

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2008

## I Hate The Cold Because It Takes So Long To Dress

By **Ginea Qualls**  
LRRC President

Brrr!!!! It's cold! I can only speak for myself, but I can't stand the cold weather. It takes too long to get dressed. You either need tons of layers or you don't. It all depends on the wind and if the sun is out. Just getting ready is a workout, unless you're someone like Jim Barton. He runs in shorts and no shirt all year around. Good thing we had Marcus Turley as our guest speaker for January's meeting. He showed us several exercises we can do on an exercise ball ... inside, out of the cold. Marcus talked to us about the importance of core strengthening. I've been told that Steve Hollowell and Cindy Hedrick already purchased a ball, so look out guys and girls; their times could show improvement soon.

On January the 24<sup>th</sup>, "The Sprit of the Marathon" premiered for one night only at select theaters. I, along with several other Club members, went to the movie. Obviously, it was a documentary about running marathons, but it was primarily about the 2005 Chicago Marathon. Not only did it focus on big name runners like Deena Kastor and Daniel Njenga, but it also featured first time marathoners, Boston hopefuls and repeat marathoners. I personally enjoyed the movie. How hard Deena trained and her determination to win inspired me. It is amazing to watch her run; she really is a world-class athlete. I also enjoyed seeing the first time marathoners. It takes me back to how I felt after my first marathon. I'm sure the movie will be on DVD soon, so if you didn't have a chance to see it, rent it!

Years upon years ago, the Club put on a race called the "Junior Jog." It was a 2K race for kids 14 and under. I ran the race a few times, and my brother

actually won it one year. It was something I looked forward to, because we finished in War Memorial Stadium and there were age group awards. I never received an age group award, but I tried. ANYWAY. For some time now I've wanted to bring back the race, or have a race similar to it. My mother came to me the other day and asked about doing a one-mile race for kids, under the age of 12. The race would benefit "AR Well Child Reads," an organization that focuses on the importance of reading and the health benefits related to reading to your child. Seems like the perfect fit to me, running and reading. We are in the early stages of getting the race on its feet, but it looks like the race will be on April

26<sup>th</sup> at Scott Field. Stay tuned for more information. If anyone is interested in helping please contact me.

In last month's newsletter I talked about the various training runs the Club has. I received several e-mails telling me how much they enjoyed the article. Go figure! Starting next month I will have all the training runs listed in the newsletter. If you have a group training run that you would like me to list, please e-mail me at [g\\_k\\_qualls@hotmail.com](mailto:g_k_qualls@hotmail.com).

I am working on the details of next month's meeting. Once I have everything ironed out I will email everyone.

Until next month ... HAPPY RUNNING ... and stay warm!

## Several New Members Join LRRC Roster

By **June Barron**

We have several new members to the Club this month.

**Murat and Neriman Gokden.**

Murat, 45, and Neriman, 44, are both pathologists. They have one son, 17 year old Alper. Neriman is a beginning walker/runner and has not done any races. Murat, however, has been running for about 30 years, but a few miles and a few times a week until 2003. He has been more serious since then, averaging 25 miles/week at about 9-10 minute pace. He is not a frequent racer but does a marathon and a couple of short distance races a year. His PRs are Big Dam Bridge 5K, 23:36 and Dallas White Rock Marathon in 2006, 4:15:59. His favorite running routes are the River Trail and Lake Willastein. Murat says he is working on (slowly) improving his marathon time as a personal challenge,

with the aim of a sub-four hour marathon. He is not a morning person, but morning runs are easier to handle over weekends. He is looking forward to joining some of the group runs in the back of the pack. Welcome, Murat and Neriman.

