

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2006

## Dennis Abraham Takes A Hike – For 2,108.5 Miles

By Paul Ward  
LRRC Lame Duck President

“My wife was not real happy about it.” So said Dennis Abraham, who spoke to your Little Rock Roadrunners Club April 20 about his start to finish hike of the entire Appalachian Trail. Eighteen Club members were inspired by his talk, slide show, and equipment show and tell. Dennis is a Minnesota farm boy who retired after 30 years teaching in Wisconsin. He got the idea to hike the trail five years before he did, particularly from Bill Bryson’s book, “Walk in the Woods.” Dennis said that book has lots of information about the trail. About 2,000 people have hiked the entire trail in one year.

First, Dennis had to find a partner. Dennis says you need a partner in case you get hurt and for other reasons, and the partner has to have the time and means to do the complete hike. Dennis went on a church retreat and met Andy Neal. The first thing Andy said in the introduction was his name and that he wanted to hike the Appalachian Trail. Dennis found his partner.

The trail is old; some of the markers date from the Civilian Conservation Corps work in the 1930s. Dennis and Andy started at the beginning in Georgia on March 14, 2004. They needed to get to Baxter State Park in Maine by October 15, because the park closes then and contains the final stretch of the trail. While in rural Georgia they saw someone looking remarkably like a mentally challenged, crew-cut Brian Siczkowski wordlessly playing a banjo. In the woods they saw a man who looked and sounded like Kim Howard standing over Bill Harrell, twisting his ear, and saying, “Quack like a duck!”

Dennis’ and Andy’s backpacks were their entire support systems. They carried clothes, tents, cooking equipment, water purification equipment, maps, and waterproof notebooks for their journal entries. Dennis learned that he could live comfortably with a 45 pound backpack. It weighed 55 pounds when he started. At the end his pack shed 10 pounds and Dennis shed 50 pounds. The going wasn’t easy at first, but Dennis said your legs turn to iron after two weeks. He arranged to replace his hiking boots midway through the trail, but his feet had gotten a size larger and wider, and the new boots wouldn’t fit. He had to get a different pair.

They used alcohol stoves to boil water for tuna, salmon, and noodle dishes. They got water from mountain streams and filtered it for cooking and drinking. Dennis said the water tasted so much better than tap water. The trail has privies about every 12-15 miles and the human waste is composted. Trail shelters, covered on the top and three sides but open in the front, provide places to camp and get out of the rain. Dennis said they tried to camp away from the shelters because of the numerous other hikers. Food had to be hung from tree branches so bears couldn’t get to it.

They encountered snow above 4,000 feet in the Smoky Mountains. Otherwise, they generally encountered spring weather throughout their hike. They got to Maine in September in time to see some beautiful fall colors. They hiked most days. When their wives drove to visit them, they would take a few days off to spend time together. Dennis said he wanted to continue hiking every day until his desire ended. It ended after 2,000 miles.

They washed their clothes in streams, although more thorough laundering was sometimes necessary. They tried to carry as little as possible. Sometimes they would send provisions ahead to be waiting for them. They adjusted living to the rising and setting of the sun. They’d go to sleep when the sun set and wake up when it rose. Dennis said they slept very well. He didn’t like to hike at night. Their longest hiking day was over 27 miles!

They had a few close calls. Bears are around, but didn’t bother them. One time Dennis’ mind was focused on hiking when he suddenly saw a rattlesnake on his right. He reflexively swung his right foot to his left side to avoid the snake, which was coiled and ready to strike, and he promptly fell down. Fortunately, Mr. Snake didn’t strike. Dennis slowly got up and moved away. Another time Andy got his foot stuck in some rocks while hiking and started falling forward. Dennis heard his yelp, turned, and pushed him back, thus saving Andy from a broken leg.

The pair completed the trail September 28, 6½ months after they began. They met many other hikers on the trail and the hikers are very supportive of each other. Dennis said there are many guides

(See Abraham on Page 2)

### May Meeting

May 18, 2006  
6:30 p.m.

