

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2010

Track Meet, Holiday Party Are December Highlights

By Brian Sieczkowski
LRRC President

Mark your calendars: December 18th will be a big day for the Little Rock Roadrunners Club. That morning will be the year's second LRRC All-Comers Track Meet at Scott Field. In the evening will be the Club's annual Christmas Party. Here's all you need to know for both events.

LRRC All-Comers Track Meet at Scott Field. Scott Field is located at Forest Heights Middle School, 5901 Evergreen Street, just east of University.

The first event of the day will be a 5000 meter run. We've already got a few speedsters signed up for this one and it should be interesting to see how people's times compare to their road 5Ks. The 5000 meter run kicks off at 8:30 a.m.

Next up at 9 a.m. is the other end of the spectrum, a 100 meter dash. I guarantee someone will be within five seconds of Usain Bolt's world record time in this event!

At 9:10 runners will line up for the Brian Polansky Mile. All great track meets have a named mile race: the Bowerman Mile at the Prefontaine Classic, the Wanamaker Mile at the Milrose Games, the Dream Mile at the Bislett Games in Oslo. We have the Brian Polansky Mile.

Next up is the 400 meters at 9:35, then the 800 at 9:50. The winning times for these two events, from our August track meet were 58.53 and 1:58.56 respectively.

At 10:10 we'll have a 200 meter dash for the penultimate event. We've saved the best for last with a 4 x 400 meter relay at 10:30 a.m. Throw your hat in the ring for this event and we'll set up the teams. We try to even out the

teams as much as possible to get an exciting finish.

To sign up for one or all events (Steve Hollowell and Justin Radke ran every event at the August meet), go to www.littlerockroadrunners.com & you'll find the link to register under Upcoming Events on our home page. Registration is free but please sign up in advance so we can plan adequately.

After the meet, go home and rest up because the Club's Xmas Party is only eight hours away!

LRRC Christmas Party at the Capitol Hill Building. The Capitol Hill building is just to the north of the State Capitol at 1600 W. 4th Street. Look for the maroon awning. We'll get that party started at 6 p.m. The Club will provide the main dish and drinks, please bring a side dish or dessert potluck style. Whoever wears the ugliest Xmas sweater wins a cool LRRC hat! *(Disclaimer: I would have won this the last three years running, so you better bring you're A-game).*

Odds and Ends. Speaking of LRRC merchandise, we will soon have an online store set up so you can buy just about any article of clothing with the LRRC logo. It might be early 2011 before this is ready to go, so just return all those holiday presents you didn't want and purchase some cool LRRC gear.

Joy Secuban and Jordan Johnson of the Clinton Foundation spoke on plans for the Clinton Park Pedestrian Bridge at our November Club meeting. This bridge will connect Little Rock and North Little Rock at the eastern ends of the Arkansas River Trail. General membership voted to donate \$100 of Club funds towards construction of the bridge. Any person or organization that makes a donation will

have their name engraved on the running surface so look for "Little Rock Roadrunners Club" as you are running over the bridge next summer.

New Jersey, Connecticut, and Vermont are the only three states in the country that we don't have a picture of a Club member in an LRRC shirt. So somebody, anybody, take a trip to New England and knock out all three.

Thanks for reading & see you all on the 18th!

Condolences

The LRRC extends its condolences to Gina Pharis over the death of her mother, Judith Marchese, December 10. Please keep Gina and her family in your thoughts and prayers.

Condolences also to Coreen Frasier over the death of her father, Hubert Furse, in Omaha, Nebraska. Coreen was biking home from the Spa 10K in Hot Springs when she received the news. Coreen's mother died about a month prior to her father.

December Meeting

December 18, 2010

6 p.m.

Capitol Hill Building
1600 W. 4th St.

Club Christmas Party/Potluck



As I approach six years writing this column (and just recited in order the six Club presidents over that span), the good news is that there are enough new members or enough old members with bad memories that I can get away with recycling some of my favorites. This time of year is particularly appropriate for that, and so here is one from a few years ago.

