

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2008

Spring Is Perfect For Running - Except In Arkansas

By Ginea Qualls
LRRRC President

Spring is here, and it is my favorite time of year. The only thing that sucks is that it's spring in Arkansas. One day it will be nice and sunny, then two days later we have snow. The week of the Little Rock Marathon is a perfect example of this. Just a few days before the marathon the weather was perfect, not too cold, not too hot. On the day of the marathon the weather was nice, if you were a spectator. For us runners, it was warm and windy.

I ran the half marathon this year. I knew it would be a challenge since I'm pregnant but I had no idea how hard it really would be. I started the race like I start every race that I run, too fast! By mile six I was hurting – it was hot and the wind was kicking my butt. My goal was to finish under two hours, but after the sixth mile I decided just finishing would be an accomplishment. It was warm and the wind was brutal, especially running uphill into the wind. I wore a shirt that said "baby bump." I wanted people to know I wasn't just some girl struggling to run a half marathon, I had an excuse. I think the crowd enjoyed the shirt, I had several people yell "go baby bump." Along the way Steve Hollowell and Karen Call passed me. Karen commented to me, "Start out a little too fast?" On my way up the hill to the governor's mansion Jordan Ziegler passed me. We ran together off and on until about the 10th mile. It was at that time I told her to go on, I couldn't hang. When I approached the end, I was overcome with emotion. My husband and parents were there to cheer me in. I don't know how to explain the feeling of accomplishment I had. Just a few years ago I could barely run a mile,

now I can run an entire half marathon pregnant.

For the most part the Little Rock Marathon went well. Our very own Jenny Brod qualified for Boston and got engaged. Leah Thorvilson was second overall with a five-minute PR. I ran into Leah while she was in line to get a much needed massage. She was very happy about her run but seemed a little upset. She told me she had seen a man collapse at the finish line. At the time I had no idea what had really happened. My mother and I helped with the awards so we were at the race all day. Mary Wells and June and Tom Barron helped with the awards as well. After we handed out all the awards that we could my mom and I left to grab something to eat. We chatted about the day and how cool it was that I ran the half marathon. We both were on cloud nine. My phone rang with my mother-in-law's name on the caller ID. She asked me how the race went and if my husband was with me. I told her he wasn't but I could tell something was wrong. She told me that her mother, Dave's grandmother, had passed away. Talk about your highest highs and your lowest lows. Later that evening I watched the news to find out the man Leah saw collapse had in fact died. It's amazing to me how life can put your entire world into perspective. Even though I was very saddened by both deaths it somehow made my race have more meaning. It will always be one of those days in my life that I will never forget.

This past month's meeting was about the Club's training groups. Karen Call talked about the Andy's group and the Full Moon group. Bill Torrey talked about the track workout and the Hillcrest 10-mile run. Harold Hays talked about the Pleasant Valley group. If you'd like

more information about these groups e-mail me at g_k_qualls@hotmail.com or log on to www.arkrrca.com.

On April 26th the first annual Book It, Baby, Book It one-mile run will be held. The race will be for children under the age of 12. Volunteers are needed so please contact me for more information.

New Members

By June Barron
Membership Chairman

We have two new members this month.

Martha Ray Sartor, 50, just moved to this area from Starkville, MS. by way of Ripley, MS, Cleveland, MS and Hattiesburg, MS. She works for the University of Arkansas – Cooperative Extension Service. Martha Ray has been running off and on for 25 years. She averages 15-20 miles per week. She races frequently and prefers the 5K, 10K or 15K distances.

Martha Ray's interests other than running are biking, hiking, traveling and reading.

