

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2009

August Full Of Heartfelt Events And Memories

By Tina Coutu
LRRC President

An excerpt in the paper the other day went something like this, "The day you grow up is the day you lose your heart." The article proceeded with the Peter Pan myth of never growing up if you did not want to lose your heart. This article paid tribute to an adult who kept his heart and encouraged others to do the same. I used to wear a heart pendant everyday to remind myself to always have heart, for in the business/adult world sometimes it is difficult to do. This may be naive but I lost my "chain" heart soon after reading that article and yes I am seeing things more in a "grown up" way but also seeing encouragement from others to take heart.

The last few weeks of August brought the return of hot and humid temperatures but a nice respite for the weekend of the 22nd for many runners gearing up long runs for marathons. One specific marathoner, Michelle Rupp, Channel 7 award-winning reporter, spoke to our Club Thursday, August 20th to a packed pavilion. Michelle has become the "marathon maiden"; she is training for three this fall. What is unique about Michelle is that she is heart disease survivor. She started running in 2005 and soon after found out she had a congenital heart problem. She described to us her experience in dealing with the life threatening condition, training, two surgeries, and how she ran the Capital City Classic right before one of her surgeries to deal with anxiety. Michelle now celebrates every year of her good health and fortune of her now perfect heart by running the Capital City Classic. Reason enough to participate in our 10K

next spring, not only to assist the Club but also to help celebrate Michelle's good health as she is "here," **running**, and giving back through speaking and **living** passionately about the importance of healthy living. Michelle, thank you for sharing your story; we know that you are grateful and blessed.

The weather although very dark and stormy throughout the day of this last summer meeting at Murray Park cleared to sunny skies in time for our gathering (just for the sunshiny personality of Michelle). We had a wonderful mix of new members (at least six stood up and introduced themselves) as well as many active and long time members with as much varied food selections as there were different groups of people. Two board members, Steve Preston and Steve Hollowell, grilled hot dogs, and there was sushi, gourmet pizza, and many thoughtful and tempting dishes brought by our dedicated members. Thank you all (I had it easy, I donated paper goods as last time we had a shortage of plates.)

Sunny skies were abundant the Wednesday evening before at Two Rivers as was the heat and humidity. Laura Naill and I were running there this week, in the "zone" enjoying working off the day, appreciating the fact we were blessed with a seeing a rainbow on the horizon as we pounded pavement at the three mile mark. We headed toward the "pot of gold" (four mile mark) when Laura suddenly screamed "STOP!" I did not want to stop because we were running fairly well I thought. Of course I thought she may be hurt and I did stop. She pointed out a huge cottonmouth about to cross our path in search of dinner perhaps. Talk about a heart stopper. So heads up out there.

Michelle's condition brings to

mind another runner I knew who was diagnosed with a heart defect as a child, John Woodruff. John shared his love for running and encouraged everyone he met. John ran for many years and was the most dedicated person I knew. He put his "heart" into whatever he chose to affiliate with, church, job, family and **running**. I met John Woodruff at a part time job (Bill Rahn actually brought pizza from there to our Thursday potluck) in addition to my day job like I do now for Gary Smith at Easy Runner. When John found out I ran, he told me the great group he belonged to - the **LRRC**. Sure enough I met his friendly face in the crowd as a runner in the Capital City Classic when it was downtown. (Maybe it was the Bud Run then.) He would talk about Pike's Peak and his enthusiasm eventually got me there by training with him in the wee hours of the morning before work from Quapaw into Hillcrest so the idiosyncratic twists and turns of his training routes and stories live on. We also car-pooled to Colorado. Diane even made sure I got my turn to drive on the way home even

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September Meeting

September 17, 2009
Otter Creek Pavilion

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

Speaker: Glen Mays



Running Wild

Running Wild

By Jacob Wells

On any given Tuesday afternoon around 5:15 p.m., a crowd of 10 to 20 will gather at a local track for a weekly run, brilliantly orchestrated under the guise of “speed work.” I really know it is held especially for those of us who are not morning people, to offer us a chance to run with and catch up with our closest friends.

Unfortunately, many probably do not attend because the event’s name undermines the real purpose and they believe that because they are not fast or because they have no desire to get faster, they do not belong. While I am no exercise physiologist, I suspect that speed work, or whatever term you want to use, provides physical and mental health benefits in that it adds variety to the intensity, duration, terrain, etc. of your running workout. Speed work, regardless of your abilities and goals, is good for you as a runner and as a person.

