

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2010

## Appreciating The Old Year While Welcoming The New

By Tina Coutu  
LRRC President

Happy New Year! Hope all members enjoyed the 2009 holiday season and the beginning of 2010 as much as I did. If you have made resolutions I hope that you have kept them and continue to do so. If not, as my sister says, every minute starts another 24 hours. Keep trekking, especially for those who have made the commitment to spring marathons and the Grand Prix racing season. For all runners, for whatever reason, the bottom line is running makes you better. So here's to a better you and a "best" year of running.

Looking back at December, the weather not rainy like October but cold (and won't go away) did not keep the Club from experiencing opportunities to fellowship together. The Christmas Party held on the 19<sup>th</sup> at the Capitol Hill Building was very nice indeed – hats off to a past president/current treasurer Steve Hollowell for securing this location. It was well attended with lots of food, wine, laughs, and, most important, good company!

From that evening plans were made to celebrate the longest night of the year (winter solstice) on the following Monday. Glen Mays hosted a run from his home on Kavanaugh to the Capitol grounds where we gathered to view the Nativity and saw some box with writing on it. From there the fast guys continued their evening jaunt to the River Market before returning. The rest of us trooped back to the Mays warm kitchen, replenished and rehydrated with leftover libations and goodies from Saturday's gig. Once Glen arrived back with Brian Siczkowski and Steve Preston, we

pounced on the fresh gingerbread men cookies Glen had baked. This was a great run and hope this tradition continues. Thanks Glen!

Christmas Day gave us clear and bright skies with very cold temperatures. A few of us got out and showed spirit. Laura Naill and I ran later that morning. Joel Perez, Becky Humes, Joes's brother and sister-in-law, and their wonder dog joined us for a very nice (?) hilly and chilly six plus miles through the Heights where we caught a glimpse of Santa (a fast and thin one who oddly enough resembled David Williams).

Paul Ward continued his traditional New Year's Resolution run on the first day of 2010 that was well attended despite below freezing temperatures (again). It was so good to see all the members from both sides of the river come out to run. New member Mark Hagemeyer, who has also joined our Grand Prix team, was there with lots of energy and enthusiasm. He is a positive influence in the running community as he encourages and appreciates other runners and their accomplishments.

One of Mark's training partners, Joe Cordi, was there. Joe is another positive person who encourages and makes an impact. As Joe and I were running back we reflected on how fortunate we are to be here in Little Rock running and appreciative of our running community and friends. Joe frequently guides Dave Wilkinson, a visually-impaired athlete, on races and training runs. He has influenced his lovely wife Sandy to quit smoking and take up running. She was out there in the cold that Friday as well.

We needed these warm fuzzy moments as Kirk Riley, Mark, Robert

Holmes and Joe tried to stay behind David Williams and Bill Torrey pushing up the hills on the course, and assumed Kirk turned off early due to having to prepare for the even colder Winter Series run the following day.

It was great to see Sarah Olney and Mary Wells out there as well as Rosemary Rogers. Thanks to all runners who came out, especially the only one who didn't run: Paul!

Returning to a warm house and hot coffee after this cold but "heartening" run, I started cleaning up Christmas decorations and found this fortune cookie saying under my tree: *You will soon be surrounded by good friends and laughter.* The back had the Chinese spelling and pronunciation for FRIEND. Reflecting back over the past year and especially the past six months as your Club president, I can say that this indeed is true. Many events that I have been blessed to experience and enjoy have originated with running. Here's to more of that in this new year. As my dad and another good friend passed on to me in holiday

(See **Appreciating** on Page 4)

### January Meeting

January 21, 2010  
Whole Hog Cafe

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

Speaker: Randy Taylor  
"Best Times On The Books"



# Running Wild

By Jacob Wells

One of my New Year's Resolutions was to run more often and more miles. Since 2010 will include the same 8,760 hours that 2009 did, something else would have to go. I hoped I could get away with a rerun of a portion of last year's article, thus freeing up a couple hours for a run.

