

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2008

No One Can Deny The Best Six Doctors Anywhere

*"The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet."*

— Nursery rhyme quoted by
Wayne Fields, *What the River
Knows*, 1990.

**By Mary Wells
LRRR President**

Parenting has its challenges, and one of the first challenges I have had to overcome as a new parent is remembering nursery rhymes. I could only remember "The Itsy Bitsy Spider," and, after several hundred repetitions of it, Catherine was rolling her eyes and giving me the oh-Mom-please-not-again-look. I am sure that I will be seeing that look more and more when she turns 12 years old. Googling "nursery rhymes" helped to solve my dilemma, provided a quick refresher, and I am back on track to being a "good" mom. The Mom Police, with assistance from Mother Goose, will pull your mom permit if you cannot repeat at least five nursery rhymes at a moment's notice. I witnessed this at Babies R Us the other day, and it was a sad, sad sight.

On getting your sunshine, air, and exercise: We are finally breaking away from the August in Arkansas weather, and September brought cooler, glorious days for running. You feel stronger and better trained than you realized while running in the early fall temperatures, and it appears that hot weather training has additionally paid off. The days are getting shorter, too, but for most of us the break in the temperatures is well worth the less daylight. Research supports that as little as 15 minutes a day of sun exposure will give your body all that it needs to produce Vitamin D. Vitamin D is vital to bone health so brief

exposure to direct sunlight on your arms and legs can be beneficial. It is awesome to be out in the cooler, drier air and sense the hints that fall is right around the corner. It makes me look forward to the annual Thanksgiving Day Fun Run, and there will be more on that as we get closer to November.

On getting your water, rest, and diet: The cooler weather may cause you to sweat less, but hydration is still important. The general rule is to drink at least eight cups of water a day and more for us runners. Who has time to rest between training, work, family, friends, and other energy-demanding activities? Rest is something these days that around our house you practically have to schedule, just like everything else. Appropriate rest is associated with improved muscle repair and recovery, and sleep specialists say that keeping your core body temperature low at night helps you get a better night's rest. Maybe with the cooler temperatures we will all sleep better.

Let's talk about diet. The really fun part! When I say diet I'm not talking about diet as in, "I need to lose a few pounds and go on a diet." I mean diet as in, "I try to follow a healthy diet most of the time but Ben and Jerry's has come out with a new flavor, and it has brownie chunks in it." Did you know that Ben and Jerry's uses liquid sugar in most of their products? Not just plain old sugar but liquid sugar! Liquid sugar ensures that this quick, short-lasting energy source can move directly into your bloodstream more quickly than the typical granulated stuff. A better sugar rush for sure! Liquid sugar may help to explain why a pint of New York Super Fudge Chunk, as a University of Kansas undergraduate, helped me stay up all night writing a paper, go to class the next day, and then drive eight hours

home to Little Rock. The fact that I was 19 years old probably played a role in that, too.

Your Grand Prix update for the month has Brian Sieczkowski as overall male and Kevin Golden as overall male masters. Congratulations to Brian and Kevin as they have helped to strengthen the Club's Grand Prix dominance!

Steve Hollowell is once again serving the fundraising and running communities by directing the Rollin' on the River 5K on October 18 at 8:30 a.m. The start/finish is under the Main Street Bridge in North Little Rock. A 2K family fun run/walk will follow the race. All proceeds from the event will benefit Easter Seals Arkansas.

The Chile Pepper 10K is the same day, but if you are not able to go Fayetteville, please come out to be a Rollin' volunteer.

However you can make time for your six doctors, be sure to get a visit with them all. They will support healthy running!

October Meeting

Thursday, October 16, 2008

Whole Hog Cafe

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

Speaker:
Martin Maner, Director
Watershed Management
Central Arkansas Water



Running Wild

By Jacob Wells

The most objective way to measure running is in terms of speed. Thus, in its most primitive form to the uneducated observer, the slowest runner might be considered to be bad at the sport. Thankfully, running isn't like that.

Regardless of the sport, however, the only label I can think of that is worse than being *bad* would be *inconsistent*. Some people are just born bad athletes and so they give up sports and focus on other things at which they are very good, or they still do sports and are largely ignored. They are often befriended by those who appreciate having lesser talented athletes around because it keeps them from being the worst of the bad.