The leader of the pack is Bill Torrey, who probably has already run that day. His reputation for torture speed workouts is exceeded only by his reputation for choreographing hilly race courses. After Bill describes that day’s workout in meticulous technical detail, I turn to Jim Tom Barton for a translation. It is usually something like, “Hunker down and run as hard as you can for two laps. Then when you can catch your breath enough to walk, do that till you are able to jog a half a lap and then do it all over again till Bill says we can quit.” The workouts range from intervals of a quarter mile, half mile, mile, and a dazzling array of combinations and permutations thereof.

The workout always begins with a warm-up, ends with a cool-down, and includes several water breaks along the way. Unless you have mastered the ability to talk while running full speed like I have, these times are when most of the camaraderie takes place. The warm-up and cool-down are run in the opposite direction as the intervals, which I suppose is good for you to even out the number of turns your legs make over the course of the run, but I also have heard it is so we can wind up and wind down.

Some follow the predetermined workout. Others do their own thing. We all start and finish at the same place, like any run or race, except that in this setting, we get to see each other constantly, alternating smiles and a variety of other contorted acknowledgements.

There are usually one to two new runners each week. Some are never to return, while others are hooked and become immediate regulars. When a first-timer is spotted, members of the group show why runners are some of the nicest people in the world. The new runner probably will remember only a few of the new names they hear.

This weekly event provides another key element in my and perhaps other runners’ regiments – stability. For me, it is the

only constant in an otherwise sporadic schedule. Mondays aren’t so bad when you have speed work to look forward to on Tuesday, and by the time you recover, it’s almost Friday. I find myself planning the entire rest of the week around Tuesday speed work, including other runs, family time, and then, of course, there is work.

If you haven’t ever tried it, I hope you will. I think you will be glad you did. I have made it all the way through this without explaining a fartlek. You are on your own for that.

New Members

By June Barron
LRRC Membership Chairman

Katie Whitehurst is a U.S. Air Force Public Health Officer. She has been running since 2000 and averages three to five miles three times per week. She likes to race frequently and prefers the 5K distance. Katie also enjoys 10Ks and half marathons. (Any chance to collect shirts!) She hasn’t kept up with her race times; she just likes to run for fun. Her favorite race is the Krispy Kreme Challenge in Raleigh, NC – four miles and 12 donuts in one hour. Katie has completed the Kiawah Island Marathon in 2003 and would love to start training for another one. She also enjoys eating, cooking, kayaking, traveling and meeting people.

Scott Sander is married to **Lori Sander**, also a runner, and they have two children, Paige age 13 and Megan age 10. Scott is a health and safety specialist. He has been running for one year and averages 25-30 miles per week at a 7.5- 9-minute mile pace. He races frequently preferring the 10K and half marathon. His PRs are 44:57 at the Classic 10K in Colorado Springs, CO, and 21:33 in the Firecracker 5K. His favorite running route is the River Trail. He also enjoys archery, soccer and all sports. Scott is a dedicated father and an overachiever looking for running groups/partners.

Welcome, Katie and Scott!

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More Than A Little Dab Will Do Ya

By Paul Ward
LRRC semi-centurian
**(with help from Laura Lamps,
 his much younger wife)**

Jacob Wells sends Linda House and me his columns for the upcoming issues of *The Runaround*. After reading his August column where he mentioned me and sunscreen in the last sentence, I told him it was coincidental because I was having some basal cell skin cancers removed the next week. He suggested that I add a postscript to his column or do one of my own. I didn't want to delay the newsletter, so I decided to do an article for the next issue.

Several years ago Jacob had a mole removed from his shoulder and the biopsy was lost, so he didn't know if it was dangerous. He did not use sunscreen at the time and I don't know if he does now. Jaynie (the learned librarian) always uses sunscreen. I do too.

As a kid I played outside and lay in the sun without any sunscreen. I don't know if sunscreen was invented then. Summer sunburns were a regular occurrence. I can't remember when I started using sunscreen, but I don't think it's been longer than 10 years. Sun damage is cumulative, so your childhood exposure catches up with you. Sunscreen can only prevent further damage. All those bad sunburns have caught up with me.