(See New Members on Page 7)

April Meeting

Thursday, April 17, 2008
Whole Hog Cafe

6 p.m. to eat
6:30 p.m. speaker

Speaker: Kim Fischer



Running Wild

By Jacob Wells

In the spirit of the campaign season, I have been tracking my approval ratings of late. Despite my best efforts to remain infamous, they have been creeping up beyond comfortable levels, so I asked myself what I could share that might be entertaining to some and yet subtly annoying to others: marathons, I answered. As a veteran of 23 courses, I could make this useful but those details sometimes “run together,” as they say, so rather than give a course and amenities guide, here are some random memories, in reverse order:

- 23) Mississippi Blues Marathon: Jackson, Mississippi (2008)** – This was an inaugural race, which is always a roll of the dice, and the biggest treat was sharing three blues concerts with Dan Belanger. This is the only one besides Little Rock that I have done every time it has been held. Gigantic cardboard guitars marked all the turns on the course.
- 22) Route 66 Marathon: Tulsa, Oklahoma (2007)** – An American history fan’s treat, this race runs down sections of historic Route 66. The coolest perk is the companion quarter marathon, perhaps the only one of its kind.
- 21) Twin Cities Marathon: Minneapolis, Minnesota (2007)** – This was my first return to the city where I was born after 38 years. Record heat resulted in a higher dropout rate than the Chicago Marathon disaster taking place a few hundred miles south.
- 20) Country Music Marathon: Nashville, Tennessee (2007)** – After getting sick here last year, I’m heading back to this one next month to exorcise my demons and have all the fun that makes it famous. Half marathoners numbering 23,000 joined the 6,000 marathoners, making it one of the more crowded races.
- 19) Boston Marathon: Hopkinton, Massachusetts (2007)** – This race is the only one I ever did without a number and without paying. My bib just said GUIDE. I love it when people see the jacket and ask if I ran it. I tell them that I just knocked somebody down and stole it.
- 18) Lewis & Clark: St. Charles, Missouri (2007)** – Dean Karnazes chose this one as the first of his 50 marathons in 50 days. I already had this one planned when his schedule came out which featured a Little Rock re-enactment on day four. Two marathons in four days didn’t turn out to be such a good idea, but I enjoyed the four months off.
- 17) Tupelo Marathon: Tupelo, Mississippi (2007, 2006)** – As the birthplace of Elvis, this race is where I like to take care of business in a flash. Thank you very much.

- 16) Seafair Marathon: Bellevue, Washington (2007)** – The first 2,017.2 miles were easy, but I walked the last nine on the most humbling day of my running life. The post race ice bath was Puget Sound, where I was neck deep while none of the other thousand people on the beach were in over their ankles. Advertised as “America’s Coolest Summer Marathon,” I think they mean if you finish before 1 p.m.
- 15) Lincoln Marathon: Lincoln, Nebraska (2007)** – National Guard teams from across the country compete here giving this the best military representation of any marathon. Five guys shared a 12-hour drive.
- 14) Saint Louis Marathon: Saint Louis, Missouri (2006)** – Running past the Gateway Arch, the brewery, and the ballpark were highlights, as was running alongside legendary Bill Rodgers for a spell. I told him I was from Little Rock and he immediately said “Oh, Bill Torrey!”
- 13) Hogeeye Marathon: Fayetteville, Arkansas (2007, 2006)** – With one of the hilliest courses in the country, the last two miles are straight uphill through the campus that I don’t recognize anymore. This one is up next on April 6.
- 12) Dallas White Rock: Dallas, Texas (2007, 2005)** – Best remembered as the only time a race was ever colder at the finish than the start. The company of State RRCA President Kim Howard, the Dolly Parton hills at mile 19, and the last five miles downhill make this one a favorite.
- 11) Memphis Marathon: Memphis, Tennessee (2007, 2005)** – Either the country’s fastest course, or coincidentally, my 3:19 average. It offers the best and most food of any marathon except Wynne. The lap around the outfield and finish down the third base line of the local minor league park make for a great finish line shot. The 3:19 both on the clock and on the

(See **Running Wild** on Page 6)

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'08 LRM: JZ Posits Perception Of Paul's Package