**Geoff Hicks.** Geoff, 38, is married to Kristin and has one child Olivia, three years old. He is a Fedex pilot. He has been running for five years, averaging 20 miles per week at an 8:15

(See New Members on Page 5)

### February Meeting

Date, Time and Place  
To Be Announced



# Running Wild

By Jacob Wells

Digging into the mailbag seemed to go over pretty well last fall, so here we go with more of the letters from my loyal readers:

*Dear MarathonBoy, Is there a marathon that you wouldn't run?*

I won't ever run Los Angeles or New York as long as they are the same weekends as Little Rock and the Mid-South Marathon in Wynne, respectively. I won't ever try more than a 50K or closer than a week apart again after my experiences of the past year. I'm not tough enough for Pike's Peak. The one that was on a ship's deck that couldn't dock in Alaska because of the weather sounds pretty nauseating. On the other hand, some of the ones that would be least attractive to most people actually have some appeal to me due to the sheer novelty. There is one in Springfield that is eight loops on a 5K course. The fledgling 50 State Club had to plan their Delaware race just to get in that state, and it was several laps around a huge mall parking lot. I am also thinking of just running 26.2 miles on the treadmill sometime for no particular reason.

*Dear MarathonBoy, What was your worst moment during a marathon?*

I didn't actually know it was happening at the time, but it would have to be while my kidneys were shutting down during the Country Music Marathon in Nashville. In retrospect, that experience just gave me a renewed perspective and helps to make every moment of any race grand. Plus, it was a forced excuse to take four months off to rest and heal. The thing I most hope about that experience is that it increased awareness of the danger of combining NSAIDS (non-steroidal anti-inflammatory drugs) and endurance sports.

Some people might have a story of getting sick and vomiting during a race as one of their worst moments. It happens to me all the time, probably as a result of improper preparation and poor fueling. I pretend it happens because I have pushed myself beyond a limit that most people will never have the pure unadulterated joy of experiencing. At Memphis in December, the volunteer at the finish line finally asked me, "Sir, do you need medical attention?" I replied in between heaves, "No, this is normal."

*Dear MarathonBoy, What are your favorite running towns?*

Little Rock is and will always be home. I have proudly promoted it all over the country. The Little Rock Marathon will be the 50<sup>th</sup> race in the City. There are many places I have run and raced and made friends. After racing in 47 cities in 15 states, there are a few that stand out. At the risk of leaving someplace special off the list, they are Russellville, Batesville, Arkadelphia, and Cabot.

Russellville is half-way between Little Rock and where my parents live, so I meet them there often for dinner or to deliver or pick up the kids. They came to the One Hour Track Run, which actually wasn't the most exciting race to invite them to attend. The real reason, though, is all the friends I have made with members of the River Valley Runners and the great races they put on in that town. Running up Mt. Nebo at the end of a 14-mile run was a humbling experience. Camping at the starting line under the stars was a highlight, as was having a former Razorback and 2:26 marathoner (Tom Aspel) serve up Whatta-Burgers off the campground grill.

Batesville jumped onto this short list for the Sara Low Memorial race in September. I had just been in Batesville a month earlier, and was making several friends among the White River Runners, but this race and the dinner the night before were special events. Sara's father handed out the race awards. It was also grand to spend more time with Team Sara patriarch Dan Bel-an-J. With the 4-Mile Classic, Batesville now boasts two Grand Prix races, an honor held by only a handful of Arkansas cities.

Arkadelphia is one of the running meccas of the state with two Grand Prix races and perhaps the most popular triathlon in the state. The busload of children that arrive from Arkadelphia at many races shows the spirit and dedication of its runners to the future. The Dam Night Run is one of my favorites because it makes two races per day possible.

Cabot makes the list based on the enthusiasm for running and fitness, the emphasis on kids, and the sheer numbers of the Cabot Country Cruisers. They put on great races, travel all over the country as a group, and come to town to share the River Trail with us.

*Dear MarathonBoy, My non-running friends would think somebody like you is a freak. Who do YOU consider to be a freak?*

That question definitely exemplifies that any question depends on the perspective from which you try to answer. For

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

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# Inaugural Manchester Marathon Is Full Of Amenities

By Al Becken

“The first people to live in the area that is now Manchester, New Hampshire, were members of the Abenaki tribe, who fished at the falls on the Merrimack River.” (*Greater Manchester Chamber of Commerce*) Later, immigrants from Scotland and Ireland settled this modest village on the frontier from 1720 to 1751.

