

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2010

Spring Arrives, We're Alive, And We Thrive!

By **Tina Coutu**
LRRRC President

As the trees are budding, flowers blooming, longer, warmer days arriving, it seems like spring has finally arrived – Welcome! And welcome to any new members and old members joining anew.

Last month's column noted things that have never been done before and the then upcoming Little Rock Marathon, congratulations to all members participating and, kudos to all involved as this was an outstanding event and I can now say that from a personal level. This was my first Little Rock Marathon. Yes, I did many training runs, volunteered, and worked the expo, but for some reason resisted the whole marathon mostly due to the last six miles of Riverfront Drive. My friend/hero John Woodruff was a big supporter and fan of this race and I decided to run it for him – the third anniversary of his death was Saturday, March 27th.

Although not fully prepared for this as I worked for Easy Runner the weekend of the marathon – but I threw myself into the energy of the event as another motivator came with everyone's favorite runner/triathlete Kirsten Davis (now of New York), who arrived to run this marathon for the first time as well.

Also, I decided to push myself to get out on this course officially by using it as a training run for the Hogeye Marathon (another first - we shall see). My longest before Little Rock was maybe an exaggerated 16. The weather was mild and actually perfect for this long training run with a couple of thousand fellow runners on race day. This was exciting to run the course passing many famous sights of Little Rock with so many out-of-towners

and locals running, walking, and cheering, the crowd support was both amazing and amusing.

Many fun groups were out there on the sidelines. Governor Beebe was greeting runners as they passed his house. I was amazed at the crowd offering support, hospitality, and shouts, especially going up Kavanaugh. I was dreading the downhill on North Lookout by Allsopp Park due to a bum knee since mile 8.5, but I really wanted to get to John Woodruff's Memorial water stop at mile 25 and yes, after all this I wanted that HUGE medal. A few things assisted me along the way to my destination. Yes it hurt going down North Lookout, but at one point I looked up and was able to greet and hear Gary and Libby Smith of Easy Runner fame encouraging the marchers from the balcony of their home.

Running backwards took some pressure off my knee at the risk of looking foolish but it sure helped, and Allison Acott (aka marathon angel) came up alongside when it seemed like I needed it most, and encouraged and pushed me on. She had just finished the Mardi Gras Marathon in New Orleans a week or two before and really offered uplifting words that worked until mile 20. At mile 24 while taking a walk break, another angel, Melanie Baden, appeared. Although she did not have any shots for my knee, her bright manner got me back running enough to get me up to Dillard's and the "had to see" John Woodruff Mile 25 memorial and the finish.

This was a good experience in spite of me and I will do this race again and hope you will too.

Speaking of marathons, motivation, and inspiration, Randy Oates

spoke to a fairly well attended monthly Club meeting (considering all the competition) on March 18th at Whole Hog Café. Good food, fellowship, and strength of spirit were experienced as Randy updated us on his very hard road of learning to walk and ride a recumbent bike. Once an avid athlete (runner, triathlete, boater), Randy had to face the situation of possibly never being able to walk about three years ago and has made miraculous progress.

Listening to Randy's personal account of working very hard to accomplish tasks we take for granted makes a person stop to think what we would do if faced with something that took away our ability to train – where we would we find the discipline and desire to make us move and not wallow in self pity.

Thank you Randy for sharing and helping us to remember we have to continually be in training for a marathon or any event we set our sights on. Not just give it a half hearted try but to be vigilant and constantly be on it. Randy is an excellent example of what we can accomplish when we train and purposefully go after our goals.

April Meeting

April 15, 2010
Murray Park Pavilion 2

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

"Your Boston Experience"



Running Wild

By Jacob Wells

Linda thought she had me when she cornered me at the finish line of the Little Rock Marathon and offered extra days to submit an article. It took a month to gather my tales of the Little Rock Marathon and they include a few runners who might not be in the LRRC but who you probably know or who have a story to be shared.

