

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2009

Green And Pollen Are In The Air

By Mary Wells
LRRC President

Ahhh! Arkansas in the springtime! This can only mean two things: The Capital City Classic 10K is *the* event of the racing season and pollen will coat everything in a nice shade of greeny-yellow. Ever seen the Sherwin-Williams paint color, "Pollen?" Me neither, and there's a good reason for that: Nobody misses it when it is gone. There are many large, well-established oak trees along our street and at least three are in every yard. One of the regular afternoon activities of the neighborhood kids is to make "pollen angels" in everyone's driveway. Seriously. Come by soon and see for yourself.

The CCC 10K had fantastic participation this year with 349 names being reported in the results and that breaks down to 176 men and 173 women having participated. In 2008 we had 246 participants, in 2007 we had 264 participants, and in 2006 we had 305 participants. Can a bad economy be good for running? Hmmmm...only time will tell. What was definite was that many, many Club members came out to race and/or volunteer. It was a gorgeous morning, and the temps were great for a flat, fast race with you and 348 of your closest friends.

You may remember that back in the fall, two committees were formed. Those were the clothing and "green" committees. The green group has been Dave Bourne, Karen Call, Carmen Call, Sarah Olney, April Wurtz, and your's truly. We met several times over the past months, and were lured to Sunday evening meetings by Karen's I-know-what-I'm-doing-in-the-kitchen-cooking. We brainstormed ways to make our

meetings, races, and other events more "green." We had several ideas and decided to make the CCC 10K our initial go-green event, and we focused on the awards and recycling. We wanted the awards to not be made from plastic and be useful like the Rivertrail 15K coffee/latte/soup cup awards.

We also wanted to collect and recycle any bottles, cans, cardboard, etc. from the event. Two recycle bins from Little Rock Waste Management (they give those out for free by the way) were added to collect recyclables.

We plan on continuing the reduce and recycle efforts at future events. Your participation in helping making our races and meetings more environmentally friendly is important. If you would like to be involved directly with the committee or have some suggestions, please contact Karen.

Photographer and walker Ken Hastings offered his time and talent to visit Two Rivers Park and take various pictures of the park's scenery. The pictures would serve as the awards. Ken's goal was to take pictures of the parks scenery that was unmistakably Two Rivers. His pictures included the sun rising over the I-430 bridge, the large rolls of hay located within the southeast area of the park, and an upward shot through a pine tree grove in the northeast area of the park. Ken and more of his work can be found at 4x6.com, located at 900 N. University Avenue.

The outcome of both of these "green" additions appears to be well received. The comments have been very positive about the picture awards and innumerable cans, bottles, pizza boxes, and Little Debbie boxes were dropped off for recycling by 10:30 that morning. Bill Torrey, CCC 10K Race Director

Extraordinaire, selected the technical shirts that were given to both participants and volunteers. Hey! Now waaaaaiiiittttt just a minute. I just thought of something: I volunteered and ran but only got one shirt. What's up with that?

In additional efforts to make the LRRC more green-ly available, you can now join or renew your membership online. The mail in option will remain available, too. Also we now also have our own URL. It is:

<http://www.littlerockroadrunners.com>

A big thank you to Brian S...ki for making both happen.

Our women's and men's teams currently have the lead in the Grand Prix. I have no doubt that we will continue this through the Championship Toad Suck 10K.

May the Zyrtec rise to meet you and come on over to see the pollen angels before it's too late.

May Meeting

May 21, 2009
Murray Park Pavilion 2

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

Speaker: Leah Thorvilson



Running Wild

By Jacob Wells

April 19, 2009, was the 14th anniversary of the bombing of the Alfred P. Murrah Federal Building in Oklahoma City, Oklahoma. The tragedy claimed 168 lives and was the largest terrorist attack on American soil in history before September 11, 2001. It remains the deadliest act of domestic terrorism in American history. April 26, 2009, was the 9th annual Oklahoma City Memorial Marathon.

