

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2007

Never Quit Training For Or Running Races

By Ginea Qualls
LRRRC President

It seems like just yesterday I decided to run the Mid-South Marathon in Wynne, Arkansas. Now that I'm only 12 days away, I can't wait to have the marathon over with and done. I am sick of second guessing my training and what time I am capable of running it in.

When I set out to train for the Mid-South Marathon my main goal was to finish faster than my first marathon and not get injured. In order to finish faster than my first marathon, I will have to run better than a 5:19. I think I'm very capable of doing this but you never know. I was completely content with my initial goals until I started doing my long runs with Liz Reynolds and Andrea Murphy. Talk about some great runners. We've all just done one other marathon. All of us pretty much bombed at the first one too. Who hasn't? Andrea and Liz's goals are a lot different than mine: they both want to qualify for Boston. I have no doubt their goal of qualifying isn't too far fetched. I just wasn't sure it was the goal for me. I figured I would do the long runs with them and hope to keep them in sight. Sometimes I was able to, and other times I couldn't. THEN...we all did our first twenty-mile run together. The weather was almost perfect. It started out a little humid. About eight miles into our run a cool front came through and the weather was awesome after that. Mary Wells and Sarah Olney even joined us 12 miles in. I kept Liz and Andrea in sight the entire time and ever since I've been plagued with thoughts of Boston. I swear it's enough to drive a woman insane. So many factors can play into whether or not I have a good race. I'm just worried something like Chicago will happen. Liz

was training for Chicago and we all know how that turned out.

Just thinking about what happened at Chicago makes my stomach turn. Brian S. and Liz Reynolds spoke about their experiences running the Chicago Marathon at the last Club meeting. They both said it was the worst running experience they had ever had. Fortunately, neither of them ran out of water. Brian mentioned that after mile 15 all he heard were sirens. I'm sure the chances of it being 90° in Wynne are slim to none but we do live in Arkansas. The question still lingers in my mind, "What do you do, on marathon day, if something like the weather compromises all the training you've put into this race?" I don't have an answer but I do know you can't let yourself get discouraged. Liz didn't get discouraged. She has decided

to run the Memphis Marathon. We can't predict the weather, but we can keep on running. I hate that Brian and Liz had to endure such conditions, though, I think they're better runners because of it. We've all had bad races; I know I've had my fair share. Just do what Liz and many others runners have done ... get back out there and do it again. It wouldn't be worth it to quit.

Sarah Olney and Mary Wells also spoke at this month's meeting. Sarah and Mary started the Recycle, Reuse, Reshoe program. What they do is take our old running shoes and donate them to various schools and athletic programs around the city and state. They started the program last year. The kick off was at the Hilly Chilly Run. So, if you have any old shoes lying around the house, clean them up and donate them to this great cause. For more information you can go to www.arkrrca.com. Click on clubs and from there you should be able to find a link to our club's site.

Next month's meeting will be at Whole Hog Café on November 15th. Our speaker will be Stephe Worely of Athletes in Pain Sports Therapy Clinic.

If anyone knows of someone who would be a good speaker please pass that information on to me.

Until next month – Happy Running!

Christmas Potluck

Little Rock Roadrunners Club

Arkansas Running Klub

Arkansas Bike Club

Saturday, December 8, 2007

6:30 p.m.

*Garden Club Building
Kavanaugh at Lee*

*Clubs provide meats and beverages;
members bring vegetables, salads,
bread, or deserts.*

November Meeting

Thursday, November 15, 2007

6:30 p.m.

Whole Hog Cafe

**Speaker: Stephe Worley
Athletes in Pain Sports Therapy**



Running Wild

By Jacob Wells

In my nearly a year-and-a-half of writing a regular column, I have gotten plenty of feedback from readers, some good and some not so much so. During that time, I have accumulated a handful of letters and thought it was time to at least try to answer a few of them. So, here goes:

Dear MarathonBoy, What are your best marathon tips?

I agree with all the usual things you read and hear about, such as not experimenting with anything on the day of the race, hydrating the entire week before, the importance of a good night's sleep the second and third nights out, not starting out too fast, blah, blah, blah. I do not recommend what I call the "Extreme Galloway" method, which is where you run the first 16 miles as hard as you can and then walk the last ten. One lesser-known tip that I emphasize is not to fiddle with your watch at the finish line and botch your official photo. Especially for first-timers, regardless of the agony on your face, you will want a copy of this. Also, 20 Hooters hot wings the day before are not recommended. My most important advice, though, is to treasure the moment – you never know if you will come that far again.

