

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2009

## Stars Abound Throughout The Running Community

By Tina Coutu  
LRRRC President

*"Motivation has to come from within. I make up my mind to shoot for the moon. Even if I don't make it I'll be among the stars" -author unknown*

Today, July 20, 2009, marks the 40<sup>th</sup> anniversary of man landing on the moon. Also in the news today, the disheartening loss of Tom Watson in the British Open and the second place of Lance Armstrong in the Tour de France conceding to his teammate. These moments are motivational to say the least as these elite sports stars are remarkable for the number of wins they have had, are still getting out there, and continue to exceed expectations – much like our Club member David Williams. Total "star" class.

Stars abounded the evening of the Midnight 50K on July 18<sup>th</sup>. The mild temperatures and weather brought star studded skies and many eager night runners out to Lake Sylvia for the annual run to celebrate Lou Peyton's birthday. Although I missed the moon rising on the 25K distance it was motivational to run 15 miles under the blanket of stars as well to greet a few runner stars on the road, namely the star attraction Lou.

Catch some motivation by reading the history of the LRRRC and the "star" runners with a new project in process found at [www.littlerockrunners.com](http://www.littlerockrunners.com).

*"Runaround Archives Restoration Project currently in progress. Check out back issues below (note: some of the older issues are over 30 years old and originally printed with small type. You can enlarge and rotate the text using your PDF viewer as needed. Continue to*

*check this page for more classic issues of the Runaround!"*

Charley and Lou Peyton have graciously allowed 30 years of newsletters out of their sight to allow Brian S-ski to scan them into the LRRRC website for all of us to enjoy. Thank you, Lou and Charley and Brian. Thank you, June Barron for thinking of this idea and getting it "off the ground."

More star gazing as those who attended the July 16th meeting witnessed as our own Club member Celia Storey spoke to us. Although it was a rainy and dreary evening Celia sparkled to a fairly decent-sized crowd. Celia's talk left us uplifted and hopeful for those times we are injured, frustrated and depressed and we cannot physically do what we want.

She had not been able to run for approximately two years and has since found balance and peace in creating pottery. (I have seen some of her work displayed around town and she is good!) As you know, Celia not only earns a living writing about health and fitness, she lives it. She embarked on the new "path" of creating with her hands in place of not being able to exercise and was exuberant as she told us she is now able to run again – a fine example of good health.

Thank you, Celia.

Another attendee at the meeting who could pass for a movie star was long-time member Melanie Baden from Stuttgart who attended her very first meeting. Thank you for your support to Celia, the Club, friendship and running.

Most of us have strived and trained for certain goals and sometimes the "stars" aligned just right and we have had the perfect race/run. Other times we have come in second or fell short of the "star" yet within our small but wonderful running universe it is okay – you fall

among the "stars." You can follow in their footsteps. Motivation for continuing on to the next achievement can come from reconnecting with your training buddies, attending group runs, meetings, listening, reading of others recounting their experiences and NEVER discounting people for their age.

Star watch calendar: Please mark August 20<sup>th</sup> for a star gazing of Michelle Rupp. She may bring along the Dancing of Stars outfit. Check out her face book page for video footage.

Michelle is another shining example of a health and fitness leader in the community. See you there!

*Another big thanks for all those who came out to assist at the Twilight 5K. A special thank you to Steve Hollowell for setting up tables, tents, etc., and to David Bourne and crew (Paula and Karen) for taking your grill and keeping the hot dog assembly line busy. We could not have done it without you.*

### August Meeting

August 20, 2009  
Murray Park Pavilion 2

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

Speaker: Michelle Rupp  
KATV On-Air Personality



# Running Wild

By Jacob Wells

“You’re not serious, are you?” I was asked not long after arriving at Brickfest, my first public appearance since announcing my temporary retirement from *The Runaround*, which lasted less than a week, and just long enough for no one to know yet, since the July issue was still in production. Linda had me cornered and she went right for my heart. As I whimpered about burnout and how I wasn’t sure if anyone really enjoyed my articles, she recounted a story about John Woodruff. John, himself a newspaper man, had told Linda what a wonderful job she did with the newsletter. She replied, “Do you really think that, or are you just trying not to get stuck with the job?” Thus, John is still inspiring us today, over two years since his passing.

I love *Runner’s World*. But, even I will confess that a large percentage of its contents are recycled month after month in the form of training plans, nutrition, and shoe reviews, none of which remotely interest me. Once you cull through all that, you are left with the stories about people, which is what I enjoy. People are what running is all about.

