

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2009

Finding Inspiration Amidst Precipitation

By Tina Coutu
LRRC President

September is winding down wetly, as we are sloshing around under seemingly never-ending overcast skies and rain showers training for a full month of October and November races. We have been fortunate with the running events this month as most were completed within pockets of no showers. At least it is warm, running in the rain can be tolerated when the temperatures are mild but when both rainy and cold ... this is where I need full accountability for anything motivational written or said. However, for the moment, I will take the reprieve in the stormy weather this evening and appreciate the glimpse of the brilliant pink sky as the sun was setting behind Scott Field.

One of the other things we can appreciate/focus on besides the weather is Haile Gebreselassie, who won the Berlin Marathon Sunday, September 20, for the fourth consecutive year, in 2:06:08. For many of us that is a half marathon time. LRRC member Lee Wyant was in Berlin and results showed a time of 3:53:37. An excellent time, Lee, as the paper recounted the weather as sunny and warm.

The Arkansas Marathon was also held this weekend with the Benton 20K. The 20K was well attended as it was a Grand Prix event. Although the Razorbacks lost that evening, our Club did not. Of course, Jenny Weather will recount results in her column but I want to give kudos to the LRRC men's and women's team for taking first place! Way to go Team!

The 20K in Benton reminded me of the Wynne Marathon and Half Marathon held in November. The

community comes together to sponsor, cheer, and exhibit southern hospitality. In Saturday's marathon and 20K the humidity was extremely high. David Williams quoted Cindy Knott as describing the weather as "wilting." Plenty of friendly folks were running, volunteering (great to see Barbie Hildebrand calling out splits), as well as cheering – thanks! Some have done this race for the first time and some several times over the past 20 years. There was an abundance of friendly (?) competition at all levels and this was the topic of discussion after the race and the next morning at the Sunday Heights run.

Another appreciation September event occurred Thursday, September 17. The LRRC meeting was a little shy of sun and members but we had Bill Torrey (race director for life) lead dedicated runners and a few walkers on the Tyler Curtis 5K race course in Otter Creek. The high point was one of the attendees on the practice run: Dr. Glen Mays. The 2007 Grand Prix Male Runner of the Year and winner of the 2004 Little Rock Marathon, Glen gave a very interesting and impressive speech, to say the least. His talk was like a conversation with the group. He would say something and members would ask questions and make comments.

Glen started running in the second grade, "chasing" a 300-pound person who was jogging to get fit past his home in North Carolina on a rural tobacco country road. He ran for Brown University during his undergrad and did post-grad at Harvard. I think we were all a little awed by him. He was very humble and did not raise his voice too much – except when he stated Radke will never beat him! He had caught up to Justin Radke in the 2004 Little Rock Marathon

and passed him to the win. There are many things to be amazed at this runner but he did not brag on his accomplishments, we had to ask for details.

As interested as I am in the obesity epidemic, I discovered Glen is a professor at the UAMS College of Public Health, (a full professor – a job for life) so hopefully LRRC has Glen as a member for life. In his professional capacity he does a lot of traveling, advising and teaching the economic impact of health policy in Washington, D.C., bringing awareness to the lawmakers even if it takes running with them (he ran with President George Bush). But what comes across as impressionable is how he relates and embodies what he believes into the community. He walks or bikes to work when able and told us as citizens we are doing the right things by "hanging" out with other runners and attending events like running club meetings and races. Although he has had hamstring problems lately, he still is an example of fitness and motivation, to say the least. Thanks for the awesome talk.

(See **Precipitation** on Page 4)

October Meeting

October 15, 2009
Whole Hog Cafe

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

Speaker: Patrick Mathieu
Plant Manager
Skippy Peanut Butter



Running Wild

By Jacob Wells

George Carlin was famous for his *Seven Words You Can't Say on TV*. A lesser-known routine of his included *Things You Never Hear*. One of those was, "Honey, you should drink more." I thought of that recently when I was told that I needed to run more. We all have our addictions and usually those who love us might, at best, tolerate them, but generally don't encourage them. At first, should this happen to you, it might be dismissed as the subtle implication that you are being a grumpy a-hole and are wanted out of the house. In my case, it was deeper than that – it was a look into my soul at what was missing over a period of months when obligations (i.e. work) got in the way of my running. The moment I really knew there was a problem was when I noticed there were more dress socks in the laundry than running socks.

There are rare occasions in life when someone says something that you wish you could frame and hang on the wall with your other most treasured possessions. That once occurred to me when Brian Wagner told me that he would have never run his first marathon if it weren't for me. I am still not sure if it was blame or credit he was offering. Mid-South will be our 10th marathon together, and six in a row there.

