

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2007

Current Club Policy Funds President's Vacation

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

I normally take up space in this column to report on the happenings of the previous month's meeting and update you on next month's meeting. Well, I'm only going to do half of that this month because I wasn't at the March meeting. I was on vacation.

I took advantage of Club policy and by-laws and accepted the offer of LRRC to a vacation paid for by them. There have been some Club presidents who have apparently never read the LRRC by-laws and have never taken advantage of this perk. I'm not one of those, if it's available, I'm taking it. So let me take the time to say thank you to all of you who keep your dues current and volunteer at local races that we help sponsor for the Colorado ski vacation that Belinda and I were able to attend.

The other runners who were with us, Harold and Pam Hays, Jimmy and Ivy Pearsall and Arthur and Bettye Kerns, unfortunately, had to pay their own way but I am looking to see if there is any way the Club can reimburse them for some of their expenses. It's only fair, after all, we pay for state troopers to guard the Governor and the U of A coaches (and man do they need it). Surely you think the LRRC president is as important as any of them.

Since some of you may be upset about this policy I am now having my crack staff amend the by-laws so Ginea and others after her won't be able to take advantage of the "vacation amendment" and leave you all high and dry and skip out on a meeting.

I want to thank two good friends, Jack Evans and Tina Coutu, for their contribution to the March meeting. I try

to keep speakers lined up a couple of months in advance but there was a cancellation for March and I know Jack well enough that if given a platform to talk about – The Peak or running in general – that he'll take it. Of course I wanted Tina there so people would show up. I mean, who would come to see "Just Jack"?

I would also like to thank Ginea and Paul Ward, who may be the father of Anna Nicole Smith's baby, for sending out all memos and updates while I was gone.

Next month, same place...same time, it will be the Jacob and Dave show. Dave Wilkinson will try to explain what it's like to be tethered to Jacob Wells for

26.2 miles. MB and Dave are running the Little Rock Marathon and will talk about how they trained for and ran this race.

I want to give you advance notice on the May program too. We normally start our potlucks in May but for this event we will continue at The Whole Hog. There will be someone there to *try* and channel the spirits of Roger Bannister and Steve Prefontaine. Those of you of the younger generation who are not up on your running history have the time find out about these men before the May meeting. You may even get to meet them in person ... years after their death.

I will be at the next meeting. I hope to see you there.

Congratulations On Twins

The Little Rock Roadrunners Club extends its congratulations to Brian and Mindy Wagner on the birth of their twins February 24. Ashley Nicole and Grace Ann Wagner hit the starting line of life at 5 pounds, 11 ounces, 18 ¼ inches, and 5 pounds, 14 ounces, 17 inches.

Mother and father are doing well and are home from the hospital. The twins will remain for a short stay because they were a week premature. Brian looks forward to seeing everyone at a race soon.

Congratulations Brian and Mindy! Now lace those shoes and hit the road!

Condolences

The Little Rock Roadrunners Club wishes to extend its deepest sympathy and condolences to Belinda and Bill Harrell over the death of her father, Arthur N. Leppin of Conway on Saturday, February 24. Please keep Belinda and Bill and Belinda's family in your thoughts and prayers.

March Meeting

**Thursday, March 15, 2007
6 p.m. to eat
Whole Hog Cafe
Riverdale Shopping Center**

**Speaker at 6:30 p.m.
The Jacob & Dave Show**



Running Wild

By Jacob Wells

If *The Runaround* gets published about the same time as usual this month, it will hit newsstands around the eve of the 5th Little Rock Marathon. This one will be special to me for a lot of reasons, not the least of which is that it will be over four months since my last marathon and almost six months since one of them broke my leg. The Little Rock Marathon was my first, second, and fourth marathon, which sounds funny now, since I guess way back then I was doing one a year, plus my first Mid-South Marathon in Wynne, Arkansas, in 2004. In its first four years, it has grown from 842 finishers in 2003 to 1,385 in 2006. From the beginning, it was something special with the “world’s largest finishers’ medal” which has gotten bigger every year. A couple years ago at the expo before the Oklahoma City Memorial Marathon, the Little Rock Marathon table had a hubcap on a ribbon that was being billed as the following year’s prototype. I plan to wear all five of mine at once and see if I can actually make it one lap around the room. My four-year-old wore the first four medals and couldn’t hold her head upright.