One of my favorite features of *The Runaround* each month is the new members section. It seems as though there are a couple every month, some experienced and some beginners. It is the same way with the Grand Prix team, the Tuesday night speed workout, and the monthly Club meetings. Everywhere you go, people are discovering running, new people to run with, and new ways to enjoy running.

So, for the beginning runners and racers, here are some random thoughts, tips, observations, and anecdotes from my 11,000 miles as of yesterday. As with any advice, be sure to consider the source, and of course, verify it on the Internet. In fact, you might consider doing exactly the opposite of me in many cases.

1) Leave your watch at home sometimes. Precision is not that important. I admit that I’ve worn out two Garmins, but I learned along the way not to bother lapping the parking lot twice to round off at 5.000.

2) Drink early and often during a long run. Coke is especially good at 20 miles. You probably won’t need a camelback or fuel belt in a 5K.

3) Enjoy your off days – they can do more for you mentally and physically than the days you run.

4) Come to Tuesday night speed work. Nothing is more fun than multiple self-induced heart attacks. Take along a conversion chart, however: 400s = one lap, 800s = two laps, etc. For anything more complex, find someone that looks slightly faster than you and follow them. Introduce yourself every week to anyone you haven’t seen before – it might be his or her first night.

5) Run with as little clothing on as possible. The August

issue of *Runner’s World* says so – page 64. And it says nothing about what you look like doing it or what anybody else will think.

6) Race often, but don’t go out too fast. But, if you do, enjoy the company of everyone who passes you.

7) Run like nobody’s watching. Unless you are first or last in the race, most likely nobody is.

8) Always stay for race award ceremonies - the entire award ceremony. Under no circumstances can you leave right after your age group. Yell out your friends’ unpronounceable names just as the announcer makes what would have been a very poor attempt.

9) Keep a running log. Excel works best. Calculate as many permutations of distance, frequency, speed, location, terrain, time of day, elevation, etc. that you can possibly come up with. Color code everything.

10) Race new distances to guarantee a PR. Downhill courses in fact definitely do count as PRs (personal records).

11) Don’t fret about the ambulance behind you. It is a safe place to be and just means the race is really small.

12) If you wear headphones in a race, you will miss people cheering for you.

13) If you need a doctor (running related or otherwise), find one who is a runner. Non-running doctors tell runners not to run. This is the equivalent of telling non-runners not to breathe.

14) Find a “destination race.” Not the kind they mean when they say it’s not about the destination, but the journey. The kind where you pick someplace you always wanted to go and then find a race there. (See August *Runner’s World* – page 54.)

15) Sign up for your first or next race today – then you *have* to do it. Don’t worry about a bad race. There’s another one next week.

16) Remember that running a race is more about celebrating what you have already accomplished than about what you are going to accomplish that day (more *Runner’s World* – page 54. I love the Penguin.)

17) Runners ask what is the healthiest time of the day to run. Conventional wisdom says in the morning – something to do

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

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# Little Rock Roadrunners - Treasurer Report - FY 2009

**Beginning Balance July 1, 2008** \$ 11,284.41

## Expenditures

CCC Race Expenses	\$ 3,693.45
Meeting Supplies	846.79
Newsletter	600.00
Bank Charge	19.00
T -Shirts	2762.89
RRCA Insurance	869.60
Window Stickers	714.88
Other Expenses	50.00
Postage	163.55
Printing	684.11
Clock Repair	440.32
Storage	903.00

\$ 11,747.59

## Revenue

CCC Race Income	\$ 6,782.00
Equipment Rental	150.00
Membership Dues	3,688.53
Race Consulting	1,326.00
<u>T- Shirt Sales</u>	<u>520.00</u>

**Total Revenue** \$ 12,466.53

Ending Balance - Checking June 30, 2009 \$ 6,814.24

CD – Bank of America June 30, 2009 5,398.46

**Total** \$ 12,212.70

## **Running Wild** (Continued from Page 2)

with metabolism. I say it's whenever you want to. Running is good for you no matter when you do it and you are more likely to do it when you most enjoy it. If you always run in the morning, try a run in the evening. Vice versa.

18) Don't talk too much to your non-running friends about running. Let them see it in you and ask.

19) Try never to complain to your family about running. You want their support for your weird hobby.