By now, you know that LRRC's own Justin Radke was the seventh overall male and first Arkansas finisher in 2:41 and that Leah Thorvilson put 20 minutes on the second woman finisher. Some other Club members turned in performances worth noting. Brad Newman trained and fought through months of injuries and doubts and completed his first half marathon, racing more than twice the longest distance he had ever raced before then. Scott Wall put away the triathlon bike just long enough to do the same. Bryan Jones completed his second marathon with a near PR on a tougher day and on a tougher course than his first. Dave Wilkinson, Little Rock's blind marathoner, completed his fourth marathon and second since December. Bill Rahn continued his run of having completed every Little Rock Marathon and does so quicker than most of the 30 or so streakers left after No. 8.

"Team Becky" (Becky Humes with Joel Perez pacing) completed the triple play, combining the Little Rock Marathon with the Run the Line Half Marathon in Texarkana and the Mardi Gras Marathon over a 15-day period. If you don't know Joel, you will when you see him – he is the one with the way-cool dreadlocks. Becky, Joel, and several others used the Little Rock Marathon as the marathon that qualified them for membership in the Marathon Maniacs Club. Based only on this group's name, I suspect they were already unofficial members.

Another Little Rock running club, the Hot Legs, might be the biggest and best running club with which you aren't familiar. Little Rock Marathon race director Bill Torrey has heard of them. They are the core volunteer group at many of his races. At the Little Rock Marathon, they were out in force both as fans and as runners. Erin Hogan, current Hot Legs president, and Shanna McKeller completed their first marathons. Shanna, who just started running last spring with the Little Rock Women Can Run Clinic, has been spurred on by being the epitome of why the Grand Prix is so delightful. Runners discover the fun of watching the standings throughout the entire season for themselves and their team – and everyone is included, regardless of pace. Following the clinic, she ran her first race ever at Brickfest in June 2009 and finished the year placing in her age group in the Grand Prix.

Jack Mayberry of Sheridan and Jim Yamanaka of Hot Springs completed the 2010 Little Rock Marathon at ages 76 and 77, respectively. Jack has run four Little Rock Marathons since

the age of 70. He takes advantage of the early start and provides a highlight of the day and a big boost for me when I finally catch him toward the end. Jack lost his hearing while serving in the U.S. Marines and I love to turn to greet him as I pass. Jim has run seven of the Little Rock Marathons, missing only 2006. Jim's 2003 inaugural Little Rock Marathon was 3:51 at the age of 70, and he has run over a dozen marathons since then, all with age-graded times of around three hours.

The Hobbitom Challenge was created by Little Rock's always delightful, sometimes controversial super marathon training duo, the Singletons. In the spirit of Disney's Goofy Marathon, the Little Rock Marathon and half were the second leg of the Challenge with a half marathon or 10K kicking it off the day before. Hobbit followed that up by walking the last mile of the marathon countless times with any finisher who was struggling, until the last one made it in. Hobbit and Tom have made many first-time marathoners dreams come true. I was a Crackhead almost from the beginning. I trained with them after learning that 14 miles hadn't been a far enough long run before my first marathon and 16 seemed a long way to run by myself before my second Little Rock Marathon in 2004.

Brian Wagner, my BFF from Vilonia, did something I have never seen before – and I pay attention to these things – achieving perfect splits for the day: 1:44:01 for both halves for a near PR of 3:28:02. Brian's two best marathons have been on the Little Rock Marathon course, with a 3:26 in 2008. He has some kind of masochistic affinity for difficult courses, with the hills of Hogeye again next month and the winds of Wynne at the Mid-South as an annual tradition. I can't convince him to try an all-downhill course with the wind at our backs.

