

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2007

No Pain No Gain When Training For A Marathon

By **Ginea Qualls**
LRRRC President

I'm currently training for the Mid-South Marathon. I've only run one other marathon ... Little Rock in 2004. I had only been running for about a year when I decided to run the Little Rock Marathon. I somewhat followed the training guide provided by the marathon. I ran two or three days a week, then did the long runs on the weekends. Well, I attempted the long runs; they were more like long walks. I did them alone except for the twenty-mile run. My mom ran and walked the last ten miles with me. Basically, I trained good enough to finish, which was fine at the time. I finished, but ended up with a gimped up knee that sidelined my running for several months.

I swore off marathons until last spring when I decided I wanted to train for Little Rock again. My goal was to finish in four and half hours and to stay injury free. After running Little Rock in 2004 I learned that doing long runs by myself SUCKED, so I joined the training group provided by the marathon. I did my 18-mile training run, and the following day I ran the one-hour track run. After the track run the top of my right foot hurt like ... well, you know. So I went to the doctor and found out I had a stress fracture. I was sidelined yet again.

I really wanted to do another marathon, but I was beginning to think I wasn't cut out for it. After I pouted for a few months, I decided to suck it up and train for Mid-South. When I decided to train for Mid-South I promised myself I would train hard and I would train smart. I asked my mom for some advice, as well as other runners. When asked, all told me about their first marathon. I found the stories to be very entertaining. So I decided to gear a meeting around first

marathons and training advice. If you missed the monthly meeting, our speakers were Bill Harrell, Bill Torrey, Steve Hollowell and Karen Call.

Bill Harrell's first marathon was the Arkansas Marathon. He was only 18 at the time. This is not an age he would recommend for running marathons. He was also running for UCA. Bill would average 80 plus miles a week. He did two-a-day workouts but his longest run at the time was only about 12 miles.

Steve Hollowell's first marathon was a bit of a fluke. He had agreed to walk and run the first 13 miles of a marathon with a couple friends of his. He felt so good after 13 miles that he decided why not do the whole thing. He finished in 4:44 and ended up walking the last six miles.

Bill Torrey's first marathon was Dallas in 1983, which he finished in 2:52. He did several 20-mile runs, and averaged

90 plus miles a week. He believes one of the keys to marathon training is the mid-week run. He suggested a 12-mile run at marathon pace or a little slower. He also advised us to listen to our bodies.

Karen Call's first marathon was in Shreveport. Like most of us, when Karen decided to run her first marathon she had no clue as to what she was doing. She would do her long runs along the river trail. On race day it was 65 degrees at the start and 80 degrees at the finish. Soon after her first marathon she met up with the Andy's group. She has run 12 marathons including Boston.

I want to thank all of our speakers again; I know I really enjoyed hearing your stories. I hope to have more meetings in the future like the one we had this month. Unfortunately, I don't know where we will meet for next month's meeting, but I will send out an e-mail soon with the details.

President-Elect Wells First Official Act Conceives New Member

By **Paul Ward**
LRRRC Procreation Reporter

Mary Wells agreed earlier this summer to serve as Little Rock Roadrunners Club president-elect. In her first official act as your president-elect, Mary concentrated on increasing Club membership. With the willing help of husband Troy, Mary has conceived a new Club member, to be born around April 13 next year. In the face of repeated questioning from your aggressive reporter, Mary refused to discuss how she and Troy conceived of the new member, other than to say it was in the traditional

way, without any scientific or medical assistance.

Mary reports having a little morning sickness, so you may see her toting some saltine crackers and a barf

(See **New Member** on Page 3)

October Meeting

Thursday, October 18, 2007
6:30 p.m.

Location will be e-mailed later.



Running Wild

By Jacob Wells

I enjoyed being lazy and plagiarizing from others very much last month, but I knew I would really have to be creative to get away with it for a second consecutive month. Fortunately, I happened upon a wealth of good material that I can pick through, and I am sure I can get permission to do so. This would be from my favorite author, me! With over 20 articles in 16 months, I knew that the editors would not be willing to just rerun all my articles in their entirety, so you will have to settle for my selections of the best of MarathonBoy.