20) Pace slower runners in a race or long run. Practice ahead of time on what kind of encouragement they want and will best respond to.

21) When you run on an out-and-back course, be sure to turn around when you have gone half of the miles you want to run that day.

22) The most effective heart rate monitor is to just look down and make sure it hasn't exploded out of your chest. If it

hasn't and you can see the finish line, sprint.

23) Avoid Planet Hollywood and Hard Rock Café buffets within 24 hours before a marathon, especially if it starts at midnight in the Mojave Desert.

24) If running your first marathon seems like a far-off dream, registration for the 2010 Little Rock Marathon is open and the training group meets at 6:00 am on Saturday.

25) Never, ever ruin a finish line photo op by fiddling with your watch. The timekeeper will take care of that. As with life, the goal is to finish with style.

This month's reader shout-out is for Shareese Kondo, who I met at the Tuesday track workout and who you may have seen working the finish line at the Big Dam Bridge Twilight 5K. Shareese is the 7<sup>th</sup> LRRC member who has confessed to having read this column. Also to Paul Ward, who I thought of as I read about the benefits of sunscreen (more *Runner's World* – page 47).

# Decision To Join LRRC Was Best One Yet

By Jenny Weatter  
LRRC Racing News Editor

For those of you who don't know me, I started running about four years ago. I knew nothing about running and didn't have any friends who were runners but I started anyway. I ran my first marathon wearing cotton socks, cotton shorts and a pair of Nike shoes I bought at Academy. I had never heard of Gu, Garmin or Easy Runner.

I did some research online and found the website for the Little Rock Roadrunners. It sounded interesting and I noticed there was a potluck meeting coming up the next week. I racked my brain for what I should bring and even asked people at work. They said runners probably like to eat healthy (yeah right) so I should take a vegetable tray. I even called June Barron to see what she recommended and to find out if we would actually run at this meeting. I decided to stick with the vegetable tray.

I showed up at the meeting and the first person I saw was Mackie Buckelew and I timidly asked: "Is this the running meeting?" She said yes so I walked into the pavilion making it very obvious that I was the new person. Paul Ward was the first to befriend me. He kindly introduced me to quite a few people. I remember meeting Tom and June Barron, who convinced me to go to track workouts, Jordan Ziegler, and Bill Harrell, who was president at the time. Bill convinced me to show up for the Pleasant Valley morning run and I am sure glad I did because I have made some great friends and became a better runner.

I never once felt out of place at the meeting because everyone was so welcoming and seemed so interested in my life even though they didn't know me. I doubt I would still be a runner had I not made the decision to show up to that meeting, as scary as it was. Joining the Roadrunners was one of the best decisions I have made in my life. I never knew what the runner's high was until I joined this Club. A bunch of happy people drinking beer, eating pizza and talking about their PRs and upcoming races. What could be better than that? I encourage anyone who may be reading this and is not yet a member to go to our website and join because I promise you will not regret it.

Anyway, now let's get to what you are all here for, the results. First up on June 20<sup>th</sup> was the **Oil Run 5K** held in Smackover. We're going to have to work on my geography a little bit because I'm not quite sure where that is. For the men, our own Ross Bolding ran it in a time of 20:07 and Brad Newman in a time of 31:30.

The **Pig Out 5K** was held in Morrilton (I do know where that is) on June 27<sup>th</sup> and one of our members made the trip. For the women, Beverly Smith ran in a time of 24:10.

Most of our members went down to Malvern on the 27<sup>th</sup> for the next Grand Prix race of the season, the **Brickfest 5K**. For the men, Imari Dellimore came in second with a time of 16:52; Kevin Golden in 18:39; Ethan Neyman in 18:47; David Williams in 19:53; Greg Helmbeck in 20:28; Kevin Groustra in 21:09; Jacob Wells in 21:32; Jeff Maher in 23:48; Roy Hayward in 24:30; James Barber in 24:30; Dan

Belanger in 25:50; Roy Smith in 27:42; Jesse Garrett in 27:43; Jim Yamanaka in 29:23; and Carl Northcutt in 38:39. For the women, Mira Lelovic finished in 23:27; Tina Coutu in 23:35; Andrea Sieczkowski in 24:44; Ginea Qualls in 26:25; Lauren Ellis in 26:37; Rebecca Humes in 27:31; Angela Gaines in 29:02; Alea Humes in 29:40; Alesa Davis in 31:45; Martha Ray Sartor in 34:28; Haley Groustra in 34:45; Rhonda Ferguson in 39:11; Jaynie Cannon in 42:06; Linda House in 43:42 and Mary Hayward in 58:41.

