

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2009

## Love And Free Clothing Are In The Air

By Mary Wells  
LRRC President

February is typically one of the coldest months of the year, and this makes it a good month to have Valentine's Day. A little love from family and friends never hurt anyone! The Little Rock Roadrunners Club Board of Directors decided to show some love for our members. They have voted to offer a free cotton T-shirt with the new logo to all current Club members. The shirts are being offered to all members of a household since membership, "...includes all members of a family who live in the same residence." New members and their households will be offered T-shirts, too, upon joining.

June Barron, our steadfast and organized secretary and membership director, has happily agreed to mail the shirts with the membership card and sticker to new members. Current members will most likely receive their shirts at monthly meetings or upon membership renewal. The shirts will feature the newly elected roadrunner logo on the front (as pictured on this page). The back of the shirt reads, "Running Little Rock Since 1977."

The voting for the new logo took place during the last week of December and the first two weeks of January via a link that was e-mailed to Club members. There were two logos to choose from, and they were a roadrunner bird aka "Bird" and a man aka "Man." Both featured the wording "Little Rock Roadrunners" in their design. Bird received 51 votes while Man received 39. There were two votes where "no change" was written in. The two logos were designed by new Club member Alison Acott. Thank you very much Alison! The last time I

checked graphic artists were not donating their time and talent, and your donation of time, talent, and a great attitude is appreciated.



The board of directors also approved the ordering of singlets and short-sleeved technical shirts that members can purchase for about \$15. We do not have the exact cost yet but will keep you informed of the prices and when they are ready for purchase. We opted not to order shorts after discussing that most people have a preference for length, split, length of split, no split, etc., and it would be simplest not to estimate needs or take individual orders. Besides, we do not want to look *too* organized at group runs and races. Others might think we are getting our act together! It has been discussed to make additional clothing and gear options available, and you will be kept updated when these items are available for purchase, too.

Other changes that the new logo will affect are the sticker, the membership application, the membership card, and the appearance of the newsletter's title page.

The new logo will be featured on the sticker. The membership application will ask what size T-shirt(s) for an individual and anyone in the household. The membership card that you so proudly flash at Gary Smith's Easy Runner will also feature the new logo. And last but not least, Linda House and Alison will work their editing magic to place the new logo inside the "O." Please be patient as these changes are being phased in as time and resource constraints allow.

This year the Valentine's Day 5K truly falls on Valentine's Day, and the following Saturday will be the River Trail 15K. Also, Andrea Sieczkowski, fellow LRRC member and RRCA State Representative, has begun a blog to inform and report on Grand Prix races and related events. After reading her One Hour Track Run report, I felt as if I had been there. Find out more about February's Grand Prix races and read Andrea's blog at [www.arkrrca.com](http://www.arkrrca.com).

### February Meeting

February 19, 2009  
Whole Hog Cafe

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

Speaker: Randy Oates  
"Training to walk, bike and  
who knows what!"



# Running Wild

By Jacob Wells

I have a ritual that I follow each month upon arrival of *The Runaround*. First I read the presidential address and the race results. Then I see who has announced they are having a baby. Then I usually scroll back to see if they have published my article again, and each time I am amazed that they have.

For a moment, I see that picture with my column heading and while this is standard practice in newspapers and magazines, I suspect that Runaround readers wonder if it is necessary. Then that feeling passes and I laugh at myself and wonder why each contributor doesn't do the same thing. Finally, I read my article, and except for the rare times when I attempt to write something serious, I usually crack up even more than I did while I wrote it. I hope that is the case for some of you.

As I struggled with my monthly case of writer's block, I asked myself what kind of things do real writers do in this situation. One clever back-up plan was going to the mailbag (*The Runaround*, February 2008). Unfortunately, no new letters have come in since then, and I should confess that I even made up the ones that time around. Then I had another grand idea: book reviews.

