

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2008

Is It My Imagination Or Is It Really April?

By Ginea Qualls
LRRR President

Is it really April? It feels like March to me. I have been running around like a chicken with its head cut off. I started a new job four weeks ago. This is not something I recommend you do if you're pregnant. Don't get me wrong, it was a good move but a little stressful. If there's one thing you don't need more of while pregnant it would be stress! I did make a lasting impression my second day on the job by fainting during a meeting. I'm now known as the "new girl that passes out." What sucks is I didn't even have a good reason; it wasn't like I was hung over. I just didn't know it was recommended that you not stand with your knees locked, especially if you are pregnant. I did call my doctor afterwards and she assured me that I was okay. I just need to make sure I'm eating enough and, of course, avoid standing with my knees locked.

The Capital City Classic is the Club's biggest and only fundraiser. This year's race was held on April 5 at Two Rivers Park. The weather was perfect and we had a great turn out. I haven't always been a "runner" but I've been around the sport for several years. The Capital City Classic started off as the Pepsi 10K and then became the Bud Run. I think there might have been another name change but those are the ones I remember. At any rate, the race has been around for several years and was previously run in downtown Little Rock. My parents would always run this race and I was always brought along for the ride. My mother would tell me "get in the back and follow the person in front of you."

When it was the Bud Run they always had a grand prize drawing for a trip for four to Busch Gardens in Tampa,

Florida. I would enter and run the race just to have a chance at this trip. When I was a senior in high school – I WON!!! This year I didn't walk away with a trip for four but I did run the race. My goal was to finish under an hour and I did just that. It's really hard for me not worry about my time, which I know is crazy. I have to remind myself that, right now, my running isn't about how fast I can go but about my health.

The April meeting went well. We had to have a change of venue, because the president of the Club, ME, didn't secure the meeting room at the Little Rock Whole Hog in time. We ended up having the meeting at the North Little Rock location and managed to have a great turn out.

Our guest speaker was Kim Fischer. She recently hiked Kilimanjaro. Kim prepared an awesome slideshow for the group. I think she had a picture of every animal you could possibly think of.

She also had pictures of some of the bungalows she stayed in and I personally wouldn't consider the accommodations roughing it. Heck, some of the places looked nicer than my house! I certainly don't want to discount her achievement and trip because it was hard work. She had a couple bad days getting accustomed to the altitude.

I have a secret goal of hiking the entire Ouachita trail one day. Kilimanjaro is now on my list of things to do, after seeing and hearing about Kim's experience. Thank you, once again Kim for preparing such a great program for our Club!!!

The May meeting will be at Murray Park on May 15th. Our guest speaker will be Kathleen Rea. Get there at 6 p.m. to eat or at 6:30 p.m. to meet. It will be a potluck, so bring something good to share with the group.

Until next month ... Happy Running! ☺

Three New Members Join Club

By June Barron
Membership Chairman

The Club has gained three new members this month.

Kelley Wilkins, 43, is married to John, who is also a runner, and has one child, Clayton, age 13. Kelley is in investment banking. She has been running for nine months and averages 22-25 miles per week at an 11:30 pace. She doesn't race frequently but likes the 5K, 10K and half marathon distances. Kelley's favorite running routes are the Big Dam Bridge and the Rebsamen Park area. She would like to run more races for recreation not necessarily competitively. Kelley's interests other

than running are hunting, boating and school sports.

(See New Members on Page 5)

May Meeting

Thursday, May 15, 2008
Murray Park Pavilions

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

Speaker: Kathleen Rea



Running Wild

By Jacob Wells

Eight days – five historic and/or personally significant events:

April 19 – This day was the 13th anniversary of the Oklahoma City bombing and coming up this weekend will be the 8th running of the Memorial Marathon. This was my first out-of-state marathon and one that is listed on any expert's must-do list. For someone like me that packs as much fun into every race trip as possible, this one is different. The 168 seconds of silence and the 168 banners along the course are two ways that the victims are remembered. The afternoon before or the afternoon following the race should be spent at the Memorial. I hope for you that it is a peaceful, quiet, beautiful, sunny day like it has been for me both times.