The Radisson Hotel in downtown Manchester is the host hotel for the Manchester City Marathon. An extensive expo and packet pick up are located adjacent to the hotel in a business convention center connected by an indoor hall. The hotel has a shuttle service from the airport, so no rental car is necessary. I counted 22 restaurants within a three block walking distance of the hotel. The marathon finish line is at Athlete’s Village (Veterans Park), which is across the street from the hotel. The start is less than one block from the hotel.

In 1831 the Amoskeag (“place of many fish” in Algonkian language) Manufacturing Company came to Manchester. In the 20<sup>th</sup> century the company was the largest producer of cotton textiles in the world. The last of the textile mills closed down in 1935, but not before the purchase of water power rights to the river falls and 15,000 acres of land that enabled the company to develop the largest planned city in New England into orderly business and residential neighborhoods and layout city streets with strategically placed municipal buildings, schools, churches, and parks – a success story of early urban planning in America.

The marathon and half marathon start together at 8:50 a.m. There are two loops to the course. The first loop is through stately residential, tree-lined neighborhoods, with some hills, then returns to the finish line to complete the half marathon. (Both races are together until just prior to 13 miles.) The marathon course continues on the second loop which crosses the Merrimack River, continues through middle class residential neighborhoods, by parks, through a

college campus and business district before crossing the Merrimack River again to the finish.

Timing chips were used; however, there was no start line mat as gun time was used to start the race – no net times. Nice amenities were Port-o-Johns along the course, water stations about every two miles, very visible mile markers, both signs and on the road, and digital clocks at one mile, 10K, 30K, and the finish. There was a six hour time limit for the marathon.

There is a visitor center in the park across the street from the Hotel. You

can pick up a copy of “Manchester on Foot” by the Greater Manchester Chamber of Commerce. This free pamphlet details the history of Manchester and has several walking tours outlined through the downtown area – A Stroll Through History.

For more information about this November marathon: Manchester Marathon Association, PO Box 933, Manchester, NH 03105, or Greater Manchester Chamber of Commerce, 889 Elm Street, Manchester, NH 03101. Phone: 603-666-6600 or [www.Manchester-chamber.org](http://www.Manchester-chamber.org)

## Running Wild (Continued from Page 2)

me, it’s definitely Steve Kirk. There are plenty of legendary folks out there that have done amazing things, but Steve was my next-door neighbor for six years. For someone that I actually know personally to accomplish what he has is quite cool. About three days after he completed his 223-mile run through the Ouachita Trail in 64 straight hours, I saw him go by on his bicycle. He and I ran together a few times and I regret that I didn’t take more advantage of those opportunities when I could. He is the current race director for the Three Days of Syllamo, a stage race of approximately 100 miles. He took me along once on an “invitation-only” trail race that he directed – I loved it – and finished dead last!

*Dear MarathonBoy, What is the funniest thing that ever happened to you in a marathon?*

There were several humorous memories that came from the marathon in Seattle, where I walked the last ten miles. I had my own personal EMT for several miles (he was riding a bike and almost fell over several times). By the time I finished, the band had already packed up and gone home, and the large truck providing my recovery shade drove away leaving me in the blazing sun. I also “ran” 100 yards past the finish line, because no one was there and I didn’t realize that is where it was. They bill

themselves as the “summer’s coolest marathon,” but I think they assume you will finish before 1 p.m. Later that day, Puget Sound was so cold that none of the thousand people on the beach were in over their ankles, but I was bobbing neck deep.

Perhaps the funniest moment ever would be finding the women’s undergarments on the side of the road in Saline County during the Arkansas Marathon. I was running alongside eccentric Japanese millionaire Nishi Hajime (featured in *Runner’s World*), who later that day performed the YMCA dance as the funk played from the marathon-mobile escort, proving that some things cross all cultural and geographical boundaries.

## Condolences

The Little Rock Roadrunners Club extends its deepest sympathy and condolences to Pat Piazza over the death of her mother, Margot Pappas, January 17. Please keep Pat and her family in your thoughts and prayers.

The LRRC also extends its deepest sympathy and condolences to Lynette Watts on the recent death of her mother, Mary Hammons. Please keep Lynette, Michael and their family in your thoughts and prayers.

