

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2010

Current LRRC President Tina Coutu Bids You Adieu

By Tina Coutu
LRRC President

May has been a month of merriment! Actually the hard work had to be put in before the revelry around the Maypole. Just ask Leah Thorvilson and all our members who participated in the Fargo Marathon Saturday, May 15 about the pain and glory. Leah has tried and worked hard the past couple of years to qualify for the Olympic Trials and she succeeded at Fargo. Anyone who knows Leah can attest that she cares about everyone else's goals and accomplishments as well as her own and is so much fun to be around, but this quote from www.Arkansas360sports.com May 25, 2010, states just how serious this woman is:

Former UALR cross country and track and field athlete and two-time Little Rock Marathon winner, Leah Thorvilson recorded an Olympic Trial qualifying time of 2:41:52 and won the Fargo Marathon Saturday in Fargo, N.D. Thorvilson defeated second place by almost seven minutes and placed eighth out of 1,884 athletes overall among men and women competitors. Her time places her in the Top 15 performances in the United States so far this year. The 2012 Olympic Trials for the marathon will be held in Houston, Texas, on January 14, 2012. The top three athletes will compete at the 2012 Olympics held in London. – UALR Sports Information

We all are so proud of her and appreciate her contribution to our Club and team. I am proud of all our members and their accomplishments. There are many members who have had notable things in their lives this month. Paul Ward is mentioning some and so is Jenny

Weather, but let me make mention of long time member and contributor to the running community and this Club, as well as an amazing athlete. David Williams was honored by the Arkansas Trial Lawyers Association as a co-recipient of the Henry Woods Lifetime Achievement Award. (The Little Rock Roadrunners Club receives valuable gratis advice from Mr. Williams.) David put a lot of work in the beginning of my term writing the By Laws we now have in place. Thank you, David.

Members who attended our May meeting benefitted from knowledgeable and gratis advice from Mike DuPriest. Mike gave an interesting and fact-filled talk with some opinion thrown in (although he tried to refrain from offering opinion) on shin splints. Mike speaks through his medical background as a chiropractor here in town as well as an athlete; he runs 100-milers, bikes or runs to work daily. Thank you, Mike.

May began as predicted with the hot, wet, humid conditions to make everyone's efforts at Toad Suck and Rexfest more challenging. Toad Suck was a little drier this year as thankfully we did not receive the deluge of rain as predicted. The following weekend Go! Running sponsored the MacArthur Park 5K, a Friday evening fundraiser for the downtown military museum. This was so much fun because when we were through slogging through the steamy and breezy downtown streets we were rewarded with pizza, beer, live music, and a medal awarding ceremony by 42 NCAA championships coach John McDonnell, as well as "rubbing elbows" with a bunch great people – Bill Hoffman, Steve Preston, Michael Harmon, Steve Yanoviak and Eileen Turan, Rob Wistrand, Chuck Spohn, Bill and Carol Torrey, new member

and winner of the female division Tracey Johanning, the S-skis' entourage, Erin and Gary Taylor (sponsors), Ashley and Jon Honeywell, and many more. If I did not mention you, I'm sorry but I was glad to see you all there enjoying the lawn party!

Running and family joys continued with the Dino Dash held Saturday, May 22. Adult and child athletes abounded in the Rivermarket along with happy vendors and cheerleaders. Member Patrick Mathieu, aka Skippy Peanut Butter Potentate, created more happiness in the crowd by giving away jars of the good stuff. It was a pleasure to witness the excitement of the children and family runners like the Spohns, Barrons, Olneys, Taylors (Go Running), Wistrands, Hildebrands, and Dellimores (the Dino Dash featured family) come across the finish, as part of a fabulous finish line crew – Polly and John Russell, Paul Ward, B. Torrey, Harold Hays, Craig Lair, Bryan Jones, Eileen Turan. Forgive me, I know I left many out. Second time Race Director Jeff Maher did a nice job handling the record registrants. As a part of the finish line team I got to stand in the onset of finishers and tell the "men" where to go. This job in the past was Karen Call's and those are tough running shoes to fill! Again I had to leave the visiting of many fine folks and enjoying cheering of the tots to go sell

(See Adieu on Page 10)

June Meeting

June 17, 2010
Murray Park Pavilion 2
6 p.m. to eat
6:30 p.m. speaker



Just in case everyone else sent their articles in time, this may be the first *Runaround* announcement of Leah Thorvilson qualifying for the U.S. Olympic Marathon Trials. Leah qualified with a 2:41 finish at the Fargo Marathon on May 22nd. We all knew it would happen. It was just a matter of when and where. Quoted from Brian Sieczkowski: "In January 2012, the men's and women's trials will be held in conjunction with the Houston Marathon and Half Marathon. This will be the first time in history that the races to decide both the male and female Olympic Marathon teams will be held on the same day, in the same location. The trials will be on Saturday with the public race on Sunday. This presents the perfect opportunity for a bunch of us to head down to Houston, watch LT race on Saturday, and then run either the full or half marathon on Sunday! This event isn't for another year-and-a-half, so there is plenty of time to train up for either 13.1 or 26.2 in Houston." Plenty more to come on this!

Back in Arkansas, April 2010 brought two historic races. Our Club's own Capital City Classic and Fayetteville's Hogeeye Marathon were the month's first two Grand Prix races.

The Classic is our Club's primary fundraiser of the year. I first ran it in 2004 and know very little of its past other than it began in the early 1980s and has been run previously as the Bud Run and the Pepsi 10K. Perhaps a Club member could write a history of this race? Bill Torrey says there are several who have run every one. Back in the day, there were thousands of runners and the course was downtown. The race has since moved to Two Rivers Park. This year it featured 543 participants, growing significantly from 349 in 2008 and 246 in 2008.

