

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2009

After Thanksgiving, Grateful And Giving Thanks

By Tina Coutu
LRRC President

Now that November 2009 is closing and completion of another Thanksgiving holiday, it is only natural we remember what we are thankful for and blessed with in our lives. In October I noted Meb Keflezighi winning the Berlin Marathon and on November 1 he won again, the New York Marathon on All Saints Day. I also referred to all the rain.

This month I would like to make note and appreciate LRRC winners and be grateful for abundant sunshine we were blessed with for the chock full calendar of running/racing events.

Leah Thorvilson was re-crowned the 2009 RRCA Grand Prix Female Runner of the Year, as she has won more than one race and set records this year. Just as fabulous is our men's and ladies' 2009 Grand Prix racing teams both of which placed first in the standings this year. Our ladies who I refer to as Wonder Women achieved this distinction for the 4th year in row. Thank you both men and women for making the effort and traveling across Arkansas to support the races and score for Team LRRC.

Congratulations to Ironmen Jesse Garrett and Jeff Maher, great effort and expense is expended for that distinction of running every race listed on the Grand Prix Circuit.

We can be grateful for the 2009 Grand Prix Race Director of the Year Bill Torrey for the many races he puts on and ensuring every runner's safety.

For members Tom and Hobbit Singleton and the recognition they received from the Governor's Council on Fitness for coaching the wonderful Little Marathon Training Group for no

compensation.

Giving thanks and appreciating the dry weather (especially compared to last year) for the Hot Springs 10K November 14th. Once again the mountain just about conquered us, but not quite. It could not handle the onset of our tough members walking and running about the Spa City. All our racing members were seen about town. I saw Donna Cave cheering as I gratefully crossed the finish line. I was thankful for being able to sit in the sunshine on the Arlington Hotel veranda and visit with Betty Ray and Corky Zaloudek while Tom scampered off in a red dress that afternoon. The annual RRCA meeting was held there (Arlington) where some of the above mentioned awards were presented and grateful for the celebration in style following the meeting. That RRCA Saturday ending with a horse drawn carriage ride for the group around the park, courtesy of Dan Belanger, Lisa Luyet and Leah Thorvilson hosted some of us as well. Thank you.

I am grateful for getting back safely that night to attend our Sunday Heights run with Steve Hollowell/Cindy Hedrick, Larry Graham walking due to injury, David Williams, Steve Preston, Bill T. and Paul Ward.

Also grateful for the sunshine and sparkle of Thanksgiving Day morning and smiling crowd at the Annual Shake Your Giblets Turkey fun run sponsored by Paul Ward and honorary chair Ginea Qualls. I am thankful for the (running) support of the press - Celia Storey and her fitness lifestyles section of the *Arkansas Democrat-Gazette*. (Nice picture of member Eleanor Kennedy and husband in last Sunday High Society section of *Arkansas Democrat-Gazette* for the OPUS fund raiser for the Symphony.)

I could go on with the names and gratitude, and would love to recognize all the groups and runners of this Club. You are all awesome and there are so many of you that are not Grand Prixers and do not "get recognized" with special awards, etc. All of you do feats (feets) of accomplishment daily. I wish I could dissect myself and be able to run/train/visit with all of them. Just to name a few if you are looking for some runners to hang with: Karen Call's a.m. group on Tuesday and Thursday, Jack Evans and Harold Hays' Pleasant Valley a.m. run with Howard Hendrickson, John Russell and others. Brian Watson has a group on Wednesday morning (they are from the Little Rock Marathon training group) starting from the Heights Theatre. There is the Friday morning Andy's coffee group, Saturday morning River Market is where many runners gather and visit as well as run the River Trail, Besides the Heights run mentioned above, Sunday morning has Jimmy Pearsall and wife Ivy, Robert H., Bill Harrell, Carl C., Jordan Z., and others run early. Coreen Frasier has a group on Sunday as well.

(See **Thanks** on Page 5)

LRRC **Christmas Party/Potluck**

December 19, 2009

5-9 p.m.