As for the fans, Shareece Kondo refused to loan me her bicycle around mile 19. I suppose she tortured many others who had the same request. Glen Mays, 2004 Little Rock Marathon winner, cheered and took pictures from his front yard around mile 14. Paul Ward was in his spot at the turnaround at mile 20.5 taking pictures. I posed no such opportunities as last year, when

(See *Running Wild* on Page 5)

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Linda House	Editor	565-4969
Tina Coutu	President	412-3523
Brian Sieczkowski	President-Elect	227-4497
Leah Thorvilson	Secretary	247-7509
Steve Hollowell	Treasurer	217-8604
Mary Wells	Past President	663-1632
June Barron	Membership	920-3224
Bill Torrey	CCC 10K Race Dir.	455-2643
Paul Ward	At Large Member	217-9326
Jenny Weather	At Large Member	251-5955
Steve Preston	At Large Member	626-0049

Family And Friends Are Great Marathon Motivators

By Jenny Weatter
LRRC Racing News Editor

This past month was the 8th annual **Little Rock Marathon**. It's great to see how so many members of our Club come together to help put on this big event. The weekend started with a 5K and the Little Rocker Kids Final Mile. This was my first time to volunteer for the kid's race and I loved every second of it. These kids have run 25.2 miles leading up to this day and now they are going to complete the marathon, cross the finish line and get a medal. It's so great to see so many kids out there getting fit.

Sunday was the Marathon and Half Marathon. I love this marathon for so many reasons. Little Rock is not the town I grew up in but my hometown is only an hour away and I have lived in Little Rock for eight years now. Nothing beats getting to stand at the starting line with fellow Roadrunners and friends.

My wonderful parents have always been great supporters of my running and they love to find me at different spots on the course. It's extremely motivating to have people that you know and love cheering you on as the course gets increasingly tougher. The Little Rock Marathon was also my first marathon ever and the first marathon where I Boston-qualified. Most of all, the Little Rock Marathon holds a special place for me because it was where I was proposed to two short years ago. I only wish that I had started running sooner so that I could have participated in all eight marathons.

This year I got the pleasure of running the first half of the marathon with Jacob Wells, Kim Howard and others. They definitely kept me entertained until the group split and I was left to fend for myself in the most dreaded parts of the race: the hike up Kavanaugh and the long out-and-back along the River Trail. Somehow I made it through and crossed the finish line to see more fellow Roadrunners and receive the largest finisher's medal in the world! There is no doubt about that. I had to take it off because it was pounding against my

stomach as I was walking. It's funny to take it home and compare it to the finisher's medal I received in 2006. My how they have grown.

I hope that everyone was able to participate in the weekend festivities in some way by volunteering or running. Congrats to everyone who ran. I hope I didn't leave anyone out.

Now for the results: February 20th was the **Sylamore 25K** in Allison, AR. A few members ran this race. Bob Marston finished in 4:28:37; Jennifer Rogers in 4:40:46 and Tom Singleton in 4:40:47.

Jacob Wells headed to Fort Worth on February 28th to run the **Cowtown Marathon** in 3:36.

February 28th, several of our Club members made the trip to New Orleans to run the **Mardi Gras Marathon and Half**. John Russell completed the half in 2:06:54. For the full marathon, Joel Perez PR'd and BQ'd in 3:10:12. Steven Preston finished in 3:32:04; Angela Gattin finished in 3:47:18 (PR?); Charles Gattin finished in 3:51:43; Alison Acott PR'd in 3:53:19; Pat Koss PR'd in 3:56:23; Tala Hill finished in 4:17:27; Lisa Luyet in 4:19:30; Becky Humes in 4:24:13; Trina Bright in 4:33:08; Michael Harmon in 5:59:47 and Dan Belanger in 6:15:27.

March 7th was the **Little Rock Marathon and Half**. For the full marathon women, Leah Thorvilson won for the second consecutive year in 2:48:28. Congrats Leah! Jenny Weatter finished in 3:31:08; Tammy Walther was the four-hour pacer and finished dead on in 4:00:10; Tina Coutu finished in 4:12:29; Ashley Phibrick in 4:51:18; Becky Humes in 4:53:13 and Lisa Luyet in 4:53:19.