Hogeeye is among the state's oldest marathons with its 34th running in 2010. It starts and finishes on the downtown square after originally running from Fayetteville to the town of Hogeeye in 1976. To my knowledge, there are currently five road marathons in our state. The Marathon for Kenya in Mountain Home began in 2004, the Little Rock Marathon in 2003, and the Mid-South Marathon in Wynne in 1999. The Arkansas Marathon is arguably the longest continuous road race in the state having passed 40 years. But like Hogeeye, it has changed its course over the years and will change again in 2010 with its return to Booneville.

While these races and their history are intriguing on their own, the real stories are about two of the race winners – Russellville's 18-year-old Kaitlin Bounds and Clinton's 49-year-old James Bresette.

In March, Kaitlin joined the Arkansas Tech cross-country team and will run for coach Tom Aspel. My favorite column that I've written was about Kaitlin in the August 2008 *Runaround*. *Runner Triathlete* magazine caught on and featured

Kaitlin in July 2009. That article included a photo of Kaitlin in a local race next to an unnamed runner, who happened to be a former Arkansas Razorback All-American and 2:26 marathoner, and her future college coach. (This is the magazine that in another issue had Leah on the cover winning the 2009 Little Rock Marathon.)

Kaitlin recently won the Chase Race in Conway in March and followed these that and the Classic with victories at the Toad Suck 10K and the Women Run Arkansas 5K for the open division. According to her Mom, one of Kaitlin's goals is to win every race that Leah doesn't attend. I haven't been racing much longer than Kaitlin. What fun it has been to watch her race and get to know her family, which includes not just her parents but also all the River Valley Runners. Those guys are a fun-loving bunch, but they take training with Kaitlin and taking care of Kaitlin seriously. Most of them can't keep up anymore!

James has also been busy since Hogeeye with wins at the Spring Fling 5K in Cabot and the Crawdad Days 10K in Harrison. He is well known throughout the state for his race victories at all distances. What many may not know is how he has represented the state across the country. James is a member of the Arkansas National Guard and runs for the Guard's marathon team, whose primary race is the Lincoln Marathon that was held on May 2nd, where James ran 2:46. In 2006, a dozen or so from central Arkansas and Russellville joined James to represent Arkansas. James led the Arkansas runners at 2:43, followed by Brian S-Ski

(See **Running Wild** on Page 10)

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Memories Of Running Friends Who Left Us Too Soon

By **Rosemary Rogers**
 Past President
 Arkansas Running Klub

Not long ago I was running on the trail by myself and I thought of **Les Hall**. Sometimes I think of Les Hall when I am running. Not because I knew him very well or because he was a famous or well-known runner, but because when I saw him running on the trails and in the woods, he just seemed to belong. He was a little older than I and had been running a while when I first started running trails and ultras. He was a quiet man, reserved. He was recognizable by his long beard and thin frame. His wife was always there supporting him at the finish and he was well-liked and respected by the other runners as a pioneer in Arkansas ultrarunning. During his last year, he developed a brain tumor and left us much too early.

There are many others who pass through my thoughts as I run. **Cheryl Potter** was a great runner and she was beautiful. We remember her for those qualities, but that was not her legacy. During her life she cared deeply for others and she wanted them to discover the best in themselves. That was what inspired her to start the first Women Can Run clinic in Conway several years ago. What started with one small group is now statewide and countless women have improved their lives and increased their confidence by participating in these clinics. This year thousands of women will complete the training and run the Women's Race in Conway. Most of them never met Cheryl but her desire to help other women gave them the chance to do something most never expected to do.

The first time I went to a Pike's Peak training run I met **Clint Cusick**. He was a good runner, had been to Pike's Peak several times, and knew everyone in the group. I, of course, didn't know anyone. He didn't have any reason to help and encourage me other than his own desire to share the joy of running. And share he did! I have met so many people who will tell you how motivating it was to run with Clint. He was much faster than I

was, but would run with me and tell me I could run to the next tree, or hill, or telephone pole. He would tell me a joke and we wouldn't stop running until the joke was over, and he knew some really long jokes! He was always there to help someone who was discouraged and he could really make anyone believe that he or she could truly conquer Pike's Peak and because we believed, we succeeded.

Doug "Psycho" Stevens didn't look like a Hasher – not really. He looked scholarly and I think he was. He had a serious job – he was a psychologist, but there was another side to him. He was a Hasher for many years and truly enjoyed participating in "the drinking club with a running problem!" He hosted Hash Christmas parties (in his garage, because his wife wouldn't let the Hash in the house) and set many long and devious runs. A few Hashers will still remember the time he finished a Hash run, wiped off with a towel, put on his tuxedo, cummerbund and all, and went to sing with the Choral Society. He was a man of many talents and the Hash still misses him.

Mike Dwyer was named Arkansas RRCA Outstanding Club President in 1993 for his leadership of the Little Rock Roadrunners Club. I know he was a good runner but I remember him mostly for his achievements as a triathlete. He was not as young as some in body, but his mind was quick and active and he loved competing in triathlons. His death during a triathlon in July 1998 was a great loss to the LRRC as well as to other runners who knew him. I know that death is not a welcome thing and that we don't get to choose how and when we go, but to die quickly while doing something you love might not be the worst that could happen.

