

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2006

Voices In The Head Are Not Reasonable

By Bill "The Duck" Harrell
LRRC President

I seem to always be the straight man for the voices in my head. And that can't be a good thing. The voices that speak to me are seldom the voices of reason when it comes to running. And the voices are very loud when they are laughing the last laugh.

It was July 3rd and the first thing the physical therapist said to me was "cut back mileage, fewer hills and no speed work." "No problem," I lied in response. I had already decided to do most of that because the pain I was having was worse and the weather was getting hotter and the hills were alive with the sound of agony every time I ran one. But I was really enjoying the Tuesday night speed sessions.

There were big groups at the track as well as new enthusiastic members showing up who were determined to get better. They even had *realistic* goals they wanted to obtain and all their enthusiasm seemed to be rubbing off on some of us more veteran runners. And besides, the times I was running I didn't classify as speed work. So, I didn't totally lie to the PT, I just wasn't totally honest.

Fast forward to September and I'm still seeing the PT. I'd had to take as much as a week at a time off from running but occasionally I could get in two or three days in a row and I knew I would be off the DL shortly. Then it happened. Three days in a row and no pain, a visit to the PT with the good news then I ran two more days sans pain and I declared myself healed.

This is when the voice, the one that's called the joker, says loudly "There's a 5K tomorrow...let's run it." So we did. We ran the CM 5K, me and the joker and all the other voices that are

trained in the art of temptation and deception.

Three days later the voices were speaking a different language. We were back in the PT's office lying in traction. After 10-15 minutes on "the rack" the voices were speaking in tongues and believe me, you don't want to know what they said.

Epilogue: Two weeks later a release is obtained from the PT. Three days after that I entered the Tyler Curtis 5K in Otter Creek. Halfway through the race I threw up in Bill Torrey's front yard. At least something good came out of the race.

There was also the voice that, while composing a list of potential speakers for Club meetings, said "bring Bill Hoffman back from the dead." Now I know Hoffman is not dead because I see him on his bike tooling along the River Trail occasionally. Then when one of my younger running companions asked me if he was homeless I went into a couple of stories about Bill in his heyday.

But who better to tell stories about Bill and his heyday than Bill himself. Mr. Hoffman entertained the Club at the September meeting with stories of yore and gave tips to the younger runners (which I guess would've been everybody else there) on being competitive.

I really liked the "get Hayes'ed" tip. Bill and Hayes McKinnie used to have some hellacious races but were best friends. The competition between friends cannot only make each person a stronger and better runner but stronger and better friends. It sure worked in the case of Bill and Hayes.

If you only attend one meeting a year you need to make it the October meeting on the 19th. We have a very special guest this month in that he is an

Olympian, NCAA Champion, U.S. record holder in the steeplechase and the Arkansas state record holder in the 5K.

Daniel Lincoln will be speaking to us about, well, about running. I told him it was up to him. He went from a walk on for John McDonnell's Razorbacks to All American to running in the 2004 Olympics in Greece. Dan is a very nice and interesting young man and is taking time out from his studies at UAMS to speak to us. This will be as close as most of us will ever come to greatness so let's take advantage of it.

The meeting will be held at Izzy's on Highway 10 and will start at 6:30 (speaking approx. 7:10). Please come out and enjoy food and drink and camaraderie. The menu at Izzy's is runner eclectic and they promised to have enough beverages to go around too.

Check our website for directions to Izzy's and other updates on runs, races and other stuff in general. Go to Arkrrca.com, click on clubs then go to LRRC. Pretty simple, huh.

I'll see you at Izzy's on the 19th.

October Meeting

October 19, 2006

6:30 p.m.

Izzy's

5601 Ranch Drive

Off Highway 10

Speaker at 7:10 p.m.