By Paul Ward, LRRC
Corresponding Curmudgeon

Friday February 29 ("Leap Day") I headed to the Statehouse Convention Center to get my Little Rock Marathon race packet and visit the vendors in the Health and Fitness Expo. The first people I see are Bill Harrell and Jordan Ziegler, working behind the tables. As soon I say hello, Jordan announces, "♪Paaauul♪, I just saw your package!" I look at Bill, Bill looks at me, we both start to say something inappropriate, and Jordan realizes her malapropism. Jordan is a very nice person, and a good sport to put up with Bill. Sometimes Jordan says innocent things to which Bill and I employ double entendres to her chagrin. But she just sighs and survives any embarrassment. After she gave me my *packet*, I told her I had to mention this in the newsletter.

I bought some socks for me, socks and a shirt for Laura, and picked up some of the many "freebies" offered at the expo. Someone from the Clinton Library gave away free passes to the special "Miniature White House" exhibit at the library. Laura and I took my niece and nephew to visit that exhibit on the Washington's Birthday holiday, when they were out of school, we were off work, and the library had free admission.

The miniature White House is like a scale model doll house. The scale is one inch to one foot. The outer walls are open so you can see the inner rooms. The furniture and wall paper are exact replicas of the actual décor in the real White House. Miniature bulbs mimic light fixtures and a real miniature television operates. It was very interesting to see the location of famous rooms you see during press conferences or other televised proceedings. It's an interesting exhibit for people of all ages. The exhibit is here until this summer.

I saw Jacob Wells at the expo and we toured some of the booths together. Bill Torrey, Bill Bulloch, Linda Sue Sanders, and Gina Pharis were working. I left after an hour and headed home to hit the sack early.

Laura was in Denver for a conference scheduled more than a year ago, and she couldn't volunteer or watch the marathon as she did last year. Last year she helped set up the finish line area Saturday morning and she cheered for me during the marathon itself. Maybe that was an omen.

I looked through the sack of goodies. The poster had the "Six in the City" logo. Nothing remarkable. The T-shirt looked okay but I noticed it was 50% polyester/50% cotton. I don't like that blend, I prefer 100% cotton. Oh well.

I went to bed early and was just about to fall asleep when the phone rang. It was an AT&T telemarketer. "Mr. Lamps?" Ugghhh! I told her to put us on their "do not call" list. She said, "Have a good evening," to which I replied, "I was before you called." "I'm just doing my job," she said. I do my job too, but I don't disturb people at night.

The Saturday before the marathon is one of the few in the year when I don't set an alarm. Most other Saturdays I get up early to run. Of all Saturdays for Laura to be out of town! I had a leisurely morning. I did some laundry, went to church, fixed dinner, walked the dogs, and went to bed.

My marathon itself was disappointing. I don't do well running in warm weather. All winter I did training runs wearing multiple layers in 20-degree weather. One morning run involved "sliding" across the Big Dam Bridge because it was like an ice rink. The warm weather during the marathon was quite a contrast.

I used "Body Glide" liberally, but I perspired so much that the band-aid on my left nipple came loose and I got a bloody spot on my shirt. The moleskin came off my toes and I got several large painful blisters. The biggest insult was finishing 30 minutes slower than last year after training harder this year. I guess that's life.

I started at the back of the 3:30 pace group (boy was that wishful thinking!) next to David McCormick of Dardanelle. After the start we

encountered several walkers in front of the fastest pace groups walking several abreast. This posed problems to runners trying to get around them on the narrow street. Judge DMac chastised them for their thoughtlessness. The sun was bright and I started sweating early. I knew it would be a long day.

In the stretch along Riverfront Drive in North Little Rock, Isabelle Kiefer called a hello from the sidewalk. She had a race number on but was just watching and cheering. I later learned that she injured a leg muscle early on and had to drop out. I'm sorry! Isabelle visited for about a week and then returned to Germany.