Four or five years ago I noticed a raised pink spot on my chest. I ignored it for a year or so until I had a regular physical and asked my physician to look at it. He thought it looked like a basal cell carcinoma and recommended removal. I went to a dermatologist who took a biopsy and confirmed the diagnosis. Later I had "Mohs" [rhymes with "doze"] surgery to remove it. Basal cell cancers can have finger-like projections going from the surface into the underlying tissue. Mohs surgery takes tissue samples at the margins and a pathologist examines them to see if there are any cancerous cells. When the margins are clear, the surgeon sews your skin back

together. I have an oval quarter-sized scar now.

A few months ago I noticed a similar-looking pink spot on my shoulder. I told Laura I thought I had another basal cell cancer and I would ask about it next year when I had my next regular physical. She said no, we need to take care of that now, before it eats off your shoulder. I told her I thought basal cell cancers were the "mildest form of skin cancer" and the most easily treated. Squamous cell cancer and melanoma are supposedly worse. She said that 1) the operative word is "cancer," 2) not to get one's medical information off of the internet, and 3) she just spent the better part of a day looking at specimens from a patient with a basal cell cancer on the face that grew into and along the nerves into the brain. Removal was very difficult.

She kindly made the appointment for me with a UAMS dermatologist who is board certified in both dermatology and pathology. In the meantime, I noticed two other small spots on my shoulder by the larger one. I went the last Tuesday in July, thus having an excuse to miss Torrey's Tuesday Track Torture (commonly known as speed work) at Scott Field. The waiting room was occupied by several older people with unattractive bandages on the face and nose and large portions of the aforementioned face and nose missing.

His nurse cleaned the shoulder and injected painkiller in the three spots. He took samples from each spot and later confirmed that all were basal cell cancers. He said he could "shave" them off or do Mohs surgery. The latter costs more but is more effective, although the effectiveness difference was only a few percentage points. He recommended shaving and I agreed. I thought it would be some benign removal of superficial layers of the spots. No, it's more involved.

He used a curette, a small metal rod with a round tip. The tip has a hole in it like the eye of a large sewing needle. It scrapes the tissue like a melon baller removing melon. After he finished, he

dabbed what he thought was an anticoagulant. I kept bleeding, so he checked the liquid and said it was mislabeled and was really the same painkiller. At least I wouldn't hurt! He got the right liquid and my bleeding stopped. He said it works by denaturing the proteins in the capillaries. He also noted the irony of making a mistake on a patient who is a lawyer and whose wife is a fellow faculty member.

He bandaged the three spots and sent me on my way. I made an appointment with his wife, a fellow dermatologist, for a regular skin exam. With my history, I need to do this every year. In addition to the basal cell cancers, I've had a couple of actinic keratoses removed from my face and scalp. AKs can be precursors of squamous cell carcinomas.

As I write this over a week later, my shoulder has three indented, dark, dime-sized spots. Laura calls them polka dots. I had to clean them, rub them with a Q-Tip soaked in hydrogen peroxide, apply Vaseline, and then bandage. The idea is to keep scabs from forming and lessen the eventual scarring. The spots itch and the Q Tip scraping isn't comfortable.

Dermatologists recommend using sunscreen every day, winter or summer, rain or shine. Ultra violet rays pass through clouds. They say the sun damages skin more than anything except smoking. I use sunscreen every day and recommend it to other runners. On the grand prix forum a year or so ago there was a discussion on using sunscreen. Our former RRCA state rep proudly posted that he never uses it. He also runs shirtless all the time. I rolled my eyes, thinking of natural selection at work. One time at our Tuesday track workout, a former Club president said she'd just been to the tanning salon. I wanted to grab and shake her and say, "Do you know how stupid that is?", but I restrained myself.

I was back at the track on the first Tuesday in August, but I wore a shirt as usual, so no one noticed my polka dots.

Do You Remember Why You Started Running?

By Jenny Weatter
LRRC Racing News Editor

"Why are runners so hard on themselves? Why is it never good enough? It seems like no matter how far, how fast or how long we run, it's never enough. Sure you ran a 5K and set a two-minute PR but you didn't beat your competitor that came in four seconds ahead of you. If you just would have started out a little faster or pushed a little bit more, you might have beat them. Ten different people tell you congratulations on your PR and you say thank you but you are really thinking that you should have beat your competitor and now you are going to have to work harder.

