

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2008

Run Tall, Run Smooth, And Just Keep Running

By Mary Wells
LRRC President

The Firecracker Fast 5K started off the central Arkansas running scene with a bang. Race registration had been declining over the past two years but the 2008 event saw an increase in registrants with over 1,000 participants. Many LRRC members volunteered their time and racing event expertise for the race in the days beforehand and the day of the mostly downhill course. One must remember Zoo Hill! Many Club members volunteered at the finish line, and it is exciting to see the fastest of the fast prove by the time clock why it is the Firecracker Fast 5K.

The Big Dam Bridge 5K on July 14th gave Club members another local race to either participate in or be a volunteer. This was the Club's second year to provide free post-race hot dogs and over 250 of them were given away. Who knew that free hot dogs could make so many people smile, but they did. A definite Little Rock Roadrunner Club success, and we will provide even more 'dogs next year.

Dr. Jim Phillips, a former LRRC member and host of the very first Hilly Chili Run, spoke at the monthly meeting on ways to improve the efficiency of long distance running, and he specifically addressed marathoning. Dr. Phillips has completed many marathons and has a Boston Marathon PR of 2:47 and some change, thus making him a reliable source for long distance training advice. Run tall, avoid over striding, and make your longest run more than 26.2 miles were a few of the points that he presented to those in attendance. Another efficiency tactic that he focused on was to run relaxed. Tension held in your hands, arms, shoulders, back, face, and jaw is

energy that could otherwise be used to power your legs, and tension unnecessarily increases heart rate.

Dr. Phillips also addressed running form. The most efficient form is to keep your upper body centered over your pelvis and to avoid leaning forward. He pointed out that the best way to keep your self from not running with a forward leaning posture is to have a strong core. Additional advice was to "massage" each footstep to get the most out of each foot strike by completely rolling your foot through the heel-to-toe motion. Lastly, watch your shadow along a fence or wall and notice if your head is bobbing. A bobbing head may indicate that your running could be smoother and your running efficiency improved.

There were six guests who came to the monthly meeting, and it was great to see potential new members checking out a Club event. Speaking of meetings, the Club meetings for August and September will continue to happen at Murray Park Pavilion #2. However, the potluck will begin at 6:30 p.m. and the program around 6:45 p.m. Yours truly had her times confused and mistakenly thought that summer meetings began with a 6 p.m. potluck and followed with a 6:30 p.m. program.

The speaker at the August meeting will be David Rath, a registered dietitian. He is certified in weight management and practices in wellness and sports nutrition. He will focus on the effects of diet on training and recovery.

It was suggested that the potluck begin at 6:30 p.m. to allow for members to leave work, return home to pick up their tasty contributions, and make their way to Murray Park. The board suggested asking members present at the July meeting their preference, and the overwhelming majority, led by Lou

Peyton, was to begin the summer potluck at 6:30 p.m. Whatever Lou says goes!

In October we will begin meeting at the Whole Hog Café in Little Rock for dinner at 6 p.m. and program at 6:30 p.m.

There is little that I can write this month about personal running experiences, but I can write a little more than in the July newsletter. I have been able to s-l-o-w-l-y start to run, and those runs are short and feel awkward. Those of you who are able to run on a regular basis and maintain a high level of cardio fitness may not realize how awesomely fit you are.

This re-training period that I have entered has led me to develop a deeper admiration for runners and their physical fitness. I would bet that most of you are more fit than you realize because you are so accustomed to it. However, a small reward came to me as I was trudging up "H" Street the other evening, and it was four quarters and a dime. Those of you who keep an eye out for street money during their runs (and you know who you are), you now have some competition. Maybe I will go buy a quarter of a gallon of gas.

(See **Run Tall** on Page 7)

August Meeting

Thursday, August 21, 2008
Murray Park Pavilions

6:30 p.m. to eat
6:45 p.m. speaker

Speaker: David Rath
Registered Dietitian



Running Wild

By Jacob Wells

There is an Arkansas runner you haven't met yet and probably don't know much about, but you should. Her 19:32 ranked fifth among Arkansas residents and 12th among all females at the Firecracker. She then finished fourth at the Big Dam Bridge 5K. She has also been the first woman to the top at the Mount Magazine 15K. If you aren't familiar with this race, it only has one hill. Unfortunately for the other women, that hill is six miles long.

