

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2007

Let's All Stay Positive In Honor of John Woodruff

By Bill "The Duck" Harrell
LRRRC President

Boss Hogg; remember that character from Dukes of Hazzard, the campy TV show of some 30 years ago. I believe he was the guy who owned the county but kept getting upstaged by the notorious youth of the area. Well the plot has been updated and Boss Hogg finally wins one.

That's right, there is a new Boss Hogg in town and he not only beat the kids at their own game but he took the money and ran. Boss Hogg is now being played by Steve Hollowell, a balding, skinny 47-year-old guy who probably can't even read the script. Here's the story on how Steve accomplished his greatness.

My Mom had been asking me to come home and run the first ever Hogskin Holidays 5K in Hampton. I kept telling her that I was injured and there were some days I couldn't even walk, much less run. But while visiting her on Easter Sunday I filled out an application, gave her some money and told her to sign me up the following morning. In the meantime, Steve had called and said he might want to go if I decided to go. The day before, when the weather forecast showed the rain would cease enough where we wouldn't have to swim any of the course, we made our plans to go.

We got to Hampton in time for me to give Steve a tour of the course (The back of my house is on the course, but then again most houses in Hampton are visible on this 3.1 mile course.) and say "hi" to a couple of other runners from there like Lynn Warner. (Remember him, he's a Hall of Famer.)

Steve was worried about the high school track team from El Dorado standing around in their purple singlets

and shorts and stretching like gymnasts. I reminded him they were not in his age group but Mr. Competitive didn't smile at my extremely witty comment. Once all of the markings were repainted, due to the rain washing away the previous ones, the race started and those kids took off like a pig going to slop. Steve, being experienced or not properly warmed up, was a ways behind. I, on the other hand, who still holds the mile record at HHS, was wondering if I would even finish.

Needless to say, I didn't see Steve again until I turned the corner and headed toward the finish line and there was Steve waiting for me to finish.

"Good finish," he said.

"I couldn't embarrass my Mom," I replied.

"I won," Steve said.

"Well, I told you you had the age group sewn up."

"No, overall, you silly goose, uh duck. I won overall."

As you know by now Steve overtook and managed to out kick all of the neighboring kids. Not only did he win a nice medal to wear to work the following Monday but he also received \$100.

When I quizzed him about what he would do with the money, the answer I was expecting to hear was "I'll buy you breakfast," or "Dinner's on me Tuesday." But it became "This'll buy some top shelf tequila."

Boss Hogg, same name, same character.

There are a couple of less important races I want to comment on before you delete this newsletter from your files. The Club-sponsored Capital City Classic 10K was a huge success in spite of the very cold morning. I believe about 50 people signed up the morning of the race. Harold Hays and I ran before

the race and we figured 15-20 max would register day of due to the cold. Shows you what we know.

Thanks to Bill Torrey, June Barron and every one of you who participated and volunteered at this year's race. Because of you it was a tremendous success.

What else can you say about our Boston participants but EXCELLENT JOB GANG!!! Tina Coutu, Lee Wyant and Jacob Wells spoke at the Club meeting the Thursday after the marathon and they were still excited from their run, as well they should be. It was Lee and Jacob's first time at Boston (Jacob ran with Dave) and Tina's second. You'll remember Tina broke her leg during last year's race. Paul has more on this in his column.

I don't normally comment on the birthdays of our members because there are so many of you and, well, I usually have one per year also. But one of my running partners, Harold Hays, had one on April 22. Since Harold was turning 49 he wanted to run a *mile per year* so he entered the 50-miler the day before but was only going to run 49 of those. I am congratulating Harold on turning 28.4.

(See Stay Positive on Page 3)

May Meeting

Thursday, May 17, 2007
6:30 p.m.
Murray Park Pavilion 2
Potluck Dinner

Speaker:
Surprise



Running Wild

By Jacob Wells

I have spent the weekend in a total panic as my streak of consecutive months with an article in *The Runaround* might be my only current streak longer than that of Grand Prix races, and this month, I have only stared at a blank screen and blinking cursor until now. Linda gave me a Tuesday deadline but I promised her something by Monday morning, and then did what I usually do, which is pray for divine intervention.

Yesterday was my 16th race of the season, and just for fun this year, I thought I would do 50. The majority, if not all of you, would say that was pretty stupid and that I am just going to hurt myself, if you even bothered to give it a second thought. But consider that most of you also do speed work every week and that is also pretty much all a race is, speed work with a few hundred of my closest friends. But that is the real point of this article. Just like a group of guys (or gals, I suppose) might get together for a Friday afternoon poker game or a fantasy football draft or a group of ladies (or guys, I suppose) might get together for an afternoon of scrapbooking or quilting, I get together with my friends to race.

One of my many mottos, some of which are completely original thoughts, is, "Run like you race, and race like you run." Perhaps not that intelligent by others' standards, but I have never run or raced for the sole purpose of getting as fast as I can at any or all distances and being as competitive as possible. That is certainly part of the fun, but I don't have the discipline or the desire to put the work in to make that happen, or to race few enough times for it to happen. I am often told, "Pick one or two marathons a year and train for them so you can qualify for Boston." That would be like telling some of these younger folks "Party only once or twice a year so you can get as hung over as you possibly can!" And the joke is on them anyway, since I just ran Boston without having gotten closer than 20 minutes to my qualifying time in over a year. And as for the presumption that I am "just going to hurt myself again," I don't think one injury after 140 races in five years qualifies me as injury prone, but rather just the opposite. And the broken leg was the result of a once-in-a-lifetime opportunity to run marathons No. 1 and 4 with Dean Karnazes on his 50-day, 50-state marathon U.S. tour.

The race itself might be the most anticlimactic part of the whole racing experience. It's the reunions with friends before the race and the hours of catching up after the race that make race day special. Depending on the location, any given race might mean seeing friends I haven't seen in weeks or even months. The Grand Prix and its annual tour of the state also blesses its members with the chance to partake in various festivals such as the Hope Watermelon Festival and Brickfest. The recent Chase Race and its awards tabulation delay offered up all participants the excuse to hang out for an extra couple of hours it seemed. Surrounded by all my favorite people in the

world and with the sunshine on my shoulders, I couldn't think of anywhere I would have rather been. If you have mastered the ability to talk at full speed like me, then the camaraderie doesn't even have to stop when the gun goes off.

