest Tuesday track runners, ran 27:10 in Wynne for 12th place overall.

Jumping ahead to June 17th brings us to Arkadelphia and a brand new race -- the Heat In The Street Two-Miler. Mike Prince and the Club Arkadelphia Runners did a great job with this race including the coolest trophies I've ever seen. This was the 2006 State Championship for the 2-mile and the overall winners were Glen Mays (9:36) and Tammy Walther (12:09). A tight pack of LRRC men finished in the top 15, including Bill Diamond (10:55), Michael Schreckenhofer (11:06.1), David Williams (11:06.9) and Tim Wistrand (11:07). Brian Wagner finished first in his age group with 11:25 and Randy Taylor was third GrandMaster in 11:38.

The next three runners were the source of much discussion as Steve Hollowell (11:43) pulled the upset over Larry Graham (11:45) and Jim Barton (11:49). Hollowell later responded that Graham and Barton needed to be taught some respect and that "a two mile whipping was the best lesson there is." Hollowell sleeps on a bed of nails and is responsible for the crop circles. Bill Torrey, predictor of the Hollowell victory, came across in 12:08.

Jacob Wells broke the 13 minute barrier by clocking a 12:52 finish. Robert Holmes and Bill Bulloch were neck and neck at 13:07 and 13:08, respectively. Joe Cordi was in the top 40 by running a 13:37 and the Duck crossed about a minute later in 14:30. Nick Alsbrook averaged under an eight-minute mile, finishing in 15:42. Jim Yamanaka threw down a 17:33. Carl Northcutt represented his age group well with a 23:24 finish.

The women's side saw Barbie Hildebrand (12:39), Melanie Baden-Kuhn (13:34), and Ginea Qualls (14:23) join Tammy in the overall top ten. Cindy Hedrick had a good race, clocking a 16:50. Sabrina Diamond ruled the female seven-year-olds with a 19:12. Libby Taylor cruised across with a 26:39.

The women's Grand Prix team won this race while the men were second place. Both LRRC men and women are now in first place in the season standings.

Okay, this was exactly a lot harder and time consuming than it looks. I have a new found respect for the Duck and his many years of Race Results Columns. I am sure that I missed a few runners, and maybe even an entire race or two. Please e-mail all complaints to Paul Ward; he'll do what he can.

Happy trails! See you at the races.



Ramblings (Continued from Page 2)

the mountains of Wyoming, and Maurice Robinson, who I think did six ultras last year. But my friends who don't know those guys think I am crazy too. Coach Aspel's and other's accomplishments are humbling reminders of where I fit into the grand scheme of things. The thing I would most like to frame and put with all the finisher medals is Brian Wagner telling me that he would have never run his first one if it were not for me (or maybe he was blaming me?). We ran the first 16 miles together and finished a minute apart that day and have done four together so far.

While they are all special in their own way, these are just a few highlights. One goal I have is to run all five Arkansas road marathons in the same year, which I don't think has been done, as the Mountain Home Marathon is just a couple years old. I'm also considering back-to-back days. I also hope that by the end of the year or so, I will have done most of the marathons within a 10 hour drive of Little Rock. I'd be tickled if anybody ever wanted to get the scoop on any of them, as I can give you plenty of details and compare and contrast them. Just private message me at Arkrrca.com.

Here's To The "Near Misses" In Our Lives

By **The Marathon Boy,**
aka **Jacob Wells**

(Prologue: I originally wrote this in July 2004 and never did anything with it. With the recent plague of questionable writing, missed deadlines, and big blank spaces, Paul and I discussed my doing a regular column for "The Runaround", an idea which – to some of you – will rank right up there with the Apocalypse. With the 2006 edition of the Firecracker coming up in a couple weeks, it seemed like time to dust this one off...)

A recent event in my life reminded me of an article I read once about fourth place finishers in the Olympic Games. All I really remember about the article was about how sad it was to dedicate one's life to a sport only to come that close and yet get nothing while the first three finishers stood upon the medal platform receiving the Gold, Silver, and Bronze medals. I remember they made the point of how little difference there might be between Silver and Bronze and yet what a world of difference there is between Bronze and nothing.

What made me think of this was my 51st place finish in last week's Firecracker 5K. Having been a sports fanatic my entire life, but never an accomplished athlete, I had determined that this was my best and only chance to ever get my name in print in the Sports section of the newspaper. This dream was only that, a dream, until I steadily improved my speed (my first draft of this had "slowly got faster" but that seemed wrong somehow) till the point of reaching No. 61 at the 2003 race. Over the next year every aspect of my life was geared toward making up those 11 spots and finally achieving my goal. On the one hand, it seemed realistic having already jumped from No. 231 in 2000 to No. 61 by 2003, but on the other hand, the 50th place time was 19:20 and my best to date was 19:34. The ally that I hadn't counted on was Mother Nature, for whom I have to thank (and the race organizers have to blame) for the poor turnout, which included only 381 men, as compared to 538 the year before. When

the final results were tallied, there I was, one second behind the 50th place finisher.

