

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2007

Annual State Of The Club Message From The Duck

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

Hello. Goodbye. Thank you.

Hello one last time from the front page. Despite my lack of management and leadership skills I feel as if the past year has been a successful one for the LRRC. Our membership is holding steady, we have a good core group of younger members that are excited about running and they are also increasing our volunteer base. These younger members have meshed well with the long time members and this has helped us increase our numbers at Club meetings too.

We've had quite a few Club meetings that's numbered in the mid 40's and that's not including a very successful Christmas party that was shared with the Bike Club and ARK. We also have two very successful Grand Prix teams, not only in scoring ability but in sheer numbers. Although not everyone in the LRRC is into racing I believe everyone in LRRC enjoys hearing and reading about our teams and are very proud of their accomplishments.

Our own Capital City Classic 10K as well as the other races around town that we direct or have a hand in and are more successful than ever. This proves that the local running community is active and that the Club is playing a vital part in our city's running rebirth.

Goodbye. This isn't a permanent goodbye as some of you wish but it's a time to say goodbye to being in front of the podium and being seen by the masses. I've always enjoyed being behind the screen more than I have being in front of it but there are times when you have to grab an extra and give him a major part. I feel like that's what has happened to me

but it's now time to head back to my regular job.

I will be writing results for a few more months but there are some things in my future that may be taking away a lot of my free time and after some 20 years I will be retiring from writing a running column. Of course, I will be following the career of the one and only Larry Graham and when a good story presents itself I will do my best to be sure it is in print.

Although I hope to race occasionally I physically cannot make the numbers I have in the past. Going to the races and hanging around the best people in the world gives me all the fodder I need for a successful column; that, and a fertile mind. As you have noticed over the past year this Club has a number of gifted writers and hopefully it won't take a lot of prodding to get them to keep contributing.

I will definitely keep volunteering at races when needed and, hopefully, one of these days when I can put one foot in front of the other without the fear of falling flat on my face I may try the competitive angle again; but, until then, I will enjoy my "morning jogs" with anybody who'll have me.

Thank you. This job was a lot easier than I remember it being the first time around. Maybe that's because I got to follow Paul Ward instead of Bill Torrey. Honestly, I had so many people asking me what needed to be done and volunteering before I even got the question out that I occasionally felt useless.

There have been so many positive comments about *The Runaround* that I'm embarrassed to say that I had nothing to do with it. I loved Charley Peyton's nostalgia quizzes. Jacob came

along and wrote not one but two columns a month. Paul outdid himself with the photos and the six individuals who shared results were just fantastic. They all have different styles of prose and alliteration but it all worked and was extremely entertaining.

All I request is that you give Ginea half the help you gave me and the Club will be twice as successful. I've said this before but it's worth repeating, there was one person I wanted to follow me in this position or I wouldn't have accepted it. That person was Ginea.

First of all, I knew she would clean up any messes I made and probably do it quickly. The floor does need to be swept but I don't think we need to remodel, at least I hope not, Ginea. Not only is she younger, better looking and a more talented runner than I am but she has that Hildebrand tenacity in her genes. That makes her a winner and a leader.

Come on out to our next potluck on June 21 and give her a round of applause and let her know how much you appreciate and support her as she becomes your next LRRC president.

Goodbye and thank you,

June Meeting

Thursday, June 21, 2007
6:30 p.m.
Murray Park Pavilion 2
Potluck Dinner

Election of Officers



Running Wild

By Jacob Wells

Do you remember how in grade school when the kids were getting called on by the teacher and you knew you had the best answer and the kid right before you would always take it? If a randomly selected group of Arkansas runners were asked what runner they admired most and I got to go first, my answer would make them all feel that way. I was fortunate enough to meet John Woodruff a couple of years ago. Shortly after that, he was inducted into the RRCA Hall of Fame and from that moment on I never called him by his name, I just said, "Hey, Hall of Famer!" John had a spirit and toughness as a man and as a runner throughout his life and his battle with cancer that even a wordsmith like me can't seem to describe.