Another motto of mine, also original as far as I know, is "anything doing is worth obsessing over." Running and racing might be the healthiest application I have found for this so far, and these activities go through life cycles just like anything else that you can do and obsess over. For now, for me, it's pursuit of an Iron Man Grand Prix season in 2007, pushing Josey in the racing stroller a few more times before she gets too big or bored with it, and squeezing in as many marathons and marathon trips around the state and the country as possible.

New Members

We have two new members this month – Kristen Wright and Scott Wall.

Kristen is 25 and engaged to be married in August to Carlton Saffa. She is an accountant with Pricewaterhouse Coopers, LLP. Kristen has been running for eight years and averages 40 miles per week at an 8:40 minute pace. She doesn't race frequently due to her work schedule but prefers the half marathon distance when she does race. Her PR is 3:35:25 in the Little Rock Marathon. Kristen's favorite place to run is downtown. Her interests other than running are reading, scrapbooking, traveling, going to the lake, wine and playing with her dog, Nixon, a Chesapeake Bay Retriever.

Scott Wall is 40 and married to Barbara with one daughter Lauren age 14. He is a Special Agent. He has been running regularly since January 2007. Scott averages 10-12 miles per week at an 8-8:30 pace. He races frequently and prefers the 5K and 10K distances. Scott has a PR of 23:33 in the Little Rock 5K. His favorite running routes are Two Rivers Park, downtown and the River Trail. His interests other than running are biking, swimming, camping and golf. Scott loves to have fun and challenge himself.

Welcome to the Club, Kristen and Scott.

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Aging Shock Jock Suspended For Remarks

By Don Inus
Guest Reporter

The slow news weekend of Easter concentrated media eyes on the otherwise innocuous remarks of a veteran member of the local running community. Bill "The Duck" Harrell, a famous Little Rock shock jock (here the jock refers to an athlete, based on the dual orb support garment male athletes wear, not a radio disc jockey), was watching filmed footage of several young members of the Little Rock Roadrunners Club's female Grand Prix team who train with him. He publicly commented, "Those are my happy-legged quack hos." These inflammatory remarks were soon spread all over cable television, the internet, and YouTube, forcing The Duck's migration into defense mode.

The Duck apologized publicly several times, saying he was merely trying to be funny, and asked to meet with the young women to apologize in person and explain that he is not the kind of Neanderthal that feminist groups accused him of being. Los Angeles media addict and attorney Gloria Allred parachuted in uninvited to offer her services to the victims of The Duck's hate speech. The Duck promptly hired the LRRRC's own David Williams to defend any potential litigation. Upon learning this, Allred quickly baked a casserole for Williams and left town without holding a single press conference – a first for Allred.

National shakedown artist and bigotry expert Jesse Jackson, who once called New York City "Hymietown" and lied about it before admitting it, traveled to Senor Tequila's - The Duck's usual place of work - to protest The Duck's comments and demand that the LRRRC Board fire him. Gravitationally gifted Al Sharpton, famous for his false accusations in the Tawana Brawley incident and saying "white Jewish interlopers" weren't welcome in Harlem, joined Jackson in this protest, completing the ironic farce.

Pressure mounted on the LRRRC Board, and they quickly decided to suspend The Duck for two weeks and send him to feminism rehab under the

expert guidance of Club counselor and communications consultant, Brian Polansky. The LRRRC women's Grand Prix team held a press conference and explained how the hurtful remarks caused them to be scarred for life. LRRRC President-elect Ginea Qualls said, "I work for a water company. I'm not a quack ho." Sarah Olney added, "I'm not a ho, and these comments stole a moment of grace from us as we won yet another Grand Prix race." Merritt Maham said

Sabrina Maham may be "happy legged," but "I'm not, and neither of us is a quack ho." Jordan Holloway said she felt deeply hurt by the remarks, and in a rare out-of-character moment called The Duck "a scrotum-faced, diaper-wearing, Cialis-popping old fart." Only Tina Coutu, last season's Most Improved Female Runner of the Year, defended The Duck. She said, "Bill was only trying to be funny. He didn't mean for us to take his remarks literally. We need to stop this fake

(See **Shock Jock** on Page 8)

Stay Positive (Continued from Page 1)

While Harold was doing his run and some of you were working the Catholic High 5K and the rest of you were in Arkadelphia I was representing the LRRRC on a run. I had received a couple of e-mails from a lady who wanted to run from downtown on Saturday morning because she and her husband and two young teens were moving here next month. She and her husband were staying at the Doubletree while house hunting.

There is normally a huge group at Saturday's River Market run but due to the other activities only a few of us showed. We did the usual course and I explained to her how miles could be added and how hills could be incorporated (which excited her since they are moving from Clearwater, FL.), and discussed our Grand Prix teams and the Series and races around the area. In the past couple of years she has set PRs in the 5K, 19:28, and marathon, 3:28. Needless to say, I was running harder than I've run in a while but at least I was too anaerobic to stutter. I was my usual charming, witty self and, for once, fairly informative. I can now inform you that they have bought a house in Cabot.

The only way to end this column is in remembrance of John Woodruff. I can't say anything about John that hasn't already been said. Those of us who knew John will miss him dearly. I remember John talking about his high school graduation. When his fellow classmates were on their senior trip he was having

heart bypass surgery. But he didn't get down, he stayed positive. When John was diagnosed with cancer and was told he would never run again he signed up for the Little Rock Marathon and finished it. Then he did Pike's Peak. Then he did the Little Rock Marathon again. And he always stayed positive.

The last time I saw John was at this year's Marathon expo. I quizzed him about running the marathon and he said he wasn't going to do it this year because of the chemo he was on. John was talking in a low raspy voice and he said it was because of the chemo but he was going to be at mile 25 calling out times. I wondered how he would be able to call times with a voice one could barely hear. But he was positive he could do it. I know of nobody else who would do that. He didn't request mile one or mile three because he wanted to be out amongst the runners as long as possible. He loved this sport and he loved everyone who participated in it.

Yes, everyone who knew him will miss him. And even those who didn't know him will miss him. He was the raspy-voiced guy at mile 25 calling out the times. You might not know his name but you felt his energy. From now on when I'm running a marathon I will look forward to mile 25 because it will be the John Woodruff mile. I will be getting energy from John and, like John; I will finish with a smile.