Race director Mark Bravo is a friend of our own Little Rock Marathon, having announced the finishers here for several years. In fact, the second running of the Little Rock Marathon was moved from early May to early March so as not to compete with OKC.

April 20/21 – The rest of the weekend featured the women's Olympic trials and 112th running of the Boston Marathon. While their exclusivity through qualifying times makes them unique among marathons, these events remind me that no other sport provides the opportunity for anyone able to complete the distance to share the same course in the same event as the most elite athletes in the world. Those who watched and/or ran in these events enjoyed a once-in-a-lifetime double-header. The rest of us were at work tracking our friends on the Internet.

Among many other novelties of this race, the reference to a *Boston qualifying* time has become synonymous with marathon success such that BQ has become nearly as much a part of the runner vernacular as PR. Both have morphed into other parts of speech, such as, "I PRed and BQed in the same race." In contrast, the Central States Marathon in Ames, Iowa, next month has no qualifying time. In fact, the 2007 winner did not BQ. I don't know whether or not he PRed. Race day at Ames also includes the World Championship 11-Miler, I am guessing because it may be the world's only certified 11-mile race.

April 26 – This will be my return to the Country Music Marathon in Nashville, the scene of my fluke kidney failure that put me in the hospital for ten days last spring. My goal this year is to have the fun that I missed last year while I thought I was just having a bad day. Hopefully, other runners who heard my story learned that non-steroidal anti-inflammatory drugs (NSAIDs) and endurance athletics don't mix.

The deaths of Ryan Shay and Adam Nickel in recent months have stirred the debate of the health risks versus the benefits of running and endurance athletics in general. The

morons at work who responded on Monday with "That's why I don't run marathons." don't understand that it is *being able* to run a marathon that is good for your body, not to mention your mind and your spirit. Life carries with it an inherent risk of death. The way to give yourself the highest chance of living for the next hour might be to get in bed and pull the covers up over your head. If you want the best chance of living forever, go run five miles.

The problem with Nashville and OKC is that they are always on the same weekend and five hours from Little Rock in opposite directions. Saturday will even the score 2-2 for me, with 2009 as the as-yet undecided tie-breaker.

Now, rewind for a moment back to April 20 – While the Boston Marathon may be the most prestigious footrace in the world, one of the least-so, but no less charming, was the inaugural Heart of the Lake 5K in Greer's Ferry, Arkansas. Thanks to the absence of my hundred or so closest friends who are faster than me, this race is where I broke my 193-race losing streak. I can't wait to start another one.

Mid Week Fun Run

Those of you who would like to participate in a mid-week fun run during the month of May should show up at Murray Lock and Dam at 7 a.m. on Wednesdays (May 7, 14, 21, 28). The plan is to run five miles at a 10-minute per mile pace. The start is at the water fountain/bench that was donated by the Little Rock Roadrunners Club. The run will be out and back 2½ miles east on the River Trail. The turnaround is at the east end of the golf course, where the trail crosses the paved road.

The run is being organized by the grand dame of Arkansas running. Her goal is to run a little faster than she has been lately. Look for the "young gal" wearing a yellow T-shirt and a yellow visor – Lou Peyton.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 22nd of the month for publication in the next month's issue. Send articles to the Editor at 3800 Bruno Road, Little Rock, AR 72209-6714 or e-mail lhouse@pcssd.org.

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

Straessle Lashes Out At Humble Prayer Author

By Paul Ward
LRRRC Humble Correspondent

Monday, April 7, 2008, was the final meeting of the organizing committee for the Catholic High School Rocket 5K to be held Saturday, April 12. Committee chair Penny Tully prepared an itemized schedule for each day of the coming week and each hour of race day. In the quarter hour before the 8 a.m. start of the race, she had "Prayer (???) with no one listed. Being a loyal alumnus of CHS, I took the initiative in preparing a prayer and e-mailed the attached to Penny.

