

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2010

February Featured Founders, March Has Inspiration

By Tina Coutu
LRRC President

Since last newsletter something happened that had never been done before – the Saints won the XLIV Super Bowl. This was a good game where the “underdog” won.

Also, at February 18th's LRRC's “presidential” meeting we almost got 30 years' worth of past presidents together at one time. All but a few came to share the running lore with a large crowd of old and new members. For those who could not make it, we missed you

I wish this meeting and some moments in life were like a football game where we could make an approx. 1½ hour event into typical three. If we could stop the “clock” every so often or take time outs we could have listened to more stories and heard more advice and history on how good clubs are made.

The LRRC started in 1977 with eight members and today there are over 200. Lou (Ole Gristle) and Charley (Harley) Peyton were part of the founding group and they graciously sat on a panel along with Bob Hilts, Paul (Galloomphing Gourmand) Johnson and Bill (Ol' Runner) Hoffman. They answered questions and told stories of beginnings of the LRRC.

Bob Hilts offered the comment of how things have changed with all the gadgets and technology to improve running, where in the “old” days they relied on running groups and training partners to improve.

They also shared that there were a lot of splinter groups at the beginning and yet I find that is the case now. They focused on creating and organizing races and training groups, primarily focusing on marathons and certain time goals,

particularly for the White Rock Marathon. T-shirts and photos were brought out as evidence. Lou and Charley had T-shirts from the first Little Rock marathon and women's run and 3:20 training group. Bill Hoffman had some neat photos of the existing Sunday morning run and the first Arkansas Running Hall of fame inductees. Paul Johnson and Bob Hilts recounted humorous events. There was fierce competition, it seems, but also camaraderie and encouragement were evident. I hope we can foster this and when the next generation takes over the Club we tell the same kind of lore.

Three past presidents received a much deserved award for the years of repeat service and they continue to promote and encourage and support this Club. Tom Barron, Steve Hollowell, and Bill Harrell received the coveted plaques. While the presidents were recognized as they are due, this was also member appreciation dinner for we could not have the best Club without the best people bringing it all together for volunteering, cheering, racing etc. Thank you all members and presidents.

Running offers many opportunities for people to try something they have never done before, and having a network from joining LRRC will help. You will find many training groups and people available to assist you in a first time 5K up to a marathon, such as the LR marathon training group (Tom and Hobbit offer an encouraging environment to lead people into new territory.) They offer things that will change your life for the better. As the Little Rock Marathon event is next weekend, good luck participants and all those supporting the race!

I hope you will attend this month's meeting for motivation and a

reminder about the important things and not letting excuses get in the way of having and living a full life by listening to Randy Oates recount his progress since last year's meeting.

Another positive force out there is the splash we are making with our new hoodies with the LRRC logo. While in Texarkana for the Run the Line Half Marathon, most of us wore them, showing team and Club pride. I had someone ask me how many we had attend this event. So there was good publicity for the best Club in the state!

Apologies

From the Editor: My apologies to Club members for the newsletter being late this month. My goal has always been to have the newsletter published by the first of each month. But, on March 1 and 2 I was at Little Rock City Hall from 5:30-9:30 p.m. stuffing packets for the LRMarathon. March 4 was for stuffing goody bags, and March 5-7 I was at the marathon finish line and/or the expo.

Jacob Wells has been very busy with work, besides running a 3:49 marathon. His column will return next month.

March Meeting

March 18, 2010
Whole Hog Cafe

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

Speaker: Randy Oates

Inaugural Rock ‘n’ Roll Mardi Gras Marathon Held In New Orleans

By Dan Belanger

The Pres said that this dissertation had to be about running. So, in case that subject fails to surface from this point on, let me just throw this out there – our Pres has won the Arkansas RRCA Grand Prix Masters title four consecutive years. Pretty neat huh? I think that might be something very special and hard to do and needs to be talked about more often.

I had only been to New Orleans once before in my life. It was a time long, long ago when the Razorpigs were in a New Year’s Day bowl game at the Superdome. I don’t remember who won and all that I do remember was the group of traveling slugs struggling to find our evening accommodations at 5 a.m. after a night in the Quarter.