Kaitlin Bounds will be a junior at Russellville High School. She first ran a 10-minute mile in the seventh grade, and this year ran 5:40 as a sophomore. For some historical perspective, consider that Joan Benoit Samuelson's first race was a 21:00 5K at age 16. More fun facts: take that 19:32 at the Firecracker and round it up to 20 minutes to consider the impact of the downhill course. For the 68 5Ks run in Arkansas during 2008 (as listed on one prominent running website), that finishing time would have won 55 of them and ranks in the top 0.5 percent of all females.

Not impressed yet? Kaitlin is autistic. Kaitlin's mother Kathy told me that she was born premature and her lungs did not inflate. Within 24 hours, she had heart and lung bypass surgery where machines take over the pumping of blood and oxygen. This gives the lungs a chance to strengthen. However, they had to sever her right carotid artery in the process. You can see the scar on her neck. Years later, Kaitlin told her parents that during her surgery she had a talk with God. He asked her if she wanted to stay with her family or come with him. She said she needed to stay with her family. God told her that was a good choice because she had things she needed to accomplish.

Joan went on to make history with two Boston Marathon wins, a world record marathon time, and the first Olympic Women's gold medal. Not coincidentally, she ran our Firecracker in 2004 in 17:52 at age 47. She continued the smashing of gender stereotypes led by Kathryn Switzer and others before her who proved that women could not only survive marathons, but could dominate in them. As one who fought to stay on the course during her first Boston Marathon, I think Kathryn could relate to the young woman with the similar first name who has also fought obstacles in order to race.

The first Kaitlin story I heard occurred during the AAU Junior Olympics. To ensure Kaitlin's focus and safety, her coach's strategy was to identify a girl of comparable speed and to have Kaitlin follow her. Unfortunately, Kaitlin follows instructions so well that she stayed behind that runner all the way to the finish, and thus missed going to the final round by 0.7 seconds. While other girls her age are working on their Facebook pages and sending text messages in secret codes with lots of missing letters, Kaitlin prefers not only to run, but to run fast and often.

My first encounter with Kaitlin was the 2007 Peachfest Four-Miler. She sped to the front of the pack but was passed in the final mile. I liked her right away since she seemed to race just like me. Just go out as fast as you can. In contrast, Kathy told me that Kaitlin's high school races aren't long enough as it takes her the first couple miles to get going. I'm not sure which of these conflicting theories is correct, but I didn't ask as she passed me plowing up Zoo Hill at the Firecracker and again on the final straightaway at the BDB. I asked Kathy if Kaitlin had seen the crazy guy with the flag painted on his back. She described how Kaitlin has a sort of tunnel vision when she runs. Imagine my surprise as she passed me at the BDB when my breathless gasp of "Go, Kaitlin Bounds!" was met with a "Go MarathonBoy!" reply – and from a runner to whom I had not yet officially been introduced. By the way, Kaitlin continued to endear herself to me after that first race by going for the double that night, finishing second in her age group out of 21 at the Dam Night Run.

More remarkable to me than her speed is the style and attitude with which she runs. In describing her stride, which is long and has a bit of a hop, the pun is inevitable – Kaitlin bounds. In what seems like a natural bravado, Kaitlin often starts on the front row of a race, as was the case at the BDB. Likewise, she stretched in front of the starting line at the Firecracker, oblivious or maybe just unimpressed by the elite runners standing just a few feet away. Unlike many of the pretenders who line up at the front, who are at least annoying and at worst dangerous to the other runners, she backs it up with her finishes in each race. This observation is in stark contrast to the reality that Kathy imparted on me, which is that the primary aspect of Kaitlin's autism is her social anxiety and lack of self-confidence. According to Kathy, Kaitlin has had every type of therapy, medicine, and treatment that her parents could possibly find to help her overcome her autism. It has turned out that the starting line at a race, while perhaps terrifying to Kaitlin, might

(See **Running Wild** on page 3)

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This Little Rock Roadrunner Is On A Roll

By Linda House
Editor, *The Runaround*

The majority of runners are probably very goal-oriented people. They strive for faster times, more miles, more races to run, etc. For some the goal is that “The race is not only for the swift but for those who just keep running.”