Dear MarathonBoy, How do you fuel, before, during, and after a marathon?

Carbo-loading the night before is the classic answer, but I like a big bowl of ice cream as well. I guess that would be every night though, not just before a race. During the race is a tough call, because you never know how you will feel or how your body will react on any given day. The key is to test many things during training to give you the best chance of guessing correctly on race day. The staples I have used include Carboom gels, Shot Bloks, and Sport Beans. Some of my favorite treats have been a Sonic ice cream cone at mile 12 in Oklahoma City and a loaded hot dog at mile 20 or so at Wynne. (I plan on snagging one Saturday.) I had to stop offering to have my marathon crew carry extra provisions for other runners after last year when Robert Holmes requested one of those state fair style war club turkey legs. Speaking of Wynne, they have the best post-race food on the planet with homemade desserts, pizza, and incredible barbeque. Dan, I promise to save you some. This is one race where a runner's obsession with "BQ" has nothing to do with another race.

Dear MarathonBoy, What is the worst marathon out there?

Any 26.2-mile footrace is a wonderful thing. The worst marathons are when someone desecrates the term by referring to spending all day shopping or to lounging on the couch watching movies all weekend. Worst yet is when they morph the actual term, i.e. shop-a-thon or read-a-thon. The only exception I will

make to this is when MTV played *Beavis and Butthead* all weekend and called it a moron-a-thon.

Dear MarathonBoy, Who are your favorite marathoners (other than yourself)?

I have met and run marathons with many incredible athletes: Dean Karnazes during his 50 marathons in 50 states; Dane Rauschenberg, who ran 52 marathons in 52 consecutive weekends in 2006; Chuck Engle, who won 25 marathons in 2006; hometown hero Glen Mays, who won the second Little Rock Marathon and most recently won Grandpa's Marathon, which is billed as one of the toughest in the country, and I even ran alongside Bill Rodgers in the St. Louis Marathon. I told him I was from Little Rock, and he said, "Oh yeah ... Bill Torrey!"

But my favorite marathoners are my friends – people who train hard either for their first or for their one or more marathons a year. We train together, we travel together, sometimes we get to run them together, but no matter what, when we are done, we share in the post-race festivities together and tell the stories forever. Another group of my favorite marathoners are the pacers, those who spend the race running slower than they are capable of in order to help make others' dreams come true.

Dear MarathonBoy, What are your long-range goals?

Until I did the math, I figured I would go after the record of that Frank What's-His-Name that has done 900 and some-odd marathons. Since I got a late start at age 33, and only did three the first two years, it works out to about 15 a year till I'm 100, and he's not done yet!

Of course, I would be lying if I said I wouldn't like to win one someday. I would have thought that was a ridiculous statement until I finally almost won a 5-K (Dave beat me by one second). That experience proved my motto that, "It is not how fast you are, but picking the right race on the right day." It was 35 degrees and raining, and I had to personally thank my hundred friends who are faster than me for not showing up that

(See **Running Wild** On Page 4)

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Linda House	Editor	565-4969
Ginea Qualls	President	607-2477
Mary Wells	President-Elect	663-1632
June Barron	Secretary	851-4655
Steve Hollowell	Treasurer	217-8604
Bill Harrell	Past President	821-6610
June Barron	Membership	851-4655
Bill Torrey	CCC 10K Race Dir.	455-2643
Tina Coutu	At Large Member	412-3523
Brian Sieczkowski	At Large Member	227-4497
Paul Ward	At Large Member	217-9326

The Duck Reports On Races From Across The Nation

By Bill "The Duck" Harrell
LRRRC Racing News Editor

I'm starting my November column with an apology. Now it's not the first time I've had to apologize for leaving someone out of the results column in the 25 or so years I've been writing this thing but it's the first time I've left someone out that is called "Sassy." Yeah, I left Sassy Angela Gaines out of the results not once but twice; once for the Orange Crush where she was fourth in her age group with a 27:22 and then again at the LR Nine 5K where she was fourth overall in a 26:21.

