

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2007

Watch Out For Vampires On Early Morning Runs

By Bill "The Duck" Harrell
LRRC President

*Vampires gather round me, angle in to
take a bite*

*They wanna drink my blood of courage
and try to take away my fight*

But no no-they can't do that-

For one thing I've learned in life

You want to scare away the vampires-

You simply guide them into the light.

Michael Franti

We seem to have had some extremely dark mornings to run in this past month. That's not only my opinion but the opinion of the rest of my 5 a.m. running group. I know its January and darkness is supposed to be prevalent in the early mornings but even those full moon mornings have been dark.

Those potholes and bumps in the road and fallen branches on the trails keep finding their way into our run. We run a different course daily but we've been running the courses for years (at least most of us have). I've been so tempted to stay in bed and wait for the sun to rise so I can head out into the light but I've got the best running group ever and everyone is so encouraging that I would feel worse missing a run than I would by being attacked by those scary vampires.

There are half a dozen members of this running group that are in the Grand Prix this year and most will do really well. I will probably be the one at or near the bottom of my age group but that's okay because I will have so much fun. It's okay that I won't score a lot of team points but I will still get a lot of encouragement from team members and I will swell with pride at the success of others.

It doesn't make a lot of difference how fast you are or even how

much you race or even how old you are, you need to look into the Grand Prix. It is a lot of fun and you'll meet a lot of new friends.

We have lost one of last year's more enthusiastic team members to the Saline County team this year. It's okay that MB is running for SCS this year because that Club has had a problem fielding a team in the past. We wish Jacob, Dave and SCS good luck this year in their GP venture.

Jacob ran with LRRC stenciled on his chest at last year's races and we enjoyed it so much that another member has been selected to follow the tradition. During the Hilly Chili party recently, David Williams, Larry Graham, Paul Ward, Bill Torrey and I took a vote and elected Bill Bulloch to be the new torchbearer.

We chose Bill because he could get Little Rock Roadrunners on his chest, not just LRRC. Thanks a lot Bill for doing this.

*I've had a lot of people lining up to tell
me how unimportant I am. And I've
finally figured out why. Power. I have it.
They don't.*

George W Bush...uh, no George, that was actually a quote from Buffy Summers from Buffy the Vampire Slayer.

Now you're beloved President doesn't mind a little trash talking. After all, I've got an approval rating of 103% and considering I'm still on the front page I will take my turn at rebuttal.

Paragon Paul Ward, our resident epistemologist, has been known to correct a couple of the volunteer results writers in recent months. I am here to defend those of us who make mistakes. Having been the results writer for 20 years I know how

easy it is to make mistakes. True, we now have programs that can cut and paste, add and delete, pull and push and correct spelling as we go but mistakes can still be made. For those of us who would love to be perfect but can't quite cross the line, well, more power to you. Let's just practice harder and show the world how good we can be. And come July when I'm supposed to head back to the results desk you can stay in practice by volunteering every few months to write a results column. You will not only be doing your friend's in the Club a great service but you may be keeping me out of Paul's doghouse.

*All the vampires walkin' through the
valley*

*Move west down Ventura Boulevard
And all the bad boys are standing in the
shadows*

*All the good girls are home with broken
hearts*

Tom Petty

There were a lot of bad boys and good girls out west on January 21st for the Hilly Chili Run and Chow down. I believe there were seven different types of chili to sample along with condiments

(See Vampires on Page 4)

February Meeting

Thursday, February 15, 2007

6 p.m. to eat

Whole Hog Cafe

Riverdale Shopping Center

Speaker at 6:30 p.m.

Werewolf of London



Running Wild

By Jacob Wells

Okay, so I got so excited last month about messing with my favorite former LRRC President and prematurely predicting my triathlon career that I completely forgot about my favorite holiday. Of course, you think I mean Christmas, but with all the busyness and stress and the way everyone has lost their focus on the real meaning of it, that would actually not be it. New Year's, on the other hand, is the holiday made especially for runners. What a great time to develop and even more importantly, write down, all your goals for the upcoming year. Just as fun is recapping and reflecting on the accomplishments and lessons learned from the past year.

As I approach seven years of running, I continue to love to use the New Year's holiday as a time to plan out the following running and racing year, and 2006 was the first year that I so drastically missed the mark on so many levels. For instance, I may not yet have even known what Grand Prix team I would join, having changed every year so far, and I went on to run for the Champion Men's team and also experience my first LRRC Christmas Party, one that I am guessing I can remember more than many who attended. I could not possibly have predicted running with Dave Wilkinson, although there was an article in *Runner's World* years ago about a blind marathoner running the New York Marathon with a guide, and right then I thought how cool that would be to do some day. Little did I know that he would literally pull me to new places and faster times. I started writing for *The Runaround* in July, which has been tremendous fun so far, and has proven to be another semi-safe outlet for all my hypo-manias.

