

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2010

LRRC Heats Up August With An All-Comers Track Meet

By **Brian Sieczkowski**
LRRC President

Let's be honest, August in Arkansas is unpleasant. Being a runner in August in Arkansas is devastatingly unpleasant. The year 2010 is shaping up to be the hottest year in recorded history. So, what's the good news? Well, the Little Rock Roadrunners Club is going to give you something to look forward to this month. We've got something to motivate you to train through August and even give you good reason to work on short, quick reps with frequent water breaks instead of long, slow death marches through the heat and humidity. That something is the LRRC All-Comers Track Meet on Sunday, August 22nd!

The schedule is now set and registration is open. More good news: the track meet is FREE for LRRC members. In order to set the schedule, we need you to sign up in advance. And you can do that right now, online at www.littlerockroadrunners.com – you'll see all the information listed right there on the home page.

We're keeping things simple for this first track meet because, basically, we've never done this before. Six events are on the schedule: the mile, 1,500 meters, 200 meters, 800 meters, 400 meters and a 4 x 400 meter relay. Register early and come on out to Scott Field at Forest Heights Middle School on the 22nd. I promise you it will be more fun than slogging through another 10-miler on the River Trail!

Another exciting event on the August calendar is the monthly LRRC

meeting on Thursday, the 19th. We'll be back indoors with glorious air conditioning once again at the Whole Hog Café on Cantrell. Club member Gary Taylor will be our speaker and will give a talk on running form.

Gary achieved All-American status for Coach John McDonnell at the U of A. He is now a member of the LRRC Grand Prix Team and recently placed second among male masters at the Firecracker 5K. So, he might know a thing or two about running and he will be sharing some tips and drills you can do to improve your running form. Improving your form can make you faster and less injury prone, so get out to the Whole Hog on August 19th.

We had a great turnout at our July meeting and I want to thank each of you who attended as I think our numbers made a very good impression on Judge Villines. For those that couldn't make it, Judge Villines presented a slide show on the construction of the new Two Rivers Park Pedestrian Bridge. Work is ahead of schedule and could be done as early as February.

The bridge will connect the west end of the River Trail to Two Rivers Park. The county also has plans to widen roads with bike lanes all the way to Pinnacle Mountain State Park. You can follow the bridge construction on Facebook by searching "Pulaski County Public Works".

August also means the White River 4-Mile Classic in Batesville and the Watermelon 5K in Hope for all you Grand Prix runners. Your team captains will send out an e-mail with carpool information as

each race gets closer. Both events are well done and make for a fun road trip with LRRC teammates.

The LRRC is also in the planning stages of hosting an RRCA Coaching Certification Course here in Little Rock. As I am writing this we've still got a few final details to work out, but check out our website for updates. The plan is to hold the two-day course on the weekend of January 15-16, 2011, at the Museum of Discovery. I'll share more details as they are ironed out.

Remember, September is right around the corner so keep trying to beat the heat and start training for the LRRC Track Meet!

Correction

The location for the Arkansas Idol Talent Show, sponsored by the AURA and GNOs, that was mentioned in the July issue of *The Runaround*, was incorrect. The fun will begin at 5:30 p.m. at Pavilion 7 at **Maumelle Park**, not at Murray Park as previously mentioned.

August Meeting

August 19, 2010
Whole Hog Cafe

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

Gary Taylor
"Running Form"



If you are looking for something different later this summer after you get your fill of too-hot 5Ks, there are a couple of choices on August 21. The second of the Arkansas Ultra Series races is the approximately 14-mile run around the Bench Trail and then down and back up Mount Nebo near Russellville.

The race attracts a wide variety of locals and runners from around the state and neighboring states. It is a great first trail race for anyone looking to start. Two recent winners have been James Bresette and Kaitlin Bounds, the two that have dominated this spring's races as mentioned last month – several months ago. The first 10 or so miles consist of almost three loops around the top of a mountain trail that takes the shape of a bench for a giant I suppose. That doesn't prepare you for the free-fall down the highway via nine switchbacks to the bottom only to turn around and head back up.