Murray Park Pavilion 2  
Potluck Dinner

Speaker: Bill Larsen  
“Nikken” Wellness Technology

**Abraham** (Continued from Page 1)

and maps with helpful information on the trail, including a full length map of the trail by the U.S. Forest Service. Dennis' next goal is to hike the Pacific Coast Trail, which begins in Mexico and runs along the California coast. It's an old mule trail. You might know that the old Spanish missions in California were spaced roughly a day's mule ride apart. Dennis plans to do this trail a month at a time, not all at once.

**Penthouse Award**

Thank you, Dennis, for your very interesting presentation. We had people staying until close to 9 p.m. asking Dennis question after question, and several of us were inspired to hike part or all of the trail. That should tell you how interesting he was. Dennis is the first recipient of this month's Penthouse Award. Joining him in the top suite with its expansive view of the skyline and river are Larry Graham, who met Dennis professionally and recommended him as a guest speaker. Larry also recommended our speaker for next month. If Brian Polansky had attended our meeting, he would have gotten the award too. One year ago, during one of the Sunday Heights runs, Brian said we ought to meet outside in April to enjoy the beautiful weather. Normally we've met inside October through April, and outside May through September. I liked Brian's idea and ran it by our board, and this year we added April to our outdoor meeting schedule. And we enjoyed a very pleasant evening. But Brian didn't bother to show up. Sorry Brian, you missed your chance.

**Doghouse Award**

Here's what I said in last month's newsletter: *"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!"* Does anybody read my column?! During our meeting I look up and see Glen Mays running by on the trail. Twice! Does he stop in to say hello? Of course not! Glen was kind enough to speak to us in February 2005, after which he got the Penthouse Award, but he hasn't been back to a meeting since then. Running by our pavilion during a meeting and thumbing your nose at us is an automatic ticket to the Doghouse. At least you're not alone.

Although Karen Call and the Hollands biked that evening, they still attended our meeting. But fellow "Endorfemmes" Pat Piazza and Bettina Brownstein skipped our meeting and went out to eat. What a snub! It's off to the Doghouse, ladies. Finally, Brooke Nalley goes to the Doghouse. Brooke expressed interest in being more active in our Club, but a new job and house got in the way last fall. She said her New Year's resolution was to make all Club meetings this year. The tally so far: 0 for 4. You know what that means? Woof woof.

**Announcements**

We had a good turnout at the Catholic High Rocket 5K. The CHS Foundation gave the Club \$150 for administering and timing the race. Steve Hollowell, Cindy Hedrick, and Tina Coutu tallied the race results. Jimmy Thompson and I clicked the runners. Jimmy got to click the females (with Sarah Olney, Kelly

Thompson, and Mackie Buckelew sweeping the top three spots), and I clicked the males, including the Thompsons' son, Adam. Kelly also handled publicity for the race. Proceeds benefit the Foundation, which provides scholarships to deserving students and salary supplements to the lay faculty. Thank you for helping volunteer or run in this race.

We had a great turnout at our April 1 Capital City Classic. Over 300 entrants helped fully fund my retirement account. It was a warm and humid morning, and the lead runners had to dodge some dogs on the Beck Road portion of the course. Our Grand Prix women's team continued its dominance and undefeated streak, and our men's team finally won a race. Jacob Wells took time off from posing for pictures with his pants down to run with his beautiful daughter, Josey, in a baby jogger. He still managed to finish under 50 minutes. Jacob's favorite groupie, Jaynie, and Melissa Polansky took some great pictures of the race, but Jaynie deleted the picture of my putting rabbit ears behind Michael Erwin's head as he ran past me. Michael passed me, Karen Call passed me, Melanie Baden-Kuhn passed me ... oh well, that's life in the fat lane for your portly president. The next GP race is the Toad Suck 10K May 6 in Conway. It's still not too late to join our GP team if you want to participate.

Congratulations to Melanie for her very fine Boston Marathon finish. Melanie was the second Arkansas female finisher. Tina Coutu was on track to finish with her, getting half way through around 1:50, but her fibula picked a bad day to break. Both Tina and Melanie had been running very well. Tina, get well soon.