Long-time Little Rock Roadrunners Club member Coreen Frasier probably has had those goals too. But since she is also a biker she also had a biking goal, until recently that is. She wanted to ride her bike in every state in the union. The only rule that she set for herself was that the ride had to be at least 25 miles. Her goal came to fruition over the July 4th holiday with a 65-mile ride in southern Alabama.

The 65-mile ride was also in celebration of Coreen’s 65th birthday on July 3. She began the ride early on July 4 at Foley, Alabama, the last town on the highway before you get to Gulf Shores.

She rode back to the quaint little town of Fairhope, which is on the east side of Mobile Bay, and then rode on numerous county and state roads in the area.

Many people asked how it was that Coreen had ridden in states that are much further away from Arkansas before riding in Alabama. Alabama did not have an organized cross-state ride. Coreen has ridden RAGBRAI – Register’s Annual Great Bike Ride Across Iowa – at least 20 times. She has ridden in many other cross state rides.

Coreen’s daughter Cheri got married in October 2002 in Hawaii – a great way for Coreen to add another to state to the completion list.

Coreen and her friend Marie Corneliuson spent a month in Alaska in 2006 biking and riding ferries to get from town to town.

Many of the states that she was able to count were in her three attempts to ride across the United States, two of which were completed from coast to

coast. The second attempt in 1995 was cut short in Shadron, Nebraska, about seven hours away from Coreen’s hometown of Omaha, where her parents still reside. She became seriously ill and was later diagnosed with colon cancer. With chemotherapy and radiation treatments Coreen has been cancer-free for 13 years.

The first coast-to-coast ride (and the second attempt) was under the auspices of BikeAmerica, a company that moves the personal effects of the riders across the country while the bikers are pedaling.

In 2004 Coreen retired from her job as a physical education teacher at Rockefeller Elementary in the Little Rock School District and she and Marie, and a couple from Iowa met in Washington state and rode to Portland, Maine – self contained. In other words, they carried everything they needed in panniers

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Running Wild (Continued from Page 2)

be the best place to face her fears in the midst of some of the best people in the world, her fellow runners.

In addition to autism, Kaitlin has suffered from asthma. Ironically, the blessing from the move from Los Angeles to the fresh air of Russellville, Arkansas, turned out to be the Russellville running community and the River Valley Runners. Tom Aspel, Chuck Campbell, and David McCormick might all talk tough, but I have heard otherwise. Stories include Tom’s patient coaching, David stopping traffic for Kaitlin on their runs up Mount Nebo, and even when his own injury kept him from running, Chuck rode alongside Kaitlin on his mountain bike for a 14-mile trail race. They originally gave Kaitlin a time deduction to even things up in their weekly “Yellar Jersey” challenges up Mount Nebo, but after she started winning them, I am guessing this practice has been dismissed. According to Kathy, the jersey currently hangs prominently in

Kaitlin’s room along with her Prefontaine poster and running trophies and medals. I picture Kaitlin’s walls covered with race bibs (much like my living room).

I have heard running described as “recess for adults.” Kaitlin’s response to this seems to be “why wait?” Many of us would describe running as when we are set free, when we find our inner peace, or (insert the therapeutic benefit of your choice here). Most of us don’t understand what is going on inside our own heads, much less can we begin to comprehend Kaitlin’s world. While I know just a little more than nothing about the physiological aspects of running, I would guess that as Kaitlin develops as a

runner and her bones finish growing, she will transition into an adult runner-for-life. I not-so-secretly hope she becomes a marathoner.

What does all this mean for Kaitlin’s future? Will she become a dominant runner, win many races, and perhaps set some records, all the while inspiring others with her story of overcoming a perceived disability? We will have to wait and see, but I think Kaitlin has already found the lifelong therapy that took the rest of us another generation of our lives to discover or to even realize how much we were in need of it.

For Your Healthy Sole

EnviroFlash provides air quality information such as forecasts and action day notifications via e-mail for your area of interest. Air quality information allows you to adjust your lifestyle when necessary on unhealthy air quality days.
<http://www.enviroflash.info/>

Reaping The Benefits Of Repeated Playlists ...