*January 2009* – As another year has come and gone, there are running logs to be rolled forward and training and race schedules to be planned. The New Year can be a wonderful time of retrospection and of priorities revisited – a time to reflect on family, friendships, accomplishments, near-misses, the impact you have on the world around you, and the legacy you will leave behind. It can be a difficult time also. Depending on whose statistics you believe, up to 97% of New Year's resolutions end in failure and disappointment.

Goals expert Michael York asks, "Why do so many people talk of, and even admit to making New Year's resolutions

when almost none of them will be kept?" He defines a resolution as "the state or quality of being resolute; a firm determination," as in resolving to do something. "Is it a self-defeating prophesy or just an empty wish? It's a mystery, or at the very least, a paradox. It's not a resolute or firm determination, as much as a leftover list for Santa just in case he might want to bring us something before next Christmas," he surmises. Elsewhere, I read that first on the list of *Most Pathetic New Year's Resolutions* is joining a health club. We are fortunate as runners that our club starts at our front door and offers lifetime membership and unlimited support from other club members.

So, rather than make resolutions doomed for failure, I'm just going to make some adjustments. The pursuit of happiness is about progress, not perfection. For anything worth doing or having, it's always too early to quit and it's never too late to start. If your resolutions have already bitten the dust, don't fret. They never had a chance anyway. Just make adjustments along the way and have a great year.

*January 2010:* It turns out that runners are indeed the exception to this and to many other traits of human nature. This is because runners are addicted and called to run – if they weren't, they wouldn't have lasted their first three weeks. Every reader knows that running is as automatic as breathing – only the details require resolution with the New Year: where, with whom, how often, and how far. Happy 2010 to all!

This month's reader shout-outs go to Joel Perez, Joe Cordi, and Bryan Jones. Joel resolved on January 1, 2008, to begin running to lose weight. Over a hundred pounds, thousands of miles, and a 3:25 debut marathon later, Joel still barely cracks the top three most improved runners in his own family with Becky and Alea. Becky also completed her first marathon and Alea won the 10-14 age group in the Grand Prix.

Joe and Bryan made marathon breakthroughs in 2009 – Bryan's first in Springfield and Joe's big PR in Memphis. Both followed up with public pronouncements of their running goals for 2010. Let's all hold them to it.

## Congratulations!

By Paul Ward  
LRRRC Connubial Correspondent

Connubial kudos to Angela ("Sassy") Gaines and Charles Gattin, who tied the knot October 13 last year. The date is two years to the day they first met, at the Chile Pepper 10K race in Fayetteville. October 13, 2009, fell on a Tuesday. The Gattins' wedding was full of Grand Prix participation.

Judge David McCormick of River Valley Runners fame performed the ceremony in his Dardanelle courtroom during a lunch break of a trial over which he was presiding. Sassy reports that Judge D Mac has performed only three weddings in 25 years, but unhesitatingly agreed to perform the ceremony for the Gattins. The clerk took pictures and the bailiff stood by wearing full camo hunting gear, having arrived to deliver the deer the judge bagged the weekend before.

Fellow RVR Paul Butler hosted the reception by treating the newlyweds to lunch at his favorite local spot. They honeymooned in northwest Arkansas and had a party and dinner with several LRRRC, Saline County, and RVR members the night before the Chile Pepper race. The next day they ran the race where they met.

The blushing bride reports that it was completely stress free and so much fun to spend time with their favorite people – their running buddies. The "Sassy Gatties" reside in Benton. Congratulations!

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# Time To Decide On Running Goals For A New Decade

By Jenny Weather  
LRRC Racing News Editor

We are about to embark on a new decade. It's time to decide what running goals we hope to achieve in 2010. I was recently inspired by a post started by fellow LRRC member Jesse Garrett on the Arkansas RRCA message board titled "2009 in retrospect." I got the pleasure of meeting Jesse and his wife Kristen at the Tupelo Marathon and 14.2 miler. Jesse finished the Grand Prix year as an Iron Man, running every single Grand Prix race (plus other races) and Kristen was with him every step of the way. Anyone who can finish the year as an Iron Man is amazing to me. And anyone who can travel with their spouse to every race, cheer them on while sitting in the heat, cold or rain and take pictures also deserves an award. This post encouraged members from all of the running clubs to talk about the good and the bad of their year in running.