The trip up is more like hiking than running. It is the closest thing I have encountered during a race to walking up stairs. This part of the course is the almost legendary scene of the weekly "Yellar Jersey" challenges, in which the locals challenge each other to the top for the right to wear the Jersey, fashioned after Lance's from the Tour de France. Some think the Jersey is just a myth and represents the bragging rights for having won the most recent challenge, but I have actually seen Coach Tom Aspel wear it to this race once. It has names and times from some of the prior owners embroidered down the sleeve.

Like many of the Ultra Series, the run is free but everyone pitches in for food. Tom has been known to man the grill for some fantastic cheeseburgers, and having not been born in the South, I say there is plenty of what I call pop to drink. This race is so fun, low frills, and has the most easy-going people in the world. It is hard to pass up.

If you want to go farther from home and are looking for something that is "out of this world" literally, then there is the Extraterrestrial Full Moon Midnight Marathon. Tom and Hobbitt Singleton have organized a group heading for this one this year. This is not affiliated with the Full Moon Midnight 50K held at Lake Sylvia about 40 minutes west of Little Rock on July 24, which happens to be the first race of the Ultra Series mentioned above. This race starts with a two-hour bus ride from Las Vegas out to the middle of the desert. The full marathoners are dropped off at the actual site of Area 51. The race begins at midnight, which for Arkansas travelers, is 2 a.m. according to your bodily functions. The first 20 miles is point-to-point arriving at what will be the finish line, but you must first pass by for the final 6.2 out-and-back section.

This trip is relatively cheap and easy. Apparently they really want you to come gamble, so getting there is the easy part. The joke was on them since the only money we spent was on buffets at the Hard Rock Café and Planet Hollywood. Unfortunately, these meals fell somewhat within the same calendar day as the unique timing of the race as described above. The other thing that you might not be prepared for is the "dry heat." Southerners are used to the humidity, and you may have heard it said as though it were some kind of compliment that other places are "hot, but it's a dry heat..." They may not have ever stepped off an airplane in Vegas in August. Dry doesn't always mean better. Take for example, dry heaves? More on that later...

Running through the desert in the middle of the night listening to coyotes and watching for aliens was fun for a while. By 14 miles, I was walking when I wasn't stopping completely, and would have gladly been whisked away by an alien spaceship. By 20 miles, I stood at what might later be the finish line staring out into the distance at the flashing police lights that represented the turnaround three miles away. It was as close as I ever came to stopping in a race, but I decided I hadn't come that far not to check Nevada off the unofficial list of states so I strolled on. By the time I returned from my 1:45 final 10K, the sun had come up and it was getting quite warm. There was only water at the finish line, and once again, the joke was on the locals, as I purchased two pops in the restaurant's bar for which I would have paid \$100.

(See **Running Wild** on Page 4)

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There Are Too Many Races In July, Seriously

By **Brian Sieczkowski**
LRRRC President

Hello again – Jenny Weather has been looking to pass the torch on this column for a few months and I promised her I would find someone else to pen the race results. And I did. Bryan Jones will be taking over the writing duties starting next month. I procrastinated though and didn't give Bryan enough notice for this month so I volunteered to pinch hit. Then I discovered that July might be the toughest month to cover! So many 5Ks, so many runners ... my eyes are hurting from staring at results. And since there are only so many ways to write "(Name) ran (time) at (race)", I'm switching things up. For this month, you get a short blurb about the race, then a list of names and times. And you will like it!

Oil Run 5K – June 19th – Smackover

Brad Newman is from Smackover and always wants me to run this race. He says there are great prizes, says that Smackover is paradise on Earth, that sort of thing. Some year I really will run it, but for now I'm content just taking his word.

Scott Wall – 24:38
 Brad Newman – 30:48

Pig Out 5K – June 26th – Morrilton

The whole Pig Out Festival was previously held in early August, but the town folk of Morrilton deemed that too hot, so it was moved to late June. Genius! Instead of being 99 degrees, it was only 97.