I wanted to mix the humorous with the serious. Penny showed the prayer to Steve Straessle, a fellow alumnus and runner, and the Catholic High principal. Like a fraternity party attendee hearing "We're out of beer!", Steve went ballistic. Ignoring Pope Benedict's message of love and peace, Steve instead listened to his darker angels and promptly informed me that he revoked my diploma, I was now a sophomore again, and he had encouraged juniors and seniors to bully me in the back parking lot. On top of that, he sent me to detention hall. My only consolation was that I just got my hair cut.

On race day, this anger fueled Steve's run and he finished well before most of the 5K runners. He even beat his wife, daughter, and younger brother to take the family honors. The only family member who can match Steve's speed is son Jacob, and he was unable to race that day. Wife Ann's glory days of running passed several years and several children ago. Daughter Abby is a year or two away from challenging Dad for family dominance. So Sinister Steve reigned supreme.

Incidentally, the race gave awards three deep in ten-year age brackets. Some Grand Prix series races go five deep in five-year brackets. Our

Mike Banman, David Bourne, and Rosemary Rogers deserve extra credit for finishing third, second, and first in 40-49, 50-59, and 60-69. Jordan Ziegler should have complete coverage in her racing news column. The Rocket 5K had a record turnout with over 300 5K participants and over 200 3K walk participants. Steve Hollowell, Cindy Hedrick, and Jimmy and Kelly Thompson worked the finish line.

Mr. Straessle was last seen heading to the confessional to seek forgiveness for his angry outburst. Steve: "Bless me, Father, for I have sinned." Priest: "Oh, it's *you* again. I'd better tell the others this will take a while."

CHS Rocket 5K Prayer

In the name of the Father, Son, and Holy Ghost
It's Catholic High we love the most.
We honor students, teachers - Mr. Straessle too,
Who runs the race behind most of you.
Thank you, Lord, for our treasured school
Which strives to live by your rule.
Please protect those who walk and run,
And the rest of us until all are done.
Thank you for this glorious morn,
Now let's hear the starting horn!
Amen +

"Olrunr" Has Fond Memories of Boston PRs

By: Bill W. "Olrunr" Hoffman

I was able to watch most of the Boston Marathon on TV on Monday, April 21, 2008. It sure brought back many fond memories.

I ran my first Boston with Doctors Jim Morse and Bob Moore ... both veteran runners from Little Rock. Moore got his MD from Harvard and was also a Boston vet, breaking three hours upon occasion. He told me before I ran my first one that "Boston is not a PR course ... too tuff."

The 2008 male winner, Robert Cheruiyot, a four-time Boston winner, tying Bill Rogers' record, confirms that: "Boston is not an easy course, it's very

difficult." Other expert runners interviewed on the telecast opined that Boston was the toughest course of the Big Five: Boston, New York, London, Chicago and Berlin. I've run four of the Big Five, missing London, but making up for it by doing ten more Bostons consecutively and agree with the experts. They also said that the weather this year was ideal: "a cloudy but calm sky with temps in the 50s."

So now for the Age Perspective: I was a full-of-vinegar "kid" who generally suggested to those who told me I couldn't do it, to please step back and let me try. I was in my 61st year when I ran my marathon PR. It was in the Boston Marathon.

Our leading Arkansas male runner in this year's Boston is a 29-year-old who ran a 3:05:41. The second place Arkie male was a world class runner everybody knows - Reuben Reina - who ran a 3:05:46 at 40 years of age. Both are excellent times.

I ran my PR of 3:04:30 that included a serious pit stop in a front yard when just getting into the Newton Hills. Was my time a fluke, you say? I ran three marathons at about the same finish time at the ages of 60 and 61 - back to back.

Well, I'm truly an "olrunr" now, still running but no longer as full of vinegar. Many say, and you can judge for

Wetter Weather Makes For Soggy Running

By Jordan Ziegler
LRRC Racing News Editor

I can only speak for myself of course, but I think that the weather we have experienced over the last few weeks sucks. Big time! I may be alone in this, but I happen to hate rain. I came up with this great system a while back for a “rain schedule.” On said “schedule” there would be a designated “rain time” from 1-2 a.m. six days a week. (We’ll leave one night free of rain so that any of you kids who want to go out on the town and kick up your heels can do so without getting caught in the weather on your way home – in a cab or by a generous designated driver, of course.)