On the down side, of course, after spending six years thinking I was invincible, I experienced my first injury that everyone is sick of hearing about by now. In nearly fairy tale fashion, this resulted in a much needed rest, my first bicycle, my first attempt at swimming, and, hopefully, a new appreciation for running and training smarter and safer rather than just farther and more often. Plus, all those canceled marathons leave a few for this year.

As for firsts and other memorable events, I had my first bicycle wreck, which, fortunately, was from a stopped position when I fell over on the asphalt after not getting my shoe unlocked from the pedal. (I guess you could say it was my own dumb asphalt.) I also discovered swimming on the excellent advice of Tina Coutu and others. Tina used swimming to help go from a broken leg in April to the Most Improved Runner and a huge marathon PR in November. For me, it's all about getting from one end of the pool to the other without drowning but I do plan to eventually learn how to actually do it with some technique.

I also learned that marathons are just as much about seeing new places and meeting new friends as they are about the

race itself, adding seven new courses in four new states, as well as discovering that many of the same folks travel around to the same ones that I do. Most of us don't know each other's names, but they all just call me Little Rock. Among the marathoners I met and ran with was Nishi Hajime from Tokyo, who flew to Arkansas on three separate occasions in a five-week period just to run our marathons. Tom Detore from Kansas loves Arkansas marathons so much that he has considered moving here. Hogege in April was Tom's 217th and my 17th. I joined Dean Karnazes for the first and fourth of his 50 marathons in 50 days. Dane Rauschenberg was the world's third runner to complete one marathon per week for all 52 weeks of the year (www.fiddy2.com) while raising money for a home for people with disabilities. I finally met Dane on New Year's Eve, after unknowingly running four marathons with him this year, including Little Rock.

In September, the world's largest pedestrian and bicycling bridge opened seven minutes from my house, encouraging all of central Arkansas and the world to get out and get active. Or at least they stand at the top and take pictures. An unexpected bonus is that the BDB as I call it, is lighted and makes for great night running. The smooth surface and gentle curves and inclines make it an excellent course, with a trip over and back amounting to about 1.6 miles. I haven't talked Parks and Recreation into sponsoring the Big Dam Marathon yet, which would be right at 16 times across and back. The same day as the opening of the BDB was the 38th running of the Arkansas Marathon in Benton, the longest running road race in the state of Arkansas.

The accountant/mathematician side of me is totally titillated this time of year as I get to roll over the running log to a new year and total up all the relevant statistics. With the injury, this was a down year for mileage, pace, and races, but that leaves me with an excellent opportunity to improve in 2007 and avoid the same mistakes. Another way that I track everything is from birthday-to-birthday. Since mine is in July, it results in combining the halves of two separate calendar years and makes for interesting comparisons as New Year's Eve is almost the mid-point of that measurement period. One of my favorite runs of the year is always the one on New Year's Day, when you can project that out to the many thousands of miles for the year.

So, for those of you who haven't done so already, it is never too late to set your goals and plans for 2007. February 1st Resolutions are just fine. Most folks take a little time off from running in January anyway, not to be lazy, but because it's just a smart thing to do, and makes you a fresher, more motivated runner when you crank it up again for the One Hour Track Run, the Valentine's Day 5K, the River Trail 15K, and the Little Rock Marathon. I can't wait to see you all out there.

Winter Races Are Few And Far Between

By Brooke Nalley

So, I would be the “poor sap” in charge of this month’s racing column. And believe it or not, Brian, I do not have any errors of yours to correct! The last time I wrote this article, I complained because I had so many results to write about and no room for fluff. It was right after the Brickfest and Firecracker 5Ks, in which almost all of our members participated. Twice. Really, I promise. Absolute pandemonium! So this time it’s the exact opposite. There aren’t many results to report in late December and January, so I have a ton of room for fluff. The only problem is that fluff isn’t exactly my thing. That being said, I will now give you our January race results. Drum roll please...

As far as we know, January 7 was the first racing day of 2007 for our Club’s runners. I wonder why there aren’t any New Years Day races. Hmmmm. (Just in case any of you are curious, this is my idea of sarcasm.) Anyway, on January 7, Brian Bariola finished the Walt Disney World Marathon in 2:54:50, which earned him sixth place in his division and 29th place overall. No word on how Mickey or Goofy finished. On a side note, I happened to be in Orlando just six days before Brian was running his marathon. Yes, that was for the lovely Capital One Bowl, in which the Razorback football team didn’t exactly experience the same type of success as Brian did. I’m not still bitter about that or anything ... three losses in the last three games of the year ... okay, okay, no more fluff!