The last memory for many of John's friends was his volunteering to call mile splits at mile 25 of the Little Rock Marathon only days before his death. When that awesome fact comes up in discussion, I can never hold back my tears as I didn't see John there as I passed mile 25 because I was busy calculating what I would have to do the last 1.2 miles in to break 3:40. As I look back on it now, had I not been so caught up in my own fatigue and personal goals, maybe I would have seen him there and just gone for four hours instead, and spent the next 20 minutes with John. I also could have introduced Dave, my running partner that day, to a living legend.

I thought about John a lot over the last couple weeks while I was sick and in the hospital. I didn't know John nearly as well or get to spend nearly as much time with him as I would have liked. It is through mutual friends and the stories they tell that I came to know John. One of our shared passions was running marathons. I can't remember right now how many that he ran, but it was a pretty big number, and included close to a dozen up Pike's Peak, which is one marathon I am not tough enough to put on my list. I ran a couple with a broken leg and one while my kidneys were failing (that sounds much more dramatic than it really was), but I sure never ran one while fighting cancer and undergoing chemotherapy.

One of the four marathons that John and I ran on the same day was the 2006 Oklahoma City Memorial Marathon. This was after John had lost all his hair from chemotherapy. During an out and back section where he could visit with the people coming the other direction, John crossed over the street and approached some ladies and tipped his cap saying, "Here is what happens when you fall asleep in the barber chair." During a similar out-and-back section that day, I passed John and the group of his Arkansas friends, all walking together. To see a group of accomplished marathoners all walking together at a seven-hour marathon pace just to be with John Woodruff tells you all you need to know about this man.

On another occasion, on his way up Pike's Peak, John came upon a man that had just died. John is said to have gone

up to the man, taken a look, and said, "Nope, not me." (If this doesn't translate well in writing, it is similar to the joke about checking the obituaries every morning to make sure you are not in them before you continue about your day.) That observation was followed by, "Well, at least I'm one up on him." My first conversation with John was about the Pike's Peak Marathon and how he was disappointed it had filled up in a couple of hours and he wouldn't be going that year.

As for my kidney problem last month, I wish I was smart enough to write a serious and accurate account of the facts that would be educational and beneficial for all runners out there. Unfortunately, all I really gathered from the whole ordeal is that endurance athletes should not take non-steroidal anti-inflammatory medication because some chemical in them combines with something your body produces during long periods of exercise and together they attack your kidneys. So, my only advice is to do your own research to be sure, but definitely be careful with this.

As for my future, the best unanimous advice I am getting is to not hurry back. One of the best lines from one of you was "the roads aren't going anywhere." That is so true and the fresh legs will feel pretty good when I get back out there. My non-running doctor recommended three to five months without a marathon, which put me somewhere around September – I had already been planning to get a bunch together for Tupelo, which is the Sunday of Labor Day weekend. After that is the Twin Cities Marathon in Minneapolis in October, where I was born and where I haven't been back to since. I have a lot of thinking to do about how many and how often I want to keep doing them as it relates to my health and performance. Some of you tell me to do one or two a year so that I can be as fast as possible, but it's more fun to do one every three or four weeks – I go crazy in between them as it is. During one of John's toughest times with his cancer, his doctor actually encouraged him to run a marathon, and told him "your body needs to run."

Being in the hospital for 10 days, missing almost two weeks of work, and being off limits from a marathon indefinitely

(See **Running Wild** on Page 7)

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May Club Meeting Featured Soleful Speaker

By Paul Ward
LRRRC Prolix Past President

Twenty Club members and guests enjoyed beautiful weather at our first outdoor Club meeting of the year – May 17 at Murray Park Pavilion #1. That’s right, #1. Normally we meet in Pavilion #2, but this time there was a large group using this pavilion when we got there. Club president Bill “The Duck” Harrell explained that the City Parks and Recreation Department did not post our reservation notice in the pavilion as they normally do when we meet there. But #1 was open, so no problems resulted.