I do remember everything about my next trip there. Aahhh, the Quarter ... this time without any mind altering liquids. The place reeks of around the clock never-ending human spirit. Want to laugh, smile? I mean laugh, smile endlessly assuring facial muscle soreness while teeth brushing the next morning. Without making any attempt to braid them together to form any resemblance to ordered prose, here are just a few memories.

In spite of much needed road repair throughout the city, the course was tremendous. I’m sure that the uneven surfaces underfoot were bothersome to the elite but at my jog speed and wearing Nike Frees, they actually served as a great foot massage. There were scores of enormous aged trees with large globs of Spanish moss that had to have been there since Napoleon sold them to us. Water, water everywhere – canals, ponds, lakes, all under control. I saw very little evidence of Katrina.

Mansions and shanties sometimes mixed together in the same neighborhood. All seemingly inhabited with fun-loving people throwing beads and shouting well wishes. Cannot recall any five-minute period where cheering spectators were not in abundance.

I had to wait 40 minutes from gun for my wave to start but enjoyed meeting many new worldly and exuberant friends. Thirteen thousand runners and over 70% of them were not from Louisiana. Two of them taught me the finer art of Voodoo. If you see me involved in strange circumstances involving terrified pickles ... beware!!

Being part of the early morning race day funnel effect of thousands of runners leaving their downtown hotels at the same time and filling every tributary street as they made their way to the start.

Having a personal group escort -- Steven Preston, “LR_Greenie”, (He went to Tulane you know.) meant dining with only the finest of cuisine. Our group of from 8-12 strolled (pre-race) and shuffled (post-race) to as many eateries as our “food baby” bellies would allow.

Marathoners and half-marathoners running on opposite

sides of divided boulevards was fine until the only thing separating them at other points of intersecting were disheveled lanes of cones. Speak to Angela Gattin about that. At mile 21 there was a 180 degree turn with a loud band performing – a perfect place and time in the race to be in a trance. I ran half a block after a girl who had continued to run straight through the cones and had become very unaware of her surroundings. It didn’t matter to me because I knew I would be mostly walking the rest of the race anyway. Dammit, why couldn’t the distance between Marathon and Athens have been 21 miles?

As I was making my way to mile 19 I passed Lisa Luyet and Tala Hill (going in opposite directions of course). They both looked strong and happy as they approached mile 24.

Speaking of the entertaining bands, all, and there were many along the way, in my opinion were quite good. There were all flavors of great professional voices and instruments at what seemed like every mile. The 25-mile marker and finish took place within the City Park. It was an expansive area. Cowboy Mouth was just getting the crowd warmed up for the concert to follow. I stuffed my mouth with quartered oranges and proceeded to the shuttle buses for the very bumpy 30-minute ride back to the distant city. I quickly got word that Frank Massingill had to be IV-revived; Becky Humes had shaved an hour off her previous marathon time, and that Joel Perez had qualified for Boston at his second race.

And, oh yeah, we visited the Quarter a few times. Seek out the many images and video clips that we recorded if you are interested in what the Wolfpack did while there. In summary, I’ll just repeat a phrase scrolled on one of the doors. “Come on in. It’s only sex.”

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Things That Put Runners Outside Their Comfort Zone

By **Jenny Weatter**
LRRRC Racing News Editor

There are some things in life I never thought I would do. Running in general is one of them but there are also things that come along with running that make me go outside my comfort zone. My first unusual running experience was when I went to Academy a few years back to purchase my first pair of running shorts. I left Academy empty handed because the only running shorts I found had "built in underwear." I thought this was very strange so I left. A week later, while out on a run, Ginea Qualls informed me that all running shorts have that and that's why they are so great. I think she's still laughing about it to this day.

I also never understood why people would spit a million times when they run but I soon figured that out. You are running fast and breathing hard and have a mouth full of spit. What can you do?

One thing that I personally have never done, but it appears to be common in runners, was mentioned in detail in a recent *Runner's World* article. I think they were called "snot rockets." I have yet to see a woman blow or throw or launch a snot rocket but in my new ultra running experiences, I'm expecting it won't be long. I think the award for the most snot rockets thrown goes to someone I only see at Tuesday night speed work. I'll let you figure that out.

Now let's get to the race results.

