

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2010

For The Love Of Running, And The LRRC

By Tina Coutu
LRRC President

January is just about over and I hope your new year is shaping up like you wanted. We now know which teams shaped up to land in the LLIV Super Bowl and which LRRC members are choosing to be a part of the 2010 Grand Prix team competition. The Arkansas Grand Prix kicked off its first race Sunday the 24th with the One Hour Track Run in Russellville and was well attended by Club members who all had good races by accounts on the results website. (I am sure Jenny Weather will give the details in her column.) Congratulations to Jenny as she kept in shape during the holidays to dash to Houston and run a marathon PR!

As we head into February ("love" month) many Club members are going the distance and fine tuning their fitness regimes to be in shape for the New Orleans marathon/half marathon (February) and Little Rock marathon/half marathon (March). Good luck to all those racing, marathoning, and fitness participants with your upcoming goals.

February brings to mind "love" and that is what brings us all together as a group – the love and passion of running. Randy Taylor was guest speaker for the first LRRC meeting of 2010. Randy gave an energizing and informative talk on January 21st on track and field. Randy grew up locally, ran in high school at Central, and in college for U of A Fayetteville as a Razorback. He completed six Boston Marathons with a best time of 2:25:41. Randy has achieved many wins at prestigious places locally and nationally throughout his running career and continues to do so. I believe he is motivational due to his successful

"young" career in junior and senior high school and college and then after a break resuming his dedication and success in his thirties and "master" years. He also has amassed a huge scrapbook by clipping all articles about running and was an author of a running column for 20 years. Randy impressed me due to the fact he keeps official records of Arkansas athletes and the best times placed in state and out of state. He has been a member of the Arkansas Association of USA Track and Field Board of Directors for the past 25 years. He has also been a member of LRRC for at least that long as well. Randy clearly shows his love and passion for running by all he does. Please view the website USATF-AR.org for Arkansas records. Thanks Randy for a great meeting, talk, and all the work you do for track and field.

On the subject of love of running, we often experience running and eating. Please show that spirit as a group by attending the February 18th LRRC meeting at the Whole Hog Café on Cantrell Road in Little Rock. The past few years the outgoing president has had dinner for Club members as a new president has taken "office" at the June meeting, and some of these outgoing presidents were "recognized." As the third Thursday in February takes place close to a holiday for national presidents, I would like to honor all presidents of the Little Rock Roadrunners at this meeting. I would like to "recognize" these people for starting and continuing this great Club as well as our members. You would be treated to dinner by the Club and a panel of the first few presidents will be available for questions and a personal account/history of the beginning of the Club. (Bill Hoffman is calling it the LRRC Old Folks

Panel.) Members, if you plan on attending this meeting I need you to please RSVP by February 14th to tcoutu@att.net so as to get a head count for dinner.

Please don't forget you can infuse your love of running by encouraging others to achieve their goals. Many of you do this already but as a group we can sign up and work the finish line for the Little Rockers kids run. The children will need medals awarded to them as they complete the event the day before the Little Rock Marathon on March 6th. The Club will also be sponsoring races in April if you would like to make some goals for volunteering.

The love of competition could lure you to participate on our Club's team in the upcoming races in February – the 15K held on the River Trail in North Little Rock on the 6th and the Valentine's 5K in Russellville on the 13th. There is also a half marathon in Texarkana on February 21. Whether you are a "racer," fitness walker, family member or supporter, please keep up the spirit and passion. I appreciate your dedication to the Little Rock Roadrunners Club.

Happy Valentine's Day!

February Meeting

February 18, 2010
Whole Hog Cafe

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

Speaker: Past Club Presidents
"Best Running Club Leaders"



Running Wild

By Jacob Wells

The perfect race weekend double header started on January 9th with a stop in Camden for the Chilly Cheeks 10K. Nothing gets me loosened up for a marathon like a good hard race the day before. The 10K course is point-to-point and flat until a monstrous hill with less than a mile to go. It is well worth the drive from Little Rock on its own accord as a way to kick off the year. The race is sponsored by the local Rotary Club and funds scholarships.

