

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2010

This Just In: October Is The Best Month Of The Year To Be A Runner

By Brian Sieczkowski
LRRRC President

It is wonderful to be a runner in Arkansas in October. We are finally paid back for enduring a very, very uncool summer. Suddenly the same effort will get you a minute faster per mile on training runs. You can actually sleep in on the weekends and still get your long runs done without losing 18% of your body weight in sweat. And maybe this is related to the previous point, but I think that October just smells better too.

This October should be a very cool one for the LRRRC. No matter what sort of runner you are, there is a race for you this month. Race for the Cure is the mother of all charity 5Ks, Chile Pepper is one of the country's best XC events, the Arkansas Traveler is the state's ultra gem, Soaring Wings offers a great half marathon, and even the Arkansas Marathon is back (and back in Booneville at that). Oh, and there is the Raid the Rock Adventure Race if you are a rich yuppie or the Mud Run if you are a dirty hippie!

We've also got a very exciting LRRRC meeting scheduled for Thursday, October 21st. Little Rock Mayor Mark Stodola has agreed to speak to our Club about the city's plans for completing the River Trail loop and other future runner-friendly projects. We'll be in the banquet room at the Whole Hog Café on Cantrell once again, starting at 6 p.m.. Please make sure to put this meeting on your schedule so we can once again surprise a local politician with our numbers. We can cause the change we want to see in our city, but not by sitting on the couch and

watching TV so get out to Whole Hog on the 21st! And come out on November 11th too to hear Clinton Foundation representatives speak on the new Clinton Park Pedestrian Bridge. Finally the River Trail will have a proper eastern end-cap.

Next, be sure to clear your schedules on December 18th. That morning will be another LRRRC All-Comers Track Meet. Full details to follow in the

Congratulations

By Paul Ward
Procreation Correspondent

The Little Rock Roadrunners Club congratulates Greg and Lea Jacuzzi on the birth of their first new Club member, Evan Reid Jacuzzi, who was born August 31. Evan hit the starting line of life at 7 lbs, 11 oz., and was 20 inches long.

Mom and Dad, and new member Evan are doing well.

Congratulations Greg and Lea and welcome to the Club Evan!

New Club Shirts

The Club is ordering a new supply of Club logo T-shirts. If you are a new member and have not received a shirt contact Ginea Qualls at g_k_qualls@hotmail.com.

Ginea plans to have the shirts at the October 21 Club meeting. Other Club shirts such as singlets will also be available to purchase.

weeks ahead, but rumor has it there will be a 5000 meter run along with some short, speedy stuff and a relay or two. After the Track Meet, go home and grab a nap because that evening will be the LRRRC's annual Christmas Party. We'll be back at the Capitol Hill Building again this year and the Club will provide the main dish and drinks. It should be a great day for running and partying with your LRRRC buddies.

Now don't waste any more of this fine month reading my column. Put down the newsletter and go out for a run!

Discount Fees

Ben Stone of Sigma Human Performance who was the speaker at the September Club meeting is offering discounts to LRRRC members for the rest of this year. They are:

15% off all coaching services

10% off all testing services

Go to www.sigmacoaching.com for more information.

October Meeting

October 21, 2010
Whole Hog Cafe

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

Mayor Mark Stodola
River Trail Loop Completion

RUNNING WILD

By Jacob Wells

Volumes of scientific research have been written on the mysteries of human communication, none of which I've read, but my guess is that they describe the various levels of interaction and how they evolve over the course of relationships. The first level is the most superficial level, sometimes referred to as *small talk*. The most common example of small talk is discussing the weather. Where I grew up, the vernacular was, "Hot enough fer ya?" That was until one year when a local resident had his checkbook stolen, after which for years it was, "It's hotter 'an Charles Campbell's checks." Behavioral scientists and country musicians alike mock us for talking only about the weather, and yet we continue to do it.

