

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2009

New President Takes Over Reins Of Club

By Tina Coutu
LRRC President

As I begin a new term as president of LRRC with the awesome responsibility of serving this Club it is Father's Day so Happy Belated Fathers Day to all you dads. I know you celebrated with a run (or at least thought of running). These are exciting times for the LRRC, due to the hard work, dedication and vision of officers and members we have increased our membership and coffers. Many have stepped forward to take a part in giving back and I hope that continues. I remember in the past it was difficult to get Club officer and board positions filled, and to spark interest in new things. Now we have a new generation coming forth and infusing a new burst of energy. The number of dads and moms and "family" members are on the rise with the many young women showing how it is done by staying fit and active in the running community during and after pregnancy. Talk about responsibility. You are much admired as well as the beautiful babies/future runners.

Thank you for the honor of allowing me to serve this Club. I have so much respect and admiration for the previous officers and the hard work they did and I applaud them all. I will rely on them for advice if they don't mind. As I take the reins (reigns) I hope this slate of officers offers transparent and accountable leadership and organization for the greatest Club in the state. I am looking forward to working with Brian S-ski and all officers and members for a positive team for the best interests "our" Club. Runners have asked teasingly about "agenda" or platform and, yes, I do have one. I spoke to the Club briefly on

Thursday and hope to promote health and fitness on all levels. Your assistance is needed to encourage and include runners of all *ages, speeds and "degrees"* to become active, by joining the *Grand Prix*, fun runs, and the many fitness events around town. This Club is all about the members – past, present and future – and, of course, our teams, which is how I came to be a member of LRRC and attached to you all. Please bring forth suggestions.

A big thank you to Mary Wells for serving the Club, and for setting a high bar for the "mommy generation" of LRRC. You certainly deserve the very nice plaque and Catherine thought so too.

One way to keep up with the new generation is to continue to check the website www.littlerockroadrunners.com as well as www.arkrrca.com.

Also, please volunteer if not running the Firecracker 5K 7:30 a.m. Saturday on July 4th. This is a great way to start the holiday and be part of the community. Please contact Bill Torrey or Bill Bulloch (Bbulloch2000@yahoo.com) as they really would appreciate the help. Another way to get outside and meet your fellow Club members and runners is at The Twilight 5K 7:30 p.m. Saturday on July 11th. This is one of our membership drives; we help director Bill Torrey at Big Dam Bridge 5K at the finish line, cook hot dogs for the participants, and promote LRRC membership. Please come, participate and enjoy hanging out with other people who share the love of the putting one foot in front of the other. As an added bonus, you may even catch the sunset on the Arkansas River.

LR Marathon Registration Begins

July 1 marked the opening of registration for the 2010 Little Rock Marathon Festival that will be held March 5-7, 2010.

Discounted registration prices are available online and have been extended to November 1, 2009.

Registration for the Little Rockers Kids Marathon will open September 1, 2009.

On line registration is available at www.littlerockmarathon.com through 11:59 p.m. CST February 26, 2010. A mail in registration form is also available on the registration page of the website or by calling race headquarters at 501-371-4770. Mail-in registration forms must be postmarked by February 26, 2010. If space is available, registration will resume at the Little Rock Marathon Health & Fitness Expo at the Statehouse Convention Center race weekend.

According to race officials, the March 15, 2009, event was a sell out with a 19% increase in participation with more than 14,000 participants in the various training programs and races.

(See Registration on Page 3)

July Meeting

July 16, 2009
Murray Park Pavilion 2

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

Speaker: Celia Storey



Running Wild

By Jacob Wells

Almost three years ago, one of my first and still favorite articles was about the Midnight 50K, the 31-mile fun run through the woods in the middle of the night in mid-July that is the unofficial celebration of Lou Peyton getting another year younger. I had the good fortune of living next door to ultramarathoner Steve Kirk, who invited me along. I had no idea what I was getting myself into.

Since that first time, I have managed to add 19 and then 24 minutes to my finishing times and am confident that I can top six hours this year. I missed one year as I was recovering from an illness and was only allowed to do the accompanying 25K. This past year, as I collapsed at the finish line, Jaynie rushed to my side to remind me, “*These people don’t whine!*” Yes, for many of these runners, 31 miles is roughly the mathematical equivalent to the rest of us getting in a two-mile jog during our taper for a 10K. With the 2009 running of the Midnight 50K coming up on July 18, just for fun, here is an encore presentation of that article:

The Finisher’s Mettle – Mettle (n) courage and fortitude, spirit

One thing I learned early in my racing career is that the only race where you are most likely to “go home with the chrome” is a marathon, where everyone gets a finisher’s medal. Of course, there is no real guarantee that anyone will finish, but this is where speed doesn’t matter and it’s all about gutting it out and getting to the finish line, even if you have to walk or crawl, both of which I have done. Notice that sitting on the curb, which I have also done, is not listed in the activities that get you to the finish line.