To me this is perfect because: 1) I hate rain (please see aforementioned portion of this paragraph); 2) Based on #1, I do not like to run in the stuff. So if for some reason I do, or I happen to get caught out in it, it makes me very grouchy; 3) Too much rain, and the River Trail floods making my weekend runs dodgy; 4) Too little rain and all the plants look dead and grubby – also everyone starts saying stuff like, “Well, we sure do need some rain.” or “If we don’t get some rain soon ...”; and finally, 5) There is no way to explain to a dog that TODAY’S WALK HAS BEEN CANCELLED DUE TO RAIN.

Weather aside, there were more than a few races this month, like 28. There were races that benefited St Jude, autism, the PTA, Child Abuse Awareness, and tax returns. There were races for Hogskins and Hogeys, and even one for Paws & Claws. Not to mention M.A.D.D. runs, lake runs, trail runs, and Capitol City runs. Then there were the holy runs where the Catholics and Protestants each had their own 5K, and that Mecca of Marthoning: Boston.

Last month, when it was still winter, Cabot hosted the 6th Grand Prix race, the Spring Fling 5K on March 29. Due to rain – no surprise there – the race was postponed to an 8:30 start and most participants waited in the field house for a bit of warmth, as well as entertainment provided by Leah Thorvilson. Once the race began which, by the way does not mean

that the rain had stopped just that the lightening had, we were off! Kevin Golden was our first Club finisher in 17:47, followed by Darren Gilpin in 18:38, David Williams in 18:43, Bill Diamond in 19:11, Steve Hollowell in 19:28, Brian Polansky in 20:13, Bill Torrey in 20:24, Dave Wilkinson in 20:51, David Bourne in 21:17, Robert Holmes in 22:07, and Roy Hayward 23:54.

Bill “The Duck” Harrell, who was right in his element with the rain and the whatnot, stated before the race that, “Hey, I’m only here to run for 24 minutes and 30 seconds and then I’m going home.” His official time crossing the finish line was 24:31. Like I said, right in his element.

On the ladies’ side, Leah Thorvilson, after her stirring performance of “Thunder Rolls” in the Field House, ran a 17:50, Jenny Brod finished in 21:21, Angela Gaines in 25:31, Ginea Qualls in 26:02, Rosemary Rogers in 27:42, Coreen Frasier in 32:30, Jennifer Files in 34:07 and Linda House in 41:46.

Two Rivers Park was the site of the 7th Grand Prix race, the Capitol City Classic 10K. Tons and tons of Club members came out in support of this race, which was nice as our Club sponsored it. Club members not only ran the race, we also ran the event, which included a lot of dishwasher talk. I must say, I never knew folks had so much to say about dishwashers, Sheesh!

Glen Mays won with an incredibly fast time of 32:56, then Brian Sieczkowski finished in 35:22, David Williams in 37:51, Darren Gilpin in 36:23, Steve Yanoviak in 39:31, Mike Banman in 40:08, Bill Diamond in 40:10, Steve Hollowell in 40:59, Brian Polansky in 42:08, Jim Barton in 42:19, Larry Graham in 42:25, Jacob Wells in 42:31, David Bourne in 45:43, Geoff Hicks in 46:12, Arthur Hall in 46:50, Robert Holmes in 46:56, Roy Hayward in 47:05, James Barber in 47:44, Ken Bland in 49:26, Matt Olney in 50:18, Steve Straessle in 51:23, Bill Harrell in 52:20, Carl Northcutt in 1:16:59, Dave Wilkinson in 1:21:28, and Frank Butts in 1:37:32.

