

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2010

LRRC To Host RRCA Coaching Course

By **Brian Sieczkowski**
LRRC President

Hello Roadrunners. I'm happy to announce that registration is now open for the Road Runners Club of America (RRCA) Coaching Certification Course to be hosted by the LRRC. The RRCA has been holding these courses all over the country since 1996, but there had never been one located in Arkansas – until now! The Little Rock course will be held at the Museum of Discovery on January 15th and 16th. Many thanks to Katie McManners and the whole Dino Dash 5K crew for stepping up as the presenting sponsor to allow us to have such a great venue in the heart of the River Market.

The RRCA course is geared towards Club members like ourselves with a focus on distance running. You will not have to sit through hours of discussing technique or learn the proper placement for the 110 meter hurdles! If you are considering attending the course, but want more information, check out www.littlerockroadrunners.com for more details. We've got a full listing of topics covered, biographies of the instructors, and links to registration now online.

On the website you can also check out the results from the LRRC All-Comers Track Meet. Thanks to all that helped out putting the meet on. It was seriously the most fun I've ever had putting on a race. We'll do another one this winter, maybe the morning of our Club Christmas Party so we can all eat a little more that night and embellish our times after a few drinks!

Speaking of eating and drinking ... I'm also excited to note that Ben Stone will be the guest speaker at our September Club meeting and will speak on the

nutritional component of exercise physiology for the endurance athlete. And Ben knows what he is talking about – after graduating from UCA, Ben attended Oxford University and received a PhD-level degree in exercise metabolic physiology. Come out to Whole Hog on September 16th to learn how you can change your diet to boost running performance, recovery, and weight loss or maintenance.

Looking ahead, at our October Club meeting, Joy Secuban and Jordan Johnson from the Clinton Foundation will

speak and present a slide show on the new Clinton Park Pedestrian Bridge. The long-awaited conversion of the Rock Island Railroad Bridge is now underway and should be completed by next summer. Come to the meeting on October 21st to hear all the details of this bridge that will serve as the eastern end-cap to the River Trail Loop.

Until then, keep running and enjoy those 60-something degree temps we've had in the mornings. The worst of the summer heat and humidity is finally behind us!

New Members

Jessica Osorio works at Central Mortgage. She has been running off and on since 2006, but has been steady for the last year and a half. She runs between 20-30 miles per week at an 8:40-9:20 pace. Jessica enjoys running marathons but prefers races between 10-15 miles.

When Jessica isn't running she enjoys playing tennis, LR Kickball League, going to the lake and playing Wii.

Welcome to the Club Jessica.

Paul Lafleur is a geologist at URS Corporation. Paul averages 20-30 miles a week and races 1-2 times a month. He prefers 5Ks and 10Ks but hopes to run a half marathon then a marathon within the next year.

When Paul isn't running he enjoys cycling, weight training, going to his daughter's volleyball games, traveling, and hunting/fishing with his son.

Welcome to the Club Paul.

Amy Shivers is a website producer/project manager. She is married to Jason Shivers. Amy has been running

for eight years and she averages 25 miles a week at a 7:50-8 minute pace during the summer and a 7:40-7:50 during the winter. Her PRs are 5K 20:28, half marathon 1:41, and marathon 3:38.

When Amy isn't running she enjoys gardening and drawing/painting.

Welcome to the Club Amy.

September Meeting

September 16, 2010
Whole Hog Cafe

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

Ben Stone
"Nutrition and Exercise"



One of the most rewarding parts of running for me is encouraging new marathoner runners. Those who think they know me say that the best tip is to do exactly the opposite of what I do, but I really have been around long enough now and have heard or read enough that I am able and enjoy passing information along with a modest rate of success. It's like how I say I didn't go to school but I played with kids that did. Or that no one is truly worthless...anyone can serve as a bad example. I can't make you a faster or smarter marathoner, but perhaps a happier one.

Race all distances regularly. Even experienced marathoners make a mistake by cutting back racing at shorter distances and some don't race at all during marathon training. A hard 5K is so different from a marathon that it could constitute cross training. It builds endurance and confidence under race conditions without the stress on the body of long training runs. The last miles of short races provide the opportunity multiple times over the course of a marathon training program to practice holding the pace when you are tired.

Races can specifically incorporate benefits into a marathon training program every time a racing opportunity approximates the distance scheduled for that week. A well-placed half marathon amongst the 16, 18, and 20 milers is ideal.

The paradoxical nature of the marathon is that the hardest part, the last six miles, is the part that is the most difficult for which to train, since no plan calls for that and if you do go that far, you might as well have done a marathon that day anyway. Just like you have to run the first 20 for the privilege of running the last six, you also can't simulate training for the last six.