In honor of John, let's all stay positive!

John Woodruff Persevered Through Adversity

By Bob Marston

The following is the text of the memorial service tribute to John Woodruff made on behalf of the Arkansas running community, March 31, 2007.

There are many runners here that can certainly say this better than I can. To the extent you are willing, please consider my words yours, my sentiment yours.

Many runners become great runners with a lot of help from natural talent and great training. Very few become so based on huge heart, huge desire and simple love for the sport. John was clearly in this latter category. Doing great things for people and showing one can run and persevere through great adversity will be John's legacy and example for us all.

I would like to put in perspective for you what John endured to enjoy running and spending time with us.

In 1959 at the age of 17, doctors repaired a quarter-sized hole in his heart. That fall, he started running, something he had never been able to do.

In 1969 more heart surgery was necessary to fix the earlier repair. He still ran.

He was told to expect and did develop heart disease as a consequence of the earlier surgeries and eventually had to begin medication for that condition – he continued to run.

In 2000 he was diagnosed with a rare form of bladder cancer. Surgery and chemotherapy put it in check until 2002 when the cancer's return included his lymph nodes and lungs. His running waned just a bit, until one of his doctors finally told him, "John, you need to run, your body needs to have you running." He continued to run. Just like us but with a difference. At times his runs would be associated with nausea and weakness from recent bouts of chemo. He still ran. Just like us, but with a difference. After the difficult return to running John asked the doc if he could try another marathon. The reply: "If you think you're man enough, go for it." John didn't just go for it. He kicked down the door. He ran six more marathons while undergoing chemotherapy.

Those of us in the running community thought, "This is ridiculous. How can anyone do this?" That's when we learned just how tough our friend and running buddy was. He had already done eight or nine Pike's Peak Marathons, and that takes some force of will, but to do what he was doing with chemo, well, that was simply unheard of. Humans simply don't do this. To make it even more incomprehensible he was learning how to extend the off cycle of his chemo to permit a little more strength for an upcoming race. Many of us like to get a Saturday long run in simply to maintain some distance capability. John did too. But, his Saturday long run was usually preceded by a Tuesday chemo treatment. What did he do? Well, he just continued to do 'em until he could figure out a way to get through the run with as little discomfort as possible. Lo and behold, he discovered he felt better during the run than before or after. Only Johnny would carve out of his adversity another reason to be running.

In 2005 the runners of Arkansas voted John into the Arkansas Road Running Hall of Fame. There are not many folks

in there and, as you can figure out by now, he didn't get in because he has lightning speed.

No, he got in for heart, for character, for the love of our sport that he showed every day. For commitment, for discipline, for showing us how to persevere. For showing us the way, that, perhaps, we too can do much more than we think we can. But, most important, he showed us that we can be humble, gracious and still enjoy life even in the face of great difficulties.

Many runners met John for the first time during Arkansas Pike's Peak Marathon Society training and during our subsequent attempts to run America's Ultimate Challenge. He started his string of 11 finishes in 1987, in the heyday of Arkansas' annual treks to run up the Peak. I think this was likely his favorite running event and his efforts there didn't cease with a little interference from cancer.

In 2005 a bunch of us were all waiting at the bottom of the hill where the Arkansans like to congregate and cheer all the runners as they near the finish line. We had one more of OUR

(See John Woodruff on Page 9)

Poetry for the Sole by Randy Oates

Heroes and Friends

Those we learn the most from
are not always the fastest
or the best.
But they are the athletes we admire
for their personal qualities.
They share
training secrets,
new techniques,
and knowledge
earned through experience.
They encourage others.
They always acknowledge other's
accomplishments.
They feel the pain of a fellow competitor
who is injured.
They are humble in victory.
They thrive on good competition
and are disappointed when the best
don't show up at the starting line.
Because, for them,
there is no pleasure in hollow victories.
These are my heroes,
my role models
and my friends.
There is much to learn from these
people
just by watching them in action.

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.

May

- 5: Toad Suck 10K at Conway. **GPS SC**. Call 501-336-8202.
- 5: Heather Fleeman HOPE 5K at Bentonville. Call 479-725-2140.
- 5: George Giant 5K at Springdale. Call 479-750-8710.
- 5: MS Quest 5K at Rogers. Call 479-685-7063.
- 5: Golden Eagle 5K at Westville, OK. Call 479-466-6144.
- 5: Christ the King 4M at Little Rock. Call 501-868-3610.
- 5: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 5: Armadillo Festival 5K at Hamburg. Call 870-853-8345.
- 5: Spring Bank Ferry Festival 5K at Doddridge. Call 870-691-2262.
- 6: Andy's Fun Run.
- 12: Women Can Run 5K at Conway. Call 501-328-9255.
- 12: Root Rocket 5K at Fayetteville. Call 479-575-9585.
- 12: Rhythm & Roots 5K at Monticello. Call 870-367-6741.
- 13: Andy's Fun Run.
- 19: Paws on the Pavement 5K at Little Rock. Call 501-603-2273.
- 19: Lions Challenge for Sight 5K at Fayetteville. Call 479-236-2566.
- 19: Mt. Nebo "Race for Red" 5K at Dardanelle. Call 479-229-3650.
- 19: Blossom Festival 5K at Magnolia. Call 870-234-3072.
- 19: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 19: Loose Caboose 5K at Paragould. Call 870-239-7730.
- 19: Crowdad Days 5K at Harrison. Call 870-365-2454.
- 19: Asics/Ridge Runner Sports 5K at Springfield, MO. Call 417-882-5590.
- 19: 5M for Samoa at Guy. Call 501-581-5271.
- 20: Andy's Fun Run.
- 26: Walk "Skippy" Run 5K at Arkadelphia. Call 870-246-7603.
- 26: Great Cross Country 4M Race at Little Rock. Call 501-327-0214.
- 26: Cintas/Portfest 5K at Newport. Call 870-523-3618.
- 27: Andy's Fun Run.

June

- 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.
- 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.
- 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.
- 17: Andy's Fun Run.
- 23: Brickfest 5K at Malvern. **GPS**. Call 501-467-0750.