This story does have a happy ending (or beginning, depending on how you look at it), however. For whatever reason that maybe only they know, two of the top 50 male finishers left their Firecracker Top 50 Finishers on the table at the end of the chute, leaving me the 49th one and letting me think at least till that afternoon when the results were posted on the internet, that I had reached my goal. Just carrying that thing around for the 30 minutes or so after the race was a highlight of my running life to that point. When I first learned the truth, it seemed like some kind of cruel joke (and I had already talked a bunch of smack to some buddies to "check the paper Sunday"), but now when I think of those two guys, I think that they probably already had a closet full of Firecrackers and decided to leave it for the next guy, for whom it might be a dream come true, the guy who, like

the fourth-place finisher at the Olympics, would otherwise have been another "near miss." So here's to the "Near Misses" in life, many of whom don't get a second chance like I did.

(Epilogue: This story was made obsolete as I continued to "slowly get faster" over the following year, peaking at the 2005 Firecracker. Brian Wagner and I both got Firecrackers in 2004 and enlisted the injured Rick Armstrong to station himself with a half mile or so to go and to count the men in front of us so we would know how we stood coming down the home stretch. When I saw him, he just grinned and shook his head and said, "You are something like said, 32nd" which of course, just terrified me that a stampede of runners would come by at any second. I finished 34th and even got a picture in the paper next to the Gov, who was taking a break from his marathon training.)



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 about a race that should be listed, send information to *The Runaround* editor.

July

- 1: Lake2Lake, APPMS Training Run, 17 miles.
- 1: Leann Harris Memorial 5K at Arkadelphia. Call 870-230-1965.
- 2: Andy's Fun Run.
- 4: Firecracker 5K at Little Rock. Call 501-221-0017.
- 4: Freedom 5K at Jonesboro. Call 870-933-4604.
- 4: Firecracker 5K Kids Run at Rogers. Call 479-636-3338.
- 4: 4th of July Freedomfest 5K at Greenwood. Call 479-996-6357.
- 4: Share Foundation Firecracker 5K at El Dorado. Call 888-921-2666.
- 8: ASPE Firecracker 5K at Springdale. Call 479-751-8733.
- 8: Arthur's Revenge, APPMS Training Run, 10 miles.
- 9: Andy's Fun Run.
- 15: Flatside Loop, APPMS Training Run, 20 miles.
- 16: Andy's Fun Run.
- 22: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 22: Run for Women's Health 5K at Springfield, MO. Call 417-269-5391.
- 22: Peach Festival 4M at Clarksville. Call 479-979-1228.
- 22: FSR Roller Coaster, APPMS Training Run, 20 miles.
- 23: Andy's Fun Run.
- 29: Dam Night Run 5K at Arkadelphia. GPS. Call 870-246-6343.
- 29: DMH Ding Dong Days 5K at Dumas. Call 870-382-8234.
- 29: Fire Run 5K at Centerton. Call 479-795-2550.
- 29: UCAN 10K Run Walk at Memphis, TN. Call 901-652-5176.
- 29: Lake2Lake, APPMS Training Run, 17 miles.
- 30: Andy's Fun Run.

August

- 4: Decatur BBQ 2K/5K/10K at Decatur, AR. Call 479-752-3281.
- 5: HealthSouth 4M at Batesville. Call 870-793-2464.
- 5: Pig-Out 5K at Morrilton. Call 501-354-2393.
- 6: Andy's Fun Run.
- 11: Hot Summer Nights 4M at Jonesboro. Call 870-931-0578.
- 12: Watermelon 5K at Hope. GPS. Call 870-777-1917.
- 12: Run for the Grapes 5K at Tontitown. Call 479-361-1100.
- 13: Andy's Fun Run.
- 19: ValleyFest 5K at Russellville. Call 479-968-7819.
- 20: Andy's Fun Run.
- 26: Rollin' on the River 5K at Little Rock. Call 501-227-3710.
- 26: Lake Atalanta 5K at Rogers. Call 479-621-9020.
- 27: Andy's Fun Run.

September

- 2: ARK Clear Mountain 5K at North Little Rock. Call 501-834-1313.
- 2: K-Life Labor Day 5K at Branson, MO. Call 417-294-4380.
- 3: Andy's Fun Run.
- 9: TNT 5K at Newark, AR. Call 870-793-2464.
- 9: Blessed Sacrament School 5K at Jonesboro. Call 870-761-2863.
- 10: Andy's Fun Run.
- 16: Mt. Nebo Chicken Fry 10K at Dardanelle. Call 479-229-3328.

Birthdays

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

- 1 – Ann Bost
- 2 – Jill Beisel
- 3 – Coreen Frasier
- 8 – Jacob Wells
- 9 – Jeff Yates
- 9 – Tara Zello
- 10 – Jeff Bost
- 11 – Bill Harrell
- 11 – Conrad Bulloch
- 11 – Tammy Walther
- 14 – Sabrina Maham
- 15 – Dale Wintroath
- 15 – Glen Mays
- 15 – Rhonda Ferguson
- 22 – Lou Peyton
- 24 – June Barron
- 24 – Matthew Morton
- 25 – Ronnie Hardin
- 27 – Steve Bonds
- 30 – Andra Dillard

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.

- 23: Simmons Food 5K XC Classic at Siloam Springs. Call 479-238-5028.
- 17: Andy's Fun Run.
- 24: Andy's Fun Run.
- 30: Arkansas 20K and Marathon at Benton. Call 501-315-9252.
- 30: Celebrity Classic 5K at Fort Smith. GPS. Call 479-782-6302.
- 30: Tyler Curtis Memorial 5K at Little Rock. Call 501-231-3730.
- 30: Race for Awareness 5K at Jonesboro. Call 870-972-0017.
- 30: Into the Light 5K at Searcy. Call 501-278-4357.