Various publications list it as one of the “must do” marathons and as “America’s most inspirational marathon.” The Little Rock Marathon even moved after its inaugural running in early May 20005 to the first week in March to avoid conflicting with the Memorial Marathon. Race executive Mark Bravo has been to the Little Rock Marathon several years and can be found on our finish line microphone calling out finishers’ names.

The Memorial Marathon starts at 6:30 a.m. and is preceded by a memorial service as runners huddle together in the cool darkness. The sun rises over the Memorial as runners begin their journey along a course lined with flags bearing the names of all 168 victims.

One of the themes for the race is *Find a Reason to Run*. I didn’t realize it at the time, but it tied in perfectly with an opportunity I had earlier in the week to speak to one of the Women Can Run clinics. My challenge that night was not just to entertain and to encourage, but to relate to the beginning runners and walkers.

What I found we all had in common is that we were all once beginners. We were all looking for something to make us feel better about ourselves and improve our lives. Participation in the Memorial Marathon means you can sign up to run specifically in honor of one or more of those who died. Not unlike those runners, the clinic’s women found a reason to run. If you can still remember that long ago (for me, it was only nine years), think about your reasons to begin running, or from what you were running?

Was it to improve your physical fitness and lose weight? This is what brings most people to running, but it would never be enough to keep us here. Many runners would have quit just like most of the rest of the population quits every other kind of exercise they try. As humans, we are predisposed to do what comforts us and relieves our pain. The magic of running is that it hurts at first but then we discover and are hooked on the other intangibles.

Was it for the emotional and therapeutic benefits? On a daily basis, this might be your solitude and time of meditation. During the toughest times of your life, running with friends or going to races can be like a support group and is a lot cheaper. Your family may not have understood it in the beginning. They

may see it as selfish. By now, they either understand or have moved on.

Most of you didn’t start because you were lonely and looking for new friends, but many found yourselves with an entirely new group of friends to go with your new running lifestyle and schedule. If you have run for any length of time, how many of your pre-running friends do you make time for on a daily or even weekly basis like you do your running mates? We find ourselves in a generation where our technology has created a compulsion to dissociate from the real world and cross the line from social networking to social dysfunction. Running and the relationships made on the run are as real as it gets.

The Memorial Marathon represents the reasons we all run. Race founder Thomas Hill wrote, “Each person carries their own memories of pain and loss that combine with the common experience, and the result can be overwhelming. However, we do not want to stay in the past. The Memorial is not an anchor that binds us to some tragic past, but it is a springboard that propels us into an open and promising future. We are committed to making this a *Run to Remember* because the way we remember our past shapes the way we face our future.”

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April Is A Busy Month For Races

By Paul Ward
LRRC Old Fart

Spring may be the busiest time for races in Arkansas. From March through June, each weekend has several races of different distances in many towns, sometimes more than one race competes for entrants in the same town. I worked three races in April, the Club's Capital City Classic 10K at Two Rivers Park, the Pulaski Heights United Methodist Church's Miles for Missions 5K in Hillcrest, and the Catholic High Rocket 5K in the school's surrounding neighborhood. Before the Miles for Missions 5K, Steve Hollowell checked the calendar of races on ArkansasRunner.com and saw 13 races scheduled that day in Arkansas, a few of which were in Little Rock.

The April 4 CCC 10K enjoyed great weather and a large turnout. I helped hand out shirts at registration and click finishers. I planned to volunteer at the race last year but the tornado that moved through Leawood, Cammack Village, and Murray Park knocked our power out. The neighborhood alarms kept us up most of the night. Laura and I wed April 4 last year (a Friday) and we got ready by candlelight. My mother, sister, and our minister also lost power. Fortunately the church had power and everyone had power restored by that night.

April 4, 2009, was less eventful. Laura and I dined at Acadia restaurant in Hillcrest, where we had our first date and where we dined after our wedding the year before. This year we had the same waiter we had on our post-wedding dinner and the same wine we had on our first date. Good karma.

