

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2009

On A Tangent And Garmins Anonymous

By Mary Wells
LRRC President

If it were not for Tara Caudle, I would not be the owner of a Garmin 305. This Garmin had belonged to her, but last summer her husband upgraded her to the next level of this ever so handy and addictive wrist device. She brought it over the morning of the Thanksgiving Day "Shake Your Giblets" Fun Run, but it took me until the night before the River Trail 15K to try it out. So, yes, it sat uncharged and unused for almost three months. (In behavior change terminology this would make me a 'laggard.')

The River Trail, during normal conditions, appears to be straight and with little deviation. But on the rainy and cold Saturday morning of the River Trail 15K, I was looking for every chance to run a tangent. During the 15K, I ran for the first few miles behind a guy who was sticking to running alongside every little curve and squiggle that the River Trail makes. He became my focus. I would imagine myself gaining on him while he did not run the tangents, but I did. I did pass him eventually but only because he appeared to have gone out too fast. My new found Garmin friend read, "9.3 miles," at the race's end which is right on target for a 15K distance.

Let's talk about Toad Suck 10K/5K 2009. Perhaps you were there, and your shoe inserts are still drying out? Perhaps you were not there and have thanked your lucky stars above that you were not? It was my experience that the majority of the tangents that morning were underwater. I was looking for those tangents and ran them as best I could, but at the race's end my Garmin read 6.8. I still do not have all of its features figured out, but it has me hooked. Yes, it took me

awhile to get onboard with Mr. Garmin, but he now has a new member to add to his support group.

Katie McManners is the marketing director for the Arkansas Museum of Discovery, and she has these words about last month's Dino Dask 5K/1K event:

"Dear Little Rock Roadrunners:

On behalf of the Museum of Discovery, THANK YOU for the outstanding support you provided for the 10th annual Dino Dash. Mr. Gary Ballard said that for a race our size, everything went "very well." I think that's an understatement! Big dino snaps to all of you. If you haven't heard already, the 5K registration at 953 exceeded previous years' registration of the 5K and 1K combined! Total participation numbers are pending, but we think it's around 1,300. WOW. I can't wait to see what the event netted to support the Museum of Discovery's educational programs.

So many of you served in behind-the-scenes capacities (e.g. Harmon, Preston) that if I named you all, I would take up the entire newsletter. I must, however, give special shout-outs to the following Roadrunners: **Mr. Dan Belanger** who, first and foremost, changed my life in January by suggesting I could become a runner. Dan also served on the committee throughout the year, showing up for every activity, arrived before I did race morning, ran the 5K, then stayed until the very end! **Mr. Jeff Maher** for the above-and-beyond the call of duty as race director. His attention to detail, energy, enthusiasm, and networking were awesome. You can bet we're not letting him go for 2010 and beyond! **Ms. Leah Thorvilson** who also served on the committee throughout the

year found and bought the Lilo the Dino costume, ran the 5K, and rocked the mascot role throughout the rest of the event. Leah, I'm buying that costume from you because once you are off to the Olympics and international fame, I'll need to find someone else to wear it!

Thanks again, LRRC. You've individually and collectively made a difference - both in my personal life and the life of the Museum of Discovery. Run on!

Sincerely,
Katie McManners"

Additional LRRCers who helped in making Dino Dash happen are: Brian Cornett, Imari Dellimore, Bill Diamond, Matt Feehan, Bill Harrell, Harold Hays, Steve Hollowell, Mira Lelovic, Kevin Lemley, Lisa Luyet, Ginea Qualls, Joel and Alea Perez, Justin Radke, Jennifer Rodgers, John and Polly Russell, Brian and Andrea Sieczkowski, Bill Torrey, Paul Ward, Jenny (Brod) Weather (Welcome to the end of the alphabet Jenny!) yours truly, and Jordan Ziegler. Several Club members ran in the race, too, as reported in Jordan's forever-entertaining results column.

(See Garmins on Page 5)

June Meeting

June 18, 2009
Dickey Stephens Park

Arkansas Travellers
vs
Tulsa Drillers

7 p.m.