Having read approximately ten books in my adult life (and that's only if I get to count the Bible all three times), I didn't have much to work with, but here are a few that stand out to me. The LRRC's own Dr. Brian J. Polansky's *Communication Excellence – Change Your Words, Change Your World* includes among its benefits that you will “learn to develop effective verbal plans to gently get others to shut up and listen to you.” This worked out real well during my marriage and eventually freed up lots of time for running. Dr. Polansky's book also started my streak of only reading books autographed by the author.

I discovered Benjamin Cheever's *Strides: Running Through History With An Unlikely Athlete* from an excerpt in *Runner's World* (*The Runaround*, January 2008). Cheever's memoir is my favorite book on running. He is a runner and author I identify with as he says “running is good for you, but the runs I treasure most are the ones I shouldn't have taken. The runners I like best are the ones who are always threatening the very health we are all supposed to be in search of.” How can I not love this man?

One of those runners would have to be Dean Karnazes, whose first book was his autobiography, *Ultramarathon Man*. Unlike Cheever, whose profession is writing and whose father John Cheever, won the Pulitzer Prize for fiction, Dean is clearly not a writer. This is just the charm of his book though, as he is a runner just like us (except he can run 350 miles without stopping) who is writing about running. In his writing, he comes through as authentic and sincere. I know this to be the

case in person, having spent a morning with him when he came through Little Rock on his 50 marathons in 50 states tour.

That experience is the subject of the next book on our list, *50/50: Secrets I Learned Running 50 Marathons in 50 Days – And How You Too Can Achieve Super Endurance* (*The Runaround*, September 2008). One thing that made this book special was the inordinate space allocated to the Arkansas re-enactment on day four of the above mentioned tour. For better or worse, the focus was on then Governor Huckabee, who ran the first three miles before heading back to do some governing. Regardless of political ideologies, I admire his 110 pound weight loss and discovery of running in hopes that it will inspire someone else to get healthy.

While the highlighting of Huckabee focused on the improvement of his health, I find it troubling when celebrities who already get enough publicity doing whatever it is they did to become a celebrity in the first place, get attention doing what millions of runners do every day. My least favorite example of this is Katie Holmes in the New York City Marathon. On race morning, she reportedly lost her chip and bib and had someone from her team of personal assistants arrange for race management to fetch her replacements.

That bit of trivia was from *A Race Like No Other: 26.2 Miles Through the Streets of New York* by Liz Robbins, an otherwise delightful book. This was a gift from my Mother, the librarian and former English teacher who continues to encourage me to read. How odd it was to read in *Running Times*, the review of a book I had already read, and odder still, to now be writing my own. Much like the movie *The Spirit of the Marathon* chronicling participants in the 2005 Chicago Marathon, Robbins' book follows the 2008 New York City marathon journeys of elite marathoners Paula Radcliffe, world record holder and female winner, and Hendrick Ramaala, the 2004 male winner who would finish third, as well as other lesser known athletes, including a cancer survivor and recovered alcoholic.

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

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

<b>Linda House</b>	<b>Editor</b>	<b>565-4969</b>
Mary Wells	President	663-1632
Tina Coutu	President-Elect	412-3523
June Barron	Secretary	851-4655
Steve Hollowell	Treasurer	217-8604
Ginea Qualls	Past President	607-2477
June Barron	Membership	851-4655
Bill Torrey	CCC 10K Race Dir.	455-2643
Brian Sieczkowski	At Large Member	227-4497
Paul Ward	At Large Member	217-9326
Jordan Ziegler	At Large Member	231-7727

# Little Rock Roadrunners Club Members In The News

By Paul Ward  
LRRC Media Analyst

As my loving wife sometimes complains, I regularly read the *Arkansas Democrat-Gazette*. Recently I've noted several of our members appearing in different articles, many of which do not concern running. Sometimes it's interesting to see what our Club members do in "real life" when not running.

Celia and Michael Storey both write for the paper and have for years. Michael does the regular television column and the Saturday satirical "Otus the Head Cat" column. Celia edits and contributes to the "ActiveStyle" section in Monday's paper. She regularly includes news about running in general and Little Rock Roadrunners Club events in particular. Most recently, she had an article about the 2009 Grand Prix season and an interview with our own Andrea Sieczkowski, the new RRCA state representative.