It was fun seeing Jenny Brod zoom past me while we were still downtown. She's my early season favorite for "Most Improved Female Runner." I wonder if she knew what awaited her at mile 18. Ann Straessle and some of her children formed a roving cheerleading squad. I saw them by Central High, then along Kavanaugh before St. Mary's, and finally by the Murray Park turnaround. Husband Steve was running the long third leg of a relay team. He passed me near the exchange point and shamed me into running again. Now I know how his son Jacob feels.

Jacob Wells and I ran together by the river. Brian Polansky played his amplified guitar there, after an earlier stint in North Little Rock. I didn't recognize the song he was playing, but I wished for Jimi Hendrix's "Watchtower." The 3:40 pacer passed me downtown. The 3:45 pacer passed me by the river. The 4:00 pacer passed Jacob and me by the river. My goal finish time was constantly changing!

This year the course after mile 25 stayed on Cantrell and La Harpe instead of turning on Cross. Jaynie Cannon was along La Harpe by the old Balch Oldsmobile dealership. She ran the 5K earlier. Shortly after I saw her I got a cramp in my left leg, just like I did last year at the same point on the course. I

Precision Wash System, How Do I Love Thee?

By Jordan Ziegler
LRRC Racing News Editor

For some time now, a black cloud had descended over my house, dark and desolate times indeed. It has been there for so long that I cannot tell you when it first reared its ugly head. Everyday was a battle until March 12, 2008, a day that will live on in infamy. This is the day when we got a new dishwasher. I cannot even begin to tell you the pure joy of this new kitchen appliance. Our old dishwasher, God rest his soul, was from the Stone Age, before the advent of the wheel (which would explain why it was so very difficult to get the bottom rack out so I took to loading in what I could with the drawer pushed in and hand washing the rest). But now, with our brand new, totally awesome, stainless steel, ROLLING drawer dishwasher I hand wash nothing. Cleaning up the kitchen is a snap and it's beautiful, truly a site to behold. I could go on and on about the new found love of my life, but there are ~~loads~~ lots of results so lets get right to it.

We begin our wash cycle, ahem ... that is, our race results with a bit of "Marathon Mania," at our very own Little Rock Marathon weekend on March 2. The weekend hosted a full marathon, half, four-person relay and a 5K, on a day where the temperatures were hotter than a "high temp wash" cycle. The men running the full marathon were: Bill Rahn in 3:25, Ethan Neyman in 3:26, Allen White in 4:06, Paul Ward in 4:08, Kenneth Bland in 4:11, Jacob Wells in 4:12, Jack Evans of Maumelle in 4:19, Harold Hays in 4:30, Jim Yamanaka in 4:39, Robert Hanle in 4:53, Joe Cordi in 4:53, Emil Mackey in 5:35, and Nick Alsbrook in 5:48.

For the women's side: Leah Thorvilson was the 2nd female with a time of 2:52, Jenny Brod-Weather PR-ed, BQ-ed, and MRS-ed in 3:39, Kathy Boone in 4:04, Karla Braswell in 4:41, Rosemary Rogers in 5:19, Lou Peyton in 5:43, and Robin Hanle in 5:48.

The Little Rock Half Marathon was the first of two Grand Prix races this

month. For the men's half, Brian Sieczkowski finished in 1:19, Kevin Golden in 1:26, James Terbrack in 1:27, Tony Serna in 1:30, Steve Yanoviak, David Williams and Mike Banman in 1:31, Jimmy Thompson in 1:32, Larry Graham in 1:34, Bill Diamond in 1:35, Lee Wyant and Robert Holmes both in 1:45, Arthur Hall in 1:47, Roy Hayward in 1:52, David Bourne in 1:56, Dan Belanger in 2:05, The Dynamic Avian Duo: Bill "Old Crow" Crow and Bill "The Duck" Harrell both buzzed the finish line in 2:08, Michael Watts in 2:35 and Carl Northcutt in 3:04.