Running Wild

By Jacob Wells

After seven Little Rock Marathons and eight Firecracker 5Ks, it's hard to pick a favorite of the two, but the one sure thing is that Bill Torrey is the race director of my favorite race. Some races are hard-core competitive runners' races put on by runners for runners. Other races are a celebration of the community and its runners. These two events are Arkansas' and Little Rock's races that epitomize the best of both.

My favorite story about the Firecracker happened in the hot dog line at Ray Winder Field. The guy in front of me wore a Firecracker T-shirt. I asked, "So, you ran the Firecracker?" to which he answered, "Whoa there ... I don't do a 5K every year!" Then there was the cartoon that ran after the 2005 Firecracker showing a grumpy man tending to his barbecue grill. His wife was visiting with the neighbor lady and whispered, "Floyd is really on edge today – Mike Huckabee beat him in the 5K this morning."

Just like the Little Rock Marathon was the first marathon and each year's only marathon for many Arkansas runners, the Firecracker is that 5K. If the difference between a jogger and a runner is an entry form, then these two have made more runners than any other race in our state.

The celebration of our country's birthday held on the hottest day of the summer makes the Firecracker the holiday run of the year, easily outshining anyone else's Turkey Trot or Resolution Run. Whether you spend the rest of the day picnicking, swimming, watching baseball, or all of the above, the Firecracker is the way to start that day.

As a fan of history, running, and Arkansas, the subject of the history of running in Arkansas makes me giddy. That makes the 30th anniversary 2006 Firecracker shirt, with its dazzling display of the first 58 male and female winners, a favorite. I don't know that much about nearly as many of the winners as I wish I did – that can be an article for someone else – but here are a few stories.

In between running the country's toughest 100 mile ultramarathons, LRRC legend Lou Peyton won the first and third Firecracker. A generation later, she paces a group each year at the Little Rock Marathon.

The world's greatest marathoner of the 1970s, Bill Rodgers, won the Boston and New York City Marathons four times each. He followed that up with a victory in the 1988 Firecracker. I've run alongside Bill on two occasions, most recently when Easy Runner's Keith Francis and I happened upon him at the 2008 Dallas White Rock Marathon. At the 2006 St. Louis Marathon, I was running alongside him and mentioned I was from Little Rock, to which he replied, "Oh yeah, Bill Torrey!"

Joan Benoit won the first women's Olympic marathon in 1984, signed my 2004 Firecracker shirt, and ran 17:52 here in at age 47. She then ran 2:49 in the 2008 Olympic trials setting an American over-50 record.

Tom Aspel, Razorback All-American and current running coach in Russellville, won the Firecracker five times in the 1980s and then was twice beaten by his then 16 and 17-year old son by four and nine seconds, respectively, over 20 years later. Colette Murphy matched Aspel with five wins in the 1990s. Reuben Reina won three times, as did Sean Kaley, including my first race in 2000. More recently, Josphat Boit, another Razorback star, has a current streak of three straight.

The dominant local runners perhaps of this decade, Glen Mays has put up third, fifth, seventh, and ninth finishes during the past five years, while Hillary Kogo has back-to-back seventh place finishes.

The prom queen and king of the Firecracker, Hellen and Jacob Rotich, both formerly of Harding University in Searcy, each finished fourth in 2006, third and fourth in 2007, but then slipped to ninth and tenth in 2008. They were also busy making headlines in marathons with Hellen winning our Little Rock Marathon and the San Antonio Marathon in 2008 and finishing second at Little Rock in 2009. In addition to his running accolades, Jacob might be the world's best at marathon location selection, having won the Maui Marathon four consecutive years from 2004-2007 with a PR of 2:27. In perhaps the closest Firecracker finish, Jacob was edged in 2004 by only 0.7 seconds.

Then there are the rest of us. In a sport that is unfortunately measured and ranked entirely by the speed of its participants, the Firecracker offers all participants their moment in the sun (except for rainy 2004). Unless you are one of those weirdoes who prefers running uphill, the assistance from Mother Nature and Sir Isaac Newton (at least until you turn the corner by the zoo) almost assures the year's PR.