Modestly famous for being chilly and serving chili, new race management discontinued the feast and was quoted in the local paper with, "The last thing a runner wants after running six miles is a bowl of chili." We'll bring our own next year, as there was nothing other than water provided after the race. Space heaters in a garage, nifty age group medals for most of the field, and good friends provided plenty of post-race warmth.

We met an interesting fellow who was running 52 races all over the country to raise awareness for optic nerve disorders in honor of his mother, who has lost her sight (www.fiftytwo4mom.org). It was odd that he had chosen Camden, Arkansas, for week two.

From Camden, we headed south to Mobile, Alabama, home of the 9th Annual First Light Marathon. It's a pleasant drive, although most is not interstate. We missed the pasta dinner but it looked like it had been a good time and it was included in the race registration. Mobile has a nice downtown and we were able to scope out the race start/finish area after picking up our race packet.

This would be one of the coldest marathon starts for me, but after the nine degree finish in Springfield the weekend after Christmas, it seemed downright balmy. The host hotel lobby and restrooms were available just inside from the starting line which was nice to avoid port-a-johns in 22 degrees. Among the unique starting line sights were frozen fountains and Southern Belles in authentic hooped dresses.

Congratulations Jeff Mayer

By Paul Ward
LRRC Kudos Correspondent

In January, Governor Mike Beebe appointed our own Jeff Maher to a position on the Governor's Council on Fitness. Jeff will serve at the pleasure of the governor. Jeff promises to represent the LRRC well in administering the physical activity equipment grant to public and private physical education programs.

Congratulations Jeff!

As the temperatures rose into the 30s, sunny skies and almost no wind made for perfect race conditions. The course wound through neighborhoods with beautiful giant oaks and cedars as well as two college campuses, the University of South Alabama and Springhill College. While we spent much of the day on busy roadways, the course was always well coned and there was a police officer at virtually every intersection. Smaller intersections had other volunteers, including members of a motorcycle gang. Despite the conditions, volunteers and spectators were enthusiastic. One man stood all alone in the median high-fiving runners at 14 miles. The course was easily accessible for family and friends.

Most of the course was flat or downhill, except for two hills at miles 10 and 17. By the time I reached what many participants remarked was the long boring stretch for the last five miles, I didn't mind as I was focused in on what would be my best finish in over two years.

The best was yet to come, as I was welcomed to the finish line by Sarah, a resident of L'Arche Mobile, the benefactor of the race. She had hand-made the medal that she hung around my neck. Moments later, as we enjoyed free barbeque and ice cream, she danced with us to the live music and told me her favorite band was Metallica. Two local acts risking frostbite included a piano playing vocalist who was leaving town for Nashville to follow her dream and a guitarist who played old 80s tunes – Billy Joel, Neil Simon, and Tom Petty.

L'Arche is a community in which members with diverse backgrounds share life together with no distinction made because of race, religious tradition, or social class. Primary concern is given to serving people with an intellectual disability who are in greatest need.

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Favorite Running Quotes To Inspire Club Members

By Jennie Weatter
LRRRC Racing News Editor

I racked my brain trying to think of something to talk about this month and just couldn't think of anything. So I thought I'd just add a few of my favorite running quotes to hopefully get everyone inspired about the New Year.

"It is difficult to train for a marathon but it is even more difficult to not be able to train for a marathon."- Aaron Douglas Trimble

"Run like you stole something."- Unknown

"While running, it is rude to count the people you pass out loud."- Unknown

"Today I will run what you will not so that tomorrow I can run what you cannot."-Unknown

"Nobody said it would be easy. They just said it would be worth it."- Harvey Mackey

"There will come a point in the race, when you alone will need to decide. You will need to make a choice. Do you really want it? You will need to decide."- Rolf Arands

Now for the results: There aren't many races to report on this month since the Grand Prix hasn't yet started.

