

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2007

Dave And Jacob Show Worth Cost Of The Ticket

**By Bill "The Duck" Harrell
LRRRC President**

Those of you who missed the March meeting really missed a good old time. Dave and Jacob really entertained and enlightened us with their stories. I won't go into a lot of depth on the meeting because Paul has an article elsewhere in the newsletter to do that but it was great to have such a huge crowd show up. Thanks to all who came and to Jacob and Dave for the time and effort they put into their presentation.

There was another big crowd at a running event in March also. March 4th turned out to be a perfect day for running and thousands did just that in downtown Little Rock as the Little Rock Marathon/half/relays/5K had another successful outing.

A majority of the LRRRC membership participated in the event by either running or volunteering and kudos go out to all of you who did. I even saw David Williams volunteering that day. Now that's news! I do hope David is back on the racing circuit soon though, believe it or not, he's missed.

I haven't raced a lot the past couple of years, especially big races, but I did see something at the marathon that bothered me and I'm going to vent my frustration to you about it.

The problem is not with the marathon organizers or volunteers but with some of the runners and it has to do with the consideration of others. Let's use the word etiquette to simplify things.

When I finished my race (the half) there was a big spread of all types of food and refreshment for the runners and the volunteers to enjoy. From the days of yore I remember runners getting their drinks and food and skedaddle to get a massage or a beer or even a hug from a

loved one. That day I saw a number of people doing repeats.

They were doing repeats from the food table to the fence with fists full of candy bars and cupcakes and such. They were feeding kids and aunts and uncles and their pets with food intended for other runners. After six, seven and eight hours of physical activity people deserve at least as much variety of food as those who ran two, three, or four hours. I even know of some five-hour finishers who missed out on certain things.

I know I'm preaching to the crowd here because you guys think of your fellow runner but let's try to pass the word to others that just because you are faster than some, you don't necessarily deserve a bigger slice of the pie.

Okay, so much for the gripe of the month.

In other news, the April meeting will once again be held at the Whole Hog Cafe. We usually start potlucks in April but due to the difficulty in pulling off the next meeting we need to have it inside. To be honest with you I'm not for sure we can pull it off. It'll be different for sure; I'll leave it at that.

But we will have a meeting and it will be at the Whole Hog and it will be on April 19th. And it will be spectacular so mark your calendars now for the third Thursday in April.

Our main fundraiser for the year is the Capital City Classic 10K which is scheduled for April 7th and we need some volunteers. You may contact Bill Torrey at bjtorrey@sbcglobal.net or me at bhrunner@alltel.net to sign up. It will be fun and easy and you may even get free beer.

The Miles for Missions 5K is April 28th and the Club is working the finish line at that race too. (But you

probably won't get free beer, although it is a Methodist group sponsoring it.) You can contact me to work that race also. So please don't wait too long to volunteer because there are a lot of you I can blackmail.

And I'll do it too.

Condolences

The Little Rock Roadrunners Club wishes to extend its deepest sympathy and condolences to Bill Torrey over the death of his father on March 18. Bill's mother passed away December 11 after a long illness. Please keep Bill and his family in your thoughts and prayers.

April Meeting

**Thursday, April 19, 2007
6 p.m. to eat
Whole Hog Cafe
Riverdale Shopping Center**

**Speaker at 6:30 p.m
Surprise.**



Running Wild

By Jacob Wells

Over the last few weeks of “Dave-steria” I have learned that there are two kinds of people: those who can’t get enough of Dave and those who are pretty sick of me. Just when you thought I couldn’t possibly squeeze another speck of article material out of Dave, he goes and does something special. With me in tow, Dave ran a 3:35 debut marathon, on what to me is a pretty tough course. Somewhat lost in all the excitement was that I rediscovered myself as a marathoner, not just on race day with my best finish in the last 12, but in the weeks leading up to race day, when for the first time in two years, I actually trained, and trained properly! With a pair of 16 milers, an 18, and a 20, each time Dave was going farther than he had ever gone before, while I was going the farthest I had ever gone, excluding races, in two years. The discipline and effort it took to get someone else trained to do a marathon translated into an immense benefit for me as well.

Abraham Lincoln said, “I will study and get ready, and perhaps my chance will come.” Dave’s chance came, when after years of pounding out the miles on the treadmill, the very night before the local charity race sponsored by his employer, he happened to get hooked up with a crazy guy who had called originally to inquire about putting a disabled child in a racing stroller for the ride of a lifetime. The puzzling inability of Easter Seals, the race sponsor, to make this arrangement happen opened the door, literally, for Dave to finally get to come outside and play, and he was ready to hit the pavement for the first time since high school. This required Dave to put his safety and perhaps his very life in the hands of a stranger. He might have been even scared if he had known anything about me. While visiting with Lou Peyton, I told her all about Dave, and she thoughtfully replied, “Does he know he’s running with a crazy man?”

Dave isn’t as impressed with himself as everyone else is, but even he marvels at the complexity of how two runners, in what is truly an individual sport, are able to make this team work. I am convinced that the reason I was able to cut 15 minutes off my best Little Rock Marathon finish, was that I was concentrating so hard on keeping Dave safe and heading in the right direction that I just forgot to ever crash.

There were many great moments on that day, but certain ones stand out, like when Dave and I ran up to his wife and mother at mile eight. We did it again at mile 16. These were two of the highlights of the day. Dave’s wife Dawn is blind also, and enjoyed the marathon based only on what she could hear and feel, so the time it took for Dave to stop and share an embrace was more than offset by how pumped up we were afterwards. Dawn and Dave make audio recordings much the way the rest of us would have photo albums, and Dave says

that I can be heard saying “Okay, enough of that, LET’S GO!!” The irony here is that we hadn’t even talked about doing it and the idea hit me as we approached them. But all good things must end, and we had a marathon to finish.