If you read the business section, you're bound to have seen articles on various state banks and the federal

government's financial assistance program. Our Matt Olney is a bank analyst at Stephens and the articles frequently quote him on developments in this area. He seems to be the go-to guy for all things banking in the state. He adds to stories on bank earnings reports and whether particular local banks have accepted or declined federal financial assistance.

From all things financial to all things adolescent, our Steve Straessle has written articles on adolescent boys and their parents, from his perspective as principal at Catholic High School. One of his articles was on the front of the opinion section one Sunday. Another recent article was on the front of the features section. His expertise is enhanced by personal experience with wife Ann in rearing their own children (many of whom run with Steve and Ann in local races). Steve discusses what boys in this stage of development face in life and what parents can and should do. My wife reads Steve's articles to learn more about dealing with adolescents – like her husband!

Finally, Joe Cordi is long time lawyer at the state Attorney General's office. Joe works in the civil division and frequently defends the state or its agencies when necessary. Recently, Joe appeared in the news because of his representing the state in the suit challenging initiated Act 1, which voters approved last year and which bars unmarried cohabiting couples from adopting children. The ACLU is involved and the Family Council, which led the petition drive to get the act on the ballot, is trying to intervene. As usual, Joe will do great work representing the state in this matter.

I'm interested in following this case because of the legal developments over the years. A few years ago, a state regulation barring homosexuals from being foster parents was invalidated. To overcome possible discrimination arguments, the Family Council drafted the initiated act to apply to all unmarried cohabitants, whether homosexual or heterosexual.

Congratulations to our newsworthy members!

## Running Wild (Continued from Page 2)

Finally, there is *C.C. Pyle's Amazing Foot Race: The True Story of the 1928 Coast-to-Coast Run Across America* by Geoff Williams. The race's winner is the inspiration behind the Andy Payne Memorial Marathon in Oklahoma City, which runs on sections of Historic Route 66, as does the race upon which the book is based. Andy was a young American Indian whose efforts brought great pride to his family, hometown, and home state during times in our nation's history when it was needed most.

Epilogue: I participated in the Winter Series for the first time in January. What a great idea and thank you to the ARK members and others who made it possible. Special thanks also to Lou Wintroath who unabashedly confessed to having read my column. (She didn't specify that she enjoyed it, but just that she read it.) I believe that Lou said that

she and her husband Dale have been runners for 25 years or so. I learned from Paul Ward that Dale is the past race director of the Christ the King 4-Mile race. I suspect they have contributed to the Arkansas running community in many ways. As for that morning's run, the wind going over the Big Dam Bridge was so fierce that I am almost certain I saw it blow Bill Torrey completely upright while he ran.

Finally, congratulations to LRRC members who had excellent performances at the February 1<sup>st</sup> Mardi Gras Marathon in New Orleans. Steven Preston returned

to the scene of his college days at Tulane and turned in a phenomenal PR of one hour and six minutes with his 3:16 finish. Michael Harmon showed off the new LRRC logo shirt to the city then also set a PR of 20 minutes. And then there is our one-and-only Hillary Kogo, who won the half marathon in an amazing 1:08, most likely smiling all the way. He probably spent longer trying to get back to his hotel while posing for photos and visiting with spectators than he did leading the pack of 10,000 total runners. Well done, my friends.

### For Your Healthy Sole

February is all about the heart and that includes heart health. The American Heart Association has "Delicious Decisions" in their recipe section. Delicious and nutritious can have something in common. [www.americanheart.org](http://www.americanheart.org)

# Andy's Fun No More

**By Coreen Frasier**

Around 1976 Paul Johnson wrote a column for the *Arkansas Gazette* (one of two daily newspapers before the other, the *Arkansas Democrat*, won a newspaper war and bought the *Gazette's* assets, leading to our current *Democrat-Gazette*). Called "The Galloomphing Gourmand," the column ran on Fridays and featured articles about running and its benefits. This was in the beginning of the running boom. *Runner's World* was a black and white newsprint magazine.