On December 27th, several of our members braved some very cold, windy, wet and snowy weather conditions at the **Run for the Ranch Marathon and Half** in Springfield, MO. For the half Jesse Garrett finished in 2:17. For the marathon, Justin Radke finished in 3:29:54; Steven Preston in 3:29:57; Jacob Wells in 4:25:42; Michelle Rupp in 4:37:31 and John Russell in 5:23:52.

January 9th and 10th Rajinder Bhanot completed the **Walt Disney World Goofy Challenge** in Orlando, FL, which consists of running a half marathon on the 9th and a full marathon on the 10th. Raj

completed the half in 1:59 and the full in 5:09. Congrats Raj. You're becoming a marathon maniac.

January 10th was the **Chili Cheeks 10K** in Camden. For the men Jacob Wells finished in 43:40 and for the women Jaynie Cannon finished in 1:19:12.

January 16th was the **MLK 5K** in North Little Rock. For the women Becky Humes won in a time of 24:46. Congrats Becky!! Alea Humes was right behind her in 26:49; Mackie Buckelew finished in 28:22 and Rosalind Abernathy finished in 55:05. For the men Joel Perez finished second in 19:19. Jacob Wells finished in 22:15; Bryan Jones in 23:54; Bill Crow in 27:12; Steve Straessle in 27:35; Brad Patterson in 32:56 and Carl Northcutt in 39:58.

Any comments, questions or concerns, feel free to e-mail me at jennyweatter@yahoo.com.

January Meeting Speaker Taylor Made To Run

By Paul Ward
LRRRC Senior Correspondent

A crowd of close to 30 members and guests gathered at the Whole Hog Café for the first meeting of the new year. Long time runner and Club member Randy Taylor spoke of his own running and chronicling of all things track and field.

Randy loved all sports growing up in Little Rock. And for years he clipped sports articles from the *Arkansas Democrat* and *Arkansas Gazette* and placed them in scrapbooks. When Randy got to Central High as a sophomore, he noticed that he wasn't big enough or quick enough to play football or basketball. By lucky happenstance while he was transferring from the sports period, he met the track coach, Clyde Hart, who suggested he go out for cross country. Randy gave it a try but didn't make the varsity team his sophomore or junior years. During track season his junior year, he started training with mile state record-

holder Chuck Hemingway. Randy improved drastically and went on to set the state mile record three times during his junior and senior years.

Randy attended the University of Arkansas where he was a member of the Razorbacks 1966 Southwest Conference Championship Cross Country Team and contributed with a Top 7 All-SWC finish. After college there were no races around, so Randy played basketball and flag football, but gained a lot of weight. Then he met Lou and Charley Peyton and started running again. He added distance, which he didn't do in high school or college. Randy ran six Boston Marathons with a best time of 2:25:41 in 1981 and best finish of 97th in 1982.

As he was preparing for his seventh Boston Marathon, he talked to former U of A coach John McDonnell, who suggested he join the Arkansas Alumni team at the Penn Relays and run the 10,000 meter run, which he did and set a single-age 37 American Record of 31:18.3.

In 1987, he set a single-age 39 American Record of 8:48.0 for 3,000 meters in the Razorback Invitational.

Since turning 40, Randy's primary race distances are 800 meters, 1,500 meters, and the mile run. As a Masters, he has won nine age-group national championships and two Masters Pan-American Games championships.