# January Club Meetings Go Coeur To Core

**By Paul Ward, LRRC Rotund Roving Running Reporter**

I've been an Arkansas Running Klub and Little Rock Roadrunners Club member for several years. I sometimes go over the river and through the woods to the ARK's monthly meetings. I was glad I made it to the January 14 ARK meeting and I wasn't the only "bi-club member" there. Several attendees are members of the LRRC and ARK. Among these "bi members" are Mary and Roy Hayward, Bob and Sybil Taylor, Beverly Smith, Linda House, and Tina Coutu. If you are not an ARK member, please consider joining ARK and supporting running on both sides of the river. I frequently run on the North Little Rock River Trail and ARK helps fund drinking fountains and trail improvements that we all can enjoy.

The guest speaker was Dr. Rob Lambert. Rob is a cardiologist with Heart Clinic Arkansas. I consider him the father of the Medical Mile portion of the Little Rock River Trail, running from the River Market west to the Baring Cross Bridge. Rob spent untold hours getting this section of the trail established and he encouraged fellow health professionals to contribute funding to help the overall health of our citizens.

Rob said he started bicycling about 15 years ago and later added running and triathlons to his repertoire. He spoke to ARK members about scientific research on running and other exercise. Fellow physician and ARK member Kirk Riley chimed in with correct answers to most of Rob's questions, but the well educated audience also correctly guessed most answers.

Rob prefaced his presentation with the caveat that he was providing general and not individualized information. First, regular exercise leads to longer lives for people at all ages. The most pronounced beneficial effect is for those in the highest risk groups. One study looked at over 5,000 individuals who kept a diary of physical activity. Those with the highest level of physical activity averaged over three additional years of life. Those with moderate

activity gained over one additional year. Couch potatoes gained nothing.

Are you more likely to have a heart attack during exercise? Rob said the most common time for heart attacks is between 9-10 a.m. because your adrenal glands are more active at that time. Although heart attacks do occur during exertion, Rob said an otherwise healthy, asymptomatic person should not fear exercise because the risk is extremely low. But as always, "Consult your physician before beginning any exercise program."

There are always newsworthy exceptions that make people think exercise is risky. For example, the recent death of the Parkview High School basketball player or the middle aged man (who coincidentally was my high school classmate) who died on the Big Dam Bridge last year or the man who died during the Olympic marathon trials makes people fear exercise. But these very unusual events are usually caused by rare or congenital heart disorders.

Does long term running cause arthritis or disability? I remember when Lace Luedke, physical therapist and accomplished Ironman triathlete, spoke to the LRRC several years ago. She said longitudinal studies of runners and swimmers showed no difference in joint injuries or arthritis. Rob said the same. There is no increased risk for arthritis. And runners have a *decreased* risk of disability.

But there is an increased risk for injury. Rob said there are not a lot of studies on this but the risk factors probably include your volume in miles and a previous history of being injured.

Does stretching prevent injury? Rob said the evidence is not clear. A review of over 8,800 people in 12 trials showed no improvement in flexibility or reduction in injuries from stretching.

Weight training can improve performance if you are not already a well-trained runner. For those well-trained runners, weight training provides no additional benefit. Rob said the keys to performance are your oxygen capacity, lactate threshold, and running economy.

Some people are born with a greater VO2 maximum or a very efficient method of using oxygen to convert sugar into energy.

Rob said the studies are inconsistent on whether running prevents osteoporosis. Resistance and weight training have been proven useful for preventing osteoporosis. Glucosamine and chondroitin – either individually or in combination – have not been proven useful to ease knee pain. Rob said many people believe these drugs help them and they can keep taking them. The placebo effect may be strong. Rob stopped taking them when he learned that studies showed no benefit from their use.

Finally, what causes runners to collapse after a race? Dehydration? Electrolyte imbalance? No. It is "exercise-associated collapse," a condition caused from your blood pooling in your legs. While running, blood is drawn to your legs and recirculated. When a runner stops suddenly, the recirculation does not keep going as well and the blood pressure drops. Rob said this is benign. But be wary of congested finish chutes. If you are stuck in one after a race, try to keep moving in place to keep your blood flowing.