Lisa Luyet – 26:10
 Michael Harmon – 29:10

Brickfest 5K – June 26th – Malvern

The Brick was a Grand Prix race so a lot of LRRRC team members were there. New course this year, same heat and humidity. The men's team took first place, the women were fifth.

Ethan Neyman – 17:41	Joe Milligan – 24:49
Gary Taylor – 17:55	Jim Yamanaka – 28:36
Scott Anderson – 17:57	Dan Belanger – 33:33
Brian Sieczkowski – 18:08	Carl Northcutt – 40:24
Imari Dellimore – 18:17	Maggie Mathis – 21:23
Kevin Golden – 18:37	Tammy Walther – 22:29
Steven Preston – 18:52	Tina Coutu – 23:40
Joel Perez – 19:22	Becky Humes – 25:16
Carl Carter – 20:46	Trina Bright – 27:19
Jacob Wells – 21:35	Ashley Philbrick – 28:08
Jeff Maher – 23:42	Rhonda Ferguson – 28:31
Bill Crow – 24:18	Alesa Davis – 32:44

Firecracker 5K – July 3rd – Little Rock

The 2010 Firecracker 5K featured a very exciting race for the top female spot! Justin Radke set a blistering pace early, but was unable to shake two Kenyan women, Hirut Mandefro and

Lucy Cherotich, in the opening mile. Leah Thorvilson bided her time, slowly creeping up on the top three ladies. The foursome sped down Kavanaugh, flew down Van Buren, and then slowed as the inevitable fatigue set in midway through War Memorial Park. Thorvilson saw an opening and passed all three women as the quartet started up Zoo Hill. Pouring on the pace and increasing her lead, Thorvilson left Radke and the two Kenyans fighting for second place. In the end it was Thorvilson for the win, Mandefro to place, and Cherotich to show. As fourth among the female runners, Radke was awarded a plastic firecracker trophy.

Leah Thorvilson – 16:02	Greg Jacuzzi – 18:33
Tracy Johanning – 17:44	Steve Yanoviak – 18:41
Sarah Olney – 20:04	Scott Sander – 19:08
Tina Coutu – 22:06	Carl Carter – 19:10
Becky Humes – 23:11	Greg Helmbeck – 19:31
Ginea Qualls – 23:26	Jon Honeywell – 20:01
Sharesse Kondo – 24:05	Jacob Sells – 20:02
Trina Bright – 26:07	Joseph Nichols – 20:09
Carol Torrey – 26:21	Brian Watson – 20:18
Eileen Turan – 26:22	John Martin – 20:39
Tara Caudle – 26:28	Bill Rahn – 20:51
Mackie Buckelew – 27:09	Steve Hollowell – 21:35
Kim Gates – 29:55	Scott Wall – 23:30
Jane Riggs – 34:33	Allen White – 23:49
Justin Radke – 16:21	Michael Harmon – 24:07
Brian Sieczkowski – 16:27	Greg Shira – 26:03
Ethan Neyman – 16:31	Dan Belanger – 26:56
Gary Taylor – 16:40	Jim Yamanaka – 28:07
Scott Anderson – 17:11	Andrew Graham – 29:44
Kevin Golden – 17:27	Brad Newman – 31:11
Steven Preston – 17:44	Brad Patterson – 32:07
Joel Perez – 18:05	Carl Northcutt – 39:44

Big Dam Bridge Twilight 5K – July 10th – Little Rock

I'll share with you a little trick for enjoying this race: Don't run it! Hang out, cook hot dogs, sip beverages, and watch the carnage as runners tackle two trips up and down the BDB in sweltering heat and humidity. I've done just this the past few years and had a blast. This year we even recruited a few new members after the race. Sarah Stashuk ran 29:24 then joined the LRRC. Nicholas Norfolk is another new member and he finished in 29:04 for his first race ever! It only gets easier from here, Nicholas.