Perhaps it is hardest to write about **John Woodruff**. Many of us knew him well and admired him in so many ways. He was a journalist and photographer and loved his work. He also loved running and he loved runners. He did not start out as a runner, though. As a child he had a heart defect that kept him from running. However, in 1959, he made

history by being one of the first people to undergo open-heart surgery performed by Dr. Denton Cooley. Once he was able to run he made up for lost time, logging 41,000 miles, completing 48 marathons; eight of them after being diagnosed with cancer and six while undergoing chemotherapy. He was a kind and gentle man with a wicked sense of humor. He was a great storyteller and made the miles seem shorter as you listened to him talk. In April 2006, I was lucky to be part of his crew, along with Geneva Hampton, Gina Marchese, and Bob Marston, at the Oklahoma City Memorial Marathon. He had run this marathon before with Bob Taylor and wanted to complete it again (in what he probably knew would be his last time). This marathon is a very moving event and even more so running with John and realizing the effort that it took for him to complete it. I'll never forget how determined and mentally strong he was even though his body was failing him. The following March he worked an aid station at the Little Rock Marathon and shortly thereafter, on March 27, we finally lost him. I believe his words still speak for all these runners: "We all need to 'go for it,' have goals, hold on to our humor and faith, cherish our friends and relationships, be positive, and have fun!" That certainly sums up the way John lived his life and serves as an inspiration to us all.

Memorial Day is at the end of May and it's important for us to remember it is more than just a long weekend. It's a time to remember those who have enriched our lives in some way. I write this so our newer, younger runners know that they are not the first to discover the joy of running but, instead are now part of a community of very special people. I also write to let the friends and loved ones of those runners who are not with us anymore know that we have not forgotten them. Indeed, they still inspire us to work hard to reach our goals, but more importantly, give back what we can to our unique community. This week I received an e-mail from Lou Myers (the Ancient

Women Can Run 5K Inspires Women Of All Ages

By Jenny Weather
LRRRC Racing News Editor

This month I had the pleasure of participating in the Women Can Run 5K with my mom as part of a mother daughter team. Many of you may have seen my mom and dad at many of the races cheering me on at the finish line. They are by far two of my biggest supporters. They have traveled with me to many of my out of state marathons as well as coming to the more local races. They are definitely one of the reasons that I have continued to run. It's always nice to know you have people at a race who are cheering for you to win.

My mom surprised me a few months ago by letting me know that she had joined the Women Can Run clinic in Hot Springs Village and wanted me to run the 5K with her. Of course I jumped at the chance. This was my opportunity to get to be her supporter.

This was the first time that I had been to the Women Can Run 5K. It was amazing and inspiring to see all of the women who had been a part of one of the many clinics across the state the past 12 weeks or so. Women of all ages were there. For some of them, this was not their first race or 5K but for many, it was.

I got to see Katherine Switzer, the first woman to officially run the Boston Marathon, say a few words right before the start.

Once we started the race, I knew that my one goal was to get my mom to the finish line of her first 5K and make sure she had fun doing it. I was there to cheer her to the finish line like she has done for me so many times. We crossed the finish together and I think it was a great feeling for both of us. She did tell me that this will not be her last 5K and I can't wait to get another chance to run with her again.

Congrats to all of the women who completed their first 5K in the Women Can Run 5K this month. I hope it wasn't your last. Now let's get to the results.

April 24th was the **Catholic High Rocket 5K** in Little Rock. For the men, Jacob Straessle finished in 22:09; Gregory

Sorenson finished in 22:39; Scott Sander finished in 23:00; Jon Honeywell finished in 23:22; Joe Cordi finished in 24:32; Steve Straessle finished in 27:02; Sam Straessle finished in 28:38; Andrew Straessle finished in 31:35 and David Straessle finished in 31:44. For the women, Sandy Cordi finished in 29:31; Ashley Honeywell finished in 29:28 and Sandy Straessle finished in 34:08.

Also on April 24th was the next Grand Prix race, the **Spring Fling 5K** in Cabot. For the men; Ethan Neyman finished in 17:37; Kevin Golden in 18:02; Joel Perez in 19:03; Tim Steadman in 19:16; Mark Hagemeyer in 20:51; Bill Crow in 23:25; Roy Hayward in 23:36; Ron Sanders setting a PR in 24:14; Roy Smith in 25:07; Greg Dahlem setting a PR in 25:23; David Meroney in 25:34; Michael Harmon in 26:04; Dan Belanger in 26:11 and Carl Northcutt in 38:39. For the women, Leah Thorvilson finished first in 17:12; Andrea Sieczkowski in 22:03; Ginea Qualls in 24:40; Becky Humes in 24:44; Alea Humes in 25:33; Alesa Davis in 30:19; April Rand in 31:10; Waynette Traub in 33:07; Jaynie Cannon in 38:49 and Mary Hayward in 57:47.

April 25th was the **Oklahoma City Memorial Marathon and Half** in Oklahoma City, OK. Steven Preston finished the full marathon in 4:34:35, less than a week after completing his first 50 miler! Wow! Tom Singleton completed the full in 5:15:17. For the half marathon; Bill Torrey completed it in 1:33:24; Harold Hays in 1:56:01; Jesse Garrett in 1:58:17; Carol Torrey in 2:11:44; Angela Gattin in 2:24:54; John Russell in 2:27:29; and Hobbit Singleton in 4:00:11.