I tried to apologize at the Tyler Curtis 5K where I was doing the results but I had to do it by hiding behind Smiley Dan Belanger. Hey, she's called Sassy for a reason. So, whoever takes over this column a word of advice is to check the roster occasionally and don't just rely on your memory. Then again your memory is probably a lot better than mine.

I'm expanding this running column by reporting on the Big Dam Bridge Bike Race. A couple of new members, Ethan and Stephanie Neyman, rode 75 miles in the race. Ethan had a 6:30 and Stephanie a 6:57. Rumor has it that 75 miles was really 82.77. I've run races that I think the RD needs to re-measure too. A lot of the ones I've done lately have seemed long. It even took me 80 minutes to do the hour track run.

Our marathon report starts in Portland, OR with, what else, the Portland Marathon. Jennifer Miller and Melody Brown ran a 5:52:26 and Jennifer's sister-in-law, JoJo Miller, ran 3:17:23. (JoJo lives in Tillamook, OR.)

Across the country Tom and Hobbit Singleton were running the Mount Desert Isle Marathon with times of 5:21 and 8:17.

From the Northwest to the Northeast ... now to North Central USA:

Liz Reynolds, Brian Sieczkowski and Tony Serna ran the Al Gore Global Warming Chicago Marathon on October 14th. Their stories were told at the October meeting. If you were there you know all about the difficulties they had

and the times they ran. I'm not repeating their stories so you will be enticed to come to some meetings and hear our speakers first hand. I will say that S...ski was obviously president of his high school debate team.

In frigid Minnesota, on the same day, it was three degrees colder than Chicago and our own MarathonBoy ran a 3:44. Jacob couldn't wait to get home and brag about the weather to his Chicago buddies.

The Tyler Curtis Memorial 5K was held on Oct. 6th and Jenny Brod, Tina Coutu and Ginea Qualls were second, third and fourth overall females. Their times were 22:00, 22:05 and 23:27. I'm especially proud of Jenny. I remember when she first joined our Club a little over a year ago and was new to running. She joined our early morning running group and started track workouts and she's now running 22 minutes. Not a bad start to a running career.

Another person I'm proud of is Sassy Angela Gaines who was second in 35-39 with a 26:57. And keeping the tradition alive, Megan Torrey ran a 50:24 as an eleven year old. That Torrey clan just keeps on truckin'.

In the bald-balding division, Darren Gilpin was fourth overall in 18:24 and David Williams and Steve Hollowell were eighth and ninth with times of 19:51 and 20:28. The little blue pill division had Larry Graham in 20:38 and Dan Belanger in 25:16.

Colin Weather, a *very* close friend of Jenny's, ran a 26:35 and Dave Wilkinson finally got a good looking guide (Tammy Green) to run with. He had a 26:51. Brad Newman, who is already in training for the next Smackover Oil Run, ran a 27:38.

On Oct. 13th in Jonesboro Fergus Snoddy held his second annual half marathon. Ethan Neyman ran a 1:27 for third in his age group (30-34) and Stephanie was first overall walker in 2:41:12. Hometown girl and ASU graduate, Jordan Ziegler ran 2:15 in preparation for her Wynne Marathon experience.

It is rumored that Jordan is a descendent of the late Mr. Snoddy and there were people lined up all along the course to cheer her on. Jordan was also honored at halftime of the ASU Homecoming game as an Outstanding Alumni volunteer. A big part of her resume was bringing cheesecake to LRRRC functions.

Let us now head westward across the state to Fayetteville where the Chili Pepper races were being held. David Sunde, a high school member of LRRRC, is teaching our older members about running because he ran a PR of 17:31 at the CP. Congratulations David, keep those PR's coming for years and years.

Jenny Paul, a former member who has moved away but is still fondly remembered by all, was second in 25-29 in 48:17 and her buddy Liz Reynolds was third in 49:41. Andrea Murphy was third in 30-34 with a 45:58. Sassy was seventh in 35-39 with a 56:17 and Laura Naill was LRRRC's top female finisher in 45:05 and a second in 40-44. Tina Coutu ran 47:06 for fourth.