The female half finishers looked like this: Sarah Olney in 1:34, Andrea Murphy in 1:42, Tina Coutu in 1:43, Liz Reynolds in 1:46, Karen Call in 1:49, Becky Spohn in 1:53, Karen Irico in 1:54, Kelly Thompson in 1:54, Ginea Qualls and Baby Q both finished in 2:08, Celia Storey in 2:19, Donna Cave in 2:33, Lynnette Watts in 2:35, and Coreen Frasier in 2:56.

The Little Rock Marathon weekend also hosted a 5K that featured three of our very own lovely ladies. Maddi Wells was thankfully able to participate and crossed the line in 28:57, Jennifer Files PR-ed with a 35:47 and Jaynie Cannon finished in 42:50. Great job to everyone who participated and helped out with the race weekend and expo! What a super way to showcase our wonderful city.

The Chase Race, which was the second Grand Prix race this month, was held in Conway on March 8. The last (please, please let it be the last!) bit of winter arrived just in time to cool this race off. With snow on the ground and a chill in the air, many Grand Prix-ers and regular wash, uh, folk bundled up and headed out for this two-mile event. Brian Sieczkowski won with a time of 10:02 followed by Darren Gilpin in 11:32, Steve Yanoviak in 11:44, Jacob Wells finishing in 11:59, Brian Polansky in 12:05, David Bourne in 13:29, Dan Belanger in 14:35 and Roy Hayward came in with a 14:39.

Over on the ladies side, Sunnie Butcher-Keller placed first with a time of 12:35, with Andrea Murphy close behind

with a 13:01, Liz Reynolds in 13:52, Angela Gaines in 15:46, Stacey Dovers finished in 16:50, Rosemary Rogers in 16:58, and Jaynie Cannon crossed the finish line in 24:32.

Also on March 8th, North Little Rock hosted the Feed Your Feet 5K. Barbie Hildebrand ran this race in 21:30, and Frank Butts finished in 44:57. I hope all who participated were able to keep warm and dry out on the course but if not they might be interested in a heat dry, which is one of the many luxurious settings on my new dishwasher.

Mountain View was the site of Three Days of Syllamo over the weekend of March 14-16, the very same weekend that my dishwasher had its inaugural run. This outdoor event hosted several races of different distances over three days. Two of our very own Club members, Lou Peyton and Corky Zaloudek, participated. Day one was the 50K on the Syllamo Trails, which Lou finished in 9:35, and day three was the 20K on the Mountain Bike Trails where Corky finished in 4:30.

With the sheer volume of all these results, I may have left someone out and if so, I am so very sorry. Please call 1-800-944-9044 to report any ... oh wait, that's the customer care number from my new dishwasher. ~~Clearly~~ clearly, I have other things on my mind. So until next month pots and pans, um I mean, sports fans ...

*With my apologies, these results were left out of the last results column. Rosemary Rogers participated in the One Hour Track Run finishing with 6:06, the Valentines Day 5K running a 28:10 and completed the Sylamore 50K in 8:45. Great job Rosemary!

Condolences

The Little Rock Roadrunners Club extends its deepest sympathy and condolences to Randy Oates over the death of his mother, Willie Oates, March 4. Please keep Randy, Sam, and their family in your thoughts and prayers.

Brod On The Road To Boston And Bridehood

By Paul Ward
LRRC Connubial
Correspondent

March 2, 2008, will always be a red letter day for our own Jenny Brod (pronounced with a long "O"). She finished the Little Rock Marathon as the third Pulaski County female, thereby earning a check along with our own Leah Thorvilson and Tammy Walther, and her big PR of 3:38 was enough to qualify her for Boston, which she plans to run next year. But even as a runner, I bet the most important aspect of March 2 was the sign she saw at mile 18.

Jenny's beau, Colin Weather, stood there with a sign saying, "If I was

want to marry me, meet me at the finish line." Jenny said she was tired but she wanted to finish quickly so she could get engaged. Oh yeah, and qualify for Boston. When she finished, Colin was there waiting. He got down on one knee and proposed. Jenny did not hesitate to say yes. One observer reported that she got a ring with a stone the size of a "doorknob." Both Colin's and Jenny's family were there to witness the big event. Jenny and Colin plan to wed next year.