May 1st was the next Grand Prix race of the season with the **Toad Suck 10K**. For the men, Ethan Neyman finished in 36:56; Brian Sieczkowski in 37:02; Scott Anderson in 38:12; Kevin Golden in 38:58; Steve Yanoviak in 39:47; Mark Hagemeyer in 41:50; Tim Steadman in 42:12; Joseph Nichols in 43:18; Bill Torrey in 43:42; Scott Sander in 45:34; Roy Hayward in 49:49; Don Preston in 52:27; Ron Sanders setting a new PR of 52:55; David Meroney in 53:37; Joshua Behrendt setting a new PR in 55:27; Greg Dahlem in 55:50; Michael

Harmon in 55:47; Dan Belanger in 56:46; Rob Young in 57:21 and Carl Northcutt in 1:20:39. For the women, Melanie Baden finished in 48:14; Tina Coutu in 51:14; Ginea Qualls in 53:51; Jessica Osorio in 57:18; Cindy McConnell in 57:57; Ashley Philbrick in 58:32; Carol Torrey in 1:00:33; Angela Gattin in 1:00:38; Erica Nordin setting a new PR in 1:02:04; Rosemary Rogers in 1:09:24 and Waynette Traub in 1:13:08. Also the same day was the **Toad Suck 5K**. For the women; Kris Eakin finished in 26:51 and new member Melisa Behrendt completed her first 5K in 31:17. Congrats!

May 2nd was the **Flying Pig Marathon** in Cincinnati, OH. Two of our members ran this marathon. Jacob Wells finished in 3:36 and Trina Bright finished in 4:56:10.

Also on May 2nd was the **Dicks Sporting Goods Pittsburgh Marathon** in Pittsburgh, PA. Our own Leah Thorvilson ran it in 2:51:15.

Another race on May 2nd was the **Reno's Rock-n-River Half Marathon** in Reno, NV which was run by Emil Mackey in 2:27:00.

May 7th was the **MacArthur Park 5K**. For the women, Andrea Sieczkowski finished in 22:24; Tina Coutu in 24:19; Shareese Kondo in 24:55; Jane Riggs in 25:31; Ashley Honeywell in 27:34; Carol Torrey in 28:18; Donna Trawick in 32:41; Tara Caudle in 39:58 and Kristen Saffa in 42:10. For the men, Steven Preston finished in 18:36; Jon Honeywell in 21:14; Bill Torrey in 21:18; Bill Rahn in 21:56; Gordon Rostvold in 27:45; Michael Harmon in 27:49; Kenny Worley in 29:20; David Meroney in 35:57 and Carlton Saffa in 42:10.

May 8th, several of our members made a trip to Stuttgart for the **German Heritage 5K** bringing back several age group and overall awards. For the men, Dan Belanger finished in 25:06; Michael Harmon in 25:36 and John Russell in 26:31. For the women, Barbie Hildebrand finished first overall in 22:03; Ginea Qualls finished third overall in 24:55; Lisa Luyet finished fourth overall in 25:15 and

(See **Women** on Page 5)

Women (Continued from Page 4)

Michelle Rupp finished fifth overall in 25:25. Congrats LRRC.

Also on May 8th was the **Women Can Run 5K** in Conway. Maddi Wells finished in 28:27; Kris Eakin in 29:50; Alesa Davis in 29:52; Sandy Straessle in 30:48; Caroline Straessle in 32:19; Paula Cigainero in 33:02; Josey Wells in 35:46; Jaynie Cannon in 39:32; Jenny Weatter and Debbie Brod (mother-daughter team) in 45:11 and Erica Nordin also helped her mom, Linda, complete her first 5K in 54:08.

May 15th was the **Paws on the Pavement 5K** in Little Rock. For the women; Leah Thorvilson won in 17:31; Jane Riggs finished in 25:51; Alesa Davis in 30:23 and Josey Wells in 39:22. For the men; Jacob Wells finished in 21:36; Mark Thompson in 21:49; Greg Sorenson in 22:09; Scott Wall in 24:31 and Mike Watts in 25:35.

May 22nd was the **Dino Dash 5K** in Little Rock. For the women; Sarah Olney finished in 21:27; Barbie Hildebrand in 21:56; Shareese Kondo in 24:25; Ashley Honeywell in 27:05; Ginea Qualls in 27:57 pushing a stroller; Katie Hartter in 33:35; Waynette Traub in 34:19; Coreen Frasier in 35:17; Josey Wells in 39:37; Jaynie Cannon in 42:19 and Rosalind Abernathy in 54:49. For the men; Imari Dellimore finished in 17:47; Brian Bell in 20:55; Jacob Wells in 21:03; Jon Honeywell in 21:23; Carl Carter in 22:03; Scott Sander in 27:21; Matt Olney pushing a stroller in 28:09 and Jim Yamanaka in 28:28.

Also on May 22nd was the **Fargo Marathon** in Fargo, North Dakota. A huge congratulations is in order for Leah Thorvilson who qualified for the 2012 Olympic Trials in a time of 2:41 and was the first female finisher. Congrats Leah!

We are all extremely proud. A lot of LRRC members made the trip to Fargo to see Leah accomplish this. For the full marathon; Joel Perez finished in 3:16:51; Charles Gattin in 3:50:23; Steven Preston in 4:00:16; Alison Acott in 4:10:10; Lisa Luyet in 4:44:11; Jesse Garrett in 4:45:33 and Dan Belanger in 5:48:31. For the half marathon; Becky Humes finished in 2:20:35 and Angela Gattin in 2:20:35.

My apologies for leaving new member Josh Behrendt out of the **Capital City Classic 10K** results last month. He

completed it in 1:03:03. I also need to mention Ron Sanders who was left out of the **Hogeye Half Marathon** results from last month. He completed it in a new PR time of 2:04:39. Congrats!

As always, if you would like to tell me about a race you are running out of state or I left your name out of this month's results and you want to be included next month, please e-mail me at jennyweatter@yahoo.com.

Happy Running!