Three days later it was time for our LRRC meeting at Whole Hog Café. Laura had a recruitment dinner at Brave New Restaurant (that sounds good!) at the same time and she and I left home together. Shortly after she turned off Riverfront Drive and I headed to turn by the Riverdale Harvest Foods, I saw two shadowy figures running toward me in the dark street. I moved to the left and avoided hitting our LRRC Board member Brian Sieczkowski and our Most Improved Female Runner Andrea Murphy. They were out for a pre-meeting run. Steve Yanoviak and Ginea Qualls also ran before the meeting. It was a cold night for it.

I always enjoy our meetings at Whole Hog because of the great food. Linda House and I were the only ones who made both the ARK and LRRC

# Inaugural Mississippi Blues Marathon Or “Somebody Shoot That Thang”

By Dan Belanger

Don't go to Memphis and take Interstate 55 south to Jackson, MS. When you go to the Mississippi Blues Marathon next year, take Highway 65 south and then east on Interstate 20. For anyone who enjoys seeing the U.S., the drive from Lake Village, AR, to Tallulah, LA, along the Mississippi River is pretty neat.

I arrived at the expo in advance of the Team Marathon Boy entourage with all its flashing lights and splendor. The setting was small but very lively and conducted by helpful and friendly volunteers. As I blurted out my last name at packet pickup, I immediately heard “Hi Dan. Little Rock, right? You got a marathon coming up there soon.” This was before they went to get my envelope. I thought, wow, does this recognition mean that I get to start right up front with the Kenyans tomorrow morning? No such luck.

As it turned out, only three people from Arkansas ran the marathon so we stood out and he remembered. After time chip activation and the usual shopping for bargains, the exit led me into a lounge with the warmth of a very large stone fire-place and, you guessed it, live blues music. In 20 minutes this cat sang five songs, each telling me that his baby done left him and 47 reasons why she shouldn't have. Great stuff.

The commotion in the lobby told me that the TMB bus had arrived. After an exhausting and endless period of time attempting to get all the reporters to “just chill please,” we made dinner plans. One fact did not go unnoticed. Lois Lane has the navigation skills of a hump-back whale. That girl can zero in on the correct intersection in a new city faster than a mongoose after a snake. I'll never doubt you again Jaynie.

Saturday morning at the hotel I overheard some local runners discussing their parking plans. They told me what not to do. Although you couldn't see it from where we parked, the start and finish

was just two blocks away. Of the 1,500 that had massed there, about half had agreed to do the entire marathon. Amid the loud rock and roll, the lines to the restrooms had serpentine down the halls and out the door. Little did they know of the small number of portable facilities available along the course. There were none, zero. No one ever spotted any. This really was the only post race complaint of an otherwise well organized event. There were hundreds of crossing guards protecting runners from not only streets that converged but also at every shopping center exit. Everyone smiled and welcomed us to the Jackson area.

The first eight miles was a constant up or down. Nothing extreme but never flat. Without the year and a half of HCAT Wednesday night killer hills training runs I would have stuttered. Encouraged by a two-hour half and an exuberant crowd of 50 or so, each demanding high fives, I pressed on. The fantasy of getting nearer to a 4:15 than the last time I tried started to float through my brain. Reality once again prevailed, however, but it was two miles further along, at mile 21, that my first thoughts of not caring if I do finally set in. I gimped across the final mat at just over five

## New Members (Continued from Page 1)

minute pace. He doesn't race frequently but has the following PRs: 5K – 20:39; 10K – 48:35; 10 miles – 1:15:14; ½ marathon – 1:53:14; and marathon – 4:13:50. His favorite race is the Broad Street Run (10 Miles) in Philadelphia the first weekend in May. Geoff's interests other than running are flying, sailing, water skiing, and baseball (going to games). He grew up in Little Rock but left at 18. He is rediscovering it 20 years later and is happy to be back. Welcome, Geoff.

**Melanie Glade.** Melanie, 25, is married to Rob and they have one dog, Chasqui, a retired racing greyhound. She is an office manager and just moved here

hours. Oh well, on to Oklahoma City in April.

Laying down in the middle of the road, shoeless, wrapped in a silver blanket, gulping cokes, inhaling ham sandwiches, pizza, and bananas, I listened to more live blues. Two chicks were blaring out that they had done left their baby and sang 47 reasons why they did. Also great stuff.