I guess I should take credit for this. Last year after the Riverfront 5K on Labor Day weekend, I said Jenny PRd because her family "and fiancé" were there cheering for her. She thought I was

kidding and she and Colin laughed about that. Actually, I misunderstood an earlier conversation with Jenny when she said she thought she and Colin would eventually get married. And in last month's batch of pictures there was the striking one of Jenny in her red Valentine's Day dress looking very glamorous. I'm sure Colin knew he had to act fast. Obviously my "faux paul" last year and the photo last month triggered Colin's connubial contract offer.

Congratulations and best wishes, Jenny and Colin. And congratulations, Jenny, on your big PR and BQ!

Several Milestone (Millstone For Some) Birthdays

By Paul Ward
LRRC Natal Noter

What a chronological coincidence! So many Club members are having significant birthdays this month. *Runaround* editor Linda House, who declared a moratorium on her own milestone birthdays years ago, brought this to my attention and sought some celebratory words. So here goes.

On April 8, Sarah Olney enters the new 30-34 age group. The female

runners in the 25-29 age group will breathe a big sigh of relief as the females in 30-34 simultaneously express dread at this news. Slightly more advanced is pregnant-president-elect Mary Wells. She enters the 35-39 age group on April 7. That's wise of you, Mary, to exit 30-34 just as Sarah enters it. How did your parents plan that?!

All our Club women are young, fast, and attractive, but our Club men are old, sometimes fast, and not so attractive. Two in particular are hitting big

birthdays. New member John Williams (April 3) and long time member Harold Hays (April 22) enter Grand Master status. It's not true that John and Harold now order their running apparel from AARP, but that's not too far off. The AARP-sponsored "Running Depends" shorts are really popular, just ask The Duck!

Seriously, happy birthday Sarah, Mary, John, and Harold. Welcome to your new age groups.

Paul's Package (Continued from Page 3)

stretched it for a minute, then walked and resumed running. Strange.

I finished uneventfully, glad it was over. I saw Linda House working the finish area. The huge medal looked nice. Bill Harrell and Melanie Baden-Kuhn worked the chip removal station. I went to Melanie of course. Sarah Olney was working the tables distributing finishers' T-shirts. She ran the half marathon earlier. Someone handed me a bag of junk food. No pizza. One of the junk food items had passed its expiration date. Some commenters on the grand prix

forum criticized the type of post race food available. That's a recurring theme. I did enjoy some chocolate milk from Coleman Dairy and the initial free beer from Diamond Bear. I talked with Sandy Johnson, who ran the marathon too. She and I trained for and ran the 2004 Little Rock Marathon together, and she's the one who introduced Laura and me.

The post race party was at the Arts Scene in North Little Rock, where Rye Wholesale used to be, near the Wyndham Riverfront hotel. This was a nice location. The building was spacious

and there was plenty of food and drink. Whole Hog did the food. I visited with several acquaintances, looked at some art, and then hobbled back to the car.

If you participated, I hope you had a good race.

Running Wild

(Continued from Page 2)

outfield wall (in feet down the left field line) were downright spooky.

- 10) **Atlanta Marathon: Atlanta, Georgia (2005)** – During this Thanksgiving morning race, the streets of one of the largest cities in our nation are shared by 6,000 half marathoners and only 600 marathoners. An out-and-back course down Peachtree Street, the female winner referred to the course's eight "Heartbreak Hills." I didn't notice any of them. The course runs under the Olympic Rings on the only American Olympic marathon course that remains today.
- 9) **Chicago Marathon: Chicago, Illinois (2005)** – There is nothing like running with 33,000 of your closest friends and having the same finishing time as ten other people. The "We're number one!" chant doesn't have the same ring to it for number 2,702. Plenty of water the year I was there.
- 8) **Arkansas Marathon: Benton, Arkansas (2007, 2006, 2005)** – Held less than a month before Chicago, there were 32 finishers that year. No one finished within five minutes in front or back of me. The state's longest continuous road race featured legendary marathoner Lou Peyton serving chilidogs from two crock-pots.
- 7) **Heart of America Marathon: Columbia, Missouri (2005)** – Held on Labor Day Monday, the race director of 39 years claims it to be the fourth oldest marathon in the country. Local firemen had filled a kiddie pool with cold water for finishers to soak their feet. To this day, the easiest, most appreciated, most underrated, never again duplicated post-marathon perk.
- 6) **Midnight 50K: Lake Sylvia, Arkansas (2006, 2005)** – As the only non-certified course and only ultra on the list, this event is actually the birthday party for the aforementioned Lou Peyton, who gets younger every

