

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2011

## FAQs For Members Of The LRRC

By **Brian Sieczkowski**  
LRRC President

This month I'll be using the oldest columnists' trick in the book: when you can't think of anything to write, just answer "questions from your readers."

### **Q: I'm a new runner. Is there a beginners' group for me?**

A: There are several options for beginning runners here in Little Rock. The LRRC recently hosted an RRCA Coaching Certification course and several of our Club members are now certified runners. You can find their contact information listed on the RRCA website, here: <http://www.rrca.org>. At the very top of the page is a link that says, "Find a Coach."

Also, if you are a woman, there is a program called Women Can Run. They host clinics and training runs all over the state. You can find the group closest to you, by checking out their website, here: <http://www.womenrunarkansas.net/>.

Additionally, on Tuesdays, the LRRC has a speed workout in the evening which features runners of all paces. Bill Torrey and Jim Barton will happily devise a workout for anyone of any running background.

### **Q: But isn't the speed workout only for fast people?**

A: Speed is relative. Unless you are one-in-almost-seven-billion, there will always be someone out there faster than you. But here's the good news, there will always be someone in the world slower than you too. And if you keep coming out to the Tuesday speed workout, you'll get faster and keep moving higher on that seven billion person hierarchy. We've

had plenty of beginners out on Tuesday, occasionally even some walkers. So, don't worry about not being fast enough for the Tuesday speed workout.

### **Q: How can I get my e-mail address added to the Club's mailing list?**

A: If you've paid your Club dues and your membership is current, the e-mail address you provided at registration should be on our mailing list. If not, please send an e-mail to [littlerockroadrunners@yahoo.com](mailto:littlerockroadrunners@yahoo.com) and we'll update you in our contacts. If you are not a Club member yet, become a Club member and we'll put you on the list right away. It takes work to maintain the list and send out e-mails so it is a service for members-only.

### **Q: Does my Firecracker 5K time count as a PR?**

A: No.

### **Q: How can I find a group or a partner to run with?**

A: The LRRC maintains a list of local running groups on our website, [littlerockroadrunners.com](http://littlerockroadrunners.com). Also, you can post on the ArkRRCA.com forum to try to find a running partner or group that fits into your schedule. Another option is to attend the monthly LRRC meetings; you'll likely find someone your speed to train with.

### **Q: How do the LRRC Club Officers get elected?**

A: Glad you asked. The LRRC Board consists of the president, secretary, treasurer, membership chairperson, president-elect, past president and three at-large board members. The secretary and membership chairperson serve two-

year terms and are up for election in even-numbered years. The treasurer also serves a two year term and is up for election in odd-numbered years. The President serves one year as president-elect, one year as president, and one year as past president. Elections take place in June and terms extend from July 1<sup>st</sup> to June 30<sup>th</sup> of the next year. For example, last June Steven Preston was elected to be president-elect for the 2010-11 year. On July 1<sup>st</sup> he will assume the role of president and we will need a new president-elect. If you are interested in the job, let me know! The treasurer's office is also open for election this year, so if anyone is interested, again, let me know. The at-large board positions are appointed by the Club president and approved by the other officers. More details can be found on the website under the Club Bylaws section.

### **Q: What is the most fearless animal in the world?**

A: Honey Badger.

## April Meeting

April 21, 2011  
Whole Hog Cafe

6 p.m. to eat  
6:30 speaker

Linda Bortell  
Pharmacist/Owner  
Green Earth Pharmacy &  
Wellness Center  
"Supplements for Runners"



As I walked along the seashore, a young boy greeted me. He was tossing a stranded starfish back into the deep blue sea. I said, "Tell me why you bother. Why waste your time this way? There's a million stranded starfish. Does it matter anyway?" And he said, "It matters to this one. It deserves a chance to grow. It matters to this one. I can't save them all, I know. But, it matters to this one. I'll return it to the sea. It matters to this one. And it matters to me." *Author unknown*

What do starfish and the rest of us have in common? It matters to us. And it matters to this one. Every day we have a chance to influence someone in a positive way. There is someone in your family, at your workplace, among your circle of friends, or perhaps even a stranger somewhere where you find yourself who needs to be tossed into the sea of positivity.