Oh, I forgot to tell you about “Super Chikan.” The post race celebration party and concert was downtown in a large restaurant/hall. Filled to the brim, the crowd had gathered to hear some five star blues from the “Bobby Rush Review” as the featured headliner. They were great, top notch. But for me even better was the warm-up act. James “Super Chikan” Johnson with his all female band -- base guitarist (from Hot Springs), drummer, and keyboard player, tore it up and stole the show. From his very different self made funky electrical instruments came the greatest blues twangs that one can imagine and after each rendition he screamed, “Somebody Shoot That Thang.” I can't help but think that at mile 25 some spectator took one look at me and had that same thought cross their mind.

from Washington, D.C. Melanie has been running off and on since sixth grade track. She currently runs a 9:10 minute pace with distances being short because of an injury. She is currently recovering from a surgical reconstruction of her left foot (yes, it was a running injury). She is gradually increasing her mileage; currently up to eight miles for a long run. She does race frequently and enjoys 5Ks through the marathon. Her PRs are 5K – 27:10; 10K – 57:58; ½ marathon – 2:10:14 and marathon – 4:34. Her favorite race is the Cherry Blossom Run in Washington, D.C. Her interests other than running are yoga instructor, cooking, health, outdoors, travel, literature, and history. Welcome, Melanie.

# Lap Number 45 ... Or Was It 46?

By Jordan Ziegler

“Aloha ohana!” Actually, that’s Hawaiian. Perhaps I should give you a more Caribbean-ish greeting. “Hey, Mon! Welcome to de Janooary Race Results Column ‘n tings!”

We have been back from our lovely New Year’s cruise for about a week and I can almost walk a straight line again. Cruising is not for everyone, particularly runners. There was an area on the ship which, for the sake of argument, we will call a “track.” I believe it was about one billion laps = one mile or something like that.

In any case, I set out to do my daily runs on said “track.” I can’t tell you how far I actually ran. (After you have counted laps up to 35 in your head and you have gone barely the distance of a 5K, you would give up too.) But I can say that the running was only possible by means of distraction: i.e. iPod and husband respectively. Once those two gave up, I did as well and joined the rest my fellow cruisers at the trough ... I mean at the overflowing restaurants on board.

Food on cruise ships can only be described in a single word: abundant. Whether it’s good or bad, they have a lot, and more cooking in the back so bring your appetite. I ate so much food that for the first few days back at home, I was having withdrawal symptoms, cravings for large three or four course meals at all hours of the day and night. Thankfully I have weaned myself back down to more normal portions and fewer courses. Perhaps by the time this edition of the newsletter comes out I will back to my regular eating habits and size. Keep your fingers crossed. Please.

Well, that’s enough of my belly achin’ (quite literally). On to the results! Looks like more than a few folks decided to ring in 2008 in a big way. Occurring simultaneously on January 5, the Athens-Big Fork Marathon and Blaylock Creek 17-Mile Trail Run (or more commonly known as “A.B.F.M. & B.C. 17 M.T.R.”), which happened in Big Fork, AR, and the Mississippi Blues Marathon over in

Jackson, MS. Starting in Big Fork, running the 17-mile trail run, Nick Alsbrook and Rhonda Ferguson both finished in 5:40 and Lou Peyton ran a 5:55. Meanwhile, down in Mississippi, Jacob Wells ran a 3:56 and Dan Belanger finished in 5:06. It sounds like a good time was had by all.

The weekend of January 12-13 was a big one for several from the Central Arkansas area as they traveled south to the land of Mickey, Donald and Goofy for the Walt Disney World Marathon. The year 2008 is the 15th year of the race, where all full marathon finishers receive a Mickey Mouse medal, the half marathon finishers get a Donald Duck medal and those few hard core folk who finish both are awarded both of the former as well as a Goofy medal. (\*As a former Disney employee, I must ask that you smile and use only the “non-confrontational” two-finger point while going over these results.)