Birthdays

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

- 1 – Mary Hayward
- 1 – Robin Hanle
- 2 – Milan Lelovic
- 2 – Steve Oury
- 4 – Ivy Pearsall
- 6 – Joe Cordi
- 8 – Becky Terbrack
- 9 – Frances Alsbrook
- 13 – Jackie Martin
- 14 – Don Cave
- 17 – Alyssa Barron
- 18 – Bill Bulloch
- 20 – Nick Alsbrook
- 21 – Cindy Hedrick
- 21 – Gary Ballard
- 21 – Paula Anderson
- 24 – Ann Marie Crow
- 24 – Carol Torrey
- 24 – Sharon Carson
- 27 – Bettina Brownstein
- 27 – Beverly Smith
- 27 – Scott Wall
- 28 – Ann Butts
- 29 – Allen White
- 29 – Nicolette Barron
- 30 – Deni Golden

- 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.

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 For April: Women Rule!

By Paul Ward
LRRC Past President and
Racing News Editor du Mois

I have a few corrections to last month's newsletter before we recount the latest race results. First, in the pictures sent with the newsletter, I said Harold "Hot Tights" Hays had a very fine half marathon in Little Rock March 4. He did, but I should have added that he ran the second half too. Harold did the full marathon. Yet another "Faux Paul."

In the results for the Victorian Classic 10K, Brian Bariola's correct finish time was 34:39. Joe Cordi's tabular race results had none of his humorous footnotes we loved last year, but at least the names and times were there. We omitted Merritt Maham's name from the results for the 5K held the same day as the Little Rock Marathon. Merritt finished in 26:47. Coincidentally, I saw Merritt and Sabrina Saturday, March 24, running along H Street and University. I was driving and yelled a hello. Sabrina asked me to give them a ride, but I learned early in life not to pick up hitchhikers, especially Menacing Mahams, so I said, "No, you have to run." We are in a running club after all. Sabrina decided to check the wind direction with her middle finger and yell "Bastard!" Ouch!

Joe's only real writing in his column concerned the distance of the Little Rock Marathon 5K. Brad Newman measured the course in his truck after the race and it measured 2.8 miles, or 4.5K. I think Brad may be correct. One of my co-workers ran the 5K and when she got to where she thought the turnaround was (a line of cones ended), a police man yelled, "This isn't the turnaround, it's up there," pointing 2+ blocks farther. The people in front turned around short, innocently, because the cones ended there. There was no marking or arc of cones in the street showing runners where to turn around. My co-worker is not as fast as Brad, so he reached the supposed turnaround before she did and probably innocently turned around short. So Brad's odometer measurement may be correct.

Hobbit Singleton ran a marathon around Central Park in New York March 25. She finished the "More Marathon for Women Over 40" in 7:04:53. This was 26 minutes faster than her Little Rock Marathon finish three weeks earlier. But Hobbit does not recommend this marathon. She does commend her husband, Tom, for running 18 miles alongside her while wearing blue jeans. Can you say "chafing?"

March 31 – April 1: Cabot Cruising, Hogeys Hustling

March 31 had many of us in Cabot for the Spring Fling 5K, a new addition to the Grand Prix calendar. The temperature was agreeably cool, but clouds threatened and it started raining before everyone finished the course. Our men put up a valiant effort, but once again failed to capture the Grand Prix team title in the race, thus continuing their winless streak. Our women finished 1, 3, and 4 overall and won the team title, as they did the next day at Hogeys in Fayetteville, for the sixth time in seven races this year. Our men's team was second in both races.

In Cabot, Brian Sieczkowski finished third overall in 16:42. Tony Serna was 11th overall and third masters with his 18:41 time. Close on Tony the Tiger's tail was David Williams, whose 18:44 was good for top grand master. Brian "Skoal Man" Polansky finished in 18:58, good for second in 45-49. Two seconds later Brian Wagner crossed the finish. His 19:00 got him second in 35-39. Steve Hollowell led his usual competitors (Barton, Graham, Torrey) and finished with a speedy 19:07, good for third in 45-49. Darren Gilpin's 19:21 earned him second in 40-44. Jim Barton was right behind Redbeard with his 19:25 finish, good for third grand master. Larry Graham and Bill Torrey were close behind Jim with their 19:29 and 19:57 finishes, good for one-two in 50-54.

Dave Wilkinson and Jacob Wells ran tethered and finished in 20:40 and 20:41, with Dave earning third in 40-44 and Jacob fifth in 35-39. Jack Evans took the top Senior spot with his 21:01 time. Lagging behind Jack the Ripper was

yours truly. My 21:42 finish was fourth in 45-49. Carl Cerniglia was fourth in 50-54 with his 22:27 time. Roy Hayward's 23:21 took tops in 60-64. David Threm finished in 23:42. Dan Belanger's 24:22 was second in 60-64. The Duck flew through the wet course in 25:10. Nick Alsbrook got third in 25-29 with his 25:36 finish. Bob Taylor took third in 65-69 with his 26:18 finish and Carl "Ironman" Northcutt led 70-74 with his 37:48 finish.

Super Sarah Olney led our women and all women. She finished first overall female in 20:10. Mary Wells finished third overall with her big PR of 20:51. Andrea Murphy was fourth overall, tops in 30-34, and her 21:13 was also a PR. Ginea Qualls is on the rebound from her stress fracture and finished in 25:05, good for third in 25-29. Barbie Hildebrand was running too, after her injury rehab, but I didn't see her in the results. I'm sure it was fast, as usual. Jordan Holloway, who had the envious race number "69" and suffered much teasing, finished fifth in 25-29 with her 25:53 time, a "non Firecracker" PR and just a second off her complete PR time. Jordan is so sweet, and she tolerated our teasing well. Gina Lockard finished in 31:12.

Continuing our PR parade was Jaynie Cannon, whose 36:18 time blasted her old PR by 1:45. She was rightfully pleased with her finish. Johanna Threm finished in 39:26.

Sabrina "Mistress of Maham" and Merritt Maham finished officially in 35:19, but the directionally-challenged Sabrina got lost and they got to the starting line long after the race began. Sabrina decided to compound her late arrival by leaving early, before the awards ceremony, and missed a valuable door prize when her name was called. During the race, Sabrina embarrassed Merritt by vocally admiring my legs, but I didn't get too excited because Sabrina drooled over the legs of Jacob Wells' mom last year when Jacob posted his mother's swimsuit picture on the grand prix message board. Poor Merritt has to put up with so much!