Another time it happened was when I put MarathonBoy in the Google and found a message board I had never seen before. To my delight, one poster told another that he had met every running friend he had through me.

Recently, I received a message from the mother of a 13 year-old eighth grader who was hoping to make the squad that would represent her school at the Chili Pepper in two weeks. Her mother thanked me for getting her started, when all I had done is invite her to tag along with my family to a little 5K somewhere a couple years ago. *The Bible* says in I Peter 4:8, "Above all, love each other deeply, because love covers a multitude of sins." Perhaps leading others to running, and more importantly to other runners, does likewise.

If we had known the treat that was in store, we would have videotaped the September meeting and made it required viewing for all runners and politicians. Glen Mays has made his life's work improving not only our health, but the health of generations to come. He shared stories of his introduction to running as a child, taking on Congress on health economic policies, and his first race experiences in Arkansas. The statistics he shared were sobering. The vast majority of our nation's health care costs are spent on preventable disease with only a smidgen towards prevention ... (River Trail, Big Dam Bridge, etc.) What impressed me most was how Glen backs up his message as a role model.

This month's reader shout-outs go to Brian Watson and Ron Sanders, Jr. Brian is a regular at Tuesday speed work and

pounds out 20 milers with the Saturday morning Little Rock Marathon training group. I suspect Ron could be similarly inspired (brainwashed?) If Brian wants to complain next Tuesday about all this attention, he will have to catch me first. He confessed this week to having lost his mind and to discovering the brilliance of my strategy of not wasting all his training on just one marathon at a time (check your local race result listings).

Both are examples of taking my own advice from last month's column. Seek someone out of the crowd that you don't know. They are also both baseball card collectors at some world-class level. The only thing I have learned from them so far is that my Ozzie Smith rookie card isn't worth as much as it would be if I hadn't actually touched it.

Answer (Continued from Page 3)

the men; Jason Knight finished second in 3:16; Jacob Wells finished in 4:35 and Robert Hanle finished in 5:35. For the women, Tammy Walther finished first in 4:09; Alison Acott in 4:41 and Michelle Rupp in 4:42 (another PR). Congrats everyone! Lastly, on September 20th our own Steve Yanoviak headed up to Philadelphia for the **Philadelphia Distance Run** (Half Marathon) finishing in a new PR time of 1:23:15. Way to go Steve!

As always, congrats to everyone that raced this month. If you have any news to share about a big race or PR and want to make sure it is included in the next results article, please feel free to e-mail me at jennyweather@yahoo.com.

Happy Running!

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The Answer To All Running Questions: Try Everything

By Jenny Weatter
LRRC Racing News Editor

I am here to answer all your running related questions. What do I need to do to be faster and stronger? Should I stretch? Should I do tempo runs, speed work or both? What should my longest run be before a marathon? What pace should I run my longest run? Does a foam roller really prevent injury? Should I try to run-walk? Is it important for me to do leg weights? The answer to all of these questions is very simple: do what works for you and not your fellow runner.

Every month I get excited for the next issue of *Runner's World* to arrive in my mailbox because I know it will provide answers to my questions. However, I get a little frustrated when I read an article telling me to run a certain pace on my tempo runs and when I turn the page the next article tells me something completely different. Who knows what the right way is? All anyone can ever tell you is what has worked for them but that may not necessarily be what will work for you. The best way to find out what works for you is by being open to trying everything.

If what you are doing is increasing your performance and you are feeling good then don't change a thing but if you feel like you could be doing a bit better, try changing up your routine a bit. The goal for me this month is to be open to new ideas and new ways of training and hopefully you will see my times decrease.

Now let's get to the results: We start on August 22nd with the **East End Sizzler 5K** in East End, AR. For the men, Charles Martin finished in 25:45, Roy Smith in 27:22 and Jonathan Caudle in 33:16. For the women, Tara Caudle finished in 33:19.