Also on June 27<sup>th</sup> a few of our members made their way up to **Seattle** (that's in Washington, right?) for the **marathon and half marathon**. Our own Leah Thorvilson finished second in the full marathon with a time of 2:38 (you are amazing Leah). Also running the full marathon was Steven Preston in a time of 3:17; new member Raj Bhanot in a time of 3:43 and Michael Harmon in a time of 4:41. John Russell ran the half in 2:19.

There were a lot of races around the state on July 4<sup>th</sup> but our Roadrunners stayed locally with the very popular downhill, **Firecracker Fast 5K**. For the women, Leah Thorvilson won in 16:40; Mira Lelovic in 22:15; Shareese Kondo in 23:01; Jordan Ziegler PR'd in 24:42; Mary Beth Gresham in 25:02; Ginea Qualls in 25:13; Rebecca Humes in 25:17; Catherine Comerford in 25:45; Ashley Honey well in 26:05; Carol Torrey in 26:21; Jennifer Rogers in 28:32; Ann Straessle in 29:44; Abby Straessle PR'd in 29:45 (congrats Abby); Alesa Davis in 30:44; Maddi Wells in 31:23; Monica Dellimore in 31:24;

(See **Decision** on Page 5)

## 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/McDonald's Fun Run	Sun 7 a.m.	McDonald's, Rodney Parham & Breckenridge

# ARK Invites Everyone To Attend Two Fun Events

To show that the Arkansas Running Klub is serious about fun, we have scheduled a summer Fun Run. No fee, no shirts, no application, no waiver, no nothing – but fun. We hope you will all show up to spend some quality running time with fellow runners.

The first annual Lazy Hazy Crazy ARK Fun Run is scheduled for 7 a.m., August 22 at Lakewood Lake #3 in North Little Rock. The distance is between three and four miles but you are free to run more or less as you wish.

We encourage you to bring a breakfast type snack or juice to share with your fellow runners along with tales of past fun runs.

Speaking of fun, don't forget the Arkansas Idol Runners Have Talent Show on August 29 at 5:30 p.m. at Maumelle Park Pavilion #3.

Some of you senior members of ARK, AURA, LRRC, Saline County Striders and Cabot Country Cruisers must remember the wealth of talent that showed up for the annual talent shows in the past. We are hoping to surpass those glory days, if possible.

Get out that guitar or banjo, brush up on reading your runner's poetry, practice that song and dance routine, work on your stand-up comedy, pull out that book on juggling, put together that old band you used to play with, get out

your harmonica or accordion. Whatever it takes, we want your talent! No excuses – WE WANT YOU!

Contact Rosemary Rogers at [rosetyrix@att.net](mailto:rosetyrix@att.net) or Chrissy Ferguson at [stanchrissy@earthlink.net](mailto:stanchrissy@earthlink.net) to get your name on the list of fabulous performers. Do it now!

If you don't have talent that you want to share or you're just shy, show up anyway to be entertained and support your fellow runners.

Potluck dishes will be appreciated.

## Decision (Continued from Page 4)

Jennifer Files in 34:27; Patricia Poore in 34:50; Melanie Lowery in 36:08; Jaynie Cannon in 38:50; Megan Torrey in 42:30; Angela Gaines in 43:25; Shellie Thompson in 47:51 and Lynn Senn in 52:39. Now let's go to the men. Justin Radke finished in 15:50; Hillary Kogo in 16:08; Imari Dellimore in 16:30; Kevin Golden in 17:40; Ethan Neyman in 17:41; Greg Jacuzzi in 18:32; Greg Helmbeck in 19:31; Raj Bhanot in 19:38; David Williams in 19:40; Matt Gresham in 20:05; Jacob Wells in 20:38; Jon Honeywell in 21:04; Brian Watson in 21:06; Bill Rahn in 21:32; Jacob Straessle in 21:31; Daniel Butler in 22:50; Roy Hayward in 23:40; Dan Belanger in 24:40; Scott Wall in 25:23; Jesse Garrett in 26:03; Greg Shira in 27:39; Clay McDaniel in 28:52; Sam Straessle in 29:43.2; Steve Straessle in 29:43.6; Brad Newman in 30:15; Roger Thompson in 30:53; Carl Northcutt in 37:12; K.A. Parry in 40:55 and Jerry Senn in 52:47.