You injure yourself and three months later you run your first race post injury. Of course, you don't set a PR and it's the worst thing in the world. You ask yourself why you are so slow. Will you ever be able to run the times you did before your injury or is your running career over? Why do we feel like we are never where we want to be with our racing times? Do we ever hit a point where we think we are running the best times we will ever be able to run or do we know we can still push that much more and get that much better? Will it ever be enough? Shouldn't the fact that we are physically capable of running a race be enough? Shouldn't we be proud of ourselves for staying physically fit and getting out there day after day to keep our hearts pumping? Yes. It should be enough and we should be proud of ourselves.

Maybe some of this is a little dramatic but I constantly see runners

beating themselves down because of the slow time they just ran. Sometimes we forget that it's not always about the times. I understand that sometimes it has to be because why else would anyone go through the torture of speed work if it wasn't ever about running a good time but maybe we need to let it go sometimes and just enjoy ourselves. Try to remember what started you running in the first place. Was it because a friend asked you to join them in their new adventure? Was it because you thought running a 5K would be a good goal? Was it because you wanted to lose weight? No matter what the reason was, I guarantee you weren't worried about your time. You were just there to run and have fun doing it. I agree that I need to take my own advice at times.

All the people listed in the race results today are awesome and should be proud of themselves for getting out there and running.

July 18th was the **Midnight 25/50K** (also known as the Lou Peyton's Birthday celebration) out at Lake Sylvia. Several of our Club members joined in the celebration. For the men, our own Raj Bhanot and Jacob Wells took the 50K challenge and finished in times of 5:11:14 and 5:12:10. For the women, our own Rosemary Rogers also took the 50K challenge and finished in a time of 8:05:18. For the 25K men, Bob Marston finished in 3:40:03. For the 25K women, Tina Coutu finished second in a time of 2:28; Becky Humes in third with a time of 2:48; Mary Wells and Sarah Olney in times of 2:54:16 and 2:54:18 and the Birthday girl herself, Lou Peyton, finished in 4:08:02.

That Damn Night Run 5K at Lake DeGray was held on July 25th. This was our next Grand Prix race of the season. For the men, our own Justin Radke won the race with a super fast time of 16:05; Imari Dellimore in 17:20; Joel Perez in 19:25; David Williams in 19:40; Greg Helmbeck in 19:41; Bill Torrey in 20:27; Jacob Wells in 20:34; Raj Bhanot in 20:36; Jeff Maher in 22:31; James Barber in 24:39; Dan Belanger in 25:06; the amazingly handsome Colin Weatter in 25:19 (Congratulations!); Jesse Garrett in 26:16; Roy Smith in 28:18 and Carl Northcutt in 37:57. The women finished like this: Becky Humes in 25:28; Carol Torrey in 27:22; Alea Humes in 27:29; Angela Gaines in 29:22; Josey Wells and Jaynie Cannon in 42:24. I believe Josey finished ahead of Jaynie by a nose. Congrats Josey.

The Batesville 4-miler on August 1st was the next Grand Prix race of the season. Quite a few of our members made the long drive up to Batesville to run this race. The men finished like this; Kevin Golden in 23:53; Ethan Neyman in 24:09; Brian Sieczkowski in 25:42; David Williams in 26:15; Joel Perez in 26:29; Raj Bhanot in 26:35; Greg Helmbeck in 26:39; Bill Torrey in 26:53; Kevin Groustra in 28:30; Jeff Maher in 29:17; Roy Hayward in 32:40; Dan Belanger in 33:50; Roy Smith in 36:01; Jesse Garrett in 38:34 and Carl Northcutt in 48:54. For the women, Leah Thorvilson finished first in a time of 22:50 (Geez Louise!); Mary Wells in 30:07; Tina Coutu in 31:51; Becky Humes in 34:13; Ginea Qualls in 35:24; Angela Gaines in 36:56; Alea Humes in 37:57; Haley

(See **Running** on Page 5)

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

(Continued from Page 4)

Groustra in 43:28; Rhonda Ferguson in 43:29 and Mary Hayward in 1:20.