Capitol Room

4th and Woodlane

Club provides meat and liquid libations. Members bring side dishes and deserts.



Running Wild

By Jacob Wells

Like many runners, and *adult-onset athletes*, as John “The Penguin” Bingham would call us, I can divide my life into three distinct phases – childhood, adulthood before running, and being a runner. The memories of the first two have detached from who I am today and replay in my mind like someone else’s home movies. In ten years of running, everything about my life has evolved into a direct relationship with running. Even the other two major facets of life, family and work, have become intertwined. My children are regulars at the local races, and even my Mother seems to have begun to understand, or perhaps to have given up trying. The librarian of nearly 45 years regularly sends me books and articles on running. Perhaps she is just ensuring the steady supply of long-sleeved race shirts for working in her garden, but I think the unlimited gift options for me on Amazon.com have given running some credibility to her that I couldn’t.

As for work, I struggled for years to discipline myself to not talk constantly about running to non-running coworkers and clients. Having achieved a measure of success, I found my good deed was returned to me. Normal people get asked, “What are your plans for the weekend?” or “How was your weekend?” For me, it became, “Where’s your race this weekend?” and “How was your race this weekend?” I am still working to differentiate between those who actually want an answer, witty anecdote, or (better yet for me) actual details of the race, versus those from whom this is just a personalized-for-me version of the rhetorical “What’s going on?” for which no response is desired or expected beyond the bare minimum grunt.

The event that brought this kaleidoscope of life experiences into focus was my spontaneous attempt at scoring free chicken sandwiches for a year. On my way to Easy Runner during lunch hour, I decided to walk over to mock the ridiculous patrons of a tent village that I had watched spring up throughout the morning from my office window on this, the eve of the grand opening of West Little Rock’s newest restaurant. Upon my asking for a coupon, a lady explained that there were still 32 spots available to be one of the first 100 in line to receive 52 free combo meals at the 6 a.m. opening the next day. A quick calculation determined that the value of my Major Award would be approximately five times my hourly salary for the rest of the day, so I rushed home to change and grab necessities for the afternoon. With a few more supplies and a borrowed tent, I was set for the night.

A wave of emptiness and remorse came over me about four hours in when I realized that the window of opportunity to become a bona-fide citizen of tent city had closed and all niches were neatly woven together without me included. After settling comfortably over the last ten years into my life for which running is the center of the universe, I found myself trapped as one of 100

semi-random strangers, whose only outwardly-appearing connection was their desire for free fast food. I had brought running clothes with thoughts of perhaps lapping the parking lot (which we were not allowed to leave, as this resulted in disqualification), but refrained, lest I be labeled the weird one of the bunch.

I discovered that it is not my nature to make friends among strangers, although it comes quite easily for me among any random group of runners. Bingham says, “...of all the gifts that running has brought me – and there have been way too many to list – the greatest gift by far is the ability to connect with people on a profoundly personal level.” It turns out that it’s easy to meet new people standing around sweating, stretching, huffing, or puffing. It’s not so much so when others are playing board games of which I had never heard, doing their college homework, and hogging all the electrical outlets.

The prototype participant in tent city was a male college student in his early 20s, many with long hair and beards ranging from that of Jesus to Charles Manson. The dress code was some combination of dinner jackets, sweat pants, and cowboy hats. Jim Fixx wrote in *The Complete Book of Running*, “Most Americans are in terrible shape... The average American male has a middle-aged body. He can’t run the length of a city block.” Like a reality show, even if only for a night, I lived among those who embraced what I had spent ten years running from. During the evening, the sponsors of the event held games to pass the time, but even these required fast-twitch muscles and the type of coordination that I did not have.

By morning, with prize in hand, a gift-wrapped box with coupons for 52 combo meals, I walked from the parking lot, like a prisoner who had served his voluntary sentence. My freedom would mean spending the weekend with running friends, for whom I have a renewed love and appreciation.