July 11<sup>th</sup> the LRRC put on the **Twilight 5K** formerly known as the Big Dam Bridge 5K. This year was a huge success. On the women's side Beverly Smith finished in 23:32; Lauren Ellis in 26:47; Lisa Luyet in 26:52; Carol Torrey in

29:10; Mackie Buckelew in 31:00; Bettina Brownstein in 31:11; Sandy Cordi in 33:10; Judith Lansky in 34:34; Priscilla Pittman in 35:28; Ann Straessle in 36:34; Tara Caudle in 40:17; Dana Butler in 43:19; Donna Trawick in 44:55; Christina Pierce in 50:31; Megan Torrey in 51:49; Ann Butts in 52:13; Mary Hayward in 1:00:59. The men finished like this: Glen Mays won in a time of 16:21; David Williams finished in a time of 20:34; Greg Helmbeck in 20:41; Jacob Wells in 21:45; Matt Gresham in 22:29; Jacob Straessle in 22:42; Joe Cordi in 23:50; Roy Hayward in 25:50; Scott Wall in 27:09; Greg Dahlem in 28:03; Jesse Garrett in 29:28; Sam Straessle in 31:45; Jonathan Caudle in 40:16; Daniel Butler in 43:18 and Greg Butts in 53:52.

July 18<sup>th</sup> was the **River City 5K** in North Little Rock. For the men, our own Steven Preston won it in a time of 18:24 (congrats Steven); Calvin Jones finished third in a time of 18:36; Ross Bolding in 19:37; Greg Helmbeck in 19:46; Jacob Wells in 20:28; Roy Hayward in 24:20; Scott Wall in 24:40; Matt Gresham in 25:07; Jon Honeywell in 26:43; Brad Newman in 30:56 and Steve Straessle in 34:27. For the women, Lauren Elizabeth

Ellis finished in 24:46; Shareese Kondo in 24:59; Mary Beth Gresham in 25:06; Ann Straessle in 25:27; Mackie Buckelew in 26:14; Ashley Honeywell in 26:42; Martha Ray Sartor in 32:56; Abby Straessle in 34:26 and Jaynie Cannon in 38:52.

Also on July 18<sup>th</sup>, one of our Club members, Tammy Walther, decided that completing one 100-miler wasn't enough so she decided to head up to Vermont to complete her second one in a time of 28:49. Congrats Tammy.

Also on the 18<sup>th</sup> was the **Midnight 25K and 50K** but the results aren't posted yet so I will include them next month.

Congrats to everyone that raced this month. I sure hope I didn't miss anyone but I know it is very likely that I did. I would like to provide my e-mail address so that if anyone wants to make sure I know they set a PR, is running an out of state race or if I left you out of this month's results and you want to be mentioned next month, please e-mail me at [jennyweather@yahoo.com](mailto:jennyweather@yahoo.com).

Happy Running.

## Four New Members Added To Club's Roster

By **June Barron**  
Membership Chairman

**Greg Dahlem** is a computer programmer/team leader at Dillards, Inc. He is married to Cindy and has two children, Chance, 8, and Ty, 5.

He has been running for seven months and averages 18 miles per week at a nine-minute pace. He likes to race frequently and prefers the 5K. His PRs are 16:07 for two miles and 26:43 for the 5K. His favorite running route is the Pleasant Valley group route and the Rock Creek Trail.

He also enjoys biking and working out at the gym.

He has been trying to be a runner off and on since 2003. Whenever he

would get up to about three miles his IT band would start bothering him and he would quit. Thanks to his PT (Michael DePriest) and some great mentoring by Harold Hays, he is up to 5.5 miles at a time.

**Jon Honeywell** is married to **Ashley** who is also a runner. Jon is a civil engineer and Ashley is a teacher.

Jon has been running for nine years and averages 25 miles per week at an eight-minute pace. Ashley has been running for two years. Jon's favorite race distance is the marathon and 5K with PRs of 3:52 for marathon; 1:43 for the half marathon and 20:27 for the 5K. Ashley's favorite race distance is the 5K with a PR of 26:50. Their favorite running route is in the Heights and Hillcrest.

Jon also enjoys golf and reading and Ashley enjoys horseback riding.

**Kevin Wells** is an assistant Attorney General. He has been running for nine weeks and is averaging 20 to 25 miles per week at an eight-minute pace. He has done two 5K races and is building up to race a half marathon. He likes to run downtown at the Clinton Library and the River Market.

