

# THE LITTLE ROCK ROADRUNNERS CLUB THE RRUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2007

## LRRC "State Of The Club" Message

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

As we ride along the train of time to 2007 we need to not only reflect on 2006 but also peer into the future and view the challenges ahead. That is what I will try to do in the first ever LRRC State of the Club Message.

The past year has shown definite promise for the future of this Club as many new enthusiastic members have joined. A lot of these members are of a generation younger than I but they thrive on the wisdom, expertise, experience and BS of the generation who came before them.

I predict 2007 will be another great year for recruiting thanks in large part to the irresistible Paul Ward who will once again lead the Club in hugs but will also make it through another year without a date.

After sweeping both the men's and women's category in the 2006 Grand Prix Series the LRRC teams will, once again, sweep both categories. The women's team could be strong enough to have two teams and still finish one and two overall.

The men's team may have a little tougher time repeating than the women but will prevail none-the-less. Brian S...ski will diet down to 99 lbs. and slice through headwinds with ease and will let tailwinds pick him up and set him down at the finish line to become, for the third straight year, overall GP winner.

But probably the most important thing the LRRC has done this year is prove to the whole state that we are the best party club around. It was a landslide win at this year's Dam Night Run when we brought home the coveted tailgate. It was proven again at the Christmas party on the dance floor (where the past

president finally came out of his shell) and by the sheer number of members who showed up to eat, drink, be merry and get their pictures on the internet.

The triple crown of parties will be accomplished at the Hilly Chili run on January 21<sup>st</sup> at the President's house. For those of you not in the know here is how the game plan is written. Bring your favorite *homemade* chili or the fixin's for chili (cheese, crackers, chips, cookies etc.) and some running clothes. A four-five mile course will be laid out, with a few hills included, for those of you who want a little challenge before you eat.

The runners in the back of the pack have requested that we run before we eat and we will honor that request.

The run will start at 3:30 and the eating will commence once everyone finishes the run. This is in place of the regular monthly meeting so everyone is invited even if you don't want to run. If there happens to be an overflow crowd we will corral some of you to the garage.

Drinks will be provided by the Club. I understand that football playoffs will be going on but we do own a TV or two for those of you who are interested. (I had much rather go up against the NFL than the hour track run on January 28.) If you are reading this from e-mail you probably have access to Mapquest but directions to our house are hidden elsewhere in this newsletter.

So many of you have been helpful to me since I got rooked into this job back in July but there are three people who have given me guidance and encouragement practically daily. Paul Ward, Harold Hays and Tina Coutu have done more to keep this Club afloat than I have the past six months.

Although I served as president in the very early 90s so much is done different now than it was 15 years ago

and Paul, having served for the two years previous, has had the answer to every question I've asked.

Harold, also a past president, has been a friend for 20 years and is definitely not afraid to voice his opinion when asked (and occasionally when not asked). He will volunteer before I even know I need a volunteer and has also sacrificed a long or up tempo run to stay back with the old and hobbling (namely me) and not complain about it at all.

If you guys knew how much Tina really cares about this Club and the running community as a whole you would vote her runner of the year every year. She's also become a force to be reckoned with on the racing circuit at all distances. I have never seen her around runners when she wasn't smiling.

That's just three more reasons why 2007 will be another banner year. Thank you all.

Some (not so simple) directions to 29 Calais Ct. 72223 for the Hilly Chili run. Our house is located in Chenal

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### January Meeting

Sunday, January 21, 2007

3:30 p.m.

29 Calais Court  
Chenal Valley  
Little Rock

Hilly Chili Fun Run and Potluck

Club provides drinks; members bring  
homemade chili or fixin's.



# Running Wild

By Jacob Wells

(Warning: It is recommended to have a dictionary nearby before proceeding with this article. The site [www.dictionary.com](http://www.dictionary.com) is highly recommended.)

As a “writer” ... (that cracks me up to say that!) ... you never know from whence your inspiration will come. Having just barely survived an abominable case of writer’s cramp through November, I wondered if it was a short-term affliction, much like my femur fracture, or if my writing “career” (once again, hilarious use of the term) would flame out just as quickly as it took off. Then out of nowhere, there it was, from a most unexpected and fortuitous source.

“DOWN GOES FRAZIER!” is a phrase that I have heard DHW and Larry G. use on occasion. I am guessing had DHW been there when the car hit Larry at Wynne, it would have gotten some use. I excuse myself for not being familiar with it as I was four years old at the time. I had to look it up to be sure I was using it correctly (every good writer should look things up to make sure you are using them correctly) and confirmed that it is synonymous with the falling of a champion.

My research further yielded an interesting complaint made to a television sports announcer. *“I want you to know that your repeated spouting of the phrase, ‘down goes Frazia’ (Frazier) is offensive and tiresome at this point, to those of us that don’t subscribe to the notion that being a man is being brutal. The reference is to a sportscaster, but it is also to a beating a man took at the hands of another. Your reveling in the injuries that are happening on screen when you utter this phrase is something you should look at. You may pass this off as a fringe concern, but it’s not. Sports have a lot to do with the way young men and young women view what is acceptable from men.”*

The unflappable announcer responded, *“We don’t revel in the misfortune of others. That phrase is never used when a player is injured, nor do we take violence lightly. But when a player delivers a legitimate hit I find no harm in borrowing one of the greatest lines in sports history.”*

One thing that has impressed me since my first reading of *The Runaround* was the quality of the writing by what I had erroneously conjectured were a bunch of catachrestical runners and, in particular, the expansive vocabulary of the past president and current father figure, Paul Ward. From his first description of my vexillologically correct body art at the Firecracker 5K to his reference to Brian Sieczkowski’s omphaloskepsis habit, I have admired Paul and revered him above all others as it relates to lexicological skills. He has lifted me to new heights with regard to my own vocabulary. Just yesterday I used “innocuous” in a sentence at work. I now write down and look up every new word I hear. After having a fellow board member of a small nonprofit organization refer to “titular” language, I

looked it up to find out that it meant “having to do with titles,” as we had been debating the various leadership positions of the organization. Without Paul’s inspiration, I would have just settled for thinking titular language was talking about women. He has inspired me to keep abreast of opportunities to learn new words. My veneration for Paul’s phraseology, however, is a distant second to my admiration of Paul’s recherché feat of having PRed in every single marathon he has ever run. Not only that, but the PRs have averaged over five minutes! If I could have done this by only two minutes for just my marathons since the beginning of 2005, my marathon PR would be down to 2:47. I think I may have set some kind of record last month at Wynne with my PR + 1:42. But I digress...