With 18 different marathon courses in 13 states completed so far, one of the few things I might be somewhat qualified to comment on is the great event that is the Little Rock Marathon. In addition to starting ten minutes from my house, it finishes in front of our State Capitol. The permanent mile markers throughout the city are a year-round reminder of what we have going on here. By its fourth year, the Little Rock Marathon was listed as one of *Runners’ World’s* Ten Best Small Marathons in the entire country. The irony there is that it isn’t staying small.

The Little Rock Marathon course might have one of the best mixes of scenery along the course of any that I have seen. In addition to the aforementioned finish at the Capitol, there are the loops in front of the presidential library and the governor’s mansion, Central High School, behind the Capitol at the mid-way point, up through the Heights, back down and then up and down the Arkansas River before returning to downtown. Lots of marathon courses are either 13 miles out and back the same road or one big circle loop, or worse yet, two or more circle loops. A marathon in Springfield, Missouri, is eight times around a 5K course after going out .7-miles and back to the start. Thus, you go through the starting line nine times. I have done marathons that were mostly down the shoulder of the highway and one that is entirely on logging roads.

The Little Rock Marathon has had its share of amazing performers and performances. The first winner, Anatolie Vartosu from Russia, was running his first marathon in the United States. Second place that year was Chuck Engle, who would go on to run 52 marathons in 2006, and WIN 25 of them. Chuck also won the 2005 Mid-South. The first female winner was Joyce Florance, who amazingly also won the Mid-South

five months later as her only two marathons in 2003. I didn’t know this fact even as I was lucky enough to actually run alongside her for a short time at the Mid-South a year later.

The 2004 Little Rock Marathon brought us Glen Mays, a Washington, D.C., resident who was in town looking at houses in anticipation of a move to Arkansas. Glen has since won dozens of races in Arkansas, setting many course records, and is primed for a return to the top of the Arkansas finisher list in 2007. The female winner in 2004 was Patricia Langhum, about whom I know absolutely nothing. The third place finisher in both 2003 and 2004 was LRRC member Brian Bariola, for whom, I believe, they were his first two marathons. In an amazing feat of consistency, the finishing times were 2:49:03 and 2:49:04. Brian then ran 2:47 at Arizona’s Rock and Roll Marathon in 2006 and has run the Walt Disney Marathon already in 2007.

Thanks to the success of the first two years, the race committee was able to add cash prizes for the top finishers in 2005, which drew elite talent from around the world. Three Kenyans took the first three spots, with fourth place going to Michael Wardian of Washington, D.C. Yes, he is Glen’s running buddy who came all that way to knock him down to fifth overall. Glen’s 2:30 finish remains the top Arkansas finishing time. Michael was listed as number three on MarathonGuide.com’s top male marathoners of 2006 with 10 finishes and four wins. The 2005 female winner was Christy Nielsen, who ran alongside Little Rock’s Leah Thorvilson for much of the race, finally edging Leah by a minute with a 2:58 finish. A few weeks later, Leah finished 19th among American women at the Boston Marathon. Christy won the Lincoln Marathon less than two months later and then repeated as Lincoln winner in 2006 with a comfy four-minute cushion on Brian Sieczkowski, who led the expedition of a dozen or so Arkansas marathoners, six of whom ran sub-3:10.

The top of the 2005 list of women came from all over the country, but in ninth place was LRRC’s own Tammy Walther. This is remarkable considering that without Glen Mays

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February Club Meeting Covers The Distance

By Paul Ward
LRRC Past President

The February 15 Little Rock Roadrunners Club meeting drew a crowd of 26 members and guests, many of whom were eager to hear president-elect Ginea Qualls preside instead of the moribund, vacationing Duck. Tina Coutu led the speakers by discussing the February 17 River Trail 15K and showing everyone the attractive race T-shirt. This race has been resurrected (or “re-resurrected” as Tina says), after its last occurrence two years ago. As of our meeting, Tina said 113 people had registered, which I think is more than participated in the last version of this race.