January 10th, Jacob Wells completed the **First Light Marathon** in Mobile, Alabama, in 3:26:13. This was Jacob's fastest time in two years.

The Grand Prix Series of races has begun.

First up was the **One Hour Track Run** in Russellville on January 24th which was Grand Prix Race #1. This is the only race where it's not about your time; it's just about your distance. For the women, Leah Thorvilson went the furthest running 9.83 miles. Tammy Walther ran 7.73 miles; Alison Acott ran 7.14 miles; Michelle Rupp ran 7.14 miles; Cindy McConnell ran 6.4 miles; Alea Humes ran

6.26 miles; Celia Storey ran 6.25 miles; Angela Gattin ran 6.17 miles; Becky Humes ran 6.02 miles; Alesa Davis ran 5.49 miles; Rosemary Rogers ran 5.26 miles; Coreen Frasier ran 4.67 miles and Mary Hayward ran 3.01 miles.

For the men, Brian Sieczkowski came away with the win running 9.97 miles. Steve Yanoviak ran 9.21 miles; David Williams ran 9.1 miles; Joel Perez ran 9.02 miles; Ross Bolding ran 8.63 miles; Jacob Wells ran 8.18 miles; Bill Crow ran 7.77 miles; Roy Hayward ran 7.43 miles; Craig Lair ran 7.23 miles; Roy Smith ran 6.94 miles; Michael Harmon ran 6.67 miles; Bill Bulloch ran 6.40 miles; Dan Belanger ran 4.47 miles, and Carl Northcutt ran 4.30 miles.

The second Grand Prix race of the season was **The River Trail 15K**. I hear the weather was a lot more cooperative this year. For the women, Leah Thorvilson finished first in 55:28. Mary Wells finished in 1:14; Tina Coutu in 1:16; Melanie Baden in 1:17; Michelle Rupp in 1:19; Becky Humes in 1:19; Shareese Kondo in 1:21; Kristen Saffa in 1:21; Lisa Alberius in 1:25; Angela Gattin in 1:28; Alea Humes in 1:28; Donna Trawick in 1:30; Elrina Frost in 1:31; Celia Storey in 1:32; Ginea Qualls in 1:34; Coreen Frasier in 2:03, and Rosemary Rogers in 2:04.

For the men, Josh Holt finished first overall in 51:17. Brian Sieczkowski finished in 56:53; Scott Anderson in 57:27; Kevin Lemley in 58:45; Kevin Golden in 58:46; Ethan Neyman in 58:51; Steve Yanoviak in 59:21; Joel Perez in 1:00; David Williams in 1:00; Ross Bolding in 1:03; Jacob Wells in 1:08; Bill Torrey in 1:10; Joe Cordi in 1:10; Bill Crow in 1:12; Brian Watson in 1:14; Allen White in 1:15; Roy Hayward in 1:16; Bryan Jones in 1:18; Daniel Butler in 1:19; Roy Smith in 1:20; Jesse Garrett in 1:25, and Carl Northcutt in 2:00.

Also on February 6th was the **White Rock 50K and 25K**. Rhonda Ferguson ran the 25K in 3:53 and Jenny Weatter ran the 50K in 5:48.

Also on February 6th, Tammy Walther ran another 100 miler at the **Rocky Raccoon** somewhere in Texas in a time of

28:28:16. That was #4 for Tammy. Congrats!

February 13th was Grand Prix Race #3, the **Valentine's Day 5K** in Russellville. For the women, Leah Thorvilson finished first in 17:14; Becky Humes in 24:53; Lisa Luyet in 25:50; Alea Humes in 26:41; Angela Gattin in 27:26; Stephanie Neyman in 29:40; Rosemary Rogers in 32:02; Alesa Davis in 32:28; Lynette Watts in 32:54; Coreen Frasier in 35:39; Jaynie Cannon in 38:57 and Mary Hayward in 59:49.

For the men, Josh Holt finished first in 16:13; Justin Radke finished second in 16:27; Brian S-ki finished in 16:45; Ethan Neyman in 17:43; Steven Preston in 18:21; Steve Yanoviak in 18:36; Joel Perez in 18:45; David Williams in 18:53; Charles Gattin in 20:27; Jacob Wells in 20:38; Bill Crow in 22:43; Roy Hayward in 23:59; Roy Smith in 24:49; Michael Harmon in 25:06; Michael Watts in 32:54; Carl Northcutt in 38:29 and Dan Belanger in 41:38.