One Song At A Time

By Jordan Ziegler
LRRC Racing News Editor

Out of all the stuff that I do at my job one of the most important, time-consuming tasks has to be the complex iPod playlists that I set up. I look at these compositions as the key to my work environment, absolutely essential. I am not what you would call a “technical person” and so it took me a long time to even figure out how do the whole playlist thing, but once I caught on, there was no stopping me. I have playlists for almost all major holidays, special occasions, seasons, locations, as well as a fabulous one called “Girl Power” that consists of songs that remind me to be a powerful, well, um... girl.

Having so many to choose from, one might think, “WOW! I bet she never listens to the same song twice!” or “It must be really fun to work with her, like having a movie soundtrack throughout the work day!” but no. Everyday, when I sit down at my computer, I choose a “Playlist of the Day” and set it to repeat. Then I listen to it over and over and over and over again. (This is probably the reason that the song “Mardi Gras Mambo” was banned from the office.)

When I am alone or when I am listening to my iPod I will even go as far as repeating the same *song* over and over again. I will do this until I am so sick of the song that I never want to hear again. Now, I have been told that this is a bit strange, so I usually keep that information to myself, but I recently met someone else who does this so it can't be THAT weird, right? I mean, I bet that a lot of people have listened to Katy Perry's “I Kissed a Girl” 87 times.

Well, even if you haven't had the pleasure, I am quite sure that you will want to now. After 87 repeats of this particular song, I have almost reached my saturation point. So for today's playlist we will switch to “Summer Jams” which is made up almost entirely of Jimmy Buffett, Bob Marley and a few select ditties by the Beach Boys.

So please enjoy this month's results with the knowledge that both

“Margaritaville” and “Three Little Birds” are being played repeatedly and, therefore, slowly driving my co-workers nuts. Oh well.

Beginning our results in that magnificent metropolis that is Malvern, the **Brickfest 5K** was held on June 28. This race was the 13th Grand Prix race of the year and it looks like a ton of folks came out to make this one count. Glen Mays won the men's side with a time of 15:47, followed by Brian Sieczkowski in 16:43, David Williams in 18:41, Steven Preston in 19:08, Bill Diamond in 19:10, Brian Polansky in 19:32, Steve Hollowell in 19:40, Larry Graham in 19:44, Bill Torrey in 19:56, Jacob Wells in 20:18, Robert Holmes in 22:57, Roy Hayward in 23:42, James Barber in 24:19, Dan Belanger in 25:34, Jim Yamanaka in 28:51, and Carl Northcutt in 39:56.

For the ladies, Leah Thorvilson finished first and set a new course record in 17:44! Andrea Murphy finished in 20:20, Sarah Olney in 21:05, Tina Coutu in 22:11, Jenny Brod in 22:16, Angela Gaines in 26:06, Maddi Wells in 27:15, Stacey Dovers in 27:21, Alesa Davis in 30:33, Jennifer Files in 39:01, Ginea Qualls in 39:55, Jaynie Cannon in 42:10 and Linda House in 43:10.

On my favorite holiday of the whole year, Independence Day, it seemed like most of central Arkansas converged in Little Rock for the **Firecracker Fast 5K**. Tons of folks showed up to run or volunteer for this fun race. As a volunteer, I was originally assigned to the trophy tables, but I was reassigned to the finish line as a “clicker”... apparently some folks were worried that I might get a case of sticky fingers and try to pocket an award. Or perhaps my “Here's Your Trophy” speech was not as good as Ginea's so I had to be moved.

Anyhoo, there were a little over 1,000 people who came out and participated in the race including, oh, a fair few from our Club! Glen Mays finished in 14:55 and ninth overall. Brian Bariola crossed the line in 16:32, Kevin Golden in 17:03, Tony Serna in 18:00, Bill Diamond in 18:13,

Steve Yanoviak in 18:15 David Williams in 18:17, Steve Hollowell in 18:54, Larry Graham in 18:58, Jim Barton in 19:08, Chuck Spohn in 19:13, Brian Polansky in 19:20, Jacob Wells in 19:23, Clay McDaniel in 20:31, David Bourne in 20:48, Geoff Hicks in 20:56, John Naill in 21:07, Robert Holmes in 22:10, Dan Belanger in 24:27, Steve Straessle in 24:29, and Jim Yamanaka in 27:08. Leah Thorvilson was fifth on the ladies side with a time of 16:38, Jenny Brod finished in 20:52, Tina Coutu in 21:00, Angela Gaines and Karla Braswell both in 24:56.