He also is interested in computers, travel and photography. He just quit smoking and picked up running as his new addiction.

Welcome to the Club!

## News On the World Famous LRRC Shirts

A second batch of LRRC cotton T-shirts is in! We've expanded the size options to youth medium, youth large, youth XL, S, M, L, XL, and XXL. If you are a Club member and did not receive a shirt from our first batch, we've got a free one for you. If you already have one and would like another, the cost is only \$5. In

either case, e-mail June Barron at [littlerockroadrunners@yahoo.com](mailto:littlerockroadrunners@yahoo.com) to put in an order.

A second batch of LRRC short-sleeved technical shirts will be placed soon. These Brooks shirts are great for running in and are available in both men's and women's cuts. The cost for LRRC members on these shirts is just \$15. The men's sizes available are XS, S, M, L, SL and XXL. The women's cut comes in S, M, L and XL. If you would like to reserve one of these shirts for yourself, e-mail Brian Sieczkowski at [briansieczkowski@gmail.com](mailto:briansieczkowski@gmail.com) and note your size preference.

Another batch of LRRC racing singlets will be ordered this summer and more information will be available soon.

Once you have gotten a shirt you can help out the LRRC in our **Quest for 50 States**. Our goal is to get a picture of a Club member wearing the LRRC shirt in every state, D.C., and even foreign countries. So far we have photos from 19 states, Mexico, and England. You can check out a map of states we've invaded and see all the LRRC pictures from around the globe on [www.littlerockroadrunners.com](http://www.littlerockroadrunners.com). Then send your pictures to [photos@littlerockroadrunners.com](mailto:photos@littlerockroadrunners.com).

## Congratulations

Lynette Watts has been named the executive director of the Women's Foundation of Arkansas.

*Arkansas Business* reports that the WFA is a nonprofit, statewide organization working to develop the professional, economic, and philanthropic potential of Arkansas females.

Congratulations Lynette!

## Bolding Takes The Gold At USATF Meet

By **Paul Ward**  
LRRC Noter of the Noteworthy

The July 18 issue of the *Arkansas Democrat-Gazette* reports that our Ross Bolding won three gold medals at the USATF national masters' outdoor track and field meets earlier in the month

in Oshkosh, WI. Ross competed in the 60-64 age group.

Ross won the 2K steeplechase in 8:09.09. He was part of the winning relay team in the 1,600 and 3,200 meter relays. He finished 4<sup>th</sup> in the 10K with a time of 43:16.

Congratulations Ross!

# Ultra Runner Finds Out True Meaning Of Hot

By Lazarus Lake

I don't know why but I was told that those who have run in the races I am involved with would enjoy this story.

I like spicy food. I haven't ever been one to just eat hot peppers by themselves, but I like spicy food. Usually foods described as "hot" do not seem all that spicy, and sauces called "hot" are just barely enough, if I put a lot on.

My oldest daughter, Amy, has a boyfriend, Arthur, who is also a big fan of spicy food. So, Amy grew some peppers in her garden this year. Knowing I like my food spicy she brought me a handful of jalapenos ... and three habaneras.

The jalapenos were consumed without incident. I cut them up and scattered them on a pizza, cooked it, and it was very good, although not especially hot. The habaneras I saved for just the right opportunity.

Last night, that opportunity came. My youngest daughter, Chrys, is staying at the house for a few days and she was preparing burritos. I went into the kitchen and got my three habaneras, removed the stems, dug out the pith with my fingers, and chopped them into small pieces. Then I wiped the juice off the plate with a napkin, and divided the habaneras between three burrito wrappers. Unlike the jalapenos, I did not cook them with the rest of the food. I finished making three big, fat burritos and sat down to feast.

Within moments of taking the first bite my mouth began to burn and sweat broke out on my head. I have always described Mexican food like this: if your head sweats, it is good. If the sweat runs down your face, it is really good. In this case, it was past really good. My mouth was on fire, and the sweat began pouring from my head. It was coming off in such quantity that it was like trying to eat in a rainstorm. So I grabbed my napkin, the same napkin I had used to wipe the habanera juice off my plate, and wiped the sweat off my bald head, and forehead.

Within moments the skin on my head and face was on fire. My mouth is

somewhat used to this treatment, so while the heat was well past the level of discomfort, I could handle it. However, my face and head felt like they were getting blasted by a blowtorch.