(See **Race Results** on Page 7)

Race Results

(Continued from Page 6)

The Hogege Marathon and Half Marathon in Fayetteville occurred the next day, April 1. Some did double duty, running Cabot the day before and the full or half marathon in Fayetteville. Jacob Wells was one of these. He finished the full marathon in 3:49, first in 35-39. Robert Hanle did the full marathon in 5:07. Glen Mays led all finishers in the half marathon with his 1:13 finish. Steve Hollowell did double duty that weekend and finished the half in 1:42, good for second in 45-49. Jack Evans did the same. His 1:45 finish was good for first in 60-64. Allen White's and Robert Holmes' 1:49 earned them first and second in 55-59. Jeff Bost finished in 1:51. Dan Belanger finished in 2:09, earning fifth in 60-64. The Duck did double duty too and finished in 2:18. Carl Northcutt again led 70-74 with his 3:09 finish.

Tina Coutu led our women and all Grand Prix finishers. Her 1:41 beat Hollowell and was good for third overall female. Andrea Murphy was sixth overall and second in 30-34 with her 1:47 finish. Melanie Baden-Kuhn was eighth overall and tops in 35-39 with her 1:50 time. And Allison Martin got fifth in 25-29 with her 1:53 time. Our women's GP team once again won the team title. Our men were second.

April 7: Capital City Classic

Our Club's Capital City Classic 10K was the following weekend, April 7, at Two Rivers Park. With all the talk on global warming, one would think we wouldn't see all these cold races this year. The One Hour Track Run was in the 20s with a strong wind. The River Trail 15K was not quite as cold, but it made up for the temperature with almost gale-force winds. The Little Rock Marathon started at near 32 degrees. And our own Capital City Classic had a starting temperature near freezing with a strong head wind, and it seemed to get colder after the race. In spite of the cold, many Club members had good days. And our women's and men's Grand Prix teams won, the men for the first time this year.

Our Glen Mays won the race at 32:10. Brian Bariola was fifth overall and

tops in 30-34 at 34:14. Brian Sieczkowski PRd at 34:55, took second in 25-29, and won his bet to finish three minutes faster than David Williams. Unfortunately, Brian's focus on grand master Dave overlooked the faster Chad Sanders and James Bressette, both of whom beat B Ski again. Tony Serna's 37:58 was good for third masters, Darren Gilpin's 38:07 topped 40-44, and David Williams' 38:50 was second among grand masters and tops in 55-59. Larry Graham loves running in the cold and his 39:56 was tops in 50-54, plus he easily beat Jim Barton's 40:47 (second in 50-54) and Steve Hollowell's 41:26 (second in 45-49). Bill Diamond's 41:06 squeezed between Jim and Steve.

Dave Wilkinson and Jacob Wells ran tethered and finished in 41:49. Bill Rahn took second in 55-59 with his 42:56. Robert Holmes got third in that age group with his 44:17. Joe Cordi finished in 44:28, Stephen Bond finished in 46:33 (third in 45-49), and Bill Crow finished in 46:53. I lumbered across in 47:23, just ahead of Roy Hayward, whose 47:28 took second in 60-64. David Threm finished in 49:35, Dan Belanger in 50:23, Bob Marston in 51:51, Bob Taylor in 53:24 (third in 65-69), Nick Alsbrook in 54:48, Jim Yamanaka in 55:48 (tops in 70-74), Brad Newman in 1:02:40, and Carl Northcutt in 1:16:51.

New member Susann Szmania ("The Szamian Devil") finished third overall female in 42:40. Tammy Walther took fourth with her 43:28, tops in 35-39. Ashtin Serna was fifth and her 44:00 topped 15-19. Hot on her heels was Tina Coutu, whose 44:15 topped the masters. Andrea Murphy's 44:38 was eighth and tops in 30-34. Liz Reynolds' 45:08 was good for second in 25-29. Jenny Brod finished in 48:27, Ginea Qualls in 51:24, Bettina Brownstein in 53:08 (tops in 55-59), Jordan Holloway in 53:57, Celia Storey in 58:09 (third in 50-54), Ann Butts in 1:02:42 (third in 55-59), Coreen Frasier in 1:05:12 (tops in 60-64), and Sabrina and Merritt Maham in 1:05:16 and 1:05:17. Alesa Davis crossed the finish in 1:06:12, Rosemary Marston in 1:10:10, Pat Piazza in 1:12:13, Jaynie

Cannon in 1:17:29, and Laura Butts in 1:25:12.

April 14-16: Hampton Hunks and Boston Babes

Saturday April 14, Steve Hollowell and Bill Harrell invaded the small town of Hampton and ran the "Hog Skin County 5K". Hollowell's 19:07 led all finishers and he collected \$100 for his efforts, none of which went for skin. Harrell Bancshares sponsored the race and Steve's \$100 prize money constituted the bank's April profits. Steve beat the #2 finisher, a boy 1/3 of Steve's age, by one second. The Duck finished in 25:19 and was the top Hampton native finisher and got second in 50-59. No word on whether he got any hog skin. [I had to circumcise these results because of the large number of races to cover.]

The Boston Marathon April 16 had eight Club members participating in poor weather. Tina "Don't say 'break a leg' to wish me luck" Coutu led all our members and all Arkansas women and finished with a new PR of 3:22. John Perez and Mike Banman were right behind at 3:23. Isabelle Kiefer had a big five minute PR and finished in 3:30, the second Arkansas female to finish. (Isabelle informed me that she is from the Baden region of Germany, not Bavaria, so I shouldn't refer to her as the "Boston-bound Bavarian Babe.") Lee Wyant crossed the finish in 3:35, five minutes faster than his Little Rock Marathon time the month before. Robert "Bean Town Bob" Holmes' 3:59 finish was several minutes faster than his Mid South Marathon finish in November. Dave Wilkinson and Jacob Wells ran together and finished in 4:24. They were at the half way point in 1:47 but they had so many interview requests and osculating females during the race that they had to slow to a walk to accommodate the marathon media and female fans. They were last seen taking the post race ice bath together and eating some Boston baked beans, thus creating their own Jacuzzi effect.

Is It As Cold At The Front Of The Pack?