It's so inspiring to read what everyone has accomplished this year. Some people set PRs in every race distance. Some people ran their first marathon or even their very first 5K. And some had injuries that took them out of racing for the majority of the year. Everyone has their own story and own accomplishments.

I'm sure that most of you have already thought about what races you plan to run next year and maybe even what time goals you hope to achieve. The thing to remember is that even if your year doesn't go as planned, you can always look to your fellow runners to make you feel inspired and encouraged again.

I hope that everyone has a happy and successful 2010 not only in relation to your running but also in your personal lives.

Now for the results. On November 14<sup>th</sup> Rajinder Bhanot completed the **Sun Trust Richmond Marathon** in Richmond, VA, in a time of 3:25:01.

The **Spa 10K** was the second to the last Grand Prix race of the season and was held on November 21 in Hot Springs. For the men, Steven Preston finished third

overall in 37:18. Brian Sieczkowski finished in 37:52; Kevin Golden in 38:11; Ethan Neyman in 38:35; Bill Diamond in 39:23; Steve Yanoviak in 39:46; David Williams in 39:56; Joel Perez in 40:19; Greg Helmbeck in 43:21; Bill Torrey in 43:45; Jeff Maher in 47:38; Bill Crow in 48:03; Roy Hayward in 50:29; James Barber in 53:26; Harold Hays in 53:46; Roy Smith in 54:54; John Russell in 55:03; Dan Belanger in 55:21 and Jesse Garrett finished in his gummy suit in 1:03:21. For the women, Leah Thorvilson finished first in a spider woman suit in 37:31. Jenny Weather finished in 44:34; Mary Wells in 46:26; Tina Coutu in 49:24; Shareese Kondo in 51:07; Rebecca Humes in 53:31; Ginea Qualls in 53:59; Michelle Rupp in 55:49; Lisa Luyet in 55:52; Elrina Frost in 1:02:45; Elizabeth Russell in 1:06:31; Rosemary Rogers in 1:07:02; Alesa Davis in 1:07:54 and Coreen Frasier in 1:14:33.

The **Spa 5K** was held in conjunction with the Spa 10K on November 21. For the men, Steve Hollowell completed the 5K in 21:22 and for the women, Donna Cave completed it in 31:12.

November 22<sup>nd</sup> was the **Route 66 Marathon and Half Marathon** in Tulsa, OK. Geneva Hampton and Gina Pharis completed the half in 4:52:08. Geneva and Gina ran as escorts for one of the wheelchair athletes. Congratulations.

November 26<sup>th</sup> was the **Springdale PD Turkey Trot 5K**. Alesa Davis completed this in 30:09.

Our final Grand Prix race of the season was the **Great Duck Race 10K** in Stuttgart, AR, on November 26<sup>th</sup>. A lot of our members headed to Stuttgart to end their Grand Prix season. For the men, Ethan Neyman finished second overall in 36:59; Brian Sieczkowski finished third overall in 37:30; Kevin Golden finished in 37:48; Steve Yanoviak finished in 38:22; David Williams in 38:40; Scott Anderson in 39:09; Greg Helmbeck in 42:54; Jeff Maher in 45:59; Roy Hayward in 48:03; Clay McDaniel in 49:45; Jeffrey Hildebrand in 50:09; Harold Hays in 51:07; Joel Perez in 51:15; John Russell in 52:42; Roy Smith in 53:01; Dan Belanger in 54:26; David Hildebrand in 1:02:59 and Carl Northcutt in 1:17:50. For the women, Leah

Thorvilson finished first overall in 36:18. Mary Wells finished in 45:53; Tina Coutu in 47:48; Barbie Hildebrand in 48:16; Melanie Baden in 49:28; Rebecca Humes in 51:15; Ginea Qualls in 51:20 and Rhonda Ferguson in 57:25. Congrats to everyone on their Grand Prix season.