A friend also relayed to me the story that his next-door neighbor was watching the marathon when suddenly a blind man and his guide were running straight for them, with the guide counting down “40 feet...30 feet...20 feet...” It turns out they were standing right next to Dawn and Mrs. Wilkinson. The wife of the managing partner of my firm also saw us and was overwhelmed. So, among other benefits, Dave has increased my job security. I certainly won’t hesitate to “play the Dave card” after future annual reviews.

By the time this issue of *The Runaround* is published, Dave and I will have had the opportunity to entertain as guest speakers at the monthly meeting. This will break Dave’s record for perfect attendance, and by that I mean, perfectly absent at every meeting. What kind of a guy doesn’t bother to show up unless he is the guest speaker?

This all started about six months ago when the Duck asked me if I would speak to the Club “about training.” I laughed at the thought, and said I didn’t do much training but that if he wanted a stand-up comedy routine, I would be happy to do it. He said that he was booked through February, and so I could do March. I immediately realized that this meeting would be a couple weeks after the Little Rock Marathon, and that Dave and I could do it together.

Now if I wasn’t quite subtle about pointing out that I would have gotten to do that even without Dave, I will just as quickly recognize that our next few engagements are completely because of him. We figure that the first hundred or so of these need to be freebies while we get our act down, but then we are hitting the road on a world tour as highly-paid motivational speakers.

Hopefully, we won’t end up living in a van down by the river.

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LRRC Members Run Well At March Races

By Tina Coutu

March was a very busy running month with the Little Rock Marathon and related events to report on so I was asked to assist Joe Cordi by reporting the results for other races in March.

March 10 was a happening weekend, the Chase 2 Miler Grand Prix State Championship was held in Conway and the Victorian Classic 10K in Eureka Springs. This weekend was also the NCAA SEC Track Championships in Fayetteville which may have precluded some runners from the Two Miler. Although several runners managed to witness the performances of young athletes on the Tyson Indoor track as well as racing themselves.

Victorian Classic

Glen Mays was one athlete who ran The Victorian Classic 10K event in Eureka Springs on March 10 and won the race overall in 33:04. Glen was spotted later at the Track Meet in Fayetteville with his biggest tow headed fan on his lap. Brian Bariola placed second overall in the time of 33:04 minutes.

The Chase Race

A lot of runners completed this 2 Miler State Championship Grand Prix event. Another member did double duty that day, Liz Reynolds. Liz completed the race in 13:12 then drove up Saturday to watch the SEC finals in Fayetteville. Liz has a lot of enthusiasm and has been leading the women's team lately. Andrea Murphy has been steadily improving her time while her husband is deployed ran 13:18. Mary Wells ran a respectable 13:25 and was told by David Bourne he beat her with a time of 13:15. Mary made up for it though by winning a place and prize in the dog fun run that was held after the race. Beverly Smith ran 14:17 and made it a family affair by bringing her son Bo, aged twelve. He did a 20:36 but he had also broken his leg last fall during the beginning of football season. Jenny Brod keeps making the mark after completing the Little Rock Marathon six days earlier then running a 14:31. Jordan Holloway also ran the Little Rock Marathon (her first one so really a PR)

ran a 16:09. Both ladies are showing true dedication and spirit. Carol Torrey, not only a seasoned runner but great mom and great at keeping everything together (including Bill) completed the race in 17:02. Jaynie Cannon another runner who keeps everything (Jacob) in line ran 24:49.

Brian Sieczkowski was the first LRRC member in at a PR of 10:17. Brian also brings a lot of energy and devotion to the running arena as he continues his domination of the men's team. Brian Wagner, a new dad was in at 11:30. New member but old friend and talented runner Darren Gilpin came in at 11:47. Another runner dad of young ones, Lee Epperson had a time 11:54. Brian Polansky, surrogate dad to one male runner (Brian S), did awesome at 12:02. Bill Diamond is right up there not only as busy dad of three little ones (two who are often out there running with him) with 12:06. Steve Hollowell not a dad but a great runner, friend and supporter of the runner community continues to do the right thing by running a 12:16. Jim Barton and Bill Torrey, both who do what has to be done and very well at that, ran 12:20 and 12:30 respectively. Dave Wilkinson 13:02 and Jacob Wells 13:06 at the recent LRRC meeting explained how Dave comes across the finish line first and fairly. Boston-bound Robert Holmes did a 13:10 and as mentioned above David Bourne 13:15. The AR Pikes Peak president listed in results as "Jackie" Evans ran 13:22 with training pal and past president Harold Hays at 13:35. Carl Cerniglia, back from another great adventure, pounded it out in 13:51. Roy Hayward completed the grand prix event in 14:21. Dan Belanger, the talented writer, ran 14:48. Bill Harrell, our very dear president and friend who does so much for others and always perseveres, completed the race at 15:15. Thank You Bill for all that you do. Nick Alsbrook, a quiet and nice runner with a 16:28 and the same to be said for Carl Northcutt at a time of 23:43. Good job guys.

That I hope gets all the runners who scored/completed the two-miler race- hope you had fun.

Run For Their Lives

Held Saturday March 17, St Patricks Day, it was a perfect day to race, sunny and cool with about 1,300 participants. The crowd was excited – some "stars" were there, Josphat Boit and Nephi Tyler from Fayetteville (first and second winners). David Williams was on the sidelines watching the "stars" line up and John Naill was doing the photos. But the biggest stars we are concerned with: Larry Graham had an outstanding race at 19:16 for Second Grand Masters, and the first of the Club finishers. Brian Polansky was not too far behind at 19:33 and Jim Barton at 19:40, Bill Torrey 19:55 and Jacob Wells 19:59, all received awards and cash prizes for their efforts. Randy Taylor ran 20:24 and David Bourne 20:57. Jacob and David used this as a tune-up for a 1/2 marathon the next day at Germantown. Jim Yamanaka ran 27:20 and Emil Mackey ran a 28:46. All the men had the luck of Irish with them as evidenced by the finish times. The women members consisted of Ashley and Libby Taylor 29:34 and 46:08 respectively. Jaynie Cannon 38:47 - following in Jacob's footsteps using this a training run for another race the next day. This was my first time running this race and really enjoyed it, and completed it at 20:36.