One of the benefits of writing a column is that I don't have to feel guilty about subjecting you to it as reading is voluntarily, unlike those unfortunate-for-you moments when you are in my presence. While most of the articles have been satirical and my version of stand-up comedy, a few articles have been inspired by real life events and real people. Some of my favorites include highlighting living legends Glen Mays, Bill Torrey, and Lou Peyton (August 2007), Carl Northcutt (July 2007), and Olympian Daniel Lincoln (November 2006) while also memorializing John Woodruff (June and September 2006) and Sara Low (September 2007). I have enjoyed sharing details about all the state's marathons (November 2006), in particular, the Little Rock Marathon (March 2007) while taking readers on a tour of the country where I spread the word of our City's marathon to the masses (July 2006).

I used my writing, along with biking and swimming, to get through my first two extended periods of non-running (December 2006 and June 2007). I have promoted the Big Dam Bridge, which I have treasured and claim to have traversed more than any human (August 2006). I have shared my observations on human behavior with articles on funny things runners say to each other (November 2006) and that doctors say to runners (July 2007). I must have gotten a half dozen articles out of various aspects of my running with Dave Wilkinson (October 2006, January 2007, and April 2007), a period I labeled "Dave-steria," and marveled at the fact that the most innocent and unassuming running thing I ever did garnered me the most attention and praise.

I quoted everyone from Abe Lincoln (May 2007) to Howard Cosell (January 2007) to Dr. Suess (January 2007). I celebrated my favorite runners' holiday, New Year's Eve and Day, (February 2007) and also gave thanks on Thanksgiving (December 2006). I even offered a few training tips along the way, such as walking backwards, recommending that you "start with a quarter mile per week." (December 2006) In my boldest move, I ousted the reigning Runaround WordSmith and promoted myself from "fledgling ink slinger" by showing off my vocabulary (January 2007). I only wrote one article for which, upon rereading several times, I can find no theme or story line whatsoever (August 2006).

One of the benefits or detriments, depending on the situation, of having your own monthly column is that you don't have to name it. Thus, I have had fun naming some of the extra articles, such as The Finisher's Mettle (September 2006) about the Midnight 50K, for which there is no finisher's medal like most marathons, RunningAround Arkansas (November 2006), an obvious play off the title of my favorite running newsletter and my tribute to Arkansas' marathons, and Without (Time) Limits, (October 2006) a play off the Prefontaine movie that was about leaving your watch at home.

I readily admit that "I crack myself up" with my articles and that I am easily the most entertained by them. I have spent a few late nights on the 19th of the month sweating out the article submission deadline of the 20th, only to find out that it is really the 22nd, but that Linda says the 20th because the The Duck was always late with his article. I also stayed up nearly all night rereading every one of my articles in order to write this one, so perhaps this plagiarizing idea wasn't as beneficial time-wise as I thought it would be, but it was more fun than I imagined that it could be. But the thing that has been the most amazing to me is that something always comes to me at the last moment, to which I have credited divine intervention several times.

A few of my favorite excerpts would be these:

"Some of Daniel Lincoln's great words of wisdom were that you 'had to ride the wave,' meaning that there will always be ups and downs and you have to accept them and live through them. That's pretty good advice for me, considering the past few races. I'm going to file that one in my back pocket and take it to my next race." (November 2006)

"Do you remember how in grade school when the kids were getting called on by the teacher and you knew you had the best answer and the kid right before you would always take it? If a randomly selected group of Arkansas runners were asked

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Little Rock Marathon Training Group Schedules/ Locations Just A Click Away

By Paul Ward

Those of you new to running or the Little Rock Roadrunners Club may not be fully aware of the great year-round resource we have in the Little Rock Marathon Training Group. Coaches Tom and Hobbit Singleton lead the group, now preparing for “Six in the City” – the 6th Little Rock Marathon to be held March 2 next year. The training group meets most Saturday mornings at 6 a.m. at different locations in central Arkansas.

The scheduled locations and mileages are available on the marathon’s website: www.littlerockmarathon.com. Click the “training” link. Different schedules are available for people running the full, half, or relay marathon. And Tom can customize a different distance if

you want to run farther or shorter than the scheduled distance. This is especially helpful for those training for other marathons in the fall, winter, or spring. If you register for the training, which is free, you will receive the weekly e-mails from Tom and Hobbit listing the upcoming run location and providing good “Mama Hobbit” advice. Your e-mail address is not shared with others.