Prologue: Nearly a month has passed and the lottery winnings are nearly gone. It turns out that chicken sandwiches and love are like a magic penny – hold it close and you won’t

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

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Runners Are Blessed With Every Stride They Take

By Jenny Weatter
LRRC Racing News Editor

As I am writing this column, Thanksgiving is less than a week away. This is the time to be thankful for all with which we have been blessed. As runners, we should be thankful for every stride we take. I am constantly reminding myself that no matter how I run a certain race, I am blessed that God has given me the ability to run it. When I completed the Wynne marathon less than two weeks ago, I crossed the finish line with the same thoughts in my head as everyone else ... happy for it to be over and happy that I finished.

However, one man's finish ended up a little different. Unbeknownst to me, while I was getting cleaned up and enjoying some post race pizza, there was a man lying at the finish without a pulse, having CPR performed on him. The man was Bill Zahler, 67, from Florida. I first was told that he had died but then I was told that when they put him into the ambulance, he did have a pulse. I wasn't sure exactly what happened until a later e-mail from the race director stated that he was now breathing on his own and going to be okay. A recent KAIT Channel 8 news article reported that Mr. Zahler was without a pulse for 40 minutes but thanks to a new procedure called Therapeutic Hyperthermia, Mr. Zahler woke up. He finished the race with a third place trophy to show for it and ran within one minute of his best marathon time ever.

I am thankful that Mr. Zahler made it out of this okay. Let us all remember through this Holiday Season how blessed we are to be able to take each and every breath and each and every step.

There are a few people I left out last month that I'd first like to mention.

October 17th, Tom and Hobbit Singleton completed the **Waddell and Reed Kansas City Half Marathon** in 3:30:13 and 3:30:14.

October 18th, Shareese Kondo and Alison Acott completed the **Nike Women's Marathon** in San Francisco, CA in 3:56:59 and 4:20:15. Congrats ladies!

October 24th was our next Grand Prix race of the season with the **Soaring Wings Half Marathon** in Conway. This was only the second year for this race and I have to admit that it was extremely well done. I can't wait to run it again next year. A lot of LRRC members ran this race. For the men, Josh Holt finished second in 1:14:37; Ethan Neyman finished in 1:22:14; Steven Preston in 1:23:59 (PR, I believe); Kevin Golden in 1:24:21; Imari Dellimore in 1:27:54; David Williams in 1:28:05; Joel Perez in 1:29:12; Charles Gattin in 1:32:45; Bill Torrey in 1:34:02; Kevin Groustra in 1:38:06; Brian Watson in 1:38:34; Jeff Maher in 1:43:51; Jon Honeywell in 1:44:51; Roy Hayward in 1:49:59; Keith McCain in 1:51:21; James Barber in 1:51:30; Harold Hays in 1:57:33; John Russell PR'd in 2:03:26; Dan Belanger in 2:10:33; Jesse Garrett in 2:34:16 and Carl Northcutt in 2:56:20. For the women, Jenny Weatter finished in 1:36:37; Tina Coutu in 1:43:01; Mary Wells in 1:45:38; Alison Acott in 1:55:11; Michelle Rupp in 1:57:38; Lisa Luyet in 2:02:20; Mackie Buckelew in 2:02:05; Rebecca Humes in 2:02:35; Angela (Gaines) Gattin in 2:07:56; Ginea Qualls in 2:08:01; Haley Groustra in 2:27:10 and Priscilla Pittman in 2:35:33.

October 25th, Rajinder Bhanot completed the **Marine Corp Marathon** in Washington, D.C. in a time of 3:53:49.

October 31st was the **Miles for Milestones 5K** in Conway, AR. Mackie Buckelew ran it in 26:17.

November 1st, Bryan Jones completed the **Bass Pro Shops Marathon** in Springfield, MO in 4:33:34.