Daniel Lincoln

Razorback All-American,

Olympian



Running Wild

By Jacob Wells

I learned recently that perhaps the most crippling disability that anyone could possibly have is the inability to see. Now you might be aghast at this revelation and wonder how I could make such a bold statement. By now, hopefully, you are jumping to a ridiculous incorrect assumption that I am talking about people who are legally blind. Hardly. I'm referring to those of us who have never been able to "see" that those with supposed disabilities are at least as normal as the rest of us. Recently I saw a church sign that stated, "The only real disabilities are those we create for ourselves." I've confessed early in my newsletter-writing career that I have no writing skill or training. It recently became evident that this was also the case in working with people with disabilities.

I have said before that I am the recipient of more undeserved and unearned notoriety than any runner in Arkansas and I bring as much of that on myself as possible. This stunt ranked right up there with the best attention getters that I have ever pulled off. I could say there were lots of complex reasons that I did it and that I put a lot of thought into it, or I could just be honest and confess that I thought it would be cool, and let it play out on its own. The idea originally came from the LRRC's own Jimmy Hearndon, who posted a message about Team Hoyt on the ARKRRCA.com message board a few weeks ago. I had that in the back of my mind as I perused the running calendar wondering when the next opportunity to push Josey in the racing stroller would be. This decision is not as easy as it might seem as some race directors are understandably not in favor of the idea as it violates their race insurance policies. Others are willing to take on that added risk. I won't bust anybody out right here in case their insurance carrier is reading this (yeah right!), but you know who you are, and I and others are very grateful.

As I went down the calendar, there it was - the Easter Seals Rollin' on the River 5K - except this time, Josey would not be getting the ride of her life, but, hopefully, instead it would be an Easter Seals child. While the race official at Easter Seals loved the idea, it couldn't be pulled together quick enough because of various regulations and such, but she said there was a blind guy that needed a guide. Of course this intrigued me. They put me in touch with Dave and the idea was in full motion. In our first phone conversation, Dave mentioned "running out to the shed and cutting a piece of clothesline" to be used to tether us together during the race, and "running inside to grab something to write with" as we exchanged cell phone numbers, both things that most ignorant people like me might think a blind person couldn't do. Imagine my surprise to learn that Dave's job at Easter Seals is training teachers from all over the country to teach blind children to use computers. He also has provided tech support as a consultant to companies that

manufacture electronic devices to assist blind people. Oh, and he humbly mentioned almost making the Para-Olympic Cross Country Skiing Team until a crash into a tree derailed that adventure. I had actually seen the Olympic 50K for this event last winter and Dave confirmed my suspicion that it was similar to running on skis, so I was starting to get an idea that this guy was both fit and fearless.

I had already decided upon no body art for this race. As mentioned above, I traditionally go out of my way to attract attention to myself but this race was going to be about Dave. Upon meeting before the race, he whipped out two bright orange vests for us to wear, with big black lettering of "Visually Impaired" and "Guide." (I should have to wear one around all day that says "Judgment Impaired.") So much for going low-key! I joked with Dave about being the only guy I could see around that was topless and he was already saying how hot he would be with the vest over a shirt so he shucked his, as well. With our matching shorts and vests, we looked like quite a set, except as my groupie Lois pointed out "his build is just like yours 20 pounds ago." Her point was that our size and stride made us a perfect match to run side by side. I was full of questions and Dave was quick to oblige. One of many questions I had was which side Dave wanted and I had already determined that the course had way more left turns than right in case he preferred the inside or outside lanes on a turn. It turns out that the directions of the turns did not matter, as his preference was for me to be on his left. We took a couple quick warm-up runs up and back on Capitol Avenue and felt ready to go.

We took our place at the starting line about three rows deep. Most of the people in front of me looked faster than us and most of the people behind us looked slower than us. It looked like perfect positioning. I got glowing smiles from several of my friends and knew this was going to be very cool. As we started off, it cleared out nicely right away. Turns out Dave is a lot like me, as his 24 minute prediction included a 6:20 first mile. At least this time, I could blame Dave. About a quarter mile in, I told him that we just had about 15 folks in front of us. Amazingly, only another 15 or so passed us, as we finished 25 and 26 among the men. (Does that mean we combined for 51st?) My job throughout the race was pretty easy - "turn coming up," "veer to the left just a smidge," etc. I also grabbed the water at the aide station. About halfway through the race, Dave edged ahead of me and I ended up with my right arm completely extended while his left arm hung straight back with the rope completely taught. I wonder how difficult this made it for him or did he even notice as he powered his way to the finish line. Several passer-by runners refused my sarcastic pleas to take over from there. I already used this description once in print, but I am so proud of it, I'll recycle it here. I am guessing "we looked like a 200-pound Labrador retriever chasing a rabbit and pulling an old lady down the street while she is having a heart attack." Lois mentioned that on the last straight stretch, we weaved back and forth a little bit and I wonder how much more than 3.1 this resulted in us actually running.