July 12th was a big day here in the two river cities for 5Ks. First, at 7:30 a.m., North Little Rock hosted the **River City 5K**. Steve Hollowell finished in 20:25, Jacob Wells in 20:29, David Bourne in 22:23, and Roy Hayward in 23:59. And for the ladies, Stacey Dovers finished in 28:43.

Then, at 7:30 p.m., Little Rock put on the **Big Dam Bridge 5K**. Many came out for this race as participants, volunteers or hot dog vendors. LRRC had an information/hot dog tent set up at this race that was just full of information and hot dogs, as every tent should be. As for the race finishers: Brian Bariola ran the course in 17:51, Jacob Wells (running his second race of the day) finished in 21:39, Joe Cordi in 26:25, Steve Straessle in 26:52, Jacob Straessle in 27:01, Carl Northcutt in 40:30 and Frank Butts in 51:35. The women's side finished like this: Stacey Dovers (another double racer) in 30:31, Rosemary Rogers in 33:17, Abby Straessle in 36:40 and Gina Pharis in 37:00.

On July 19, Benton played host to the **Arkansas Runner 2-Miler**. It looks like a few Little Rockians made the trek to Benton to join Angela Gaines for this race in the sweltering heat. Jacob Wells ran this race in 12:50, Angela Gaines in 16:23, Maddi Wells in 17:27, Josey Wells in 29:12 and Jaynie Cannon in 29:15.

This concludes our race results for the very hot month of July just as my playlist starts on its third repeat. I ask you, who

Arkansas Traveller 100 Will Be Part Of Grand Slam

By Susy Phillips

The Grand Slam of Ultrarunning Committee has named the Arkansas Traveller 100 as the official alternative to the Western States 100 Mile Endurance Run for the 2008 Slam season. Potential slammers are invited to start and finish the series by making history.

For the first time in its 35-year history, Western States, the flagship of 100-mile runs, was cancelled because of forest fires. Also, for the first time since 1986, the Grand Slam will include and conclude at a non-traditional 100-miler.

“We are pleased to offer an alternative run which would be the fourth leg of the Grand Slam for 2008,” said Grand Slam coordinator Steve Baugh. “The Arkansas Traveller is a quality 100-mile run with a rich tradition and history.”

The AT100 will be held on October 4-5, four weeks after the Wasatch Front 100, the traditional conclusion to the Slam. Running for its 18th year, The Traveller treats runners to a 17-mile loop followed by an 83-mile out-and-back through rolling hills on forest service roads and single track on the Ouachita Trail. The race offers 25 aid stations with seven crew spots and eight drop bag sites.

The Arkansas Traveller 100 was founded and directed for ten years by Lou and Charley Peyton, who were also founding members of the Little Rock Roadrunners. The first running of the Traveller was on October 5, 1991, with 76 starting runners.

In 1989, Lou Peyton was one of four women to complete ultrarunning’s Grand Slam – the first year this feat was

accomplished by any female. It was the Peytons’ travels to these 100-milers in other states that provided the inspiration for the Traveller. They wanted to organize a similar event to share the true ultrarunning experience with their local friends and runners and also to host a run where they could invite the many friends they had made at other races from across the country.

It is this spirit of friendliness that has earned the Traveller the reputation of being one of the most hospitable races in the United States. More than 200 volunteers assist with the race – working the aid stations and in other areas to make sure runners receive everything they need to finish their 100-mile adventure.

Starting with the 11th running of the race in 2001, the Peytons relinquished their duties as race directors to Chrissy and Stan Ferguson, but they have remained involved as members of the race board of directors that plans all aspects of the event. To this day, the AT100 course remains almost identical to the original running in 1991 and has become the premier ultra event for the state of Arkansas and the surrounding region.

“I truly believe we’ve been offered to conclude this historical event because of the history of our run,” Chrissy said. “We have developed a reputation of having the best aid stations and volunteers, who are mostly former ultrarunners themselves, that make this race truly unique and enjoyable for the runners.”

The Fergusons have accepted the nomination to host the final race of the 2008 Grand Slam season and welcome all

runners looking for a challenge or a chance to make history.