So what does “one of the greatest lines in sports history” have to do with our Paul? With his “Faux Paul” in last month’s issue, our champion has fallen. The renegade ink slinger formerly known as MarathonBoy has graduated from fledgling rookie columnist to nonpareil LRRC WordSmith. But before I even had time to luxuriate in my newfound celebrity, my editors read the first draft of this article and exclaimed, “You can’t be mean to Paul Ward! He’s like the nicest man in the world!” Their credibility, however, took a minor hit when they confessed they thought the phrase referred to Frasier Crain, formerly of Cheers fame. Unlike the roundhouse hook of George Foreman, Paul should have seen this one coming though, ever since I started off my first *Runaround* article with “callipygian.”

What could a man who has so cruelly taunted us in his *Runaround* articles with the likes of “debauchery,” “precipitous,” and “cosmogony” have possibly done to fall so far from grace in a single moment of indiscretion? (Paul claims

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## Running Nicknames

Below are listed 10 past presidents of the LRRC. In the right column are “running names.” In times past these running names were as recognizable as today’s names that your read in LRRC’s *Runaround* – Jacob “MarathonBoy” Wells and, of course, our current LRRC President, Bill “The Duck” Harrell. Can you match these former LRRC presidents with their running name?

Name	Running Name
1. Bill Hoffman	<i>Mayberry</i>
2. Paul Johnson	<i>The Bigshot</i>
3. Yvonne Thompson	<i>Lightening</i>
4. Jim Abade	<i>Ole Gristle</i>
5. Max Hooper	<i>The Galoomphing Gourmand</i>
6. Lou Peyton	<i>Captain Jim</i>
7. Lloyd Moore	<i>Y.T.</i>
8. Otis Edge	<i>Billie Goat</i>
9. Larry Mabry	<i>The Velvet Trotter</i>
10. Charley Peyton	<i>The Edge of Night</i>

(Answers on Page 3)

# Wynne Marathon Is A Sequel To Boston

By Tina Coutu

Last time I wrote an article it was about the Boston Marathon, how I broke my leg and was facing 6-8 weeks of no running. Seven months later I earned another marathon medal in Wynne, AR. This race has a happier ending, a personal record of 3:24:58 with the ability to walk on two healthy legs afterwards and also run after the allowed recovery time. Of course, I have learned not to take anything for granted and I'm very grateful for being able to cross the finish line at Wynne after braving the Boston Marathon with a bum leg in April and would have cried if hydrated enough. Most runners who have been off due to injury and then come back can relate to this feeling I am sure.

A lot of good runners were at Wynne, some for the first time and a lot of repeaters. This was the second to last race of the Grand Prix and a state championship. Most runners like myself enjoy traveling to the "city with a smile" to participate in the small, well supported and organized race if not the winds and sometimes lonely out and back course. The fall colors of the trees on one side of the road and open grazing fields on the other while sharing the road in between with adventuresome and mostly friendly folks. The weather was right below 40 to start and was sunny, a very good day to race 26.2 or 13.1 miles. There was, of course, wind, continuous for the marathon, but I heard not so bad for the half. Paul Ward who was so supportive of Tammy Walther and myself in sharing training runs/schedules and encouragement had a PR in the marathon. Paul cheered a lot of us — he is a great hugger and good friend to those who are lucky enough to get their picture taken with him (or alter ego Paula). Jacob Wells, a.k.a. MarathonBoy, completed the 26.2 on an injury. He had his lovely support crew — Janie — out there. She was sharing Jacob's stash of "suckers" on the course. David Williams brought his crew down to repeat their successes at the half — Steve Hollowell, David Bourne and Larry Graham, who may have been ready

to PR but got hit by a car instead. Thankfully he is okay and such a good sport, but another point in how grateful we need to be for our health. The infamous running duo — Stan and Chrissy Ferguson — did the whole and in their usual style did it well. There were many more. Congratulations and hope to see you there next November.

What can I say other than I am grateful and know how fortunate I am. People wishing me well during my recovery, seeing me hobbling along the road while they ran (swiftly) by are most likely tired of my saying that it doesn't matter where I finish, just happy to be here, happy to be in the game. Have to share that after wearing that boot for almost six weeks and then hearing no running until maybe ten weeks had passed, my heart was broken. Then I

## Running Wild (Continued from Page 2)

that Bill the Duck satiristically used those words to disguise his own vocabulary shortcomings.) In an ironic twist the likes of which only Allanis Morrisette could give justice to in song, Paul switched two simple two-syllable words of opposite meanings, and thus unwittingly announced the most highly publicized estrangement since Julia Roberts and Lyle Lovette. All that happened was that Paul referred to my personal media specialist as "erstwhile" when he meant "steadfast." Much like Yertle the Turtle and the tiny burp that shook his throne, Paul's fallacious (careful now—look it up) keystrokes may tarnish his legacy forever. As I contemplate Paul's penitent apology and claims of "self-flagellation," I considered not even sending this article. Then I thought about how tough it has been to come up with good material during this running hiatus and decided that Paul's gastro intestinal distress issues were not ample justification for depriving my readers of some of my finest work yet, at least in my opinion. I just hope for the sake of all of us that I am running again soon.

went to Dr Nix and he did not tell me "no" running, he gave me encouragement and obviously wise advice which I followed! Laura Naill recommended I see her personal trainer, Robert Fuqua, and I have to credit him for working with me and giving me strength inside and out.

It was hard to be off the foot and not have the social outlet that running adds to life, but I learned there are so many ways to give back to something that brings so much to life. There was plenty of volunteering but just to be a spectator and cheer others crossing the finish was a tremendous opportunity to see some awesome races for both the women and men.

As I was trying to regain strength and confidence I never thought I would be finishing the season as I have, not only the PRs but the RRCA Most Improved Female Runner award and the standing in the Grand Prix. To me running is not about the awards and standings which is why I stayed out of it for a while, but this year I have learned so much by competing and racing and training with some awesome athletes, it has been an honor.