year. The 2005 running featured 95 degrees at 88% humidity at the start, with fried egg sandwiches and birthday cake at the finish.

- 5) **Hatfield-McCoy Marathon: Williamson, West Virginia/Goody, Kentucky (2006, 2005)** – Held in conjunction with the Hatfield-McCoy Family Reunion, the racers divide up and represent each of the feuding families and run amongst many of the tragic sites. One of the few races that starts in one state and finishes in another. Fifty state club members can count it for either or run it twice and count both. Devil Hatfield claimed, "We weren't just a bunch of illiterate hillbillies murdering each other over a pig." As it turns out, they were. The beauty of this course and the hospitality of the locals are as close to Arkansas as it gets.
- 4) **Olathe Marathon: Olathe, Kansas (2008, 2006, 2005)** – The course is as flat as it is boring, and the wind turns every time you do and blows in your face for the first 18 miles, but great organization and a quaint downtown finish make it worthwhile. A local historical site was an actual campground for travelers at the crossing of the Santé Fe, California, and Oregon Trails. This is another candidate for the nicest people in the country.
- 3) **Oklahoma City Memorial Marathon: Oklahoma City, Oklahoma (2006, 2005)** – It is difficult to describe, with the only word I can settle on being "meaningful." The names of the 168 victims are on banners along the course.
- 2) **Mid-South Marathon: Wynne, Arkansas (2007, 2006, 2005, 2004)** – This was the first one for me outside of Little Rock and the reason I will never run the New York City Marathon, held the same weekend.
- 1) **Little Rock Marathon: Little Rock, Arkansas (2008, 2007, 2006, 2005, 2004, 2003)** – The world's greatest race, the Alpha and the Omega, the one that made all the rest of them possible.

LRRC Training Groups

<u>Group Name</u>	<u>Days/Time</u>	<u>Meeting Location</u>
Pleasant Valley Group	Tues-Fri 5 a.m.	Pleasant Valley golf course
Full Moon Run	Tues/Thurs 5:30 a.m.	Full Moon parking lot, 3625 Kavanaugh
Track workout	Tues 5:15p.m.	See Arkrrca.com forum*
River Market Group	Sat 6 a.m.	Andina's, River Market
US Pizza Run	Sun 9 a.m.	US Pizza, Kavanaugh & Taylor
Andy's Fun Run	Sun 7 a.m.	Andy's, Markham & Barrow

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.