Some decades ago, Ken Young started keeping race times and national records at different distances. Course measuring standards were established and national records would be recognized only on a certified course. Racing distances changed from miles to meters. In Arkansas, people launched the Grand Prix in 1982 featuring different races at different distances. Then there were only "open" and "masters" divisions, and scoring was by hand. Randy kept records of in-state races and Arkansans who set records at different distances in out-of-state races. These are accessible in USA

Several New Members Added To Club Roster

By June Barron
LRRC Membership Chairman

David Conrad is married to Susan and they have four children, Laura age 22; Elizabeth age 18; Sarah age 21; and Emily age 19. He is an engineering manager with Waste Management of Arkansas. David has been running off and on most of his life. Currently, he averages 20-30 miles per week at a 9:30 minute/mile pace. He is starting to race frequently – wants to do Grand Prix events. He likes the 5K and 10K races. His PRs are: 5K - 28:30 and 10K - 58:17. David loves running on the River Trail. His interests other than running are biking, boating, travelling and socializing. David moved from Pennsylvania to Little Rock four years ago. He loves the city's fitness focus and as a result is running and bicycling more than ever.

Lisa Alberius is married to Randy and has three children, Josh age 16; Nate age 13; and Cole age 9. She is a homemaker and school library worker. Lisa has been running for nine years and averages 35 miles per week. She races frequently and prefers the marathon race distance. Her marathon PR is 4:24. Her favorite race is the Big Sur Marathon. Lisa loves running.

Joseph (Joey) Nichols is married to Carol and has two children, Bailey age 18 and Will age 15. Joey is an actuary. He has been running for 27 years. He averages 25 miles per week at a 7:30-8 minute/mile pace. Joey races frequently, preferring the half marathon, 20K and marathon distances. His favorite races are the Soaring Wings and Little Rock half marathons. His interests other than running are church, golf and horse racing. Joey has enjoyed meeting Club members at the Tuesday night track workouts.

Ashley Philbrick is married to Scott, also a runner/triathlete, and they have three children, Alex age 17; Lilly Kate age 13; and Will age 11. Ashley is a homemaker and fitness instructor at Little Rock Athletic Club and Little Rock Racquet Club. She has been running for 3½ years averaging 20–30 miles per week at a 10 minute/mile pace. She likes to race and prefers the marathon and half marathon distances. Her PRs are: 4:47 for marathon and 2:04 for the half marathon. Her favorite running routes are Pleasant Valley and Chenal, especially up Rahling Road. Her interests other than running are boating in the summer, movies and all the kids' activities. Her dad, Winston

Chandler, has been running for almost 50 years. They do their long runs together on Saturdays. Her dad has been a great encouragement to her. Her husband is also a great support as a triathlete (2X IRONMAN) and a USAT certified coach. A few years ago, she lost 70 pounds and that is when she started running. She had several goals of things she wanted to do when she was no longer fat ... to run a marathon, to climb a "fourteener" in Colorado and someday to do a triathlon. So far she has accomplished two out of three.

Jeff Bost is married to Ann and is a farmer. He has been running for eight years averaging 35–40 miles per week. Jeff likes to race and prefers the 5K, 10K and half marathon distances. His PRs are: 5K – 19:46 and Half Marathon – 1:38.

Welcome to the Club!!

Congratulations Mays Family

By Paul Ward
LRRC Procreation Correspondent

The membership surge continues! The Little Rock Roadrunners Club congratulates Brynn and Glen Mays on the birth of their second child, Jasper, in January. Jasper hit the starting line of life at 8 lbs, 12 oz. and was just a bit longer than one of Glen's running shoes. The LRRC hopes mom and Jasper are doing well.

Congratulations Brynn and Glen! And welcome to the Club, Jasper.

Big Rock Mystery Run

The fourth annual Big Rock Mystery Run will be March 27 beginning at 8 a.m. at the Riverview Skate Board Park on River Road in North Little Rock. The course is 10-11 miles of both asphalt and dirt trails. Race sponsor Chrissy Ferguson assures runners that there will be no bushwhacking. For more information contact Chrissy at stanchrissy@earthlink.net or call their home at 501-329-6688.