On the other hand, while I love the descent as much as anyone, I still think it would be interesting to run the race in

(See **Running Wild** on Page 7)

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Downpour (doun-porh) - *noun*; a heavy, drenching rain

By Jordan Ziegler
LRRC Racing News Editor

Back in March, my sister decided she wanted to run a 10K. You see, we had run in a relay at the Little Rock Marathon, and she enjoyed herself so much that she was ready to try something a bit further. She called and said that she had found a race for us to run. She said, "Did you know they have a 10K at Toad Suck?!" to which I replied, "Um, yeah I think I've heard that." Sarcasm aside, we registered and started to prepare for the big day.

May 2 arrived in a most dreary fashion, by way of thunderstorms, complete with lightening and rain. This rain that I speak of was not your ordinary rain; you know, the kind that just sort of falls out of the sky and lands in little puddles on the ground. No, this rain was a downpour (see above) but my sister did not seem deterred, so to Conway we drove.

We arrived at the high school, picked up our race numbers (Hers was #31. I guess she was *really* excited to register.) and just waited. I told her that we would probably be standing in that gym thingy for a while since I was just sure that the race would be delayed. Well, it wasn't so to the cue we went.

At first it was shocking, because, as I may have mentioned before, I hate rain, especially a downpour. I will avoid at almost any cost running in wet conditions. I have just about run (literally run) people over to avoid getting my shoes wet. I become quite the grouch if ever caught out in rain, or even a fine mist for that matter. I am known, in my running circle, to bring out the four letter words with quickness when rain appears on the course. So just willing myself out into the downpour was a challenge, but I've got to say, once I got out there something amazing happened.

I noticed that once I was wet ... that's pretty much it. Once you are wet, you are wet. You don't have to worry about getting wet, because you already *are* wet. Simple? Perhaps. Goofy? A little. Brilliant? Absolutely. After that

incredible epiphany, we just had fun. We splashed through puddles (who needs clean shoes?), we linked arms crossing over drainage ditches (so as not to drown), and we laughed so hard we almost peed our pants (almost, I said almost).

In addition to the above mentioned Grand Prix race, there were a good number of races that took place in the gloomy month of May. Most of these races included a downpour or, at the very least, a good chance of rain. What ever happened to "April showers bring May flowers"?

The only truly sunny races occurred back in April. **Catholic High's Rocket 5K** here in Little Rock, was held on April 25. This race was run by a good number of folks and the Straessle family. Rosemary Rogers ran the course in 34:13, followed in quick succession by Abby and Sandy Straessle in 34:16 and 34:32 respectively. On the men's side, Jacob Straessle finished in 23:18, David Bourne in 26:17, and Steve Straessle in 31:55.

The Country Music Marathon and Half was held on the same day in an equally sunny Nashville, TN. Clay McDaniel ran the half in 1:44:57, while John Russell finished it in 3:30:07. With such a large crowd and so much sunshine, I'm sure that John's wife Polly was able to get a few good pictures as well as a great tan that day.

MacArthur Park 5K was the first race of May. Held here in Little Rock, this race runs through the historic downtown area, this year in the rain. A fair few Club members braved the weather to participate: Jeff Carfagno ran the course in 21:19, Milan Lelovic in 23:38 and Michael Harmon in 24:31. For the ladies, Melanie Baden ran it in 23:13, Lori Carfagno in 23:37, and Hobbit Singleton in 46:23.

The very next day, there were two events that took place in the aforementioned downpour. Right here in Little Rock, **Christ the King 4-Miler** was held out west with Steven Preston being the only Club member to brave the weather. Lucky for him too, he won in 24:51.