Germantown Half Marathon at Memphis, March 18, 2007

Glen Mays, 1:11:20, third male overall!

Jacob Wells, 1:32:42, 9th in age group. Amazing after the awesome Run For Their Lives 5K the day before.

Karen Call, 1:49:18, FIRST in age group. Congratulations Karen – especially after your Grand Masters placing in the Little Rock Half Marathon.

David Bourne, 1:43:25, 6th in age group. Another amazing finish for having run the RFTL 5K the day before.

Jaynie Cannon 38:17 finished the Mayor's Cup 5K. Way to Go Jaynie also for having run the RFTL 5K the day before.

Hope this gets everyone. There are so many neat races and everyone did great. I apologize if left anyone out.

2007 Runapolozza Results - March 4, 2007

Researched by Joe Cordi

THE MARATHON

Women

Tammy Walther	3:30:42	10 th overall, 1 st in 35-39
Kristen Wright	3:38:05	14 th overall, 2 nd 25-29
Jenny Brod	4:07:53	6 th 25-29
Allison Martin	4:09:32	8 th 25-29
Kimberly Morton	4:46:33	20 th 30-34
Jordan Holloway	5:04:54	33 rd 25-29
Lou Peyton	5:30:05	4 th 60-64
Robin Hanle	5:58:27	15 th 55-59
Hobbit Singleton	7:30:56	54 th 50-54

Men

Glen Mays	2:37:14	6 th overall, 1 st 35-40
Brian Bariola	2:45:26	8 th overall, 1 st 30-34
Bill Rahn	3:33:20	5 th 55-59
Jack Evans	3:35:46	2 nd 60-64
Jacob Wells	3:36:11	16 th 35-39
Dave Wilkinson	3:36:11	23 rd 40-44
Paul Ward	3:39:35	21 st 45-49
Lee Wyant	3:42:18	15 th 50-54
Darren O'Quinn	4:08:21	43 rd 45-49
Harold Hays	4:11:44	46 th 45-49
David Threm	4:16:04	55 th 35-39
Jim Yamanaka	4:34:40	1 st 70-74
Ronnie Daniel	4:49:43	81 st 35-39
Emil Mackey	4:59:11	22 nd 60-64
Tom Singleton	5:17:41	86 th 50-54

THE HALF MARATHON

Women

Elizabeth Reynolds	1:36:49	11 th overall, 1 st 25-29
Tina Coutu	1:38:16	16 th overall, 2 nd 40-44
Andrea Murphy	1:40:24	19 th overall, 3 rd 25-29
Mira Lelovic	1:42:53	4 th 35-39
Melanie Kuhn	1:44:29	5 th 35-39
Mary Wells	1:45:04	8 th 30-34
Kelly Thompson	1:48:39	11 th 40-44
Karen Irico	1:48:40	9 th 45-49
Carmen Call	1:51:33	15 th 25-29
Karen Call	1:51:34	2 nd Grand Masters
Eleanor Kennedy	1:55:44	2 nd 50-54
June Barron	1:56:15	14 th 45-49
Judy Lansky	2:13:14	7 th 55-59
Tara Zello	2:15:53	76 th 30-34
Susan Russell	2:16:02	10 th 55-59
Carol Torrey	2:18:02	17 th 50-54
Denise Cole	2:22:38	51 st 45-49
Gina Lockard	2:26:08	58 th 45-49
Lou Wintroath	2:27:17	6 th 60-64
Donna Cave	2:31:24	17 th 55-59
Ann Butts	2:31:54	18 th 55-59
Rosemary Marston	3:02:28	32 nd 55-59

Men

Brian Sieczkowski	1:18:51	9 th overall, 2 nd 25-29
James Terbrack	1:23:27	19 th overall, 4 th 30-34
Steve Oury	1:28:48	7 th 35-39
Larry Graham	1:28:51	2 nd Grand Masters
William Diamond	1:31:56	12 th 40-44
Steve Hollowell	1:38:11	8 th 45-49
Mike Banman	1:38:24	21 st 40-44
Robert Holmes	1:39:13	1 st 55-59
Joe Cordi	1:41:53	25 th 40-44
Allen White	1:42:21	3 rd 55-58
Jeff Bost	1:42:54	26 th 40-44
Roy Hayward	1:44:39	1 st 60-64
David Bourne	1:45:11	7 th 50-54
Jimmy Thompson	1:48:39	41 st 40-44
Bill Crow	1:51:01	17 th 50-54
Kenneth Bland	1:59:23	16 th 55-59
Bill Harrell	2:00:36	21 st 55-59
Dan Belanger	2:03:33	12 th 60-64
Arthur Hall	2:05:28	61 st 45-49
Bob Taylor	2:09:30	5 th 65-69
Will Barns	2:22:38	63 rd 50-54
Michael Watts	2:27:32	57 th 55-59
Carl Northcutt	2:57:04	6 th 70-74

THE 5K

Women

Beverly Smith	21:26	2 nd overall, 1 st 40-44
Sabrina Maham	26:51	4 th 35-39
Nicki McCormick	32:43	18 th 35-39
Donna Terbrack	32:43	1 st 60-64
Jaynie Cannon	39:52	17 th 40-44

Men

Leon Matthews	39:57	2 nd 65-69
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THE 4.50616K

Brad Newman won this race. He was the only participant. Brad believed he was competing in the 5K. But, when the race was over he had obliterated his PR for that distance. Curious, he measured the route that he had run with his truck's odometer. It indicated that he had run only 2.8 miles, a mere 4.50616 kilometers. Even though experienced race officials assured Brad that they had painstakingly measured the course with modern, scientific instruments, Brad remains convinced that he didn't run five kilometers. Whatever the distance was, he ran it in 25:40.