Last summer I got a taste of a different kind of marathon, my first ultramarathon, the Midnight 50K. For this “race,” (which is actually just a fun run in celebration of Lou Peyton’s birthday), there is no entry fee, no race number, no time clocks, and alas no finisher’s medal. There are, however, M&Ms at the aid stations and fried egg sandwiches at the finish line. Speaking of aid stations, they are 7-8 miles apart as compared to 1-2 in the typical marathon. (I forgot to mention in the original version that there are also no bathroom facilities on the course.) You keep your own time, write it on a tablet at the finish line, and just hope that the tablet isn’t dropped into the campfire or gets beer spilled on it. Another difference is that instead of thousands (or millions in the case of the Chicago Marathon) of cheering spectators, there are copperheads and armadillos. Around mile 29 when I was hallucinating, I also added an anaconda to the list of wildlife encountered, only to decide later that it might have been a tree trunk across the road.

Last year (2005), the temperature was 95 degrees and the humidity was 88% at the 8 p.m. start. Later that night, when some of the experienced ultramarathoners were dropping like

flies, I was just floating along dumb and happy, oblivious to the fact that this was some kind of grueling athletic feat.

Unfortunately, this year was not that easy. Thankfully, the starting and finish line camaraderie still make for a great time.

Many folks use this run as a tune-up or a training run to prepare for longer races like the Ouachita Trail 50 Miler or the Arkansas Traveler 100 Miler. I will probably wait until I am a little older and a little less wise to try something that crazy. Yes, the problem with the Midnight 50K is that I have to remember to add two when I total up my marathon race bibs or finisher’s medals, but I still wouldn’t miss it. Next year I have to remember to get a much brighter headlamp, which I wear around my waist to avoid that embarrassing coal miner look that others sport with no shame.

Final thoughts: My prayers are extended to Brian and Mindy Wagner on the loss of Mindy’s mom, Judy Brand. She will be missed by Brian, Mindy, Caroline, Cade, Ashley, and Grace. Brian, we have each been through a lot the last few years between family, friends, jobs, and running (nine marathons – I am up 5-4!), and while we don’t get to spend near as much time together as I wish we did, I am always here for you – I love you, man!

Here’s to safe travels to our favorite running tropical biologist, Dr. Steve Yanoviak, recent star of Channel 7 news for identifying the wolf spider in the coffee can. Steve and I often encounter each other on the River Trail around the same time of day – I am guessing it corresponds with his class schedule, whereas I am just sneaking out of the office early. As I struggled mightily to keep up in the 96-degree conditions around 4 p.m. last week, he informed me that he was leaving for Peru the next day ... and I am thinking, “*No wonder, this guy does half his running up and down the equator!*” Steve will be returning in time for the Big Dam Bridge 5K and then leaving for Costa Rica for several more weeks. He assured me that he will be back in the fall and made a public announcement that he will be running the Mid-South Marathon in November. I tried to talk him into retirement

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

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Get Online With The Little Rock Roadrunners Club

By Brian Sieczkowski
LRRRC President-Elect

First we took over the city. Then we conquered the state (just check the Grand Prix standings). The LRRRC is now targeting the final frontier: the World Wide Web. To that end, over the past couple months quite a few new features have been added to our Club's online presence. With these changes you will not only be able to get more information and entertainment from the Club, but you'll be able to participate and add to the e-LRRRC media onslaught as well! The simplest, and in my opinion, great change is our Club's new web address:

www.littlerockroadrunners.com

Easy to remember, easy to tell to potential new members, easy to graffiti on bathroom stalls. This address takes you to our Club's website which is the hub for all things LRRRC. From our website, users can find information on local running routes, training groups, Grand Prix team information, membership forms, and much more - keep reading and find out.

Online Registration

Print cartridge out of ink? Dreading a trip to the post office to pick up some two cent stamps due to the recent postal increase? Seeking instantaneous confirmation of Club registration? Relax friends, all is now taken care of with Online Registration for Club membership. From our Club website - again that's www.littlerockroadrunners.com - just click the link for Active.com and you can renew your Club membership online with a credit card. No printing, no stamps, no hassle! Of course, the traditional mail-in entry form option is still available.