For the full marathon men, Justin Radke finished in 2:41:37; Bill Rahn in 3:48:13; Jacob Wells in 3:49:33; Jack Evans in 4:11:54; Joel Perez in 4:53:19 and Michael Harmon in 5:15:50.

For the half marathon women, Sarah Olney finished in 1:43:03; Mary Wells in 1:45:19; Sandy Cordi in 2:11:38; new member Erica Nordin (who completed not only her first half marathon but also her first race ever) in 2:33:17 and Lou Peyton finished in 2:37:31.

For the men, Joe Cordi completed the half in 1:46:04.

We also had several members compete in the **Corporate Relay Division**. Speedy and the Slow Pokes – John Russell, Harold Hays, Steve Preston and Clint Simpson – finished in 3:28 which made them third in the Corporate Relay Division and seventh overall in relay.

March 13th was the next Grand Prix race of the Season with the **Chase Race 2 Miler** in Conway, Arkansas. For the men, Brian S-ki finished second in 10:34; Imari Dellimore in 11:01; Ethan Neyman in 11:06; Kevin Golden in 11:20; Steven Preston in 11:25; Steve Yanoviak in 11:27; Tim Steadman in 11:31; Joel Perez in 11:51; Mark Hagemeyer in 12:18; Jacob Wells in 12:44; Charles Gattin in 13:00; Bill Torrey in 13:23; Gregory Sorenson in 13:33; Bill Crow in 14:02; Roy Hayward in 14:58; David Meroney in 15:09; Michael Harmon in 15:29; Ron Sanders, Jr. in 15:40; David Conrad in 15:48; Dan Belanger in 16:31; Bert Sanders in 17:33; Will Philbrick in 18:08 and Carl Northcutt in 24:35.

For the women, Tina Coutu finished in 15:02; Alea Humes in 16:03; Jessica Osorio in 16:06; Ginea Qualls in 16:25; Ashley Philbrick in 16:34; Angel Gattin in 17:09; Celia Storey in 17:32; Alesa Davis in 19:12; Beverly Sanders in 19:23; Waynette Traub in 19:41; Rosemary Rogers in 20:37; April Rand in 20:45; Lily Philbrick in 22:08; Josey Wells in 22:24; Linda House in 27:50 and Mary Hayward in 36:18.

Also on March 13th was the **Feed Your Feet 5K** in Little Rock. For the women, Tara Sanders finished in 30:01 and for the men, Steve Hollowell finished in 21:26.

On March 14th John Russell headed to Dallas to run the **Rock and Roll Half Marathon** in a time of 2:18:05.

March 28th, Jacob Wells headed to Knoxville for the **Knoxville Marathon** finishing in 3:36 again. Jacob, you sure are a racing fool. Three marathons in a month is crazy!

I'd like to acknowledge Bert Sanders who was left out of last month's

Several New Members Added To Club Roster

By June Barron
LRRC Membership Chairman

Abigail Ethington is a graphic designer at Pinnacle Signs & Graphics. She has been running since 1997 and averages 6-10 miles per week at a 9:30 pace. She doesn't race frequently but prefers the 5K when she does. Her 5K PR is 26:00. She is working on building distance.

Her interests other than running are triathlons, mountain biking, sailing, art and white water kayaking. Abigail has been a casual runner for a while but started doing sprint triathlons last year. She has just moved here from Orlando,

Florida, and is trying to get to know people.

Erica Nordin is manager at a law firm. She has been running for six months, averaging 17 miles per week at a 12:00 pace. She likes to run on the River Trail.

Her interests other than running are reading and spending time with family and friends.

Erica gives credit to LRRC member Jenny Weather for getting her started in running and helping and encouraging her.

Omar Osorio is a medical interpreter. He has been running for seven months and averages 6-8 miles per week at 10:00 pace. Omar doesn't race

frequently but likes the 5K, 10K and 20K distances. His 5K PR is 27:20. His favorite running route is the River Trail.