“All this is really about the runners, making opportunities for them,” Chrissy said. “We plan on staying true to our tradition of providing a fun and quality race, be it for first timers or Grand Slammers.”

The Grand Slam of Ultrarunning award is recognition for those who complete four of the oldest 100 mile trail runs in the United States -- Western States, Vermont, Leadville, and the Wasatch Front all in the same year.

For more information on The Traveller, visit www.runarkansas.com or contact the Fergusons via e-mail at AT100@runarkansas.com or call (501) 329-6688. For more information on The Grand Slam, visit www.run100s.com or e-mail stevebaugh@uaiia.org.

Editor’s Note: Susy Phillips is a freelance writer and retired ultrarunner. She currently volunteers at local races, occasionally paces runners and directs small-scale running events for the Arkansas Ultra Running Association.

Condolences

The Little Rock Roadrunners Club extends its deepest sympathy and condolences to Darren O’Quinn over the death of his father, Michael “Mickey” O’Quinn, July 6. Please keep Darren and his family in your thoughts and prayers.

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

Ward Farms Are Off To A Great Start

By Paul Ward
LRRC Old Goat

Those of you who know me or attend LRRC summer meetings know that gardening is my big hobby besides running. I used to bring home-grown okra to our summer potlucks, sometimes augmented by grilled squash or sliced tomatoes. During surplus harvest times I would freeze extra okra, squash, and green beans for winter-time enjoyment.

Last year was a different story. I moved in June and did not have the time, energy, or suitable ground to do much gardening. Laura and I did grow some herbs and flowers in some pots and one bed, and we even had a few okra and tomato plants (compared to my usual 40+ okra and 27 tomato plants). I thought the one okra plant in front of the house last year was visually interesting, but Laura declined my suggestion of a repeat this year. Two summers ago I was able to freeze over a dozen cartons of okra; last year just one.

Our back yard is typical for Little Rock: sloping ground full of rocks. But it gets enough sun in the summer to support a garden, so this spring we put in some terraced, raised beds of landscape timbers and compost. I think I now have more tillable space than in my previous home, where most of my back yard was planted with something or another.

As soon as the landscape guy said the raised beds were done, I got to work. I ordered and planted 30 asparagus roots. I started some herb, flower, cucumber, squash, and green bean seeds. Later, I bought some tomato, pepper, and eggplant plants and transplanted them. I sowed okra seeds and more squash, cucumber, and green bean seeds directly in the garden. For Laura, I started some ornamental sunflowers, large and small zinnias, morning glory, and mixed wildflower seeds. Laura calls the resulting plant arrangement "Ward Farms."

We got our first squash in mid-June. Laura sautéed it in butter and olive oil, added salt, pepper, and dill, and we devoured it. More squash followed. A

week later I grilled a batch of squash (directions: trim ends, cut in half lengthwise, make a cross hatch pattern in the flesh, marinate cut-side-down in olive oil and balsamic vinegar, and grill). Laura made a gratin of squash and tomatoes flavored with herbs and parmesan cheese. By late June I'd already frozen some squash for winter enjoyment.

We cut our first cucumbers soon after the first squash. It made a great addition to our salads that night. Laura made tasty tabouleh with another cucumber. As soon as I got a half dozen of them, I made my chilled cucumber soup (with yogurt, a little cream, chicken broth, lemon juice, and dill – very refreshing in the summer).

It wasn't until the end of June that we picked our first tomatoes and okra. I usually microwave or boil okra until tender, then toss with butter, lemon juice, salt, and pepper. Pretty easy and pretty good! We like tomatoes on our sandwiches and in our salads. You can also make broiled tomatoes or bruschetta, especially tasty with any fresh basil or dill you might have. We picked enough okra to cook our first batch on July 2. We ate our first green beans July 6 (prepared the same way I do okra) and our first tomato July 7.

Two of the ornamental sunflowers ("Chianti" on the seed packet) blossomed deep burgundy red. Another ("Strawberry Blonde") had a red center with yellow outer petals. As of early July, this one is almost 7' tall. Our zinnias have a variety of sizes and colors from deep red to pale cream, and one variety is called "candy cane" for its variegated petals. I bring some of the zinnias to work for my female co-workers and a few told me they thought they'd get no more flowers after I married. I had to explain that it was my move last year that interrupted the flower service last year. I put some flowers in vases around the house for Laura and she takes some to work for her co-workers to enjoy.