Leah Thorvilson was again the female winner with a time of 37:27, but no word on whether or not this race was

preceded by another concert performance. Sarah Olney finished in 42:07, Tina Coutu in 46:38, Andrea Murphy in 52:26, Angela Gaines in 54: 57, Karla Braswell in 55:04, Ginea Qualls in 59:07, Rosemary Rogers in 59:58, Carol Torrey in 1:02:38, Coreen Frasier in 1:06:27, Alesa Davis in 1:06:40, and Jaynie Cannon in 1:21:27.

Downtown Fayetteville saw the start and very hilly finish of the Hogeys Marathon and half. The half was the 8th Grand Prix race this year and was held less than 24 hours after the 10K. Jacob Wells and Robin Hanle both completed the full marathon in 4:06 and 5:57 respectively. Several folks who ran the half did double duty over this weekend by completing the 10K the day before as well. Glen Mays finished in 1:15, Darren Gilpin in 1:32, Dave Wilkinson in 1:47, David Bourne in 1:54, and Allen White in 1:54. One lone lady ran the half, the one and only Angela Gaines, finishing in 2:14.

On April 12, Little Rock’s Catholic High held the Rocket 5K. The results for this race were predominantly male, but it is a boy’s school. One who participated in the race was Principal Steve Straessle who finished in 26:10 which I am sure that he did just to prove to the students that they can’t out run him ... well, not all of them at least.

Also on April 12, Pine Bluff had the Child Abuse Awareness 5K. I think that April may be Child Abuse Awareness Month as there were more than a few races that benefited this cause. A dynamic trio made the trek to Pine Bluff to support this race: Jacob Wells finished second overall in 19:48, Maddie Wells in 30:36 and Jaynie Cannon in 38:53.

All Out For Autism 5K was held on April 19, in Little Rock. I think that April may be Autism Awareness Month ... er, perhaps April is Child Abuse Awareness AND Autism Awareness Month. Either way, there were several races that were held to support and shed light on both of these very worthy causes. I am so pleased that our Club members came out to participate. Steve Yanoviak, Ethan Neyman and Jacob Wells finished second, third and forth in

Weather (Continued from Page 4)

18:55, 19:08, and 19:56. Maddie Wells was back as well and crossed the line in 27:11 (Could that be a PR, young lady?), and Stephanie Neyman was the first walker finisher in 35:18.

Ouachita Trail 50M/50K were run on the same day but beginning a bit earlier, PROMPTLY at 6 a.m. (or at least that's what their website said). I tried to look at some pictures of the race to get more of an idea as to what our trail runnin' Club members might have gone through but the only picture on the website was of a small black and white spotted dog. No kidding. Both Lou Peyton and Corky Zaloudek did the

50K. Lou finished in 9:16 and Corky did the course in 10:32. It was a beautiful day for the great outdoors and I'm sure the race was just wonderful, even more than a black and white dog.

Patriots Day was celebrated in its usual fashion with the 112th running of the Boston Marathon. Many familiar folks ran in this year's marathon, from local celebrities to the more globally famous. It seemed that because of this and because the women's Olympic marathon trials were held the day before, this year's race garnered a lot of attention. Even celebrity online blogger Perez Hilton was calling for his peeps in the Boston area to go out and support Lance Armstrong "and all those other people running," which was an

interesting nod to our community. From right here in the central Arkansas area, Brian Sieczkowski finished in 3:05, Chuck Spohn in 3:49, and Lee Wyant in 4:19. For the women's side, Andrea Murphy finished in 3:49, Rebecca Spohn in 4:04 and Kristen Saffa-Wright in 5:09.

With all the races and all this rain, my head is beginning to get a bit foggy, or maybe it's just soggy. If you or someone you love has been left out of the results column, I do apologize. You see, I ate a bowl of Raisin Bran while typing and Harold Hays can attest to the fact that I have complete and utter tunnel vision at meal time so things may slip right past me and I would never know.

So until next month sports fans ...

New Members (Continued from Page 1)

Clay McDaniel, 27, is an engineer with the Arkansas Department of Environmental Quality. He has been running for about two years and averages 10 miles per week at an 8:30 pace. Clay likes the 5K, 10K and half marathon distances. His PRs are 19:46 for 5K; 47:00 for 10K and 1:50 for the half. His favorite running route is the River Trail.