His interests other than running are swimming, ice skating, reading and biking.

Beverly Sanders is married to Richard and they have two children, Eric, age 17, and Leah, age 15. Beverly is an accountant. She has been running for three years and averages 10 miles per week at a 10 minute pace. She didn't race much in 2009 but did in 2008. She prefers the 10K distance. Her PRs are 27:55 for 5K; 1:02:15 for 10K and 2:26:16 for the half-marathon. Beverly's favorite race is the Camden Barn Sale Race.

Her interests other than running are outdoor activities and anything family related. She became interested in running when her daughter was running cross country in 5th grade. Beverly participated in the Women Can Run clinic that year and 2010 is her 5th clinic.

Club Announcements

Reminding all members: our potluck meetings are resuming for the spring and summer at Murray Park Pavilion #2. They will start at 6 p.m. on April 15th. Since most will have gotten their taxes done by then, you can come and celebrate. Not sure on the theme yet but wanted members to speak on their Boston experience to prepare those about to run the Boston on the 19th, so please bring medals, jackets, and stories and contact me at tcoutu@att.net if you would like to speak. And if no one wants to speak, we will just fellowship.

Our May 20th speaker will be Mike DuPriest and June 17th is elections.

The board positions that are open for nominations this year are president-elect, secretary, and membership chair. You may send the nominations to the above address or give them to me at the April meeting. Here's the actual wording from the by-laws: (view them at www.littlerockroadrunners.com)

In the spring of each year, the LRRC shall run a notice in the newsletter and on the website announcing the Board of Director positions that are open for nominations that year. All Club members in good standing may submit nominations. Nominations must be received in writing (letter or e-mail) to the current LRRC president and secretary at least 30 days prior to the June LRRC meeting by the close of business on the 30th day before the meeting. Nominations are thereafter closed unless no nominations are received. If no nominations are timely received for any position, then the Board of Directors as a whole may nominate a person for that Board position. The president will contact all potential nominees to verify that they are interested in the position. Verified nominees will be listed on the LRRC website prior to the June meeting.

Go! Running has opened a new store in the Heights and present president-elect Brian S-ski reports that owners Gary and Erin Taylor want to join the LRRC and Gary wants to run for us (yeah us – he is very fast)! Brian also reports that Gary will offer LRRC members 10% off.

April is a busy month for fund-raising for our Club – more than one way to give back and rest and recover from the Boston Marathon. The Club is of course

Family (Continued from Page 3)

River Trail 15K results. He ran it in 1:43:28. Sorry Bert.

As always, if you were left out of any race results and would like to be mentioned next month or you want to let me know about a race you are running out of state so it can be included, please e-mail me at jennyweather@yahoo.com. Thank You and Happy Running!

sponsoring the Capital City Classic on April 3rd and many have signed on to run and assist this Grand Prix championship 10K.

The Club is doing the finish line and timing for funds for the Club at two races: April 17th is the Miles for Missions 5K at Pulaski Heights Methodist Church and on April 24th is the Catholic High Rocket 5K at the school. Please help if you can on these dates.

Thanks for your support of running, community, and the Club!

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.

April

- 10: Run with the Knights 5K at Van Buren. Call 479-806-7440.
- 10: Autism Involves Me 5K at Bentonville. Call 479-925-4044.
- 10: Go! 5K/10K for Autism at Monticello. Call 870-367-4043.
- 10: Associated Radiologist Family 5K at Jonesboro. Call 870-972-4564.
- 10: St. Vincent Tour de Paul 5K at Little Rock. Call 501-552-2387.

Running Wild (Continued from Page 2)

he captured the exact moment that Elvis passed me while I was walking.