Across the river and up the road a piece, the **Toad Suck 10K** was swum, I mean, run. This race, being part of the 2009 Grand Prix series, was run by loads of Club members. On the men's side: Glen Mays finished in 32:45, Brian Sieczkowski in 35:50, Imari Dellimore in 37:41, Steve Yanoviak in 38:13, Ethan Neyman in 38:56, Bill Diamond in 39:37, Jim Barton in 42:25, Greg Helmbeck in 42:56, Bill Torrey in 44:19, Jeff Maher in 46:18, Roy Hayward in 50:48, and Dan Belanger in 51:49. On the women's side: Leah Thorvilson in 35:54, Pres. Mary Wells in 47:15, Tina Coutu in 48:25, Karen Call in 49:22, Ginea Qualls in 54:12, Rosemary Rogers in 1:04:13, Coreen Frasier in 1:11:20, and Linda House in 1:31:07.

The weekend of May 9th was the German Heritage Festival in Stuttgart. While there was just a chance for rain, we had a few Club members put on their lederhosen, grab a bratwurst and some sourkraut and head out for the **German Heritage 5K**. Dan Belanger ran the race in 25:17, while Ginea and Savannah Qualls finished in 27:29. Good thing the weather did not pan out or else they might have found themselves caught in a sturzregen.

Also on May 9th, the **Women Can Run 5K** was run by a few lovely members, proving that not only women but women of all ages can run. Leah Thorvilson won in 17:26, while the active-n-attractive Wells sisters, Maddi and Josey finished in 25:47 and 39:50.

Paws on the Pavement 5K, held at Murray Park, was run by all manner of creatures. There were the tall and the small, furry and smooth-coated, social and not so social. Also, there were some dogs there. (I promise, Bill Harrell did not write that last bit, but he did inspire it.) Due to an unfortunate timing malfunction, we have no times for the participants but I can tell you in what order they finished: on the men's side, Joel Perez was fifth, Jacob Wells was seventh, Jeff Maher was 17th, and Harold Hays was 33rd. For the women's side:

Keeping Pace With ... Charley and Lou Peyton

When did you first feel like a runner?

Charley - In 1967 I went through basic training at Fort Polk, Louisiana. Upon completion, I was rather proud of my conditioning and did not want to see all of the exercise and running that we did in "basic" go to waste. So when I was sent to Texas for additional training, I would go out at night and run. It probably wasn't over a mile but I felt like I was keeping myself in shape. I had no reference of knowing what a runner was as no one I knew was running. I just felt different and as I look back that is where my running started.

Lou - I considered myself a jogger until I entered the Holiday 4 Mile road race in Pleasant Valley in December of 1976. This race was directed and sponsored by Glen Hickey of Hickey Sports, Gary Smith, Max Hooper and Terry Matthews...Girls always remember what they wore for special events. I wore a white acrylic tennis warm up and Nike Seniorita Cortez running shoes.....

What do you do for a living?

Charley - I am retired from the Veterans Administration. I worked 34 years as a Rehabilitation Therapist at the VA Hospital in North Little Rock and Little Rock.

Lou - Since 1973 I have worked part time in a sports or running store...

What is your most proud running moment or accomplishment?

Charley - I am proud of running the Boston Marathon in 1985 and being selected to be a member of the Arkansas Roadrunner Hall of Fame (service) in 1995. If there was a race in my past that I look back on with amazement it would be the Dallas White Rock Marathon in 1981 with a time of 3:17:26.

Lou - Running the Boston Marathon in 1985 was my proudest moment to that point in my running...Completing the Grand Slam of Ultrarunning in 1989 in the first group of women to do so and being inducted into the Arkansas Running Hall of Fame in 1990.

Do you have a favorite quote or motto?

Charley - My favorite quote is "The less of you, the more for me"

Lou - "Yes, I can, Yes, I can, Yes, I can"(I think that is from a song, many years ago..."When the going gets tough the tough get going..." and from my friend, Nick Williams, "when you have to eat a turd, don't nibble"....then I laugh or chuckle, for sure...

What race, event, or running route do you love?

Charley - With the help of many LRRC members beginning in 1991, Lou and I organized the Arkansas Traveller 100 Miler. I can never repay these members for their dedication.

Lou - We used to run on dirt roads at the Forest Service Trailer off of Hwy. 10, where the Alotian Country Club now sits. In the 1990's we had many runs on those dirt roads between hwy. 10 and Kanis Rd. Those were great times for us ultra runners in the 1990's. We had night runs there before going to 100 mile races and I thought that helped very much, learning to run with flashlights, and hearing the sounds of wildlife that you don't hear during the day...