Not everything is "coming up roses." Some pests attacked our green

bean plants, the squash vine borer attacked all our squash plants, and tomato horn worms have made their annual appearance. Marauding chipmunks dig holes in the garden and birds and squirrels go after the tomatoes. Our dogs expend a great deal of energy chasing the chipmunks around the garden.

The garden requires a daily routine. Morning and evening I go through the rows of okra to cut the pods that reach the right size. (It grows so fast you have to check twice a day.) After work I check the squash, cucumber, bean, and tomato plants for harvestable specimens. Every few days I pinch suckers off tomato plants and adjust their support system. Earlier this year I got some bamboo poles from Steve Hollowell's "Home, Garden, and Luxury Car Plaza" (thank you, Steve!). I placed these along the rows of tomato plants and strung rope along the top. From the top rope I tied twine going down to each plant and tied the other end to the plant. As the plant grows, I twist the twine around the vine to support the vine. The plants get so heavy that the bamboo poles are bending over.

I have several soaker hoses throughout the garden, but not enough regular garden hoses to water everything at once. It takes 2-3 days of rotation to get the beds all watered. Typically, I get most of it done, and then it rains!

"Farmer Paul" has a standard outfit: old running shorts, a long sleeve Little Rock Marathon training shirt, wide brimmed garden hat, and green garden clogs. I think Laura must bite her lip to keep from laughing at the sight. On weekends I sometimes wear the same clothes I wore on my morning long runs because they're already sweaty and stinky. Might as well get the most use out of them.

Our dogs can tell when it's garden time. They see me get my hat on and they head for the door to join me outside. Sometimes they sit and watch me, bark at other dogs, chase chipmunks, or just commune with nature.

Ward (Continued from Page 6)

After hearing what we were doing, Laura's father and stepmother put in some raised beds of their own in their Auburn, Alabama, home. We regularly trade stories on how our plants are doing. They harvested their first vegetables before we did, but we'll catch up soon.

Laura has spoiled the dogs by giving them "people food" tidbits over the years. They like "Goldfish," croutons, crackers, and carrots. I augmented this bad parenting by giving them other vegetable scraps. One time I

was tearing romaine lettuce leaves off the ribs. I gave the ribs to the dogs and they ate them eagerly. Laura came in and said incredulously, "Are you giving them lettuce ribs?!" I said, "Yes, and they like them!" Ironically, they won't eat the lettuce leaves.

Later I dropped the tomato cores on the floor and they ate those. I'd trim the ends of squash and cucumbers and do the same. The dogs liked those too. I accidentally dropped two cooked okra pods on the floor while transferring them

from pot to container. The dogs like okra. Who knew?! I told my sister about all this and we both realized that the dogs eat more vegetables than my picky-eating niece and nephew do. Getting them to eat vegetables is a nonstarter. I told my mother about all this and she got a great laugh.

It's hot working out in the garden under the blazing sun, but it's nothing compared to running under it. Stay cool and stay hydrated this summer.

Run Tall (Continued from Page 1)

August has several races happening around Arkansas, and three races in the Grand Prix Series are coming up, too. The White River 4-Mile Classic in Batesville on August 2, the Watermelon 5K in Hope on August 9, and the Clear Mountain 5K in North Little Rock on August 30. The 4-Miler mist tent at the finish is worth the early start and the long hill that begins somewhere around mile two. The famous Hope watermelon is cold and free to finishers and Clear Mountain water is also cold and free. Anything cold and free is always welcome during August in Arkansas. Please continue to support the Arkansas running community with your participation and volunteer time at great races all over our state.

Until September stay hydrated, healthy, and efficiently running.

Playlists (Continued from Page 7)

wouldn't want to listen to tropical summer time music while slaving away behind a desk? Although I have found that it does make you awfully thirsty for a fruity type beverage, this seems to be the only side effect ... well, for me at least. I hope that throughout all the playing of "Is This Love" and "Trying to Reason with the Hurricane Season" that I have not left anyone out.

So until next month sports fans...

Biker (Continued from Page 3)

(saddlebags) on their bikes. They rode for a total of 71 days with only six rest days interspersed among them. See the November 2004 issue of *The Runaround* (available from the archives on the Club's website accessible from www.arkrrca.com) for more on this adventure.