My favorite story of all was about our own beloved newsletter editor. One of the funniest things that kids say to each other is, "You're not the boss of me!" Likewise, when it comes to volunteering at races, in her own sweet way, everyone knows that nobody is the boss of Linda House. Rumor has it that this became clear at the finish line of the Little Rock Marathon 5K held the day before the marathon. Those who inadvertently encroached on Linda's territory that morning learned what the rest of us have always known. (I also heard there were several instances of finish line puking there – the kind of entertainment that I am sorry I missed. In my case on Sunday, I wouldn't be so fortunate as to make it all the way to the finish line.)

I am sure I have left many out, but I hope you had as many memorable moments as I did. We stayed until nearly the end, cheering and sharing emotions with friends and strangers alike. As I turned down President Clinton Avenue to head toward the car at the end of a long memorable day, the last person I would happen to see was Torrey, to whom I gave the most obvious of best wishes, "Sleep well, my friend."

- 10: Child Abuse Awareness 5K at Pine Bluff Arsenal. Call 870-540-3779.
- 10: Panther Pride 5K at Magnet Cove. Call 501-337-9131.
- 10: The Summit 5K at North Little Rock. Call 501-367-8516.
- 10: Hogskin Country Fest 5K at Hampton. Call 870-798-2207.
- 11: Hogege Marathon (GPS SC), Half Marathon, Relay and 5K at Fayetteville. Call 479-445-9251.
- 11: Andy's Fun Run.
- 17: Trailblazer 5K/1M at Fayetteville. Call 479-841-7229.
- 17: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
- 17: Boot Scootin' Dash 5K at Ward. Call 501-912-6405.
- 17: SCHEC 5K at Waldron. Call 479-637-6486.
- 17: Bentonville Firefighter 5K/1M. Call 479-271-3151.
- 17: Miles for Missions 5K at Little Rock. Call 501-529-1191.
- 17: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.
- 17: Alma Partners Club 5K Dog Run. Call 479-632-1953.
- 17: Civitan Peace, Love & 5K at Benton. Call 501-776-0691.
- 17: JA's Trace Trammel Memorial 5K at Harrison. Call 870-743-4871.
- 17: 4H 5K Trail Run at Little Rock. Call 501-821-4444.
- 17: ATU Band 5K at Russellville. Call 501-691-6522.
- 17: Stride to Prevent Suicide 5K/1M at Searcy. Call 501-278-6373.
- 17: Soaring Wings 5K at Conway. Call 501-326-2264.
- 17: Living Longer Mt. Magazine 5K at Paris. Call 479-963-6531.
- 17: Hike for the Cure 3M/4M at Mt. Ida. Call 501-844-7094.
- 17: University of the Ozarks 5K at Clarksville. Call 479-979-1400.
- 17: Run to the Cross 5K at Springdale. Call 479-601-1244.
- 18: Andy's Fun Run.
- 24: Catholic High Rocket 5K/3K at Little Rock. Call 501-664-4625.
- 24: Step by Step 2M/Tiny Trot at Perryville. Call 501-662-4804.
- 24: All Out for Autism 5K at Little Rock. Call 501-776-7632.
- 24: Earth Day 5K at Hot Springs. Call 501-262-9300.
- 24: Spring Fling 5K at Cabot. GPS. Call 501-366-7289.
- 24: Fordyce on the Cotton Belt 5K. Call 870-352-1074.

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

- 24: Run for Reading 5K at Mountain Home. Call 870-421-2666.
 24: UMC "Run for the Son" 5K at Kibler, AR. Call 489-601-5530.
 24: Dogwood 5K at Siloam Springs. Call 479-524-5779.
 25: Andy's Fun Run.
 30: St. Joseph FX 5K at Fayetteville. Call 479-684-3376.