After my 100<sup>th</sup> marathon, Linda House told me at the Little Rock Marathon post-race party that I should write an article about it. I told her that most everyone already knew and were tired of hearing about it. She said, "Well, I didn't know!" I had

known that my family and friends had been excited to share in my milestone. What I didn't expect in the days that followed that marathon were the positive reactions from various random people in my life, mostly in the form of e-mails with titles or opening lines such as, "Are you the 100 marathon man?"

One was from someone I have never met who is coordinating a seminar at which I will speak for an hour on financial management for non-profit organizations. Yes, people do actually get tricked into listening to me talk about accounting. I responded that "yes, that would be me," and that if she wanted a finish line photo for the cover of the seminar brochure, I was sure we could work something out. I also offered to talk about running, instead. She responded, "I have a good friend who has just started running and did the half. She is beginning to motivate me to get started." I mailed her my copy of *The Courage to Start* by John "the Penguin" Bingham.

Another e-mail read, "Congrats on the 100th! I know this fails to compare, but I'm ready for my first 5K. Now, I just have to decide which one." She has since signed up for the Women Can Run 5K in Conway on May 7th.

A partner at the firm where I work surprised me at the finish line and had even taken a video of my finish. There has been a twinkle in his eye for months whenever the topic of running comes up. I am certain he has his sights set on the half marathon next year.

These are some for whom it matters to me. Who matters to you? Who will you influence with your love of running? Who will have the chance to grow because you decided it mattered? Who will you toss into the sea?

## Race Results (Continued from Page 3)

### Big Rock Mystery Run (March 19)

Patrick Barker	1:56:51	Steven Preston	1:39:36
Dan Belanger	2:12:15	Ginea Qualls	2:13:30
Michael Harmon	2:28:45	Nick Shaver	1:58:30
Harold Hays	1:42:55	Stacey Shaver	1:39:36
Joe Milligan	2:00:51	Jenny Weatter	1:40:35

### Spring Fling 5K (March 26)

Dan Belanger	26:54.0	Joe Milligan	24:31.4
Trina Bright	27:23.7	Nicholas Norfolk	25:12.1
Jaynie Cannon	41:25.1	Carl Northcutt	40:22.7
Tara Caudle	25:25.0	Rodney Paine	20:41.6
Moniqueca Christensen	42:20.7	Joel Perez	17:55.2
Craig Clune	21:05.9	John Russell	27:16.1
Imari Dellimore	17:30.3	Bill Simpson	17:40.9
James Erwin	25:19.1	Beverly Smith	22:33.7
Michael Harmon	25:01.7	Tim Steadman	20:54.7
Harold Hays	22:37.3	Mark Tanner	19:26.6
Mary Hayward	54:26.1	Randy Taylor	21:18.0
Roy Hayward	25:52.8	Bradley Thomas	29:26.4
Becky Humes	22:15.8	Mark Thompson	20:29.4
Shareese Kondo	25:12.6	Leah Thorvilson	17:44.4
Courtney Lang	28:38.5	Tammy Walther	22:46.8
Mike Maulden	22:41.5	Will Walther	32:39.5
Christine Meroney	35:37.6	Jacob Wells	20:29.4
David Meroney	23:40.2		

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#### Board Members

Brian Sieczkowski	President	766-3004
Steve Preston	President-Elect	626-0049
Jenny Weatter	Secretary	251-5955
Steve Hollowell	Treasurer	217-8604
Tina Coutu	Past President	412-3523
Ginea Qualls	Membership	607-2477
Jeff Mayer	At Large Member	680-6710
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969