The race went almost flawlessly. My biggest mistake so far had been saying to go left when I really meant "your OTHER left" but we had time to make the adjustment before Dave took out a parked car. As we approached the finish line,

Running Wild

(Continued from Page 2)

all my visions of finishing in style were running wild in my imagination. While I was completely oblivious to the roar of the crowd that I was told about later, I was hoping that Dave thought it was pretty cool and knew that it was for us. He told me later that he didn't hear a thing, either. I had meant to tell him about 10 steps from the finish line to get ready to stop, but in the excitement, I guess I forgot to do that. It was about then that I dropped the rope and threw up my arms in celebration as Dave ran straight through the finish line chute at just the right angle to take out a finish line pole and the accompanying rope. I was horrified and ran to his aide, but he assured me he had taken many worse spills skiing. We handed our cards to Lois and I asked her to fill them out for us, as I was completely gassed and wanted only to sit on the curb. We enjoyed pizza and Cokes while we waited for Dave's wife Dawn and seven-year-old Cameron to complete the 2K walk. Dave is looking forward to getting Cameron involved in some of the kids' races and then ultimately a 5K. Later on, as Cameron danced wildly to the music booming over the loudspeakers, Dave remarked, "We can never see what the heck he is doing!" One thing I have heard before but never experienced or thought about too much is the idea that blind people's other senses are heightened. I remember repeating to Dave all the best things that the announcer was saying, and realizing later that he, of course, could hear everything probably much better than I could.

The highlight of the day for me was the awards ceremony. I've been to enough of these that I have developed the motto that "it doesn't matter how fast you are, it's all about picking the right race on the right day." This was exactly that kind of race, where middle of the packers like me have a chance of slipping into the age group awards. Now remember that Dave was ahead of me, not because I nobly backed off and let him finish ahead of me, but rather because he drug me the last two miles. As our age group approached, I was totally focused on hearing his name — hoping he had snuck into third place. I

had already forgotten that fellow age group runners Jhonis Chicas and Marty Green were well in front of Dave and me. Jhonis did his part by finishing second overall and thus excluding himself from the age group awards. When the moment finally came, the announcer dramatically said, "Third Place with a time of 23:36..." and I *knew* it had happened. Then they said *MY* name. All I could think of was that they had erred and gotten our times reversed and I spontaneously made quite a scene about it, to the point of verbally abusing the celebrity announcer. Everyone else, it seems, had immediately deduced the obvious, which was that Dave was going to be second. Still totally discombobulated (that's for you, Paul), those around me had to push me towards the stage. Somewhere along the way, it clicked and I realized that we were *BOTH* getting an award. The announcer then said, "I guess all the suspense has gone right out of this one." When Dave

followed me to the stage, I watched as he jumped to the stage for his picture and stood with his arms raised triumphantly to the cheers of the crowd. The awards girl motioned to me to step closer so I could hear her. I expected her to say something profound about Dave, but all she said was, "Will you *PLEASE* help him down!" As I attempted to do so, Dave *JUMPED* down from the stage completely on his own.

I'm not as "religious" as I used to be (organized church has a way of doing that to a person) but I still believe that providence is all around us every day. For example, on the following Sunday afternoon, I popped in a randomly chosen CD only to hear Creed sing "Can you take me higher, to a place where blind men see?" I think I was in that place on Saturday. Where do Dave and I go from here? Who knows? Just like with any relationship, I suppose we should take it slowly. My obsession with running and racing isn't something that can or should be forced on anyone. Oh, and by the way, I promise that running the 2007 Little Rock Marathon together was *HIS* idea.