By Michael Watts

“Those who are slow to know suppose that slowness is the essence of knowledge” - Friedrich Nietzsche

Guilty as charged. Remember that Nietzsche went nuts and lived with his mother, so his wisdom is somewhat suspect. I could bring witnesses all day to verify my slowness to know - ergo: the essence of knowledge bit. I offer this bit of advice from the back of the pack to those of you up front who are focused on the finish line.

It's springtime in central Arkansas and everything is blooming and beautiful. Look to your left and right from time to time and enjoy this brief moment when Arkansas seems like the best place in the world to live.

Soon the heat, humidity, ticks, and skeeters will crack through the thin veil of spring revealing that molasses air through which we must trudge during the endless Arkansas summer. If you are offended by such a pantheistic proposition, then consider the action to be a situational awareness exercise.

I spent the last couple of springs running in third world countries where a drink of clean water was the only satisfying part of a run. From a distance some of the sites have some aesthetic qualities attributed almost exclusively to their uniqueness, but up close and personal those qualities are overshadowed by the reality of third world squalor.

Situational awareness in such a scenario can save you from an unplanned kidnapping or a stray (or intentional) 7.62 mm projectile (that is an AK-47 round for those of you that are not trained in the art of war). Hopefully, most of you will not have to deal with route planning that involves reconnoitering, but route planning should consider a risk assessment of the potential for a GU thief to be lurking behind the sycamore at Barron's corner on the river trail. Remember: situational awareness.....But I digress....

Enjoy the beauty of the Arkansas spring. This can best be enjoyed running

with a group that includes at least one person that has paid the extra expense to have prescription lenses put in those cool running glasses of which we are all so proud. Everything is a blur with my cheap non-prescription glasses, but I just look so damn sexy in them. Again, I digress....

So place a non-asthmatic on point that is blessed with good vision. You need a non-asthmatic because they should be shouting out periodic situational updates such as: “Large pink blooms at three o'clock; pussy willows at nine o'clock; hungry gator at twelve o'clock.” For those of you running sub 8, disregard this operational plan. Focus on the finish. I do ask this one favor from the fast and furious. Don't eat all the pizza before I cross the finish line and don't double back on the course and tell me how good I look or compute the distance to the finish for me. I have heard “the finish is just around the corner at every marathon I have ever run. Just around the corner can mean anything from a few hundred meters to 26.19 miles.....

Shock Jock (Continued from Page 3)

outrage, stop acting like whiny victims, and get back to running.”

The team allowed The Duck to meet with them in private so he could apologize in person and they could tell him who they were. The Duck appeared at the meeting and ordered plenty of beer (“You can put all their beers on The Duck's bill”), and all emerged after a few hours with smiles and laughter all around. The Duck promised to be more sensitive in the future and limit his caustic remarks to Larry Graham.

One week later, Hawaiian crooner Don Ho (“Tiny bubbles”) died. Jackson and Sharpton were last seen landing in Hawaii to lead the protest over the deceased's surname. No word on whether the next of kin would cave to the protests.

But none of this is related to that for which I come to speak. I have a complaint and a question. Lynnette and I have run in six wonderful races in the last six months, but they all had one thing in common. The temperature at the starting line was colder than kraut. Memphis in December, Phoenix in January, Little Rock in March, and Saint Louis in April. While we were waiting in line to catch the shuttle to the starting line at the Rock and Roll Marathon, the ambient temperature was 27 degrees – and the wind was blowing. I think with wind chill, it was probably minus 50. There were people from all over the world who signed up for the race in Phoenix just to get warm. I don't think it is my fault because I read that Boston sucked too. Who do I need to talk to about fixing this problem?

My question from the back of the pack is this: Is it only cold at the back of the pack or are you folks up front cold too?

Congratulations

The Little Rock Roadrunners Club extends its congratulations to our own Jordan Holloway on her engagement to Thomas Ziegler. Jordan and Thomas will embark on life's marital marathon at a May 26 ceremony in Little Rock. No word on whether Jordan has registered at Easy Runner. Congratulations and best wishes, Jordan and Thomas!

Condolences

The Little Rock Roadrunners Club wishes to extend its deepest sympathy and condolences to Bill Rahn over the death of his mother, Elizabeth, April 22, and to Karl Kullander over the death of his wife, Athalia (“Thalie”) on March 23 after a long battle with cancer. Please keep Bill and Karl and their families in your thoughts and prayers.

John Woodruff (Continued from page 4)

runners on the mountain – it was John. I think he had once again put off his chemo a week or two to get a little recovery prior to this Pike’s Peak attempt. We knew he had made the cutoff at the top and been permitted to turn around. More than 10 hours had passed and they had started to dismantle the finish line. Then we spied him, running down the hill in that unique style, again trying to do the best he could, within his current limitations. What a welcome and wonderful sight! As you can imagine, we whooped and hollered and ran with him that last 200 yards! He smiled his usual slight, sheepish smile and waved as he often does near the end of a tough run.

We crossed the finish line together and hugged and clapped and cried, ALL of us so happy for how he had, again, worked through such a difficult race in such difficult circumstances.

You could see through his fatigue, the dried dirt and the sweat on his face, that he was hugely pleased with his race. It was so very neat to see that satisfaction in his face. But wait. Think for a minute, 10 or 15 people crowded around him absolutely jubilant for his great run. That is what he gave us, time and time again. An opportunity to share in the joy of a great victory by a humble man with huge, daunting limitations. What a lion, what an example for us all. And think, please think, about the many people who got so much joy out of seeing him do so well. We were blessed to have been able to share in BOTH his great victories AND the equally gracious way he met his great challenges.

Melanie Baden Kuhn sent an e-mail out with a quote that captures well what John has meant to us: “What we have done for ourselves alone dies with us – what we have done for and with others and the world remains and is, immortal.” On that basis, John will be with us forever.

I’ve got to tell this story, I probably shouldn’t but I’m going to. Johnny has helped us so much through the years, in so many ways that this story bears repeating. When he wasn’t running

he was helping - at a race or some other event. With the cancer we got a lot of help from him for a lot of years – help most cancer patients would justifiably not be able to muster.