What separates us from less sophisticated life forms, such as non-runners, is that the weather has practical application beyond serving as a safe substitute for meaningful conversation. In a real-life application of Friedrich Nietzsche's, "What doesn't kill us makes us stronger," the impact can be measured in terms of seconds per mile per degree of heat. I always give myself double credit in the running log when it's over 95. Nietzsche went insane at the age of 44, perhaps from running in the heat.

In any given summer, training in the heat is the weight training equivalent of increased resistance and, thus, greater training benefit. Kim Howard, former Arkansas State RRCA representative, told me that as he was leaving at noon for a run this summer, he was warned that it wasn't healthy to run in this heat. He informed the naysayer that, "It's also not healthy to be that fat!" Fall racing season is the reward for months of Arkansas heat. This was never more extreme than the August 3rd track workout that topped out at 108 and Labor Day weekend's Tupelo Marathon, with a starting low of 53.

Well, that's enough about the weather. By now, we know each other well enough to move on to the next level of communication in our relationship...

Race directors should rule the world. Imagine if they were given the complete authority to balance the budgets, allocate the resources, deploy the workforce, enforce the rules and regulations, arbitrate the disputes, reward the accomplishments, mete the punishments, keep score, and be responsible for ensuring and sometimes limiting our fun for our own good. Think of those you know who are and have been Arkansas' race directors – Bill Torrey, Bill Bullock, Bob Taylor, Mike Prince, Pete Ireland, Tom Aspel, Ken McSpadden, and while technically not race directors, are there any two more inspirational leaders than Hobbit and Tom and their crackhead revolution?

There is not a more respected, beloved, kind-hearted, sacrificial group in society. In this imaginary world, there is no

democracy and no runner's bill of rights. Freedom of speech is great, but you just don't complain publicly about a race until you have put one on yourself, i.e. have earned membership in the ruling class of race directors. Not only are their decisions final, but there is no appeals process, and they can deny entry into their future events. Race directors would all be empowered with the sacred race director code of "my race, my rules." If they want to start the race when there is lightning, the common folk have no say – just the option to go home. If they want to go three deep on age group trophies to allow more profit for their charity of choice, those middle-of-the-packers to whom that kind of thing is important can pick another race. And as for the quantity and frequency of facilities on the course, here's your chance to learn a new skill.

At the end of the day, runners judge the race directors not by the efficiency and effectiveness of the operations of the race, but by whether the course was spot-on what the Garmin said and by the pizza/runner ratio. Also, every race director is held solely responsible for the weather at their event, so thank goodness we are allowed to talk about it. The bottom line is that they miss the race, so that the rest of us don't have to.

This month's reader shout-outs go to those who recognized themselves in last month's article. I love a good pot shot any chance I get, so it was good to see that several of you were paying attention. Also a shout-out goes to Shareese Kondo. An accomplished runner and consistent sub-four hour

(See **Running Wild** on Page 3)

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Race Results

By Bryan Jones
LRRC Racing News Editor

There were a lot of races in the past month. Congratulations everyone. If I missed you in the results, please let me know and I'll try to make sure it doesn't happen next month.

Run with the Son 5K (Aug 21st)

| | | | |
|-----------------|---------|-----------------|---------|
| Mackie Buckelew | 27:16.7 | William Nichols | 22:44.5 |
| Sarah Henry | 27:08.1 | Bert Sanders | 29:04.2 |
| JosephNichols | 20:38.4 | LyndseySanders | 37:25.3 |

ET Full Moon Midnight 1/2 Marathon (Aug 21st)

| | | | |
|-----------------|---------|--------------|---------|
| HobbitSingleton | 4:13:38 | TomSingleton | 2:28:49 |
|-----------------|---------|--------------|---------|

Mt. Nebo 14 Mile Trail Run (Aug 21st)

| | | | |
|---------------|---------|---------------|---------|
| MichaelHarmon | 3:00.09 | StevenPreston | 2:09.56 |
| Becky Humes | 2:28.28 | JacobWells | 2:05.32 |
| JoelPerez | 1:48.23 | | |