The race used to occur in April after our Capital City Classic. In previous years the numbers were down and the race conflicted with a soccer tournament in Burns Park. I volunteered as a course marshal in the last two 15Ks and I remember trying to direct cars of soccer enthusiasts to one side of the road and runners to the other. There was no real traffic control. Several Club members from the LRRC, Arkansas Running Klub, and Cabot Country Cruisers got together and decided to plan a renewed 15K at an earlier time in the year to avoid the soccer tournaments. I hope their efforts are successful, and the early registration numbers look very promising. Among the organizers who deserve our thanks are Tina, Brian Sieczkowski, Ginea, Bob and Sybil Taylor, James Barber, Brenda Ransom, and Ginny Lantz. Thank you ladies and gents. [I wrote the above before the race. Over 200 people registered and endured the gale-force winds on the return route of the out and back course. The race was a great success and should be repeated next year. Thanks to the organizers and to Ginea, Steve Hollowell, and Merritt and Sabrina Maham for working the aid stations, and to Conway’s Stan Ferguson for timing the race.]

After Tina spoke, Ginea called on Jack Evans to talk about the Arkansas Pike’s Peak Marathon Society and the

upcoming meeting and training runs. Jack started with some tangential topics and an extensive discussion of himself. The APPMS has been active for years and organizes training runs for the August Pike’s Peak ascent and marathon. The races occur in the third weekend of every August. The Saturday ascent covers the 13.1 miles up the mountain; the Sunday full marathon goes up and back down. Some hardy soles do both events. The Peak is 14,110’ high, a gain of 10’ from measurements in the past several years. The marathon is over 50 years old – the second oldest in the U.S. By the time you read this, the first APPMS meeting will have occurred. The training runs go from April 28 through July 28 and are open to all runners, even if you’re not planning to run the Peak. To register for this year’s ascent or marathon, or both, you must do so online after 9 a.m. CST March 1. Jack asked what time it would be in Little Rock if it was 8 a.m. in Colorado. The learned Dr. Polansky said “7 a.m.” But that was after some liquid refreshment.

The training runs get you in shape for the altitude. Jack said you lose 30% of your breathing capacity at the top. Several runners get sick at the top. Many

Running Wild (Continued from Page 2)

or Brian Bariola, the first Arkansas resident among the men finished 17th and the first Little Rock resident was 34th. The 2005 men’s winner Charles Kimondo autographed my race number at the post-race party. At age 23, this was Charles’ 14th marathon in the United States with an average of well under 2:20. Only five weeks before possibly returning to Little Rock to defend his title, Charles pulled off this impressive “feet” at the Miami Marathon on January 28:

Charles Kamindo ran to an impressive shoeless third place finish - suffering from blisters caused by wet shoes from the morning rain, Kamindo chose to take off his shoes at about mile 16 and continued through to finish in his socks to

of the training runs are on unpaved surfaces, which entail a different running motion. Several are on U.S. Forest Service roads. Most involve inclines. You do a lot of walking while climbing Pike’s Peak.

Pike’s Peak is popular with Arkansans. Jack said our state provides the second-highest number of participants in the events after Colorado. The APPMS has special T-shirts and many participants travel and stay together. The local crowds cheer for the Arkansans.

We were unable to have someone speak on the Little Rock Marathon. At our March meeting we’ll hear from a runner who almost never talks about himself: Jacob Wells. Dave Wilkinson will speak with Jacob, but I doubt that they will be tethered. They are planning to run the Little Rock Marathon and we should hear some good stories about their running and training together. More details should be in the Duck’s column and the e-mail reminder. We hope you can make it.

If you get this before March 4, good luck to everyone participating in the Little Rock Marathon races.

third place in 2:23:07. – MarathonGuide.com

Of course, the event is not only a marathon, but in its five years has offered every combination of races including a half marathon, two-person relay, four-person relay, 5K, Little Rockers kids race, and new for 2006, the Classic Rockers that I just read about on the Little Rock Marathon website. See! Sometimes I do actually research things I write about. I would imagine that many runners and potential runners have been swept up by the excitement of friends and acquaintances and have perhaps run their first 5K or been on a relay team for the first time. There are probably many first time marathoners who took it one step at

May The Wind Be With You

**By Ginea Qualls
LRRRC President-Elect**

It can certainly be said that the 2007 racing season is upon us. It is only February and we've had one Club member almost have to go to the ER after the One Hour Track Run. Then there was the wind at the 15K. So without further ado let's get to the results!