# Race Results

By Bryan Jones  
LRRC Racing News Editor

## The Traveller Mini-Loop 25mi (February 26)

Patrick Barker	4:55:38	Tammy Walther	5:43:00
Lou Peyton	3:31:00	Jenny Weather	4:19:47

## SMH The Beat Goes On 5K (February 26)

David Samuel	29:57.07
Nicholas Norfolk	1:50:29

## Little Rock Half Marathon (March 6)

Brian Bell	2:51:47	Tracey Maulden	3:29:38
Ann Butts	2:37:27	Keith McCain	1:48:27
Jonathan Caudle	2:28:30	Joe Milligan	2:03:50
Tara Caudle	2:00:44	Steve Nader	1:53:28
Donna Cave	2:43:32	Brad Newman	2:52:09
Danny Chism	1:48:04	Carl Northcutt	3:12:25
Paula Cigainero	2:40:04	Brad Patterson	2:37:34
Craig Clune	1:44:34	Lou Peyton	2:30:46
David Conrad	2:09:09	Scott Philbrick	1:52:25
Joe Cordi	1:45:15	Steven Preston	2:05:13
Sandy Cordi	2:06:40	Ginea Qualls	2:05:13
Bill Crow	2:01:50	Hannah Rahn	2:10:23
Alesa Davis	2:36:08	Rebecca Rahn	2:05:01
Chrissy Fox	1:50:51	Stephanie Richardson	3:09:58
Linda Galloway	3:25:51	Rosemary Rogers	2:54:17
Kim Gates	2:23:21	Gordon Rostvold	2:14:48
Angela Gattin	2:16:31	Susan Russell	2:25:53
Karen Halbert	2:28:35	Martha Ray Sartor	2:08:03
Harold Hays	1:46:49	Greg Shira	2:05:43
Cindy Holland	2:25:41	Brian Sieczkowski	1:18:54
Josh Holt	1:15:50	Bill Simpson	1:22:32
Ashley Honeywell	2:06:35	Gary Taylor	1:21:00
Christy Jackson	2:19:04	Roger Thompson	2:41:04
Greg Jacuzzi	1:31:35	Carol Torrey	2:15:49
Bryan Jones	2:08:52	Eileen Turan	2:09:09
Craig Lair	1:49:18	Colin Weather	1:59:06
Courtney Lang	2:09:34	Jenny Weather	2:50:32
Nicholas Livers	2:03:02	Kenny Worley	2:08:23
Bob Marston	2:27:09	Steve Yanoviak	1:29:00
Allison Martin	2:05:11		

## Little Rock Marathon (March 6)

Lisa Alberius	4:33:50	Erica Nordin	5:05:48
Christopher Baldwin	3:46:00	Joel Perez	3:08:08
Joshua Behrendt	5:40:14	Priscilla Pittman	6:22:32
Melisa Behrendt	5:40:14	Bill Rahn	3:21:30
Dan Belanger	5:59:43	Michelle Rupp	3:58:27
Billy Bird	4:17:09	David Samuel	6:05:58
Trina Bright	5:18:47	Scott Sander	4:34:20
Daniel Butler	3:55:18	Billy Shurley	5:20:14
Carl Carter	3:46:08	Kim Shurley	4:40:35
Amber Davis-Tanner	3:57:21	Marcus Smith	3:40:21
Donna Duerr	6:19:27	Chuck Spohn	3:28:02
Mark Ferguson	3:02:56	Tim Steadman	4:04:00
Michael Harmon	4:48:47	Mark Tanner	3:25:38
Howard Hendrickson	5:57:15	Mark Thompson	3:39:29
Jon Honeywell	3:50:17	Leah Thorvilson	2:45:51
E.F. Jennings	3:39:08	Sam Velez	6:58:40
Stefanie Larson	4:28:08	Scott Wall	3:55:27
Kevin Lemley	3:28:56	Tammy Walther	3:58:18
John Martin	3:54:53	Brian Watson	3:37:16
David Meroney	5:32:47	Jacob Wells	3:27:20
Joseph Nichols	3:28:45		