## Running Nickname Answers

1. Bill "*Billie Goat*" Hoffman
2. Paul "*The Galoomphing Gourmand*" Johnson
3. Yvonne "*Y. T.*" Thompson
4. Jim "*Captain Jim*" Abade
5. Max "*The Velvet Trotter*" Hooper
6. Lou "*Old Gristle*" Peyton
7. "*Lightening*" Lloyd Moore (sometimes referred to as "*Broadmoore*")
8. Otis "*The Edge of Night*" Edge
9. Larry "*Mayberry*" Mabry
10. Charley "*The Bigshot*" Peyton

# Four Marathons From Alaska To Maine

By Al Becken

**CHARLOTTESVILLE, VIRGINIA** — As the British occupied Williamsburg and Richmond, the Virginia House of Burgesses fled to Charlottesville. A young man who practiced law, who grew up on his father's plantation two miles southeast of Charlottesville and built his home on the "Little Mountain" where he had played as a boy, stood with other patriots — Monroe and Madison who would become Presidents as would he — to proclaim difference to King George's rule of law.

As I flew into Charlottesville airport, I noticed the Appalachian Mountains to the west and hilly terrain. A friend who had attended law school at the University of Virginia had warned me to expect hilly country. This was the fourth annual **Charlottesville Marathon**, and although it was the most consistent hilly course I have run, I did not anticipate the 84° temperature by my finish time. The course starts and finishes at Lee Park in historic downtown Charlottesville. As the course proceeds out of Charlottesville, I passed many historic sites, including Thomas Jefferson's Rotunda, located at the University of Virginia. Continuing west into the shadows of the Shenandoah National Park, I ran past scenic plantations and beautiful wine and horse country.

This is Thomas Jefferson country. I didn't have time to visit Jefferson's Monticello home (a must if you visit or run the marathon), but I was here in 1939 and remember the architecture and the author of the Declaration of Independence. Thomas Paine, considered a rabble rouser, and Patrick Henry (give me liberty or give me death) were patriots who frequented Charlottesville.

Packet pickup was at the Charlottesville Running Company, located just off the west end of the Mall. Most hotels are located within 10 minutes of the race start/finish area; however, the Omni Hotel has the best location across the street from packet pickup and at the end of the mall. The city was spared destruction because of its central location in Virginia. The British never reached Charlottesville, and during the Civil War the city was well behind the Confederate lines and somewhat isolated. As a result, the old colonial and antebellum homes and buildings have been preserved, maintained and/or renovated. No buildings above four or five floors have been allowed along the mall or central city.

There wasn't a pasta dinner but I found an Italian restaurant a block off the mall. The main center city street has been converted into a mall — no vehicles, all brick walking area. The mall center section, where the street used to be, has been set aside for tables outside restaurants, fountains, flower beds, kiosks, and benches. The course finishes almost through the length of the mall before two blocks uphill to Lee Park, with a huge statue of Robert E. Lee.

The University of Virginia (UVA) was used as a hospital during the Civil War, thus the UVA medical school. And so, the mall is often packed with UVA students. This is where I met the nurses and medical students from the University School of Medicine, Health Science Center, and Hospital. I did

not realize that some of these students would be on the course and at the finish line. One nurse, who I had met the night before, insisted at the finish line that she take me to the medical tent. (I did look bad and this was the slowest marathon I have run.) Anyway, Kasia Domanaskea is from Poland. She's studying medicine at UVA. I invited her to San Antonio, Texas, for Fiesta Week. Unfortunately, she's taking final exams and returning to Poland after her final exams are finished.

This mid-April marathon can be reached at [www.charlottesvillamarathon.com](http://www.charlottesvillamarathon.com), [rungilrun@adelphia.net](mailto:rungilrun@adelphia.net), or Charlottesville Running Company, 110 Old Preston Avenue, Charlottesville, VA 22902.

**FREDERICK, MARYLAND** — "Stand your ground," shouted General Lew Wallace to his 5,800 Union soldiers. General Jubal Early had camped outside Frederick, Maryland, with his 18,000 Confederate soldiers. Early notified the Frederick mayor that he would spare Frederick from destruction for \$200,000 ransom. The banks and business leaders responded to the demand and raised the ransom, but the delay, waiting for the money and Wallace's stand at the Monocacy River, gained enough time for reinforcements in the Civil War "Battle That Saved Washington, D.C."

The third annual **Frederick Marathon** was on Easter morning, April 30, 2006. The course starts and finishes at a recently renovated Harry Grove Stadium located at the south end of town and across from Mount Olivet Cemetery where Francis Scott Key, author of the Star Spangled Banner, is buried. The course wanders throughout historic Frederick. "Shortly after the first mile marker, the course passes the campus of the Maryland School for the Deaf, which first began in the stone building known as the Hessian Barracks, built in 1777. Constructed to house British troops, the buildings were used to hold Hessian prisoners captured during the Revolutionary War Battles." (Frederick Marathon Race Program) The Deaf students lined the side of the road cheering runners onward, while a few students participated in the marathon.

Mile three is on Market Street in downtown Frederick. The streets in downtown Frederick are narrow with wall-to-wall buildings (early Colonial) and houses, facing narrow sidewalks, with no front yards. Market Street was the route of 80,000 Union troops on their way to fight the Battle of Gettysburg — about 25 miles distant. Mile 12 takes you past Hood College. This former all women's college recently became co-ed, resulting in a ratio of three female students to each male. My friend who lives in Frederick and coaches the Hood track and cross country teams informed me that students live in separate housing according to their language study. For example: The French language house has 26 female students and one male.

There is also a half marathon course that finishes in beautiful Barker Park where the colonial stone Schifferstadt farmhouse was one of the first houses in Frederick. Mile 16 on Carroll Street (downtown) is the home of Barbara Fritchie, the

# Marathons

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heroine of Whittier's poem, who defiantly waved the American flag above General Stonewall Jackson's Confederate troops in 1862. "Shoot if you must this old gray head, but spare your country's flag," she said.

The packet pickup, expo and pasta dinner were at the Hampton Inn the night before the races. There was a twilight 5K for those wanting to run a shorter distance and a four-person relay that began with the half and full marathon. Our packets included a timing chip as well as a short sleeve wick-away T-shirt. We also received another short sleeve cotton T-shirt at the finish line. The official race program is complete not only with course maps, but with information with clever headings such as: "The chip you wear, not eat," "Bibs aren't just for babies," and "27<sup>th</sup> mile party."

The Battle of Antietam was fought about 25 miles west of Frederick. It was the discovery of Lee's lost orders by Union soldiers that gave the Union Army an advantage at Antietam. This battle was also the greatest single day loss of life sending 8,000 wounded into Frederick.