Run multiple marathons. We are all made differently. I'm not fast by some standards, will never run 100 miles at a time, and will never run back-to-back marathons on the same weekend, but I look for just the right balance of every few weeks apart. This is dismissed by many, but those same runners do 10-20 mile runs every weekend for months on end focusing on one goal marathon, only to have a bad day (remember Chicago 2007) or have some other circumstance arise. My theory is that the best thing about a bad marathon is that there is always another one next month.

If you particularly despise the 20-mile training runs, just use a marathon as the long run for the next marathon. That distance is easier with supported courses and cheering spectators. I was told recently that "my body can only take 1-2 marathons a year." I asked how many miles a week this runner logged. The answer – 60. Things are not always as they seem. That's 10 miles a day with one day off a week. My body could

take that for about two weeks. Running or any other physical activity requires careful build-up over time, but one never knows limitations until they are cautiously approached. John "the Penguin" Bingham says "that's part of the fun, knowing that at any minute, we could have a *breakthrough* or a *breakdown*." Many are pleasantly surprised.

Even some of the premier marathoners have caught on to this idea. During Joan Benoit Samuelson's visit to Little Rock to run the Firecracker 5K, she was asked what advice she had for Leah Thorvilson in preparation for the 2012 Olympic Marathon trials. Without pause, she replied, "Leah has it all together. Her only problem is that she runs too many marathons." Time may tell, but when it's all over, everyone will have an opinion as to whether it was too many, not enough, or just the right amount.

Some might cite funding limitations, but equally as important as physical training and preparedness to sustain a marathon addiction is the budget strategy. Just like scoring the occasional age group award is all about finding the right race on the right day, making marathon travel financially feasible is all about finding the right race and the right hotel. Mega-marathons are approaching \$200. Two marathons in Arkansas not so long ago were \$25, or "less than \$1 per mile" according to the brochure. There are almost always early sign-up discounts. While there is risk involved as to injury and other conflicts, the added bonus is the motivation to stay focused on a paid-for event.

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Running Wild

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As for lodging, a mistake that marathon travelers make is automatically opting for the host hotel for hundreds of dollars per night and two or more night minimums. If you're checking in the night before and leaving at dark-thirty in the morning, why make that investment?

Choose wisely. I see first time marathoners going big-time with overpriced big-name, impersonal, assembly line marathons (i.e. Rock and Roll series, etc.) Their logic is that you should do it up right for your first time. The first marathon is an epic journey and perhaps life-long goal and will stand out in its own right. Ben Davis of Conway (*Runaround* November 2009) finished his first marathon and said "To say I fulfilled a lifelong dream would be a lie. But maybe that's the beauty. I had done something that I perceived to be so far from possible that I hadn't even dreamt about it."

There is no need for the extra stress, cost, and distraction of the big frills events. Adrenaline factors into sports in many positive ways, but it can be poisonous in a marathon. No matter how well prepared one is, there is no way to predict what will happen at any marathon, but especially the first, so why spend thousands of dollars and multiple vacation days only to be set up for disappointment?

Instead, a first timer should pick something low-key, close to home, and conducive to focusing on running steady and finishing strong. Family and friends on the course can be tremendous encouragement, and much more accommodating with smaller races and accessible courses. Most marathoners kiss their family goodbye in the hotel and don't see them again until an hour after the finish after staggering incoherently through thousands of Mylar blanketed runners. Imagine instead seeing your personal road crew a dozen times, and maybe even having them drive along next to you for a few moments, which is cool, but advisable only with the utmost care. I've even seen crew support encouraged in the race instructions. Your crew will also be there at the finish line taking your own action shots that don't cost \$50.

Once you have the distance down and know what that last six miles feel like and how exhilarating the finish line is, pick a *destination marathon* and make it the vacation trip of a lifetime. No previous marathon will diminish that.

Forget Boston. Those of the running population who are completely obsessed with qualifying for entry into the Boston Marathon are particularly annoying, at least to those of us who never have done so and won't anytime soon. For some, the combination of talent and training make it a realistic goal, especially on the second attempt at the distance, and they nail it. (You know who you are, and the rest of us hate you.) For other tortured souls, it's a finish line that disappears like a mirage in the desert as they approach it and it takes over their running life like poison ivy that itches worse the more they scratch it.