Do you have any pets?

Charley - Lou has her pets; I have mine. Smokey is a 4-year-old cat that I wait on "hand and foot".

Lou - Yes, we have two cats, Mommie and Smokey, and three dogs, Angel, Winnie, and Copper. Each of these animals found us.

What would be your ideal last supper?

Charley - It would be difficult to leave this world without one last meal of fried chicken, KFC crispy. Enough said. See answer #4.

(See Charley & Lou on Page 5)

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

Prenuptial Pedicure: 20% Off?

**By Paul Ward
LRRC Connubial
Correspondent**

The LRRC congratulates Jenny Brod and Colin Weather on their May 16 wedding. If you are a new Club member, you are probably unaware of their noteworthy engagement. Last year, Jenny cruised to a fine finish in the Little Rock Marathon on an unusually warm and humid day. Jenny set another marathon PR and qualified for the Boston Marathon.

Of almost equal importance, Colin stood by mile 18 with a sign saying, "If you want to get engaged, meet me at the finish." Jenny was excited, and although tired, she wanted to finish quickly so she could get engaged. Colin was waiting at the finish with a ring. When Jenny finished, Colin got on his knee, presented the ring, and popped the question. Their families were on hand to see the historic event – of Jenny qualifying for Boston. (Just kidding.)

Jenny completed the Boston Marathon in April this year, with another

fine finishing time, and then focused her attention on the upcoming wedding. Unfortunately, she lost two toenails from the marathon. The day before her wedding, Jenny went for her last pedicure as a single woman. The pedicurist was unsure what to do on the toes without nails, so Jenny had her just paint the skin. No word on whether Jenny received a 20% discount.

Congratulations and best wishes, Jenny and Colin!

Charley & Lou (Continued from Page 4)

Lou - Maybe trout almandine, baked potato, salad, cheese cake and coffee served in a demitasse cup.

If you could change one thing about yourself, what would it be and why?

Charley - With regards to running, I would not have tried to play church league softball. I injured both of my knees and had to have surgery in 1978 and 1979. This was when the first running boom hit Little Rock and I was left out.

Garmins (Continued from Page 1)

Let's continue the thank yous a bit more by me thanking the Board of Directors. June is my final month as LRRC prez, and everyone has done a super job to support the administration of the Club. There is a lot of activity and time that goes into our Club, and everyone gives very willingly. The best part for me was the night that we TP'ed The Duck's house. Good times ... good times ... All that being said, Tina Coutu will do a great job as Club prez. Thanks to all Club members, too. If it were not for you, we would not be the top notch Club that we are!

Lou - I would like to be able to run an 8-9 minute pace all day long...Wouldn't we all...There are a few who can...

Do you run with a group? Which one(s)?

Charley - Sometime after 1996 running became more difficult. The fun, easy days of running forever came to a halt. I have worked my share of LRRC finish lines and have kept busy organizing and volunteering with the ultra runs around the state. I consider myself a "non-running runner". I still get the urge to make a comeback at least once a year. Three years ago I did three 5k's and the Little Rock Half Marathon. This year after watching the Little Rock Marathon, I decided to begin training for an 8 hour finish. But after several attempts at training, I am in doubt that the knees will hold up. We'll see. In the mean time, I have taken up biking and flatwater kayaking. Last year, Lou and I did the BDB 100 bike ride and the 45 mile Phatwater Kayak Race on the Mississippi River. These are two great events. But, there is nothing like putting on your running shoes and being out on the roads. You didn't ask for this but here is my advice to all who enjoy the sport of running: Never take your running for granted. Even after your worse race or training run, be thankful.

Lou - I claim to be a part of Dianne Seager/Gary Speas/Jim Sweatt group that meets at the Assembly of God church on Monday, Wednesday and Friday at 5 a.m. and run 8 miles which includes Overlook Hill and River Mtn. Hill.