New Members

By June Barron
LRRC Membership Chairman

Don Preston is married to **Betty**, also a runner, and they have two children, Steven and Robert. Don is a calibration lab quality manager. He has been running for 11 years and averages 15-20 miles per week at a nine minute pace. He doesn't race frequently but does prefer the 10K or half-marathon distances. His PRs are 25:25 – 5K; 49:13 – 10K; 1:25:29 – 15K; 2:00:44 – half-marathon; 4:11 – marathon and 7:54:04 – 50K. His favorite running route is his five mile run by his house. When not running, Don enjoys gardening and travel.

Brandon Burroughs is a student and a server at Buffalo Grill. He likes to race and prefers the half-marathon distance. He is coming off an injury now so is running 15 miles per week at an 8:30 pace. His PRs are 19:11 – 5K; 1:07 – 15K and 1:36 – half-marathon. Brandon's favorite running route is Two Rivers Park.

His interests other than running are baseball, football, basketball, camping, concerts, movies, new restaurants, and traveling. He is really looking forward to becoming friends with all the members. He is in school at UCA doing undergraduate work in Dietetics and Kinesiology. His goal is to become a cross-country coach.

Welcome, Don and Brandon!

Memories (Continued from Page 3)

Brit) that contains some lines from "The Last Post" that seem appropriate to this holiday:

Day is done.
Gone the sun.
From the lakes
From the hills.
From the sky.
All is well.
Safely rest.
God is high.

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

April 19, 2010: My First Boston Marathon

By Kevin Lemley

Some of you want all the details and some just want the race highlights, so I decided to err on the side of overinclusion. Forgive the length, but I provided headings if you want to skip around. Here we go.

Pre-Race Concerns

My Boston experience started with pain in my IT band that flared up after the River Trail 15K. My training consisted of five solid weeks, two decent long runs of 17 and 18 miles, and essentially no taper because I didn't really have anything to taper from. I recently took a new job working with Paul Ward, who patiently listened to all my pre-race worries and griping. He even took me out on a four-mile run in March to test out the knee. Then a week before the race Paul announces his retirement. Glad to know that working with me for two months will drive you out of the business. Thanks, man.

Boston would be a solo trip. My wife bailed because race day was also our daughter Sydney's second birthday. Somehow I couldn't sell her on the fun of managing a toddler in Boston while talking about running all weekend. So yes, on my daughter's second birthday I would be 1,500 miles away to run a marathon. My shiny new Father of the Year award is sitting on my desk if anyone wants to come see.

Marathon Weekend

My flight lands in Boston around 6:00 Saturday evening. The first stop is dinner at Papa Razi, a trendy Italian place downtown. I meet up with a group of about 20 friends I talk to regularly on RunnersWorld and Facebook. Over the past couple of years we have shared triumphs, failures, and motivated each other to get out and exercise every day. It was a lot of fun meeting them for the first time. And without the pressure of a time goal, I get to have all the tortellini and beer I can handle (Hooker IPA is really good). A couple of the 3:10 guys try to convince me to run with them, but that pace would be suicide on my minimal training. Instead, I make plans to meet up

with two of the older guys to lay siege on 3:30 (8:00 pace). Yep, my race strategy is to set a PW.

Sunday morning I arrive downtown a little after the 5K ended. It is cold and drizzling, but the atmosphere is already electric. Thousands of people are milling about, and you can feel the collective excitement from the other runners. I love that collective excitement the day before the race, when we are all immersed in fantasies of achieving our goals, before the various pitfalls of marathoning have taken their toll. The barricades are already set up along Boylston, making it easy to visualize the massive crowd that will be there tomorrow. I walk over the finish line and reflect on the thousands of training miles, most of them alone in the pre-dawn hours, that brought me here. Maybe Sydney will want to do this one day and I can come back 20 or 30 years from now to watch her. Enough sentiment, time to go get the hardware.

I make my way to the expo at the convention center. It lives up to the hype – "huge" doesn't even begin to describe it. I pick up my bib and distinctive yellow transport bag. The racers at Boston are anointed quasi-rock star status. Carrying this bag over your shoulder solidifies your status. It's sturdy, too, which means it can hold my Red Bulls tomorrow morning. I grab a shirt and enter the main exhibit hall. Anything and everything you can imagine running related, it is here. Need shoes, apparel or nutritional supplements? They've got it. Want to see a live running demo, talk with Bart Yasso or get a photo with a Kenyan? They've got those, too. I make a quick walk-through but am mindful to avoid walking around for hours on the concrete.

They have a movie here that shows you the course (they had the camera mounted on a car) with excellent commentary providing race strategy. This is my favorite part of the expo because when people like Bill Rodgers tell you what to do, you listen. To paraphrase the part that really hit me, "You are not racing against the other runners, you are racing against the course. Early on, the course is

dealing you body blows, and you will not realize the effect of these body blows until the hills in the later stages." I knew this already, but it helps to hear it again. I have to run a smart race tomorrow just to finish in one piece.

Later I take a 30-minute jog through some Boston neighborhoods. It feels sluggish, as nearly all my pre-race shakeouts tend to do. For dinner, the obvious choice is an Italian restaurant next to my hotel. I go to the bar, which is pretty lively, and talk with several other runners (even without the yellow bags, we stand out with our lean faces and running shoes). On top of that, the Celtics and Bruins were both in the playoffs and the Red Sox had just started their season, making a Boston bar a fun spot to be. I get back to the room and find some humor that I've had more race weekend beers than long runs this training cycle. I don't think you'll find that in any official training program.