Origin Of The Duck

By Bill "The Duck" Harrell

A number of our Club's newer members (not necessarily younger members) have quizzed me lately about my moniker "The Duck." So I will update the story for those members as well as the long time members who are by now having problems with their memory.

It is circa 1998 and a guy by the name of Jeff Curry was President of LRRC, Bill Torrey was in charge of the state RRCA and a guy who called himself "The Penguin" had made a name for himself writing for *Runner's World*.

Bill had just returned from the National RRCA meeting when he announced that he had bid on and won the right to have "The Penguin" attend our state championship 10K. At the time that was LRRC's Capital City Classic and it was held in downtown Little Rock.

Having a celebrity was big for the running community and "The Penguin" was especially popular because

he related to middle of the pack and back of the pack runners. The other celebrities who visited were usually of the elite status and would only talk to David Williams.

John Bingham, "The Penguin," had only been writing his column for a couple of years while I, a no-nickname results writer for the states largest running newsletter, had been writing a column since the late '80s.

I was curious as to why I wasn't famous because I had spent hours and hours over the years making local runners think they were better than they were. Some of them had even reached a high level of notoriety thanks to me.

It finally dawned on me that I needed a nickname, so I set out on a self-marketing campaign. I had a column in this very newsletter with a number of names for membership to choose from. I believe a couple of them were "Stuttering

(See *Origin* on Page 6)

Race Results

by Joe Cordi

I am honored that President Bill "The Duck" Harrell entrusted me with the imperative task of compiling the race results for this month's edition of *The Runaround*. I've taken the liberty of adding a few random thoughts and observations, as well as a few of unfounded rumors, in the footnotes.

ROLLIN' ON THE RIVER 5K Little Rock, Arkansas August 26, 2006

Our Gals:

Tammy Walther	20:47	2nd overall
Mackie Buckelew ¹	25:01	10th overall
June Barron	39:01	7th in 45-49

Our Guys:

David Williams ²	18:50	3rd overall
Harold Hays	22:04	1st in 45-49
David Bourne ³	23:11	1st in 50-54
Jacob Wells ⁴	23:36	4th in 35-39
Dan Belanger	25:21	1st in 60-64
Jimmy Herndon	26:48	9th in 40-44
Tom Barron ⁵	39:18	10th in 55-59

ARK 5K North Little Rock, Arkansas September 2, 2006

Our Gals:

Sarah Olney	19:51.86	1st overall
Barbie Hildebrand ⁶	20:11.32	2nd overall
Tammy Walther ⁷	20:19.44	3rd overall
Tina Coutu ⁸	21:21.55	1st masters, 5th overall
Mackie Buckelew	23:37.17	2nd masters
Ginea Qualls ⁹	23:48.00	5th in 25-29
Jordan Holloway ¹⁰	25:56:10	7th in 25-29
Carol Torrey	27:24.27	4th in 50-54
Coreen Frasier ¹¹	1:30.90	2nd seniors
Rosemary Marston	32:55.18	2nd in 55-59
Abby Straessle ¹²	35:30.52	1st in 5-9
Linda House ¹³	39:34.70	7th in 55-59
Harriett Banman	51:45.96	6th overall walker

Our Guys:

Brian Siczkowski ¹⁴	16:51.54	1st in 25-29 & 3rd overall
David Williams	18:11.89	1st in 55-59
William Diamond	18:16.81	2nd masters
Mike Banman	18:30.59	3rd masters
Brian Polansky	18:41.12	2nd in 45-49
Victor Carson	18:53.30	1st in 50-54
Bill Torrey ¹⁵	19:16.98	3rd in 50-54