However, the worst was yet to come after the Battle of Gettysburg when 15,000 wounded flooded the town filling barracks, churches, schools, and houses – larger than the town population. The town is saturated with quaint restaurants, antique shops, art galleries, museums, performing theaters and bed and breakfast in private homes. Plan on staying after the marathon for a couple of days to tour the town, Antietam, and Gettysburg.

For more information about this spectacular marathon contact: [info@frederickmarathon.org](mailto:info@frederickmarathon.org) or Frederick Marathon Inc., P. O. Box 1574, Frederick, MD 21702 or 301-865-0978.

**BANGOR, MAINE** – Fifty miles up the Penobscot River at the head of navigation, home of the native people known as the Wabanaki (People of the Dawn), Samuel de Champlain searched for Norumbega, the lost city of gold. He thought the city was in the region's lush, green forests, but not finding a gold city – much less gold – he settled on a lucrative fur trade with the Tarrantine tribe where the Kenduskeag flows into the Penobscot in what later came to be known as Bangor, Maine.

Similar to Samuel de Champlain, I arrived in Bangor on Sunday, July 16, 2006, but not searching for gold. Instead I came to run the **New Paul Bunyan Marathon**. The marathon was run from 1975-1984, but was revived after being extinct for 22 years. Known as Maine's only summer marathon, it starts at the south end of Bangor in front of a giant 31 foot statue of Paul Bunyan at the Civic Center Park on Main Street. The marathon finishes at the stadium behind the Cohan Middle School located at the north end of town. There is also a 15K race in conjunction with the marathon. There was a pasta dinner at Dysart's Restaurant truck stop. I wasn't expecting anything more than potatoes and gravy, but was amazed to discover a restaurant with several large dining rooms, an excellent menu of home-baked food, including a variety of fresh seafood, and

blueberry and raspberry pie. Apparently people come to this restaurant from around the area because it was continually busy.

Bangor is the home of Hannibal Hamil, Abraham Lincoln's vice president during his first term. Bangor also boasts as the center for the innovation of the toothpick and snowplow. In 1830 Bangor was known as the Lumber Capital of the World, with more than 300 sawmills in the area. And, by the late 1830s, Bangor was the busiest seaport on the east coast. The city population is 30,000 and includes the home of author Stephen King and playwright Owen Davis.

This marathon course is point-to-point, billed as flat with some hills, and all on roads. In Maine, when they say some hills, be prepared for some very short flat distances between the excess of hills. The course winds through town, into the country, passing through Orono at about the halfway mark and by the University of Maine. (The visitor's center at the university provides self-guided campus walking tours.) The temperature was in the low 50s at the start and thanks to an overcast sky, only reached the mid 70s by a finish time of 3-4 hours.

Packet pickup this year was at the Best Western Black Bear Inn, Orono, ten miles north of the airport and near the University of Maine campus. This was the host hotel and quite expensive – reservations should be made far in advance due to the tourist season. There is a Holiday Inn in downtown Bangor across from the Paul Bunyan Statue that is more reasonable, but fewer amenities and not as plush.

Popular summer resort Bar Harbor, Maine, is only 50 miles east of Bangor. If you can spare a few extra days, I suggest a trip to Bar Harbor. Plan on a full day to drive the loop road around Cadillac Mountain and walk some of the trails. The town abounds with seafood restaurants and many gift shops. If you want to stay in Bar Harbor, reservations are required far in advance. There are many B&Bs with more reasonable fees than the hotel and motels. The annual Mount Desert Island Marathon is in October (Sunday, October 15, 2006) is one of the most scenic marathons I've run. Contact them at [www.mdimarathon.org](http://www.mdimarathon.org).

Contacts for Paul Bunyan Marathon are: Phil LeBreton, 10 Moose Head Blvd., Bangor, Maine 04401 or [www.paulbunyanmarathon.com](http://www.paulbunyanmarathon.com) or call 207-974-4007.

**ANCHORAGE, ALASKA** – "Go! Go! Go!" my brother screamed. I knew he wasn't playing tricks on me as he so often did. I threw the throttle wide open on the Cessna 150. No time for a warm up or instrument check. It was do or die! I glanced at my digital watch – FR (Friday), MA (March), 64 (1964), 5:36 P (PM), in Seward, Alaska.

As I flew into Anchorage on August 18, 2006, I recalled those days of death and destruction in 1964. I have been to Anchorage several times since 1964, but this time I came to run **Humpy's Marathon**. The city population has grown from 148,000 in 1964 to 475,000 presently. Add another 100,000 in and around Anchorage during the peak tourist season and it's half a mega city. Humpy's Great Alaskan Ale

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House restaurant is located in the center of downtown Anchorage. The marathon starts and finishes at Humpy's.

My brother had been transferred from the Naval Station in Hilo, Hawaii, to Anchorage, Alaska, in early 1964. I flew into Anchorage to visit him over Easter weekend. He said "Let's fly down to Seward on Friday." He had some close friends who had invited him down for Sunday dinner with moose and caribou meat as an enticement. We rented a float plane with wheels and took off from the runway at the Anchorage airport. (I had never taken off or landed on water.)

The 2006 Humpy's Marathon was Sunday, August 20 and started at 8 a.m. (It was daylight at about 5:30 a.m.) and allowed eight hours for completion. The electronic Champion Timing Chip was used to calculate time. This event also included a half marathon and 5K. There is a clothing check-in and awards ceremony in the patio of the Performing Arts Center across the street from Humpy's. Medals with ribbons are awarded to the top male and female finishers in each five-year age group. There is also a T-shirt, medallion for all finishers, and a pasta feed (at noon this year). Water stations are approximately every two miles and port-a-pots are located periodically throughout the course.

We had just landed on the runway in Seward. The first thing I did was refuel the plane, check all the liquid levels, and walk around the plane on a brief inspection. It was eerily quiet. No birds were flying, not even sea gulls. I said, "Something is wrong." My brother said, "Get in the plane. I'm not kidding little brother. Start it up." I climbed into the plane, buckled my seat belt, and started the engine, when I thought I heard thunder over the noise of the engine. My brother jumped in the plane, slammed the door and screamed, "Earthquake or tsunami. GO!"