New Members Added To Club Roster

New members this month are:

Nicholas L. Norfolk is married to **Lashonda** also a runner and they have two children Niya and Nicholas JR. Nicholas is a network technician. He has been running for two months and averages 15-20 miles per week. He doesn't race frequently yet, but plans to run two races by the end of the year. He is still searching for his preferred distance. Nicholas never thought he would be a runner, this time last year he was almost 100 pounds heavier. When Nicholas isn't running he enjoys frisbee, community service (e.g. March of Dimes, Angel Food Ministries), basketball, trivia, beach body workouts (e.g. Insanity, P90X).

Maggie Mathis is a physical education and health teacher for grades 7, 9, and 12, and girls track coach at the Arkansas School for the Blind and Visually Impaired. Maggie was entered into her first race when she was four and ran throughout junior high and high school. She just recently got back into running a year ago. She doesn't have a preferred distance but she did enjoy running the Little Rock half marathon. Her current PR's are, 5K - 21:21, 10K - 45:55, half marathon - 1:43. When Maggie isn't running she enjoys playing tennis, volleyball and basketball, spending time with her family and friends, being outdoors, and her five-month old puppy Lucy.

Races (Continued from Page 3)

Imari Dellimore – 18:54
 Scott Sander – 21:25
 Jacob Wells – 21:51
 Carl Carter – 21:52
 Greg Sorenson – 22:45
 Roy Hayward – 26:28
 Steve Straessle – 30:45
 Joe Cordi – 32:17
 Carl Northcut – 42:25

Leah Thorvilson – 17:45
 Jane Riggs – 26:27
 Shareese Kondo – 26:32
 Barbara Fryar – 27:17
 Kim Gates – 28:41
 Carol Torrey – 29:06
 Mackie Buckelew – 30:12
 Mary Hayward – 1:01:17

River City 5K – July 17th – North Little Rock

Another 5K with a new course this summer. The race moved from the riverfront area to the Burns Park soccer complex. I've run out of things to say.

Leah Thorvilson – 17:19
 Tracy Johanning – 18:57
 Barbara Fryar – 25:56
 Mackie Buckelew – 27:06
 Jaynie Cannon – 44:53
 Mary Hayward – 1:00:04
 Ethan Neyman – 17:33

Steven Preston - 19:42
 Bill Torrey – 21:12
 Jacob Wells – 21:35
 Mark Thompson – 22:00
 Scott Wall – 24:18
 Roy Hayward – 24:19
 Jim Yamanaka – 29:34
 Carl Northcutt – 39:42

That's it for now, a thousand pardons if I left out your name. Nothing personal, it was probably just misspelled in the results and didn't get picked up by my spreadsheet. Learn to spell your own name, that's the lesson, people.

Good luck next month to Bryan Jones!

Running Wild (Continued from Page 2)

Most of Vegas' visitors probably return home on Sunday, so by staying the extra day, we got a great deal on the room and return flight. The only thing I remember about the rest of that trip is that a group appeared to have been filming a reality show at the hotel pool with a cast entirely of little people (My personal editor informed me that midget is no longer an acceptable term.) Despite my misadventures, this trip was one-of-a-kind and, of course, well worth it. The Extraterrestrial Marathon and the Mount Nebo run fall on the same day this year, so I will be staying close to home. I do plan to go back someday aiming for a course PR with hopefully two hours to spare and time for a nap before breakfast.

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 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.

August

- 7: White River 4M Classic at Batesville. **GPS**. Call 870-793-3867.
- 7: Hot Summer Nights 4M at Jonesboro. Call 870-972-4564.
- 7: Run for the Grapes 5K at Tontitown. Call 479-718-2268.
- 7: BBQ Festival 1K5K/2K at Decatur. Call 479-752-3281.
- 8: Andy's Fun Run.
- 14: Watermelon 5K at Hope. **GPS**. Call 870-777-1917.
- 15: Andy's Fun Run.
- 16: Heritage War Eagle Twilight 5K at Rogers. Call 479-721-2635.
- 21: Run with the Son 5K at Little Rock. Call 501-455-3474.
- 21: Sizzler 5K at East End. Call 501-888-3522.
- 22: Andy's Fun Run.
- 27: YMCA Night Flight 5K at North Little Rock. Call 501-758-3170.
- 28: Goshen Gallop 5K/10K at Fayetteville. Call 479-236-7258.
- 28: Lake Atalanta Eliminator 5K at Rogers. Call 479-986-0195.
- 28: Panther 5K Kickoff Classic at Benton. Call 501-776-0576.
- 28: Hannah's Hope Run Buffalo Wild 5K at Bentonville. Call 479-220-8354.
- 28: Rollin' on the River 5K at Little Rock. Call 501-227-3700.
- 28: Owens Road Mile at Percy. Call 501-767-4809.
- 28: Relay for Life/F&M Bank 5K at Stuttgart. Call 870-672-4250.
- 29: Andy's Fun Run.

