

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2009

Running Club Membership Has Its Privileges

By Mary Wells
LRRC President

Ready or not, the New Year is here. It is a predictable event, but every year it comes around faster and faster. Is it because time flies when you are having fun? Can you guess what can be not-so-fun? Does the making of New Year's resolutions come to mind? According to the federal website <http://www.usa.gov/index.shtml>, the top resolutions are to lose weight, manage debt, save money, get a better job, get fit, get a better education, drink less alcohol, quit smoking, reduce overall stress, reduce stress at work, take a trip, and volunteer to help others.

Being a Little Rock Roadrunner can help support these top resolution areas. You are probably asking, "Really? How so?" Well, it is easy, and here is why. Running is a great way to lose or maintain weight loss. Show me someone who has gained weight from running, and I will show you someone who must be eating 10,000 calories a day. It is difficult to spend money while running so that covers both managing debt and saving money. Running is an excellent way to network with people that you would not meet otherwise and can help to lead you to new employment. Maybe someone in your Saturday morning group can help you land your dream job. After all, it is not what you know but who you know. Running improves your fitness. That one was simple! Research shows that the quality of nutrition choices improves as exercise levels increase. Therefore, running more can lead to improved nutrition. Your running knowledge and education will expand because of your membership, whether it be how to PR at the 10K distance or what is supination anyway?

The one about drinking less alcohol? Well, maybe that is a bit of a stretch. On to the next top resolution! I am going to guess that hardly anyone smokes (unless large quantities of alcohol are consumed thus making smoking seem like a good idea) so let us keep moving on down the list. Running definitely reduces stress. Enough said. Running can take you on trips to various destinations such as the Lake Tahoe Rim Trail 50K/50M/100M or to Hope, AR, for the Watermelon 5K. Last but not least, being a LRRC'er provides many opportunities throughout the year to volunteer for races.

Each of my resolutions falls into one of the categories above. I resolve to save money, reduce overall stress, take a trip, and volunteer more. I have not quite figured out how to save money and take a trip, but I will come up with something. USA.gov also offers these three tips to

help in your resolution success. Be committed, be prepared for setbacks, and track your progress.

Please come and share your New Year's Resolutions at **Hilly Chili 2009**, Sunday, January 18th, 4 p.m. to run a hilly route, 5 p.m. to eat bowlfuls of chili, 1000 N. Cleveland. The Club will provide chili fixins' and beverages. Members are asked to bring their favorite chili: beef chili, chili with beans, chili without beans, venison chili, vegetarian chili, white chicken chili, but Wolf Brand Chili is not allowed. Cornbread is always welcome too, otherwise it will be chili galore. The Hilly Chili will be our regular monthly meeting, and we will return to meeting on the third Thursday of the month in February.

May 2009 bring health, happiness, and prosperity to you and yours now and always.

Nation's Economic Woes Affect Local Runners

The downturn in the economy has affected a long-standing Little Rock Roadrunners tradition – the Andy's Fun Run. Club members have been meeting at Andy's at Markham and Barrow on Sunday mornings for 20+ years to run or walk 3-5 miles.

Coreen Frasier, one of the original members of the Andy's group, said employees told her the restaurant was doing 1/3 the business on Sunday that they have on other days of the week which has forced them to close on Sunday. Shirley Pence, another Andy's regular, said the restaurant now closes at 2 p.m. on other days.

On January 4 the group met at Shipley Donuts at 8523 W. Markham, about a block east of Andy's. At that time

they decided to meet there on Sunday mornings until Andy's reopens. Now several of the Andy's regulars have decided to meet at McDonald's at Rodney Parham and Breckenridge. Even though

(See Andy's on Page 5)

Hilly Chili 2009

January 18, 2009

4 p.m. to run
5 p.m. to eat

1000 N. Cleveland
Little Rock, AR



Running Wild

By Jacob Wells

The casual *Runaround* reader might not realize the complexity of what I will refer to as “article submission lead time.” With the deadline around the twentieth and publication around the first of each month, addressing a particular race or other event may require as much as six weeks of forethought. In other words, a New Year’s Eve article that is actually published prior to the actual magical countdown would have required submission in November for publication in December.

One of my favorite things about the holidays is all the great marathons. There is the Atlanta Marathon held on Thanksgiving Day, followed by Memphis St. Jude’s Marathon and the Dallas White Rock Marathon, not to mention the 24-hour running of the classic movie *A Christmas Story*. “Sons a bitches...Bumpasses!” We were so inspired this year that a 2009 vacation was planned on the spot – to Cleveland in May to see the original house from the movie where Ralphie had his mouth washed out with Lifebuoy and his mother accidentally broke his father’s *major award*. Coincidentally, the Cleveland Marathon is that weekend. (By the way, don’t be fooled – the movie was set in Indiana and the Parkers lived on Cleveland Street, but the original house is actually in Cleveland, Ohio.)