Steve Hollowell ¹⁶	19:33.37	3rd in 45-49
Larry Graham	19:55.15	4th in 50-54
Jim Barton	20:13.22	5th in 50-54
John Perez	20:57.07	7th in 40-44
Marathon Boy ¹⁷	20:59.28	7th in 35-39
Robert Holmes	21:39.54	1st in 55-59
David Bourne	21:43.38	9th in 50-54
Paul Ward ¹⁸	21:55.97	4th in 45-49
Dan Belanger	24:13.03	3rd seniors
President Bill Harrell	24:31.27	7th in 55-59
Nick Alsbrook	25:19.78	7th in 25-29
Jim Yamanaka ¹⁹	26:39.29	2nd in 70-74
Emil Mackey	28:02.65	1st in 60-64
Jacob Straessle ²⁰	29:09.08	6th in 10-14
Brad Newman ²¹	30:49.45	13th in 45-49
Carl Northcutt	38:13.23	3rd in 70-74
Sam Straessle ²²	40:13.16	4th in 5-9
Steve Straessle ²³	40:14.161	5th in 35-39

TUPELO MARATHON Tupelo, Mississippi September 3, 2006

Our Man

Marathon Boy ²⁴	3:37:44	6th in 35-39
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DISNEYLAND HALF MARATHON Anaheim, California September 17, 2006

Our Walking Coach

Hobbit Singleton ²⁵	3:07:46	370th women's 50-54
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Our Running Coach

Tom Singleton ²⁶	3:07:45	356th men's 50-54
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LEWIS & CLARK MARATHON St. Charles, Missouri September 17, 2006

Our Hero

Marathon Boy ²⁷	4:02:40	26th in 35-39
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LITTLE ROCK MARATHON COURSE Little Rock, Arkansas September 20, 2006

Our Living Legend

Marathon Boy ²⁸	4:??:??	1st in our hearts
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(Footnotes)

¹Mackie bakes the tastiest chocolate brownies known to mankind for our meetings. If you're not attending them, then we miss you but at least you're leaving more brownies for me.

²Only 30 seconds were between David and the first-place finisher, who is 29 years his junior.

³David was first in his age group, so we have the Bourne Supremacy in real life, not just the movies.

⁴Jacob is also known as “Marathon Boy.” You’ll understand why by the end of this column.

⁵The word on the street is that Tom was June’s pacer and then, for reasons known only to him, surprised her at the very end of the race by wildly sprinting to the finish line. Tom’s startling sprint allowed him to finish a few seconds ahead of June, and thus temporarily achieve household bragging rights, but what kind of pacer is that?

⁶When Wonder Woman grows up she wants to be like Barbie.

⁷If anyone wants to know how to pour on the gas, then they should ask Tammy because she lopped 28 seconds off her time from Rollin’ on the River.

⁸Tina is the toughest runner since Pheidippides.

⁹Ginea is the reason we are starting to see “Madam President” bumper stickers across America.

¹⁰A rumor is going around that a certain unnamed high-office holder in our Club has been quacking questionable training tips to Jordan during their long runs. In light of Jordan’s consistent improvement, it’s obvious that she has completely ignored every single one of them. Indeed, she has not run a-fowl of the time-honored maxim that hard work pays off.

¹¹Coreen makes everything look easy, whether it’s running an outstanding race or biking across the continental United States.

¹²While it is true that Abby was the only competitor in her division, there can be no reasonable dispute that she scared away all of her potential competitors. Their fears were well founded. Abby ran a blazing time and may well be the future of running in Arkansas, America, and the world. She is one of us, and we are proud.

¹³Linda is the editor of *The Runaround*, but any mistakes in this report are the responsibility of the author alone.

¹⁴Would anyone be surprised if Brian’s grade school transcripts were to indicate that he never missed a word on a spelling test?

¹⁵Does Bill hold the record for directing the most road races in Arkansas? If not Bill, then who?

¹⁶There is a rumor circulating that Steve drives his Benz to a remote, backwater south Arkansas hamlet every summer for the “Mosquito & Malaria Fest 5K” where he easily wins the race with a tempo-run effort, taunts the locals, and then displays his trophy in the rotunda of the state Capitol when he returns to work Monday morning. Maybe it’s because I’m a lawyer and therefore readily identify with behavior that well-adjusted people would find horrific, but I really, really like Steve.