Photo Galleries

A new addition to littlerockroadrunners.com is a Club photo gallery. We've got pictures up from the Capital City Classic and Hogeye Half Marathon already along with some miscellaneous shots and the beginnings of a Shirt Gallery. The Shirt Gallery is this: get a pic of yourself taken in your LRRRC shirt in some sort of exotic location/out of state race and e-mail to us and will get it online. We've already got shirt pics from San Francisco, Nashville, Boulder and Green Bay. So take your Club shirt on your next vacation and join in on the fun.

Statewide Race Calendar

Compliments of the RRCA, we've now got an online race calendar for the entire state of Arkansas on our website. The best part of this is that anyone can add a race. Just click the calendar link on www.littlerockroadrunners.com and follow the simple instructions for one more way that you can add to the local online running content.

LRRRC on Facebook

If you're on Facebook, join our Little Rock Roadrunner group. You'll be able to post pictures, start a discussion, and befriend fellow Club members. You don't have to have a Facebook account to view the page, just to post content. Facebook is also the place to find a picture of Tom Barron in a tutu as well as numerous embarrassing photos of Justin Radke.

LRRRC on Twitter

LRRRC has also entered the world of Tweets. You don't have to have a Twitter account or even know what Twitter is to keep up with this. We've set up the LRRRC Twitter account to post directly to our home page at www.littlerockroadrunners.com (The repetition will overcome you!) This allows me to easily update the home page with quick news bites from any computer or even a cell phone.

Okay, that is the latest and greatest from the online LRRRC world. We've got a Club message board on the Arkansas RRCA website too, so definitely check that out as well for more important information like "What is acceptable beer to bring to the LRRRC potluck meetings?"

Oh, and you can find a link to our message board on... www.littlerockroadrunners.com!

Registration (Continued from Page 1)

Events include the Little Rock Marathon, Half Marathon, Relay Marathon, 5K Fun Run/Walk, Little Rockers Kids Marathon, presented by Arkansas Children's Hospital, Classic Rockers Marathon, and a Health & Fitness Expo.

Training for the 2010 races begins in late September with an expanded training schedule and training locations anticipated.

For more information about the various races, visit the website or contact the Little Rock Marathon office at 501-371-4770.

Running Wild (Continued from Page 2)

with his 3:23 lifetime average after last year's debut, but he insisted.

With that, I wish everyone a fabulous summer. I will be taking a few months off from writing in hopes of premiering a new season in the fall. I hope to be missed and be back but will be just as happy if someone or something new comes along to keep *The Runaround* great. It has been wonderfully fun to share my stories for three years.

Several New Members Added To Club Roster

By June Barron
LRRC Membership Chairman

We have several new Club members this month.

Donna Trawick, is married to Keith and they have three children, Lilly (9), Morgan (5) and Julia Faith (8 months). She has a nursing degree and previously worked in Columbus, Georgia, as a labor and delivery nurse part-time. She is now a stay-at-home mom. Donna has been running for 15 years, averaging 15-20 miles per week. Each year she does two to three 10K races, one to two half-marathons and a marathon. Her favorite distance is the half-marathon. Her PR for the half marathon was in college in 1:50 and in the marathon is 4:26.

Other than running, Donna likes to spend time with her family and stay involved with the kids' schools. She also enjoys traveling with her family. Donna was very involved in her running club in Columbus. She is looking forward to learning the local running routes and to start training for the Chicago Marathon in October.

Priscilla Pittman is a social worker/gerontologist for Alzheimer's Arkansas. She has been running for 30 years and averages 10-15 miles per week. Priscilla likes to race frequently and prefers the 5K or 10K distances. Her favorite running route is on Kavanaugh or the River Trail. She also likes to swim, bike, garden, dance, cook and travel.

Jessica Bubbus is married to Alan, who is also a runner. She is an accountant. Jessica has been running for five months and averages 10 miles per

week at a 9:30 pace. She likes to race frequently and prefers the 5K and the half marathon distances. Her PRs are 27:42 – 5K; 1:04 – 10K and 2:34 – half marathon. Jessica enjoys gardening, cooking, baking, travel, opera and church.

Roger Thompson is married to Shellie, a “retired” runner. Roger is a telecommunications business owner and consultant, professional engineer and retired wireless research manager.

Shellie is a telecommunications manager and retired telecommunications operations analyst and international business development manager.