Ken Bland was the only male Club member I saw in the Arkansas finishers. Tom and Hobbit Singleton's son-in-law, Darren Miller, finished strong in just under 3:48. His bride, Jennifer, and Hobbit were there to cheer for him.

The Arkansas Pike's Peak Marathon Society starts their series of training runs at 6 a.m. May 7 with the "Jingle Bell" 10-miler. If I understand this correctly, the course starts behind the old Heights Theater at Taylor and Kavanaugh. It goes down

(See **Abraham** on Page 5)

**Club Officers**

*The Runaround* is published monthly by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 22nd of the month for publication in the next month's issue. Send articles to the Editor at 3800 Bruno Road, Little Rock, AR 72209 or e-mail [lhouse@pcssd.org](mailto:lhouse@pcssd.org).

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## Greetings From Durango, Colorado – Not Really

By Bill “The Duck” Harrell  
LRRC Racing News Editor

Okay, for those of you who care, we are NOT moving. It was a joke, just checking to see if anyone reads the newsletter. Some of you are disappointed we aren't leaving but it's good to know we do have a couple of friends. The first person to call me was Bill Bulloch. All Bill said when he called was “Is it true? Is it true? You are one of the few people left in my age that I can beat ... I don't want to be last. But, man, if you do go I'm going with you. We can start a business and man, it'll be fun.”

With his last statement we wouldn't have moved even if it were true. I mean can you imagine him living next door or renting the upstairs of your house. Honestly, thanks to all of you who contacted me. I hope you remain my friends and neighbors for many years to come. But hey, if a person can't run he's got to find some way to have fun.

Lets get into the serious stuff now ... like the racing you've been doing.

I want to talk about the Hogeeye Marathon and Half Marathon first. This was run way back on March 26<sup>th</sup> but it is worth mentioning because it was really a lot of fun. It was also the first time I had run this race. I had heard horror stories about this course for years and they are all true, but Cindy Knott and her Fayetteville minions do a great job with the race(s). The aid station at mile eleven (of the half) makes the last two miles bearable.

Like most of the entrants, I ran (walked, jogged) the half. This was a Grand Prix race and I wanted to be a team player and sacrifice myself for the sake of LRRC. Thankfully, enough of the true athletes showed up so my finishing wasn't mandatory and since I only had two runs of at least 10 miles listed in my yearly log not finishing was highly possible.

This was what I call an expensive training run. Belinda really needed a weekend away and Fayetteville has some pretty neat shops and pretty good restaurants to enjoy. By late Saturday afternoon everybody who I knew was coming up had arrived and our tour guide, Steve Hollowell,

had picked out a restaurant for us to invade. Steve is one of the U of A's most esteemed alumni and is still revered all over Fayetteville.

The restaurant was a little out of the way place and was more than happy to accommodate the 10 of us. Everybody really enjoyed themselves and nobody got thrown out of the restaurant, even with four members of our women's team getting primed for their race with a wine tasting exhibition. They have apparently researched the D. Williams-B. Polansky pre-race-night training schedule.

On to Sunday morning where three “real men” ran the marathon. Jacob Wells, who runs more marathons in a year than most people do 5Ks, finished fourth in 35-39 with a 3:46:29. Brian Wagner had a 3:50:52 and a second in 30-34 and Bob Hanle ran 5:15:15 for fifth in 50-54.

Since I made a comment earlier about our women's team and their “training” habits lets check in and see how they did. Sarah Olney was second overall and first in 25-29 with a 1:35:02. Okay, not bad, but let's check on the others. Tina Coutu was fourth overall and the top GP Masters in 1:41:00. Then there's Melanie Baden-Kuhn who was seventh overall and won 35-39 in 1:45:17. Mackie Buckelew, who wasn't at dinner with us, ran 1:59:23 for fourth in 45-49. I walked into the exhibit hall and I heard Mackie singing soul ... rather sole. She had just won a pair of orthopedic insoles for her shoes. They apparently work pretty well because she once again left me in her dust. Ginea Qualls, the other team member who ran with us, started hydrating for the CCC10K at mile 11 when she stopped for a beer. She still ran a 2:18:45 and Joy Ballard finished with a 2:33:11.