¹⁷For those of you who ran at White Rock last December, take a look at the photo on the top left of page 27 in your commemorative results album. Does that paint job look familiar?

¹⁸Paul Ward—gentlemen, scholar, athlete.

¹⁹When it comes to running, Mr. Yamanaka is my role model. No doubt about it.

²⁰At the age of ten, Jacob easily smashed the 30-minute barrier. Well done, Jacob!

²¹The next time you see Brad, congratulate him on a setting a 5K PR by an astonishing 1:44. The drug testers need

not be concerned. Brad’s new-found fitness is the result of unrelenting effort and will power. When I don’t want to run at 5 a.m., it is the thought of Brad’s determination that motivates me to get out of bed and hit the streets. Thanks, Brad.

²²Sam held his own exceedingly well against several more experienced competitors. Sam, you ran like a man. Great job!

²³Surely, Steve was the proudest of any runner in this race.

²⁴Does tapering for a marathon include running a fast 5K the day before? It does if you’re Marathon Boy.

²⁵Hobbit scores a PR on her birthday. Way to go, Hobbit!

²⁶By all reports, Tom did a stellar job of pacing his beloved Hobbit to a PR, yet he could not resist diving across the finish line to finish one second ahead her. First Tom Barron at Rollin’ on the River, and now Tom Singleton at Disneyland. Is such behavior characteristic of our married male club members, or just those named Tom?

²⁷Several experts speculate that Marathon Boy’s time was faster at Tupelo than the Lewis & Clark because they don’t have the internet, cafés, and certainly not internet cafés in Mississippi. Consequently, Marathon Boy could not stop along the Tupelo course and post messages on our Club’s message board.

²⁸Some guy who is on the cover of the October 2006 edition of *Runner’s World* ran the Little Rock Marathon course with Marathon Boy, who tapered by doing a track workout the night before at CAC with a few of his multitude of followers.

New Members

Our new members to the Club this month are Elizabeth Reynolds and Angela Cabrera.

Elizabeth is 25, single and a third-year medical student. She has been running for seven years averaging 25-35 miles per week. She doesn’t get to race as frequently as she’d like. Elizabeth’s PRs are the 2005 Race for the Cure 5K in 22:50 and the 2004 Little Rock Half-Marathon in 1:42. Her favorite running place is anywhere in the Hillcrest-Heights area.

She has many interests other than running. They include traveling, hiking, climbing, snow skiing, art, architecture, cooking, reading and just about anything outdoors.

Angela is 34, engaged to Billy Gaines, and is a legal secretary in Little Rock. She has been running for 11 years and averages 20-30 miles per week. She does race frequently and prefers the half-marathon and 10 mile distances. Angela’s favorite race is the Utica Boilermaker.

Her interests other than running are traveling, hiking, canoeing, trail running, adventure racing and exploring Arkansas. Angela recently moved to Arkansas from the Washington, DC area and has already adopted a stray dog and cat. She is falling in love with Arkansas a little more each day.

Welcome to the Club, Elizabeth and Angela.

Without (Time) Limits

By Jacob “Marathon Boy” Wells

I recently watched “Without Limits,” one of the movies telling the story of Steve Prefontaine and his amazing yet tragically short running career. Since you know what happened in real life, hopefully this won’t ruin the movie for you if you haven’t seen it (and shame on you if you haven’t) but in the climactic scene, just moments before his death, Pre is dramatically counting off the 63 second quarter miles it will take him to break the record for three miles with a time of 12:48... “63...2:06....3:09....” Other than borrowing the title, this article has nothing to do with that!

My Garmin quit working back in July and then I lost my only other running watch after the Midnight 50K. As a result, I haven’t worn one since. I was pretty much liking this new habit since my pace lately has slowed to a crawl and I wasn’t sure I wanted to know how much so. My first marathon since discovering this newfound freedom was in early September in Tupelo, Mississippi.