The marathon course goes about four blocks through downtown Anchorage, down an embankment road where First and Second Street used to be and on to the Coastal Bike Trail along the

Cook Inlet. The entire course (an out and back) is on the bike trail that wanders through lush pines, birch, cotton grass, and assorted multi-color flowering plants. Occasionally, the course would be along the shoreline where the wind gusted to 35 knots. It was 47° at the start and only about 54° at the finish. It rained off and on throughout the run. I had a large plastic trash bag that I wore for about three-quarters of the race that kept me dry except for my legs and shoes. I used Vaseline on my legs to repel the water and keep them warm.

Just as I lifted the plane wheels off the runway, I could see the cement begin to buckle in rolling waves. I did a VFR up the Seward Highway – longer, but the compass and altimeter were bounding all around. All 20 highway bridges were gone and from the air Portage Valley and Girdwood looked like a tornado had hit the trees and telephone poles; they were twisted, split and snapped. As we arrived in Anchorage, I turned to my brother and said, "I have never made a water landing. What will we do if the Anchorage airport runway is closed?" As I approached Anchorage the Elmendorf Air Force Base radio informed me, "...you can't land on the Anchorage airport runway or on Lake Hood (the sea plane base). Both are closed." The runway at Elmendorf Air Force Base was open – it had been constructed on higher solid ground and much thicker than other runways. (The Anchorage Airport Tower had collapsed killing the air controller.)

An additional feature of this marathon was a drawing for prizes. The tear-off strip at the bottom of the bib numbers was not used because the timing chip was used to record times. The strips (which had the bib number) could be removed and placed in the box. These strip numbers were drawn while runners were on the course and posted for more than 50 generous prizes. Typical prizes were weekends at Denali National Park, Seward, Homer, Kodiak, lodges and resorts throughout Alaska, or on various cruises.

The Alaska Visitor's Centers on Fourth Avenue are a good place for

information on places to go and see. There is a visitor's center on the corner of Fourth and F Street built in an old log cabin with a grass roof. There is an hour trolley ride that winds around town so you can locate venues of interest that you may want to visit. The Alaska Experience Theater has a movie on the 1964 earthquake and there are other movies about Alaska. The Anchorage Museum of History and art is another point of interest. Information and tickets for tours, cruises, and lodging throughout the surrounding area and Alaska are available at the visitor's centers. An overwhelming number of gift shops and seafood restaurants line the business district streets.

The Alaska Earthquake of 1964 measured 9.2. Most of Anchorage's First and Second Street slid into the Cook Inlet. One hundred homes of the new housing development on Turnagain Arm slid into the Cook Inlet. A tsunami following the earthquake destroyed Kodiak and Valdez. Most of the Seward business district was washed into Resurrection Bay.

For more information contact: <http://humpysmarathon.com> or Humpy's Ale House, 610 W. Sixth Avenue, Anchorage, Alaska 99501 or Anchorage Running Club, P. O. Box 243362, Anchorage, Alaska 99524-3362.

## Message

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Valley so I'm hoping you guys have an idea of which direction to head.

From Chenal Parkway turn onto Chenal Valley Dr. and travel about 1½ miles and turn left onto Champagnolle. Proceed on Champagnolle a short distance to Bascom Place which will be on your right. From Bascom Drive take the second street on the left which is Calais Ct. Follow it till you see a pair of old running shoes hanging from the mailbox (a trick I learned from John Nail). The front door will be open so there is no need to knock.

The most important thing you need to remember though is 821-6610 which is my home phone number. Call it if you wind up at some big house on the golf course 'cause that ain't mine.

# 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.

## January

- 7: Andy's Fun Run.  
 13: Martin Luther King 5K at North Little Rock. Call 501-231-3730.  
 14: Andy's Fun Run.  
 21: Andy's Fun Run.  
 27: Fleet Feet SC Trail Series #1 at Huntsville. Call 479-571-8786.  
 27: Frostbite 5K at Little Rock. Call 501-604-1950.  
 28: Hour Track Run at Russellville. **GPS SC**. Call 479-857-4527.  
 28: Andy's Fun Run

## February

- 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](mailto:geason@sbcglobal.net).  
 24: Fleet Feet Trail Half Marathon at Eureka Springs. Call 479-571-8786.  
 25: Andy's Fun Run.

## March

- 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.  
 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: Hogeve 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: ArkanThaw Triathlon at Alexander. Call 501-993-2282.  
 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.  
 21: Catholic High Rocket 5K at Little Rock. Call 501-664-4625.

# Birthdays

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

- 1 – Jeanne DeLanois  
 1 – Melissa Polansky  
 1 – Victor Carson  
 3 – Brian Bariola  
 3 – Elizabeth Reynolds  
 6 – Laura Naill  
 7 – William Diamond  
 10 – Pam Hays  
 17 – Bill Walther  
 17 – Melissa Topping  
 18 – Suni Hoffman  
 19 – Carl Northcutt  
 21 – Bill Rahn  
 21 – Kim Fischer  
 21 – Richard Johnson  
 25 – Ann Scroggins  
 29 – Will Barns

# Condolences

The Little Rock Roadrunners Club wishes to extend its deepest sympathy and condolences to Bill Torrey over the death of his mother, Marianne Spader, December 11 after a long illness, and to Merritt Maham over the death of her grandmother, Strelsa Machen, December 21. Please keep Bill and his family and Merritt and her family in your thoughts and prayers.

- 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.

# Devious Duo's Duck-Deposing Depravity Derailed

By Paul Ward  
LRRC Past President

Several aspects of the December *Runaround* caused alarm bells to ring in high LRRC echelons. First was the unnerving story of the Duck's mysterious illness and trip to the emergency room. As excerpted on the front page, first lady Belinda "Don't call me a Quack Ho" Harrell recounted the following when describing her beloved husband: "You had a seizure ... Your eyes rolled back in your head ... You slumped over ... You were non-responsive for four or five minutes." I remember thinking, "Whoa, this is too much information. She's describing Bill on their wedding night!" But it turned out that Bill was poisoned by a conspiracy between two prominent LRRC members as part of a raw attempt to grab power and attention.

When you first hear that an aging, autocratic, bearded leader is on his deathbed, you're thinking Fidel Castro, right? Well, that stinky commie can't die soon enough. But I want our own bearded comrade to serve out his full term. Club security agents immediately began investigating the Duck's mysterious illness, fearing another running club jealous of our Club's supremacy was trying to topple the LRRC leadership. Unfortunately, the evidence trail led to our own Club.