Glen Mays returned to defend his overall finish with a 1:13:55 and Chad Sanders ran a 1:31:54 for second in 1:31:54. Nick Alsbrook finished in 2:03:33. Ronnie Hardin ran a 1:36:12 for fourth in 40-44 and Steve Hollowell ran 1:38:15 and a third place in 45-49. Steve is running really well nowadays. It's like he's being chased by Dick Cheney with a

gun. If Cheney knew Steve worked for Charlie Daniels he might try to shoot him. Charles Martin is another guy who is running well as he had a 1:46:09 and second in 55-59. Bob Marston is another one of us who stopped at mile 11 for something besides water or Gatorade. He powered home in 2:09:20. Roy Hayward ran 1:54:43 for second in 60-64 and Carl Northcutt was second in 70-74 with a 3:04:13.

Six days later on a much flatter, shorter course at Two Rivers Park in Little Rock our annual 10K was held. Except for the humidity the morning was pretty nice and a good crowd showed up to run.

Part of this crowd included Michael Schreckenhofer who ran a 40:28 for second in 20-24. Brian Siczkowski and Chad Sanders were first and second in 25-29 with a 36:08 and a 37:31. Nick Alsbrook finished in eighth with a 54:20. Glen Mays took a second overall with a 32:12 and Joe Cordi, David Threm and Jacob Wells (and Josie) ran 48:26, 49:22 and 49:21 in the 35-39 age group.

The 40-44 age group a one, two, three finish with John Perez, Mike Banman and Bill Diamond. Their times were 37:49, 37:55 and 38:11. Brian Polansky made a successful return to racing with a 41:46 and he was followed closely by Steve Hollowell who had a 42:08. Paul Ward completed our 45-49 contingent with a 46:31.

The 50-54 age group is popular with our aging Club half a dozen finishers. Larry Graham and Jim Barton ran 41:05 and 41:41 for second and third and fifth and sixth places went to David Bourne in 45:10 and Michael Erwin in 46:05. Bill Crow wasn't far behind with a 47:00 and Rod Lorenzen had a 52:58. We seem to own the 55-59 age group with the top four finishers. David Williams ran 38:05, Randy Taylor had a 39:58, Charles Martin ran a 44:59, and Robert Holmes finished a 45:34. Bill Bulloch had a 46:57 and Bob Marston a 49:31. David Hildebrand crossed the finish line 1:00:24. Roy Hayward took third in 60-64 with a 47:14 and John Woodruff had a 1:21:51. Carl Northcutt was fourth in 70-74 with a 1:15:03.

# Charlottesville Marathon Is Consistently Hilly

By Al Becken

As the British occupation of Williamsburg and Richmond began, the Virginia House of Burgesses fled to Charlottesville. Nearby, a young man who grew up on his father's plantation two miles south of Charlottesville and would build his home on the "Little Mountain" where he had played as a boy, stood with other patriots such as James Monroe and James Madison. They, as well as he, would later become Presidents of the United States, and proclaim freedom from King George's rule of law. Thomas Jefferson would soon become a pivotal figure in the American Revolution.

As I flew into the Charlottesville airport, I noticed the Appalachian Mountains to the west and the hilly terrain that emanated from their bases. A friend who had attended law school at the University of Virginia had warned me to expect hilly country. This was the fourth annual Charlottesville Marathon, and while it was a consistently hilly course, I did not anticipate the temperature to reach 84°F by the time I finished. The course started and finished at Lee Park in historic downtown Charlottesville. As the course proceeds out of Charlottesville, I pass many historic sites, including Thomas Jefferson's Rotunda, located at the University of Virginia. Continuing west into the shadows of Shenandoah National Park, I run past scenic plantations and beautiful vineyards and horse pastures.