The April 18 Miles for Missions 5K had good weather (cloudy and mild) but the weather forecasters' predictions of heavy and steady rain kept many people away. Laura attends PHUMC, is friends with Rev. Harriett Akins-Banman, and Rev. Harriett married us there, so I wanted to help the church with its race. The 38 male and 38 female finishers were way lower than the race last year. Many

of you know Blair Baskin, the high school runner who sometimes joins our Tuesday speed work sessions at Scott Field or Cook's Landing. Blair was the overall female winner last year and repeated the feat this year, shaving a minute off her time. She had no competition; the second female finished minutes later.

Steve and I clicked finishers at the finish line in front of the church. We could see the runners for the three blocks after they turned onto Woodlawn. I looked for David Sunde, the male winner last year, but he didn't run this year. Later, I learned why. Had he repeated his time from last year, he would have won again this year.

Rev. Harriett was there to cheer the finishers. Mike Banman was home nursing an injury. He was a top finisher last year. Jordan Ziegler, Sarah Olney, Karen Call, and Mary Wells helped us with the finish. Linda House prepared the results. Emil Mackey directed the race.

After the race finished, I went home and did my own run on the NLR river trail. I saw our RRCA state representative, Andrea Sieczkowski, gliding along the trail out and back. On my return leg, I saw Jim Barton on his mountain bike returning from his ride on the Burns Park trails. I got home and prepared to watch some cooking shows I had recorded from earlier in the morning. I turned on the TV and saw the Arkansas Quiz Bowl being broadcast. The current match was between Episcopal Collegiate School and Centerton. Someone on the former team looked familiar. When he buzzed and the moderator said "David?", I recognized David Sunde. Wow!

At one point the moderator asked a question about a New York Federal

Reserve branch person who is now chairman of the main Federal Reserve. Before she could finish the question, David buzzed and correctly answered "Benjamin Bernanke." He's sharp! At one break his team was leading 260-70. So that's why he wasn't racing that morning. David's team won the 3A Quiz Bowl championship.

Coincidentally, Catholic High won the 7A Quiz Bowl. The Rocket 5K April 25 had great weather and a good turnout. Jimmy Thompson and I clicked over 340 5K finishers. A shorter walk had over a hundred participants. The numbers were slightly down from last year's race, but more money was raised because of increased sponsorships. Kelly Thompson and Mary Wells worked the chutes. Steve Hollowell and Linda House prepared the results. Karen Call and Emil Mackey directed the finishers. The Straessle team of runners was well represented. Young Jacob took family honors, trailed by dad Steve, sister Abby, and brother Sam. Steve's brother and family also ran. Steve introduced me before the race so I could give some instructions on the finish line and chutes, but Steve said I was a proud member of the class of '47 rather than '77. He's still nursing his wounds from the prayer I wrote last year that questioned his speed. Steve used to compete with Jacob in various 5Ks, or try to sabotage Jacob's race by feeding Jacob spicy food the night before. But none of that works any more and I think Steve is struggling to face reality. It's not fun getting old!

David Bourne, who raced both the Miles for Missions and Rocket 5Ks, played a great practical joke on Steve and

(See **Busy Month** on Page 6)

For Your Healthy Sole

Current research has implicated Vitamin D deficiency as a major factor in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more. At your next doctor's visit, ask to have your Vitamin D levels checked.

Keeping Pace With ... Bill Harrell

When did you first feel like a runner?

Best guess is the mid-'60s. Probably the spring of '64. My cousin Eddie was running the 880 for the senior high team. I, being three years younger, was on the junior high team. I out kicked him at the finish. I don't believe he ran again. That was the first time I really felt like a runner. Now every time I stand up or get out of bed I feel like a runner.

What do you do for a living?

Keep my sock drawer neat, do laundry, run errands, and answer newsletter questions for Lois Lane wannabes.

What is your most proud running moment or accomplishment?

The word proud has thrown me off. Probably crossing the finish line at my first Pikes Peak Marathon. I am still extremely proud though that my PRs are still better than Steve Hollowell's.

Do you have a favorite quote or motto?