The Chilly Cheeks 10K was held on January 20th. Only two people from the Club competed in this race, Dave Wilkinson who finished in 43:32, and Jacob Wells in 43:33. The Frostbite 5K was held on January 27th. Dave Wilkinson finished in 20:49, Jacob Wells 20:05 and David Bourne 22:08.

The One Hour Track Run was held on January 28th. Last year's weather was dang near PERFECT – 72° and no wind ... it was nice. Well this year wasn't so perfect – it was cold and windy! Even though the weather was far from perfect we still managed to have several of our members run. The One Hour Track Run is not only the first Grand Prix race of the season; it's also a state championship. This year we have several members competing in the Grand Prix for this time. Brain S. certainly isn't new to the Grand Prix, but he did run the furthest, logging 9.63 miles. Bill Diamond ran 9 miles, Larry Graham 8.69, Jim Barton 8.63, Jack Evans 8.44, Harold Hays 8.10, Robert Holmes 8.03, Jacob Wells 8.02, Dave Wilkinson 8.02, Roy Hayward 7.64, Paul Ward 7.52, Bob Marston 7.23, Dan Belanger 6.79 and Carl Northcutt 4.66.

On the women's side, Sarah Olney was too busy running 8.80 miles for the overall win to drink any water, which was provided every quarter mile. Sarah's failure to drink water mixed with a stomach virus caused her to become very dehydrated. Fortunately, Tina Coutu and I carpooled with Sarah and were able to help her get hydrated and home safely without a trip to the ER. Most people carpool to save gas money, but it's also important to carpool because you never know when you might get sick after a race. Sarah certainly wasn't the only woman running. We had a few other ladies there, one of whom was Liz Reynolds who ran 7.89 miles along with Tina Coutu 7.89, Andrea Murphy 7.60, Mary Wells 7.58, Ginea Qualls 7.31, Jenny Brod 6.98, Jordon Holloway 6.81, Coreen Frasier 5.25, Rosemary Marston 5.17, and Linda House 4.54.

The Valentines Day 5K was held on February 10. This year Mr. Speedy himself Glen Mays ran 15:42 for an overall win. Brian S. tried to chase him down running 16:38 getting him the third overall win. David Williams finished in 18:10, William Diamond 19:17, Jim Tom Barton 19:21, Larry Graham 19:28, Steve Hollowell 20:21, Jacob Wells 20:38, Dave Wilkinson 20:39, Carl Cerniglia 21:40, David Bourne 21:44, Robert Holmes 21:50, Roy Hayward 22:43, Bob Marston 23:24, Dan Belanger 24:37, Robert Taylor 26:00, Carl Northcutt 37:21 and Marshall Singer 39:04.

On the women's side Liz Reynolds ran an impressive 21:26, Mary Wells 21:39, Tina Coutu 21:57, Andrea Murphy

22:16, Coreen Frasier 31:19, Rosemary Marston 32:33, Linda House 39:02 and Jaynie Cannon 41:05.

The River Trail/Windy 15K was held on February 17. This particular race was unique in the fact that three running clubs helped organize it, LRRRC being one of them. I've never had the pleasure of helping organize a race before so, needless to say, it was a new experience for me. I think I can say we had everything covered but the wind. I worked an aid station with Steve Hollowell, and we couldn't keep water on the table because the wind kept blowing it off. I can't even begin to imagine what the runners had to deal with running in such extreme weather conditions. Wind or no wind the race must go on and several of you didn't let the wind stop you.

Glen Mays was the first Club member to beat the wind running a VERY fast 51:47 for an overall win and Brain S. ran a 56:21 for a second overall finish. James Terbrack braved the wind running 1:00:07 along with David Williams 1:02:24, Larry Graham 1:03:47, Bill Diamond 1:06:14, Bill Torrey 1:06:50, Jim Tom Barton 1:08:04, Jack Evans 1:08:53, Jacob Wells 1:11:21, David Bourne 1:11:53, Robert Holmes 1:13:05, Paul Ward 1:14:09, Joe Cordi 1:15:37, Roy Hayward 1:19:55, Arthur Hall 1:20:42, Dan Belanger 1:26:54, Nick Alsbrook 1:40:22 and Carl Northcutt 2:00:39.