As another year has come and gone, there are running logs to be rolled forward and training and race schedules to be planned. The New Year can be a wonderful time of retrospection and of priorities revisited – a time to reflect on family, friendships, accomplishments, near-misses, the impact you have on the world around you, and the legacy you will leave behind. It can be a difficult time also, however. Depending on whose statistics you believe, up to 97% of New Year’s resolutions end in failure and disappointment.

Thanksgiving (Continued from Page 3)

Caller: [interrupting] “That’s a **horrible** picture of your wife!”
 Me: “Well, Laura didn’t like it either, Mrs. [caller].” The caller added: “And it’s a bad picture of you, too!” Me: “Well, I’m sorry, Mrs. [caller].” She concluded: “I just wanted to call and tell you that it was a terrible picture of you both.” Me: [scratching my head] “Well, thank you, Mrs. [caller].”

Laura and I laughed about this many times since then. Laura corrected my mistaken belief that people read obituaries. She said no one under 70 reads obituaries, except me. And the funny thing is that our neighbor is very nice and would be mortified (bad pun?) if she knew the unfortunate timing of her call.

I hope your Thanksgiving was enjoyable.

Goals expert Michael York asks, “Why do so many people talk of, and even admit to, making New Year’s resolutions when almost none of them will be kept?” He defines a resolution as “the state or quality of being resolute; a firm determination,” as in resolving to do something. “Is it a self-defeating prophesy or just an empty wish? It’s a mystery, or at the very least, a paradox. It’s not a resolute or firm determination, as much as a leftover list for Santa just in case he might want to bring us something before next Christmas,” he surmises. Elsewhere, I read that first on the list of *Most Pathetic New Year’s Resolutions* is joining a health club. We are fortunate as runners that our *club* starts at our front door and offers lifetime membership and unlimited support from other club members.

So, rather than make resolutions doomed for failure in 2009, I’m just going to make some adjustments. The pursuit of happiness is about progress, not perfection. For anything worth doing or having, it’s always too early to quit and it’s never too late to start. If your resolutions have already bitten the dust, don’t fret. They never had a chance anyway. Just make adjustments along the way and have a great year.

Thank you, Linda, for the time and energy you dedicate to *The Runaround* each month. Race volunteers can pick the events at which they want to help. We all have our gifts and our ways that we hopefully give back to the running community, but your steadfast commitment to this newsletter month after month is a gift that all the members enjoy and appreciate. If you try to be humble and edit this out, I will be the first to know. Happy New Year to you!

(Jacob, compliments are always appreciated. Many of you have probably heard me say “You can’t have a race without runners but you can’t have them without the volunteers either.” In the same respect, there would be no need for a newsletter editor if it weren’t for the great writers like you, Paul, Mary, et al who give me such creative stuff to put on the pages. Thanks!)

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Thanksgiving 2008: Both Different And The Same

By Paul Ward
LRRRC Turkey

When the phone rings after midnight, it rarely brings good news. I was in a deep sleep November 29 at 12:30 a.m. when our phone rang. My sister was calling to let us know our mother died. Laura and I got dressed and headed to my mother's house, about 2½ miles away.

My mother's health was declining the past few years and more so since late October. She spent all of November in the hospital until the 28th, the Friday after Thanksgiving, when we brought her home to die. Some ten hours later, she did.

When we got to her house early on the 29th, her hand was still warm but she was perfectly still. I was glad she no longer had any pained expression on her face. A hospice nurse arrived shortly and an elaborate protocol unfolded. The nurse called the police, who apparently must visit every home death. A nice and professional pair of officers arrived shortly. The nurse gave them the time and probable cause of death, and poured some liquid narcotics (the hospice had just delivered that afternoon) down the drain in their presence.

The police contact the coroner and relay the cause of death. The coroner then "released" the body, although he never actually visited the home. The hospice nurse then called the funeral home and they came for mom's body. By now her body was cool. All this took a few hours. We returned home after 3:30 a.m. and I tried to sleep. The images and events kept me awake for all but a few hours.

I planned to run with the Little Rock Marathon training group or do a 12-miler on my own along the river trail Saturday morning. But I didn't wake up in time for the former and I was too tired for the latter. First I had to meet with the funeral home people. I completed a cremation form that informed me in too much detail that cremated remains and crushed bones may be comingled as an inevitable part of the process. I gave the information needed to complete the death

certificate and we discussed the planned memorial service. My sister, my mom's significant other, and I had drafted an obituary earlier and we finished this at the funeral home in time for the next day's (Sunday) paper. My mom's S.O. was to meet with the church clergy to plan the service for the following Tuesday.