The “build-up phase” for the full marathon is complete. This gets novice runners ready to run more than six miles. Regular training begins in late September. All runners and walkers are welcome, even if not training for a marathon. The longer distances are easier when you have fellow runners or walkers going with you.

Remember to bring a water bottle and wear a blinking light and

reflective material. The mornings are staying darker longer and many drivers don’t expect to see people in the street early Saturday morning. We want you around in the long run!

Come run with the training group sometime. See you on the road.

Congratulations

The Little Rock Roadrunners Club extends its congratulations to our own David Bourne for his appointment to the state Tobacco Prevention and Cessation Advisory Committee for a term expiring in three years. Governor Beebe announced the appointment Sept. 11.

Congratulations David! Now go kick some butts.

Running Wild (Continued from Page 2)

what runner they admired most and I got to go first, my answer would make them all feel that way. I was fortunate enough to meet John Woodruff a couple of years ago. Shortly after that, he was inducted into the RRCA Hall of Fame and I never called him by his name after that, I just said, ‘Hey, Hall of Famer!’ John had a spirit and toughness as a man and as a runner throughout his life and battle with cancer that even a wordsmith like me can’t seem to describe.” (June 2007)

“Those were some of my best times ever, and ones that I will never forget. I think John Woodruff would agree. It reminded me that each of us must remember not to let our running define us as individuals as it can be taken away at any moment without warning, but the memories, relationships, and lives we impact as runners and as people who happen to run will be with us forever.” (June 2007)

My tour of the country has included “marathons running along the Oregon, California, and Santa Fe trails, running through the brewery and past the arch in Saint Louis, running under the

Olympic rings in Atlanta, starting at the memorial in Oklahoma City, and finishing in a minor league baseball stadium in Memphis...” (July 2006)

During a year-long running slump, I confessed that “many reading this will recognize it for what it is, a pathetic rationalization by a lazy worn-out runner trying to detract attention from his withering finishing times and who has made a career out of disguising

mediocrity with flamboyant self-promotion and self-deprecating journalism.” (November 2006)

There you have it. Hopefully, I will continue to be inspired by everyone around me while also living out the funnest (i.e. or most fun I see by the squiggly line indicating a grammatical or spelling mistake) life of anyone I know, and be blessed with a space here each month to share some of it with you.

New Member (Continued from Page 1)

bag instead of a water bottle and “Gu” on her long runs. Mary reports that “running for two” should pose no problems, but she will be careful not to overexert herself. While interviewing her during a recent long run, this reporter can attest that she hasn’t lost a step.

Mary and Troy haven’t decided on a name for the new member yet, other than to rule out “Jacob” if it’s a boy. One of those is enough! Congratulations Mary and Troy! We look forward to welcoming your new Club member next spring.

Club president Ginea came up with a new running game. Match the person and their 5K PR time with their marathon PR.

_____ Bill Torrey, 16:24	a. 3:23
_____ Karen Call, 19:44	b. 3:09
_____ Bill Harrell, 17:58	c. 3:32
_____ Steve Hollowell, 18:13	d. 3:19
_____ Barbie Hildebrand, 18:15	e. 2:43

(Answers on Page 5)

LRRC Results From September Races

By Bill "The Duck" Harrell

First, let me say thank you to Tina for writing the results article last month. I'm having a lot harder time finding time to write this article and I'm thankful for my friends who step up and fill in for me. My contract expires in two months so this column will definitely improve in '08.

