

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2010

## A Roadrunner For Life, Courtesy Of Bill Torrey

**By Brian Sieczkowski**  
**LRRRC President**

Hello fellow Roadrunners! Get ready for 12 months of BS-ski in your Runaround newsletter as I assume the writing duties of this column. I'm happy to serve as your President for the next year. There are a lot of great people in the Little Rock Roadrunners Club and it has been truly rewarding to get to know so many of you. For those members who I've not yet met, allow me to briefly introduce myself.

I'm from Nebraska originally and moved to Little Rock in May 2003. I did two years of high school track, running mostly the 800 and 1,600 meter races, as well as one misguided attempt at the 300 meter hurdles. After sophomore year, I didn't run at all until my last few semesters of PT school, just before I moved here.

At that point I had never run more than four miles at a time, but decided that I was ready to start training for the Little Rock Marathon. I ran with the Little Rock Marathon training group on Saturday mornings, with the goal of running a Boston Marathon qualifying time. As it turned out, I came up just a wee bit short on race day ("wee bit" defined here as hitting the wall at mile 14 and missing my BQ by 36 minutes).

I was then ready to try some shorter distances. After hearing a talk by Bill Torrey about the LRRRC and the Grand Prix Series, I immediately signed up for both. So, you can all blame Bill Torrey that I ended up a Roadrunner!

Being in the Little Rock Roadrunners Club has been a great experience for me the past six years. I've run thousands of miles with the LRRRC and

made a lot of new friends in the process. Most importantly, I met Andrea in 2007. We got married in 2008, and our son Darwin was born in 2009. Without the LRRRC none of this would have happened, so the Club definitely means a lot to me. If at some point in the future I am too old or too injured to run, I'll still happily pay my membership dues. I am a Roadrunner for life!

Enough about me, time to introduce the rest of the LRRRC Board of Directors. Steven Preston is your new president-elect. It is great to know that LRRRC will be in capable hands with Presto at the helm next year.

Jenny Weather will be serving as Club secretary for the next two years, so we'll be looking for someone to take over her race results column in this newsletter next month.

After nearly 20 years serving on the board in multiple roles (sometimes simultaneously), June Barron is happy to turn over the duties of membership chair to Ginea Qualls. Thanks June for all your dedication, and welcome back to the board Ginea!

I am also glad to have Steve Hollowell and Tina Coutu continuing on the board – Hollowell's term as treasurer is not up until next summer and Tina now takes on the past-prez job.

Two of the at-large board positions were filled by Linda House, our Runaround newsletter editor, and Bill Torrey, race director of the Capital City Classic 10K. Editor and 10K race director are no longer automatic board positions, but I'm hoping that any Club member dedicated to fill them will always be offered an at-large slot.

For the final spot, I was eager to find someone without previous board

experience but that had a strong track record of Club participation. Luckily, Jeff Maher fit the bill perfectly. Jeff is a tireless volunteer and I'm glad to have him on the board.

All that said, with a Club as large as ours, you don't have to be on the board to be involved. Leah Thorvilson is the new captain of our women's Grand Prix racing team and I'd like to find a male Roadrunner to fit this role for the men's team.

Also, July offers numerous opportunities to pitch in and hang out with your fellow Club members. Contact us at [littlerockroadrunners@yahoo.com](mailto:littlerockroadrunners@yahoo.com) if you'd like to work the BDB Twilight 5K. Our Club will once again help put on the race, hand out some hotdogs and, hopefully, recruit some new members.

July 31st is the Dam Night Run 5K at Lake DeGray. Our Club will host a tailgate party after the race and compete against other running clubs to win the coveted "Tailgate Award." We could use a few more volunteers to help transport supplies to the race but mostly I just want everyone down there for the party! We've got some exciting plans for the

(See Lifer on Page 5)

### July Meeting

July 15, 2010  
Whole Hog Cafe

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

Judge Buddy Villines  
Two Rivers Park Bridge



I run regularly from the west end of the River Trail on the Little Rock side. This area is less than two miles from the Big Dam Bridge, has that hill for the really tough cyclists, and recently has become the site of the construction of the bridge to connect this area to Two Rivers Park. I also am fond of this area because I work in the building on the other side of the church at the top of the hill on the corner of River Mountain Road and Cantrell. I am an evening runner, so the bonus for me is to be able to walk out the door, head across the parking lot and down the hill, and be running two minutes after yanking off a necktie.