Bad can sometimes even be lovable, such as the Bad News Bears or the hapless Chicago Cubs. I am convinced that if the Cubs won the World Series, which will never happen, they would lose the majority of their non-local fan base. Bad can even be beneficial in terms of notoriety, security, or even financial awards. To be the last finisher in any race oftentimes elicits the loudest cheers, and unlike other sports, in running they are not even sarcastic ones. Almost none of the participants in a race even get to see the winners finish, but everyone that sticks around gets to see the last finisher. The last finisher gets to enjoy the company of an ambulance or other sweep vehicle. In some fantasy football leagues, after the top few winners have taken their cut of the prize money, the last place finisher gets his entry fee back as a novelty. The very last player taken in the annual NFL draft is known as Mr. Irrelevant. (This is a poor example, since this player was, after all, drafted by an NFL team.) Bad can even be good completely unrelated to running and other sports, such as *bad to the bone* or *bad ass*.

Inconsistent, on the other hand, is altogether different. The term inconsistent reeks of such negativity as lack of discipline, lack of training, even downright laziness. Inconsistency leaves you wondering on any given day whether you will be pleased or disappointed. When you are inconsistent, no one will bet on you. In baseball or softball, players will tell you that they would rather have a bad umpire than one who is inconsistent. On a given night, if the strike zone is wider or narrower than the norm, both teams can adjust accordingly. There is also the element of *bad* luck involved. If a bad athlete has an unlucky break, literally or figuratively, it probably won't impact the results. An inconsistent athlete will never know.

My high school basketball coach said only one thing that I remember, "Boys, you either get better or you get worse – you don't stay the same." Running is like that. A model of consistency and a past LRRC president put together a streak of marathons that must be obscenely rare, posting the following times beginning with his debut: 4:15, 4:12, 3:57, 3:45, 3:40, and 3:39.

When Daniel Lincoln, Olympian and American record holder in the steeplechase, spoke at an LRRC meeting, he described how up and down training and racing can be. This was before an injury kept him out of the Olympic Trials and a chance to return. He said that you just have to "ride the wave." For an Olympian, the difference between a best and worst performance can be a matter of seconds.

With my dramatic swings in performance, and having thought through my options, I have arrived upon a new term that I think describes me perfectly and allows me to continue the mediocre standards that I have set for myself – consistently inconsistent.

One final thought - just for fun, let's run the Firecracker in reverse next year. Finishers could be ranked according to the least percent of decrease from their previous year's downhill version.

New Members

Our newest members are Greg and Karen Helmbeck. They have been running on and off for 20 years. They average 10-20 miles per week and race often. Greg's favorite race distance is the 5K and Karen's is the marathon. Greg's PRs are 17:10 – 5K; 38:40 – 10K and 3:23 – marathon. Karen's PRs are 22:10 – 5K; 47:47 – 10K; and 4:10 – marathon. Greg has an auto collision repair business and Karen has a yoga fitness business. They have a dog, Jasper and a cat, Spooky.

Greg's interests other than running are weight training, yoga, cool cars, trucks and motorcycles. Karen's interests other than running are ballroom dancing, belly dancing, yoga and Pilates.

Welcome to the Club, Greg and Karen.

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Finding A New PR ... Anywhere That I Can

By Jordan Ziegler
LRRR Racing News Editor

In this time of personal non-running, I am growing a bit bored. I have made the switch exclusively to the elliptical machine and have given up on any hope of running (comfortably that is. I am sure I could still manage it if I were being chased.) for approximately the next 112 days. With that said, I have found myself longing for not only technical fabrics and the smell of new running shoes but also the challenge of the PR. That is one of the things that I love most about running, competing against yourself while trying to improve your time and endurance. Presently, I am not doing so hot in the time/endurance category. Additionally, I have not run a race since March of this year. So, needless to say, I am finding myself a bit low in the PR department. Instead of getting down in the dumps, I decided that until I could run again, I am going to just look for PRs anywhere that I can.