On the women's side Sarah Olney ran a 1:05:07 for the overall win. Liz Reynolds cut through the wind running a 1:10:46 along with Tina Coutu 1:11:59, Andrea Murphy 1:14:27, Karen Call 1:18:23, Jordon Holloway 1:27:38, Carol Torrey 1:34:58, and Linda House 2:12:08.

That wraps up the races for the month. If I forgot anyone please find it in your heart to forgive me. Until next time, HAPPPY RUNNING!

Running Wild (Continued from Page 3)

a time working their way up through each of the distances.

I have enjoyed promoting, or more accurately, bragging about the Little Rock Marathon all over the country. What started out as a silly attention-seeking ploy of writing **LITTLE ROCK** on my chest and back evolved into a one-man crusade to let marathoners everywhere know where the very best one is located. I always get either one of two very consistent reactions from everyone I meet. It is either, "*I've heard so many good things—I'm coming to do it!*" or "**LOVED IT!!**"

Three final thoughts (or parting shots?) related to last month's *Runaround*:

The trivia question about Bill Rodgers reminded me of running up alongside him (yes, the same Bill Rodgers that won the Boston and New York City Marathons four times each) at the Saint Louis Marathon last April. When I told him he should come run the Little Rock Marathon again, he replied, "Oh yeah, Bill Torrey! He's great!"

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.

March

- 3: Running for the Green 5K at Rogers. Call 479-936-2934.
- 3: Fleet Feet 8M Night Race at West Fork. Call 479-571-8786.
- 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.
- 10: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 10: ASU Campus Quick 5K at Jonesboro. Call 870-972-2758.
- 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.
- 24: Glenwood Athletic Club 2M at Glenwood. Call 870-356-7919.
- 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.
- 31: Child Abuse Awareness 5K at Pine Bluff. Call 870-540-3778.
- 31: American Heart Association 5K at Jonesboro. Call 870-476-2067.

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.
- 7: Eisenhower Marathon at Abilene, KS. Call 785-263-2341.
- 7: Walk/Run for Children 5K/2M at Springdale. Call 479-751-8733.
- 8: Andy's Fun Run.
- 14: 1040 Tax Run/Walk 5K at Batesville. Call 870-793-2464.
- 14: FBC 5K Run at Farmington. Call 479-267-3159.
- 14: Disabled Vets 5K at Fayetteville. Call 501-650-4486.
- 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.
- 21: NWA Race for the Cure 5K at Fayetteville. Call 479-845-3657.
- 21: 4-H Youth & Family Trail 5K at Little Rock. Call 501-821-4444.
- 22: Andy's Fun Run
- 28: Butterfield Trailblazer 5K at Fayetteville. Call 479-571-3506.
- 28: PHUMC Miles for Missions 5K at Little Rock. Call 501-663-5045.
- 28: Take the Lake 5K at Heber Springs. Call 501-362-0773.
- 28: MADD Dash 10K/5K/1/2M at Searcy. Call 501-279-4554.
- 28: Jonesboro Jets Swim Team 5K. Call 870-933-4604
- 29: Andy's Fun Run.

Birthdays

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

- 1 – Karen Irico
- 1 – Lynette Watts
- 3 – Brian Polansky
- 6 – K. A. Parry
- 6 – Lee Epperson
- 9 – Gina Pharis
- 9 – Jim Barton
- 9 – Leon Matthews
- 14 – Andrea Murphy
- 14 – Lou Wintroath
- 20 – Lee Wyant
- 20 – Marshall Singer
- 22 – Susan Bariola
- 23 – Charles Martin
- 23 – Susan Russell

New Member

Our newest member to the Club is Jaynie Cannon, otherwise known as Marathon Boy's personal media specialist.

When Jaynie is not hyping Marathon Boy she is a librarian.

She has been walking for 10 years and running for one year. Her average weekly distance and pace varies. She races frequently and prefers the 5K and 10K distances. Jaynie's favorite running route is Pleasant Valley because it has lots of downhill.

Her other interests are children's books, Ebay, traveling and VH1.

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.

Rochester Marathon Journeys Alongside Erie Canal

By Al Becken

“It’s a little short of madness.” That’s what was said of the idea that DeWitt Clinton, Mayor of New York City and later governor of the state proposed. Many called it “Clinton’s Folly.” But when it was completed, the Erie Canal opened a thoroughfare from the Atlantic Ocean, up the Hudson River to the Great Lakes.