When my firm's owners built the building five years ago, they saw that heavy traffic volume made turning left difficult

and they asked for and received permission for our employees and guests to cross through the church's parking lot to reach the light at this intersection. We regularly recommend this route and only days ago, I overheard a co-worker reminding a client, however unfair and insensitive as it sounds now, to "watch out for the soccer moms on their cell phones in their giant SUVs that run the red light..."

It was yesterday that this nightmare came true for a cyclist who was struck and killed crossing Cantrell. The driver was a grandmother with two children in the car who ran the red light, according to witnesses in two cars sitting still in the next lane. One reader commented on the Arkansas Blog, hosted by the *Arkansas Times*, "I travel through this intersection and others farther west on Cantrell every day and can tell you it's a five-lane high-speed zoo inhabited by some of the most distracted, careless drivers you'll ever see."

The June issue of *The COMMunication*, the UAMS College of Medicine newsletter, shared that "Marilyn Fulper-Smith was a member of the Center for Clinical Skills Education team for the past nine years. She lent her expertise as a technical director of the center and previously had worked in the Department of Anatomy and the Cancer Institute." Marilyn's life's work was helping to heal the sick. She also had two children. Debra Fiser, M.D., Dean of the College of Medicine, said in a memo that "Marilyn died doing what she loved, riding her bike."

## Financial Report

**Beginning Balance July 1, 2009** \$ 6,813.44

	<u>Expenditures</u>	
CCC Race Expenses	\$	8,345.19
Meeting Supplies		2,011.01
Newsletter		600.00
Bank Charge		0
T -Shirts		4,570.04
RRCA Insurance		1,145.60
Stationary		509.97
Gifts		159.64
Other Expenses		100.00
Banners		258.00
Postage		422.92
Printing		511.79
Bull Horn		119.50
Storage		<u>903.00</u>

\$ 19,656.66

	<u>Revenue</u>	
CCC Race Income	\$	10,966.00
Donations		500.00
Equipment Rental		300.00
Membership Dues		2,844.20
Race Consulting		1,486.00
Redeposit		223.62
T- Shirt Sales		2,205.57
<b>Total Revenue</b>	<b>\$</b>	<b>18,525.39</b>

Ending Balance - Checking June 30, 2010 \$5,682.17  
 CD - Bank of America June 30, 2010 \$5,459.64

*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 22<sup>nd</sup> 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 [lhouse@pcssd.org](mailto:lhouse@pcssd.org).

**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	663-1632
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

# Many Runners Brave the Heat In Order To Race

**By Jenny Weather**  
**LRRR Racing News Editor**

There are not a lot of results to report this month and I think that is primarily due to the heat. As I am writing this column, summer doesn't actually start until tomorrow. I remember several months ago I was complaining about the winter but now I am complaining about the heat. I honestly can't decide which is worse.

Basically, I just wish, along with the rest of the state, that it would be fall or spring all the time. One thing about the heat is that when it does start to get a little cooler, you are usually amazed by how well you can run after running the whole summer in 100 degree temperatures.

It is definitely going to be a scorcher this summer and I think everyone has realized that but I guess we will just have to deal with it for at least another couple of months. Here are the people that braved the heat this month:

May 29<sup>th</sup> was the next Grand Prix race of the season with the return of the **Rock Run 8K** at Murray Park.

Leah Thorvilson finished first overall and, therefore, first female in 28:16. The other female finishers were Tammy Walther in 36:22; Tina Coutu in 39:21; Shareese Kondo in 39:57; Becky Humes in 41:47; Mary Wells in 42:18; Ginea Qualls in 43:34; Jessica Osorio in 43:39; Trina Bright in 44:16; Ashley Honeywell in 45:06; Eileen Turan in 45:20; Carol Torrey in 46:16; Rhonda Ferguson in 47:09; Ashley Philbrick in 47:53; Angela Gattin in 48:18; Alea Humes in 49:31; Alesa Davis in 53:33; Jana Young in 54:09 and Waynette Traub in 1:05:55.