On the guy side, Brian Bariola won 30-34 in 35:14 and Lee Epperson captured eighth in 41:12. Glen Mays was second in 35-39 with an excellent 32:30 and Jacob Wells ran 43:09 for tenth place. Kevin Golden keeps running well with a second in 40-44 and a 36:45 and Brian Polansky grabbed sixth in 45-49 with 40:00. In the 50-54 age group Jim Barton was fourth with a 40:16 and Mr. Torrey was ninth in 41:39.

Second, third, fourth and eight places in 55-59 belong to David Williams, 39:27, Randy Taylor, 41:03, Farmer John Naill, 43:07 and Dr. Allen White in 47:17. The always talkative Dan Belanger grabbed fifth place in 60-64 with a 54:21. Carl Northcutt, who makes almost every run in the state (either running or working), ran a 1:19:25 for third in 70-74.

Since we started out west I'm going back out west for my last report. David Bourne, Karen Call and Jack Evans joined a number of other runners from the area to run Lake Tahoe recently.

Running Wild (Continued from Page 2)

day. One marathon I missed this spring, while I was getting over being sick, had a winning time of 3:32. Maybe I will get another chance if I can find one far enough out into the woods or with weather bad enough.

Dear MarathonBoy, You've been given so much by running. What have you given back?

Wow, nothing like being put on the spot. I thought this was supposed to be a fun article, but that is a tough question. I definitely have some catching up to do on the racing vs. volunteering ratio. In the meantime, I hope that my enthusiasm is not only at least mildly entertaining, but more importantly, might be inspiring to those looking for

something new that might change their lives, which is what running did for me seven years ago. The Bible says in Matthew, "Let your light shine before people..." and then later, "nor does anyone light a lamp and put it under a basket, but on the lamp stand, and it gives light to all who are in the house." I hope the joy I find by running and racing shines through me and encourages others.

From a practical standpoint, to encourage someone to run a marathon, especially his or her first, might be somewhat of a specialty for me. Brian Wagner told me that he would have never run his first marathon if it weren't for me (not sure if that is credit or blame). I have said many times that if I could bronze that statement, I would put it on the shelf in

place of my very modest collection of trophies.

Well, that's it. Thanks for the letters and please keep them coming. Sure beats having to think up something to write about on my own. We'll do this again in a few months. Good luck to everyone that runs the Mid-South Marathon and the Spa 10K. It's been a great Grand Prix season. And most of all, congratulations to one of my favorite fellows who has some awesome news that will surely be out by the time this is published. Be wary of the weather conditions for the Capital City Classic and Hogeeye, as Hell will have frozen over on that weekend.

Congratulations

The *Arkansas Democrat-Gazette* reports that our own Glen Mays was named chairman of the UAMS College of Public Health's Department of Health Policy & Management. The Little Rock Roadrunners Club congratulates Glen and wishes him well in his new position.

The Duck (Continued from Page 3)

Alternating Tahoe and the Grand Canyon has become a yearly event for some of these adventurous types. But Karen has become enamored with these runs because she has added bird watching to her list of hobbies.

I've heard that even on bike rides she'll have the group stop if she thinks a spotted, black billed, pin-headed Maltese Falcon is in the area. Karen even got Jack and David into the hobby when they were in Tahoe because they ran step for step with her the whole way. Out of curiosity, Karen was asked what her favorite bird was. She replied "Oh, the swallow, of course." And you wonder why David and Jack ran with her the whole way.

Till next month when my last column appears and we see who wins Wynne and who gets hit by a car, take care and stay healthy.

From The Kitchen Of ... Lou Peyton

Lou's Favorite Salad Dressing

2/3 cup vegetable oil (I used olive oil)
 1/4 cup vinegar (such as apple cider, red wine or a combination. I used red wine.)
 4 fresh garlic cloves, peeled and minced (I used the bottled, minced that I buy in the fresh vegetable. dept.)
 2 tsp. granulated sugar (I used Splenda.)
 1 tsp. salt
 1/2 tsp. ground black pepper

Combine all ingredients and blend in a blender for a few seconds to a smooth silky texture. Use at once or store at room temperature in a small jar with a lid for up to a week or refrigerate for up to two weeks. Shake to recombine just before serving. Makes about one (1) cup.

Come Shake Your GIBLETS With Us!

By Paul Ward
LRRC Turkey
(All gobble, no hobble)

Continuing our annual Thanksgiving Day tradition, the Little Rock Roadrunners Club will have its morning fun run again this year. The location is the same: the parking lot in front of the Full Moon on Kavanaugh Blvd., between Evergreen and L Streets. We will start at 7 a.m.