Roger has two daughters and three grandchildren.

Roger has been running since 1977 and currently averages 15–20 miles per week at a 9-12 minute pace. He does about five races per year with no real preference for which distance. His PRs are 19:21 for 5K; 41:10 for 10K; 1:27 for the 20K and 3:29 for the marathon. His favorite running route is the Andy's loop and almost any trail.

Roger and Shellie live in Smithville, MS, but are also part-time residents in Little Rock.

Roger's interests other than running are amateur radio, Rotary and chamber of commerce.

Shellie now swims several miles a week. Her interests other than running are swimming, sewing, choir, church work and stuff for pet dog.

Roger joined the LRRC the first time sometime after attending a meeting in September 1980 and was an active member through the 80s. After moving to New Jersey in 1989 and then to St. Louis in 1990, he kept his membership until 1993 when he started traveling frequently to Asia. After living in seven states, he knows well how the running and fitness community in Little Rock is exceptional in the diversity of activities and in the support from groups like the LRRC. He is pleased to be a member again.

Melanie Lowery Brakeville has been running for 10 years off and on. She is back up to running approximately 15 miles per week at 12-minute pace and walks another 10 miles each week. She doesn't race often but prefers the 5K distance. Her favorite running routes are Two Rivers and the Big Dam Bridge.

Melanie's interests other than running include animals (dog/cat rescue), vegetarian cooking, reading, music, scuba diving and camping.

Welcome to the Club!

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

I Run For Fun

By Jordan Ziegler
LRRC Racing News Editor

I drive a small silver SUV that is usually in need of a wash and now has an accoutrement missing from the rear side door. Well, it's not really missing; it's in the back seat waiting to be reattached. I also have a "Margaritaville" license plate on the front and two bumper stickers on the back: one is a LRRC sticker – now with the new logo – and the other is the Episcopal shield. When you see this combo you will know it's me: a Jimmy Buffett loving, Episcopal runner who doesn't like to wash or repair cars.

While these things have been a drivable symbol for the one and only "JZ" for many moons now, I have added another. At the Little Rock Marathon expo there was a booth set up for *Women's Running* magazine, a new publication for women who, you know, run. If you signed up for a year's subscription you received a free gift and I am a sucker for free gifts. The options to choose between were a pair of socks, a T-shirt, and a license plate which said "I Run For Fun." So I signed up as quickly as possible and began my discernment process. I couldn't decide between the socks and the license plate so the nice gal who took my money gave me both. (She may have done this for everyone, but it made me feel extra special. Thanks lady, wherever you are.)

I was so excited to put both of my new prizes to use, so when I got home I pulled on my new socks and headed out to affix my new license plate. I could not wait to share the fact that "I Run For Fun" with the traffic world. This is just exactly what I have been saying to people for years but now I can say it to people I don't even know, people on the street or at the grocery store, in the parking lot. Folks walking past my house will know "I Run For Fun" as well as people parked near me at the River Trail or River Market on Saturdays. Yes, this license plate is actually shouting to the universe that I not only run but I do it for fun. Also, it rhymes "run" and "fun" which is cute.

Looks like this month a whole slew of Club members have been out running for fun.

The **Dino Dash 5K**, on May 30, was held in downtown Little Rock near the Museum of Discovery. Our Club helps put this race on each year and so not only were there bunches of LRRC members participating, there were lots to help out too. Apparently, I was left off the official Club memo re: "Wear your Club shirt to the race, it will look so cool". I think I was the only one not sporting "The Bird" ... left out of the coolness once again. Oh well, there is always next year.

Anyway, on with the results. For the men's side: Hillary Kogo finished in 16:11, Imari Dellimore in 17:00, James "New Daddy" Terbrack in 18:40, Clay McDaniel in 20:22, Randy Taylor in 20:46, Jacob Wells in 21:05, Dan Belanger in 24:34, Dave Wilkinson and Joe Cordi in 24:37, new Club member Greg Dahlem in 28:10, Jim Yamanaka in 29:14, Matthew Straessle in 30:40, Sam Straessle in 30:53 and bringing up the rear Steve Straessle in 30:54. On the ladies' side: Leah Thorvilson finished in 17:46, Shareese Kondo in 23:31, Becky Humes in 27:28, Maddi Wells in 31:24, Sandy Straessle in 32:43, Josey Wells in 41:55 and Jaynie Cannon in 42:40.