There are two kinds of folks when it comes to the holidays. There are those who love everything about them and who are all full of cheer and some such nonsense the whole time and then there are the folks for whom it's all they can do to just survive and get through them. Without divulging just yet which side I'm on, let's just say that my group is real happy for the rest of you. Fortunately for me, running is the great equalizer. How many people can say that their marathon PR happened on Thanksgiving morning? That impromptu celebration plus room for an extra 3,000 calories was a jumpstart through the holiday blues that year. You may have heard of that club whose members' goal is to run a marathon in every state or then there is my marathon traveling companion whose goal it is to hit a post-race Cracker Barrel in every state.

Add the affliction of being an after-work runner and Christmas Day might as well wait and fall on that day in the spring when the time changes and there is finally daylight in which to run. Similarly, the MidSouth Marathon and the weekend it falls seem to flip the switch for my seasonal affective disorder, more commonly known as the winter blues, but which sounds more ominous when you describe it with catchy medical terms. My limited research indicated that the various treatments for SAD include sunlight or isn't that helpful.

Just like any other dichotomy in society, these two groups don't understand one another. What we can do is run together. So, keep up your running throughout the holidays, whichever type of person you are. Either way, your reward at the end of the year is that you have maintained your fitness and you get to turn over a new calendar and start over with all new running and racing goals and statistics. And if you happen to be one of those other guys, then you also have the opportunity to take one of my kind along for a dose of the kind of holiday cheer that doesn't come naturally at the in-laws or the office party, but probably will while doing what we love most with a gang of our best friends. Oh, and since the next issue of the The Runaround won't come out until just after the start of the year, don't forget to go for a long run on New Year's Day so you can project it out to some ridiculous miles for the year or mine will be 9,563.

Once as I sat alongside the Arkansas River Trail the day after Thanksgiving (different year than mentioned before) struggling with having eaten too much the day before, along

came Arkansas Hall of Fame runner Joyce Taylor. As we visited, she remarked that "you have Gazelle days and you have Water Buffalo days." The thing I have learned, that she had known for a long time, is that these days differ in pace, but not necessarily in enjoyment or benefit to our body, mind, and spirit. In fact, the slower days can be more rewarding, because the humbling awareness of our own lack of invincibility on a day when we are not running our best reminds us of the alternative of not running at all and perhaps even what it was like before we became runners.

Happy holidays and good luck to all at the Memphis St. Jude and Dallas White Rock Marathons, Rocket City Marathon in Huntsville, Run for the Ranch Marathon in Springfield, various Jingle Bell runs, or wherever else you find yourself this season. I'll be the one running in the Santa Claus hat.

New Members

Adriane Campbell has been running for two years. She runs between 30-35 miles a week at a 9-9 1/2 minute pace. Her favorite distances are 5K, 10K and 1/2 marathons. When Adriane isn't running she also enjoys biking, swimming and walking.

Patrick Hardy has been running since middle school. He only races a few times a year but prefers anything over a 5K. He averages 12 miles a week at 7:30 pace. When Patrick isn't running he enjoys football, basketball and hiking.

Welcome to the Club Adriane and Patrick.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 22nd of the month for publication in the next month's issue. Send articles to **Linda House, Editor**, 3800 Bruno Road, Little Rock, AR 72209-6714, or e-mail lhouse48@gmail.com.

Board Members

Brian Sieczkowski	President	766-3004
Steve Preston	President-Elect	626-0049
Jenny Weather	Secretary	251-5955
Steve Hollowell	Treasurer	217-8604
Tina Coutu	Past President	412-3523
Ginea Qualls	Membership	607-2477
Jeff Mayer	At Large Member	680-6710
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969

Race Results

By Bryan Jones
LRRC Racing News Editor

Soaring Wings ½ Marathon (Oct. 22nd)

Christine Coutu 1:47:23

Midsouth ½ Marathon (Nov 6th)

Jon Honeywel 1:40:32 David Williams 1:30:44
Joe Milligan 1:55:09

Midsouth Marathon (Nov 6th)

Joel Perez 2:58:34 Stacey Shaver 3:30:36
Ron Sanders, Jr. 5:08:31 Jacob Wells 3:38:39

River Valley Run ½ (Nov 6th)

Steven Preston 1:32:16

White River ½ Marathon for Kenya (Nov 20th)

Billy Simpson 1:28:24

White River Marathon for Kenya (Nov 20th)

Jacob Wells 3:30:59

Spa 5K (Nov 20th)