Officially opened on October 26, 1825, the canal was 363 miles long, 40 feet wide, four feet deep, and had 18 aqueducts to carry its water across rivers and 83 locks to raise and lower boats the 682 feet change in altitude. At a cost of about \$7 million, it was acclaimed as the greatest engineering marvel in the world and made New York City the busiest port in the United States. It also turned Rochester, New York, into a boomtown. (From *The Erie Canal* by Cheryl Harness)

September 17, 2006, was the second annual Rochester Marathon. The sponsor was Preferred Care, and the proceeds of the marathon benefited the Arthritis Foundation. Since I have arthritis in my hands, I figured it was a win-win event. The host hotel, the Crown Plaza, is located in the heart of downtown on the Genesee River and is within walking distance of the start/finish at Frontier Field. The stadium is also the location of the expo and packet pick-up.

In 1830, because of the success of the Erie Canal, Rochester became the largest flour-producing city in the world. Wheat from the Great Lakes region could now move easily and economically to the East Coast.

In 1853, John Bausch opened a small retail optical shop and later partnered with Henry Lomb to create a company known today as Bausch and Lomb.

In 1870, Susan B. Anthony was arrested in her Rochester home for casting a vote in a presidential election. It wasn’t until 1920 that women were allowed to vote in presidential elections. Now, a relief of Susan B. Anthony appears on our dollar coin.

But the major event that put Rochester on the map was an invention by one George Eastman. His “box camera,” called the Kodak, revolutionized photography. George Eastman gifted generously to Rochester, including the renowned Eastman School of Music and the Eastman Theater.

The marathon and half marathon kicks off at Liberty Pole Park at 8 a.m. Both courses travel down East Avenue past the George Eastman house, the Rochester Museum, Science Center, and many magnificent homes.

At about mile nine, runners turn onto the Erie Canal towpath for a 12-mile journey past locks, parks, and historic sites. There are boat cruise tours available on both the Genesee River and the Erie Canal.

At Genesee Valley Park, the course path turns and goes along the Genesee River past the University of Rochester. Runners then pass over the restored Ford Street Bridge and into the Corn Hill neighborhood. This is the city’s oldest neighborhood, and it’s newest. Revitalized homes, townhouses, and shops line the streets. Be sure to visit this area to enjoy the food and music.

At mile 25, the course leaves the Genesee River and heads back through town to circle Frontier Field. Runners enter the stadium and finish in front of the left field dugout. The post-race

celebration by stadium vendors and the awards are held at the finish area.

A few blocks from the center of town is the Center at High Falls. Located here is the center of the American flour milling industry (at least it was in the heyday). Here you can overlook the waterfalls often called “a hundred feet of rolling thunder,” and ride or hike the original Erie Canal path while visiting restaurants and shops along the way.

The Rochester Museum and Science Center has an exhibit that takes you on a journey through millions of years of changes in the environment. There are tours through the Eastman House with its hundreds of photography treasures.

The city abounds with restaurants, bistros, pubs, and shops particularly in the East End Cultural District.

Rochester is also the northwest entry to the Finger Lakes with miles of vineyards (80 wineries) and villages nestled into the landscape of 11 thin parallel lakes. Fishing, water skiing, sailing and more are available.

The third annual Rochester Marathon is scheduled for Sunday, September 16, 2007. If you are interested contact The Arthritis Foundation, 3330 Monroe Avenue, Suite 319, Rochester, NY 14618. You may also visit www.rochestermarathon.com or call Jodi MacLean at 585-264-1480 or email her at jmaclean@arthritis.org.

Running Wild (Continued from Page 4)

Thanks to President Bill Harrell for the gracious and mostly accurate way that he described my departure from the LRRC Grand Prix team. I will sure still be rooting for the LRRC against the likes of the RVR and CARK, but saw this as a chance to help another team be competitive that would then be good for the entire Grand Prix.

As for the race results, I hope that I am writing them the next time that

last month’s author wins a race so that I can go out of my way to point out the sparse attendance. Hey, I always say that it’s not how fast you are, it’s picking the right race on the right day. Yes, we beat the 26 other men that showed up that day as well as the thousands who didn’t. As for the reference to the photo finish, Dave had me beat all the way. He just didn’t know it.