On January 7 we also had several members run the Athens – Big Fork Trail 17M in Big Fork, AR. Bob Marston finished in 4:33, which earned him seventh place among the males. Rosemary Marston finished as well, coming in at 7:21. Lou Peyton finished in 5:47 for seventh place among the females. Rhonda Ferguson ran the 19M and finished in 6:33.

The January 13 MLK 5K turn out wasn’t very large due to the very rainy and cold weather. However, we did have several members who braved the

rain. Dave Wilkinson, in 21:44, finished first overall, barely edging out Jacob Wells, who finished in 21:45. I am going to assume we needed a photo finish to confirm that one. David Bourne rolled in at 23:22 for fifth overall, and Steve Straessle finished in 25:24 for ninth overall. Dan Belanger came in at 26:15. For the women, Carmen Call (Karen Call’s niece) finished in 26:39 for fourth place among the women, and Jaynie Cannon came in at 44:13.

Two of our members ran in the Houston Marathon on January 14. Kathryn Wishard finished the full marathon in 5:53:45, and Geneva Hampton, who served as Kathryn’s pacer for the race, came in at 5:49:11. We also had a member run in the P.F. Chang’s

Rock N’ Roll Marathon in Phoenix on January 14. Greg Yarbrough finished the full marathon at 3:56:56. Just for the record, I have run this marathon before and highly recommend it. It was my first marathon, and now I must admit that I am spoiled! Great race, fairly flat, beautiful scenery, and incredible fan support. P.F. Chang’s should pay me for this advertising.

Well, that’s all folks. Please forgive me if I left anyone out. For those of you who care, I do plan on attending a meeting or two this year. Maybe even three if you’re lucky. Until then – Happy Running! Any by the way, I think I might have set the world record for the shortest race results column.

LRRC Trivia From Years Past

By Charley Peyton

1. In 1982 there was a road race that was held that began at McCain Mall in North Little Rock and finished at Park Plaza Mall in Little Rock. Can you name this one time road race?
2. The first woman in the LRRC (if not the state) to qualify for the Boston Marathon?
3. The first woman in the LRRC (if not the state) to run the Boston Marathon?
4. What local running organization surpasses the LRRC in longevity?
5. This long standing LRRC Fun Run was organized by Dr. Jim Phillips in 1979. What was its name?
6. Running legend, Bill Rogers, has competed in three different road races in Little Rock. Can you name them?
7. In times past, the LRRC, has had many sub-training groups. One was the Break-40 Club. Another was the 3:20 Club. Who organized them?
8. Every runner has a “book” in them. These two LRRC members published theirs: “*Chariots of Pain*” and “*The Redneck Exercise Book*.” Name these authors.
9. In the 80s and early 90s, this LRRC female won many female division road races as well as age group trophies. In the sport of body building she was crowned Ms. Arkansas. Do you remember her?
10. The LRRC member who organized the first “ultra-marathon” in the state.

(Answers on Page 4)

From The Kitchen Of ...

Lou Peyton

CABBAGE SALAD ORIENTAL

½ large head cabbage, shredded (I used two pkgs. of finely shredded.)
 2 tbsp. roasted sunflower seeds (I used 2-3 times this much.)
 ½ cup toasted slivered almonds (I used little more.)
 3-4 green onions, chopped
 1 pkg. chicken flavor Ramen noodles, crushed
 ½ cup raisins (either color)

DRESSING

2 tbsp. sugar
 ½ cup salad oil (I use half this much and sometimes use olive oil or canola but always less oil than the recipe calls for.)
 3 tbsp. vinegar (white, but I have used cider when it is all that I have)
 1 tsp. salt
 ¼ tsp. black pepper
 flavor packet from noodles

Combine all the salad ingredients in a large bowl. Mix the dressing in another bowl and use a wire whisk to stir it up real good and to dissolve the seasonings. Then mix together and chill.

Vampire (Continued from Page 1)

and desserts. Paul Ward brought a date to prove my prediction from last month's column wrong. (I predicted he would lead the Club in hugs in '07 but wouldn't have a date all year.) David Williams won a date with Larry Graham, although he had to bribe the judges. Karen Call finished second and the women's GP team was third.

The used shoe reuse program that Sarah Olney and Mary Wells have started got off to a big start at the Hilly Chili. Glen Mays brought two trash bags full, Kurt and Cindy Truax had a box full and numerous others cleaned out their closets also. You can donate at most GP races and all Club meetings.

The next meeting will be at the Whole Hog on February 15 at 6:30 p.m. There will be a very special guest speaker and due to contractual obligations the speaker cannot be announced just yet. I'll give you a little hint though, it won't be a vampire but it may be a werewolf from London.