November 29<sup>th</sup> was the **Space Coast Marathon and Half** in Cocoa, FL. Sabrina and Merritt Maham ran the half marathon in 2:36:32.

December 5<sup>th</sup> was the **Jingle Bell 5K** in Little Rock. For the men, Ethan Neyman finished in 17:45; Joel Perez in 18:47; Bill Crow in 22:18 and Carl Northcutt in 38:24. For the women, Alea Humes finished in 25:56; Jennifer Rogers in 28:58; Melanie Baden in 30:58; Stephanie Neyman in 38:27; Rosalind Abernathy in 53:51 and Elizabeth Russell in 1:00:39.

Also on December 5<sup>th</sup> was the **St. Jude Marathon and Half** in Memphis, TN. A lot of our members always attend this race. For the half marathon, David Williams finished in 1:26:39; Jon Honeywell finished in 1:42:25; John Russell finished in 1:59:15 breaking the two hour mark and setting a PR; Tom Singleton finished in 2:04:35; Sandy Cordi finished her first half in 2:13:43; John Bailey finished in 2:15:47; Stefanie Larson in 2:17; Jaynie Cannon in 2:51:56 and Hobbit Singleton in 4:04:27. For the marathon, Hillary Kogo finished in 2:30:35; Greg Jacuzzi in 3:25:32; Jacob Wells in 3:33:27; Brian Watson in 3:35:14; Kevin Groustra in 3:56:17; Justin Radke in 4:00:05; Steven Preston in 4:00:10; Alison Acott in 4:02:53; Joe Cordi in 4:36:11 and Howard Hendrickson in 5:00:49.

December 6<sup>th</sup> was the **California International Marathon** in Sacramento, CA. Rajinder Bhanot completed this in 3:25:13.

Also on December 6<sup>th</sup> was the **Rock 'N' Roll Las Vegas Half Marathon**. Imari Dellimore finished in 1:29:27; Lisa Luyet finished in 1:53:38 and Jeff Maher finished in 2:15:10.

December 12<sup>th</sup> was the **Dallas White Rock Marathon and Half Marathon**. Josh Holt completed the

# Marathon Weekend Is All About The Hardware

Tom and Hobbit Singleton, leaders of the Little Rock Marathon Training group, have finalized plans for two additional races on Saturday, March 6 prior to the Little Rock Marathon, which is scheduled for March 7.

The idea is to run a half marathon or 10K on Saturday before running the marathon or half marathon on Sunday. This is an experimental year and if it is successful the Singletons would like to add it to the official Marathon race weekend next year and open it up for everyone. Since the races are first time events entries are limited to 125 in each race.

## Grand Prix Race Schedule

January 24 – **One Hour Track Run** @ Russellville  
 February 6 – **River Trail 15K** @ North Little Rock  
 February 13 – Valentine's Day 5K @ Russellville  
 February 21 – Run the Line Half Marathon @ Texarkana  
 March 13 – **Chase Race 2 Mile** @ Conway  
 April 3 – **Capital City Classic 10K** @ Little Rock  
 April 11 – **Hogeye Marathon** @ Fayetteville  
 April 24 – Spring Fling 5K @ Cabot  
 May 1 – Toad Suck 10K @ Conway  
 May 29 – **Rock Run 8K** @ Little Rock  
 June 26 – Brickfest 5K @ Malvern  
 July 31 – Dam Night Run @ Lake DeGray  
 August 7 – **White River 4 Mile Classic** @ Batesville  
 August 14 – Watermelon 5K @ Hope  
 September 4 – **ARK RiverFront 5K** @ North Little Rock  
 September 11 – Sara Low 5K @ Batesville  
 September 18 – Arkansas 20K @ Benton  
 October 16 – **Chile Pepper 10K XC** @ Fayetteville  
 October 23 – **Soaring Wings Half Marathon** @ Conway  
 November 20 – Spa 10K @ Hot Springs

Races listed in **bold** text will serve as State Championship Races.

Only members of the Marathon training group and local running clubs are being notified about the races. For more information call Tom at 944-3400 or Hobbit at 626-8296.