Jenny Brod, a new Maumellian, parked at Cook’s Landing and ran over the Big Dam Bridge to the pavilions for our meeting. She ran right by us in Pavilion #1 until our repeated yelling made it through her I Pod headphones. She was probably listening to the latest “50 Cent” or “Ludacris” release. Jenny regaled us with her latest rap music joke: “Why do gangster rap lyricists dislike square dancing? Because when the announcer shouts ‘hoe down’, they think one of their ‘bitches’ been shot!”

The river was very high and fast, and some noted that part of the North Little Rock River Trail (the detour part) was under water and barricaded. Although there was a small craft warning on the river, Karen Irico, who skipped the meeting, zoomed by on her “Jet Ski” pulling her new tenant, Isabelle Kiefer, on water skis. At least they waived to us.

Days before the meeting, Lou Peyton e-mailed me and said she and Charley would be unable to make the meeting because they had a grandchild’s birthday party. Lou said they were very sorry to miss hearing our guest speaker, Robert Hanle, speak, and she asked me to take notes and write an article for *The Runaround*. Hence, this article. If Lou asks for a favor, I’m more than inclined to grant it, considering all she has done and does for running in our state. I was just sorry she was unable to bring one of her great potluck dishes for us to enjoy.

Robert Hanle has run 76 marathons and completed several Iron Man triathlons! He brought an almost life-sized stuffed bear on a pedestal on which he hangs his marathon and triathlon medals and bib numbers. His Little Rock Marathon medals were the largest by far. Robert enjoys running marathons and he and wife Robin use them as excuses to travel and tour. He hopes to run a marathon in every state, but he’s done this in only 18 states so far because they keep repeating marathons they enjoy.

Robert recommends several marathons. He said the Big Sur marathon in California is highly recommended. The scenery is just gorgeous. Robert said it’s not an easy marathon to run, but the views are unbelievable. He said he flies in to San Francisco and drives down to Monterrey. Early on race day, buses take the runners down the highway to Big Sur early in the morning. The race course goes along the Pacific coast up Highway 1 to Monterrey.

New York City’s marathon is a great way to tour the city, but it’s logistically tough. You’re bused to Staten Island early in the morning and you sit and wait. Robert said there’s a tradition when running over the Verrazano Narrows Bridge for men to urinate off the bridge. Robert said the water is “cold...and deep.”

Robert strongly recommends doing the Pike’s Peak Marathon at least once. He met Robin on the bus going out there one time. He enjoyed his most recent marathon, the Flying Pig Marathon in Cincinnati, earlier in May. Robert saw two men running in hospital gowns, open in the back, with “fake butts” over their shorts. That’s how I picture Jacob Wells running his next race. Speaking of the devil, Jacob made it to the meeting without a hospital gown or IV, and he looked great. Jacob was hospitalized for over a week with kidney failure after his Country Music Marathon finish. He was welcomed with a hearty round of applause. Jacob is easing back into running and plans to wait until Labor Day

weekend to do his next marathon. We’re so glad you’re out of the hospital, Jacob!

Robert says he judges marathons by the quality of the aid stations. He and Robin are not fast and they like to run the marathons easily, take a hot bath and nap, and go sight seeing. Their next marathon is Pike’s Peak, and they hope to do one near Mount Rushmore.

Robert likes to run with his dog and he’s now on his fifth canine companion. He also runs with friends Fallon Davis and Wayne Elliot. (Hey, Robert, get them to join the Club!) Robert has “never been injured” and he credits his good running and foot planting motion, plus his shoe replacement schedule. He regularly runs using three pairs of shoes. He won’t do a long run in a pair with over 200 miles, he’ll use that pair for shorter runs and a fresher pair for the long runs. He discards (i.e. puts on a garage shelf) a pair with over 300 miles. He never runs in the same pair two days in a row. Right now he’s running in Asics GT 2010s, but he’s used several brands. He avoids shoes that correct for pronating because he doesn’t. For nutrition, Robert takes vitamins, minerals, herbs, 3000mg of glucosamine, and Slim Fast (“a Power Bar in a bottle”).