The Capital City Classic 10K race will be held Saturday, April 7 at Two Rivers Park. This is the Club's only fundraiser for the year. If you are not running the race, please consider volunteering to work. Volunteers are needed to work registration, finish line, split timers and water stops. To volunteer e-mail littlerockroadrunners@yahoo.com or call June Barron at 851-4655 or Bill Harrell, 821-6610.

Running Calendar

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

April

- 1: Hogeye Marathon, Half (GPS), Relay, 5K at Fayetteville. Call 479-750-4004.
- 1: Andy's Fun Run.
- 7: Capital City Classic 10K at Little Rock. GPS. Call 501-231-3730.
- 7: Eisenhower Marathon at Abilene, KS. Call 785-263-2341.
- 7: Walk/Run for Children 5K/2M at Springdale. Call 479-751-8733.
- 7: Relay for Life 5K at Searcy. Call 501-278-9226.
- 7: Bellview 5K/1M at Rogers. Call 479-685-5913.
- 7: Toadsuck Challenge 50M at Conway. Call 501-652-0676.
- 8: Andy's Fun Run.
- 14: 1040 Tax Run/Walk 5K at Batesville. Call 870-793-2464.
- 14: FBC 5K Run at Farmington. Call 479-267-3159.
- 14: Hope and Possibilities 5K at Fayetteville. Call 501-650-4486.
- 14: Healthsouth Fit for Life 5K at Jonesboro. Call 870-972-3591.
- 14: Hogskin County Festival 5K at Hampton. Call 870-7982207.
- 15: Andy's Fun Run.
- 21: Ouachita Trail 50M/50K at Maumelle Park. Call 501-329-6688.
- 21: ATU Band 5K at Russellville. Call 479-651-1072.
- 21: Dog Run 5K at Alma. Call 479-632-1953.
- 21: Army ROTC 5K at Arkadelphia. GPS. Call 870-245-4352.
- 21: Catholic High Rocket 5K at Little Rock. Call 501-664-4625.
- 21: NWA Race for the Cure 5K at Fayetteville. Call 479-845-3657.
- 21: 4-H Youth & Family Trail 5K at Little Rock. Call 501-821-4444.
- 22: Andy's Fun Run
- 28: Butterfield Trailblazer 5K at Fayetteville. Call 479-571-3506.
- 28: PHUMC Miles for Missions 5K at Little Rock. Call 501-663-5045.
- 28: Take the Lake 5K at Heber Springs. Call 501-362-0773.
- 28: MADD Dash 10K/5K/½M at Searcy. Call 501-279-4554.
- 28: Jonesboro Jets Swim Team 5K. Call 870-933-4604
- 29: Andy's Fun Run.

May

- 5: Toad Suck 10K at Conway. GPS SC. Call 501-336-8202.
- 5: Heather Fleeman HOPE 5K at Bentonville. Call 479-725-2140.
- 5: George Giant 5K at Springdale. Call 479-750-8710.
- 5: MS Quest 5K at Rogers. Call 479-685-7063.
- 6: Andy's Fun Run.
- 12: Women Can Run 5K at Conway. Call 501-328-9255.
- 12: Root Rocket 5K at Fayetteville. Call 479-575-9585.
- 13: Andy's Fun Run.
- 19: Paws on the Pavement 5K at Little Rock. Call 501-603-2273.
- 19: Lions Challenge for Sight 5K at Fayetteville. Call 479-236-2566.
- 19: Mt. Nebo "Race for Red" 5K at Dardanelle. Call 479-229-3650.
- 19: Blossom Festival 5K at Magnolia. Call 870-234-3072.
- 19: Lupus Springser 5K at Hot Springs. Call 501-525-9380.
- 19: Loose Caboose 5K at Paragould. Call 870-239-7730.
- 20: Andy's Fun Run.
- 26: Walk "Skippy" Run 5K at Arkadelphia. Call 870-246-7603.
- 26: Great Cross Country 4M Race at Little Rock. Call 501-327-0214.
- 27: Andy's Fun Run.

Birthdays

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

- 7 – Mary Wells
- 8 – Sarah Olney
- 9 – Cindy Truax
- 12 – Chuck Nalley
- 13 – Isabelle Keifer
- 17 – Jennifer Epperson
- 21 – Kelly Thompson
- 22 – Harold Hays

New Member

Our newest Club member is Kathy Boone. Kathy is the postmaster at the Choctaw Post Office. She has been running since high school and averages 25 plus miles per week at a 7:30 to 9 minute per mile pace. Kathy races frequently, preferring the marathon, 5K and 10K distances. Her PRs are 3:37 for the marathon, 19:? for the 5K and 39:? for the 10K. Kathy's favorite race is the Boston Marathon.

When not running you can find Kathy riding horses (hunter-jumpers), hiking, traveling, biking, at rodeos (she used to chuck wagon race) or playing pool or ping-pong. Kathy is a huge Razorback fan and loves to go to the games. She likes all kinds of sports both participating and watching. She has two shih-tzu dogs that are "my girls" and travel with her. She also has a border collie and a catahoula.

Welcome, Kathy.

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.