Bob Taylor and I were conducting the Winter Series runs a few years back and John had signed up to work one of the aid stations. It was January, the temperature was about 15 degrees and the wind was blowing hard. John showed up and asked, “What aid station do you want me to work.” Well, we looked at him. He was wearing a knit cap that dwarfed his head, his latest round of chemo was likely the bad hair type and, like us, his nose was running and he was all wrapped up in a feeble attempt to stay warm. He also looked like he’d had one of his tougher weeks of treatment. Bob and I looked at one another and asked, “Johnny, is this something you should be doing, we can probably cover the aid station.” He shook his head, “Oh no I’m going to run out there and work the aid station and then run back. I can get that far and it’s the run I’ve planned for today.” Well, we told him where to go and when to be there and he set out to help us out once again. When he got back I had to ask the obvious question, “Johnny, lookin’ the way you do, was anybody willing to take a cup of water from you?” He chuckled and said, “Yes, that he knew everybody and they knew him and oh, thanks for letting me get that run in.” Three months later he ran the

Race Results (Continued from Page 7)

Tina, Lee, and Jacob spoke at the April 19 LRRRC meeting. Tina said Boston was her “best marathon ever” and that she had “so much fun.” A loose toenail and bloody shoe didn’t dampen her enthusiasm. Tina said she really likes the course’s hills and twists and turns, and probably will run it again. She actually held back a little in this race because of the wet streets and water cups in path.

Lee said he qualified by getting older, not faster. Lee didn’t get much sleep the night before because the wind

Oklahoma City Marathon with Bob Taylor.

When he couldn’t run, he helped, encouraged, motivated; when he could run he gave it everything that he could cajole out of his body for that day.

One last comment from Jack Evans to the Arkansas Pike’s Peak Marathon Society:

“This week John Woodruff completed his race on earth and is now looking down from the heavens. John was our heart and soul and a tremendous inspiration for all of us. When the going got tough, as we all know, John kept going and I am still amazed at his courage and willingness to give more and get more out of himself. As some of us take on the challenge of the Peak this summer we will somehow take John with us and show others how John inspired us. Now it is time for us to give our encouragement and love to Diane and his family and thank them so very much for permitting us our time with this fine friend.”

Please now consider who was at his side through all his great victories and great challenges. Indeed the sentiment, respect for character, toughness, humility and grace we today ascribe to John are words we equally ascribe to Diane.

John, we know you’re up there saying this is just too sappy – why don’t you folks just go out for a run. Well, we will Johnny, a lot of em’ and you’ll be with us every step of the way.

kept shaking the windows. He was almost blown back in the hotel the next morning when he opened the door. Lee linked with Robert Holmes before the race when Robert asked if he should wear the trademarked “do rag.” Lee told him, “You gotta wear the do rag!” Robert slowed off Lee’s pace after a while, and Lee suspects it was when they ran by Wellesley College and the girls held signs saying “Kiss Me.” Lee thinks it’s a great

Boston Marathon Was An Emotional Experience

By Kirsten Davis

To all of my encouragers and fellow runners:

You guys are the best and I just wanted to share a little of my emotional marathon experience from yesterday. I've spent the last 24 hours or so sharing details of the race and Boston itself with my friends who ran it yesterday and my friends who cheered the runners on from on-line, over the phone, and with positive energy and words both pre- and post-race. Thank you!!

It is definitely my favorite marathon of all that I have gotten to run and there are many on my wish list. But it's hard to imagine any can top the positive energy of the Boston spirit in the runners, the volunteers and especially the crowd. I loved sharing and hearing everyone's favorite parts of the race and watching the runners bubble with enthusiasm as they spoke. You can't help it, there is undeniable magic in that race. I know lots of you will run it soon because you are so close and train so hard, it will happen.

The weather turned out not so badly considering what we were up against. It ended up being breezy and cool, a little light rain shortly after the start of the second wave but not too bad. It was chilly so I kept a light jacket on for the race. It was a tyvek "paper" jacket on

loan from Tina and it had a world map all over it. People in the crowd and other runners commented on it all day, it was really funny. One person said "You're a walking geography lesson."

I started out in the first mile with my nagging IT band feeling tight. As I continued I could tell it would eventually hurt and decided to run all out until it did. (The pain was inevitable, I might as well run an okay pace while I still could.) So of course, mile 9, it officially qualified as pain. (SMILE) I kept running, knew I could keep going. The hills are rolling and then gradually you get to the longer steeper hills, just before the half marathon mark at Wellesley. So emotional to have all of the girls there screaming, you hear them a half mile before you see them, seriously. I had to wipe a tear because it's unreal the way they cheer for the runners.

Here comes the shocker, by mile 15, I suddenly realized that BOTH of my IT bands hurt, pain in both knees and in my right hip. Kind of hysterical if you think about it, what are the chances that both would flare up for the first time ever in the one marathon I care the most about. (SMILE, again.)

Running yesterday was so humbling, humbling to even get to be there, it was my 10th marathon, I had so many memories flooding through my mind. I was so moved by the emotion and energy in the crowd. Just before

Heartbreak Hill, someone yells "This is your last hill, you can do it!" At mile 23, "This is it, it's all down hill from here!" At mile 24 another person yelled, "Come on, You're SOOOOOO close!" Those words pull you through, make you appreciate the chance to even run period, and to be in Boston of all places.

I finally turned the last corner and all I saw was the blue finish line, the crowd is cheering like mad. They're so loud, but I hardly noticed, all I saw was the finish. At the end of the race, I was so glad to be finished, it was the hardest marathon I've ever run because of the injuries, and I just started crying. I've never done that at a marathon before, I couldn't help it! So silly, but it just shed light on running, I finished the marathon. I'll have LOTS of marathons, some will be PRs, some will be decent, some will be painful due to injury, ALL will be an accomplishment just to push through and finish. (And hopefully no more injuries, but never say never!)

You guys are all my inspiration! Runners, you are awesome, I'm so glad to be able to run with you and to call you my friends.

(Kirsten Davis is a local runner but not a Club member. She wrote this article about her Boston experience and agreed to our using it in *The Runaround*.)

Race Results (Continued from Page 9)

course and he qualified for next year's marathon by a whopping 19 seconds. Lee plans to run it next year and may do New York in between. Lee said he liked Boston much better than Chicago. (The latter was so crowded it's hard to run.)