September 5th was our next Grand Prix race of the season with the **Clear Mountain 5K** in North Little Rock, AR. Many of our Club members ran this race. This race was also the beginning of the Three Races in Three States in Three Days tour for several of our members. The men finished like this: Josh Holt was second overall in 16:19; Justin Radke

finished in 16:39; Imari Dellimore in 17:11; Kevin Golden in 17:40; Ethan Neyman in 17:44; Brian Siczowski in 18:19; Steve Yanoviak in 18:22; Steven Preston in 18:57; Greg Helmbeck in 19:31; Joel Perez in 19:41; Ross Bolding in 19:42; David Williams in 19:44; Raj Bhanot in 19:56; Bill Torrey in 20:18; Bill Crow in 21:46; Jesse Garrett in 25:58; Dan Belanger in 26:22; Roy Smith in 26:43; Michael Harmon in 27:03; Bryan Jones in 27:56; Greg Shira in 28:08 and Carl Northcutt in 39:01. For the women, Leah Thorvilson finished first in 17:12; Mary Wells in 21:51; Mira Lelovic in 22:26; Tina Coutu in 23:17; Shareese Kondo in 23:51; Michelle Rupp in 24:05 (new PR!) Ginea Qualls in 24:58; Lisa Luyet in 26:12; Rebecca Humes in 26:38; Carol Torrey in 26:57; Mackie Buckelew in 27:00; Alea Humes in 27:49; Angela Gaines in 29:55; Alesa Davis in 30:26; Rosemary Rogers in 30:29 and Linda House in 41:59.

Also on September 5th was the **Sara Low Memorial 5K** in Batesville. Jacob Wells and Jaynie Cannon made the trip to Batesville finishing in 21:43 and 40:15.

September 6th was the second race of the Three States Tour with **Crazy Jimmy's Tupelo Marathon and 14.2 Miler** in Tupelo, MS. LRRC dominated Tupelo. For the Marathon men, Justin Radke won in a time of 2:43. Michael Harmon finished in 5:00 and Dan Belanger finished in 6:22. For the women, Leah Thorvilson won in a time of 2:46. Great Job Marathoners! For the 14.2 Miler; Imari Dellimore won for the men in 1:31. Steven Preston finished third in 1:36; Charles Gattin finished third Masters in a time of 1:47; Daniel Butler finished in 1:54; Tom Singleton finished in 2:20; Jesse Garrett in 2:24; John Russell in 2:32 and Colin Weatter in 2:38. For the women, I (Jenny Weatter) finished third in 1:52. Lisa Luyet finished in 2:13; Cheryl Hicks finished in 2:26; Sabrina and Merritt Maham in 2:52 and Hobbit Singleton in 4:05.

Also on September 6th, one of our members headed up to Virginia Beach, VA, to run in the **Rock 'n' Roll Half Marathon**. Congrats to Randy Taylor who finished in a time of 1:36:28.

September 7th was the third race of the Three States Tour with the **Chick-Fil-A 5K** in Memphis, TN. Leah Thorvilson won her third race in three days with a time of 17:41. Up next for the women, Michelle Rupp finished in 26:46 and Lisa Luyet finished in 28:42. For the men; Imari Dellimore finished in 17:49; Justin Radke finished in 18:47; Steven Preston finished in 18:53; Jesse Garrett finished in 34:03 and Dan Belanger in 34:21. Keep in mind, these people had just run a 14.2 miler or marathon the day before AND a 5K the day before that. Great job guys!

September 12th was the **Easter Seals Rollin' on the River 5K** in North Little Rock, AR. For the men, David Williams finished in 19:50 and Bob Marston finished in 28:02. For the women; Sarah Olney finished in 24:12 (pushing a jogging stroller); Ashley Honeywell in 26:11; Mackie Buckelew in 26:24; Ginea Qualls in 26:55 (pushing a jogging stroller) and Mary Wells in 29:48 (pushing a jogging stroller).

Our next Grand Prix Race of the season was the **Arkansas 20K** in Benton on September 19th. Leah Thorvilson won for the women in a time of 1:22. I finished in third in a time of 1:35. Mary Wells finished in 1:43; Sarah Olney in 1:43; Tina Coutu in 1:45; Mira Lelovic in 1:52; Ginea Qualls in 2:01; Rebecca Humes in 2:04; Donna Trawick in 2:07 and Rosemary Rogers in 2:30. For the men, Josh Holt won in a time of 1:13. Ethan Neyman finished third in 1:18. Kevin Golden finished in 1:22; Steven Preston in 1:22; Imari Dellimore in 1:26; David Williams in 1:26; Joel Perez in 1:27; Bill Torrey in 1:31; Ross Bolding in 1:32; Raj Bhanot in 1:33; Brian Watson in 1:35; Kevin Groustra in 1:39; Daniel Butler in 1:45; Roy Hayward in 1:54; Jeff Maher in 1:59; John Russell in 2:00 (new PR!) Bryan Jones in 2:02; Dan Belanger in 2:09; Jesse Garrett in 2:23 and Bob Marston in 2:21.