2007 Little Rock Marathon Journal

By Paul Ward

LRRC Past President/Old Fart

(With Valuable Assistance From
Laura Lamps)

The 5th running of the Little Rock Marathon March 4 was another great success. Over 5,000 people participated in the marathon, half marathon, new half marathon relay, and 5K. The weather was quite cold at the start, but the sun was out and temperatures improved to the upper 40s around noon. This was my 4th consecutive Little Rock Marathon (I ran the second half of the inaugural 2003 marathon as part of a two-person relay.) and 6th marathon overall.

I went to the expo Friday after work to get my packet and visit the vendors. I saw Jacob Wells and Dave Wilkinson, who were talking to Channel 7 sportscaster Dale Nicholson. Channel 7 ran a feature on that night's news about our famous pair preparing for their first marathon together and Dave's first marathon ever. Linda Sue Sanders and Bill Bulloch were busy with their volunteer tasks. Tom and Hobbit Singleton were working the registration counter. The packet pickup process went smoothly, with plenty of people available to direct registrants to their next stop. The marathon poster was disappointing. It gets smaller each year and this year's version was a little larger than legal size paper and the design showed six panels with color versions of the marathon logo. I don't think I'll be framing this one.

I got home and rummaged through the goody bag, sorting the items I would keep and the ones I would give to my niece and nephew. I then headed over to the abode of my sweetheart, Laura Lamps, who cooked a delicious shrimp risotto dish for our dinner, and then I headed to bed.

Saturday was the first Saturday in months that I didn't get up early to run. Laura had to get up early to volunteer. She volunteered at the Capitol and Pulaski finish line location helping set up the area, affix banners to the fences, and unpack finishers' medals, all while braving the cold, windy conditions. She

saw Bills Bulloch and Torrey, Ginea Qualls, Gina Pharis, Linda House, and the Catholic High School football team there. I did some domestic chores Saturday (vacuuming, dishwashing, laundry, etc.), but I tried to stay off my feet and relax. We went to church that afternoon and saw some friends who were in town to run the half marathon. We had another quiet dinner and I got to bed at a decent time that night. Right before that, Laura went crazy with the Sharpies, an homage to the original body art medium Jaynie Cannon created for MarathonBoy. Laura wrote "3:39:59" on my right thigh, representing my goal of wanting to finish at least a second under 3:40; a heart with our initials on my left thigh; and "A & MC" on my outer calves for my niece and nephew. She added a few other decorations as well, some suitable for public viewing, and some not. After she left, I wrote "ILYLWL" on my right shin and drew a heart with "Laura" inside it on my left shin.

I woke up early Sunday, anxious about the chilly temps. I got the newspaper before 4:30 and it was about 24 degrees on my porch. My ideal marathon weather is a starting temperature in the upper 30s or lower 40s. I had my usual coffee, banana, oatmeal, toast with peanut butter and fruit spread (during Lent I give up sweets - except for GU - so no jelly), and orange juice. Later I applied my sunscreen, "Body Glide," moleskin, and clothes. Laura arrived at 7 a.m. and we headed downtown.

We arrived in plenty of time. We set a meeting place after the race if we didn't see each other when I finished, then got in the porta-potty line. Saturday night we studied the map and decided on various places along the route she could stand to watch and cheer. Laura is not too familiar with downtown Little Rock and she doesn't do directions (N, S, E, & W) very well. We said hello and good luck to Tina Coutu, Jordan Holloway, Andrea Murphy, and The Duck. Governor Beebe made his way through the crowd shaking hands. I resisted asking why he wasn't running the marathon like his predecessor did. We got in the crowd of runners for a

few minutes, then Laura headed to the side line to assume her role of cheerleader and supporter. I saw and said hello to married half marathoners Jimmy and Kelly Thompson.

At the start I stood next to Dave Wilkinson and Jacob Wells, who were running together tethered. I wondered if they would take the post-marathon ice bath tethered too! Jacob's torso was missing his usual Sharpie art; I guess Jaynie had writer's cramp. We were in the 3:30 pace group led by Donovan Marshbanks. Joe Cordi was with us and doing the half. The temperature was about 32 degrees at the start.

I wanted to finish under 3:40, my time at the Mid South Marathon in Wynne in November. I thought running with the 3:30 pace group would help. Unfortunately, I lost sight of Donovan (who finished in 3:26) and Dave and Jacob after the few miles in North Little Rock. At the first water station in North Little Rock, some a**holes dashed from the right side of the pack in front of us to get to the water on the left side of the road. Jacob rightly and loudly chastised them, and said he was "blind-sided" by their actions. Knowing Dave's sense of humor, I told Jacob, "Hey, no blind jokes." We laughed and ran on. They blazed through the course in 3:35. I am so happy for both of them. Jacob finally had a great Little Rock Marathon finish and Dave's first marathon was outstanding. Dave qualified for Boston and they are now planning to run that marathon next.

Heading back over the Broadway Bridge, I started getting warm, so I took my gloves off. I saw Brian Polansky with his camera taking several pictures. We turned left on Third Street and I saw Laura cheering. After our route passed the Clinton Library and Trailer Park we headed to the Arts Center, the exchange point for the half marathon relay. A bank sponsored one of the aid stations and employees were handing out plastic leis to the runners. I took one. At the Arts Center, many runners were waiting for

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their partners to arrive and make the exchange. After a further sojourn south, we turned and headed north on Scott. The left turn on Capitol Avenue was a rude awakening. Some of the strong winds Saturday decided to hang around. There was a strong wind from the west as we climbed the hill on Capitol past Broadway and the Federal Courthouse. I threw my lei to Laura (make your own jokes now). We made the U turn on State and Sixth Street, and I saw her again before we headed to the Governor's mansion and Central High. During this whole stretch I was breathing about as well as I could, but I didn't think I was running as fast as I needed to run. I checked my watch at the first few miles, but not after that except for GU intervals. (I savored every mouthful of "Chocolate Outrage" GU; I wasn't eating other chocolate during Lent.) I alternated between being too warm and too cold, depending on the wind and shade. I would pull up my sleeves when it was warm, then pull them down when the wind chilled the sweat on my shirt. Mucous management was a regular problem and I had to expel nostril contents frequently. Sorry boys and girls.