Coreen was already an "international" rider because she and Cheri had ridden in England. But in late April Coreen rode the first ride of what apparently will be her next goal – to ride the length of the Danube – by riding in Germany.

Congratulations Coreen and good luck on your next riding goal!

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.

August

- 2: Reed Physical Therapy 4M Classic at Batesville. **(GPS SC)** Call Ken McSpadden, 870-793-2464.
- 2: Race for the Cross 5K at Sheridan. Call 870-904-4707.
- 3: Andy's Fun Run.
- 8: Hot Summer Night 4M at Jonesboro. Call 870-972-4564.
- 9: Watermelon 5K at Hope. **(GPS)** Call Don Still, 870-777-1917.
- 9: Run for the Grapes 5K at Tontitown. Call 479-361-1100.
- 10: Andy's Fun Run.
- 16: Pioneer Days 5K at New Boston, TX. Call 903-793-2179.
- 17: Andy's Fun Run.
- 23: Lake Atalanta Eliminator 5K at Rogers. Call 479-621-9020.
- 23: Lake Wright Patman Sunset 5K at New Boston, TX. Call 903-793-2179.
- 24: Andy's Fun Run.
- 30: Clear Mountain 5K at North Little Rock. **(GPS SC)** Call Bob Taylor, 501-834-1313.
- 30: K-Life Labor Day 5K at Branson, MO. Call 417-334-4034.
- 31: Andy's Fun Run.

September

- 1: Kelly's Bass Kickin' 5K at Conway. Call 501-733-2505.
- 1: Run for a Child 5K at Rogers. Call 479-936-4554.
- 6: Sara Low Memorial 5K at Batesville. **(GPS)** Call Ken McSpadden, 870-793-2464.
- 6: Cleburne County Relay for Life 5K at Heber Springs. Call 501-206-5498.
- 7: Andy's Fun Run.
- 13: Blessed Sacrament 5K at Jonesboro. Call 870-932-2790.
- 13: JDRF Run for a Cure 5K at Fayetteville. Call 479-443-9190.
- 14: Andy's Fun Run.
- 20: Orange Crush 8K/5K Cross Country at Conway. **(GPS SC)** Call Karl Lenser, 501-336-8202.
- 21: Andy's Fun Run.
- 27: Arkansas 20K and Marathon. Call 501-315-9252.
- 27: Heart & Sole 5K at Jonesboro. Call 870-972-4147.
- 27: FCA River Valley 15K/5K at Fort Smith. Call 479-649-8815.
- 27: Greystone Challenge 5K at Cabot. Call 501-366-7289
- 28: Andy's Fun Run.

October

- 4: Fergus Snoddy Half Marathon/4M at Jonesboro. Call 870-933-4604.
- 4: Summit Trek 5K/½M at Wentzville, MO. Call 314-575-7700.
- 4: Walk for Liofe 5K at Springfield, MO. Call 417-877-0800.
- 4: Harvest Homecoming 5K at Harrison. Call 870-741-3750.
- 4: Wing Ding 5K for Special Olympics at Jacksonville. Call 501-982-3191.
- 4: Patriot Fall 5K at Granby, MO. Call 417-540-3792.
- 4: You Can Make A Difference 5K at Benton, AR Call 501-315-8100.
- 5: Andy's Fun Run.

Birthdays

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

- 1 – Jennifer Miller
- 1 – Merritt Maham
- 2 – Greg Butts
- 2 – Libby Taylor
- 3 – Linda Smallwood
- 4 – Kay Bland
- 4 – Larry Graham
- 4 – Lois Mackey
- 6 – Brad Newman
- 7 – Bob Taylor
- 7 – John Naill
- 7 – Jordan Ziegler
- 8 – Ginea Qualls
- 8 – Jim Comerford
- 8 – Regina Welch
- 11 – Afton White
- 13 – Gretchen Hall
- 15 – Christopher Heller
- 15 – Sam Oates
- 23 – Coinger Teaster
- 24 – Alison Dennington
- 25 – Jenny Brod
- 26 – Juli Barton
- 27 – David Bourne
- 27 – Debra Simmons
- 28 – David Williams

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. For more information contact Charley or Lou Peyton at 225-6609 or chrlypyton@aol.com.