Club member and Little Rock Marathon Training group leader, Tom Singleton took up the task of completing both the half and full, known as the “Goofy Challenge,” and came in with a 2:20 for the half and a 5:31 the following day in the full marathon. As I understand it, several folks from the training group went to take part in one or both of these races. Jennifer “D Lo” Miller completed the half in 2:20 while husband Darren finished the full marathon in 5:31.

Non-Club member but Grand Prix regular Zacil Nash did the half in 2:29. Jackie Clinton, of Cabot and the November 2007 edition of *Runner’s World*, did the challenge as well, finishing the half in 2:32 and the full in 5:12. Great job guys!

## Two Grand Prix Races In February

There will be two Grand Prix Series races during the month of February. The Valentine’s Day 5K will begin at 9 a.m. on February 9 at on the Bona Dea Trail in Russellville. The entry fee is \$15, or \$20 day of race. The student fee is \$10 and those entering the sweetheart division

January 19 brought us the MLK 5K over in North Little Rock. If memory serves (as well as long winded recounts of this race by a still soggy Duck), last year this race was both very cold and very rainy. Not your most ideal weather scenarios to run in, or volunteer in apparently. This year the weather was a bit more forgiving for all those who participated on either side ... well at least it didn’t rain.

Glen Mays came in first overall with a time of 16:11, incredibly fast! Steve Yanoviak finished fourth in 19:47, while Jim Barton and Steve Hollowell, who finished sixth and seventh overall, came in at 20:28 and 20:37. Dave Wilkinson (a.k.a “David Williamson” who hails from Unknown, NA) ran with the very fast female winner, finishing in 21:30. David Bourne ran a very quick 22:28 and Dan “The Man” Belanger was close behind with a 24:37. Sarah Olney finished first on the ladies side, with a 21:30. Great run everyone, I hope you have all had a chance to thaw out.

Just as the first month of the New Year officially draws to a close, we begin a brand new Grand Prix season. The first race of the ’08 GP will have us all running in circles, although they will be on a much larger scale than those of the aforementioned “track.” The One Hour Track Run in Russellville is always interesting. In 2006 it was hot, in 2007 it was ... dare I say, frigid? What will 2008 bring? Hopefully, loads of PR’s and ideal weather conditions (read: no rain, gusty wind or extreme hot/cold). Good luck to all making the trek to the track, and until next month sports fans...

add \$3 per entry.

The River Trail 15K, which is a state championship race will begin at the Burns Park Soccer Fields at 8 a.m. on February 16. The entry fee is \$20 and \$10 for 18 and under. Day of race fees are \$25 and \$15.

# January (Continued from Page 4)

meetings. Our LRRC guest speaker was Marcus Turley, who explained how important core training is for athletes. Your "core" consists of your torso and internal organs. Marcus said good core training starts from the inside out. You want a strong core to support your movement. Marcus said to start slowly with core exercises and build gradually. Again, check with your doctor before beginning any exercise program.

Marcus espoused the KISS principle. He recommends simple exercises on the exercise ball to strengthen your core. Marcus drafted Steve Yanoviak to show one exercise. Steve laid face down with his hands on the floor and his legs on the ball. His back was parallel to the floor. Marcus had Steve then bring his knees to his chest while his hands supported his weight. Steve did several of these very quickly; obviously a sign of a good athlete. Steve

later must have suffered intracranial oxygen deficiency because he asked the table if he could buy us another beer. Robert Holmes and I quickly said yes before Steve regained his senses. Ask Roadrunners if they want another beer? That will break the bank! But thank you very much, Steve.

Marcus also got Club president Ginea Qualls to show other exercises on the ball. We all knew Ginea was "on the ball" as a runner and person, but this time she showed us another dimension.

Marcus has worked with Ginea and her mother, Barbie Hildebrand (who has yet to attend a meeting to see her daughter preside). Ginea lay on her back with her waist on the ball, knees bent, and feet on the ground. Her torso was parallel to the floor. She crossed her arms and did a sort of sit-up while balanced on the ball.

Marcus showed other exercises. You can position your stomach on the

ball, support your body with your hands, and do leg lifts. Roll the ball forward so your legs support your weight and raise your upper body with your arms spread to a Y or T. Get on your knees and rest your arms on the ball with your hands palm-together in a praying pose. Roll forward slowly. Similarly, put your back on the ball with your feet flat on the ground. Put your palms together, point them to the ceiling, and twist your upper body side to side.