After Central High, we head east on Daisy Bates, north on Chester, and west on Sixth. On Chester near the Central Fire Station I saw Ginea Qualls and Barbie Hildebrand directing the half and full marathons to their different turns. They also provided great encouragement to the runners. Thank you, ladies. We really appreciate it! Jim Barton was volunteering in this area too. I also saw Sabrina and Merritt Maham (from "The House of Mayhem") cheering. They ran the 5K earlier and had very good times after being away from running for many months.

Laura also was there to cheer for the last time before seeing me finish. She went on to watch the half marathoners finish and saw Larry Graham running very fast, Liz Reynolds, Tina, and several other Club members. I think Liz, Tina, Andrea Murphy, and Mary Wells were our top Club females in the half, and they clinched another win for our LRRC women's Grand Prix team.

I reached the half way point at about 1:45. That was better than last year (about 1:51), but not as good as Wynne (1:40 at the 13 mile point). I did the math and figured I still had a chance to make my goal. Next were the daunting Markham and Kavanaugh hills, the highest point on the course. My sister and her family usually wait near St. Mary's (the 16 mile point) to cheer for me.

The "A & MC" Laura wrote on the outside of my legs was for my 10-year-old nephew Andrew and seven-year-old niece MaryClaire. When I got to the water station by St. Mary's, they were all there, so I walked and drank some Gatorade while Andrew and MaryClaire ran beside me. Andrew thought the initials were cool. MaryClaire asked if I wanted to carry her "Hello Kitty" umbrella. My sister asked if I needed anything, and I said, "Some fresh legs and lungs."

Heading down Lookout I tried to once again run the tangents and pick up speed. After turning from Cedar Hill left on Riverfront, I think I saw our Brian Bariola heading the other way after his turnaround. (We saw Brian that night at the party and he said he PR'd with his 2:45 finish.) I still had almost an hour to go!

This may be the worst stretch of the course. The wind was in my face and I was getting tired. There are few spectators along Rebsamen Park Road until you get to the turnaround. It's always a good feeling to make the turnaround because you know you're about a 10K from finishing. Unfortunately, I didn't feel the wind at my back as I had expected. It may have been there, but I felt discouraged.

This year the course changed near Riverfront and Cantrell. The city paved a new part of the river trail off Riverfront just south of Jessie Road. The trail runs by the Junior Deputy ball fields to the drive that takes you to Cajun's Wharf. We continue under the Cantrell viaduct and come out on Cantrell by the Episcopal Collegiate School. In past years we've run over the viaduct. Mile 24 is on this new trail. At this point I looked at my watch and it said 3:20. I

had to run 2.2 miles in 19 minutes to meet my goal. Last year I wanted to get under 3:45 and I hit mile 24 at 3:24. I thought I could still make it, although my legs were really tired. At least we didn't have to run up and over the viaduct.

I slowly climb the last hill on Cantrell (thank you very much John Woodruff for cheering and encouraging us at this stretch) and turn on Cross, mentally picturing the remainder of the course. Passing the Diamond Bear Brewery is always fun. I saw Tina cheering and Brian P-sky trying to take pictures. The noise was so loud and I was so focused on the road that I didn't notice the others. We had a huge crowd of Club members there cheering. Jacob calls this "running the gauntlet." Thank you to all who cheer us. We need it!

I turned left on Fourth and I was stopped in my tracks after one block. My left hamstring started cramping. I had a wave of emotions. Being so close, not knowing if I would ever be this close again, worrying that I would have to walk the rest of the course. I walked and tried to run and the cramp stopped me again. I bent over to stretch it some, said some big time prayers, and started walking again. I trotted and then ran without further problem. I turned right on State, then right on Capitol for the final few blocks. Near the 26-mile mark I heard "3:38" announced and thought, "I can still make it if I hurry." I started running as fast as my tired legs and blistered toes would take me. I saw "3:39" on the official clock and crossed the line before it hit 3:40. I made my goal with seconds to spare! One of the official photographs shows me finishing under the clock showing "3:39:33" and my thigh showing the "3:39:59" Laura wrote.

I got my chip removed. Jeanne DeLanois jokingly offered me a female finisher's medal. I got the right sex finisher's medal and headed straight to the fence to see Laura. I was so happy and relieved that tears flowed. I thanked her profusely for her support. She was very encouraging and supportive during the training; the best athletic supporter I can imagine.

I got some more water and Gatorade and examined the post race

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food. Hmmm, noting special here, just fruit, bagels, and vending machine crap, and once again, no pizza. That was a big let down. At least the area was more commodious than last year, if the food offerings weren't. We decided to get our own pizza later. I got the nice finisher's T-shirt (in technical fabric – great idea!) and said hello to several people in the parking lot. Isabelle Kiefer (our Boston-bound Bavarian babe) was there offering her home-made pretzels – yum! Karen Irico hung around after her half to congratulate us. Kristen Wright was excited because her 3:35 finish qualified her for Boston. She was 14th overall female and second in her age group. To top that, she and beau Carlton are getting married. Oh to be young, fast, and in love ... I'll settle for one out of the three!

Laura dropped me off at my house and I headed to a cold water bath for my legs. She ordered pizza and went home to get her dogs and pick up the pizza. I soaked for awhile and read some of the paper. I showered and we later had a great lunch of pizza and celebratory champagne. I read the rest of the paper and she and the dogs took naps. She later said it was ironic that the only one who didn't nap was the one who ran 26.2 miles.