The September 1 **Clear Mountain 5K** turned off cooler than normal for this race and the excellent times show how happy the racers were for this cool down. It's good to have our newer, younger members racing and racing well. Our women's team keeps on winning although the names at the top of the list keep rotating. Times were::

Males

15-19: David Sunde, 18:03, second
25-29: Brian Sieczkowski, 16:38, third overall; Nick Alsbrook, 33:59, tenth
30-34: Lee Epperson, 18:58, third
35-39: Stephen Yanoviak, 19:18, fifth; Jacob Wells, 19:58, seventh
40-44: Kevin Golden, 17:28, first masters; Darren Gilpen, 17:51, second masters
45-49: Brian Polansky, 18:48, second; Steve Hollowell, 19:17, fourth; Paul Ward, 21:56, eighth; Brad Newman, 28:21, 14th
50-54: Bill Torrey, 19:30, fourth; David Bourne, 21:54, sixth; Michael Erwin, 22:40, eighth
55-59: David Williams, 19:00, first; Larry Graham, 20:21, second; Robert Holmes, 22:25, third
60-64: Jack Evans, 21:13, third; Dan Belanger, 23:44, sixth; Emil Mackey, 28:17, ninth
70-74: Carl Northcutt, 37:43, second

Females

25-29: Jenny Brod, 21:46, second; Jordan Ziegler, 24:54, sixth
30-34: Andrea Murphy, 20:48, second; Ginea Qualls, 22:41, fourth
40-44: Tina Coutu, 21:28, second masters; Jaynie Cannon, 39:03, tenth
45-49: Alesa Davis, 30:58, tenth
50-54: Kathy Boone, 22:20, first masters

55-59: Rosemary Marston, 30:49, third; Linda House, 40:38, sixth
60-64: Coreen Frasier, 31:01, first

The Orange Crush Cross

Country 8K/5K is one of the more fun races on the circuit and brings out some Club members who don't usually race. Some egos get massaged in this race because elders get to beat college age runners. Then there are those who *don't* show up because they *can't* beat college age runners – or runners in their own age group for that matter.

Males

25-29: Brian Sieczkowski, 29:17, second; Nick Alsbrook, 44:15, sixth
30-34: Lee Epperson, 33:23, second
35-39: Glen Mays, 26:36, first overall; Steve Yanoviak, 33:00, fifth; Jacob Wells, 35:45, eighth
40-44: Kevin Golden, 30:17, second masters; Darren Gilpin, 31:36, first; Bill Diamond, 34:42, fourth
45-49: Brian Polansky, 32:30, first
50-54: Jim Barton, 32:42, second; Bill Torrey, 33:56, fifth
55-59: David Williams, 32:36, first; Larry Graham, 35:17, second; Bob Marston, 38:20, third, Robert Holmes, 39:08, fourth, Allen White, 39:51, fifth
60-64: Roy Hayward, 42:18, fourth; Dan Belanger, 43:18, fifth
65-69: Bob Taylor, 47:25, third
70-74: Carl Northcutt, 1:03:10, second
75-79: Jim Yamanaka, 47:11, second

Females

25-29: Jenny Brod, 22:23, second; Jordan Ziegler, 25:14, third
30-34: Andrea Murphy, 21:55, third overall; Ginea Qualls, 23:53, first; Mary Wells, 24:17, second
40-44: Laura Naill, 22:03, first master; Tina Coutu, 22:52, third master; Jaynie Cannon, 42:39, eighth
50-54: Barbie Hildebrand, 22:06, second overall; Kathy Boone, 23:14, first
55-59: Rosemary Marston, 31:29, first

September 15 was the first annual **Little Rock Nine 5K** and LRRC administered the race but a few members

got in a good workout and everybody received an award. Larry Graham misread the entry form, thinking it said First Anal 5K and immediately he was sure he was going to be the overall winner.

Females

40-44: Gina Pharis, 32:56, second; Jaynie Cannon, 38:50, third

Males

35-39: Jacob Wells, 19:35, first
45-49: Brett Pharis, 28:42, fifth
55-59: David Williams, 19:22, first master; Larry Graham, 20:16, second master
60-64: Dan Belanger (Bell-an-j), 23:56, first

Those who travel out of town to race surely need a shout out. We'll go east to west starting in **Philadelphia** where Steve Yanoviak ran a 1:29 in his first **half marathon**, an excellent time for a first half marathon, or any half in my opinion.

Allison and John Martin went to Anaheim, California, to run the **Disneyland Half Marathon**, where Allison ran a 1:56:53 and John had a 2:09:31 – two more very good half marathon times.