Monday (Pre-Race)

Boston is a point-to-point course starting in a tiny town called Hopkinton. Race day starts early at Boston Common to load up in yellow school buses for the ride out to Hopkinton. I arrive at the Common around 6:30, and there are already more runners than I can count. The ride wasn't bad at all. The guy beside me and I talked with the couple in front of us, making jokes and trading war stories about past races. The ride takes something like 45 minutes, but it didn't seem that long.

In Hopkinton, the buses unload us at the local high school at what is called "athlete's village." By that they mean a huge tent and a lot of open grass. There's not a lot to do here except make nervous chatter with other runners and try not to walk around too much. There is an annoying guy on a loudspeaker directing traffic. About every 10 minutes or so he announces how long until the race starts. It's not much fun hearing we only have to wait one hour and forty minutes. This is definitely my least favorite part of the race.

(See **Boston** on Page 7)

Boston

(Continued from Page 6)

Finally it is time to head to the starting corrals. I miss the rendezvous with my two online friends because of a last minute restroom stop. I make it into the corral just before the gun goes off for the elites. Of course, the gun doesn't mean a whole lot for us regular folks. It would take our corral 11 minutes to get to the starting line. As we approach the line, I start talking with a Marine who was running in honor of a friend who died in Iraq. His name escapes me, so I will forever recall him as the Marine. He wants to run 3:30, and so do three other guys that are right beside us. We all shake hands and in the way these things get decided in the heat of battle, it is decided we will run the race together – the alliance is formed.

Maybe now is a good place to provide a synopsis of the course. Miles 1 - 4 are downhill, then the course is flat until mile 16. You get a series of hills from miles 16 – 21, culminating in Heartbreak Hill, then it's a downhill romp into Boston. The hills by themselves are not bad (and mere bumps compared to what we have in Little Rock), but they are brutal if you run too fast early in the race. With the Boston hype and the downhill start, it is easy to run way too fast for way too long.

Monday (The Race)

We get in sight of the starting mat and I do my best to calm down. Ever seen Thorvilson jumping up before a race with her feet at her chin? I was channeling the opposite of that. I did the death march at Wynne for being stupid, and I don't want to repeat that performance today. Calming down is easier said than done because there is already a huge crowd at the start. It is wonderful having them there, but they lie to you. They tell you what that voice in your head is already saying: "You look great. You're a card-carrying bamf, and you should be running faster. Much faster." Thanks for the enthusiasm, folks, but I'm good right now. Why don't you come back around mile 22 when I will actually need assurance of my inherent awesomeness?

We cross the starting mat, and it takes all of about 10 seconds before the

alliance is broken. The other three guys get caught up in the initial surge and jump ahead of us. The Marine stays with me; I estimate about 300 people pass us during the first mile. Holding back here is insanely hard. My legs are fresh, and the temptation is overwhelming to let the adrenaline take over. Remember, body blows. Remember David Williams calling you a dumb ass after Wynne. The brain prevails over the testosterone, and we hit mile one at 8:30. I could not be more pleased, but the Marine panics. I try to convince him we are right where we want to be, but he decides to take off.

I roll old school with just a stopwatch, not one of those fancy Garmin's, so my splits are memory recalls. I hit mile two at about 8:15, and by mile three I'm locked into 8:00s. This was the plan – just lay down 8:00s for a while without spending too much energy. I pretty much keep that up until about mile eight. The funniest thing I saw during this section, one runner had written his phone number (or at least, a phone number) on his arm. He would run right by the crowd yelling, "Ladies, call me!" Since I'm not really racing, I chat with a lot of runners during this section. The most interesting is a couple running together, and the woman is three months pregnant. Yes, my race strategy has me starting behind a pregnant lady. That'll build up the ego.

Around mile eight I speed up a touch to more like 7:50s. I didn't plan on this; my legs just seem to find a groove at this pace. It's not taking any extra effort, so I just go along with it. I notice through here I am starting to pass a lot of the runners who surged ahead of me at the beginning. I keep looking around for the two guys from Saturday night but never could find them.

Part of my race strategy is to take three walk breaks. Nothing major, just long enough to take a Gu and give the legs a brief rest. My first one is scheduled at mile nine. This is a little tricky at Boston. We have a sea of humanity racing through narrow streets. There's really not room for someone to walk, and I don't want to interfere with someone who

is seriously racing today. I take the walk break off course, moving behind the aid station. I guess to the crowd this looks like I'm having problems because I get lots of shouts that I was looking great and could keep going. I get the Gu down and get back into the race at the first opening. Jumping back in is a bit more difficult than jumping out.

Things roll on by and then we get to Wellesley, which is insane. If you don't know about this section, throngs of Wellesley women line up screaming at the top of their lungs. Most of them want to be kissed; it's tradition. Hundreds of screaming coeds begging you to kiss them is probably standard fare for Presto, but I'm not used to this sort of thing. Many of them had signs like "Kiss me, I'm from South Africa" or "Kiss me, I won't tell your wife." How can you argue with that kind of reasoning? Of course, some of the signs were less appealing – "I just kissed Ethan Neyman." (If you will indulge me a brief aside, Ethan lit up Boston with a 2:59 effort. Congrats!). Once we get into the town square of Wellesley, I catch up to the Marine. The early part of the race is already affecting him because he is fading. We talk for a few moments, then I wish him well and press on.

My first half split is 1:44:55. There is still plenty of race left for this thing to fall apart, but at least I ran the first half correctly. From the first half marker until mile 16, I basically zone out, just getting ready mentally for the hills. My only concern in the first half was running too fast; I'm actually worried about this next section. I take my second walk break at 16 to get a quick rest before the hills. Another Gu goes down and I brace myself for this race to really get started.