Also on August 1st, Ross Bolding competed in the **RRCA 5K National Championships** at the Woodstock 5K in Anniston, AL. Ross was the Great Grandmaster(60-69) winner in a time of 20:32. Ross said it was a tough course and this was his sixth National Championship. Congratulations Ross and I hope your hamstring is feeling better. On August 8th we head to Tontitown, AR (Don't ask me??) for the Run for the Grapes 5K. Our very own Allen White ran it in a time of 24:20.

Also on August 8th was the **Hope Watermelon 5K** for the next Grand Prix race of the season. The men finished like this; Glen Mays finished second in 16:33; Josh Holt finished third in 16:50; Ethan Neyman in 18:21; Kevin Golden in 18:26;

Brian Sieczkowski in 18:54; Steven Preston in 19:49; Greg Helmbeck in 20:05; Kevin Groustra in 20:50; Ross Bolding in 21:11; Michael Harmon in 24:55; Roy Hayward in 25:10; Jesse Garrett in 25:56; Dan Belanger in 26:14 and Roy Smith in 30:17. The women finished like this: Leah Thorvilson won in 17:26; Mary Wells finished in 22:31; Tina Coutu in 23:37; Ginea Qualls in 26:36; Angela Gaines in 27:42; Alea Humes in 28:17; Alesa Davis in 31:29; Haley Groustra in 32:43; Linda House in 41:37 and Mary Hayward in 56:43.

The **Pikes Peak Marathon** in Colorado was held on August 15th. This is one race I hope to be brave enough to attempt one day. Hugh Braswell and Lou Peyton made the trip to Colorado to complete the Ascent Race. Hugh finished in 4:13:45 and Lou finished in 5:42:25. Congrats to you both for tackling the Mountain.

August 22nd in Dardanelle, AR, was the **Mount Nebo 14-Mile Trail Run**.

Several of our Club members participated. Steven Preston finished in an impressive time of 1:47 (with an injured leg.) Joel Perez was right behind him in 1:48. Raj Bhanot finished in 1:54; Jacob Wells in 2:03; Harold Hays in 2:29 (with a hurt Achilles); Michael Harmon in 2:35; John Russell in 2:40 (with an injured hip) and for the women, Becky Humes finished in 2:46.

My sincere apologies to Joel Perez for leaving him out of the results for every race he ran last month. He ran the Brickfest 5K in a time of 20:58; the Firecracker 5K in 19:33 and the River City 5K in 19:43. Great times Joel. Again, sorry about that.

Congratulations to everyone that raced this month and again, please feel free to e-mail me with any comments or questions at jennyweatter@yahoo.com.

Happy Running!!

August

(Continued from Page 1)

though I had a broken shoulder (we did not know it at the time). But that is a story for another time. I am grateful and blessed to have had his friendship and example in my life. Congratulations to those who did the Peak this year, I apologize to Lou for not recognizing your accomplishment at the meeting!

Although I have many tributes to the older generation of our Club, I have much appreciation for the younger "fit" set. Your heart may skip a beat watching a new group of runners (Josh, Ethan, Imari, Kevin, Justin, Leah and more, those making a comeback and forgive me if I did not mention your name). They are running with heart as they whoosh by and as you turn to see what it was, you see perfect formation of "V's (the shape of their lean bodies) as you see their backsides fly past you. Please thank Alison Acott for her efforts regarding our new logo. Thanks to her suggestion of the orange and blue bird, we now have had our T-shirt photographed internationally. If you haven't gotten a chance to visit our www.littlerockroadrunners.com "The quest for 50 states" site, please do so, this is so

fun! I know that some still like martini man (Tom Barron) but the bird is colorful and impressionable. Alison also has donated temporary tattoos that you see popping up on us, they are a blast and give us lots of spirit. Thank you, Alison.

As September and schools begin and in between training for fall marathons and cheering on the cross country teams of your choice you may want to regain some heart by reading "Once A Runner" by John Parker Jr. This is back in print after many years and a nice boost to help encourage running spirit. Several runners I know have said this is the "Best Running Book Ever."

Next month's meeting will be another potluck held at Otter Creek Pavilion and we will have a training run on the Tyler Curtis 5K course before the meeting. Glen Mays will be our guest speaker. Hope to see you there on September 17th.