November 7th was the next Grand Prix race of the season with the **Mid South Marathon** in Wynne, AR. Talk about a windy day. For the men, Ethan Neyman finished third in 3:05:24. Steve Yanoviak PR'd and BQ'd in 3:19:21; Joel Perez finished in 3:25:29; Kevin Lemley in 3:25:47; Bill Diamond in 3:43:19; Ross Bolding in 3:51:55; Jacob Wells in 4:42:36; John Russell PR'd in 4:55:44; Jeff Maher completed his first marathon in 4:57:27; Jesse Garrett kept his Grand Prix Season alive completing his first marathon in 5:33:44 and Michael Harmon came back from his injury and finished in 6:05:55. For

the women, Leah Thorvilson finished first out of the men AND the women for a time of 2:55:07; Jenny Weatter finished in 3:28:40; Tammy Walther finished in 4:04:35; Tina Coutu finished in 4:17:52; Alison Acott finished in 4:49:52; Michelle Rupp finished in 4:49:53 and Becky Humes finished in 5:14:49. For the half marathon, the men finished like this: Steven Preston finished in 1:25:34; David Williams in 1:29:44 and James Barber in 1:57:54. For the women, Melanie Baden finished in 1:52:10 and Jordan Ziegler finished in 2:13:48.

November 14th was the **Great Gobbler 5K** in Maumelle. For the women, Michelle Rupp finished in 25:57; Mackie Buckelew finished in 26:32; the adorable Josey Wells finished in 38:42 and Mary Hayward finished in 1:03:53. For the men, Jim Barton finished in 20:55; Bill Torrey in 21:09; Geoffrey Hicks in 22:57; Roy Hayward in 24:23; Michael Harmon in 36:14 and Jacob Wells in 38:43.

November 15th was the **Rock N Roll San Antonio Marathon**. One of our members made the trip to San Antonio. Alesa Davis finished in 2:47:32.

I would like to give a huge congratulations to the LRRC Men's and Women's Grand Prix Teams for winning the team titles. Way to go!!

As always, if I left you out of this month's results or you want to let me know about an out of state race you have run, please e-mail me at

jennyweatter@yahoo.com.

Happy Holidays everyone!

Running Wild (Continued from Page 2)

have any, but lend it, spend it, you will have so many, they will roll all over the floor. Thank goodness for the five-second rule.

This month's reader shout-out goes to Steve Hollowell and Cindy Hedrick who wandered upon the hoopla and found me posing for a photo atop the drive-through window menu. Thanks for the support, Steve and Cindy! Dinner is on me.

The Night Before Hogeye

By Karen Hayes

'Twas the night before Hogeye, and up on the hill
The racers were feeling an ominous chill
Their numbers were pinned on their singlets with care
They laid out the trash bags and gloves they would wear

The fast guys were nestled all snug in their beds
The slow guys were tossing and turning instead
But I in Mizunos and Bob in his Asics
Got up at 4:30 to cover the basics

I ate and I drank and I bathroomed and then
Ran 2 easy miles and I bathroomed . . . AGAIN
I stretched, I kvetched and I checked my pace chart
I put on my trash bag and lined up to start

I waited, breath baited, and did a quick scan
The start of my 1st RUNNING HALF was at hand
The temp was low 40's – just what I would wish
I had water and gels; I had pretzel goldfish

I hoped I was ready to take on the hills
I hoped I could cash in my speedwork and drills
I hoped I was able to run the whole way
I hoped I would finish and finish TODAY

Then out on the square, there arose such a clatter
I sprang from my thoughts and set straight to the matter
The runners squashed forward, on our marks, then the gun!
Twelve hundred and 26 feet on the run!

Away toward Dickson I flew like a flash
I tore down the hill at a maddening dash
Past Hog Haus, Bud Walton, toward the golf course
I ran to the suburbs, a hill-eating force!

When what did my wondering eyes then discern
But the front of the pack coming back from the turn
They charged fast and fierce at a quad-burning speed
I thought I heard someone ANNOUNCE the stampede

The voice that I heard as I gazed on this glory
Was quite unmistakably that of Bill Torrey
More rapid than eagles the frontrunners came
He cajoled and extolled them and called them by name

Now Radke, now Thorvilson, running like hell
On Dellimore, Coutu, oh-my-god Jacob Wells!
To the top of the hill in a blistering haze
Now dash away onto the heels of Glen Mays!