Clay's interests, other than running, are biking, swimming and Playstation 3.

Steven Preston, 25, is a java programmer with Dillard's. He lives and works in downtown Little Rock. Although Steven has been an on-and-off runner for years, he has been consistently running 3-4 times per week since November 2006. He likes the ability to

run around the downtown area and watch it grow and become more vibrant. Lately, he has been trying to include mountain biking and swimming three days a week into his exercise regimen. Steven has raced all distances from 5K to marathon but prefers the 5K and 10K distances.

Welcome Kelley, Clay and Steven.

Wells Cargo Delivered Successfully

By Paul Ward
LRRC Procreation
Correspondent

President elect Mary Wells gave birth April 21 to a new Club member. Catherine Gwinn Wells entered the starting line of life at seven pounds, four

ounces, and 19 3/4 inches. Our confidential sources report that Mary, Troy, and Catherine are all doing well, and Catherine is training to qualify for Boston 2033. Congratulations Mary and Troy, and welcome to the Club, Catherine!

Olrunr (Continued from Page 3)

yourself, that I've replaced the vinegar with a more noxious substance not fit to be identified in a family publication.

So don't give up because you are aging and don't let anyone tell you "you can't do it!" Who knows, perhaps your best running days are yet to come.

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

Banman Weds Ward...In Arkansas...And It's Legal

By Dru Pawal*
LRRC Connubial
Correspondent

With the over-commercialized Valentine's Day having come and gone, it's interesting to remember the incident last summer when our own Mike "The Ban Man" Banman got himself in the marital doghouse for not sending cards, letters, or flowers to his wife, Harriett. Harriett is the minister for Christian formation at Pulaski Heights United Methodist Church. Last year on July 29 Harriett mentioned Mike's post-bachelor back-sliding during her sermon on relationships.

After the startling news broke to the world in the August *Runaround*, Harriett reported to my confidential source that Mike was making amends. On their anniversary date Harriett agreed to renew Mike's contract for another year.

But now comes the startling news of the Banman-Ward wedding. How can this be? Didn't Arkansas pass a constitutional amendment in 2004 saying that marriage is only between one man and one woman? Mike can't marry a man, or another person for that matter.

Well, it's not what it seems. Mike didn't marry anyone else; Harriett did. But she didn't obtain an additional spouse for herself. On April 4 she presided over the nuptials of Laura Lamps and Paul Ward, and single women throughout central Arkansas breathed a resounding sigh of relief. Other commenters were incredulous. "She did *what*?" "He finally took the plunge!" "She needs her head examined." "Talk about a man marrying above his station." "What will she do with all his clutter?" Or, as the groom's mother stated, "You know, he's almost 50 and he's never lived with anyone before."**

Many of you know the groom from his mediocre running and tedious *Runaround* articles. If he could run as fast as he writes he'd be a decent runner. The bride walks, bikes, and does yoga to keep her girlish figure. But she doesn't have to do much because she's much younger than the geriatric groom.

No honeymoon is planned (Paul: "I want to run with the Heights group Sunday." Laura: "You're such a romantic."). But the happy couple and their two canine companions will be at home in Little Rock.

Congratulations Paul! And condolences, Laura.

* With help from Ana Gram.
 Get it?

** Actual quote! And that was after she said, "He's sweet, but he's eccentric."

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.