There are quite a few really, but I'm going with one from Britney Spears, "Guess I need to always wear underwear."

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

I used to love the Pepsi 10K in downtown Little Rock. It was a race (not an event) that the entrants had to train for.

It was a challenging course and thousands of people showed up for it. And we all knew each other.

Do you have any pets?

No, but I want to get a dog. Belinda tells me that as soon as I get housebroken we can get one.

What would be your ideal last supper? Who would you invite? What would you have to eat?

Geez, did you steal these questions from a church? I don't know if I could have an ideal last supper but the first thing that popped into my mind would be just Belinda and me, sort of intimate you know. There is a line Bono sings on U2's new album "Every beauty needs to go out with an idiot." It happened in our case and it worked out pretty well. But I would like to see my dad one more time and apologize for staying in my early 20s way too long. Then again, if it really is my last meal, I'm inviting all of my friends, classmates, and especially my running buddies over and catering a big BBQ and beer bash. I'll probably charge it to LRRC though – it's my last meal – what are they gonna do?

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

Why would I want to mess with perfection? OK, maybe less of an ego. I bet you guys thought I was going to say my stuttering problem, didn't you? In my

younger years, I would have. My true friends could care less how I talk. Most of them know that when I do stutter around them that they are close friends.

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

Yeah, anyone that will have me. Presently, I'm running with the PVCC group. This is a remnant of the "A Team" I started running with in the mid-'80s. There have been a lot of additions and subtractions in the past 25 years but it is still one fun group!

How long have you been running? How long have you been a Club member? Ever had any jobs in the Club?

I answered the first part of this in my first sentence. I answered the 2nd part of this in #9 (give or take a year). Part 3 is, yeah, I have: Club president twice, BOD too numerous to recall, even been a RD a few times. I am now relegated to shadowing Bill Torrey and Bill Bulloch on their escapades. I'm just glad I don't have to fill Bulloch's shadow. That is way too much shadow for me to even try to fill.

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

Dear Diary: The Hogeye Half Was Really Hard

By Jordan Ziegler
LRRC Racing News Editor

This spring I decided to try the Hogeye half marathon. I had never run it before so I thought it sounded like a good time; additionally, it's a Grand Prix race. I had a few pals that were going as well (Harold Hays and John Russell) so I figured I would have some company. Here are a few excerpts from my training log leading up to the race, so you can get an idea how I prepared:

March 16, 2009. Dear Diary:
Ran with the dogs downtown today. About three miles, took me 31 minutes. Will try and go longer tomorrow, maybe with Pleasant Valley gang. After all, if I am going to run the half at Hogeye, I will need to increase not only my mileage, but also run a couple of hills. Pretty nice weather glad it's finally spring!

March 25, 2009. Dear Diary:
Ran at Pleasant Valley today, about four and a half. The hills were really tough! I think if I run out here one or two more times I will feel prepared for the half. Hopefully can do a long run this weekend... I think 10 or 11 miles should do the trick. Will mail in my registration this weekend, feeling really good about doing this race.

March 28, 2009. Dear Diary:
Too cold and windy this morning to run, so Bill and I waited and went this afternoon. Not much better, really. Ran about seven or eight on the Little Rock side of the trail, and I felt good even though it was really crappy weather! I'm sure we will have nicer weather for the race. Will try to get out to PV one day this week.

April 4, 2009. Dear Diary: Did not make it to PV and actually have not run this week, just not feeling it I guess. I'm gonna call it a tapper. We got to Fayetteville early today so we would have plenty of time to pick up my packet, which was kind of a nightmare. I heard several people talking about how hard the course is, but they made some changes this year, so I'm sure that they must have been talking about the old course. This weekend is going to be so fun!