Investigators from "CSI Little Rock" tested the Duck's food and drink and found high levels of polonium-210 in a water bottle. And yes, it was a "Clear Mountain" water bottle, provided to the Duck by our scheming president-elect, Ginea Qualls. Her finger prints were all over the bottle, and witnesses recall Ginea saying, "Here Bill, drink this, you're so handsome when you're hydrating." You know you can't separate a Duck from his water or his women. He drank the tainted water and soon became deathly ill.

Fellow Club officers were shocked that Ginea had this dark side to her character. They recalled selecting her as president-elect because of her great enthusiasm for running. Sure, she wouldn't be found at any Mensa

meetings, as indicated by her comment at a late fall track workout that she'd just been on a tanning bed and "burned my cheeks." But supporters hoped her positive spirit would overcome her obvious lack of common sense.

Evidently, Carcinoma Qualls couldn't wait for our annual June elections to seize power. She wanted the Duck out of the way so she could bask in the limelight of being president of the premiere running Club in Arkansas during the entire 2007 Grand Prix season. But her co-conspirator had a different motive. During "rough interrogation", Ginea confessed that none other than Jacob "MarathonBoy" Wells aided the teal-toppling effort. Jacob, while ostensibly recovering from a stress fracture, was in fact in Russia receiving training and material from the same old KGB cronies who poisoned Alexander Litvinenko. Investigators traced the polonium-210 that poisoned the Duck back to Russian sources. Jacob's body, apartment, and wide selection of Sharpies were all heavily contaminated with the radioactive substance.

Investigators confronted Jacob with this circumstantial evidence. At first, Jacob resisted, so interrogators put him in a "stressful position" (a room with no mirror and no computer). Jacob quickly cracked and confessed to providing the polonium to Ginea. He did this in return for her promise to let him have the front page of *The Runaround* for another of his columns. Jacob loves attention and he wasn't satisfied writing two columns a month that were buried inside the newsletter. He wanted the prominent front page treatment typically reserved for the president's column. Ginea agreed to let Jacob have this coveted space in return for his help with the Mallard's mortality.

Although a CPA by training, Jacob made a simple mathematical mistake and provided Ginea with an insufficient amount of polonium to kill Bill. Instead of .1 gram, he provided .01 gram. This error saved the Duck's life. Doctors flushed the remaining polonium from the Duck's body and he is fully

recovered now, save for some residual glowing-in-the-dark, which actually benefits his nocturia by saving his having to turn on the bathroom light. Belinda even had the glowing Duck stand outside their home in December as part of her Christmas lighting display.

Being the magnanimous mallard that he is, the Duck granted clemency to Ginea and Jacob on the condition that they stay out of trouble and continue running for our Grand Prix teams. Let's hope our Pintail-poisoning pair learned their lesson.

## Sub par Sarah

When the Duck took office, he abolished the Doghouse Award. Had he retained it, he might have sent Sarah Olney to that place of ignominy for her poor racing news column in December's *Runaround*. Sarah mastered the "night before" method of completing work in college, and she used that 11<sup>th</sup> hour method to prepare the racing news article right before sending it to editor Linda House.

Unfortunately, Sarah runs much better than she writes. She omitted Jenny Brod, Harold Hays, and Don Cave from the Spa 10K results. And Jenny had a big PR that day, a prelude to her 10-minute plus PR at the Memphis St. Jude Marathon December 2. How do you include Donna Cave in the results and omit Don Cave? Can a couple have any closer first names? And Harold is a former Club president who has participated in some Tuesday track workouts with Sarah. Not a good sign in an inaugural column. On the names she did include, Sarah failed to account for the top three overall, masters, and grand masters winners moving out of the age groups, so our members' placements are higher than reported. For example, at the Mid South Marathon, Tammy Walther and Robert Holmes won their age groups and Mike Banman and John Perez were second and fourth in theirs. Sarah reported them as finishing second, fifth, fourth and sixth, in their age groups.

(See **Devious Duck** on Page 9)

# Thoughts From A Grand Prix Iron Man

By Dan Belanger

Here are reflections on the 2006 Grand Prix run for the Iron person award.

It wasn't until the fifth race in 2004 that I realized there was such an award. I thought, "Try it, you might like it." I did and I did. The following year circumstances prevented me from running beyond the third race. The 25th running provided impetus for entry into this year's events and my plan was to take part in as many as possible.

First thoughts about each race on this day follow:

**One Hour Track Run** – My brother from Wisconsin counted my laps as I gasped for air. I counted the steps separating us as he chased me when we were kids.

**Valentine's Day** – Sweet.

**Little Rock Half** – No mile 19 marker to get past. I pass out or start seeing purple monkeys on telephone lines at this point.

**Hogeye Half** – The complete body wipeout feeling after this one called for an evaluation of project. This is a rough one people. Drastic action was necessary. I needed a strong dose of LRRC training group runs. Tuesday speed track and Wednesday killer hills for the rest of the season did the trick.

**Capital City** – I was at mile five and still along side of Joan Scarlata. Never thought I would ever see that day. She beat me of course.

**Toad Suck** – R. C. Fason breaks down before my eyes just coming onto the track. I sometimes feel guilty about sticking out my tongue at him as I whisked by onto the finish line.

**Heat in the Street** – New shoes and a tight U-turn almost got me.

**Brickfest** – Thoughts of "The Duck" and me clawing at each other during the last 50 yards still bring on nightmares.

**Dam Night Run** – Party afterwards makes this sweatfest worth the trip. Some friends had to tell me that it was time to leave the fire boat hose.

**HealthSouth 4 Mile** – Old school likes short non-metric races.

**Watermelon** – Best awards ceremony atmosphere. Pine tree shade, dip in a pool, melons for all participants and mask mocking of one of us.

**ARK Clear Mountain** – I'll bet that no one knows for sure if that was Bob or the clone we had made of him last year. We need to do the same to Paul Ward this year.

**Orange Crush** – The looks of determination on the faces of all those young people make you feel good about the future.

**Celebrity Classic** -- There is more than one way to get "chicked."

## Devious Duck (Continued from Page 8)

To top this, there was no narrative to go with the finish times. At least Joe Cordi put a lot of time and thought into his humorous footnotes accompanying his tabular presentation. Not Sarah. Saying her column was "bare bones" would be a disservice to a skeleton. Oh well, five out of six columnists doing well is a good percentage. Sarah will have another chance in six months to redeem herself. Brian Siczkowski fulfills the racing results reporter role this month and Brooke Nalley handles it next month.