I got back home and decided to run along the river trail for ten miles. I had not run since Thanksgiving, when we had our annual "Shake Your Giblets" fun run in the Hillcrest neighborhood. We had a great turnout for the scenic fun run. But as happens every year, some people ignore the written course description and get lost. I made the turn off Kavanaugh on Cedar up to Hill Road. I waited to see if anyone was behind me. After a short while some people kept running down Kavanaugh, including Leah Thorvilson in her Thanksgiving turkey costume. I waived and one runner saw me and yelled to the others that they needed to backtrack and turn. Then I continued to Knoop Park inside the water works property. The view of the river and downtown Little Rock and North Little Rock was nice. When I headed out and got back to Kavanaugh, I stopped to direct runners to the right for a 4+ mile run or the left for a 5+ mile run. Shortly, President Mary Wells appeared and offered to do this so I could keep going. Thank you, Mary.

After the Thanksgiving run I headed back home to begin the annual turkey roasting. I did the same thing as the past few years, so I won't repeat the techniques. If you're new to the Club or just curious, check the December issues of *The Runaround* for 2006 and 2007 (available on our website archives) for the details. Some people familiar with the story ask me each year if I'm going to "flip the bird" again. Of course I am!

This year, Laura made dressing, cranberry sauce, and a sweet potato pie. I did the turkey, gravy, and Brussels sprouts. My sister brought some carrots and a congealed salad my aunt used to make. My mom's S.O. brought a pecan pie. The food was all good and we enjoyed the day, but my mom being in the hospital cast a pall over everyone.

Sunday morning (the 30th) I got a late start to run with the Heights U.S. Pizza group. I usually try to leave home a little after 9 a.m. and get to the Baker Park turnaround by 9:20. Everyone passed this point by the time I got there. I ran straight to the seven-mile point on the course (which is three miles from home), where I saw David Williams frustrated at his lingering injury. I usually see him gliding along the course at a fast clip. Next I saw Bill Diamond running by, followed shortly by Andrea Sieczkowski and Bill Torrey. I think I saw Dan Belanger and Jeff Maher shortly after that. I did a portion of the course and headed back home.

The obituary did run in Sunday's paper. Shortly after I got back from my run the phone rang. I'm thinking, "Okay, people are seeing the obituary and calling, so this will be the first of many." I could not have been more wrong. It was our neighbor across the street, an elderly widow calling.

To backtrack again, Laura and I went to a fundraising dinner benefitting Potluck, the food rescue charity, in September, and our picture was one of many in "Soiree" magazine. It wasn't a good picture.

The call began, "Paul?" Me: "Yes." "This is [neighbor]. Do you read Soiree? ... Did you see your picture?" Me: "Yes I did. That was for Potluck."

(See Thanksgiving on Page 2)

For Your Healthy Sole

Do you want to know the calories, carbs, fat, cholesterol, protein, and more in your favorite foods? Visit Calorie King for the answers:

<http://www.calorieking.com/>

Have Any Of You Seen My Old Friend?

By Ginea Qualls

I saw a dear old friend of mine the other day that I hadn't seen in a while, so when we first got together it was a little awkward. Things change and the once close relationship that we had seemed to be in the past. After a few minutes the awkwardness fell to the wayside. It was almost like we had never been apart. The next day I ached ... as if my body was missing this dear old friend of mine. Who is the dear old friend of mine you might ask; well, I like to call him running!

Looking over the results from last month, it appears as though several of you got in a few good visits with my dear friend. I actually got to run my first race since having Savannah. I ran The Duck Race 10K in Stuttgart on November 29. This is one of my favorite races. It's flat, fast – if you're in shape – and takes place in my hometown. At last year's race, unbeknownst to me, I was about seven weeks prego with Savannah. This year I had the pleasure of pushing her in her first race. It was truly special. It was cold that morning but I was able to bundle her up enough so she would stay

warm. In true Qualls fashion I started off too fast!! By the fourth mile, I was in pain! I managed to walk and run the last two miles and finish in a time that I will not report!

I wasn't the only one from the Club who ran **The Duck Race**. Glen Mays finished in 33:41 for a second overall finish, Bill Torrey in 40:59, Bill Crow in 47:21, Dan Belanger in 52:58, and Carol Northcutt in 1:16:37. Andrea S-ski finished in 42:11 and claimed first overall on the women's side, Barbie Hildebrand in 45:19, and I finish several hours after them.