LRRC Training Groups

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

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships {SC}, are listed below. The LRRRC sponsors Sunday fun runs beginning at Andy's at Markham and Barrow at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

February

- 6: River Trail 15K at North Little Rock. **GPS SC**. Call 501-766-3004
- 6: HardCorps HeartCorps 5K/½ Marathon at Fort Smith. Call 479-651-5759.
- 7: Andy's Fun Run.
- 13: Freakin' Eureka Trail 15K at Eureka Springs. Call 479-445-4228.
- 13: Freezing 5K/10K at Fayetteville. Call 479-575-7382.
- 13: Valentine's Day 5K at Russellville. **GPS**. Call 479-857-4527.
- 14: Andy's Fun Run.
- 20: Cross Timbers Trail Marathon/50M at Whitesboro, TX. Call 903-271-3587.
- 20: K-Life 1985K Dusk Run at Conway. Call 501-329-4929.
- 21: Run the Line Half Marathon at Texarkana, AR-TX. **GPS**. Call 903-792-7186.
- 21: Andy's Fun Run.
- 27: SMH "The Beat Goes On" 5K at Benton. Call 501-776-6743.
- 27: Penguin 5K/10K at Batesville. Call 870-307-0383.
- 27: Zone in on Homelessness 5K at Hot Springs. Call 501-609-9663.
- 27: Run with the Wind 25K at Sarcoxie, MO. Call 417-396-0993.
- 27: St. Bernard's Healthy Heart 2M at Jonesboro. Call 870-972-4564.
- 28: Andy's Fun Run.

March

- 6: Little Rock 5K Fun Run/Walk. Call 501-371-4770.
- 6: Little Rockers Kids Marathon Final Mile. Call 501-371-4770.
- 6: Sombrero Beach 5K at Marathon, FL. Call 305-289-9868.
- 7: Little Rock Marathon. Call 501-371-4770.
- 7: Andy's Fun Run.
- 13: Chase Race 2M/Paws 1M at Conway. **GPS SC**. Call 501-514-4370.
- 13: Bentonville Half Marathon/5K. Call 479-271-9153.
- 13: Feed Your Feet 5K/1M at Little Rock. Call 501-773-9066.
- 13: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 13: Victorian Classic 10K/2M at Eureka Springs. Call 417-379-7931.
- 14: Andy's Fun Run.
- 20: Highrock Hop 9M Trail Run at Batesville. Call 870-307-8922.
- 21: Andy's Fun Run.
- 27: Paws & Claws 5M/2M at Huntsville. Call 479-738-1355.
- 27-28: Austin Half Marathon/5K/20K at Austin/Bastrop, TX. Call 901-233-7090.
- 28: Andy's Fun Run.

April

- 3: Capital City Classic 10K at Little Rock. **GPS SC**. Call 501-231-3730.
- 3: A21 Campaign 5K at Conway. Call 501-993-8932.
- 4: Andy's Fun Run.
- 10: Run with the Knights 5K at Van Buren. Call 479-806-7440.
- 10: JA's Trace Trammel Memorial 5K at Harrison. Call 870-743-4871.
- 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 5K at Little Rock. Call 501-552-2387.
- 10: Child Abuse Awareness 5K at Pine Bluff Arsenal. Call 870-540-3779.
- 11: Hogeeye Marathon (**GPS SC**), Half Marathon, Relay and 5K at Fayetteville. Call 479-445-9251.

Birthdays

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

- 1 – Angela Gaines Gattin
- 4 – Betty Ray
- 4 – Joe Milligan
- 5 – Jason Eakin
- 6 – Raj Bhanot
- 12 – Davis Conrad
- 12 – Jason Knight
- 12 – Mira Lelovic
- 13 – Alison Acott
- 13 – Charles Peyton
- 17 – Elrina Frost
- 17 – Tina Coutu
- 18 – Michael Stickley
- 20 – Brian Neukirch
- 21 – Polly Russell
- 22 – Mallory Fraiche
- 25 – Scott Anderson
- 27 – Belinda Harrell
- 27 – Richard Nix

Taylor Made (Continued from Page 3)

Track & Field's web site: usatf-ar.org.
Randy has been doing this for 25 years.
Thank you, Randy, for your time and for an enjoyable and informative presentation.

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.