### Striding Straesses' Saga Sequel

The blurb in the last newsletter on the Straessle family caused dissension in that household. We reported that Steve's and Ann's daughter was born and Ann vowed to beat Steve and son Jacob in the Firecracker 5K after she could start training. Right after the newsletter came out, Steve and Jacob ran the Jingle Bell 5K and both PRd. This scared the formerly boastful Ann. Now she has second thoughts and cold feet, seeing how her guys are improving all the time. So the Straessle family title is up for grabs. My money is now on Jacob. He stalked his father in the Jingle Bell 5K until the final blocks, then surged past Steve to finish 12 seconds ahead. The best days are behind Steve and Ann as middle age approaches, but Jacob has yet to peak. I predict he will win the next 5K the three

**Chile Pepper** – Not sure why, but I get a great deal of satisfaction out of finishing this one.

**MidSouth** – Purple monkeys again. However, I can't think of a better way to finish that marathon than to walk the last five miles with Carl Northcutt.

**Spa** – Never used to like hills – still don't. The scenery makes up for the exhaustion. Great finish down the tunnel. A half-crazed bike rider snapping images provided comic relief.

Congratulations to all who did all.

of them run. Don't let me down, Jacob! Surely you don't want to lose to *your parents!*

### Deck the Halls with my Faux Pauls

I owe an apology to Jaynie Cannon and Jacob Wells for a lexicological lapse. In my column last month I referred to Jaynie as Jacob's "erstwhile" companion. I thought that meant "steadfast." Unfortunately, it means "former". Jaynie understandably was worried that I knew something she didn't know and her favorite marathoner was severing their ties. I'm sorry for my terrible "Faux Paul". As I write this, I hope I get a "word-a-day" calendar for Christmas. Jacob loves new words and I try to put one or two in my polysyllabic prose just for him. I just need to get the meaning right.

My mother's BF called me one night after reading the article and chortled when telling me I misused the verb "lie." I wrote that I woke up at 2:00 the morning of the Wynne marathon and "I laid in bed for awhile, then ... got up." I should have said "I lay in bed." He told me the forms of the verbs "lie" (lie, lay, lain) and "lay" (lay, laid), of which he (a master grammarian) is very familiar. Sometimes I tease him by saying "I'm going to lay down tonight" just to get a reaction, but this time it was an unintentional mistake. I hope to do better in 2007. Happy New Year everyone!

# Tri To Top This Stunt: MarathonBoy Rides Again

By Jacob Wells

If you know me at all, you know I have made my way by pulling off a variety of outrageous stunts over the past few years. I am also a big believer in the self-fulfilling prophesy, the idea that if you believe and/or state that something is going to happen, you greatly increase the likelihood that it will happen. For example, in December 2004, during a long run with the Little Rock Marathon training group, I boldly told a running buddy that I was going to run five marathons in 2005. Having run only three total over two years, he justifiably scoffed. I will let him and his lack of faith remain anonymous since that moment did turn out to make me who I am today (i.e. crippled). How ironic that this guy would go on to win back-to-back RRCA Runner of the Year awards.

In last month's article, I joked about doing a triathlon someday since I had finally bought a bike and was learning to ride while I waited till I could run again. While I was out on it one day, two guys went by on a tandem bike. Usually, my only thought when I saw these is how ridiculous they look. This time another thought flashed into my head. The only thing I had been missing almost as much as running itself was running with Dave "the Blur" Wilkinson, the blind runner who I met in August and had been racing with and training for the Little Rock Marathon until my injury put us on hold. I asked Dave about this kind of bike and he said he's ridden them before, in a larger city where you could actually rent one.

My (now not so) secret devious thought was that Dave could peddle like a madman while I prop my feet up on the handlebars and sit back and relax. I figure that he will be so rested from having to hold up and wait for me in the swim that he will need to use that pent up energy. The hardest thing about the bike will be keeping our balance. I have enough trouble by myself. One of several very important attributes about Dave is his incredible balance. He shows this off every time we run. The greatest

adrenaline rush I have ever had was at the Orange Crush 8K in September. If you ran that race, you will remember the downhill with the mud pit and sharp left turn at the bottom. The first time around Dave stumbled and almost went down. If you know Dave, you know that mud pit was in big trouble. The next loop around we knew it was coming, and I told Dave we were jumping it and immediately turning left. We normally are 2-3 feet apart connected with a tether, but as we stormed down the hill toward it, I got shoulder to shoulder with Dave and told him what we were going to do. We barreled down the hill and when I yelled at the exact instant, we jumped the mud pit, landing squarely in stride and navigating the turn all at once. So you get the picture. Riding the bike is going to be ... well, like riding a bike for us.

The hardest part of the swim for Dave might be getting kicked in the face. I am looking forward to doing that though to get even with him for always kicking my something else every time we run. Actually, the other swimmers will pose just as much of a threat. I told Dave he might need to wear a catcher's mask for protection. Then I realized that maybe he has done these before and that is why he looks like he does, so how much more harm can we do? (Here is an odd thought for a seeing person to try to grasp – imagine having no idea what you look like?)

If you are wondering how I could ever drag somebody like Dave into my wild imagination, then think again. This guy's sport was cross-country skiing before he got back into running. He was on the USA paralympic team and has crashed into trees. So pretty much anything I could dream up for him would be tame by his standards. He also hasn't been as successful as he is by ever being shy or afraid to try anything. In fact, I told him that I was writing this article but that it was more tongue-in-cheek as opposed to the serious article that I did about our first race and that the article "didn't mean we had to do it." He responded, "Oh, we're doing it all right. There's no doubt about that." It was at

that moment I realized that Dave's and my friendship was completely upside down from what I had started out thinking it was.

I'm not somebody doing a good deed that takes time out to help someone do something fun and healthy that they wouldn't have otherwise been able to do. No, it's nothing like that. Instead, it's an unsung hero being the inspiration and motivation to another guy who uses competing athletically as a means to get through this thing called life, and who wasn't doing that well at it when they first came across each other. Dave might run the Little Rock Marathon with a little directional assistance from me, but I will run my next marathon thanks to Dave literally pulling me out of a major running slump. When Dave gets tired of marathons, we'll get that bike we've been talking about.

## New Members

Welcome, **John and Allison Martin** to the LRRC. John is 26 and married to Allison, also 26. John is a commercial real estate broker with Moses Tucker. Allison is a registered respiratory therapist at Little Rock Allergy and Asthma Clinic and PRN for St. Vincent's.