May

- 3: Toad Suck 10K at Conway. (GPS SC) Call Karl Lenser, 501-336-8202.
- 3: HRF Battle for Hope 5K/1M at Bentonville. Call 479-571-4673.
- 3: MS Quest 5K at Rogers. Call 479-685-7063.
- 3: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 3: Christ the King Rexfest 4M at Little Rock. Call 501-868-3610.
- 4: Andy's Fun Run
- 9: MacArthur Park 5K at Little Rock. Call 501-554-5052.
- 10: German Heritage Ompah 5K at Stuttgart. Call 870-673-7001.
- 10: Women Can Run 5K at Conway. Call 501-328-9255.
- 10: Root Rocket 5K at Fayetteville. Call 479-444-3075.
- 11: Andy's Fun Run
- 17: Crowdad Days 5K at Harrison. Call 870-414-4440.
- 17: Paws on the Pavement 5K/1M at Little Rock. Call 501-603-2273.
- 17: Survivor's Challenge 5K at Fort Smith. (GPS) Call 479-782-6302.
- 17: Loose Caboose 5K at Paragould. Call 870-236-1080.
- 17: Lupus Springers 5K at Hot Springs. Call 800-294-8878.
- 17: Warhawk 5K at Enola. Call 501-849-4411.
- 17: Giant 5K/1M at Springdale. Call 479-236-7578.
- 17: John Tillman Hussey Memorial 5K at Springdale. Call 479-756-8200.
- 18: Andy's Fun Run
- 24: Challenge for Sight 5K at Fayetteville. Call 479-236-2566.
- 24: Great Cross Country 4M at Little Rock. Call 501-327-0214.
- 24: Bark in the Park 5K at Caruthersville, MO. Call 870-740-1768.
- 25: Camp Yorktown Bay ½ Marathon at Mountain Pine. Call 501-767-2333.
- 25: Andy's Fun Run
- 31: Dino Dash 5K/1K at Little Rock. Call 501-396-7050.
- 31: Bison Stampede 5K/1M at Rogers. Call 479-236-5909.
- 31: NWA Food Bank 5K Hunger Run at Fayetteville. Call 479-872-8774.
- 31: Heart and Sole 5K for ALS at Pine Bluff. Call 870-541-7890.
- 31: Portfest/Cintas 5K at Newport. Call 870-523-3618.

June

- 1: Andy's Fun Run.
- 7: Healthy Living 5K at Bentonville. Call 843-795-9292
- 7: Boomtown Days 5K/10K at Joplin, MO. Call 417-825-2710.
- 7: Mt. Magazine 15K at Havana, AR. Call 479-890-6625.
- 7: Bethel Missionary Baptist VBS 5K/1M at Glenwood. Call 870-828-1495.
- 8: Andy's Fun Run.
- 14: Poultry Fest 5K at Rogers. Call 479-427-2818.
- 14: Patriot Summer Fun Run 5K/10K at Granby, MO. Call 417-540-3792.
- 15: Andy's Fun Run.
- 21: Heat in the Street 2M at Arkadelphia. (GPS) Call Mike Prince, 870-246-2566.
- 21: Cancer Challenge 5K/1M at Springdale. Call 479-273-3172.
- 21: Smackover Oil Run 5K. Call 870-725-2907.
- 21: Change A Life 5K at Heber Springs. Call 870-213-6880.
- 22: Andy's Fun Run.
- 28: Brickfest 5K at Malvern. (GPS) Call 501-332-6530.

Birthdays

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

- 1 – Mary Hayward
- 1 – Robin Hanle
- 2 – John Files
- 2 – Milan Lelovic
- 4 – Ivy Pearsall
- 6 – Joe Cordi
- 8 – Becky Terbrack
- 9 – Frances Alsbrook
- 13 – Jackie Martin
- 14 – Don Cave
- 17 – Alyssa Barron
- 18 – Bill Bulloch
- 20 – Nick Alsbrook
- 21 – Cindy Hedrick
- 21 – Paula Anderson
- 24 – Ann Marie Crow
- 24 – Carol Torrey
- 24 – Sharon Carson
- 27 – Bettina Brownstein
- 27 – Beverly Smith
- 27 – Scott Wall
- 28 – Ann Butts
- 29 – Allen White
- 29 – Nicolette Barron
- 30 – Deni Golden

- 28: Pig Out 5K at Morrilton. Call 501-652-0576.
- 28: Buffalo River Elk Fest 5K at Jasper, AR. Call 870-446-2682.
- 29: Andy's Fun Run.

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.