For the men, Brian Sieczkowski won in 29:05; Ethan Neyman finished in 29:37; Kevin Lemley finished in 30:03; Kevin Golden in 30:17; Steven Preston in 31:06; Joel Perez in 31:10; Joseph Nichols in 33:54; Mark Hagemeyer in 34:03; Tim Steadman in 34:24; Jacob Wells in 34:39; Charles Gattin in 35:37; Scott Sander in 35:55; Daniel Butler in 36:17; Jon Honeywell in 36:20; Joe Cordi in 38:17; Bill Crow in 40:07; Allen White in 40:10;

Jonathan Young in 41:04; David Meroney in 43:16; Scott Wall in 44:04; Dan Belanger in 44:07; Bryan Jones in 45:49; Keith McCain in 45:49; Roy Smith in 52:10 and Carl Northcutt in 1:03:15.

Also on May 29<sup>th</sup> was the **Rock N-Stroll 5K** near Riverfront Park in North Little Rock. For the men, Jacob Wells finished in 21:52; Matt Gresham in 22:12; Kenny Worley in 30:05 and Doug Young in 48:56. For the women, Leah Thorvilson finished first in 18:31 wearing a cow costume; Jane Riggs finished in 25:39; Shareese Kondo in 25:49; Mary Beth Gresham in 26:08; Martha Ray Sartor in 36:00; Becky Humes in 38:23 and Jaynie Cannon in 44:06.

June 5<sup>th</sup> was the **Mount Magazine 15K** in Havana. For the men, Steven Preston finished in 1:30 and Dan Belanger in 2:10. For the women, Leah Thorvilson finished first in 1:04 and Lisa Luyet finished in 1:55.

Also on June 5<sup>th</sup> was the **Sole to Soul 5K** in North Little Rock. Beverly

Smith finished in 23:58 and Rhonda Ferguson in 29:36.

June 13<sup>th</sup> was the **Wounded Warrior Half Marathon and 12.1 Miler** in Irving, Texas. Tom Singleton finished the half marathon in 2:29:41. Hobbit Singleton finished the 12.1 miler in 3:35:38.

Also on June 13<sup>th</sup> were the **Catsmacker and Kitty Fun Runs** out at Lake Winona. For the Catsmacker 23 miles(+/-), Leah Thorvilson finished in 3:29:01; Tina Coutu in 4:35; Steven Preston in 4:48:22; Jenny Weather in 4:48:33 and Melanie Baden in 4:50. For the Kitty Run (12 miles (+/-)), Joel Perez finished in 2:04; Michelle Rupp in 2:25; Becky Humes in 2:25; Michael Harmon in 2:27 and Lou Peyton in 3:29. Also out on the run, Tammy Walther and Harold Hays ran 20 miles in 4:28 and 4:48.

June 20<sup>th</sup> was the **Run with Dogs 5K** in Benton. Gregory Sorenson finished in 22:39.

Happy Running!

## New Members

**By June Barron**  
**LRRR Membership Chairman**

**Timothy Wistrand** is a recent college graduate and a filmmaker. He has been running since he was young but doesn't race frequently. His favorite race distance is the 10K and his favorite running route is from the YMCA on Sam Peck Road to Chenal via Rahling Road. His favorite races in Arkansas are the Midnight 50K and the Dam Night Run.

He is in a relationship and his girlfriend is in Nicaragua in the Peace Corp. His interests other than running are filming, fishing, camping, hiking, gardening, brewing beer and watching movies. He credits Brian S-ki with inspiring him to join the Club and to be a winner off the road.

**Tracy Johanning** is engaged to be married on August 21<sup>st</sup> to Onat Tungac, who runs sometimes. Tracy is employed at 10 Fitness in North Little Rock but is

considering getting her teaching license. She has been running for 16 years (since seventh grade cross country). She averages 40 miles per week at a 7-7:30 pace. She likes to race all distances but 5Ks are fast and fun! Her PRs are 5K – 18:45; 8K – 31:35; ½ marathon – 1:30; and marathon – 3:14:15. Her favorite running route is the River Trail.

Tracy loves the outdoors, camping, cookouts and hiking. She moved from Ohio to AR a little over two years ago.

Welcome, Timothy and Tracy!