In the last month, I have set a PR for water consumption: 160 ounces in one day (I was thirsty); and also one in book reading: four (I read the entire *Twilight* series in just over eight days). This past Saturday I PRed in most football games watched in a row without a nap: three; as well as most amount of pancakes eaten: well, you don't really need a number on this one. To compensate for the pancakes, I have also been setting PRs at the gym. Each day I make it a goal to make sure I am going faster than the chubby guy who is always on the elliptical next to me: currently succeeding (which may not be such a huge task since he is usually reading *US Weekly* while the screen on his machine flashes PEDAL FASTER.) Some PRs are tied in with others, such as the PR for the best use of fiber in a diet (thanks, Raisin Bran) led directly to the PR for most consecutive days of personal regularity: six weeks and still going (again, thanks, Raisin Bran). Today I set a new PR for complete loads of laundry done: five (I am actually wearing the pajamas that I slept in last night because they are clean

again); but I have yet to achieve the much needed PR for ironing. Tomorrow I will have grabbed the PR for most amounts of doctor's visits in one month: two; which of course is in direct relation to my PR for longest time being pregnant: 30 weeks. Not all PRs are set by me alone; several have been met with the help of a whole cast of supporting characters. Thanks to great gas mileage (as well as never going anywhere) my car helped me set a PR for most amount of time between fill ups: 16 days and counting. Just the other day I set a PR for repeating the phrase "No, No! Bad Dog!" 1,000 times on one walk (thanks, Rex and Ally). While eating dinner at my sister's house last week, I PRed in most amount of Sister Shubert's Parker House rolls eaten: this number is shamefully higher than the pancakes. And finally, just now I have set a PR in most amount of time wasted rambling on about nothing while you were waiting for some race results.

Our first reported race of September, actually took place in August. The **ARK Clear Mountain 5K** was held in North Little Rock over Labor Day weekend, on August 30. This race was the 17th on the Grand Prix calendar and there was a nice turnout from our Club, particularly. Brian Siczkowski won the race with a time of 16:34, followed in by Kevin Golden in 18:16, as well as "The Two Steves": Steven Preston and Steve Yanoviak who crossed the finish line in 18:25 and 18:34 respectively. It was around this time that a Duck was seen buzzing the home stretch and finish line area, which would have been strange by itself, but the strangest part was that the Duck was actually drawing more noise from the crowd than those finishing the race. Perhaps it had been a while since

they had such an inspired finish by someone who did not complete nor compete in the race being run. Anyhow, Bill Diamond (who did compete in this race) finished in 18:48, Brian Polansky in 19:42, Bill Torrey in 19:53, Larry Graham in 19:58, Lee Epperson in 20:05, Jacob Wells in 20:16, Steve Hollowell in 20:20, Clay McDaniel in 20:34, Jim Barton in 20:46, Robert Holmes in 23:42, Roy Hayward in 24:10, Dan Belanger in 24:34, and Carl Northcutt in 37:14. On the ladies side, Leah Thorvilson finished in 17:40, Andrea Murphy in 19:55, Tina Coutu in 22:18, Sarah Olney set a PPR by finishing in 22:35 (which is faster than my actual PR), Angela Gaines finished in 25:36, Maddi Wells in 26:34, Rosemary Rogers in 27:29, Coreen Frasier in 32:50, Jennifer Files in 35:51, Jaynie Cannon in 41:29, and Linda House in 42:45.

In what has become somewhat of a tradition, several from the Club run the ARK 5K, then pack up and head south (after a nice shower and a little something to eat, I hope) to the land of Crazy Jimmy and the birth place of "The King." On August 31, **Crazy Jimmy's Tupelo Marathon and 14.2 Miler** celebrated its 25th year. Leah Thorvilson made the trip and finished the marathon in 2:53, coming in first for the women. Tina Coutu did the marathon as well, finishing it in 3:40, and was first in her age group. On the men's side, Jacob Wells finished in 4:07, and Dan Belanger finished in 5:32. Steven Preston made the journey to Tupelo to complete the only 14.2 miler race that I have ever heard of, finishing in 1:41. Congratulations to all these folks who did double duty over the holiday weekend and possibly even set a new PR

(See New PR on Page 6)

For Your Healthy Sole

This handy checklist of nutrient-rich foods helps you plan meals and snacks and streamlines shopping. Just download, print and check off what you need. Bonus: Nutrient-rich foods are listed by *MyPyramid* food group to help you choose a wide variety from each group. http://www.nutrientrichfoods.org/living_nutrient_rich/nutrient_rich_shopping_list.html

Laura And Paul's Excellent Adventure

By Paul Ward
LRRC Travel Correspondent

We had to leave early Saturday, September 6 to get to the airport. We drove along Rebsamen Park Road a little after 6:30 a.m. I saw several runners heading east from the Big Dam Bridge parking lot. They wore dark, non-reflective clothing, and were running three abreast in the road. I thought this was a potential case of natural selection in the making.