**How long have you been running?
How long have you been a Club member?**

Charley - I've been a member of the LRRC since the spring of 1977. If I remember correctly, I was newsletter editor from 1980 thru 1982 and president in 1985. Somewhere in between, I was a vice president.

Lou - The middle of August I will have been running for 41 years. I was at the first meeting (1977) of the Little Rock Roadrunners Club which was held at Cambridge Place Clubhouse in Pleasant Valley. Dr. Otis Edge was elected president. Yes, I served as president of the LRRC in 1979. I would like to add that I am very proud of the leadership of the LRRC. I think this Club is a great success because of the young leaders and your great ideas. *Go – guys and gals.*

Marathoner's Bowel Ischemia - A New Running-Related Injury

By Laura Lamps
LRRC Old Fart's Wife

When I first started dating Paul, and attending social events with runners, conversations tended to follow a fairly predictable formula when I was introduced to a new person. After they learned my name (Laura) and what I did (pathologist), the inevitable question came next: "Are you a runner too?" Once they learned the answer to that (no, I'm a walker) their eyes would glaze over, they lost all interest, and then quickly drifted over to the food table (that's another thing I've learned – wherever there are runners, there is a lot of food. And beer.)

I've been a walker for about 20 years. I used to run, but I fell and hurt my knee in college, and I have an ornery right hamstring. So I walk. I'll admit, though, that living in the presence of so many runners makes me a little defensive, and I secretly feel very smug when Paul comes home from the Sunday morning "Fast

Run" or the Tuesday evening track workout and recites the litany of running-related injuries that people have incurred each week. I also rejoiced over my own intact toenails when I saw stunningly beautiful bride Jenny Brod's nuptial "pedicure;" the manicurist had to put the polish on her skin, because she completely lost two toenails after the Boston Marathon. And now I have a new reason to feel self-righteous: Marathoner's Bowel Ischemia.

Recently one of my gastroenterology colleagues called me to tell me about a fascinating case for which he was having the pathology slides sent over. The patient was young and training for his first marathon. Every time he ran long, he developed abdominal pain and bloody diarrhea. When the physician performed the colonoscopy, the colon looked ischemic. Ischemia occurs when an organ is deprived of blood flow, causing tissue damage (infarction). This can happen in any organ, and we hear the most about it in the heart (myocardial

infarction). Usually, when it happens in the bowel, it happens in elderly people who have atherosclerosis of the abdominal arteries that supply the intestines. When it occurs in young people, you have to look for unusual causes. In rare patients, vigorous exercise diverts so much blood from the gastrointestinal tract to the muscles that it causes ischemia of the bowel, as the gastroenterologist suspected in this patient. And sure enough, when I got the slides, they showed ischemia of the colon tissue. I have read and heard about Marathoner's Bowel Ischemia for years, but this is the first case I have gotten to see and diagnose. (Note: there is no disease entity known as Walker's Bowel Ischemia.)

So, if you are running long and then having abdominal pain and bloody diarrhea, you could be killing your colon (Jacob Wells-are you listening?). In the meantime, I'll just keep on walking.

Thorvilson Speaks To Club On Training, Motivation

By Paul Ward
LRRC Old Fart

Leah Thorvilson spoke to the May 21 LRRC meeting with a large turnout of 42 attentive listeners, including David Williams, who is always careful around Leah after the "beer incident." Leah arrived after an unexpected detour to check on her boyfriend who was in an automobile accident earlier.

This is Leah's second time to headline a Club meeting. She spoke in February 2005 as part of panel of "experts" giving their running history and training tips. See the March 2005 issue of *The Runaround*, available on our website archives, for the story.

Leah started running cross country for UALR, but later fell in love with marathons. Most recently, she was

the female winner of the 2009 Little Rock Marathon, and knocked over six minutes off her PR with a close second place finish (in 2:37!) in the Touch the Tundra Marathon May 16 in Green Bay, Wisconsin.

Leah averages 65-75 miles per week, but may increase to 85 mpw during a build up. She agrees that cross training is helpful, but she does not lift weights. She does yoga once a week (and strongly recommends it) and takes a day off every week. Leah stresses that rest is important.