## Condolences

The Little Rock Roadrunners Club extends its condolences to Jerri Hoskyn and John Perez over the death of Jerri's mother, Janita Hoskyn, on June 16. Please keep Jerri, John, and their family in your thoughts and prayers.

# Arkansas Idol

AURA and the GNOs present:

Second annual potluck/talent show

Sunday, August 8, 2010

5:30 p.m.

Murray Park, Pavilion #7

Bring your favorite dish, lawn chair  
and your talent!

For more information contact:

Chrissy Ferguson

[stanchrissy@earthlink.net](mailto:stanchrissy@earthlink.net)

501-472-9162

## New Training Run

On July 8 there will be a new run to add to the LRRC Training Group list below. Meet new LRRC president Brian Sieczkowski and other Club members on the Little Rock side of the Big Dam Bridge at 7 p.m. All paces are welcome.

If you have a regular running time and place and would like to list it on the schedule so that others can join you send the information to [lhouse@pcssd.org](mailto:lhouse@pcssd.org).

## 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.

## July

- 3: Firecracker 5K for St. Jude at Memphis. Call 901-765-4409.
- 3: Flippin Fireworks Festival 5K. Call 8970-453-8522.
- 3: Firecracker 5K at Little Rock. Call 501-231-3730.
- 3: Firecracker 5K at Rogers. Call 479-636-3338.
- 3: Freedomfest 5K at Greenwood. Call 479-996-6357.
- 3: Fire in the Sky 5K at Ozark. Call 479-213-2596.
- 4: 4 on the 4<sup>th</sup> Run for Veterans 4M at Fayetteville. Call 479-444-5028.
- 4: Andy's Fun Run.
- 10: National Guard 5K at Batesville. Call 870-307-4938.
- 10: Big Dam Bridge Twilight 5K at Little Rock. Call 501-231-3730.
- 10: ASPE Firecracker 5K at Springdale. Call 479-878-2421.
- 11: Andy's Fun Run.
- 17: River City 5K at North Little Rock. Call 501-416-0929.
- 18: Andy's Fun Run.
- 24: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 24: Full Moon 50K/25K at Perryville. Call 501-837-3104.
- 24: Ding Dong Days 5K at Dumas. Call 870-382-8234.
- 25: Andy's Fun Run.
- 31: Dam Night Run 5K at Lake DeGray. **GPS**. Call 870-246-2566.
- 31: Walk It Out 5K at Fayetteville. Call 479-220-7322.
- 31: Centerton Fire Run 5K. Call 479-795-2550.
- 31: Pine Tree Festival 5K at Dierks. Call 870-557-3790.

## August

- 1: Andy's Fun Run.
- 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: Run Buffalo Wild 5K at Bentonville. Call 479-220-8354.
- 28: Rollin' on the River 5K at Little Rock. Call 501-227-3700.
- 29: Andy's Fun Run.

## Lifer (Continued from Page 1)

Tailgate Party so be sure to attend our next Club meeting to hear all about them.

And that Club meeting will be Thursday, July 15 at Whole Hog on Cantrell. Yes, at Whole Hog. We are heading back indoors for this month so that we can see a slide show from special guest speaker, Judge Buddy Villines. Judge Villines will update

# Birthdays

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

- 3 – Coreen Frasier
- 5 – Keith McCain
- 8 – Jacob Wells
- 9 – Tara Caudle
- 10 – Jeff Bost
- 11 – Bill Harrell
- 11 – Tammy Walther
- 12 – Steven Preston
- 14 – Lee Abel
- 14 – Sabrina Maham
- 15 – Dale Wintroath
- 15 – Glen Mays
- 15 – Rhonda Ferguson
- 16 – Katie Hartter
- 17 – April Rand
- 18 – Darren O'Quinn
- 21 – Roy Smith
- 22 – Linda Miller
- 22 – Lou Peyton
- 24 – June Barron
- 25 – April Wurtz
- 27 – Jason Gates
- 30 – Jesse Garrett
- 31 – Ethan Neyman

## Lifer (Continued from below, left)

us on the Two Rivers Park pedestrian bridge and special plans for the opening next spring. I hope to see all of you at the meeting. Until then, keep on running!

### 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.