We later went to the post race party for a little while. The party was great. Corky's and Boulevard provided the food. There was plenty and it was delicious. We need that at the finish line! We had a good time visiting at our table with Tina, Isabelle, Darren Gilpin, John and Allison "Marathon Mouth" Martin, Karen Irico, Jacob, and Jaynie. All in all, we had a very good time. Congratulations to race director Bill Torrey and marathon directors Geneva Hampton and Gina Pharis. And thank you to all who volunteered and cheered.

At a couple of places along the course I saw Bill "Ol' Runner" Hoffman cheering. Thank you very much Bill! Bill was very encouraging every time I saw him during long training runs up Kavanaugh.

Postscript: The Wednesday after the marathon the Fox 16 finish line video was posted. I checked the segment from

3:34-3:40. I saw Jacob and Dave finish. Jacob had his hand raised signifying that he'd done something special, rather than being dragged by Dave the last several miles. Jacob then hugged and kissed Dave, who later told the media, "I never saw that coming." They also took the post-race ice bath tethered together, suffering dual shrinkage, but Jaynie published no pictures of that.

Jacob later teased Brian P-sky about his yelling "only a quarter mile to go" by the Brewery at the 2005 marathon. Now it has become a tradition to yell this. But we need to set the record straight and absolve P-sky of blame. In the 2003 and 2004 marathons, the course went straight on Cross to Capitol. The Brewery was about ¼ mile from the finish. In the 2005 and later marathons, the course turned left from Cross to Fourth, then right on State, then right on Capitol to finish. It is now longer than ¼ mile from the Brewery to the finish. In 2005, someone told P-sky that it was ¼ mile from the finish, and P-sky innocently repeated that to runners to encourage them. P-Sky and his information source were unaware of the change. P-sky is a victim of misinformation! When he said that to me

in 2005, I knew it wasn't true because marathon training group coach Tom Singleton told us of the course change and we trained on it. If a runner is ignorant of this, however, it can be discouraging when one realizes there is farther to run.

Talking to Laura after the race, she recounted an example of one bad runner and one unfortunate volunteer. At one of the water stations a runner grabbed a cup of water, took one sip, and then flung it at a woman working at the station, getting her very wet on that cold morning. To the drenched woman: I'm sorry this happened to you and thank you for volunteering and putting up with ungrateful jerks. To the offending runner: you are a true a**hole! Break a leg, b**tard!

Final postscript: I saw Joe Cordi the following Saturday running on the river trail in North Little Rock. Joe PR'd in the half, his third half marathon PR in the last several months (Wynne, Dallas, Little Rock Half). Joe highly commended the Hatcher House Perks tent after the race. He said he will always do that from now on. I've never participated, so I pass on this advice to those of you considering it.

See you at next year's marathon:
March 2, 2008!

Poetry for the Sole by Randy Cates

Addictions

I love the feelings that come with daily exercise.
I love the euphoria
of running strong,
of being out on a perfect day,
of finishing well,
of pushing myself to new heights.

So yes, I am an addict,
Addicted to all the positive feelings
of challenging my body to do more.
That is why I run in bad weather
and dreary places.
Because I know soon,
I will have one of those beautiful
bright, clear, sunny days,
that will enlighten me,
and live in my heart forever.

Wells And Wilkinson: Winners In Running And Life

By Paul Ward
LRRRC Past President

Jacob Wells and Dave Wilkinson were the guest speakers at the March 15 (“Beware the Ides of March”) Little Rock Roadrunners Club meeting at Whole Hog Café. A large crowd of 45 members and guests enjoyed an entertaining and inspiring presentation. You know it must have been interesting to get Kim Morton to attend. And Andrea Murphy came while still woozy from her jaw surgery earlier that day. What a trooper!

Jacob and Dave met right before last August’s Rollin’ on the River 5K in Little Rock. Dave works with the Easter Seals children and one of the other workers said how fast he was going to run in that particular 5K. Dave responded by saying, “I’m going to kick your ass!” Unfortunately, Dave had no guide for the race. (For those of you who have been in a coma or on board the international space station for the past six months, Dave is visually impaired.) Jacob had called the Easter Seals asking if he could push one of their children in a jogging

stroller during the race. The Easter Seals people were reluctant to do this, but they put Jacob in touch with Dave. They met the morning of the race and warmed up together, and then successfully raced together, before Jacob neglected to tell Dave to stop at the finish line and Dave plowed over some finish line workers.

Dave can barely distinguish between shapes of objects and was born with this visual impairment. He said he was a “badmirable” runner in high school, to use one of his coach’s terms, but he stuck with it to get in shape for wrestling and cross country skiing. He ran on a treadmill a lot and listened to National Public Radio’s “All Things Considered.” He only thought about doing a marathon before this season. Jacob and Dave trained together for this year’s Little Rock Marathon and blazed through the course in 3:35. Dave qualified for the Boston Marathon under “the gimp exemption” (Dave’s words) and they are planning to run that one together in mid April.

Our boys said there is a lot of teamwork and trust in running together tethered. They see each other at their best

and worst and they push each other. One does not want to let the other one down. Jacob said they must run on trails because runners, cars, and bikes pass too closely for comfort. Jacob said the dynamic of two runners is much more than just one. He usually runs races interacting with the crowd, but with Dave he must concentrate on the surface to steer clear of potholes or cracks in the pavement, and tell Dave when they need to turn a corner. Occasionally Jacob has run Dave into a stationary object.

They tried drafting off each other but that didn’t work, so they run side by side. They have a similar gait and pace. Normally they run with orange vests; Dave’s says “Visually Impaired” and Jacob’s says “Guide.” Dave said they were looking into getting different vests, such as “I’m with Stupid”, “Please Don’t Feed the Guide Animal”, and “Maturity Impaired” for Jacob.