April

- 5: Capital City Classic 10K at Little Rock. (GPS) Call 501-231-3730.
- 5: Run with the Knights 5K at Van Buren. Call 479-471-5756.
- 5: Run for the Cross 5K at Springdale. Call 479-443-3258.
- 5: HMG SBMC Family Fit 5K at Jonesboro. Call 870-972-4564.
- 5: UCA Power of Purple at Conway. Call 501-450-3137.
- 5: Relay for Life 5K at Searcy. Call 501-278-9226.
- 6: Hogeys Marathon, Half Marathon (GPS), Relays and 5K at Fayetteville. Call 479-445-9251.
- 6: St. Louis Marathon & Half at St. Louis, MO. Call 314-727-0800.
- 6: Andy's Fun Run
- 6: Chenal 5K/2K at Little Rock. Call 501-821-7539.
- 6: Marion Chamber of Commerce 5K at Marion. Call 870-739-6041.
- 12: Rocket 5K at Little Rock. Call 501-664-4625.
- 12: Alma Partners Dog Run 5K at Alma. Call 479-632-1953.
- 12: Elm Tree Wildcat 5K at Bentonville. Call 479-621-2369.
- 12: St. Joseph 5K at Fayetteville. Call 479-871-6553.
- 12: 1040 Tax Fun Run 5K at Batesville. Call 870-793-2464.
- 12: "Go" for Autism Research 5K at Monticello. Call 870-367-4043.
- 12: Walk/Run for Children 5K at Springdale. Call 479-751-8733.
- 12: Bellview 5K/1M at Rogers. Call 479-246-0829.
- 12: Hogskin Country Festival 5K at Hampton. Call 870-798-2207.
- 12: Child Abuse Awareness 5K at Pine Bluff. Call 870-540-3779.
- 12: MADD Dash 5K/10K/1/2M at Searcy. Call 501-279-4554.
- 12: Hike for the Cure 2M/4M/5M at Mt. Ida. Call 501-844-7094.
- 13: Andy's Fun Run
- 19: PHUMC Miles for Missions 5K at Little Rock. Call 501-663-5045.
- 19: K8-8K at Jonesboro. Call 870-336-1805.
- 19: ASU Beebe 5K. Call 501-882-8255.
- 19: Heart of the Lake 5K at Greers Ferry. Call 501-825-8800.
- 19: Woods PTA Patriot 5K at Fort Smith. Call 479-629-6894.
- 19: All Out for Autism 5K at Little Rock. Call 501-626-9048.
- 19: 4-H Trail 5K at Little Rock. Call 501-821-4444.
- 19: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.
- 19: Liberty Christian Academy 5K at Branson, MO. Call 417-337-5177.
- 19: Run for the Son 5K at Dumas. Call 870-382-2315.
- 20: Andy's Fun Run.
- 20: Therapy Works Half Marathon/5K at Lawrence, KS. Call 785-842-4351.
- 26: ROTC 5K at Arkadelphia. (GPS) Call Brian Smoke, 870-245-4352.
- 26: Trailblazer 5K/1M at Fayetteville. Call 479-571-3506.
- 26: Take the Lake 5K at Heber Springs. Call 501-250-5772.
- 26: CONE Foundation 5K at Arkadelphia. Call 870-246-7373.
- 26: Safety Matters Youth Run at Fayetteville. Call 479-966-0471.
- 26: ATU 5K at Russellville. Call 501-259-4643.
- 26: Dragon Fire 5K at Genoa. Call 903-824-0321.
- 26: Dogwood 5K at Siloam Springs. Call 479-524-5779.
- 26: Fordyce on the Cotton Belt 5K at Fordyce. Call 870-352-3595.
- 26: Book It, Baby, Book It 1M for Children. Call 501-607-2477.
- 27: Andy's Fun Run

Birthdays

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

- 3 – John Williams
- 7 – Mary Wells
- 8 – Sarah Olney
- 9 – Cindy Truax
- 11 – Kristin Hicks
- 12 – Melanie Glade
- 17 – Jennifer Epperson
- 21 – Kelly Thompson
- 22 – Geoff Hicks
- 22 – Harold Hays

New Members (Continued from Page 1)

Marc Pierce, 35, is a captain in the Army National Guard currently deployed at Camp Shelby. He has been running since his youth but just started distance running about 2½ years ago. He does race frequently and prefers the 5K and marathon distances. His PRs are 22:10 for the 5K and 3:43:28 for the marathon. Marc's favorite running route is in west Little Rock around Pleasant Valley. He has run the full river trail loop and thinks that is a great run, also.

Marc's interests other than running are tennis, swimming and hiking. He and Mary Wells go back to high school and he is sad that he missed the Little Rock Marathon this year.

Welcome to the Club, Martha Ray and Marc.

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.