May

- 1: Toad Suck Daze 10K/5K at Conway. **GPS**. Call 501-329-5623.
 1: UAM Centennial 5K at McGehee. Call 870-222-5360, x5503.
 1: Troop 133 Camp 5K at Alma. Call 479-474-7745.
 1: Elm Tree Wildcat 5K at Bentonville. Call 479-621-2369.
 1: HRF Battle for Hope 10K/5K at Bentonville. Call 479-361-5847.
 1: Dennis Moore's 8M at Farmington. Call 479-879-5232.
 1: Healthy Hero 5K/1M at Springdale. Call 479-750-8725.
 1: HomeTown Days 5K at Tuckerman. Call 870-349-5212.
 1: Pioneer Day 5K at Melbourne. Call 870-368-7329.
 1: Armadillo Festival 5K at Hamburg. Call 870-500-2354.
 2: Andy's Fun Run.
 7: MacArthur Park 5K at Little Rock. Call 501-375-0121.
 7: Gold Rush 5K at Bentonville. Call 479-619-6726.
 8: Women Can Run 5K at Conway. Call 501-908-5096.
 8: Root Rocket 5K at Fayetteville. Call 479-283-9814.
 8: Whistlestop 5K/10K at Ashdown. Call 870-898-9508.
 8: German Heritage 5K at Stuttgart. Call 870-673-7001.
 8: Speedy Skunk 10K/5K at Prairie Grove. Call 479-846-4181.
 9: Andy's Fun Run.
 15: Bison Stampede 5K/1M at Rogers. Call 479-236-5909.
 15: WRMC 5K at Batesville. Call 870-262-6168.
 15: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
 15: Paws on the Pavement 5K/1M at Little Rock. Call 501-603-2273.
 15: Crawdad Days 5K/10K at Harrison. Call 870-414-4440.
 15: Ben Geren Regional Park 9M at Ft. Smith. Call 479-879-5232.
 15: Kendrick Fincher 5K/1M at Rogers. Call 479-986-9960.
 15: Pioneer Day 5K at Norfolk. Call 870-499-5432.
 15: River Run 5K at Caruthersville, MO. Call 870-740-1768.
 16: Andy's Fun Run.
 22: Dino Dash 5K at Little Rock. Call 501 396-7050.
 22: Fight for Air Climb at Little Rock. Call 402-502-4950.
 22: Challenge for Sight 5K at Fayetteville. Call 479-236-2566.
 22: Steve Platt Memorial 5K at Vilonia. Call 903-276-9304.
 22: Crossmark for Kids 5K/1M at Rogers. Call 479-464-2200.
 23: Andy's Fun Run.
 29: Easter Seals Rock Run 8K at Little Rock. **GPS**. Call 501-766-3004.
 29: Riverfest Rock-N-Stroll 5K at North Little Rock. Call 501-255-3378.
 29: Early Learning Center 5K/1M at Rogers. Call 479-426-3501.
 29: Portfest Cintas 5K at Newport. Call 870-523-3618.
 30: Andy's Fun Run.

June

- 5: Mt. Magazine 15K at Havana, AR. Call 479-970-4278.
 5: Warrior Challenge 5K at Texarkana, AR. Call 870-703-8590.
 6: Andy's Fun Run.
 12: Boomtown Half Marathon/5K at Batesville. Call 870-307-4938.
 12: Ice Cream Social 5K/1M at Berryville. Call 870-480-2187.

Birthdays

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

- 1 – Bryan Jones
 2 – Tim Steadman
 2 – Zeba Singh
 3 – Joseph Nichols
 4 – Maria Gray
 5 – Bob Black
 5 – Kris Eakin
 7 – Mary Wells
 8 – Sarah Olney
 10 – Monica Dellimore
 13 – Charlene Rostvold
 15 – Haley Strobel
 16 – Ellen Owens
 16 – Jared Mitchell
 16 – Kevin Wells
 17 – Matthew Feehan
 19 – Matt Gresham
 21 – Clay McDaniel
 21 – Scott Philbrick
 22 – Harold Hays
 22 – Leslie Nix
 24 – Tara Sanders
 26 – Rosana Diokno
 26 – Suzanne Simmers
 30 – David Conrad

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.