YMCA Night Fight 5K (Aug 27th)

| | | | |
|----------------|---------|------------|---------|
| Dan Belanger | 26:15.4 | BeckyHumes | 23:21.4 |
| MackieBuckelew | 27:37.4 | JoelPerez | 18:00.4 |
| JaynieCannon | 39:32.7 | JacobWells | 21:16.0 |
| RoyHayward | 23:47.3 | | |

Rollin' on the River 5K (Aug 28th)

| | | | |
|-----------------|---------|----------------|---------|
| AshleyHoneywell | 26:42.2 | RandyTaylor | 22:13.4 |
| JonHoneywell | 22:34.3 | LeahThorvilson | 17:36.3 |
| JustinNix | 18:27.4 | EileenTuran | 27:27.0 |
| LeslieNix | 26:41.0 | JacobWells | 21:16.0 |
| CarlNorthcutt | 39:40.1 | | |

Panther Kickoff 5K (Aug 28th)

| | | | |
|-------------|---------|-----------|---------|
| KelseyGroff | 20:47.2 | JoelPerez | 18:24.6 |
| BeckyHumes | 23:39.3 | | |

ARK 5K Classic (Sept 4th)

| | | | |
|------------------|---------|-----------------|---------|
| DanBelanger | 24:56.2 | JustinNix | 36:51.7 |
| MackieBuckelew | 27:28.3 | CarlNorthcutt | 39:04.1 |
| JaynieCannon | 39:22.5 | JoelPerez | 23:07.9 |
| PaulaCigainero | 31:07.8 | StevenPreston | 18:54.3 |
| TinaCoutu | 22:38.6 | GineaQualls | 26:43.5 |
| BillCrow | 22:53.3 | JustinRadke | 16:45.4 |
| AlesaDavis | 31:16.3 | AprilRand | 30:29.3 |
| ImariDellimore | 26:27.8 | RosemaryRogers | 32:16.4 |
| RhondaFerguson | 28:41.9 | MichelleRupp | 23:58.8 |
| Laura Griffin | 32:30.6 | John Russell | 26:23.5 |
| MichaeHarmon | 25:19.3 | BertSanders | 29:03.5 |
| MaryHayward | 58:17.8 | BillyShurley | 31:00.5 |
| RoyHayward | 23:44.3 | KimShurley | 31:00.1 |
| BarbieHildebrand | 21:41.5 | RogerThompson | 30:41.4 |
| LindaHouse | 42:54.7 | ShellieThompson | 42:21.6 |
| BeckyHumes | 23:07.5 | LeahThorvilson | 17:32.8 |
| ShareeseKondo | 24:23.5 | CarolTorrey | 27:57.6 |
| David Meroney | 24:14.0 | EileenTuran | 26:39.2 |
| JoeMilligan | 23:48.7 | JacobWells | 21:13.1 |
| JessicaNix | 36:47.2 | SteveYanoviak | 19:03.4 |
| JosieNix | 30:29.6 | | |

Crazy Jimmy's Tupelo Marathon (Sept 5th)

| | | | |
|---------------|---------|-----------------|---------|
| AlisonAcott | 4:11:21 | Joel Perez | 3:16:03 |
| JesseGarrett | 5:46:18 | StevenPreston | 3:10:57 |
| MichaelHarmon | 4:58:31 | JustinRadke | 2:40:08 |
| Becky Humes | 4:21:38 | MichelleRupp | 4:04:52 |
| KevinLemley | 3:07:17 | Leah Thorvilson | 2:54:29 |
| LisaLuyet | 4:31:47 | JacobWells | 3:29:21 |
| DavidMeroney | 5:17:18 | | |

Crazy Jimmy's Tupelo 14.2 Miler (Sept 5th)

| | | | |
|---------------|---------|-------------|---------|
| Daniel Butler | 1:53:19 | JohnRussell | 2:27:36 |
|---------------|---------|-------------|---------|

Kelly's Bass Kickin 5K (Sept 6th)

| | |
|--------------|---------|
| Randy Taylor | 22:42.6 |
|--------------|---------|