Upcoming Races (Continued from Page 5)

- 17:** Champs 5K at Beebe. Call 501-882-3311.
18: Andy's Fun Run.
24: Great Duck Race 10K at Stuttgart. Call 870-673-1602.
25: Andy's Fun Run.

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.
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.

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.

October

- 6: Tin Cup 5K at Fayetteville. Call 479-575-9696.
- 6: Tour de Cure 5K/10K/½ Marathon at Rogers. Call 470-770.6402.
- 6: Tyler Curtis Memorial 5K at Little Rock. Call 501-231-3730.
- 6: Zoo Run 1M/5K/10K at Tulsa, OK. Call 918-669-6612.
- 6: Harvest Homecoming 5K at Harrison. Call 870-741-3750.
- 6: Lake Hamilton XC 5K/2m at Hot Springs. Call 501-760-6508.
- 6: Wing Ding 5K at Jacksonville, Call 501-982-3191.
- 6: HART Center Oktoberfest 5K at Fairfield Bay. Call 501-884-7777.
- 6: With Heart 5K at Hot Springs. Call 501-262-4222.
- 6: Timberfest 5K/2K at Sheridan. Call 870-942-3021.
- 6: Flat Out 5K at England. Call 501-416-2331.
- 6: White River 5K at Calico Rock. Call 870-297-8753
- 6: Summit Trek IV 5K/½M at Wentzville, MO. Call 314-575-7700.
- 6-7: Arkansas Traveller 100M at Lake Sylvia. Call 501-329-6688.
- 7: Andy's Fun Run.
- 13: Chile Pepper 10K XC at Fayetteville. **GPS SC.** Call 479-521-7766.
- 13: Fergus Snoddy Half Marathon at Jonesboro. Call 870-933-4604.
- 13: FSM Breast Cancer 5K at Cabot. Call 501-843-5291.
- 13: Sherwoodfest 5K at Sherwood. Call 501-413-8020.
- 13: Bill Prewett Memorial 5K at Booneville. Call 479-675-2666.
- 13: Betty Schafer Memorial 5K at Carlisle. Call 870-552-7571.
- 14: Andy's Fun Run.
- 20: Race for the Cure 5K at Little Rock. Call 501-202-4009.
- 20: Scrapper 5K at Nashville, AR. Call 870-451-4446.
- 20: Merechka Memorial 5K at Van Buren. Call 479-474-6918.
- 20: Wampus Cat Invitational 5K at Conway. Call 501-606-6275.
- 21: Andy's Fun Run.
- 27: Mud Run 5K at Little Rock. Call 501-371-4639.
- 27: Army ROTC Campus Tour 5K at Fayetteville. Call 501-258-2516.
- 27: Downtown Fall Festival 5K at Russellville. Call 479-890-6625.
- 27: Furry Friends 5K at Rogers. Call 479-464-3200.
- 27: Kick Butt 10K/15K at Harrison. Call 870-391-3526.
- 27: Heart and Sole 5K at Jonesboro. Call 870-972-4147.
- 27: Runners' High 5K at Hot Springs. Call 501-622-5110.
- 27: Flying Pumpkin 5K at Westville, OK. Call 479-466-6144.
- 28: Andy's Fun Run.

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.
- 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.
- 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.

Birthdays

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

- 1 – Gail Northcutt
- 1 – John Russell
- 1 – Mike Zello
- 1 – Robert Wistrand
- 2 – Donna Cave
- 3 – Earl Bond
- 12 – Rosalind Abernathy
- 13 – Rosemary Marston
- 14 – Kevin Golden
- 17 – Darren Miller
- 17 – Nina Pritchett
- 17 – Randy Oates
- 18 – Mimi Evans
- 19 – David Hildebrand
- 21 – Kimberly Alls
- 22 – Joe Cordi
- 23 – Charlotte Sullenberger
- 24 – Barbara Akers
- 25 – Dan Belanger
- 26 – Becky Spohn
- 28 – Brynn Mays
- 29 – Bill Hoffman
- 29 – Bob Marston
- 29 – Mona Mizell
- 30 – Lance G. Sullenberger
- 31 – Kurt Truax
- 31 – Mike Holland

Answers to Match Game

- e
- c
- d
- a
- b

Retreads

First Wednesday of the month
 Franke's Cafeteria
 1121 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.