As we got to the golf course and the intersection with Riverfront Drive, I saw a large group of runners on both sides of the road heading west. This was the Little Rock Marathon training group, led by coaches Tom and Hobbit Singleton. They had lots of reflective clothing and several blinking red lights. They were running from Allsopp Park that morning as part of their off season maintenance training. I avoided hitting any of them by driving in the middle of the road, but this became impossible when a car appeared heading westward. A word to the wise: the river trail is much safer than the road.

We made it in time and our flight west was uneventful, other than the small, cramped commuter jet United Airlines offers to Denver. The Denver airport had information posted about the recent Democratic Convention. Coincidentally, Denver hosted the Democratic Convention 100 years ago too. William Jennings Bryan was nominated, one of three times he ran unsuccessfully for president.

Our destination lay west of the Rockies and the Continental Divide. We rented a car and began the two hour trip on Interstate 70. Shortly after leaving Denver, you hit the mountains. Driving an unfamiliar car on an unfamiliar climbing and descending highway made me nervous. Laura probably thought I was a nervous Nellie. Some of the descents had warning signs of upcoming 5% - 6% grades. Some had giant crossing arms that lower to close the interstate during heavy snowfall. And we saw several "runaway truck" ramps.

We went through two tunnels, including the Eisenhower Tunnel, before reaching the western side of the Rockies. Those of you ultra runners know that a short highway south off I-70 takes you to Leadville, home of the Leadville 100. Lance Armstrong just finished riding the bicycling version of the Leadville 100. Apparently this inspired him to return to competing in the Tour de France.

Our destination was Beaver Creek, just west of Vail. We stayed in a rented condo with another couple in a resort called Bachelor's Gulch, named after the single men who bunked in the area after working the mines. Beaver Creek was started in the 1980s and former president Gerald Ford was one of the early supporters. He made Vail famous because he and his family took frequent skiing vacations there. After leaving office, he sponsored annual conferences for world leaders in the conference center named after him. Many attendees were so enamored with the area that they too bought property.

Beaver Creek is a big ski resort, but the area is so pretty that a visit any time will be enjoyable. Neither Laura nor I ski, but we thoroughly enjoyed this trip. Our highlights were the scenery and the great food we had at the many good restaurants.

The base elevation is over 8,000 feet. The tops of the mountains exceed 11,000 feet. I looked forward to the cool mountain air, lower humidity, and easier running. Silly me!

On our first full day there we went hiking. Only one of the ski lifts operates in the off season, so we took it to the top. The ride seemed like forever, and you can't see the end of it from the bottom or the start of it from the top. At the top, some people were playing disc golf on the high altitude disc golf course. The lifts also accommodate mountain bikers who ride the lift up and bike down on the many trails.

Beaver Creek has many trails for hikers in the summer. The trail is marked with medallions denoting it as a snowshoe trail in the winter. The medallions are several feet off the ground because the

area gets over 300 inches of snow a year. We took a trail from the ski lift to Beaver Lake, several miles west. On the way we saw several mule deer a few feet away. They didn't seem to mind us. Mule deer look like regular deer with much larger ears. I'd not seen one before.

The trail goes through wooded areas with many aspen trees. The leaves of aspens make a slight clicking noise when the wind blows. The tree's smooth bark is a pretty white with black splotches. As the trail crosses the ski areas, the trees have been removed and you can see all the way down the ski path. Along the ski paths you can see giant sprinklers and fan-like devices used to "make snow" in the winter.

We got to our lake and enjoyed a picnic lunch. The lake was clear enough to see some rainbow trout swimming by. Some birds that looked like a gray cousin to blue jays hovered by us to receive any discarded food. We could tell they'd been fed before by human picnickers. We decided to head back on the trail and ride the ski lift back down. Laura said I could run ahead if I wanted to get a run in. I thought that sounded great. Some areas of the trail are suitable for running. Others are too precarious.