February 21st was Grand Prix Race #4, the **Run the Line Half Marathon** in Texarkana. This was the first year this race was part of the Gran Prix Series and from what I understand, it was a big hit. For the women, Leah Thorvilson finished first in 1:17:38; Tammy Walther finished in 1:39:41; Tina Coutu in 1:51:26; Becky Humes in 1:55:17; Lisa ALberius in 2:06:32 and Rosemary Rogers in 2:49:24.

For the men, Justin Radke finished first in 1:15:55; Brian S-ki finished in 1:21:19; Joel Perez in 1:27:41; Jacob Wells in 1:38:42; Daniel Butler in 1:43:45; Roy Hayward in 1:51:48; Jesse Garrett in 1:59:06; Roy Smith in 2:00:09 and Carl Northcutt in 2:50:00.

I want to say Congrats to the LRRRC Men's and Women's teams on their great start to the new Grand Prix season. As always, if I left you out of this month's results or you want to let me know about an out of state race you have run, please e-mail me at jennyweatter@yahoo.com.

Happy Running!

Past Club Presidents Honored On President's Day

Club President Tina Coutu put together a great program for the Club's February meeting. She contacted all the Club's past presidents and invited them to the meeting to celebrate President's Day. Tina asked that we acknowledge June Barron, Linda House and Lou Peyton for helping her get the names and contact information together. Tina's term will expire June 30 and Brian Sieczkowski will take over July 1.

For those who were not able to attend the meeting, a cumulative list of past LRRC presidents is as follows:

1977 – Otis Edge
 1978 – Max Hooper
 1979 – Lou Peyton
 1980 – Jim Abadie
 1981 – Larry Mabry
 1982 – Bob Hilts
 1983 – Paul Johnson

1984 – Yvonne (YT) Thompson
 1985 – Charley Peyton
 1986 – Bill Hoffman
 1987 – Ken Ropp
 1988 – Bill Torrey
 1989 – Bill Harrell
 1990 – Bonnie Brandsgaard
 1991 – Jack Evans
 1992 – Mike Dwyer (deceased)
 1993 – Mike Dwyer
 1994 – Harold Hays
 1995 – June Barron
 1996 – Karen Call
 1997 – Lloyd Moore
 1998 – Steve Hollowell
 1999 – Steve Hollowell
 2000 – Jeff Curry
 2001 – Tom Barron
 2002 – Tom Barron
 2003 – Steve Hollowell
 2004 – Paul Ward
 2005 – Paul Ward
 2006 – Bill Harrell
 2007 – Ginea Qualls
 2008 – Mary Wells
 2009 – Tina Coutu

New Members Added To Club Roster

By June Barron
LRRC Membership Chairman

John Martin is married to Allison, also a runner, and has one child Emerson, four months old. John is a commercial real estate broker.

He has been running for 10 years and averages 25 miles per week at an 8:15 mile pace. He doesn't race frequently but prefers the half marathon, marathon, 5K or 10K when he does race. John has PRs of 1:43 – half marathon; 4:09 – marathon; 21:30 – 5K; and 47:10 – 10K.

His favorite running route is the River Market run. His interests other than running are cycling, traveling, hiking and making deals. John's goal is to get faster.

Scott Wall is married to Barbara and has one child Lauren, age 17. Scott is a federal agent and medflight paramedic.

He has been running off and on most of his life, but regularly for the last five years. He averages 6-10 miles per

week at an 8:30 mile pace. He does race frequently and prefers the 5K races. His PR for the 5K is 24 minutes.

His favorite running route is the River Trail and his favorite races are the Firecracker 5K and the Capitol City Classic 10K. Scott's interests other than running are triathlons, firearms and being outdoors.

Nationally known speaker Zonya Foco, RD, CHFL, CSP, will appear at Verizon Arena on May 6 from 6:30-8:30 p.m. in meeting rooms A and B.