I refuse to even glorify it with the abbreviated, "qualify for Boston" or worse yet, a "BQ." The pundits argue that the standards of excellence required for participation in this event are what make it the grandest stage of our sport. I say its exclusivity

undermines what is great about recreational racing. These purists are some of the same who say it doesn't count as running a marathon if you walked any of the distance or take longer than a certain time to complete the course. The four hour marathoners who feel this way about the eight hour marathoners should feel fortunate that the sub-three hour marathoners don't feel that way about them.

While the overall winners of any given race will always be measured in terms of distance and time, only in running are the rest of us allowed to compete on the same field of play in the same event on the same day as the world's elite. Most are denied the opportunity to run the Boston Marathon even once, whereas others have done it 30 or more consecutive years. (Team Hoyt is my only exception – my article, my rules.) Some run only the Boston Marathon each year as their qualifier for the next year's race. Some crooks even use a clause in the rules to run one qualifier and use it twice.

As for the race itself, there are two schools of thought. Some strive for their personal best on what is a challenging course in its own right. For others, the qualifying race is their personal Olympic medal with the Boston Marathon representing the victory lap. The only thing I am sure of regarding Boston qualification is that it is easier to get older than faster.

Enjoy the experience. Most marathoners are narrowly focused on the race itself rather than the entire marathon experience. In running, the longer the distance, the more it becomes a matter of completing the course than about racing against other runners or even the clock. I get a perplexed look when I claim, "I would rather have a good time than have a good time." The few who are even paying attention might see that as settling for mediocrity. They ask, "Why not run one or two a year and see how fast you can do one?" What fun would that be?

A marathon is a festus celebration of the human spirit. Legendary ultramarathoner Scott Jurek stays at every event, most of which he wins, to cheer at the finish line until the last finisher arrives. While sitting on the curb, I watched Hobbit Singleton backtrack on the course of the Little Rock Marathon dozens of times until every runner had safely finished, some eight hours after they started. For me, completing marathons requires a poor memory, as every time there is a point along the way where I ask myself "why" and say "never again." The Christian band Phillips, Craig, and Dean sing in *New Mercy* of God's mercy that renews with the sunrise and is as fresh as the morning dew. The emotion and thrill of every finish line is just that. The Penguin says that the step across the finish line is the first step of the rest of your life. It's a feeling I drag out as long as I can and can't wait to do it again.

Some People Can Take The Heat

By Bryan Jones
LRRC Racing News Editor

Greetings everyone, I am officially taking over the results column this month. I plan on including results posted to Arkansasrunner.com and, of course, all the Grand Prix races. If you are participating in an event for which the results are not posted there, please let me know and I will be sure to include it.

There were not a lot of races this past month, which is probably a good thing. For most people it has been way too hot for that sort of craziness. I know at one point Little Rock had seventeen straight days of temperatures over 100 degrees. And there have been a few more since that record run. That's just not right. With weather like that I try to schedule my running for the wee hours of the morning before the sun comes up. And even then most of the time it has already been in the 80s. In my opinion every one of you that got out and ran a race deserves some respect.

This month the Dam Night Run 5K had the largest contingent of LRRC participants. Did anyone see the deer that ran through the pack at the beginning of the race? It was behind me, so I only heard the exclamations of surprise. I imagine that was a rather startling experience

Here are the results for the races this past month. Results are listed alphabetically by last name. If I missed your results, I apologize in advance. It's probably Jacob Wells fault. Either that or my excel spreadsheet formulas aren't working properly. I'm going to blame Jacob either way.

Arkansas Runner 2M (July 24th)

Lorelai Fant	24:57	Josie Nix	17:05
Mary Hayward	36:35	Justin Nix	11:32
Roy Hayward	15:15	Leslie Nix	17:09
Becky Humes	15:21	Eileen Turan	24:58

Dam Night Run 5K (July 31st)

Dan Belanger	24:56	Ethan Neyman	16:38
Jeff Bost	21:50	Carl Northcutt	39:44
Jaynie Cannon	41:56	Brad Patterson	30:50
Paula Cigainero	34:35	Steven Preston	17:59
Tina Coutu	22:29	Ginea Qualls	23:57
Bill Crow	22:59	Michelle Rupp	24:24
Rhonda Ferguson	28:53	Brian Sieczkowski	17:06
Kevin Golden	17:26	Tim Steadman	19:05
Michael Harmon	25:55	Gary Taylor	16:55
Barbie Hildebrand	21:16	Leah Thorvilson	16:31
Becky Humes	23:25	Bill Torrey	21:58
Tracy Johanning	18:15	Carol Torrey	28:22
Bryan Jones	25:45	Eileen Turan	27:39
Jeff Maher	23:52	Jacob Wells	20:23
Keith McCain	26:55	Allen White	23:17
David Meroney	25:27	Steve Yanoviak	18:26
Joe Milligan	24:17		