Proper nutrition and hydration are also important. Leah has a protein shake in the morning and emphasizes consuming carbs and vegetables. During a race, Leah tries to drink at every water station. She also uses Pedialyte. Consuming protein after a marathon is important, Leah said, and she

recommends you do whatever works for you.

Leah took a year off from running when her coach left town, she got compulsive over running, and it was no longer fun. She said a girlfriend suggested they run the Mud Run 5K together. They did, Leah had fun, and Bill Torrey said, "That's quite a comeback, Thorvilson," at the finish. Now Leah says her training partners provide motivation to keep going. Her next goal is the 2012 Olympic trials.

Congratulations Leah! And good luck with the trials.

Congratulations

By Paul Ward
LRRC Procreation
Correspondent

The membership surge continues! The Little Rock Roadrunners Club congratulates James and Becky Terbrack on the birth of their daughter, Patricia Aubrey Terbrack, April 20. Patricia hit the starting line of life at 5 lbs, 3 oz., and was 17.75" long. The three Terbracks were spotted by your dutiful reporter at the Dino Dash and all looked great.

Congratulations James and Becky! And welcome to the Club, Patricia.

New Members

By June Barron
Membership Chairman

Matt Gresham is married to Mary Beth who is also a runner and they have three children, Tanner Treece, 18, Jameson Gresham, 14, and Mason Gresham, 8. He is a systems security specialist with Acxiom Corporation. Matt has been running about three years averaging 25 miles per week at an 8:00 pace. He is just starting to race and says the half marathon has been the most fun so far. His PRs are 1:56 for the half, 48:57 for the 10K and 21:06 for the 5K. Matt's favorite running route is a six-mile loop around Chenal Valley Drive. His interests other than running are golf, reading, art, weight training, Chargers

football, Padres baseball and Lakers basketball. He would like to get into cycling but doesn't have a bike yet. Matt is also very interested in getting faster, getting more involved in the running community in Little Rock and staying motivated by entering more races.

Brian Watson has been running for four years and averages 30 miles per week at an 8:00 pace. He doesn't race frequently but likes the marathon distance and has a PR of 3:49. His favorite race is the Little Rock Marathon. Brian works in educational records at UALR. His interests other than running include dancing, choir, music and concerts, collecting baseball cards, movies and spending time with friends.

Downpour (Continued from Page 3)

Barbie Hildabrand was first, Mira Lelovic was second, Shareese Kondo was fourth, Maddi Wells was 11th, Ginea Qualls was 13th, Becky Humes was 26th, and Jaynie Cannon was 98th.

Finally, in a land far, far away from the bad weather in general, the **Bolder Boulder 10K**, was held in Boulder, CO. This event was run by about 52,000 and was a ton of fun. Well, so say the things I have read from those participants on Facebook. A whole group of LRRC members made the trip out for the festivities, such as: David Williams who finished in 44:04, Bill Torrey in 45:53, Carol Torrey in 1:02:34, Cindy Hedrick in 1:12:19 and Steve Hollowell in 1:12:21.

So now that my running shoes are almost dry, and the weather is a bit more forgiving I may have to try and get a few more miles in. I have been really

slacking due to the rain. What? You thought that the earlier referenced epiphany was life altering? That was a one time only experience; I am back to my old ways of water avoidance. So look out if we should meet on the River Trail and the dark clouds start to roll in. You could be unceremoniously run down in an attempt to avoid the impending downpour and you are almost certain to hear a few new four letter word combinations, so EARMUFFS kids.

Until next month sports fans ...

Running Wild (Continued from Page 2)

reverse and instead list the finishers in order of closest finishing time to the prior year's performance. This idea has not gained momentum; much like that method of running the race would for most of us.

This month completes three years of this column. The first, in July 2006, was also about the Firecracker. As the ideas for things to write about come fewer and farther between, the deadlines continue to be graciously extended. Any ideas for future articles are welcome. Otherwise, I might have to address headphones, leashes, and race-day lightning. Or I could take a hint from a story Linda told me about once when Jack Evans was both Club president and newsletter editor. He drew a blank for the president's address and so he did just that – left it blank.