April 5, 2009. Dear Diary: I. Have. No. Words. I guess all I can say is, I finished. It was cold – about 45 degrees – and windy. The beginning didn't seem all that bad, mostly downhill, until I realized that we would be coming back the same way, and we would be running UP those hills instead. Lovely. The middle part was almost pleasant. I even remarked to John that I felt really good, a comment that was sure to come back to haunt me. At the turn around I took the GU I had packed. I noticed that it was expired so I made an announcement stating this information to everyone close by in case I started foaming at the mouth or something. As John and I closed in on mile 10, we were beginning to "feel the race." I said that if anyone along the course started cheering, "Only a 5K to go" that I would kill them. It was about this time that the hills start back up. It felt like I was being tortured. Slowly. At mile 12, they offered beer in little water cups. I took one. It was not enough to dull the pain but just the right amount to upset my expired GU-laced stomach. I told John to leave me. He did. I crossed the finish line, got my medal and crawled into the fetal position along with a piece of pizza. Still haven't decided if I'm gonna do it next year or not.

As you can see, I was clearly prepared.

Spring Fling 5K on March 28 was a much more forgiving race. The weather was bad, but let's face it, the weather is always bad for this race. No matter, plenty of Club members came out to run (or if you are Harold Hays, to take pictures). On the men's side: Glen Mays finished in 16:05, Imari Dellimore in 17:13, Steven Preston in 18:05, Ethan Neyman in 18:35, Bill Diamond in 18:57, David Williams in 19:45, Bill Torrey in 20:37, Jeff Maher in 21:38, Dan Belanger in 24:26, Roy Hayward in 25:11, John Russell in 27:39, and Carl Northcutt in 37:33. The ladies finished like this: Leah Thorvilson in 17:20, Jenny Brod in 21:08, Tara Caudle in 24:30, Rhonda Ferguson in 27:32, Mary Hayward in 57:33.

Capital City Classic 10K on April 4 had not only lovely weather but a

record number of participants. OK, I don't know that it was record number crowd, but I heard there were a bunch of folks out there. This race was also part of the Grand Prix so we had numerous Club members out running, I mean, it is *our* race after all. Hillary Kogo finished first for the men in 31:52, followed by Glen Mays in 32:30, Imari Dellimore in 35:50, Steven Preston in 37:41, Kevin Golden in 38:02, Ethan Neyman in 38:54, Bill Diamond in 29:07, Steve Yanoviak in 39:28, David Williams in 40:27, Ross Bolding in 40:58, Clay McDaniel in 42:44, Joel Perez in 43:26, Jeff Maher in 47:38, James Barber in 50:17, Dan Belanger in 51:33, Carl Northcutt in 1:18:27, Frank Butts in 1:35:34. Leah Thorvilson finished first for the gals in 35:50, followed by Jenny Brod in 44:02, Andrea Sieczkowski in 47:05, Mary Wells in 47:50, Shareese Kondo in 48:29, Tara Caudle in 52:03, Alea Humes in 56:11, Angela Gaines in 59:07, Carol Torrey in 1:00:19, Rosemary Rogers in 1:02:05, Ginea and Savannah Qualls in 1:03:43, Ann Butts in 1:05:57, and Coreen Fraiser in 1:08:51.

Hogeye Marathon and Half races on April 5 were held in Fayetteville. This race was run not even a full 24 hours after Capital City 10K, so those who did both deserve special prizes. Two Club members did the full marathon, bless them. Jacob Wells (oh, you knew he would be one of them) ran it in 3:43:21 and PV regular, Howard Hendrickson finished in 5:00:55. For the half, Glen Mays finished in 1:14:44. I cannot even imagine. Brian Sieczkowski ran it in 1:23:55, Ethan Neyman in 1:27:00, Imari Dellimore in 1:28:12, Steven Preston in 1:29:55, Ross Bolding in 1:41:57, Roy Hayward in 1:57:29, Harold Hays in 2:02:20, Dan Belanger in 2:19:00, and John Russell in 2:38:31. Leah Thorvilson finished first for the women in 1:23:57 and Tina Coutu was not far behind finishing in 1:52:31.

1040 Tax Run 5K was held on April 11, just in time for the regular end of tax season. I am assuming that this

Four New Members Added To Club Roster

By June Barron
Membership Chairman

Four new members have been added to the Club roster.