New Members

David Sunde and **Isabelle Kiefer** are our newest members to the Club this month.

David is 15 and a 10th grade student at Episcopal Collegiate School.

He has been running about four years and averages 40 miles per week at a seven minute per mile pace. David races frequently and prefers the 1,600 and 3,200 meter and 5K distances. He has PRs of 5:07 for 1,600 meters and 17:51 for 5K.

His favorite running route is River Ridge Road. David is also interested in hiking, waterskiing, snow skiing and hanging out with his friends.

Welcome, David.

Isabelle is 28 and doing a year of medical research at UAMS Department of Ob/Gyn.

She has been running about 14 years and averages 30-40 miles per week at an 8:20 minute per mile pace. Isabelle doesn't race frequently but when she does she prefers the marathon distance. She did her first marathon in New York and enjoyed the great support of the LRRC and the marathon training group which made her a marathon runner.

Her favorite running routes are outdoors in parks or the River Trail. She also enjoys languages, travel, cooking and baking.

Welcome, Isabelle.

Trivia Answers

1. Mall to Mall Road Race
2. Lou Peyton in 1977 at the International Rice Festival Marathon at Crowley, Louisiana
3. Pat Wyatt, 1978
4. Hash House Harriers, established in the mid-70s
5. The Hilli Chili Run
6. Little Rock Marathon, Firecracker 5K and the Pepsi Challenge 10K
7. Ann Smith. Mark "the Coach" Spradley later took over the Break 40 Club.
8. Max Hooper, "*Chariots of Pain*" published in 1989. Paul Johnson authored his book with LRRC member Nell Weaver. Sorry that no date is acknowledged in the book.
9. Ann Smith
10. Bob Hanle, the Great Maumelle Scenic 60K

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.

February

- 3: Penguin Run 5K at Batesville. Call 870-307-0383.
- 4: Andy's Fun Run.
- 10: Freezing 5K at Fayetteville. Call 479-575-3542.
- 10: Sedona Marathon & Half at Sedona, AZ. Call 800-775-7671.
- 10: Valentine's Day 5K at Russellville. **GPS**. Call 479-857-4527.
- 11: Andy's Fun Run.
- 17: River Trail 15K at North Little Rock. **GPS**. Call 501-993-1018.
- 18: Andy's Fun Run.
- 17: Sylamore Trail 50K and 25K at Allison, AR. Call 501-663-6068 or e-mail geason@sbcglobal.net.
- 24: Fleet Feet Trail Half Marathon at Eureka Springs. Call 479-571-8786.
- 24: Tail Twister 4M/10M Trail Run at Rogers. Call 479-636-4767.
- 25: Andy's Fun Run.

March

- 3: Running for the Green 5K at Rogers. Call 479-936-2934.
- 4: Little Rock Marathon and Half Marathon (**GPS SC**). Call 501-371-4770.
- 4: Andy's Fun Run.
- 10: Chase Race 2-miler at Conway. **GPS SC**. Call 501-514-4370.
- 10: Victorian Classic 10K at Eureka Springs. Call 479-253-8667.
- 10: Healthy Living 5K at Bentonville. Call 843-795-9292.
- 10: The Amazing Race 5K at Springdale. Call 479-751-4404.
- 11: Andy's Fun Run.
- 16-18: Three Days of Syllamo at Mountain View. Call 501-753-6910.
- 17: Run For Their Lives 5K at Little Rock. Call 501-227-6060.
- 18: Andy's Fun Run.
- 25: Andy's Fun Run.
- 31: ASU-Beebe 5K. Call 501-882-8255.
- 31: Spring Fling 5K at Cabot, AR. **GPS**. Call 501-843-1406.
- 31: Paws & Claws 5M/2M at Huntsville. Call 479-738-1355.
- 31: Run With The Knights 5K at Van Buren. Call 479-471-5756.

April

- 1: Hogege Marathon, Half (**GPS**), Relays and 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.
- 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.
- 15: Andy's Fun Run.
- 21: K8 8K at Jonesboro. Call 870-931-8888.
- 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.

Birthdays

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

- 1 – Angela Cabrera
- 2 – Johanna Threm
- 4 – Betty Ray
- 7 – Gina Lockard
- 8 – T. Gregory Barrett
- 11 – Stacy Hurst
- 12 – Mira Lelovic
- 13 – Charles Peyton
- 17 – Carolyn Eagle
- 17 – Dave Wilkinson
- 17 – Tina Coutu
- 21 – John Perez
- 25 – Allison Martin
- 27 – Belinda Harrell
- 27 – Richard Nix
- 27 – Ronnie Daniel

- 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.
- 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.
- 29: Andy's Fun Run.

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.