September

- 4: ARK 5K Classic at North Little Rock. **GPS SC**. Call 501-519-0185.
- 4: Battlefield Run 5K at Prairie Grove, AR. Call 479-267-5000.
- 5: Andy's Fun Run.
- 6: Kelly's Bass Kickin' 5K at Conway. Call 501-733-2505.
- 11: Sara Low Memorial 5K at Batesville. **GPS**. Call 870-793-2464.
- 11: Heart of the Lake 5K at Greers Ferry. Call 501-206-7946.
- 11: Running of the Elk 5K at Ponca. Call 870-861-5890.
- 12: Andy's Fun Run.
- 18: Arkansas 20K at Benton. **GPS**. Call 501-315-9252.
- 18: Cherishing Children Challenge 5K at Little Flock. Call 479-621-0385.
- 18: Golden Sneaker JDRF 5K at Fayetteville. Call 479-422-2568.
- 18: Mission Possible Half Marathon/5K/1M at Branson, MO. Call 417-294-4775.
- 18: Trey Homra 5K at Stuttgart. Call 870-672-1425.
- 19: Andy's Fun Run.
- 25: Tyler Curtis 5K at Little Rock. Call 501-231-3730.
- 25: Jones Center 5K at Springdale. Call 479-756-8090, ext. 2109.
- 25: Centennial Celebration 5K at Cave Springs. Call 870-273-4108.
- 25: Heart and Sole 5K/Half Marathon at Jonesboro. Call 870-931-0578.
- 25: Tailwaggers Trail 5K/1M at Siloam Springs. Call 479-238-3612.
- 25: Run with the Red and Black 5K/1M at Wash burn, MO. Call 417-665-1769.
- 25: Do-Wacka-Do Trail 5M/25K/50K at Erick, OK. Call 580-526-3332.
- 25: Frontier Days 5K at Plainview. Call 479-650-7390.
- 25: Barn Sale 5K at Camden. Call 870-836-6426.
- 26: Andy's Fun Run.

Birthdays

The following is a list of Club members and/or spouses who were born during the month of August. Call Ginea Qualls at 607-2477 if the information is incorrect.

- 1 – Merritt Maham
- 2 – Libby Taylor
- 2 – Greg Butts
- 3 – Linda Smallwood
- 4 – Cathy Hagemeyer
- 4 – Larry Graham
- 4 – Kay Bland
- 4 – Lois Mackey, Jr.
- 6 – Brad Newman
- 7 – John Nail III
- 7 – Bob Taylor
- 8 – Barbara Fryar
- 8 – Ginea Qualls
- 8 – Jim Comerford
- 10 – Justin Radke
- 11 – Afton White
- 12 – Craig Lair
- 13 – Lea Jacuzzi
- 14 – Erica Nordin
- 15 – Omar Osorio
- 15 – Christopher Heller
- 17 – Rhonda Smith
- 18 – Kevin Groustra
- 19 – Kabir Singh
- 19 – Waynette Traub
- 21 – Craig Wurtz
- 24 – Mark Thompson
- 25 – Jenny Weather
- 25 – Mark Anderson
- 25 -- Greg Helmbeck
- 26 – Brian Watson
- 26 – Mackie Buckelew
- 27 – Debra Simmons
- 27 – David Bourne
- 28 – Paul Ward
- 28 – David Williams
- 28 – Priscilla Pittman
- 30 – Melissa Anderson
- 30 -- Kenny Worley

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.