Sara Low Memorial 5K (Sep 11th)

| | | | |
|---------------|---------|------------------|---------|
| DanBelanger | 26:29.6 | CarlNorthcutt | 39:40.8 |
| JaynieCannon | 45:38.7 | BrianSieczkowski | 18:21.5 |
| TinaCoutu | 23:09.2 | LeahThorvilson | 20:26.6 |
| CoreenFrasier | 42:54.4 | EileenTuran | 27:51.1 |
| Roy Hayward | 24:36.4 | JacobWells | 22:11.7 |
| LindaHouse | 49:28.5 | SteveYanoviak | 19:46.6 |
| DavidMeroney | 24:51.7 | | |

Toad Suck 33 Duathlon (Sept 11th)

| | |
|-------------|-----------|
| Bryan Jones | 3:04:49.2 |
|-------------|-----------|

Toad Suck 33 Triathlon (Sept 11th)

| | | | |
|---------------|-----------|---------------|-----------|
| ScottAnderson | 2:29:37.7 | JosephNichols | 2:43:13.3 |
|---------------|-----------|---------------|-----------|

Toad Suck 66 Triathlon (Sept 11th)

| | |
|---------------|-----------|
| Mark Thompson | 6:03:40.9 |
|---------------|-----------|

CATS Sprint Triathlon (Sep 12th)

| | | | |
|------------------|-----------|-----------|-----------|
| AbigailEthington | 1:30:21.3 | ScottWall | 1:23:26.5 |
|------------------|-----------|-----------|-----------|

Arkansas 20K (Sept 18th)

| | | | |
|----------------|-----------|-----------------|-----------|
| AlisonAcott | 2:06:35.6 | JosephNichols | 1:32:30.1 |
| DanielButler | 1:45:03.1 | SarahOlney | 1:39:35.7 |
| TinaCoutu | 1:53:37.7 | JoelPerez | 1:21:40.5 |
| RhondaFerguson | 2:15:45.8 | AshleyPhilbrick | 2:12:02.8 |
| JesseGarrett | 2:02:19.5 | StevenPreston | 1:26:59.8 |
| KevinGolden | 1:21:33.5 | MichelleRupp | 2:06:33.1 |
| MichaelHarmon | 2:08:32.5 | John Russell | 2:20:44.6 |
| Roy Hayward | 1:50:02.0 | TimSteadman | 1:36:42.4 |
| BeckyHumes | 1:44:30.9 | MarkThompson | 1:41:32.4 |
| DavidMeroney | 2:02:15.8 | LeahThorvilson | 1:21:06.4 |
| JoeMilligan | 1:59:36.5 | TammyWalther | 1:35:12.8 |

Running Wild (Continued from Page 2)

marathoner, she's also just about the nicest person you would ever hope to meet and seems to spend more time encouraging other racers than racing. My favorite Shareese encounter was around mile 19 of the Little Rock Marathon where she refused my pleas to loan me her bicycle. Good luck at the Detroit Marathon on October 17th, Shareese!

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.