We previously bought some trail shoes for this trip and wore them a few times at home to break them in. They looked like regular running shoes but had a tight collar around the ankle to keep debris out of the shoe. They worked great on the trails.

I took off but didn't get more than a quarter mile before I was out of breath. "That's strange," I thought. I walked to catch my breath and tried again. Same result. Duh! The air is much thinner at higher altitudes. So much for running for any extended time. Coincidentally, we were on a shuttle bus with a man who mentioned running the Boston Marathon twice. I asked him if he still ran ("Yes") and if he ran at Beaver Creek ("Oh no!"). A fast walk is the best most people can do. I don't think I'll ever do Pike's Peak!

Adventure (Continued fromn Page 4)

One day Laura and I went horse back riding while our friends went fly fishing on the Eagle River. When I rode horses as a kid the instructions were pretty simple. When lawyers get involved, it's more complicated. The stable had large lettered warning signs noting that state law protects them from suits for injury from the natural consequences of riding. They don't want you mounting the horse the usual way. They have an elevated sidewalk to make it easier. We set off at a slow pace by some fields with a grazing albino horse and orphaned buffalo. Then we saw some longhorn cattle. The guide said they keep those just for the tourists. We saw a coyote on top of the mesa. When we got to the top, however, he was gone.

Laura rode in front of me and her horse had lots of flatulence. This must be payback for all my similar expressions, past and future. My horse was the behaviorally challenged one. He bit the guide's horse and tried to bite Laura's horse and the guide himself.

We trotted for a little bit on the mesa but never really galloped. We descended back to the start and got off on the elevated wooden sidewalk. We enjoyed it and weren't too sore from the experience.

We hiked a different trail on another day. There is a "village to village" trail that as its name indicates, connects several villages. Before we set out on that, Laura saw a fox run by. We saw some bear excrement and paw prints on the trail but no bears. The communities have stiff regulations on garbage cans. They must be locked and

set out only on collection day. They want to discourage bears from coming into towns and eating out of the garbage cans. One evening we dined at restaurant up the mountain. Several mule deer appeared outside the windows. While I paid the bill, Laura went outside and had a close but painless encounter with a porcupine. The restaurant is famous for the porcupines that appear after dark and enjoy the diners' generous food donations. Laura had no food to offer, so the indignant porcupine waddled off in the darkness. She was quite excited.

I tried to eat local Colorado foods while there. We enjoyed lamb, elk, venison, and beef from Colorado ranches, and salmon and halibut from the northwest United States. As I told my vegetarian co-worker, "We ate a lot of dead animals." One of my game dishes came with a huckleberry sauce. We saw several huckleberry bushes along the trail and the huckleberries look like blueberries. The flavor is similar to a blend of blueberries and blackberries.

Those of you who follow politics may know that Colorado is one of the "battleground" states in this year's presidential election. I didn't realize that at the time, but I saw several political ads on TV while there. I'd seen none at home before we left. The Obama ads outnumbered the McCain ads slightly. Colorado also has an open U.S. Senate seat and we saw ads for Congressman Mark Udall and former Congressman Bob Schaeffer. Colorado elected Democrat Ken Salazar as U.S. Senator in the last election (and his brother is a congressman), they have a Democratic

governor, and polls show a close race between Obama and McCain. Shortly after seeing all the ads I saw some political prognosticator displaying a map of the U.S. with the states "in play." Arkansas is not; polls show McCain leading here. Hence, you don't see too many ads on TV here. Colorado and New Mexico are in play in the west. One recent article noted that Obama was changing his "50 state" strategy and would instead concentrate his efforts in the 12 battleground states he needs to win. Obama leads in the far west (California, Oregon, Washington) and northeast, McCain leads in the south and west, and several states are too close to call. I'll be interested to see who carries Colorado in the election.

We returned home mid-week. I went running the next morning in the typical heat and humidity, but at least I was able to run a few miles.

Garden Update

Brian Polansky asked me after the Sunday Heights run September 21 about my garden, so I thought I'd give an update. The okra and tomato plants are over 9' tall. I have to bend the okra stalks down to cut the pods at the top. The days are shorter and the sun is lower, so I have to harvest okra only once a day now. We've frozen about a dozen containers of okra for the winter.