The **Arkansas Marathon** was being held at the same time and several of our members felt a 20K just wasn't enough and went the extra distance. For

Several New Members Added To Club Roster

By June Barron
LRRC Membership Chairman

Katie Hartter is married to Ben, an architect, and they have one child, Maysa, age four. Katie is a dog bather. She has been running off and on for 10 years. Her favorite running routes are in Murray Park, at the Big Dam Bridge and in Burns Park. Katie also enjoys art, Ultimate Frisbee and backpacking.

Doug Young is in the United States Air Force and has one child, Elyse, age nine. He has been running for 30 years, averaging 20 miles per week at a 9:30 per mile pace. Doug doesn't race frequently but prefers half marathon distances when he does. His PR for the marathon is 4:07 and the half marathon is 1:42. His favorite race is the USMC in D.C. and his favorite running route is along the Arkansas River. Doug also enjoys hiking, cycling and volunteering. He is looking forward to being a part of the LRRC.

Brad Patterson is in higher education administration at UALR. He is married to **Lauren**, also a runner, and they have one child, Kaden, age three. Brad has been running for four years, averaging 15 – 20 miles per week at an 11 minute pace. He does race often and prefers 5K distances (although he is working towards a half marathon). His PR for the 5K is 32:42. His favorite race is the Firecracker 5K. Brad also likes biking and spending time with his family.

Linda Miller, an accountant, is married to **Leonard**, also a runner. They have just moved to North Little Rock

because Leonard is stationed at the Little Rock Air Force Base. Linda hasn't run in about two years but prior to that she was averaging 15-30 miles per week. She doesn't race frequently but prefers the 5K and 10K distances when she does. She also enjoys hiking, traveling, meeting with friends and family, watching movies and shopping. She is psyched about all there is to do here and wants to explore the outdoors.

Stefanie Larson is married to **Don**, also a runner and a triathlete. They have two boys, Kamps, eight years old and Connor, seven years old. Stefanie was a dental hygienist but is presently

retired. She has been running for about two years regularly and about 13 years not so regularly. Her weekly distance is 16–25 miles at an average pace of 9:30 to 10 minutes per mile. Stefanie is not a hot weather runner so she tends to be a lot slower when the weather is hot. She is currently training for the St. Jude Half-Marathon in Memphis and plans to do San Diego in June. She has run two half-marathons previously with her PR being 2:04. She has also done one marathon. Stefanie is new to the area and is looking to meet runners so she won't have to train alone. She needs motivation.

Welcome to the Club!

Precipitation (Continued from Page 1)

As we head into October, we have the Race for the Cure, a very important event for not only the money it raises but also for the awareness of breast cancer. This race is awesome as it brings together so many in the state to raise lots of money and awareness for this great cause, health and caring. This race makes me not only think of and fight for breast cancer, but also for all cancer survivors and victims. The Chili Pepper race is on the same day as Race for the Cure, but it is important not only as a Grand Prix event for adults but also cross country championships for high schools and colleges. This race brings many teams and people together to Fayetteville to compete and support the youth and schools. After the open 10K you can cheer and support the young people

galloping around the fields and trails running their hearts out for their teams. Also, a special cheer to our team member Leah Thorvilson as she travels to qualify for the Olympic Trials at the Twin Cities Marathon.

Surviving, continuing to get out there despite the weather, encouraging others, supporting runners of all fitness levels or ages, keeping at it for you and for others because you never know who you are setting an example for. You could be setting the gears for the next marathon winner.

Next month's meeting features not "star" headliners like Celia, Michelle, and Glen but a repeat performance from last year, Patrick Mathieu, plant manager for the Skippy peanut butter plant here in Little Rock, gives an interesting presentation at the Whole Hog Café on Cantrell Road October 15. I hope you can make it.

LRRC Training Groups

<u>Group Name</u>	<u>Days/Time</u>	<u>Meeting Location</u>
Pleasant Valley Group	Tues-Fri 5 a.m.	Pleasant Valley golf course
Full Moon Run	Tues/Thurs 5:30 a.m.	Full Moon parking lot, 3625 Kavanaugh
Track workout	Tues 5:15p.m.	See Arkrrca.com forum*
River Market Group	Sat 6 a.m.	Andina's, River Market
US Pizza Run	Sun 9 a.m.	US Pizza, Kavanaugh & Taylor
Andy's Fun Run	Sun 7 a.m.	Andy's, Markham and Barrow

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 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.