Paul started a marathon training group for the Dallas White Rock Marathon. I met some of these runners at a running store in the Heights named "Finish Line Sports." We used to have fun runs on the weekends and do things like run to the bottom of Overlook hill (get there any way you like), grab a shoestring and run back to the running store in the Heights going any way that you wanted. Everyone was timed, but for most of us we just finished – finishing is winning! The shoestring proved you had been to the turnaround.

Paul and Steve Eubanks would fill water jugs and place them out every two miles in black garbage bags with cups. The runner responsible for the fun run would make a Xerox map (copy for those of you who don't know that term) of where we planned to go and where the water would be.

We decided to have a run from one specific place on Sundays and make it a five-mile run with options for less. We started meeting at Smackey's donut shop on Shackelford Road. (There is a

Shiple's at the same location now.) Smackey's burned to the ground and we didn't have a place to meet on Sunday. We tried several places, but finally decided on Andy's at the corner of Barrow Road and West Markham.

Over the years, we have celebrated many birthdays, sipped many cups of coffee, and run a lot of miles together. We even had a baby shower there one morning at 6:30.

John Honey, Betty Ray, Ivy Pearsall, and I didn't run on Fridays, so we decided to meet at Andy's on Friday mornings and just have breakfast – we called it Breakfast Only (the BOs). Soon many of the Sunday runners started joining us for breakfast on Fridays too.

On Sunday mornings, once in a while, someone will come back to Little Rock for a visit and come over to Andy's to see if we all still meet there. Bonnie Brandsgaard from Mountain Home visits us and Officer Bob (Black) will come by too. We have these reunions frequently. We have gotten to know other Andy's non-running regulars over the years. We don't always know their names, but definitely know their faces.

You can imagine how shocked we all were when Andy's decided to close on Sunday mornings. We showed up, but it was dark. A sign on the door said "New hours - closed on Sunday."

We still meet for breakfast on Friday morning at Andy's, but for the past month we have met at McDonald's on the corner of Breckenridge and Rodney Parham for the Sunday gathering.

Even though there are only two charter members still meeting on Sunday

morning – Shirley Pence and Coreen Frasier – we have many others who join us from time to time. They either walk for three miles, or run for five with options for less. Coreen and Betty Ray are the only two charter members who still meet on Friday morning, but other regulars have joined in for probably the past 20 years or so.

We would love to keep this Sunday morning and Friday morning tradition going – it has been a wonderful thing for all of us. I hope some of the younger members of the LRRC will keep the old tradition going. We would love to have you join us!

## New Member

**By June Barron  
Membership Chairman**

Our newest Club member is Keith McCain. He is married to Jennifer and they have three children, Zeke-4, Zane-3, and Zada-10 months. Keith is a poison specialist with the Arkansas Poison Control Center and an assistant professor in the Department of Pharmacy Practice of the UAMS College of Pharmacy.

He has been running since May 2007 and averages 30 miles per week at an 8-9 minute per mile pace. He races frequently and prefers the half marathon distance. His PRs are 19:56 for the 5K; 44:51 for the 10K; 1:39:49 for the half marathon and 3:45:31 for the marathon.

His favorite running route is the river trail. Keith's interests other than running are his kids and clinical toxicology.

Welcome to the Club, Keith.

## LRRC Training Groups

**Group Name**

**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/McDonald's Fun Run

Sun 7 a.m.