Hurriedly, I finished the rest of my burritos.

At this point Chrys began to laugh. "Your face is red as a beet," she said.

I didn't get much chance to join in the mirth, because habanera fumes were penetrating my nasal passages, both from my face, and upwelling from my throat and mouth. Ultimately, I could not avoid sneezing.

Now I had the entire inside and outside of my head coated with habanera. I was half expecting the flesh to begin sloughing off at any moment.

However, the fun was just beginning. The sweat running into my eyes was burning, so I reflexively took my hands, the hands that I had used to cut up the habaneras to start with, and wiped the sweat out of my eyes.

It was then that I heard the front door open. Sandra had arrived at home to find me stumbling around the living room, blind, yelling that my head was on fire ... and Chrys on the floor, doubled up with laughter.

I stumbled down the hall to the bathroom (while the two girls yelled helpful hints, like: "Your hand is too high. You are about to hit your shin on that table."), peeled off my clothes and jumped into the shower. I already knew that water only makes it worse, but was hoping that in conjunction with soap, maybe I could get some of that incendiary material off.

The shower turned out to be useless so I felt around and found what clothes I could and returned to the living room.

"Find out how to get habanera out of my eyes."

"How?"

"For the love of God, just Google it!"

I could hear the keyboard clicking, while I wondered at the irony. The only part of my head not on fire is my mouth. It is used to this kind of thing.

"It says here to flush with water."

"Tried that, makes it worse."

"Wait, this one says bleach will remove it."

"I don't see pouring bleach in my eyes as a step in the right direction."

"OK, here is someone that says sugar-water will do it."

"Now you are just wanting to use my head to make caramel."

Finally, I just asked her if she had seen the term "Permanent blindness" anywhere.

She had not, so the experienced ultra runner in me knew what to do. I just sat on the couch and waited for it to wear off.

Today, the whole thing does seem pretty damn funny. OK, it was funny yesterday, too. But it would have been funnier if it was you instead of me.

I have washed my hands about a hundred times, but my lips still burn when I smoke a cigarette, and I know a sure-fire (no pun intended) way to break a kid of thumb-sucking or nose-picking.

Now, if I could only figure out why everyone was so sure my runners would want to hear this story. As a matter of fact, when Chrys finally stopped laughing she said, "If only they could have been here!"

*Editor's Note: Lazarus Lake is the pseudonym of Gary Cantrell, an ultra runner and director of ultra races from Tennessee.*

## Congratulations

By Paul Ward  
LRRC Connubial Correspondent

The Little Rock Roadrunners Club congratulates Sarah Irico on her July 18 wedding to Seth LeMaster. Mother of the bride Karen Irico reports that Sarah and Seth will honeymoon on the Virgin Islands. While Sarah does her speed work on the beach to prepare for this fall's Race for the Cure, Karen resumes wedding planning. Daughter Laura will get married next year.

Congratulations!

# 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 McDonald's, Rodney Parham and Breckinridge (formerly Andy's at Markham and Barrow), at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

## August

- 8: Watermelon 5K at Hope. **GPS**. Call 870-777-1917.
- 8: Hot Summer Nights 4M at Jonesboro. Call 870-931-0578.
- 8: Run for the Grapes 5K at Tontitown. Call 479-718-2268.
- 9: Andy's/McDonald's Fun Run.
- 10: Heritage War Eagle Twilight 5K at Rogers. Call 479-271-2635.
- 16: Andy's/McDonald's Fun Run.
- 22: East End Sizzler 5K at East End, AR. Call 501-888-8222.
- 23: Andy's/McDonald's Fun Run.
- 29: Lake Atalanta Eliminator 5K at Rogers. Call 479-621-9020.
- 29: Owens Mile at Percy. Call 501-767-9311
- 30: Andy's/McDonald's Fun Run.