October

- 10: Wiggins Cabin Festival 5K at Crossett. Call 870-364-3648.
- 10: Hometown Festival 5K at Crawfordsville, AR. Call 870-635-0161.
- 10: Lake Hamilton 5K Invitational at Hot Springs. Call 501-767-9311.
- 10: Titus Talk 5K/1M at Siloam Springs. Call 479-236-8955.
- 10: WRMC 5K at Batesville. Call 870-262-6168.
- 10: FSM 5K for Cancer Awareness at Cabot. Call 501-843-5291.
- 10: Sacred Heart Octoberfest 5K/1K at Morrilton. Call 501-354-8113.
- 10: Larry Hutton Memorial 5K at Sherwood. Call 501-517-2557.
- 10: Octoberfest 5K at Fairfield Bal. Call 501-884-7777.
- 10: Kenneth Freemyer Memorial 5K/2M at Helena. Call 870-753-9393.
- 11: Andy's Fun Run.
- 17: Chile Pepper 10K XC at Fayetteville. **GPS SC**. Call 479-521-7766.
- 17: Race for the Cure 5K at Little Rock. Call 501-202-4399.
- 17: Chili Cook Off 5K at Blytheville. Call 870-278-9281.
- 17: Eye 5 5K at Memphis, TN. Call 901-722-3202.
- 17: Pitter-Pat for Paws 5K at Fort Smith. Call 479-783-4395.
- 18: Andy's Fun Run.
- 23: Syllamo 100 at Mountain View, AR. Call 501-454-4391.
- 24: Soaring Wings Half Marathon at Conway. **GPS SC**. Call 501-952-8972.
- 24: Mud Run 5K at Little Rock. Call 501-371-4639.
- 24: Operation Christmas Child 10K/5K at El Dorado. Call 870-862-4264.
- 24: Dash to Remember 5K at Pea Ridge. Call 479-656-3513.
- 24: Waterfowl Festival 5K at Kennett, MO. Call 573-717-0899.
- 24: 5K for J. A. at Mountain Home. Call 870-492-6411.
- 24: Fit as a Fiddle 5K at Berryville. Call 870-423-3139.
- 24: Hike Against Hunger 1K/10K at Fayetteville. Call 479-521-4000.
- 24: Lake Fort Smith 3M/9M at Mountainburg. Call 479-879-5232.
- 24: RunEureka 3M at Eureka springs. Call 479-253-7888.
- 24: Leflore County Youth Services 5K at Poteau, OK. Call 918-647-4196.
- 25: Dogwood Canyon Trail 50K/25K at Lampe, MO. Call 417-891-5214.
- 25: Andy's Fun Run.
- 31: Miles for Milestones 5K at Conway. Call 501-329-8102.
- 31: Downtown Fall Festival 5K at Russellville. Call 479-970-4278.
- 31: Highrock Hop Trail 8M at Batesville. Call 870-307-8922.
- 31: Flying Pumpkin 5K at Westville, AR. Call 918-723-3243.
- 31: Rebuilding Together Halloween 5K at Bella Vista. Call 479-204-8828.

November

- 1: Andy's Fun Run.
- 7: MidSouth Marathon at Wynne. **GPS SC**. Call 870-238-0214.
- 7: Clarksville Half Marathon/5K at Clarksville, TN. Call 407-310-6373.
- 7: Four States Flattest 5K at Neosho, MO. Call 417-455-9999.
- 7: Veterans Memorial 5K at Fayetteville. Call 479-871-7478.
- 7: Run for the Diamond 5K at Jessierville. Call 501-922-7048.
- 7: LA State Championship Half Marathon at Monroe, LA. Call 318-680-2545.
- 7: Trey 5K at Muldrow, OK. Call 479-420-8123.
- 7: JB Hunt Elementary Ididarun 5K/1M at Springdale. Call 479-530-5358.
- 8: Andy's Fun Run.

Birthdays

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

- 1 – Gail Northcutt
- 1 – John Russell
- 1 – Jonathan Caudle
- 2 – Donna Cave
- 4 – Jeff Maher
- 9 – Howard Hendrickson
- 9 – Yao Kondo
- 10 – Gordon Rostvold
- 11 – Elizabeth Russell
- 12 – Rosalind Abernathy
- 12 – Shellie Thompson
- 13 – Rosemary Rogers
- 14 – Kevin Golden
- 18 – Mimi Evans
- 18 – Roger Thompson
- 19 – David Hildebrand
- 20 – Colin Weather
- 22 – Sandy Cordi
- 23 – Donna Trawick
- 25 – Dan Belanger
- 28 – Brynn Mays
- 28 – William Riley
- 29 – Bill Hoffman
- 29 – Bob Marston
- 30 – Imari Dellimore
- 30 – Lance Sullenberger
- 31 – Kurt Truax
- 31 – Mike Holland

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.

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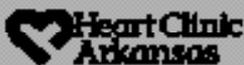
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