October

- 1: Bookworm Blast 5K at Mulberry. Call 479-997-1226.
- 2: Big Brothers Big Sisters 5K at Russellville. Call 785-220-9590.
- 2: Wing Ding 5K at Jacksonville. Call 501-982-3191, x2214.
- 2: Miles for Missions 5K at Little Rock. Call 501-529-1191.
- 2: CASA Champs for Children 5K at DeWitt. Call 870-946-0080.
- 2: Survivors' Challenge 5K at Fort Smith. Call 479-424-1812.
- 2: Bismarck B-B-Q Bash 5K XC. Call 501-865-4543.
- 2: Guardian Angel 5K at Paris. Call 479-264-6458.
- 2: Noah's Ark 5K/10K at Dumas. Call 870-866-5547.
- 2-3: Arkansas Traveller 100 Miler at Lake Sylvia.
- 3: Andy's Fun Run.
- 9: Operation Christmas Child 5K/10K at El Dorado. Call 870-862-4262.
- 9: Sacred Heart Octoberfest 5K at Morrilton. Call 501-354-8113.
- 9: Kessler Mountain 8M at Fayetteville. Call 479-879-5232.
- 9: FSM 5K at Cabot. Call 501-843-5291.
- 9: Wildwood Park's Run WILD 5K at Little Rock. Call 501-821-7275.
- 9: Flying Mule 5K at Pea Ridge. Call 479-381-7412.
- 9: Kenneth Freemyer Memorial 5K/10K at Helena. Call 870-995-2715.
- 9: Octoberfest 5K at Fairfield Bay. Call 501-884-7777.
- 9: Run with the Bulls 5K at Mountain Home. Call 870-404-2055.
- 9: Centennial 5K at Scranton. Call 479-353-2520.
- 9: Autumn Run 5K at Ft. Chaffee. Call 479-883-6535.
- 9: Rhythm & Roots 5K at Monticello. Call 870-820-2552.
- 9: Wiggins Cabin Festival 5K at Crossett. Call 870-364-3648.
- 10: Andy's Fun Run.
- 16: Race for the Cure 5K at Little Rock. Call 501-202-4399.
- 16: Chile Pepper 10K XC at Fayetteville. **GPS SC**.
- 16: Arkansas Marathon/10K at Booneville. Call 479-675-2666.
- 16: Four States Flattest 5K at Neosho, MO. Call 417-455-9999.
- 16: Titus Task 5K at Siloam springs. Call 479-236-8955.
- 16: Missouri Waterfowl Festival 5K at Kennett, MO. Call 573-717-0899.
- 17: Andy's Fun Run.
- 22: Running Scared 5K at Bentonville. Call 417-522-3659.
- 22: Soaring Wings Kids Races at Conway. Call 501-908-3752.
- 23: The Mud Run 5K at Little Rock. Call 501-371-4770.
- 23: Soaring Wings Half Marathon at Conway. **GPS SC**. Call 501-952-8972.
- 23: DASH to Remember 5K/1M at Pea Ridge. Call 479-656-3513.
- 23: RunEureka 3M at Eureka Springs. Call 479-253-7888.
- 23: Down & Dirty 5K at Fayetteville. Call 479-466-3268.
- 23: Baxter County Relay for Life 5K at Mountain Home. Call 870-425-9440.
- 23: Zeta Tau Alpha Run for Life 5K at Russellville. Call 501-259-8583.
- 24: Andy's Fun Run.
- 30: Downtown Fall Festival 5K at Russellville. Call 479-970-4278.
- 30: On A Mission 5K at Van Buren. Call 479-474-7829.
- 30: Run for the Diamond Trail 5K at Jessieville. Call 501-984-6996.
- 30: Rebuilding Together Halloween 5K at Bella Vista. Call 479-855-9324.
- 30: Run Forest Run 5K at Gurdon. Call 501-554-4194.
- 31: Andy's Fun Run.

Birthdays

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

- 1 – Gail Northcutt
- 1 – John Russell
- 1 – Jonathan Caudle
- 3 – Betty Preston
- 4 – Jeff Maher
- 9 – Howard Hendrickson
- 9 – Wendy Lair
- 9 – Yao Kondo
- 10 – Gordon Rostvold
- 11 – Elizabeth Russell
- 12 – Rosalind Abernathy
- 12 – Shellie Thompson
- 13 – Rosemary Rogers
- 14 – Kevin Golden
- 18 – Mimi Evans
- 18 – Roger Thompson
- 19 – David Hildebrand
- 20 – Colin Weather
- 22 – Sandy Cordi
- 23 – Donna Trawick
- 25 – Dan Balanger
- 28 – Brynn Mays
- 28 – William Riley
- 29 – Bill Hoffman
- 29 – Bob Marston
- 29 – Eileen Turan
- 30 – Imari Dellimore
- 31 – Lisa Alberius
- 31 – Mike Holland

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.