John has been running for 10+ years averaging 10 miles per week at an 8:30-9:00 pace. Allison has been running for eight years and averages 30-38 miles per week at a 8-8:30 pace. They both race frequently and prefer 5Ks, half marathons and marathons (Allison).

John's PR for the half marathon is 2:01 and his favorite race is the Country Music Half Marathon. Allison's PRs are half marathon 1:41; 5K – 21:09 and marathon – 4:05. Her favorite race is the Chicago Marathon.

John's interests other than running are road biking with the Fast Girls Slow Guys; century rides; traveling; hiking; mountain biking and watching football. Allison's other interests are managing her custom made jewelry business – Razzle Dazzle; scrapbooking; playing with her dog; traveling; reading; and biking with the Fast Girls Slow Guys.

# The Comeuppance Of Larry Graham -- And Other Tales From The Road

By **Brian Sieczkowski**

By the time you read this, the new year of 2007 will likely be upon us. I'm pretty confident of that claim since I am typing these words at 11 p.m. on Monday, January 1, 2007. So, Happy New Year to all! But before we look ahead to brighter days, both figurative and literal, let us pause a moment and reflect on the year that was 2006. Specifically, let us reflect on December 2006 and all the great races run by members of the proud, the mighty, the Little Rock Roadrunners Club. Actually, let's travel back even further into the past to late November 2006 and pick up from where Sarah "Cut and Paste" Olney left us in last month's *Runaround* racing column.

Our precise and particular past-president Paul "the PunMaster" Ward, e-mailed me a few thousand times to remind me that Sarah Olney forgot to include Harold Hays (47:17), Jenny Brod (49:56) and Don Cave (1:27:11) from her otherwise excellent Spa 10K recap. Sarah is now shamed in print, but Paul is satisfied, so the world remains in balance. A brief forewarning: I have purposely omitted one (or perhaps more) Club member's race result(s) from this column. Happy hunting Paul!

There was a new racing extravaganza in Tulsa this year, the Route 66 Marathon & Half. Tom and Hobbit Singleton checked out the half and clocked 2:04 and 3:02, respectively. David Bourne ran 1:44 and Liz Reynolds checked in at 1:41. It should be reported here that Liz ran with the Sunday US Pizza group a few weeks before this race and boldly guaranteed a 7:45 pace for herself in Tulsa. She actually ran a 7:42 pace, so guarantee unmet, Liz. Better luck next time.

Stuttgart is the place to be Thanksgiving weekend (unless you are a duck) for the annual running of the Great Duck Race 10K. Despite his age, David Williams was able to place fifth overall with a time of 37:54. Larry Graham ran 39:36 with Bill Torrey not far behind finishing in a palindromic 40:04. Randy Taylor (41:01), David Bourne (46:43) and Dan Belanger (51:22) all had mighty fine races, as did Ginea Qualls (53:36), Ashley Taylor (57:57), and Emil Mackey (1:01:36). Our man Carl Northcutt not only directed the Duck Race this year, but ran in it also to the tune of 1:18:49.

Memphis, Tennessee, is the next stop on our road trip for the St. Jude Marathon and Half. Bill Rahn ran 26.2 miles in 3:27:39 while Jenny Brod set a new PR of 4:03:23. In the half marathon David Williams ran 1:23:47 to finish as the third overall masters runner. In all seriousness, this is actually quite incredible for a race of that size because Dave is now old enough to have fathered some of the other masters runners. The Robin to Dave's Batman, Larry Graham, was present and clocked a 1:29 at the St. Jude half. I was actually a spectator in Memphis and Larry faded very, very badly in the last few miles, getting passed by all number of teenage girls. My justification

for publicizing Larry's Epic Fade (as the locals now call it) is to give hope to new runners out there who have ever had a discouraging race. We all have bad days, even a distinguished, veteran runner such as Larry Graham. Larry can bounce back stronger than ever and so can all of you! Moving on, David Bourne hacked out a 1:43 half, followed by Bill Crow in 1:49 and Ginea Qualls in 1:59.

Returning west on I-40, we shall visit the Jingle Bell 5K in the Little Rock River Market. Jim Barton set the standard with a 19:20, and Steve Hollowell was not far behind in 19:53. The next four LRRC men had a finish of near mythological proportions: Dan Belanger (24:53), Jacob "the son" Straessle (24:56), Steve "the father" Straessle (25:08) and Arthur Hall (25:20) all crossed the line in rapid succession. Jacob Wells is recovering from a femoral stress fracture, but notched a 27:07. Though not an LRRC member, I would like to note that someone named Shaggy Dog finished the race in 27:59. Emil Mackey was not far behind in 28:51, while Brad Newman ran 31:27 and Tom "3 seconds ahead of June" Barron rambled through with a 31:27. Tammy Walther ruled the women's competition, winning the race in 20:22. Cindy Hedrick posted 28:52, Denise Cole at 29:37, June "I let Tom win" Barron finished in 31:30, and Barbara Bonds ran 35 even.

Heading west once more, we reach Dallas, Texas, just in time for the White Rock Marathon & Half. Chuck Spohn easily beat his Boston qualifying time by running 3:19:49. Jim "don't call me Stradlater" Yamanaka hammered out a 4:23:10. Tom and Hobbit Singleton ran the half marathon in 2:10 and 3:13, respectively. The Singleton times in this column suggest that the Tulsa Route 66 Half Marathon course is faster than the Dallas White Rock. Further testing is needed on this issue. Joe Cordi was in Dallas and ran 1:43 for the half, while James Terbrack finished in 1:25.

Traveling back into the Natural State, we are going to close out the month, the year, and this column in Hot Springs at the uniquely-named Jingle Bell 5K. On the men's side Emil Mackey ran 31:07. The big story of the day was the women's race as our own Andrea Murphy took the crown, edging out a teenage girl to win the race by one second. Andrea (the Anti-Larry) has joined our Grand Prix racing team for 2007 and we are quite excited about it. I should mention that LRRC will need every last one of you to defend our championships this year. If you haven't signed up for the 2007 Grand Prix Series yet, surf over to [www.ArkansasRRCA.com](http://www.ArkansasRRCA.com) and print out an entry form today! With that plug, we can finally close the door on 2006! Well, that is, until Paul Ward puts down the Sudoku puzzle and e-mails all my errors to the poor sap in charge of next month's racing column. Look for those in February.

Adios!