I spend miles 16-20 just focusing on good hill technique and taking advantage of the flat stretches. Maybe I am just having a good day or maybe in Little Rock we have a different concept of hills. Whatever the reason, these hills are not bad at all. In fact, I'm speeding up a

Boston (Continued from Page 7)

little during this section. By the time I get mile 20, I am about 1:30 ahead of 3:30 pace. I'm not really sure where I gained the bulk of that time because I was just sporadically checking my watch by then. Easy does it, you still have to get over Heartbreak Hill.

Everyone talks about Heartbreak, and I know it should be right around mile 20.5. Three minutes and change after the mile 20 marker, I start looking for Heartbreak. I don't see it and check the watch again. Am I confused about where I am on the course? It should be coming up any second, probably after I get over this minor hill. Wait a second; the crowd is really thick here. And they are yelling loud. I look over and see this big guy practically on the course, beer in hand, which I seriously doubt is his first of the day. I yell at him, "Hey, is this Heartbreak?" He takes this beer-induced battle stance and yells back with that Northeastern flare that makes it sound like he's about to beat me up: "Yeah, yuh gowen up Hawtbwake babeeeee!!!" I feel way too strong to be going up Heartbreak. It's time to call this race what it – I underestimated my fitness level and have been running too conservatively.

I crest Heartbreak and get to Boston College. If Wellesley is insane, Boston College is pandemonium. The beer is flowing so strong you can practically taste it in the air. As loud as the Wellesley girls were, they were confined to the right side of the street. The BC kids are on both sides going wild. Here I find out the hard way that frat boys hit hard – the first one I high fived about took my arm off. Boston College also coincides with mile 21, which was my last scheduled walk break. I probably do not need it, but I take it anyway.

Now, for the first time in the race, I am confident I will finish. I decide to drop the pace down and see what I have left. My official splits would later show I was doing low 7:00s, but I had no idea at the time. I was running for fun now. The crowd gets more intense the closer we get to Boston, and I am passing runners by the dozen. Frequently I run to the crowd for high fives until my hands just couldn't

take any more collisions. They surge louder each time I do it. Like I said before, the racers have quasi-rock star status up there. Normally this is the stage of the marathon where the wheels are coming off and you are doing everything you can to hold it together. Not today. I have no pain anywhere; I am running on pure joy. The last 5.2 miles is a blur of cheering crowds, high fives, and the exhilaration of passing hundreds of runners.

I make the turn on to Boylston for the home stretch, and I hit a state of euphoria that I have never had in a race before – I don't want the race to end. I am coasting without any pain listening to the roar of the crowd. I imagine the finish line moving farther back so this feeling could continue, for in all likelihood no other race can ever duplicate this sensation of my first Boston. I cross the finish with an official time of 3:24:05. That's a six minute negative split, so criticize or praise as you feel appropriate.

About 10 yards after the finish line I crash back to reality and am thankful my fantasy of a moving finish line remained unfulfilled. There is a world of pain going on from my quads down to my toes. Everything is hurting, which is what

I get for running 26.2 miles on minimal training. The pain is all worth it when I get that beautiful medal around my neck. To maintain a tradition of my own, I hug the lady who gives me my medal.

Post Race Reflections

As runners, I think we have two key things we like to take away from a big race. First, we want to discover something about ourselves within the sport. Boston showed me I have matured a lot since Wynne. I made good decisions during my limited training and executed a sound race strategy. Sure, it was too conservative, but it feels a lot better than being too aggressive. Maybe all those parking lot chats with David Williams have finally paid off.

Second, we want to identify the next challenge because who we are today is built upon how we engaged those challenges in the past. There's always another race, a new distance, or a better time to push us along our path. Not long ago I was an obese, chain-smoking couch potato. Once you've gone from there to the Boston Marathon, what should be next? Tupelo, baby – time to earn that skull medal. If you trample me out there, keep a cold one waiting for me.

Thid Diamond Is A Gem!

By Paul Ward
LRRRC Old Goat

Kudos to Zsuzsanna Diamond for being named outstanding teacher at Dodd Elementary School in the Little Rock School District. In May, the District recognized the outstanding teachers from each school in the District and gave each an engraved glass trophy. So Bill Diamond isn't the only one in the family bringing home awards.

Congratulations Zsuzsie!

Kudos To The Counselor!

By Paul Ward
LRRRC Legal Correspondent

The Little Rock Roadrunners Club congratulates senior member David Williams for being co-recipient of the Arkansas Trial Lawyers Association's Henry Woods Lifetime Achievement Award.

Congratulations, David, on this well deserved award.

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.

June

- 12: Boomtown Half Marathon/5K at Batesville. Call 870-307-4938.
- 12: Ice Cream Social 5K/1M at Berryville. Call 870-480-2187.
- 12: St. Jude Music Fest 5K at Nashville, TN. Call 901-338-5077.
- 12: Poultry Festival 5K at Rogers. Call 479-290-2062.
- 12: Pink Tomato 5K at Warren. Call 870-226-2404.
- 13: Andy's Fun Run.
- 19: Kiwanis AR Children's Hospital 5K/1M at Springdale. Call 479-751-8733.
- 19: Run with the Dogs 5K at Benton. Call 501-315-9252.
- 19: Leslie Homecoming 5K at Leslie, AR. Call 870-365-8294.
- 19: Oil Run 5K at Smackover. Call 870-725-2907.
- 19: The Freedom Walk/Run 5K at North Little Rock. Call 501-240-3309.
- 20: Andy's Fun Run.
- 26: Race for Grace 5K at Harrison. Call 870-429-5348.
- 26: Brickfest 5K at Malvern. **GPS**. Call 501-337-0007.
- 26: Cancer Challenge 10K/5K/1M at Springdale. Call 479-273-3172.
- 26: Buffalo River ElkFest 5K at Jasper. Call 870-446-2682.
- 26: Pig Out 5K at Morrilton. Call 501-652-0676.
- 26: Butterfly 5K at Paris. Call 479-963-2247.
- 26: Freedom Run Ozarks 1/2 Marathon/5K/10K/ at Branson. Call 417-294-4775.
- 26: Red, White and Blue 5K at Mountain Home. Call 870-425-6336.
- 27: Andy's Fun Run.