My ingenious bamboo pole support system for tomatoes did well until August. When the plants got so heavy that several poles broke in two, my plan

(See Adventure on Page 6)

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

New PR (Continued from Page 3)

while doing it: most amount of race miles run over a two day time frame.

On September 6, Batesville hosted the 18th Grand Prix race of the year, the **Sara Low Memorial 5K**. Kevin Golden finished in 17:56, followed again by Steves Preston and Yanoviak in 18:41 and 18:55. Brian Polansky finished in 20:19, Jacob Wells in 20:58, Steve Hollowell in 21:07, Roy Hayward in 25:11, Dan Belanger in 25:38, and Carl Northcutt in 37:53. The gals looked like this: Leah Thorvilson finished in 17:38, Club president Mary Wells made her triumphant return to the GP finishing in 24:35, while Angela Gaines finished in 27:02, Rosemary Rogers in 29:13, Coreen Frasier in 32:47, Jaynie Cannon in 40:29, sister-of-the-president Sheridan Cole

finished in 41:46, and Linda House finished in 41:50.

As a last minute addition/subtraction to the Grand Prix schedule this year, the **Tyler Curtis 5K** took the place of Orange Crush, on September 20, with great success. Kevin Golden finished in 17:07, Steven Preston in 18:39, Bill Diamond in 18:55, Darren Gilpin in 19:35, David Williams in 19:50, Larry Graham in 19:51, Brian Polansky in 20:01, Steve Hollowell in 20:37, Jim Barton in 21:02, David Bourne in 22:11, Robert Holmes in 23:47, Dan Belanger in 24:59, Carl Northcutt in 38:32 and Frank Butts in 47:20. For the women, Leah Thorvilson ran it in 17:48, Tina Coutu in 22:11, Sarah Olney in 23:08, Mary Wells in 23:16, Angela Gaines in 26:41,

Rosemary Rogers in 27:35, Jennifer Files in 36:07, and Linda House in 41:37.

Well, I must say this article is yet another PR. As of just a few days ago, I had nothing to write about and my husband suggested this perhaps goofy (yet hopefully VERY funny) PR infused rant, which is a PR for him (good thinking, Thomas!). This article also marks the PR for the amount of race results columns I have written: 10; and perhaps even a PR for the most COMPLETE list of runners, races and their times, but I won't hold my breath.

So until next month, sports fans...

Adventure (Continued from Page 5)

wasn't so smart. But we're still picking and eating good tomatoes. I made several quarts of tomato sauce for the freezer.

I have some more recipes we've tried that worked well. For the tomato sauce, I sauté some sliced garlic in olive oil, then add chopped tomatoes, fresh basil, salt, pepper, and a little sugar. Cook for a long time to evaporate the liquid. The first time I did this I added some heavy cream for richness and served it over pasta. It was really good. The basic version can be used for pasta sauce or tomato soup. You can sauté onion, carrot, and celery if you have time. For soup, add broth and cream. For pasta sauce, you may want to add some tomato

paste, red wine, and meat if you like that in your sauce. We'll try these options this winter.

Laura has a delicious fresh corn recipe from a "Barefoot Contessa" cookbook. This is like the sautéed squash recipe I described in my garden article earlier this summer. Slice the kernels from the cob and sauté for a few minutes in butter and olive oil. Add salt and pepper to taste. The sugars in the corn caramelize and become very tasty (so tasty that I scrape the brown bits out of the skillet to eat). This works well with frozen corn too, but it may take a little longer.

Finally, I do a grilled vegetable spread that makes a great appetizer. The main ingredient is eggplant. I grill one or two, depending on how many I can harvest. My bell pepper plant has produced a grand total of one so far, so I grilled it too. Grilling a sweet onion adds flavor. When done, scoop the eggplant flesh, pepper, and onion into a food processor. Add salt, pepper, lemon, olive oil, and fresh parsley and basil and puree until smooth. I spread goat cheese on pita triangles and top with the grilled vegetable spread. The combination is great. The spread freezes well. Bon appétit!