The following weekend, way out west (and by "way out west" I mean, like, further than Ferndale) at the Nisene Marks State Park in Aptos, California, was the **Nisene Marks Marathon**. One of the PVRG (Pleasant Valley Running Group, for the lay person) regulars made his way out to run and walk – Galloway style – this race. Howard Hendrickson finished the challenging course in 4:58:44.

The **Camp Yorktown Bay Half Marathon and 10K** were held near Hot Springs at Lake Ouachita. Several lovely ladies from the Club participated and made it home with some hardware. Karen Call ran the half in 1:51 finishing third overall. At the 10K, Ann Butts finished in 1:13, placing first in her age group; Pat Piazza finished in 1:32, second in her age group; Mary Vancurn also finished in 1:32, first in her age group and Paula Anderson, in her first race ever, finished third in her age group with a time of 1:32.

Benton was the site of the **Arkansas 2 Miler** on June 13. I once heard Jacob Wells say that he liked to run two-milers and then pretend that his finishing time was actually his 5K time. I'm not going anywhere with that, just thought it was a funny anecdote.

Anywho, these are the people who ran and their two-mile times: Steven Preston finished in 11:35, Joel Perez in 13:01, Jacob Straessle in 13:43, Jeff Maher in 13:50, Milan Lelovic in 15:03, Dan Belanger in 15:26, Roy Hayward in 15:28, Michael Harmon in 15:48, Greg Dahlem in 16:07, and Steve and Sam Straessle in 17:58. Over on the women's side: Mira Lelovic finished in 14:50, Becky Humes in 17:32 and Abby Straessle in 17:47.

Well there you have it. The June results as well as my personal running mantra: I Run For Fun. I happen to think this is a very good thing. I would never want to be one of those people who would let my hobby turn into one more thing I have to worry about. I don't know about you, but I happen to have enough to worry about, both real and ridiculous.

So until next month, sports fans...

AURA Presents Talent Show

The Arkansas Ultra Running Association (AURA) is having a talent show and would like to invite the Little Rock Roadrunners Club to participate.

The combination potluck dinner and talent show will be held at Maumelle Park, Pavilion #3 at 5:30 p.m. on

August 29.

Bring your favorite dish, lawn chair and your talent.

For more information call Chrissy Ferguson at 501-472-9162 or by e-mail at stanchrissy@earthlink.net.

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 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.

July

- 11: Big Dam Bridge Twilight 5K at Little Rock. Call 501-231-3730.
- 11: Heat in the Street 2M at Arkadelphia. Call 870-246-2566.
- 11: ASPE Firecracker 5K at Springdale. Call 479-443-3404.
- 12: Andy's/McDonald's Fun Run.
- 17: PJ 5K at Batesville. Call 870-834-2047.
- 18: River City 5K at North Little Rock. Call 501-416-0929.
- 18: Girls Just Wanna Run Women's 5K at Springfield, MO. Call 417-269-5147.
- 18: Cystic Fibrosis 5K at Beebe. Call 501-239-0229.
- 19: Andy's/McDonald's Fun Run.
- 25: Dam Night Run 5K at Lake DeGray. **GPS**. Call 870-246-2566.
- 25: Centerton Fire Run 5K at Centerton, AR. Call 479-795-2550.
- 26: Andy's/McDonald's Fun Run.

August

- 1: White River 4-Mile Classic at Batesville. **GPS SC**. Call 870-793-2464.
- 1: Strategic Financial TUCI 5K at Memphis, TN> Call 901-767-5951.
- 2: Andy's/McDonald's Fun Run.
- 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.
- 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.
- 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.
- 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: 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.
- 27: 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 July. Call June Barron at 920-3224 if the information is incorrect.

- 3 – Coreen Frasier
- 5 – Harriett Akins
- 5 – Keith McCain
- 8 – Jacob Wells
- 9 – Tara Caudle
- 11 – Bill Harrell
- 11 – Tammy Walther
- 12 – Steven Preston
- 14 – Lee Abel
- 14 – Sabrina Maham
- 15 – Rhonda Ferguson
- 15 – Glen Mays
- 15 – Dale Wintroath
- 18 – Darren O'Quinn
- 21 – Roy Smith
- 22 – Lou Peyton
- 24 – June Barron
- 25 – Travis Nilsson
- 25 – April Wurtz
- 30 – Jesse Garrett
- 31 – Ethan Neyman

Congratulations

The Little Rock Roadrunners Club congratulates our own David Sunde for graduating as valedictorian of Episcopal Collegiate School. David plans to attend Stanford University this fall. Congratulations David, and good luck in college.

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