Sadly, Robin Hanle was unable to attend, Robert said, because her father died two days earlier. We are very sorry, Robin. Please keep Robin, Robert, and their family in your thoughts and prayers. Robert said Robin’s father ran marathons and one time during a marathon someone noted that he couldn’t be having any fun because he never smiled during a marathon. Robin’s father replied, “Well I don’t smile when I’m having sex.”

Thank you, Robert, for a very entertaining talk and for exemplifying our love of running.

Spirit Of "Pre" Is At The Eugene Marathon

By Al Becken

The red sports coupe careened across the road, ran up a slight embankment, and rolled over on its top. It was May 30, 1975. Later that year, the driver was posthumously inducted into the Track and Field Hall of Fame.

It's now April 29, 2007. I am getting ready to run in the Inaugural Eugene Marathon. I was here many years ago and ran on the Hayward Field Track at the University of Oregon. The legendary track is where Steve Prefontaine ran in the Olympic Trials 5000 meter run on July 6, 1972, and set an American record in 13:22.8. This same track will be the site of the U.S. 2008 Olympic Track and Field Trials. Steve won't be there, but his spirit will.

I slide my 1975 black racing top with "Go Pre" in large white letters over my head. With a tear running down my cheek, I take the first steps in the 26.2-mile marathon running in Pre's country. His heart and sole are here. I'm running the same trails that he ran and my memories drift back to Pre. Before he was "Pre," he was Steve Prefontaine, the kid from Coos Bay, Oregon. I recall meeting Pre's mom and dad at the West Virginia Distance Run in 1975 and talking to his sister, Linda. Most of all, I remember the kid with one leg longer than the other who was told he was too small and skinny to run.

The Eugene Marathon starts in front of Hayward Field. The course is mostly flat with the exception being some slight hills during the first three miles. The course winds around the University area and at six miles crosses the first of three footbridges over the Willamette River. The river flows north and continues 120 miles to Portland where it enters the Columbia River. After an eight-mile loop through residential streets, the course returns to Eugene's bike paths at mile 14 and then follows the river again at about mile 25 to finish in front of the University's Autzen Stadium. The music on the course about every two miles is a treat. Ten local high school cross-country and track teams provide volunteers for all 17 water stations, as well as the start and finish. There were more than 50 physicians, nurses, and medical personnel.

The night before the marathon I attended Mazzi's pasta party at the Eugene Hilton Conference Center. The Hilton is also the host hotel and site of the pre-race expo. The expo actually goes on for two days before the marathon. Eighty-two year old John Keston was the featured speaker. In 2001 John set the world age record as the first runner over 75 to break 3:30 for the marathon. John recently ran his first marathon since turning 80, a 4:15 at Napa Valley, California.

At the expo I also met up with Joe Henderson, co-founder of *Runner's World* magazine and author of 27 running books. Linda Prefontaine, Steve's sister, was also there. Linda informed me that her father passed away, but her mother still lives in Coos Bay.

I had lined up at the very back of the 4,000 runners at the start. We were all wearing a timing chip, so there was no use to beginning in the crowd and having to walk/jog for a mile. My

time started when I crossed the timing pad at the start line. As I waited for the pack to move down the road, I asked myself "Why am I doing this?" I stepped across the timing pad and began the marathon. The answer would have to wait. It was about 45 degrees F. and my legs were cold and stiff from standing around for more than an hour. I needed to get moving!

At mile six, I met up with a couple from Saskatchewan, Canada. They live near Regina, the provincial capitol, and informed me of a new marathon in Regina. They were kind enough to offer to let me stay at their home for the marathon. Do I dare do one more?

(See Eugene Marathon on Page 7)

Poetry for the Sole by Randy Oates

Community of Athletes

It's been my experience that
those who find the most satisfaction in
sport
tend to be the ones who actively
participate
in the community of athletes.

Sure we all like our solitary training
running or biking on our own
taking whatever route we want,
exploring new places,
letting our mind wander
while enjoying the play of our chosen
sport.

But it's in the community of others
that we find support,
share ideas and stories
and feel the kinship of fellow athletes.
After all, we are all social animals
who enjoy coming together in groups
for the common good of all.