**dubbed by Paul Ward. Please see his forum summary on Michelle's talk at www.arkrrca.com. I have to pay kudos to Paul and his attention to detail. I sat next to Paul Ward and nowhere did I see a note pad, maybe he had a hidden mike? But the next day he posted an accurate, detailed, and "nice" summary of Michelle's speech complete with the medical term for her condition. Thanks Paul.*

More Races

- 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.
- 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: On A Mission 5K at Van Buren. Call 479-474-6918.
- 24: Hike Against Hunger 1K/10K at Fayetteville. Call 479-521-4000.
- 24: Lake Fort Smith 3M/9M at Mountainburg. Call 479-879-5232.

(See More Races on Page 6)

Running Reporter Regales Roadrunners

**By Paul Ward
Rotund Roving Reporter**

Local runner and KATV reporter Michelle Rupp spoke from the heart to over 40 members at the August 20 LRRC meeting. Club president Tina Coutu welcomed the large crowd (who enjoyed grilled hot dogs courtesy of Steves Hollowell and Preston) and everyone was all ears when Michelle spoke about her heart disease.

Michelle knew from her youth that her heart sometimes raced. Later when she began running and racing, her problems became greater. After a Jingle Bell 5K, Michelle's heart rate was over 200 beats per minute. She went to the emergency room and the attendant taking her pulse quickly called for a trauma cart.

A First To Wurtz Story

**By Paul Ward
LRRC Procreation
Correspondent**

The LRRC congratulates April and Craig Wurtz on the birth August 17 of their first child and new Club member, Paul Christopher Wurtz. Baby Paul, obviously the first of many to be named after your humble correspondent, hit the starting line of life at 7 pounds, 7 ounces, and 20 1/2 inches long.

Our undercover reporters learned that April, Craig, and Baby Paul are all doing well. It's only a matter of time before April is pushing Baby Paul up and down Kavanaugh with the Full Moon training group on Tuesday and Thursday mornings.

Congratulations April and Craig, and welcome to the Club, Baby Paul!

Condolences

The LRRC sends its condolences to Vicki Ingram of Cabot over the death August 18 of her husband Phillip. Please keep Vicki and her family in your thoughts and prayers.

It topped out at 212 before a physician "stopped" her heart. At one point earlier in her life, her rate got up to 300 beats per minute.

Michelle was diagnosed with Wolfe-Parkinson-White Syndrome. This does not involve heart muscle directly, but affects the heart's electrical system. Excessive nerve impulses were causing Michelle's heart to beat too fast.

LRRC member and cardiologist Eleanor Kennedy saw Michelle and performed an ablation procedure to sever the extra nerves. Unfortunately, Michelle's problem was more involved. She had a whole sheath of extra nerve tissue on the back of her heart. Michelle was referred to the Cleveland Clinic and underwent another procedure to sever this extra sheath of nerves. Wires are

threaded through a blood vessel up to the heart and open heart surgery is avoided. In Michelle's case this procedure worked. She's been back to see Eleanor and gotten clean bills of health. Michelle considers herself cured and celebrates her "new heart" anniversary each year by running the Capital City Classic 10K.

Since her last procedure, Michelle has completed several marathons and half marathons and has more full marathons planned this fall, with her fifth scheduled in two weeks. Marathon Maiden Michelle received long applause after her talk and several members spoke to her afterwards to thank her for her inspiring talk.

Thank you, Michelle, for speaking to the Club. Good luck in your upcoming marathons.

More Races

- 24:** RunEureka 3M at Eureka Springs. Call 479-253-7888.
- 24:** Leflore County Youth Services 5K at Poteau, OK. Call 918-647-4196.
- 24:** 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 807-307-8922.

Club Bylaws

The LRRC Board of Directors has been hard at work preparing a set of bylaws for the Club. As a non-profit organization, the LRRC is required to have bylaws listing our rules and procedures. Check out the ByLaw Blog Post at www.littlerockroadrunners.com for more information and to read the Board's draft.

The entire Club will have the opportunity to give feedback on the blog or at an upcoming Club meeting.

Dab (Continued from Page 3)

Michael Harmon, fresh off his PR half marathon finish in Chicago, patted me on the shoulder and said he didn't see me last week. I told him I was busy having the basal cell cancers removed. "Where?" he asked. "On my shoulder," I replied. "Where I just slapped you?" he asked. "Yes." But it didn't hurt, Michael, so don't worry.