I have read often in articles about the benefits of leaving the watch at home from time to time, but couldn’t even imagine doing it, as I am so obsessed with statistics and tracking everything up to the second or tenth of a mile in terms of pace and distance. With age comes a little lightening up and the absence of a watch just accelerated this.

Rather than watching the tenths of a mile (262 of them to be exact) slowly clicking away and focusing constantly on my pace, for the first time, I just tried to listen to my body. With the 5 a.m. start and only the pitter-patter of feet in the darkness, it was pretty easy to hear for the first few miles. Mile marker number 9 was the first after it was light enough to see. After that, I had settled into a pace that felt good, or at least was a notch below painful. I think that before if I had looked down and seen a pace slower than I wanted, I would have tried to speed up right then, regardless of whether my body thought it was the right thing to do at that moment.

I think I used to think knowing my exact time and pace as being

motivational and that if I didn’t know, I would assume the worst and get frustrated and just give up and mail it in. On this day, it seemed to be the opposite, as the mental freedom allowed me to relax like I never had before. I focused more on my surroundings and on other runners. Several times as runners would approach me, I found I could stay with them as they passed and let them set the pace, unbeknownst to me what it was. This was particularly interesting as several of those that I had joined for stretches of the first half stopped when they got halfway!

This experience also afforded me a surprise that I have never known before. While watching for mile 17, I suddenly found myself coming upon the 18-mile marker. It was as though a mile had just vanished just as we approached the toughest part of the race.

Runners run for as many different reasons as there are runners. Regardless of whether you run recreationally, competitively, for physical exercise, or for mental therapy, leaving the watch at home now and then can set your mind and your body free.

(Epilogue: I actually dropped a watch down a port-a-john once and had to fish it out. Hey, don’t be so quick to judge, my son had given it to me for Father’s Day. Almost three years later, it was the one I lost in July. One other quick note: Thank you Paul for the fresh

Junction Bridge Update

By Paul Ward
LRRRC Past President

The September 25 edition of *Arkansas Business* reports that the Junction Bridge conversion is coming soon. This is the railroad bridge downtown by Alltel Arena and the River Market. The Rock Island Bridge is the one next to the Clinton Library.

The construction of a pedestrian bridge over the Junction Bridge should be put to bid in the coming weeks and construction should begin this fall. A

(See **Junction** on Page 7)

flowers from your garden that you gave me after the September meeting. For the benefit of those close by, you cleverly suggested with a wink that I take them home for someone else, but you didn’t fool me for a second. I didn’t know that my manly kiss during the Endurance 50 marathon in front of all your co-workers the day before had meant so much to you. If only you had been there at mile 25 when I needed you most.)

Origin (Continued from Page 3)

Stallion” and “The White Panther.” You get the idea, masculine nicknames that fit my personality and, at the time, my fleet of foot.

In the meantime, President Curry had invited some of his closest friends to a party to meet his new girl friend (and future wife). Since LRRRC Presidents have a history of being borderline alcoholics (present one excluded, of course) the party was to be held at the Flying Saucer Emporium in the River Market. Jeff was to receive a plaque for drinking 100 different beers at the Flying Saucer.

This is where the voting on the nickname took place. For those of you who think Florida had problems with voting you should’ve been spying on this group. First of all, all of the nominated masculine, fleet of foot names were thrown out. Illegally of course, they did it when I was in the bathroom. I remember one name they suggested (I believe by Charlie Dunn) was thrown out due to this being a family publication. All others passed censorship.

By now you know the results of the voting and although I still don’t know the exact reasoning behind the name, something about how I run, I have found out that self marketing works. I have been to races and people that I have never met come up to me and say “Hey, aren’t you ‘The Duck’?”

There have even been award ceremonies where I’ve been introduced as “The Duck” when I’ve received an award. Wow, I have had the name awhile because I haven’t received an award in a while but that’s okay because I’m still famous.

I’m The Duck.
QUACK

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.