Runners and walkers of all paces are welcome. Join us and you'll have an excuse to eat all you want later in the day. I'll have a written course description so you won't get lost. Bring your own water or hot chocolate.

See you there!

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.

November

- 3: Mid South Marathon (and Half) at Wynne. **GPS SC.** Call 501-609-0079.
- 3: Vulcan 10K at Birmingham, AL. Call 205-933-8911.
- 3: Seize the Moment 5K at Sherwood. Call 501-772-4788.
- 3: Steve Platt Memorial 5K at Vilonia. Call 903-276-9304.
- 3: Goshen Gallop 5K at Goshen, AR. Call 479-756-1148.
- 3: Swamp Sister 5K at Gillett. Call 870-263-4748.
- 4: Andy's Fun Run.
- 10: UCA Centennial 5K at Conway. Call 501-450-3128.
- 10: World's Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 10: J. B. Hunt Elementary 5K/1M at Springdale. Call 479-530-5358.
- 11: Andy's Fun Run.
- 17: Spa 10K at Hot Springs. **GPS.** Call 501-623-4969.
- 17: Mountain Home Marathon. Call 870-492-6625.
- 17: Chicks-N-Chili 5K at Bentonville. Call 479-366-0013.
- 17: Champs 5K at Beebe. Call 501-882-3311.
- 17: Winterfest 5K at Anderson, MO. Call 417-845-8200.
- 17: Turkey Trot 5K at Siloam Springs. Call 479-524-5779.
- 17: Turkey Trot 5K at Texarkana, TX. Call 903-793-2179.
- 18: Andy's Fun Run.
- 22: Mercy Thanksgiving Day 10K/5K at Fort Smith. Call 479-314-7400.
- 24: Great Duck Race 10K at Stuttgart. Call 870-673-1602.
- 25: Andy's Fun Run.
- 27: Jingle Bell 2M at Jonesboro. Call 870-932-8453.

December

- 1: St. Jude Memphis Marathon. Call 800-565-5112.
- 2: Andy's Fun Run.
- 8: CMN Winter 5K at Bella Vista. Call 479-636-2223.
- 8: Yule 5K at Greenwood. Call 479-996-6357.
- 9: Andy's Fun Run.
- 15: YMCA Tux on the Run 5K at Bentonville. Call 479-464-3993.
- 15: Jingle Bell Run 5K at Hot Springs. Call 800-482-8858.
- 16: Andy's Fun Run.
- 23: Andy's Fun Run.
- 30: Andy's Fun Run.

January

- 6: Andy's Fun Run.
- 13: Andy's Fun Run.
- 19: No-Name 5K at Danville. Call 479-464-3993.
- 20: Andy's Fun Run.
- 27: Andy's Fun Run.

March

- 2: Little Rock Marathon and 5K. Call 501-371-4770.

Birthdays

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

- 3 – Shirley Pence
- 3 – Ted Kuhn
- 6 – Arthur Hall
- 8 – Bill Crow
- 10 – Alesa Davis
- 10 – Michael Murphy
- 11 – Judy Lansky
- 13 – Celia Storey
- 13 – Emil Mackey Jr.
- 13 – Michael Erwin
- 13 – Penny Dodson
- 16 – Melanie Baden-Kuhn
- 17 – Gary Criglow
- 17 – Tony Serna
- 18 – Chuck Spohn
- 18 – Lynne Matthews
- 18 – Robert Abernathy
- 19 – Tom Zaloudek
- 21 – Lynn Senn
- 21 – Michael Storey
- 23 – Hope Wistrand
- 24 – Susann Szmania
- 30 – Elizabeth Parry

Condolences

The Little Rock Roadrunners Club wishes to extend its deepest sympathy and condolences to Lynn Senn over the death of her father, Jack Wilson, October 22. Please keep Lynn, Jerry, and their family in your thoughts and prayers.

Retreads

First Wednesday of the month
 Franke's Cafeteria
 11121 N. Rodney Parham Road
 (Market Place Shopping Center)
 Dutch Treat

Wear something to show you are one of the gang -- shirt, hat, scarf, finisher medal, etc. Just show up and look for the Old Runners -- Retreads.