Marcus recommends getting the right ball for your weight and height. The balls come with instructions or a DVD. Once you get experienced with the different exercises, you can try working your arms and legs at the same time. This provides the most benefit.

The two Club meetings were very interesting and enjoyable. Thank you Bob Taylor, Rob Lambert, Ginea Qualls, and Marcus Turley!

# 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.

## February

- 3:** Andy's Fun Run  
**9:** Freakin' Eureka 15K Trail Race at Eureka Springs. Call 479-445-4228.  
**9:** Valentine's Day 5K at Russellville. (GPS) Call Tom Aspel, 479-968-0213.  
**10:** Andy's Fun Run  
**16:** River Trail 15K at North Little Rock. (GPS SC) Call Beverly Smith, 501-  
**16:** Arkansas Roadrunners Hall of Fame Induction and Grand Prix Series Awards at Burns Park Hospitality House, North Little Rock.  
**16:** Freezing 5K at Fayetteville. Call 479-575-4646.  
**16:** "I Love Bubba" 2M at Conway. Call 501-269-2157.  
**17:** Andy's Fun Run  
**17:** Run the Line Half Marathon at Texarkana, AR-TX. Call 903-748-3265.  
**23:** Penguin Run 5K at Batesville. Call 870-307-0383.  
**23:** Tail Twister 4M/10M at Rogers. Call 479-636-4767.  
**24:** Andy's Fun Run.

## March

- 1:** St. Bernard's Healthy Heart 2M at Jonesboro. Call 870-972-4564.  
**1:** Inaugural Berry Half Marathon/5K at Berry College, Rome, GA. Call 706-346-6223.  
**2:** Little Rock Marathon, Half Marathon (GPS SC), and 5K. Call 501-371-4770.  
**2:** Andy's Fun Run  
**8:** Victorian Classic 10K at Eureka Springs. Call 479-253-5543.  
**8:** Chase Race & Paws 2M at Conway. (GPS SC) Call 501-514-4370.  
**8:** Larry Yeagle Trail Marathon and 10M/5K at Ruston, LA. Call 318-237-6566.  
**9:** Andy's Fun Run  
**14-16:** Three Days of Syllamo at Mountain View. Call 501-454-4391.  
**15:** Walk for Thought 5K/1M at Little Rock. Call 501-416-4742.  
**16:** Andy's Fun Run  
**23:** Andy's Fun Run  
**29:** St. Jude Breakaway 5K at Fort Smith. Call 918-839-7345.  
**29:** Spring Fling 5K at Cabot. (GPS) Call David Smith, 501-843-6665.  
**29:** Paws and Claws 5M/2M at Huntsville. Call 479-738-1355.  
**30:** Andy's Fun Run

## April

- 5:** Capital City Classic 10K at Little Rock. (GPS) Call 501-455-2643.  
**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.  
**6:** Hogeys Marathon, Half Marathon (GPS), Relays and 5K at Fayetteville. Call 479-575-7356.  
**6:** Andy's Fun Run  
**6:** St. Louis Marathon & Half at St. Louis, MO. Call 314-727-0800.  
**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:** FEAT Autism Awareness 5K at Fort Smith. Call 479-221-2895.

# Birthdays

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

- 1 – Angela Gaines  
 2 – Johanna Threm  
 4 – Betty Ray  
 11 – Stacy Hurst  
 12 – Mira Lelovioc  
 13 – Charles Peyton  
 17 – Dave Wilkinson  
 17 – Tina Coutu  
 21 – Polly Russell  
 27 – Belinda Harrell  
 27 – Richard Nix
- 12:** "Go" for Autism Research 5K at Monticello. Call 870-367-4043.  
**13:** Andy's Fun Run  
**19:** ROTC 5K at Arkadelphia. (GPS) Call 870-245-4352.  
**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.  
**20:** Andy's Fun Run.  
**20:** Therapy Works Half Marathon/5K at Lawrence, KS. Call 785-842-4351.  
**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.  
**27:** Andy's Fun Run

## 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.