October

- 1: Andy's Fun Run.
- 7: Take The Lake 5K at Heber Springs. Call 501-362-0773.
- 7: Harvest Homecoming 5K at Harrison. Call 870-437-5590.
- 7: Sacred Heart Octoberfest 5K at Morrilton. Call 501-354-3936.
- 7: Art on the Run 10K at Poplar Bluff, MO. Call 573-785-2023.
- 7-8: Arkansas Traveler 100 at Lake Sylvia.. Call 501-329-6688.
- 8: Andy's Fun Run.
- 14: K8 8K at Jonesboro. Call 870-931-8888.
- 14: Fergus Snoddy Half Marathon at Jonesboro. Call 870-933-4604.
- 14: Swamp Sister 5K at Gillett. Call 870-263-4748.
- 14: Thirst For Knowledge 5K at Highfill. Call 479-381-1094.
- 14: Chile Pepper XC Festival 10K at Fayetteville. **GPS SC**. Call 479-521-7766.
- 14: Calico Rock White River 5K. Call 870-297-8753.
- 15: Andy's Fun Run.
- 21: Scrapper 5K at Nashville, AR. Call 870-451-4446.
- 21: MSSU SNA 5K at Joplin, MO. Call 417-625-9630.
- 21: Sherwoodfest 5K. Call 501-833-3922.
- 21: Flat Out 5K at England. Call 501-416-2331.
- 21: HART Center Oktoberfest 5K at Fairfield Bay. Call 501-884-7777.
- 22: Andy's Fun Run.
- 28: Mud Run 5K at Little Rock. Call 501-371-4639.
- 28: Heart and Sole 5K at Jonesboro. Call 870-931-4044.
- 28: Downtown Fall Festival at Russellville. Call 479-890-6625.
- 28: Chamber Day 5K at Conway. Call 501-327-2967.
- 28: Coach K 5K at Fayetteville. Call 479-587-8494.
- 28: WC Fall Classic 10K at Cassville, MO. Call 417-847-3137.
- 29: His Children's Camp 8K at Cassville, MO. Call 417-847-3137.
- 29: Andy's Fun Run.

November

- 4: MidSouth Marathon and Half at Wynne, AR. **GPS SC**. Call 870-238-5528.
- 4: Lee Catt FeelGood 4M at Marion. Call 501-269-1196.
- 5: Andy's Fun Run.
- 11: Warhawk 5K at Enola. Call 501-849-4411.
- 12: Andy's Fun Run.
- 18: Chicks 'n' Chili 5K at Bentonville. Call 479-657-7686.
- 18: Spa 10K (GPS)/5K at Hot Springs. Call 501-620-4210.
- 18: Marathon for Kenya at Mountain Home, AR. Call 870-492-6625.
- 18: Winterfest 5K at Anderson, MO. Call 417-845-8200.
- 18: Turkey Trot 5K at Texarkana, TX. Call 903-793-2197.
- 19: Andy's Fun Run.
- 25: Great Duck Race 10K at Stuttgart. Call 870-673-1602.
- 26: Andy's Fun Run.

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.

Birthdays

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

- 1 – Gail Northcutt
- 1 – Mike Zello
- 1 – Robert Wistrand
- 2 – Donna Cave
- 3 – Earl Bond
- 3 – Randy Alberius
- 12 – Rosalind Abernathy
- 13 – Rosemary Marston
- 17 – Randy Oates
- 18 – Mimi Evans
- 19 – David Hildebrand
- 20 – Phyllis Edwards
- 21 – Kimberly Alls
- 22 – Sandy Cordi
- 23 – Charlotte Sullenberger
- 24 – Barbara Akers
- 25 – Dan Belanger
- 26 – Becky Spohn
- 28 – Brynn Mays
- 29 – Bill Hoffman
- 29 – Mona Mizell\
- 30 – Lance Sullenberger
- 31 – Kurt Truax
- 31 – Lisa Alberius
- 31 – Mike Holland

Junction (Continued from Page 6)

majority of the \$7.5 million needed has been raised. When complete, the bridge will connect to Washington Street in North Little Rock and Riverfront Park in Little Rock.

The article did not give a completion date. The last word I heard was that it would open during Riverfest 2007.

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.