Larry Graham 22:26 Randy Taylor 20:59
Betty Ray 47:06 Corky Zaloudek 47:57
Rosemary Rogers 34:27

Spa 10K (Nov 20th)

Melanie Baden 1:03:19 Glen Mays 34:48
Dan Belanger 55:12 Keith McCain 53:06
Karen Call 48:25 David Meroney 57:03
Donna Cave 1:04:49 Nicholas Norfolk 55:40
Paula Cigainero 1:10:55 Joel Perez 37:15
David Conrad 54:02 David Samuel 1:05:28
Bill Crow 49:39 Ron Sanders, Jr. 58:08
Alesa Davis 1:07:27 Billy Shurley 50:50
Imari Dellimore 36:57 Kim Shurley 58:11
Donna Duerr 1:16:33 Gary Taylor 36:32
Rhonda Ferguson 59:05 Leah Thorvilson 36:35
Coreen Frasier 1:23:03 Eileen Turan 56:38
Angela Gattin 59:36 Jenny Weather 1:13:57
Michael Harmon 54:31 Steve Yanoviak 39:39
Maggie Mathis 45:25

Great Duck Race 10K (Nov 27th)

Hillary Kogo 32:53 David Hildebrand 1:07:38
Melanie Baden 47:45 Carl Northcutt 1:17:27
Dan Belanger 53:52 Gail Northcutt 1:32:10
Dana Butler 1:16:29 Ginea Qualls 52:47
Daniel Butler 46:27 David Samuel 1:02:30
Craig Clune 46:42 Leah Thorvilson 34:49
Barbie Hildebrand 45:08 Allen White 48:32

St. Jude ½ Marathon (Dec 4th)

Daniel Butler 2:31:09 Ginea Qualls 2:11:42
Jaynie Cannon 3:01:41 Jane Riggs 2:00:32
David Conrad 2:13:22 Michelle Rupp 1:56:21
Sandy Cordi 1:58:52 Andrea Sieczkowski 1:41:07
James Erwin 2:19:50 Brian Sieczkowski 1:20:53
Karen Halbert 2:19:29 Colin Weather 2:18:44
Jon Honeywell 1:43:59 David Williams 1:30:49
Paul Lafleur 2:01:02

St. Jude Marathon (Dec 4th)

Bryan Jones 5:01:07 Stacey Shaver 3:38:04
Hillary Kogo 2:37:09 Leah Thorvilson 2:40:18
Stefanie Larson 4:43:20 Brian Watson 3:35:40
Ashley Philbrick 5:01:22 Jenny Weather 3:40:51
Scott Sander 3:23:39 Jacob Wells 3:47:28

Little Rock Jingle Bell Run 5k (4th Dec)

Shareese Kondo 35:42 Beverly Sanders 37:16
Courtney Lang 26:44 Martha Ray Sartor 33:37
Linda Miller 1:00:07 Tim Steadman 1:02:03
Carl Northcutt 40:47 Gary Taylor 18:01
Rodney Paine 21:47 Scott Wall 22:42
Joel Perez 17:57 Kevin Wells 29:23
Stephanie Richardson 36:47 Kenny Worley 26:07

Dallas White Rock Marathon (5th Dec)

Trina Bright 4:43:10

Rocket City Marathon (Dec 11th)

Jacob Wells 11 3:34:35

White River Christmas ½ Marathon (Dec 11th)

Tim Steadman 1:34:30

Grand Prix Schedule

January 23 ó One Hour Track Run at Russellville
February 5 ó River Trail 15K at North Little Rock
February 12 ó Valentine's Day 5K at Russellville
February 20 ó Run the Line Half Marathon at Texarkana
March 12 ó Chase Race 2M at Conway
March 26 ó Spring Fling 5K at Cabot
April 2 ó Capital City Classic 10K at Little Rock
April 10 ó Hogeys Marathon Relay at Fayetteville
April 30 ó Toad Suck 10K at Conway
May 28 ó Rock Run 8K at Little Rock
June 18 ó GO! Mile at North Little Rock
August 6 ó White River 4M at Batesville
August 13 ó Watermelon 5K at Hope
September 3 ó ARK 5K Classic at North Little Rock
September 17 ó Arkansas 20K at Benton
September 24 ó Tyler Curtis 5K at Little Rock
October 1 ó Survivors Challenge 10K at Fort Smith
October 15 ó Chile Pepper XC 10K at Fayetteville
October 29 ó Soaring Wings Half Marathon at Conway
November 5 ó MidSouth Marathon at Wynne
November 19 ó Spa 10K at Hot Springs