This is Thomas Jefferson country. I didn't have time to visit Jefferson's Monticello home – a must if you visit and have time. I was here in 1939 and remember the architecture and author of the Declaration of Independence. Thomas Paine, considered a rabble-rouser by many, and Patrick Henry of "give me liberty or give me death" fame, were patriots that frequented Charlottesville.

Packet pick-up was at the Charlottesville Running Company, a store located just west of the Mall. Most hotels are located within 10 minutes of the race start/finish; however, the Omni Hotel has the best location across the street from packet pick-up.

The city has been spared destruction from war by its central location in Virginia. The British never reached Charlottesville, and during the Civil War the city was well behind the Confederate lines and somewhat isolated. As a result, the old colonial and antebellum homes and buildings have been preserved, maintained, or renovated. No buildings above four or five floors have been allowed along the mall or center of the city.

There was no pasta dinner for runners, but I found an Italian restaurant a block off the mall. The main street has been converted for pedestrian traffic only, and many restaurants have set up tables outside for diners. Fountains, flowerbeds, and benches also line the brick walkway. The marathon course finishes by going up almost the entire length of the mall, and then two blocks uphill to Lee Park, finishing near a huge statue of Robert E. Lee.

The University of Virginia, or UVA, was used as a hospital during the Civil War. Thus, UVA has a medical school. The mall is packed with UVA students, and this is where I met a few medical students and nursing students. I did not realize that many of these students would be at the finish line assisting where needed. As it turned out, one of the students I had met the night before saw me at the finish and insisted I go to the medical tent. I must have looked pretty bad, as this was the slowest

marathon I have ever run! Kasia is from Poland and is here studying to become a doctor. I invited her to San Antonio for the Fiesta (our equivalent to Mardi Gras), but she will be taking final exams and returning to Poland soon after.

This mid-April marathon has a website at [charlottesvillamarathon.com](http://charlottesvillamarathon.com), or check out the Charlottesville Running Company at 110 Old Preston Avenue, Charlottesville, Virginia, 22902, or call 434-293-7115.

## New Members

We have two new members this month. First, welcome **Tara Zello**. She is 30, married to Mike, a graduate student at UALR and a part-time assistant at Phelan Orthodontics. Tara has been running about 15 years and averages 20 miles per week. She doesn't race frequently but when she does, she prefers the half-marathon distance. Tara has PRs in the 5K of 25:36 and half-marathon of 2:15:13. She loves to run on the River Trail and the Little Rock Half-Marathon was definitely her favorite race thus far. Tara also enjoys reading, going to Greers Ferry Lake with friends, and watching movies. Tara says that with her busy schedule, she really enjoys running simply because it allows her to have time to herself without worrying about all of the other things that she needs to do or that are going on in her daily life.

Second, welcome **Brian Bariola**. He is 31, married to Susan and has two children, Hannah, age six, and Joseph, age nine months. Brian is a business analyst. He has been running for 18 years and averages 35 – 50 miles per week. He does like to race and also prefers the half-marathon distance. Brian has PRs in the 1-mile of 4:12; 5K – 14:30; 10K – 30:20; half-marathon – 1:14 and marathon – 2:40. Brian doesn't have a favorite race but says that he likes seeing new places even when it is small towns in Arkansas. Brian can be found biking, swimming, vacationing or doing anything outdoors when he is not running.

Welcome, Tara and Brian.

## 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.

## Running Icon To Speak At Conway Pasta Party

Women Can Run/Walk clinics are held around the state each year to encourage women of all ages to start a regular exercise program. The culmination of the clinics is the Women Can Run/Walk 5K which will be held Saturday, May 13 at 8 a.m. in Conway. Age-group awards will be presented to both clinic participants, as well as to those in the open division who did not participate in a clinic.

A pasta party will be held Friday, May 12 at 7 p.m. at the Agora Center, 705 E. Siebenmorgan Road in Conway. All runners, not just women, are invited to the dinner. Tickets are \$15. Melissa Dunbar, a

reporter at KTHV-TV Channel 11 who is also a runner, will be the emcee.