Thank you Dave and Jacob for speaking, and congratulations on your excellent marathon finish. Good luck in Boston!

Last Man Standing Will Be Dave Wilkinson

By Jacob Wells

I have heard that they do this thing at the Boston Marathon, maybe at the pasta dinner the night before, where they have everyone stand who qualified for Boston in so many tries. They lower the amount and everyone gradually sits down, until they get to one attempt and left standing are the people who qualified on their first try. I won’t last long should I participate some day, as I have passed the 30 marathon mark without qualifying.

I did, however, encounter another version of the last man standing, when someone brought up the fact that a limited number of runners had done all four Little Rock Marathons, so far. Around the time of the third running, I heard that for number five, the race organizers would do something to recognize those who had done all of

them. It was a special color and designed race number and then also another shirt just for the five-timers. As the five-timers finished, Bart Yasso, former Boston Marathon winner and current *Runner’s World* racing news editor, would recognize the achievements over the loud speaker as they passed him. Prior to the race, someone had compiled a very unofficial list of the four-timers and came up with 66. At least 38 of those were registered for number five. My plans are to run the first 50 and then retire to be the guy that gets to shoot the gun to start the race. I am guessing that by then I will be the last man standing.

And now back to Boston. If they still do this, the last man standing at the pre-race pasta dinner next April will be the LRRRC’s own Dave Wilkinson. There isn’t much more about Dave that you

haven’t already read or heard from me, but it bears repeating that Dave qualified for Boston in his first ever marathon. Granted, the suspense was not immense since, as a blind runner, Dave’s qualifying time was five hours. We had already decided that if one of us broke both legs during the race, the other would carry the wounded comrade across the finish line, piggyback style, in less than five hours. Heck, it wouldn’t be the first time somebody has done a sub five-hour marathon on a broken leg (they were actually 4:37 and 4:58).

But perhaps even more amazing than qualifying for Boston is that Dave did it not only in his first marathon, but also in only his 11th road race, with only about 300 miles of outdoor training, and

The Three R's: Reduce, Reuse And Reshoe

By Mary Wells

The Reduce, Reuse, and Reshoe program is entering its third month with approximately 50 pairs of running shoes and many pairs of socks having been donated and distributed. A few of us were wondering aloud one day after a Tuesday track workout about options for those I-do-not-run-in-those-shoes-anymore-but-they-are-still-in-my-closet running shoes. You can only have so many pairs that you wear to either wash the car or mow the lawn.

We talked about sending them off for Nike's recycling program where closet-filling shoes are stripped of their primetime-is-over soles, and the soles are recycled into a 400 meter track. A great concept but why not try to keep the shoes here to benefit Arkansans, provide additional community involvement by the Little Rock Roadrunners Club, and keep them out of a landfill for little while longer?

Bill Harrell overheard our conversation and suggested we talk with Coreen Frasier who had initiated a running shoe recycling program in the past. Coreen accepted shoe donations and distributed them during her time as an elementary school P.E. teacher. She is now retired and is envied for her ability to spend lots of time at races and many miles on her bicycle. She is known to participate in both activities on the same day! Coreen put us in contact with her replacement, Coach Nathan, and he was very receptive to receiving our shoes.

Matilda Buchanan and Robert Johnston who are advocates and resources for the homeless in central Arkansas were also contacted. They were very interested in receiving our shoes, too, and the majority of donations have gone to them. Most of the shoes donated so far have been men's shoes because the sizes are more appropriate for the homeless adults than the elementary school-aged children. Women's shoes sized 8 or below and men's shoes sized 10 or below primarily go to the elementary school. All other sizes go to the homeless. A central Arkansas high school will be next to

receive shoe donations, and we are in the process of finding additional outlets for the shoes. The response from both those donating and those receiving has been very encouraging.

Recently, Robert Johnston sent an e-mail after their first shoe distribution that read, "Thank you very much. Those shoes made a bunch of people very happy this morning." Physical inactivity in children can happen for many reasons and having inappropriate shoes does not have to be one of them. The passing along of running shoes may help provide children a resource for increasing their physical activity.

Donations have been made by Glen Mays, Jenny Brod, Dan Belanger, Bill Harrell, Paul Ward, and Tom and June Barron. An anonymous Club

member also donated several pairs during the Hilly Chili/January meeting. And last but not least Christian Sterka from the Conway Running Club donated several pairs during the Valentine 5K.

Please wash the shoes before you donate them. If you have never washed running shoes before, be sure to either take out the laces or tie them in double knots!

The shoes are collected during our monthly meetings and at Grand Prix races. Other arrangements are available if you are not able to attend those events. If you are interested in being involved in the collection or the distribution of shoes, please contact Sarah Olney at harvsarah@yahoo.com or Mary Wells at marybird2000@yahoo.com.

Run on!

Last Man (Continued from Page 9)

only six months after running outdoors, i.e. other than a treadmill, for the first time in over 20 years. As for any ridiculous thought that the liberal qualifying time (or "gimp exemption" as Dave calls it) lessens the significance of this achievement, consider that there is a 1:40 difference between the blind qualifying time and the qualifying time for a regular runner at Dave's age. Dave was 15 minutes from the low end of that range and 85 minutes ahead of the upper end. Based on this, his odds are good to qualify without the special blind runner category.

The great thing about all this to me is that I get to go! Dave did for me as

a runner what I couldn't do for myself, plus I don't even have to pay. The downside is that I am not an official runner, but I couldn't care less about that. I might never be listed in the race results, but I will know that I ran the Boston Marathon, and Dave will be there to see it ... oh wait, no he won't!

(Editor's Note: Dave got his official acceptance notification into the Boston Marathon on Tuesday, March 20. Jacob had signed him up about two hours after they crossed the finish line at the Little Rock Marathon.)