We may not be interested in
attending many meetings
or buying season tickets
to anything that might interfere with our
training.

However, for a race
or sometimes even just a group fun run,
we will all gather together
dressed in our favorite training outfit,
to see old friends,

Running Calendar

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

June

- 1: Relay for Life 5K at Forrest City. Call 870-270-0625.
- 2: Dino Dash 5K at Little Rock. Call 396-7050, ext. 214.
- 2: Chase the Chicken 5K at Prescott. Call 870-887-2101.
- 2: National Trails Day at Langley, AR. Call 501-580-9607.
- 2: Bison Stampede 5K at Rogers. Call 479-236-5909.
- 2: Gary Schuchardt 5K at Jonesboro. Call 870-935-3658.
- 2: Lions Roaring 5K at Springdale. Call 479-751-8733.
- 2: Boomtown Days 5K/10K at Joplin, MO. Call 417-825-2710.
- 2: Lum and Abner 5K at Mena. Call 479-243-3880.
- 2: Bulldog 100 5K at Texarkana, TX. Call 903-838-4541, ext. 3092.
- 2: Mt. Magazine 15K at Havana. Call 479-968-0286.
- 3: Andy's Fun Run.
- 9: Dinofest 5K at Nashville. Call 870-845-7405.
- 9: Flat as a Pancake 5K at Wynne. Call 870-238-4235.
- 9: Xterra 3.5M Trail Run at Eureka Springs. Call 479-244-5775.
- 9: FeatherFest 5K at Springdale. Call 479-756-8090, ext. 109.
- 9: ValleyFest 5K at Russellville. Call 479-229-2418.
- 9: Ice Cream Social 5K at Berryville. Call 870-480-2383.
- 9: Noah's Ark 10K at Dumas. Call 870-818-2432.
- 10: Andy's Fun Run.
- 16: Heat in the Street 2-mile at Arkadelphia. **GPS.** Call 870-246-2566.
- 16: Smackover Oil Run 5K. Call 870-725-2907.
- 16: Tail Twister 4M/10M at Rogers. Call 479-636-4767.
- 17: Andy's Fun Run.
- 23: Brickfest 5K at Malvern. **GPS.** Call 501-467-0750.
- 23: Buffalo River ElkFest 5K at Jasper. Call 870-446-2682.
- 23: Cancer Challenge 10K/5K at Bella Vista. Call 479-273-3172.
- 23: K8 8K at Jonesboro. Call 870-931-8888.
- 24: Andy's Fun Run.

July

- 1: Andy's Fun Run.
- 3: Fireworks 5K at Flippin. Call 870-453-8522.
- 4: Firecracker 5K at Little Rock. Call 501-231-3730.
- 4: Freedom 5K at Jonesboro. Call 870-933-4604.
- 4: Firecracker 5K at Rogers. Call 479-636-3338.
- 4: Fantastic Fourth Firecracker 5K at El Dorado. Call 870-863-6113.
- 8: Andy's Fun Run.
- 14: River City 5K at North Little Rock. Call 501-834-7044.
- 15: Andy's Fun Run.
- 21: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 21: Big Dam Bridge 5K at Little Rock. Call 870-246-6686.
- 22: Andy's Fun Run.
- 28: Dam Night Run 5K at Arkadelphia. **GPS.** Call 870-246-6343.
- 28: Sensational Kids 5K at Jonesboro. Call 870-336-0021.
- 29: Andy's Fun Run

Birthdays

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

- 1 – Barbara Wall
- 1 – Melanie O'Quinn
- 2 – Zsuzsanna Diamond
- 4 – David Sunde
- 4 – James Terbrack
- 4 – Karl Kullander
- 6 – Jim Smallwood
- 7 – Stephen Bond
- 11 – David Qualls
- 11 – Michael Smith
- 12 – Troy Wells
- 14 – Jimmy Pritchett
- 16 – Eleanor Kennedy
- 16 – James Pearsall
- 16 – Kristen Wright
- 23 – Anita Tucker
- 23 – Joy Ballard
- 23 – Tom Singleton
- 24 – Karen Call
- 25 – Kathy Boone
- 28 – Roy Hayward
- 28 – Yvonne Thompson
- 28 – Kristi Sieczkowski
- 29 – Brian Sieczkowski

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.