The guest speaker at the party will be Kathrine Switzer who was the first female to enter the Boston Marathon in 1967, which she finished in 4:20, despite being disqualified by race officials. She was inspired by the incident, however, to run 35 marathons, including eight Boston Marathons, with a personal best in 1975 of 2:51:33 for second place. At the time, this was the sixth best women's marathon time in the world, and third in the United States. She also won the women's division at the 1974 New York Marathon.

Kathrine created the Avon International Running Circuit, a global series of women's running events in 25 countries, involving over one million women, and lead to the inclusion of the women's marathon in the Olympic Games.

She has also received an Emmy award for her work as a television commentator, plus many other awards.

Kathrine has written two books which include the recently published "26.2: Marathon Stories." On Friday, May 12 from 2:30-4:30 p.m. she will sign copies of the book at The Sporty Runner, 1016 Van Ronkle, Conway.

Race packets may be picked up at the pasta party from 6:30-7 p.m. and after the party has concluded. For more information call 501-327-3377 or call Linda Starr at The Sporty Runner, 501-328-9255.

## National Run@Work Day Is September 22

On September 22, 2006, the Road Runners Club of America (RRCA) will launch the first annual National Run@Work Day. This day is an evolution of the National Run to Work Day.

In 1997, the RRCA founded the National Run to Work Day. The purpose of the event was to get runners to leave their cars at home and run to and from work. While the event was successful in cities with well developed pedestrian networks and mass transit, the RRCA realized that running to work was probably not feasible for most of the working population.

The goal of the RRCA National Run@Work Day is to raise national awareness about the importance of daily physical activity. RRCA members across the country will organize community-based events encouraging people to incorporate at least 35 minutes of exercise into their daily lives, which can markedly improve one's overall physical health and help alleviate health-related medical costs associated with overweight and obesity.

The U. S. Centers for Disease Control and Prevention (CDC) National Health and Nutrition Examination Survey (NHANES) estimates that 64% of U. S. adults are either overweight (33%) or obese (31%), meaning they have an excess weight of 30 or more pounds. The CDC reports that the rate of overweight adults in the U.S. has increased by 18% in the last 20 years.

The causes of overweight and obesity can be complex, but simply put, they result from an energy imbalance. Eating more calories and not getting enough exercise or physical activity results in the imbalance that causes obesity. The result of overweight and obesity can be an increased risk of many diseases and health conditions such as heart disease, diabetes, high blood pressure, osteoarthritis, etc. The rise of overweight and obesity and the resulting health conditions has a dramatic effect on health insurance costs around the U. S. It is estimated that overweight and obesity health-related medical costs have reached an all time high of \$75.8 billion per year ([www.cdc.gov](http://www.cdc.gov)).

An RRCA National Run@Work Day event can be hosted by a running club or event, an individual, or a corporation. The event should be a fun run and/or walking event of at least 35 minutes held before work, during lunch, or after work or all of the above in order to accommodate varying schedules.

Event hosts should work with a company's human resources department or staff to organize and promote the event within the company; provide participants with general nutrition, fitness and healthy living information; and work with local sponsors to provide participant incentives, event support, and promotion.

### Abraham (Continued from Page2)

Kavanaugh, behind Pulaski Heights Baptist Church, through Allsopp Park, across Cantrell and west along the river trail to the lock and dam, then up Overlook, through Cammack Village, and back to the start. Contact Jack Evans for the complete schedule ([jackrun4you@sbcglobal.net](mailto:jackrun4you@sbcglobal.net)). The Society welcomes all runners, even those not running the PP Marathon. The Dino Dash is June 3. Please enter the race or contact Steve Hollowell to help work the finish line.

The latest word on the pedestrian bridge over Murray Lock and Dam is that it will open September 30. The Arky 100 bike race will traverse it the next day, October 1.

Our next meeting is May 18. Bill Larson is scheduled to speak to us about some "Nikken" wellness technologies that can help runners. Our potluck dinner starts at 6:30 p.m. at Murray Park, Pavilion #2. I hope you can make it.