## September

- 5: ARK Clear Mountain 5K at North Little Rock. **GPS**. Call
- 5: Sara Low Memorial 5K at Batesville. Call 870-793-2464.
- 5: Battlefield 5K at Prairie Grove, AR. Call 479-267-5000.
- 5: Labor Day Run/Walk 5K at Branson, MO. Call 417-334-4034.
- 6: Andy's/McDonald's Fun Run.
- 7: Kelly's Bass Kickin' 5K at Conway. Call 501-733-2505.
- 12: Cherishing Children 5K/1M at Little Rock. Call 479-621-0385.
- 12: Rollin' on the River 5K at North Little Rock. Call 501-227-3700.
- 12: Fight to Get Fit 5K/1K at Cabot. Call 501-332-8391.
- 12: Heart & Sole 5K for ALS at Pine Bluff. Call 870-543-2901.
- 12: Golden Sneaker JDRF 5K at Fayetteville. Call 479-422-2568.
- 13: Andy's/McDonald's Fun Run.
- 19: Arkansas 20K (**GPS**) and Marathon at Benton. Call 501-517-7393.
- 19: Warrior Run 5K at Cotter. Call 870-404-3628.
- 19: Walk Like a Pirate 5K /1M at North Little Rock. Call 501-758-3170.
- 19: Down Town J'Town at Jonesboro. Call 731-335-2948.
- 19: Heart of the Lake 5K at Greers Ferry. Call 501-206-7946.
- 19: Stomp Out MPD 5K at Siloam Springs. Call 479-238-4090.
- 19: Raid the Rock Adventure Race at Little Rock. Call 901-378-2059.
- 20: Arkansas Senior Olympics at Hot Springs. Call 501-321-1441.
- 20: Andy's/McDonald's Fun Run.
- 26: Tyler Curtis 5K at Little Rock. **GPS**. Call 501-231-3730.
- 26: River Valley Half Marathon/5K at Fort Smith. Call 479-649-8815.
- 26: Heart and Sole 5K at Jonesboro. Call 870-931-0578.
- 26: Goshen Gallop 5K at Goshen, AR. Call 479-443-5207.
- 26: Barn Sale 5K at Camden. Call 870-836-6426.
- 27: Andy's/McDonald's Fun Run.

## October

- 2: Bookwork Balst 5K at Mulberry. Call 479-997-1226.
- 3: St. Jude's For the Kids 5K at Memphis, TN. Call 210-324-4588.
- 3: Tour de Cure Half Marathon at Springdale. Call 479-464-4121.
- 3-4: Arkansas Traveller 100 at Lake Sylvia near Perryville. Call 501-329-6688.
- 4: Andy's/McDonald's Fun Run.

# Birthdays

The following is a list of Club members and/or spouses who were born during the month of August. Call June Barron at 920-3224 if the information is incorrect.

- 1 – Merritt Maham
- 2 – Greg Butts
- 2 – Libby Taylor
- 3 – Linda Smallwood
- 4 – Kay Bland
- 4 – Larry Graham
- 4 – Lois Mackey
- 6 – Brad Newman
- 7 – Bob Taylor
- 7 – John Naill III
- 7 – Jordan Ziegler
- 8 – Ginea Qualls
- 8 – Jim Comerford
- 8 – Regina Welch
- 10 – Justin Radke
- 11 – Afton White
- 12 – Craig S. Lair
- 13 – Lea Jacuzzi
- 15 – Christopher Heller
- 18 – Kevin Groustra
- 19 – Kabir Singh
- 21 – Craig Wurtz
- 23 – Coinger Teaster
- 25 – Greg Helmbeck
- 25 – Jenny Weather
- 26 – Brian Watson
- 26 – Juli Barton
- 26 – Mackie Buckelew
- 27 – David Bourne
- 27 – Debra Simmons
- 28 – David Williams
- 28 – Paul Ward
- 28 – Priscilla Pittman

## 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.

# Membership Application/Renewal

Little Rock Roadrunners Club  
P. O. Box 250229  
Hillcrest Station  
Little Rock, AR 72225

Dues are \$20 per year, \$36 for two years, or \$45 for three years, and include all members of a family who live in the same house.

CHECK ONE: NEW \_\_\_\_\_ RENEWAL \_\_\_\_\_ ADDRESS CHANGE \_\_\_\_\_

YEARS PAYING FOR: ONE \_\_\_\_\_ TWO \_\_\_\_\_ THREE \_\_\_\_\_

RUNNER: \_\_\_\_\_ WALKER: \_\_\_\_\_

DATE THIS FORM WAS SUBMITTED: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ BUSINESS PHONE: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

SPOUSE: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

RUNNER: \_\_\_\_\_ WALKER: \_\_\_\_\_

CHILDREN: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

NAME OF LRRC MEMBER SPONSOR (if applicable): \_\_\_\_\_

Little Rock Roadrunners Club  
P.O. Box 250229  
Hillcrest Station  
Little Rock, AR 72225