July

- 2: Midnight Madness 50M at Tulsa, OK. Call 918-244-6918.
- 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.
- 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: 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.
- 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.

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.

Birthdays

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

- 1 – Gary Taylor
- 1 – Karen Halbert
- 1 – Melanie O'Quinn
- 4 – Karl Kullander
- 6 – Jim Smallwood
- 7 – Mary Beth Gresham
- 8 – Trina Bright
- 11 – David Qualls
- 11 – Kevin Lemley
- 11 – Michael Smith
- 11 – Mike Davis
- 12 – Troy Wells
- 16 – Eleanor Kennedy
- 16 – James Pearsall
- 16 – Kristen Saffa
- 18 – Sarah Dauback
- 21 – Lani Black
- 23 – Tom Singleton
- 24 – Karen Call
- 25 – Carol Nichols
- 26 – Donna Duerr
- 26 – Kevin Wampler
- 26 – Thomas Ziegler
- 27 – Michael Harmon
- 28 – Patrick Henry
- 28 – Roy Hayward
- 28 – Stacey Dovers
- 28 – Yvonne Thompson
- 29 – Brian Sieczkowski
- 29 – Patrick Mathieu

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.

Running Wild (Continued from Page 2)

and John Perez, both of whom broke the three-hour mark for the first time.

One of my first memories of James is that he hadn't been around for several races which turned out to be because he had been deployed overseas. One of the scenes that I wish I could see is the expressions from a group of 20-somethings after gathering for the run portion of a physical test and watching James disappear into the distance.

James has run nearly 20 marathons over the past ten years, averaging in the low 2:40s and winning the 2004 Air Force Marathon in Dayton, Ohio, in a time of 2:40:55, a victory by four seconds. Two bits of trivia: In 3rd place that day, only 43 seconds back was Chuck Engle, who would go on to run 52

marathons in 2006, winning around 30 of them. Five minutes back was Dick Beardsley of the "Duel in the Sun" fame, the epic battle with Alberto Salazar in the 1982 Boston Marathon. Any major marathon expo features Beardsley as a keynote speaker and with his mile-by-mile account of that day. Ponder this for a moment. One of the world's most accomplished marathoners ran 2:46 at age 48 in a race that our James won at age 44. Two weeks ago our James ran 2:46 at age 49 and hasn't started slowing down yet.

James turns 50 on September 7th and the state's over-50 marathon record of 2:49 shouldn't last long. In his Hogeeye post-race interview televised in Fayetteville, James said, "This is exhilarating. It's not getting any easier."

If I were ever there to see it, I am thinking I wouldn't be able to tell that.

This month's reader shout-out goes to Mark Thompson. New to Little Rock and to the Roadrunners, Mark chose Arkansas over Michigan when his most recent work assignment ended in Dubai. He finished his first triathlon at the Memphis in May on May 23rd and is training for his first marathon in the United States after previously completing the Dubai Marathon twice. Add Mark to the long list of my running friends who will soon be faster than me! As for me, June 1st will be exactly ten years of running. I reached 12,000 miles in March and 100,000 minutes of running last Sunday. Thank you to all the friends who made it possible.

Adieu (Continued from Page 1)

those running shoes at Gary Smith's Easy Runner.)

This was a bittersweet column for me to write as it is my last President's message. The June 17th LRRC monthly meeting will be elections where members will formally vote in the new slate of officers and Brian S-ski will be your next president – good luck Brian and officers up for election (Leah, Steve P and Jenny)! I will still be on "board" to help accomplish some things to continue the growth and development of our wonderful Club.

Members please keep doing what you're doing and enjoy your running. As I wrote in June of 2009 it was/is an honor to serve the Club and it certainly has been a wonderful year and **I have loved every minute of it.**

Happy Fathers Day!

Condolences

The Little Rock Roadrunners Club extends its deepest sympathy and condolences to Jack Evans over the death of his father, Jack Evans, Sr., on May 14. Please keep Jack and his family in your thoughts and prayers.

Running Calendar (Continued from Page 9)

- 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:** Geyer Springs 5K at Little Rock. Call 501-455-3474.
- 22:** Andy's Fun Run.
- 28:** Goshen Gallop 5K at Fayetteville. Call 479-236-7258.
- 28:** Lake Atalanta eliminator 5K at Rogers. Call 479-986-0195.
- 29:** Andy's Fun Run.

Thanks To Dino Dash Volunteers

Dear LRRC:

The 11th annual Dino Dash would not have happened with such success without your continued support! Thank you, thank you, thank you. We were honored to have Jeff Maher back as race director. His passion for the event and keen eye for detail kept us running smoothly. And Roadrunners were with us all along, from helping to plan the event, to promoting Dino Dash in the community, to recruiting teams, to staffing the finish line and water stop, and the all-important set-up and clean-up. Roadrunners were MIVs—most important volunteers.

On behalf of the Museum of Discovery and the 300,000+ people we serve throughout the year to ignite a passion for science, technology and math, THANK YOU!

Sincerely,
Katie McManners
Marketing Director,
Museum of Discovery