If you want me to take a hike, you have a suggestion for a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse Awards, or you want to know where I'm registered for retirement gifts, call me at 664-0060 or 682-5881.

## 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.

### 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.
- 20: Fourche River Days 5K at Perryville. Call 501-889-1571.
- 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.

### June

- 2: Lum & Abner Days 5K at Mena. Call 479-243-3982.
- 2: Relay for Life Night Race 5K at Forrest City. Call 870-270-0625.
- 3: Dino Dash 5K at Little Rock. Call 501-396-7050, ext. 214.
- 3: Chase the Chicken 5K at Prescott. Call 870-887-2101.
- 3: Gary Schuchardt Memorial 5K at Jonesboro. Call 870-935-3658.
- 3: Boomtown Days 5K/10K at Joplin, MO. Call 417-825-2710.
- 3: Lions Club Roaring 5K at Springdale. Call 479-751-8733.
- 4: Andy's Fun Run.
- 10: Flat as a Pancake 5K at Wynne. Call 870-238-4235.
- 10: Dinosaur Festival 5K at Nashville, AR. Call 870-845-1109.
- 10: Featherfest 5K at Springdale. Call 479-872-2222.
- 10: Berryville Ice Cream Social 5K. Call 870-423-3704.
- 11: Andy's Fun Run.
- 17: Elk Fest 5K at Jasper, AR. Call 870-446-2682.
- 17: Smackover Oil Run 5K. Call 870-725-2907.
- 17: Great Mosquito Chase 5K at McCrory. Call 870-731-2521.
- 17: Heat in the Street 2-miler at Arkadelphia. GPS.
- 18: Andy's Fun Run.
- 24: Brickfest 5K at Malvern. GPS. Call 501-332-6530.
- 25: Andy's Fun Run.

## Birthdays

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

- 1 – Mary Hayward
- 1 – Robin Hanel
- 2 – Milan Lelovic
- 2 – Steve Oury
- 4 – Ivy Harrison
- 6 – Joe Cordi
- 8 – Dianne Woodruff
- 9 – Frances Alsbrook
- 13 – Jackie Martin
- 14 – Don Cave
- 18 – Bill Bulloch
- 20 – Nick Alsbrook
- 21 – Cindy Hedrick
- 21 – Gary Ballard
- 21 – Paula Anderson
- 23 – Carol Torrey
- 24 – Ann Marie Crow
- 27 – Bettina Brownstein
- 27 – Beverly Smith
- 27 – Brooke Nalley
- 29 – Allen White
- 29 – Nicolette Raegan Barron

## Greetings (Continued from Page 3)

Sarah Olney ran a 41:54 for second overall and Ginea Qualls finished fifth in 25-29 with a 54:04. Melanie Baden-Kuhn tuned up for Boston with a first place finish in 35-39 with a 46:05 and Beverly Smith was third in 47:30. Tina Coutu, like Mel, a Boston qualifier ran 43:48 and was the top master. Mackie Buckelew ran a 51:51 for fourth in 45-49 and Cindy Hedrick finished in a 1:02:40. Karen Call is back to her lovable, mean self with a first place finish in 50-54 and a 46:21. Celia Storey grabbed a 58:03 and Libby Taylor had a 1:33:00. Pat Piazza won 55:59 in a 1:06:22 and Rosemary Marston was second in a 1:06:55.

Due to a family illness I will have to report on the River City 5K, Boston and others next month. I hope to see a lot of you at Toad Suck. Please send me any comments and times for those races you run.

Thanks, Bill



Sarah Olney Shows Her Winning Smile and Winning Ways at the CCC



Hedrick, Hollowell, Polansky, and Call Enjoy Post Race Camaraderie After the CCC.  
Brian Holds 2 Cups: 1 for Beer, 1 for Skoal



The Duck's Disembodied Head Levitates over James Bressette's Shoulder as John Perez and Mike Banman Show Their CCC Awards