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 Andyø at Markham and Barrow at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

December

- 18: LRRC All-Comers Track Meet at Scott Field. Call 501-766-3004
 18: Mt. Nebo Bench Trail Run at Dardanelle. Call 479-567-9933.
 18: HMI Jingle Bell 5K at Mt. Home. Call 870-508-1009.
 18: Jingle Bell One Grnd Christmas 5K at Grove, OK. Call 918-964-0512.
 19: Andyø Fun Run.
 26: Andyø Fun Run.

January

- 1: YMCA Tux on the Run 5K at Bentonville. Call 479-717-2460.
 1: Fleet Feet 2011K at Fayetteville. Call 479-571-8786.
 1: Prediction Run/Relay 4M/8M at Batesville. Call 870-793-2464.
 2: Andyø Fun Run.
 8: Run for Broadway Cares 5K at Van Buren. Call 479-459-3485.
 8: ARK Winter Series #1 at Cookø Landing. Call 501-519-0185.
 9: Andyø Fun Run.
 15: No Name 5K/10K at Danville. Call 479-622-3026.
 15: MLK 5K at North Little Rock. Call 501-231-3730.
 15: ARK Winter Series #2 at Lake Willastein, Maumelle. Call 501-519-0185.
 16: Andyø Fun Run.
 22: ARK Winter Series #3 at Murray Park, Pav. 7. Call 501-519-0185.
 23: Andyø Fun Run.
 29: ARK Winter Series #4 at NLR River Trail, I-30 Bridge. Call 501-519-0185.
 30: Andyø Fun Run.

February

- 5: River Trail 15K at North Little Rock. Call 501-766-3004.
 5: Mardu Gras Mambo 10K at Baton Rouge, LA. Call 225-382-3571.
 6: Andyø Fun Run.
 13: Andyø Fun Run.
 19: Bowen 5K at Little Rock. Call 501-804-1877.
 20: Run the Line Half Marathon at Texarkana, AR-TX. Call 903-792-7186.
 20: Andyø Fun Run.
 26: SMH The Beat Goes On 5K at Benton. Call 501-776-6743.
 27: Andyø Fun Run.

March

- 5: Little Rock 5K. Call 501-371-4770.
 5: Little Rockers Final Mile. Call 501-371-4770.
 5: Sombrero Beack 5K/10K/15K at Marathon, FL. Call 3054-289-9868.
 5: Freezing 4M at Fayetteville. Call 479-575-7382.
 5: Veritas Classic 5K at Texarkana, AR-TX. Call 903-278-9077.
 6: Little Rock Marathon/Half Marathon. Call 501-371-4770.
 6: Aandyø Fun Fun.

Birthdays

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

- 2 ó Al Becken
 2 ó Billy Shurley
 3 ó Tom Holland
 4 ó Jack Evans
 5 ó Carl Cerniglia
 7 ó Linda Bolding
 7 ó Gayle Holmes
 8 ó Charlie Dunn
 8 ó Geneva Hampton
 8 ó Matt Olney
 9 ó Jane Riggs
 10 ó Lisa Luyet
 11 ó Barbie Hildebrand
 12 ó David Wilson
 12 ó Ron Sanders Jr.
 13 ó Randy Taylor
 13 ó Stefanie Larson
 15 ó Christine Meroney
 16 ó Corky Zaloudek
 16 ó Laura Griffin
 18 ó Robert Holmes
 18 ó Bob Doran
 18 ó Justin Nix
 18 ó Carlton Saffa
 19 ó Jon Honeywell
 20 ó Steve Straessle
 20 ó Nick Shaver
 24 ó Jenny Paul
 24 ó John Martin
 25 ó Alex Wan
 26 ó Tom Barron
 27 ó Brandon Burroughs
 28 ó Cindy Holland
 28 ó Beverly Sanders
 28 ó Kelly Kreth
 30 ó Ann Louise Straessle

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.