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships {SC}, are listed below. The LRRC sponsors Sunday fun runs beginning at Andy's, Markham and Barrow Road, at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

October

- 11: FSM 5K for Cancer Awareness at Cabot. Call 501-843-5291.
- 11: Hometown Festival 5K at Crawfordsville. Call 870-635-0161.
- 11: Merechka 5K at Van Buren. Call 479-474-6918.
- 11: Tour de Cure 5K at Rogers. Call 479-464-4121.
- 11: Owlfest 5K at McGehee. Call 870-501-2282.
- 11: Wiggins Cabin Festival 5K at Crossett. Call 870-364-3648
- 11: Calico Rock White River 5K at Calico Rock. Call 870-297-8753.
- 12: Andy's Fun Run.
- 18: Chile Pepper 10K Cross Country at Fayetteville. (GPS SC) Call Bruce Dunn, 479-521-7766.
- 18: Rollin' on the River 5K at North Little Rock. Call 501-227-3711.
- 18: Flying Pumpkin 5K at Westville, OK. Call 918-723-3320.
- 18: WRMC 5K at Batesville. Call 870-262-6168.
- 18: Operation Christmas Child 5K at El Dorado. Call 870-862-4264.
- 18: Red Ribbon 5K at Pine Bluff. Call 870-267-6439.
- 19: Andy's Fun Run.
- 25: Downtown Fall Festival 5K at Russellville. Call 479-890-6625.
- 25: Soaring Wings Half Marathon at Conway. Call 501-952-8972.
- 25: Scrapper 5K at Nashville. Call 870-845-1109.
- 25: Runner's High 5K at Hot Springs. Call 501-622-5110.
- 25: Alltel Wireless Mud Run 5K at Little Rock. Call 501-371-4770.
- 26: Andy's Fun Run.

November

- 1: MidSouth Marathon at Wynne. (GPS SC)
- 1: Steve Platt Memorial 5K at Vilonia. Call 903-276-9304.
- 1: ROTC Campus Tour 5K at Fayetteville. Call 479-200-7125.
- 1: Burns Park 2M at North Little Rock. Call 501-519-0185.
- 1: Seize the Moment Epilepsy 5K at Sherwood. Call 501-772-4788.
- 1: Four States Flattest 5K/2M at Neosho, MO. Call 417-455-9999.
- 2: Andy's Fun Run.
- 8: Milestones/Work Force 5K at Conway. Call 501-329-8102.
- 8: Healthy Living 5K at Bentonville. Call 843-795-9292.
- 8: World's Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 8: Trey's 5K at Muldrow, OK. Call 918-427-7736.
- 8: JB Hunt Elementary Ididarun 5K at Springdale, AR Call 479-530-5358.
- 9: Andy's Fun Run.
- 15: Marathon for Kenya at Mountain Home. Call 870-492-6625.
- 15: The Great Gobbler 5K at Little Rock. Call 501-766-0098.
- 15: Human Race 5K at Bentonville. Call 479-544-6377.
- 16: Andy's Fun Run.
- 22: Spa 10K at Hot Springs. (GPS) Call Brian Reilly, 501-623-4969.
- 22: Chicks-n-Chili 5K at Bentonville. Call 479-366-0013.
- 22: Turkey Trot 5K at Siloam Springs. Call 479-422-1402.
- 23: Andy's Fun Run.
- 29: Great 10K Duck Race at Stuttgart. Call 870-672-4855.
- 29: Free to Play 5K at Springdale, AR. Call 479-422-1402.
- 29: Kaiser Coastal ½ Marathon/5K at Orange Beach, AL. Call 251-974-4611.
- 30: Andy's Fun Run.

Birthdays

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

- 1 – Gail Northcutt
- 1 – John Russell
- 1 – Mike Caudle
- 2 – Donna Cave
- 4 – Jeff Maher
- 10 – Rosalind Abernathy
- 13 – Rosemary Rogers
- 14 – Kevin Golden
- 16 – John Wilkins
- 17 – Randy Oates
- 18 – Mimi Evans
- 19 – David Hildebrand
- 22 – Sandy Cordi
- 23 – Charlotte Sullenberger
- 25 – Dan Belanger
- 26 – Becky Spohn
- 28 – Brynn Mays
- 29 – Bill Hoffman
- 29 – Bob Marston
- 29 – Mona Mizell
- 30 – Lance G. Sullenberger
- 31 – Kurt Truax
- 31 – Mike Holland

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.