And then in a twinkling, I came to the turn
My quads and Achilles were starting to burn
And sadly, my hamstrings were feeling Jurassic
I was nearly undone by the Cap City Classic!

I spoke not a word, but went straight to my task
My legs might not GO, but at least I could ask
I ran up the hill once I passed the golf course
I pushed up the next one, more mule now than horse

I walked the next hill, and one more for good measure
I crawled up the next one, a dubious pleasure
My assessment was hills are a thing that can hurt ya
I came to the last and I trusted inertia

I looked up that hill and I dug deep for hope
If only someone would throw me a rope
My grip on my goal was no longer tenacious
I trudged up the hill; I was feeling HILLACIOUS

Once I got to the square, my feet gave a sigh
And away they both flew like two birds in the sky
And just as right now, when I finished my run
I heard ALL exclaim: Thank GOD, she is DONE!

Start Your New Year Off Right With LRRC's Resolution Run

By Paul Ward
LRRC Yule Fool

Continuing a recent tradition, we'll have our annual Resolution Run on New Year's morning starting at 8 a.m. Meet at the parking lot in front of The Full Moon on Kavanaugh Boulevard between Evergreen and L Streets. We'll run the same route as the past two Resolution Runs, going up Kavanaugh, through

Cammack Village, and to the Overlook neighborhood. The out-and-back course has a short loop at the end and mileage options from two to seven miles. I'll have written course descriptions for you with the mileage points noted.

Bring your own water, leftover champagne, and New Year's Eve party hats and noisemakers. Weather warning: if it's raining, icy, or colder than 20

degrees, you're on your own; I'm going back to bed!

The fun run is noncompetitive. You don't have to sign in and we won't time you. We welcome runners and walkers of all paces and distances.

Happy New Year!

Thanks (Continued from Page 1)

To sum up a long point in one sentence, I quote a text message response trying to revive a favorite running group in October. "Rain is killing us isn't it. *Just got off the elliptical trainer but nothing like being on the road with friends!*" And from my Aunt Lorraine (thanks to Facebook for allowing some "tender" moments) "*Sometimes we let too much time go by before we see each other or talk to each other. It's nice to keep close to family and friends. That's what life is all about really. That's the most important thing there is.*"

Special thanks to Steve Twaddle for a wonderful slide show at Thursday's November 19th meeting. The slides included Arkansas and beyond but certainly delivered a relaxing and beautiful message about the outdoors. This showing also struck home the message of being on the road with friends as we share

the love of running. Thanks to all members attending and believe it was Darwin Sieczkowski's inaugural LRRC meeting. (The By-Laws became official at this meeting as more than 2/3 of those present voted FOR.)

For marathoners headed to Memphis and Dallas and those that attended Wynne: I leave you with this quote (as the marathon is my favorite distance): "It is only because the marathon never ceases to be a race of joy, a race of wonder. When disaster strikes, when bad weather overwhelms you, when an intemperate pace results in a

staggering finish, when nerves and anxiety impede a maximum effort, when your number one rival soundly thrashes you, when nine months of training appears to have gone down the drain with little more than an ugly slurping sound, there remains something memorable about each marathon run.¹

Good luck and look forward to seeing everyone at the LRRC Christmas Party December 19th (in lieu of monthly meeting).

¹Hal Higdon, "Marathon: The Ultimate Training and Racing Guide". 1993

Downtown Christmas Light Run

Karen and Bob Hayes are organizing a Christmas light run. Meet at Community Bakery, 1200 Main St., Little Rock, at 5 p.m. Sunday, December 13. There will be a three and six mile route. The course will include the River Market, Clinton Library, and the State Capitol. Runners and walkers of any pace are welcome.