For Your Healthy Sole

The North Little Rock Farmer's Market features some of the state's top local farmers with local produce, meats, poultry, eggs, & plants. Everything has been grown through a certified Arkansas producer. Located on the River Rail Trolley route; open Tuesdays and Saturdays, 7 a.m.-noon, Argenta Historic District, 400 block between Fourth and Fifth Streets.

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.

June

- 6: Mt. Magazine 15K at Havana. Call 479-970-4278.
- 6: National Trails Day Brushheap Challenge.
- 6: Step by Step 2M at Perryville. Call 501-662-4804.
- 6: Valley Fest 5K at Russellville. Call 479-968-7819.
- 6: Chase the Chicken 5K at Prescott. Call 870-887-2101
- 6: Tailtwister Trail 4M/10M at Rogers. Call 479-636-4767.
- 6: Dash to the Splash 5K/10K at Branson, MO. Call 417-334-0131.
- 6: Lum-n-Abner 5K at Mena. Call 479-394-4784.
- 7: Andy's/McDonald's Fun Run.
- 13: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 13: Poultry Fest 5K at Rogers. Call 479-427-2818.
- 13: Boomtown Half Marathon/5K at Joplin, MO. Call 417-825-2710.
- 13: Ice Cream Social 5K at Berryville. Call 870-654-6565.
- 13: Gary Schuchardt Memorial 5K at Jonesboro. Call 870-935-3658.
- 13: Bradley County Pink Tomato 5K at Warren. Call 870-226-5225.
- 13: Freedom Run of the Ozarks at Branson, MO. Call 417-294-4775.
- 13: NWA All Out for Autism 5K/1M at Siloam Springs. Call 479-215-9341.
- 14: Andy's/McDonald's Fun Run.
- 20: Smackover Oil Run 5K. Call 870-725-2907.
- 20: Peach Festival 4M at Clarksville. Call 479-754-4500.
- 20: Race for Health 5K at Star City, AR. Call 870-540-6164.
- 21: Andy's/McDonald's Fun Run.
- 27: Brickfest 5K at Malvern. **GPS**. Call 501-332-6530.
- 27: Cancer Challenge 10K/5K/1M at Springdale. Call 479-273-3172.
- 27: Red, White & Blue 5K at Mountain Home. Call 870-425-06336.
- 27: Buffalo River ElkFest 5K at Jasper, AR. Call 870-446-2682.
- 27: Pig Out 5K at Morrilton. Call 501-652-0676.
- 27: Summerfest 5K at Waldron. Call 479-637-3218.
- 28: Andy's/McDonald's Fun Run.

July

- 4: Firecracker Fast 5K at Little Rock. Call 501-231-3730.
- 4: Freedomfest 5K at Greenwood. Call 479-996-6357.
- 4: Firecracker 5K at Rogers. Call 479-636-3338.
- 5: Andy's/McDonald's Fun Run.
- 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.

Birthdays

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

- 1 – Barbara Wall
- 1 – Melanie O'Quinn
- 2 – Zsuzsanna Diamond
- 4 – James Terbrack
- 4 – Karl Kullander
- 6 – Jim Smallwood
- 7 – Mary Beth Gresham
- 11 – David Qualls
- 11 – Kevin Lemley
- 11 – Michael Smith
- 11 – Mike Davis
- 12 – Troy Wells
- 16 – Eleanor Kennedy
- 16 – James Pearsall
- 16 – Kristen Saffa
- 18 – Neriman Gokden
- 21 – Lani Black
- 23 – Tom Singleton
- 24 – Karen Call
- 26 – Donna Duerr
- 26 – Kevin Wampler Jones
- 26 – Thomas Ziegler
- 27 – Michael Harmon
- 28 – Roy Hayward
- 28 – Stacey Dovers
- 28 – Yvonne Thompson
- 29 – Brian Sieczkowski
- 29 – Kelley Wilkins

Retreads

First Wednesday of the month
 Franke's Cafeteria
 1121 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.