The **Jingle Bell 5K** was held in Little Rock on December 6. Glen Mays was first overall on the men's side finishing in 15:46, Brian S-ski in 17:22, Darren Gilpin in 19:03, Steve Oury in 19:49, Jim Barton in 20:11, Emil Mackey in 32:58, Josh Alberius in 22:29, Murat Gokden in 24:01, Chris Heller in 27:31, Carl Northcutt in 38:32, and Lance Sullenberger in 58:25 (walker).

On the women's side Leah Thorvilson finished in 17:54 and claimed the first overall spot. Andrea S-ski finished in 20:30, Juli Barton in 37:36,

and Gail Northcutt in 43:28 (walker) first in 55-59.

The **St. Jude's Memphis Marathon and Half Marathon** were held on the same day. Bill Rahn finished the marathon in 3:26:33, Jacob Wells in 3:32:02, Emilee Nilsson in 3:49:37 and Tina Coutu in 3:52:29. David Bourne opted for the half marathon and finished in 1:47:55 and Milan Lelovic finished in 1:57:41.

Glen Mays traveled to Hot Springs on December 13th and ran the **Jingle Bell 5K** in 15:58 and finished first overall. Emil Mackey finished in 31:01.

The **Dallas White Rock Marathon and Half** was also held on December 13th. Leah Thorvilson, AKA Marathon Momma, finished in 2:51:50, Tammy Walther in 3:52:44, Jacob Wells in 4:08:29 and Michael Harmon in 5:35:21. Steve Preston ran the half marathon and finished in 1:27:00 and Joe Cordi finished in 1:52:33.

I think that is all the results for this month. If I overlooked your name please forgive! I look forward to seeing everyone in 2009! Until then, Happy Running FOLKS!

April Showers Bring May Flowers, But April Wurtz Brings A New Member

By Paul Ward, LRRC Procreation Correspondent

The procreation surge continues. Wells, Qualls, Ziegler, Olney, and now Wurtz.

New members April and Craig Wurtz are joining the trend and will give birth to a new Club member later this year. This will be their first new Club member.

The Club congratulates the Wurtzes and wishes them and Baby Wurtz the best.

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

January

- 10:** Tux on the Run 5K at Bentonville. Call 479-464-3993.
11: Andy's Fun Run.
17: MLK 5K at North Little Rock. Call 501-231-3730.
18: Andy's Fun Run.
25: Andy's Fun Run
25: One Hour Track Run at Russellville. **GPS SC.** Call 479-857-4527.

February

- 1:** Andy's Fun Run.
7: Power Up the Tower 888 steps at Little Rock. Call 501-224-5864.
8: Andy'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.
15: Andy's Fun Run.
21: River Trail 15K at North Little Rock. **GPS SC.** Call 501-766-3004.
22: Andy's Fun Run.
28: Penguin Run 5K at Batesville. Call 870-307-0383.

March

- 1:** Andy's Fun Run.
1: Run the Line Half Marathon at Texarkana, AR. Call 903-792-7186.
1: Rambler 5K at Rose Bud, AR. Call 501-278-9833.
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.
7-8: Texas Independence Relay 200M at Gonzales-Houston, TX. Call 512-341-7986.
8: Andy'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: Little Rock Marathon and 5K. Call 501-371-4770.
15: Andy's Fun Run.
22: Andy's Fun Run.
28: Spring Fling 5K at Cabot. **GPS.** Call 501-605-1272.
28: Race for the Cure 5K at Batesville. Call 417-505-9151.
29: Andy's Fun Run.

Andy's (Continued from Page 1)

Shipley's has a few menu items besides donuts, McDonald's menu is more varied.

Now the question is what to call the run. Andy's Fun Run from Shipley Donuts seemed to have a nice ring to it but the Andy's Fun Run from McDonald's

probably won't make sense. (Yours truly, the editor, is not looking forward to correcting a year's worth of entries already entered on the race calendar.) There will be more on this burning issue in the February issue of *The Runaround*.

Birthdays

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

- 1 – Melissa Polansky
 1 – Victor Carson
 3 – Brian Bariola
 6 – Laura Naill
 7 – William Diamond
 9 – Leah Thorvilson
 10 – Pam Hays
 11 – James Barber
 12 – Ross Bolding
 12 – Sharon Brogden
 18 – Martha Ray Sartor
 18 – Suni Hoffman
 19 – Carl Northcutt
 20 – Marcus Pierce
 21 – Bill Rahn
 21 – Kim Fischer
 21 – Richard Johnson
 24 – Stephanie Neyman
 25 – Ann Scroggins

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.