LRRC Training Groups

<u>Group Name</u>	Days/Time	Meeting Location
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 and Barrow

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 at Markham and Barrow at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

December

- 12: Jingle Bell 5K at Hot Springs. Call 501-664-7242.
 12: Devil's Den 3M/9M at West Fork. Call 479-879-5232.
 12: Christmas Run for CAM 5K/1M at Branson, Mo. Call 417-294-4775.
 12: Dirty Water 5K at Harrison, AR. Call 870-741-7161.
 13: Andy's Fun Run.
 19: Roaring River 50K at Cassville, MO. Call 417-342-4630.
 19: Jingle Bell 5K at Fort Chaffee. Call 918-647-2303.
 19: White River Christmas Half Marathon at Batesville. Call 870-307-8264.
 20: Andy's Fun Run.
 27: Andy's Fun Run.

January 2010

- 1: Twenty 10K at Fayetteville. Call 479-571-8786.
 3: Andy's Fun Run.
 9: Red Nose 10M/5K at Birmingham, AR. Call 205-933-8911.
 9: Chilly Cheeks 10K at Camden, AR. Call 870-836-6462.
 10: Andy's Fun Run.
 17: Andy's Fun Run.
 24: Andy's Fun Run.
 31: Andy's Fun Run.

February

- 6: River Trail 15K at North Little Rock. Call 501-766-3004
 6: HardCorps HeartCorps 5K/½ Marathon at Fort Smith. Call 479-651-5759.
 7: Andy's Fun Run.
 13: Freakin' Eureka Trail 15K at Eureka Springs. Call 479-445-4228.
 13: Freezing 5K/10K at Fayetteville. Call 479-575-7382.
 14: Andy's Fun Run.
 20: Cross Timbers Trail Marathon/50M at Whitesboro, TX. Call 903-271-3587.
 21: Run the Line Half Marathon at Texarkana, AR-TX. Call 903-792-7186.
 21: Andy's Fun Run.
 27: SMH "The Beat Goes On" 5K at Benton. Call 501-776-6743.
 27: Penguin 5K/10K at Batesville. Call 870-307-0383
 28: Andy's Fun Run.

March

- 6: Little Rock 5K Fun Run/Walk. Call 501-371-4770.
 6: Little Rockers Kids Marathon Final Mile. Call 501-371-4770.
 6: Sombrero Beach 5K at Marathon, FL. Call 305-289-9868.
 7: Little Rock Marathon. Call 501-371-4770.
 7: Andy's Fun Run.
 13: Chase Race 2M/Paws 1M at Conway. Call 501-514-4370.
 13: Bentonville Half Marathon/5K. Call 479-271-9153.
 13: Feed Your Feet 5K/1M at Little Rock. Call 501-773-9066.
 14: Andy's Fun Run.
 21: Andy's Fun Run.
 27-28: Austin Half Marathon/5K/20K at Austin/Bastrop, TX. Call 901-233-7090.
 28: Andy's Fun Run.

Birthdays

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

- 1 – Steve Hollowell
 2 – Al Becken
 3 – Michael Watts
 3 – Tom Holland
 4 – Jack Evans
 5 – Carl Cerniglia
 5 – Daniel Butler
 6 – Jimmy Thompson
 7 – Gayle Holmes
 7 – Linda Bolding
 7 – Murat Gokden
 8 – Charlie Dunn
 8 – Geneva Hampton
 8 – Matt Olney
 9 – Jane Riggs
 10 – Lisa Luyet
 11 – Barbie Hildebrand
 12 – Melanie Lowery
 12 – Ron Sanders Jr.
 13 – Randy Taylor
 13 – Stefanie Larson
 18 – Bob Doran
 18 – Carlton Saffa
 18 – Corky Zaloudek
 18 – Justin Nix
 18 – Robert Holmes
 19 – Jon Honeywell
 20 – Lauren Ellis
 20 – Steve Straessle
 24 – Jenny Paul
 24 – Scott Sander
 26 – Jennifer Rogers
 26 – Tom Barron
 28 – Cindy Holland
 28 – Kelly Kreth
 30 – Ann Louise Straessle
 31 – Troy Braswell

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.

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Little Rock Marathon

Arkansas Democrat  Gazette
Arkansas' Largest Newspaper

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www.littlerockmarathon.com