Lisa Luyet is a database programmer for Central Arkansas Water. She has been running for 5 years and averages 30 miles per week at a 9:50 minute pace. Lisa does race frequently and prefers the half marathon distance. Her PRs are 1:48 for the half marathon and 4:10 for the full marathon. Her favorite local race is the Mid South Marathon and favorite race ever is the Carlsbad Marathon. She loves running the hills of Lakewood in North Little Rock. Lisa also teaches dance lessons, is on the Board of Directors of the Community Theatre of Little Rock (CTLR) and is the choreographer for CTLR. She has a dog named Frisco.

Daniel Butler is an engineer in management at Riceland Foods in Stuttgart. He is married to Dana, also a runner, and they have two children, Emma, age four, and Erin, age one. Daniel has been running seriously for about five years. He averages 30 miles a week at an eight minute per mile pace. He does race frequently and prefers the 10K and half marathon distances. His PRs are 46:41 and 1:44:43 for the half marathon. Daniel's favorite race is the Gum Tree 10K in Tupelo, Mississippi. He has signed up and is training for the Chicago Marathon. This will be his first marathon. Daniel's interests other than running are music and golf.

Gordon Rostvold is married to Charlene and they have two children, Amy Ahrens, age 32, and Emily Ahlquist, age 30. He is the General Manager of the Doubletree Hotel in Little Rock. Gordon has been running for the last eight years averaging 20-25 miles per week at a 9:30-9:45 minute pace. He doesn't race frequently but when he does he prefers the 10K and longer distances. He has PRs of 1:53 for the half marathon, 3:55 for the marathon, 49:50 for the 10K and 24:50 for the 5K. His favorite running route is the River Trail. His favorite races are the Oklahoma City Marathon and Austin Town Lake Trails. Gordon lived here from 1999-2002 and has just moved

back last October. His interests other than running include music, golf, and water college sports.

Cindy McConnell is a programmer for Data-tronics Corporation in Fort Smith. She has two children, Wes, age 18, and Rachel, age 16. She has been running off and on for 15 years. She averages 15-20 miles per week. Cindy doesn't race frequently but when she does she prefers the 5K distance. Her PR in

the 5K is 27:20. Her favorite running route is at Fort Chaffee which, she adds, is also great for biking. Her interests other than running are cooking, movies, concerts and almost anything outdoors. Cindy loves to travel and has quite a list of places she would like to visit and things she'd like to do.

Welcome to Lisa, Daniel, Gordon and Cindy.

Diary (Continued from Page 5)

was a road race and not a race to see who could fill out a 1040 the quickest. Surely not, that's why God gave us accountants. Roy and Mary Hayward did this race finishing in 24:24 and 58:02 respectively.

All out for Autism 5K was held here in Little Rock on April 18. Ethan Neyman ran it and finished in 18:33 and Frank Butts crossed the finish line in 48:44.

Miles for Missions 5K was also held on April 18, here in the capital city. Many Roadrunners came out to help and a few even participated. Joel Perez finished in 21:18, David Bourne in 24:35, Scott Wall in 24:31 and Alea Humes in 27:34.

Busy Month (Continued from Page 3)

me at the latter race. David had his race packet and walked to stand by us. Steve and I faced each other. David holds his packet out between us and opens it. Steve and I simultaneously bend our necks to look in the packet and we bump heads. I told David he couldn't have done that any better if he'd planned it.

Mike Banman started his rehab with a fine finish in the Rocket 5K. Jeff Mayer ran bandit with a friend. Geoff Hicks had a fine finish. On the female side Rosemary Rogers and Patti Davis competed well. The Rocket 5K attracts a number of current and former students. We always face a challenge at the finish when several young runners go three

Boston Marathon was run on Patriots Day, April 20. Two Club members made their way to Bean Town for this historic marathon. Jenny Brod, racing her last marathon before becoming a Weather, finished in 3:33:19 and Tammy Walther finished in 3:40:15. Great job gals!