## New Member

By **June Barron**  
**LRRC Membership Chairman**

Our newest member is **Sarah Dauback**. She works for state government and has one child, Hannah age 14. She has been running off and on for 20 years. Sarah averages 20-25 miles per week. She doesn't race frequently but prefers the 5K distance when she does race. A spate of injuries has kept her sidelined for 15 months, until November 2009. So she is starting over and looking for motivation/accountability to get going again. Her interests other than running are cooking, reading, cards, supporting member of the Arkansas Arts Center and the Arkansas Repertory Theatre  
 Welcome, Sarah.

## Appreciating (Continued from Page 1)

greetings, I pass on to you: "All the best for 2010".

To assist in reminding you to have the "best" year, please attend our Club meetings held on the third Thursday of each month.

**January 21** – "Best" times on the books – Randy Taylor will speak about long distance records and perhaps life as a Razorback runner.

**February 18** – "Best" running club leaders – honoring LRRCs past presidents. It has been the tradition in the past few years to honor the past president as the incoming president takes office in the summer, so at this meeting I would like to give all those previous presidents an opportunity to be appreciated during president's week.

**March 18** – "Best" recovery/inspiration – Randy Oates returns to give us an update on his healing and life since his devastating "accident."

## LRRC Training Groups

<u>Group Name</u>	Days/Time	Meeting Location
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.

## January 2010

- 16: MLK 5K at North Little Rock. Call 501-231-3730.  
 17: Andy's Fun Run.  
 24: Andy's Fun Run.  
 24: One Hour Track Run at Russellville. **GPS SC**.  
 30: No Name 5K at Danville. Call 479-495-7143.  
 31: Andy's Fun Run.

## 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: Valentyine's Day 5K at Russellville. **GPS**.  
 14: Andy's Fun Run.  
 20: Cross Timbers Trail Marathon/50M at Whitesboro, TX. Call 903-271-3587.  
 21: Run the Line Half Marathon at Texarkana, AR-TX. **GPS SC**. 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.  
 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.  
 14: Andy's Fun Run.  
 21: Andy's Fun Run.  
 27-28: Austin Half Marathon/5K/20K at Austin/Bastrop, TX. Call 901-233-7090.  
 28: Andy's Fun Run.

## Time (Continued from Page 3)

marathon in 2:40:26; Jacob Wells in 3:35; Kim Howard in 3:57; Tammy Walther in 4:05 and Murat Gokden completed his first marathon in 4:15.

I want to acknowledge LRRRC member Felicia Anderson who was left out of last month's results. She completed the **Soaring Wings Half Marathon** in a time of 1:58:34.

Any comments, questions or concerns, feel free to e-mail me at

[jennyweather@yahoo.com](mailto:jennyweather@yahoo.com).

Have a very Happy New Year. I can't wait to see you all out on the roads.

# Birthdays

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

- 2 – Shareese Kondo  
 3 – Brian Bariola  
 3 – Kimberly Stickley  
 4 – Cindy McConnell  
 5 – Lauren Patterson  
 6 – Laura Nail  
 7 – Brad Patterson  
 9 – Leah Thorvilson  
 10 – Pam Hays  
 11 – James Barber  
 12 – Ross Bolding  
 16 – Susan Graham  
 17 – Bill Walther  
 18 – Martha Ray Sartor  
 18 – Suni Hoffman  
 19 – Carl Northcutt  
 20 – Greg Jacuzzi  
 20 – Marcus Pierce  
 21 – Bill Rahn  
 21 – Kim Fischer  
 21 – Richard Johnson  
 23 – Ellen Kreth  
 24 – Stephanie Neyman  
 25 – Ann Scroggins  
 30 – Daniel Schrader

### 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.

It's a



official of our community  
LITTLE ROCK  
Parks & Recreation

# Natural

## Little Rock Marathon

Arkansas Democrat  Gazette  
*Arkansas' Largest Newspaper*

### March 7, 2010

LittleRock  
CITY LIMITLESS



Arkansas Department of Health  
Keeping Arkansians Healthy



[www.littlerockmarathon.com](http://www.littlerockmarathon.com)