White River 4M (August 7th)

Dan Belanger	34:44	Tracy Johanning	24:56
Jaynie Cannon	54:53	David Meroney	34:48
Tina Coutu	31:00	Joe Milligan	33:44
Bill Crow	32:56	Ethan Neyman	23:23
Imari Dellimore	23:35	Carl Northcutt	52:23
Kevin Golden	24:01	Tammy Walther	29:44
Roy Hayward	31:55	Jacob Wells	28:05
Linda House	56:26		

Watermelon 5K (August 14th)

Dan Belanger	25:40	Joe Milligan	24:36
Trina Bright	27:29	Ethan Neyman	17:31
Jaynie Cannon	43:05	Steven Preston	19:33
Tina Coutu	23:12	Beverly Sanders	38:36
Bill Crow	23:45	Brian Sieczkowski	18:47
Alesa Davis	33:00	Tim Steadman	19:14
Kevin Golden	18:26	Eileen Turan	27:57
Linda House	44:22	Jacob Wells	21:23
Becky Humes	24:23		

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.

September

- 4: ARK 5K Classic at North Little Rock. **GPS SC**. Call 501-519-0185.
- 4: Battlefield Run 5K at Prairie Grove, AR. Call 479-267-5000.
- 5: Andy's Fun Run.
- 6: Kelly's Bass Kickin' 5K at Conway. Call 501-733-2505.
- 11: Sara Low Memorial 5K at Batesville. **GPS**. Call 870-793-2464.
- 11: Heart of the Lake 5K at Greers Ferry. Call 501-206-7946.
- 11: Running of the Elk 5K at Ponca. Call 870-861-5890.
- 11: CAP 5K at Jonesboro. Call 870-761-9065.
- 11: Lavaca Firefighters 5K. Call 479-462-9629.
- 11: Run to Remember 5K at Bull Shoals. Call 870-421-3301.
- 11: Inferno 5K at Cabot. Call 501-259-3011.
- 12: Andy's Fun Run.
- 18: Arkansas 20K at Benton. **GPS**. Call 501-315-9252.
- 18: Cherishing Children Challenge 5K at Little Flock. Call 479-621-0385.
- 18: Golden Sneaker JDRF 5K at Fayetteville. Call 479-422-2568.
- 18: Mission Possible Half Marathon/5K/1M at Branson, MO. Call 417-294-4775.
- 18: Trey Homra 5K at Stuttgart. Call 870-672-1425.
- 18: Yelcot Cotter Warrior 5K at Cotter. Call 870-435-6323.
- 19: Andy's Fun Run.
- 25: Tyler Curtis 5K at Little Rock. Call 501-231-3730.
- 25: Centennial Celebration 5K at Cave Springs. Call 870-273-4108.
- 25: Heart and Sole 5K/Half Marathon at Jonesboro. Call 870-931-0578.
- 25: Tailwaggers Trail 5K/1M at Siloam Springs. Call 479-238-3612.
- 25: Run with the Red and Black 5K/1M at Wash burn, MO. Call 417-665-1769.
- 25: Do-Wacka-Do Trail 5M/25K/50K at Erick, OK. Call 580-526-3332.
- 25: Frontier Days 5K at Plainview. Call 479-650-7390.
- 25: Barn Sale 5K at Camden. Call 870-836-6426.
- 25: Hoofin' It for Howard County 5K at Nashville, AR. Call 870-451-3398.
- 26: Andy's Fun Run.

October

- 1: Bookwork 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.

Birthdays

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

- 1 – Darren Gilpin
- 4 – Benjamin Hartter
- 5 – Greg Shira
- 6 – Linda House
- 6 – Sybil Taylor
- 6 – Bill Torrey
- 7 – Jennifer Jones
- 8 – Ken Bland
- 9 – Eric Paul
- 9 – Karen Helmbeck
- 9 – Craig Clune
- 12 – Douglas Young
- 12 – Luke Groom
- 13 – Carl Carter
- 14 – Laura Lamps
- 15 – Jaynie Cannon
- 16 – Amanda Jones
- 16 – Ken Gould
- 17 – Hobbit Singleton
- 17 – Becky Humes
- 18 – Kelsey Groff
- 20 – Jim Sunao Yamanaka
- 20 – Kim Webb
- 21 – Donald Poore
- 24 – Michelle Rupp
- 25 – David Meroney
- 27 – Heather Groom
- 28 – Patricia Poore

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.