McDonald's, Rodney Parham & Breckenridge

# 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.

## February

- 8: Andy's/McDonald's Fun Run.
- 13: Tyson Invitational at Fayetteville. Call 479-283-8040.
- 14: Freakin' Eureka 15K at Eureka Springs, AR. Call 479-445-4228.
- 14: Valentine's Day 5K at Russellville. **GPS**. Call 479-857-4527.
- 14: Freezing 5K/10K at Fayetteville. Call 479-575-7382.
- 15: Andy's/McDonald's Fun Run.
- 21: River Trail 15K at North Little Rock. **GPS SC**. Call 501-766-3004.
- 22: Andy's/McDonald's Fun Run.
- 28: Penguin Run 5K at Batesville. Call 870-307-0383.
- 28: SMH "The Beat Goes On" 5K at Benton. Call 501-776-6743.
- 28: Zone in on Homelessness 5K at Hot Springs. Call 501-321-2888.
- 28: Freezin' for a Reason 5K at Bentonville. Call 479-616-4107.
- 28: St. Bernard's Healthy Heart 2M at Jonesboro. Call 870-972-4564.

## March

- 1: Andy's/McDonald's Fun Run.
- 1: Run the Line Half Marathon at Texarkana, AR. Call 903-792-7186.
- 7: Chase Race 2M and Paws 1M at Conway. **GPS SC**. Call 501-514-4370.
- 7: Feed Your Feet 5K at Little Rock. Call 501-733-6575.
- 7: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 7-8: Texas Independence Relay 200M at Gonzales-Houston, TX. Call 512-341-7986.
- 8: Andy's/McDonald's Fun Run.
- 13-15: Three Days of Syllamo at Mountain View, AR. Call 501-454-4391.
- 14: Victorian Classic 10K at Eureka Springs. Call 479-253-5543.
- 14: Little Rockers Kids Marathon. Call 501-371-4770.
- 15: Charge of the Warriors 5K at Pangburn. Call 501-728-4431.
- 15: Little Rock Marathon and 5K. Call 501-371-4770.
- 15: Andy's/McDonald's Fun Run.
- 22: Andy's/McDonald's Fun Run.
- 27-29: Gazelles Power Walkers Walking Clinic at Memphis, TN. Call 901-351-6219.
- 28: Spring Fling 5K at Cabot. **GPS**. Call 501-605-1272.
- 28: Lymphomathon 5K at Batesville. Call 417-505-9151.
- 28: Paws and Claws 5M/2M at Huntsville. Call 479-738-1355.
- 29: Andy's/McDonald's Fun Run.

## April

- 4: Capital City Classic 10K at Little Rock. **GPS**. Call 501-231-3730.
- 4: Run with the Knights 5K at Van Buren. Call 479-806-7440.
- 4: Go for Autism 5K/10K at Monticello. Call 870-367-4043.
- 4: Walk/Run for Children 5K at Springdale. Call 479-751-8733.
- 4: St. Jude Breakaway 5K at Fort Smith. Call 918-839-7819.
- 5: Hogeys Marathon /Half **GPS**/Relays/5K at Fayetteville. Call 479-445-9251.
- 5: Andy's/McDonald's Fun Run.
- 11: 1040 Tax 5K at Batesville. Call 870-793-2464.
- 11: Run to the Cross 5K at Springdale. Call 479-761-3238.
- 12: Andy's/McDonald's Fun Run.
- 18: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.

# Birthdays

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

- 1 – Angela Gaines
- 4 – Betty Ray
- 5 – Jason Eakin
- 5 – Lee Ross
- 12 – Mira Lelovic
- 13 – Alison Acott
- 13 – Charles Peyton
- 17 – Tina Coutu
- 21 – Polly Russell
- 27 – Belinda Harrell
- 27 – Richard Nix

## Race Walking Clinic

A weekend-long race walking clinic will be held in Memphis March 27-29. The clinic will be taught by Dave McGovern, a race walking coach and author of "The Complete Guide to Marathon Walking." Dave has helped thousands of walkers of all abilities to walk faster with fewer injuries.

The clinic fee of \$175 includes individual video-taped technique analysis; group technique and training instruction; use of Polar Heart Rate Monitors; all pertinent handouts, and Friday evening pasta dinner.

For more information or to register, e-mail Sherry Rogers at [pandas39@hotmail.com](mailto:pandas39@hotmail.com) or call 901-351-6219.

### 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](mailto:chrlypyton@aol.com).