Well, I am still tired from "The Hog." I am planning on doing a few more races in the near future, but I also plan on being a little more prepared. But then again, I am big procrastinator, so I probably won't be. That's OK. I'm only torturing myself. So until next month sports fans ...

miles at a leisurely pace, then run full speed the last tenth mile toward us. Our stationary chute packers must bring them to a stop in just a few feet and keep them in order. Not easy.

After this race I again got home and ran on the NLR river trail. This time I saw several snakes, including a three-footer. It's that time of year. On the return part of my out and back run I saw Leah Thorvilson and Imari Dellimore speeding along the trail. It was just like their neck and neck finish at the CCC 10K.

I'm going to take a break from volunteering for a while. But I think I told Jeff Mayer I'd help him at the Dino Dash in a few weeks. Me and my big mouth!

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.

May

- 9: Women Can Run/Walk 5K at Conway. Call 501-328-9255.
- 9: Root Run 5K at Fayetteville. Call 479-527-6957.
- 9: Race for Heroes 5K at Springdale. Call 479-750-8200.
- 9: German Heritage 5K at Stuttgart. Call 870-673-7001.
- 9: Rhythm & Roots Festival 5K at Monticello. Call 870-367-6741.
- 9: 5K5K Run Walk at Neosho, MO. Call 417-776-5405.
- 9: Center Valley Elementary 5K at Russellville. Call 479-968-4540.
- 10: Andy's/McDonald's Fun Run.
- 16: Crawdad Days 5K at Harrison. Call 870-414-4440.
- 16: Paws on the Pavement 5K at Little Rock. Call 501-603-2273.
- 16: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 16: Kendrick Fincher 5K at Rogers. Call 479-986-9960.
- 16: Speedy Skunk 5K at Prairie Grove. Call 479-846-4181.
- 16: Picklefest 5K at Atkins. Call 479-641-1147.
- 16: Loose Caboose Festival 5K at Paragould. Call 870-236-1080.
- 17: Andy's/McDonald's Fun Run.
- 23: Challenge for Sight 5K at Fayetteville. Call 479-236-2566.
- 23: 5K River Run at Caruthersville, MO. Call 870-740-1768.
- 24: Andy's/McDonald's Fun Run.
- 30: Dino Dash 5K at Little Rock. Call 501-396-7050.
- 30: Warrior Corporate Challenge 5K at Texarkana, AR. Call 870-703-8590.
- 30: Elm Tree Wildcat 5K at Bentonville. Call 479-621-2369.
- 30: Great Cross County 4M at Little Rock. Call 501-327-0214.
- 31: Camp Yorktown Bay Half Marathon at Mountain Pine. Call 501-767-2333.
- 31: Andy's/McDonald's Fun Run.

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.
- 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: Race for Health 5K at Star City, AR. Call 870-540-6164.
- 13: Gary Schuchardt Memorial 5K at Jonesboro. Call 870-935-3658.
- 13: Bradley County Pink Tomato 5K at Warren. Call 870-226-5225.
- 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.
- 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.
- 28: 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 May. Call June Barron at 920-3224 if the information is incorrect.

- 1 – Mary Hayward
- 2 – John Files
- 2 – Milan Lelovic
- 4 – Ivy Pearsall
- 6 – Joe Cordi
- 8 – Becky Terbrack
- 9 – Frances Alsbrook
- 12 – Dana Butler
- 13 – Jackie Martin
- 13 – Jerry Senn
- 14 – Don Cave
- 14 – Joel Perez
- 17 – Alyssa Barron
- 18 – Bill Bulloch
- 20 – Nick Alsbrook
- 21 – Cindy Hedrick
- 21 – Paula Anderson
- 21 – Peyton Welch
- 24 – Ann Marie Crow
- 24 – Carol Torrey
- 24 – Sharon Carson
- 26 – Charles Gaines
- 27 – Bettina Brownstein
- 27 – Beverly Smith
- 27 – Scott Wall
- 28 – Ann Butts
- 29 – Allen White
- 29 – Nicolette Barron
- 30 – Deni Golden

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.