Race Results

ROTC 5K

Arkadelphia, AR — April 21, 2007

Male

Name	Time	Place
Brian Sieczkowski	16:56	2 nd overall
Tony Serna	18:23	1 st 40-44
Darrin Gilpin	18:40	3 rd 40-44
David Williams	18:48	1 st 55-59
Larry Graham	19:23	1 st 50-54
Dave Wilkinson	20:51	4 th 40-44
Jacob Wells	20:55	4 th 35-39
Roy Hayward	22:18	1 st 60-64
Nick Alsbrook	23:55	1 st 25-29
Dan Belanger	23:56	3 rd 60-64
Bill Torrey	27:52	7 th 50-54
Carl Northcutt	36:50	2 nd 70-74
Marshall Singer	37:25	8 th 50-54

Female

Name	Time	Place
Sarah Olney	19:44	1 st overall
Susann Szmania	20:24	3 rd overall
Andrea Murphey	21:31	1 st 30-34
Elizabeth Reynolds	21:53	2 nd 25-29
Ginea Qualls	23:50	3 rd 25-29
Jordan Holloway	25:53	4 th 25-29
Carol Torrey	28:16	3 rd 50-54
Alesa Davis	30:48	4 th 45-49
Coreen Frasier	31:13	2 nd 60-64
Jaynie Cannon	36:47	3 rd 40-44
Linda House	39:56	2 nd 55-59

Catholic High Rocket 5K

Little Rock, AR — April 21, 2007

Jacob Straessle	24:31	6 th 10-14
Steve Straessle	25:41	2 nd 35-39

Ouachita 50 miler

Little Rock, Arkansas—April 21, 2007

Female 50 K

Name	Time	Place
Kimberly Morton	5:28:40	1 st overall
Lou Peyton	9:45:36	1 st overall
Rosemary Marston	11:02:32	26 th overall
Corky Zaloudek	11:02:33	27 th overall

Male 50K

Name	Time	Place
Bob Marston	7:36:29	24 th overall
Robert Hanle	8:20:44	36 th overall

PHUMC Miles for Missions 5K

Little Rock, AR — April 28, 2007

Steve Straessle	24:41	6 th overall
Jacob Straessle	25:28	9 th overall

Country Music Marathon

Nashville, Tennessee — April 28, 2007

Half Marathon

Name	Time
Arthur Hall	2:15:30
Jennifer Miller	2:48:36
Tom Singleton	2:48:37
Mary Wells	2:49:20
Hobbit Singleton	3:23:04

Marathon

Name	Time
Darren Miller	3:29:00
Jacob Wells	3:50:14
Robin Harrison	4:33:12

Toad Suck

Conway, Arkansas — May 5, 2007

Tadpole Trot

Nicolette Barron, age five, is the granddaughter of Tom and June Barron. She has been a member of the LRRRC since birth. Her time is unknown but it was quoted to be "fast" by her proud grandparents.

5K Female

Name	Time	Place
Angela Gaines	32:05	17 th 35-39

10K Male

Name	Time	Place
Glen Mays	33:09	1 st overall
Brian Sieczkowski	36:48	1 st 25-29
Darren Gilpin	38:29	1 st 40-44

Race Results

(Continued from Page 6)

David Williams	39:08	1 st 55-59
Jim Barton	41:15	2 nd 50-54
Brian Polansky	41:23	4 th 45-49
Brian Wagner	42:29	3 rd 35-39
Bill Torrey	42:35	3 rd 50-54
Larry Graham	42:37	4 th 50-54
Steve Hollowell	43:05	5 th 45-49
Jack Evans	44:01	1 st 60-64
Jeff Bost	46:25	8 th 40-44
Paul Ward	48:28	9 th 45-49
Roy Hayward	49:34	2 nd 60-64
Dave Wilkinson	51:26	11 th 40-44
Nick Alsbrook	51:26	10 th 25-29
Dan Belanger	52:06	3 rd 60-64
Arthur Hall	52:53	17 th 45-49
Robert Taylor	1:01:29	4 th 65-69
Brad Newman	1:05:11	26 th 45-49