Zonya provides parents and other community members with practical methods and resources to become healthy role models for children. Zonya's "Fit Families for Life" presentation is the perfect opportunity for parents and others to develop the strategies they need to

succeed in helping their children learn healthy habits.

This event is open to the public and admission is free. No advance registration is required for the seminars. Seating and admission will be on a first-come, first-served basis.

For more information contact the Child Nutrition Unit, Arkansas Department of Education at 501-324-9502.

“Fit Families For Life” On May 6

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 LRRC 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.

March

- 7: Little Rock Marathon. Call 501-371-4770.
 7: Andy's Fun Run.
 13: Chase Race 2M/Paws 1M at Conway. **GPS SC**. Call 501-514-4370.
 13: Bentonville Half Marathon/5K. Call 479-271-9153.
 13: Feed Your Feet 5K/1M at Little Rock. Call 501-773-9066.
 13: Daffodil Festival 5K at Camden. Call 870-836-6426.
 13: Victorian Classic 10K/2M at Eureka Springs. Call 417-379-7931.
 13: FOA Family 5K at Jonesboro. Call 870-935-2726.
 13: White River Run for Your Heart 5K at Cotter. Call 870-404-4759.
 14 Andy's Fun Run.
 20: Highrock Hop 9M Trail Run at Batesville. Call 870-307-8922.
 21: Andy's Fun Run.
 27: Paws & Claws 5M/2M at Huntsville. Call 479-738-1355.
 27-28: Austin Half Marathon/5K/20K at Austin/Bastrop, TX. Call 901-233-7090.
 28: Andy's Fun Run.

April

- 3: Capital City Classic 10K at Little Rock. **GPS SC**. Call 501-231-3730.
 3: Arkansas Crisis Center 5K at Springdale. Call 479-799-3191.
 4: Andy's Fun Run.
 10: Run with the Knights 5K at Van Buren. Call 479-806-7440.
 10: Autism Involves Me 5K at Bentonville. Call 479-925-4044.
 10: Go! 5K/10K for Autism at Monticello. Call 870-367-4043.
 10: Associated Radiologist Family 5K at Jonesboro. Call 870-972-4564.
 10: St. Vincent Tour de Paul 5K at Little Rock. Call 501-552-2387.
 10: Child Abuse Awareness 5K at Pine Bluff Arsenal. Call 870-540-3779.
 10: Panther Pride 5K at Magnet Cove. Call 501-337-9131.
 10: The Summit 5K at North Little Rock. Call 501-367-8516.
 11: Hogeys Marathon (**GPS SC**), Half Marathon, Relay and 5K at Fayetteville. Call 479-445-9251.
 11: Andy's Fun Run.
 17: Trailblazer 5K/1M at Fayetteville. Call 479-841-7229.
 17: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
 17: Boot Scootin' Dash 5K at Ward. Call 501-912-6405.
 17: SCHEC 5K at Waldron. Call 479-637-6486.
 17: Bentonville Firefighter 5K/1M. Call 479-271-3151.
 17: Miles for Missions 5K at Little Rock. Call 501-529-1191.
 17: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.
 17: Alma Partners Club 5K Dog Run. Call 479-632-1953.
 17: Civitan Peace, Love & 5K at Benton. Call 501-776-0691.
 17: JA's Trace Trammel Memorial 5K at Harrison. Call 870-743-4871.
 17: 4H 5K Trail Run at Little Rock. Call 501-821-4444.
 17: ATU Band 5K at Russellville. Call 501-691-6522.
 17: Healthy Hero 5K/1M at Springdale. Call 479-750-8725.
 17: Stride to Prevent Suicide 5K/1M at Searcy. Call 501-278-6373.
 18 Andy's Fun Run.

Birthdays

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

- 1 – Karen T. Irico
 1 – Lynette Watts
 5 – Steve Yanoviak
 7 – Gregory Sorenson
 9 – Gina Pharis
 9 – Jim Barton
 14 – Andrea Sieczkowski
 14 – Lou Wintroath
 22 – Susan Bariola
 23 – Charles Martin
 23 – Susan Russell
 25 – Renee Worley
 28 – Felicia Anderson
 29 – Ashley Philbrick
 31 – Brian Cornett

Big Rock Mystery Run

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

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.