Jacob maintained that he ran Boston as a training run for the Country Music Marathon in Nashville. Jacob was the official guide for Dave Wilkinson. Boston lets visually impaired runners bring their own guides (free entry) or Boston will provide guides. Jacob got a bib with "guide" on it and he persuaded a finish line volunteer to give him a medal after they finished. Dave was short on

fuel that day and they walked most of the last 10 miles. But Dave re-qualified and wants to do it again. Jacob said it quit raining when they started and they had only some gusts of wind. Jacob thought the conditions were ideal with a starting temperature of 48 degrees. Jacob was disappointed that Dave was between Jacob and the Wellesley girls, but that may be better in the long run. Otherwise Jaynie *will* be Jacob's erstwhile companion.

Oregon native Jo Jo Miller, sister of new member Darren Miller, blazed through the course in 3:15. Fast running must "run" in their family! Darren ran

Boston a few years ago but I don't think he was quite that fast.

Mike and Lynette Watts ran the recent Spirit of St. Louis half marathon and finished in 2:33 and 2:40. Darren O'Quinn completed the full marathon in 3:54, a big nine-minute improvement over his recent Little Rock Marathon 4:03 finish.

That's it for this month. Sarah Olney will report results in next month's newsletter, when I'm sure our Grand Prix women will once again prove victorious. Let her know if I omitted you from any race. All right, Sarah, start typing!

Dawg-gone Jogger Becomes A Real Runner

**By Vicki Ingram, President
Cabot Country Cruisers**

I have been a dawg-gone jogger since January 1978. One of my favorite memories is when a neighbor told my husband that he saw me “trottin’” around the block one morning. I could not begin to tell you the partners that I have had that dropped by the wayside during the last 29 years but, for some reason, I just kept “trottin’” around that block.

On May 4, 2003, I ran the inaugural Little Rock Marathon. I had completed five marathons before Little Rock. I was well trained and was planning on a good marathon. Well, it was one of those “bad” days. I hit the wall at about 22 miles, struggled to finish the marathon, and ended up in the medical tent. In 2004, I participated on a relay team at the Little Rock Marathon. In 2005, I decided to run and conquer the Little Rock Marathon. I finished in a decent time for me. On March 5, 2006, I had one of those “good” days. Not only did I conquer the Little Rock Marathon, but I also qualified to run the Boston Marathon.

At the present time, I have completed 14 marathons including three finishes in the Little Rock Marathon. The Rock has been my worst experience and my best experience. I cannot tell you the euphoria that I felt after finishing such a challenge as the Little Rock Marathon. I encourage all of my running buddies to run the Little Rock Marathon. It has beautiful scenery, wonderful support, a large medal, and most of all, a great challenging course.

In March, I ran the half-marathon in Little Rock as a training run and, after 29 years of being a dawg-gone jogger, I ran the Boston Marathon in mid-April. Does that make me a runner?

Epilogue to My Road to Boston

On Sunday, March 4, 2007, I ran the Little Rock Half Marathon as scheduled in my training for the Boston Marathon. On Wednesday, March 7, I ran a 21-mile training run that ended with an

injury. I immediately went to the doctor thinking I had to take care of this so I could complete the Boston Marathon. After an MRI and a couple of trips to the doctor, I was informed I had a muscular skeleton stress. The doctor put me on a couple different anti-inflammatory medicines and after about 10 days, told me I could run. Calcium had started to form and was healing the area. I tried to run but limped in the house after trying to run a couple of miles. That day, I received my Boston bib number.

I decided that if I was going to be able to run, I needed more help. I went to see a physical therapist in Cabot and explained my situation to him. I told him I had to go to run the Boston Marathon. I would never qualify again. I had to go. He asked me to give him a few days without running and started treatment on my leg at that point. One week later, I ran three miles. One week before the marathon, I ran ten miles. During the last five weeks of my training, I ran a total of twelve times. They were all three mile runs with the exception of two six-mile runs and one ten-mile run. For my non-running friends, this is devastating training for a marathon. However, I had to go and run the Boston Marathon. I would never qualify again.

On Saturday, April 14 Joan Scarlata and I left for Boston. We arrived at the Little Rock Airport at 7:15 a.m. for our flight only to find out it had been delayed. We finally left Little Rock at 2:45 p.m., arriving at our hotel in Boston at midnight. The other girls that roomed with us arrived at 1 a.m. We finally turned the lights off at 2:20 a.m.

I awoke at 6:40 a.m. ready to go to the Expo. We shopped until we dropped and then went to a couple of seminars. We heard Greta Waitz, nine-time winner of the New York Marathon, speak. It was wonderful. At both seminars, all we heard about was how bad the weather was going to be and how we really needed to stay as dry and warm as possible. That night we hardly slept at all, worrying about the weather – heavy rains and strong 50 mph winds. However, I had to run. I would never qualify again.

On Monday, April 16 we awoke to rain. No surprise. We headed down to the tram to be transported by buses to the start line. It was a 60-minute bus ride to the start. Upon arriving, it looked like a big concentration camp. Runners were all huddled under big white tents to stay out of the rain. That was a surprise. The tent area was flooded, with water standing three or four inches deep inside the tents. You could not go the port-a-potties without standing in water up to your ankles. We finally found a small spot in the tent that was wet but not standing in water and put trash bags down to sit on. We understood there would be food for the runners at the start. However, all we ever saw was Powerbars, Gatorade and water. There we sat for two or more hours. Cold and hungry!! It was pretty devastating to say the least. However, I had to run. I would never qualify again.

At 10 a.m., we were called to the start. The Boston Marathon started promptly at 10:30 a.m. I finished five hours and thirty eight minutes later, the slowest marathon I had ever run. It wasn't pretty, but I did it. I ran the Boston Marathon.

Joan was at the family meeting area waiting for me. She had stood outside in the cold, wet and windy weather over an hour waiting for me. She is the best! I have received many calls and e-mails wishing me well and asking about my experience and I thank each and every one of you.

The Boston Marathon experience for me was the most AWESOME experience of my running career. My wish is for all of my running friends to be able to do this marathon at least once. The weather turned out to be good for running -- a light rain and some wind but not like predicted. The crowd support is unbelievable, and there is positive energy in the air.

For the first time in my running career, I am seriously thinking about a personal coach to achieve the goal of qualifying for the Boston Marathon again. I have always told myself if I could just qualify once that would be enough. Now I want to go run the Boston Marathon again and again and again.