10K Female

Name	Time	Place
Sarah Olney	42:02	1 st overall
Susann Szmania	44:53	1 st 35-39
Andrea Murphy	45:44	1st 30-34
Tina Coutu	46:10	1 st 40-44
Mary Wells	47:13	2 nd 30-34
Mira Lelovic	47:43	2 nd 35-39
Jenny Brod	49:49	3 rd 25-29
Ginea Qualls	52:52	5 th 25-29
Celia Storey	58:40	5 th 50-54
Gina Lockard	1:04:49	10 th 45-49
Alesa Davis	1:09:17	18 th 45-49
Coreen Frasier	1:09:23	3 rd 60-64
Rosemary Marston	1:12:23	4 th 55-59
Linda House	1:29:09	8 th 55-59
Laura Butts	1:32:11	31 st 25-29

Woman Run Arkansas

Conway, Arkansas — May 12, 2007

Name	Time	Place
Barbie Hildebrand	20:38	1 st overall
Ginea Qualls	23:42	8 th overall

Barbie and Ginea won the mother/daughter award for the fastest combined time for the third year in a row. This year was the fastest time yet. We also had members that devoted many evenings to the Woman Can Run clinic in Little Rock. Mary Wells, Coreen Frasier, and Rosemary Marston helped co-directors Linda Fason and Stacey Dover with the bi-weekly clinic. The clinic lasted 10 weeks and approximately 300 woman registered. I spoke about shin splints one evening and was amazed at the number of enthusiastic woman who attended

the clinic. Thank you Rosemary, Coreen, and Mary for sharing your time!

Relay for Life

Maumelle, AR — May 11, 2007

During the night of Friday, May 11, our own Linda House could be found walking in an open field in Maumelle. No, she wasn't lost or finding her way home from a night on the town. The overnight activity was sponsored by the American Cancer Society and celebrates survivorship, remembers those that lost their lives to cancer, and raises money for the cause. Linda was walking/running on Team Hutchins and the team raised over \$4,000 for cancer research.

Eugene Marathon

(Continued from Page 4)

At mile 23 the bike trail passes through beautiful Skinner River Park. A six-foot tall, husky young man came running up beside me. He introduced himself as Dave and told me this was his first marathon. He asked me how old I was. Having followed this bobbing head of gray hair for a while must have gotten his curiosity up. I jokingly told him I was old enough to be his grandfather.

Eugene is perhaps the long distance capital of America. The University of Oregon was home to Prefontaine, Mary Decker Slaney, Kenny Moore, Alberto Salazar, and many others. It was also home to Bill Bowerman, coach to generations of athletes and a co-founder of Nike. Thus, it is the home of the famous Nike waffle sole – still a trademark of Nike shoes. On Fifth Street in downtown Eugene is the Nike store. It has every conceivable Nike item. Also inside the store are two video screens, one with a story of Pre and the other with many other famous runners. Posters line the walls, many with autographs. Be sure to take time to visit the Nike store and many of the other restaurants and shops along Fifth Street. It's just a block over from the Hilton.

Interested in doing the Eugene Marathon? Contact: Eugene Marathon, 541 Willamette St., Suite 312, Eugene, Oregon. Or, visit: www.eugenemarathon.com

Running Wild

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(three of which were already paid for) were among the repercussions of my misfortune. But, my mini-vacation had its perks as well – over 30 of my best running buddies came by to see me, some more than once. Those were some of my best times ever, and ones that I will never forget. I think John Woodruff would agree. It reminded me that each of us must remember not to let our running define us as individuals as it can be taken away at any moment without warning, but the memories, relationships, and lives we impact as runners and as people who happen to run will be with us forever.