So, Jacob, follow Jaynie's wise example and use sunscreen before you run in the sun. Reapply after running or swimming. (I apply on weekend mornings before a long run and again before heading out to work in the garden.) Have yourself checked for suspicious spots. And if you see a suspicious spot on your skin, have it examined quickly.

Andy's Fun Run Resumes

The LRRC Sunday morning fun run is moving again – back to the Andy's restaurant at Markham and Barrow. The economic downturn caused the restaurant to close on Sundays in January. The regulars moved to the McDonald's on Rodney Parham. Andy's is resuming Sunday hours so the group decided to move back. The run/walk begins at 7 a.m.

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 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.

September

- 12:** Cherishing Children 5K/1M at Little Rock. Call 479-621-0385.
- 12:** Rollin' on the River 5K at North Little Rock. Call 501-227-3700.
- 12:** Golden Sneaker JDRF 5K at Fayetteville. Call 479-422-2568.
- 12:** Yellowjacket Buzz BYE at Springdale. Call 479-879-5497.
- 13:** Andy' Fun Run.
- 15:** SAU Tech Varmit 5K at Camden. Call 870-574-4712.
- 19:** Trey Homra 5K at Stuttgart. Call 501-227-3710.
- 19:** Arkansas 20K (**GPS**) and Marathon at Benton. Call 501-517-7393.
- 19:** Warrior Run 5K at Cotter. Call 870-404-3628.
- 19:** Walk Like a Pirate 5K /1M at North Little Rock. Call 501-758-3170.
- 19:** Down Town J'Town at Jonesboro. Call 731-335-2948.
- 19:** Heart of the Lake 5K at Greers Ferry. Call 501-206-7946.
- 19:** Stomp Out MPD 5K at Siloam Springs. Call 479-238-4090.
- 19:** Raid the Rock Adventure Race at Little Rock. Call 901-378-2059.
- 20:** Arkansas Senior Olympics at Hot Springs. Call 501-321-1441.
- 20:** Andy's Fun Run.
- 25:** Matters of the hEEEart 5K at Arkadelphia. Call 501-538-6636.
- 26:** Tyler Curtis 5K at Little Rock. **GPS**. Call 501-231-3730.
- 26:** River Valley Half Marathon/5K at Fort Smith. Call 479-649-8815.
- 26:** Heart and Sole 5K at Jonesboro. Call 870-931-0578.
- 26:** Goshen Gallop 5K at Goshen, AR. Call 479-443-5207.
- 26:** Barn Sale 5K at Camden. Call 870-836-6426.
- 26:** Slaughter Pen 3M/9M at Bentonville. Call 479-879-5232.
- 26:** Frontier Days 5K at Plainview. Call 479-650-7390.
- 27:** Andy's Fun Run.

October

- 2:** Bookwork Balst 5K at Mulberry. Call 479-997-1226.
- 3:** St. Jude's For the Kids 5K at Memphis, TN. Call 210-324-4588.
- 3:** Tour de Cure Half Marathon at Springdale. Call 479-464-4121.
- 3:** Run for Reading 5K at Mountain Home. Call 870-421-2666.
- 3:** Calico Rock White River 5K. Call 870-297-8753.
- 3:** Wing Ding 5K at Jacksonville. Call 501-982-3191.
- 3-4:** Arkansas Traveller 100 at Lake Sylvia near Perryville. Call 501-329-6688.
- 4:** Andy's Fun Run.
- 10:** ARK Burns Park 2M at North Little Rock. Call 501-519-0185.
- 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.
- 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.

(See More Races on Page 5)

Birthdays

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

- 1 – Darren Gilpin
- 1 – Pat Piazza
- 4 – Benjamin Hartter
- 5 – Greg Shira
- 6 – Bill Torrey
- 6 – Linda House
- 6 – Sybil Taylor
- 7 – Jennifer Jones
- 8 – Ken Bland
- 9 – Alan Bubbus
- 9 – Eric Paul
- 9 – Jennifer Files
- 9 – Karen Helmbeck
- 12 – Douglas Young
- 13 – Katy Loffer
- 14 – Laura Lamps
- 15 – Jaynie Cannon
- 16 – Amanda Jones
- 16 – Ken Gould
- 17 – Becky Humes
- 17 – Hobbit Singleton
- 20 – Jim Yamanaka
- 21 – Donald Poore
- 24 – Michelle Rupp
- 28 – Patricia Poore

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.