## 3 Days of Syllamo 50K (March 11)

Patrick Barker	7:55:43	Jenny Weather	6:36:21
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## 3 Days of Syllamo 50mi (March 12)

Jenny Weather	10:37:06
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## 3 Days of Syllamo 20K (March 13)

Jenny Weather	2:24:28
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## Chase Race 2M (March 12)

Dan Belanger	16:25.5	Joe Milligan	15:08.8
Ross Bolding	12:52.9	Carl Northcutt	24:57.1
Jaynie Cannon	26:12.2	Rodney Paine	12:40.0
Jonathan Caudle	18:20.0	Joel Perez	11:13.5
Tara Caudle	15:41.8	Steven Preston	12:36.7
Moniqueca Christensen	26:37.1	Ginea Qualls	15:52.7
Alesa Davis	18:57.3	Michelle Rupp	15:32.6
Amber Davis-Tanner	15:17.0	Martha Ray Sartor	20:53.4
Imari Dellimore	10:41.9	Andrea Sieczkowski	12:32.3
Donna Duerr	19:46.2	Brian Sieczkowski	10:33.4
James Erwin	15:26.0	Beverly Smith	13:49.3
Kevin Golden	11:11.0	Bo Smith	13:22.8
Michael Harmon	16:18.8	Randy Taylor	12:40.3
Roy Hayward	15:48.4	Bradley Thomas	18:06.4
Linda House	29:47.9	Mark Thompson	12:42.4
Becky Humes	14:02.3	Leah Thorvilson	11:39.9
Bryan Jones	15:40.8	Eileen Turan	16:28.8
Courtney Lang	16:54.6	Scott Wall	13:20.2
Bob Marston	17:56.8	Jacob Wells	12:49.6
Mike Maulden	13:30.4	Steve Yanoviak	11:46.2
David Meroney	13:29.7		

## OT50M/50K

The calendar of races that is published each month in *The Runaround* is so lengthy that it took two pages to list the races for the months of April and May elsewhere in this edition. There are more than 50 races on the schedule for April, 17 of which are on April 16. These 17 races range from northwest Arkansas to Batesville and on to northeast Arkansas and then as far south as Benton. With the exception of a 10K/5K in

## 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 at [lhouse48@gmail.com](mailto:lhouse48@gmail.com)

### April

- 2: Capital City Classic 10K at Little Rock. (GPS-SC) Call 501-231-3730.
- 2: Miles for Mutts Perrfect Race 5K at Fort Smith. Call 479-434-6609.
- 2: Walk for Dogs 5K at Beebe. Call 501-940-6588.
- 2: Bentonville Running Festival 5K. Call 479-464-4275.
- 2: All Out for Autism 5K at Little Rock. Call 501-682-9900.
- 2: Iron Pig 5K at Fayetteville. Call 479-521-7766.
- 2: JA Trace Trammell Memorial 5K at Harrison. Call 870-743-4871.
- 2: Panther Pride 5K at Malvern. Call 501-337-9131.
- 2: Go! 5K/10K for Autism at Monticello. Call 870-820-2552.
- 2: Run With the Knights 5K at Van Buren. CFall 479-4742661.
- 2: Stride to Prevent Suicide 5K at Searcy. Call 501-278-4357.
- 2: Rising Sun 5K at Pottsville. Call 479-858-2356.
- 3: Andy's Fun Run.
- 9: St. Vincent Tour de Paul 5K at Little Rock. Call 501-552-2387.
- 9: Panther 5K at Clarksville. Call 479-705-3212.
- 9: Every Step Counts 5K at Paris, AR. Call 479-264-3433.
- 9: Zone in on Homelessness 5K at Hot Springs. Call 501-321-2888.
- 9: SigEp 5K at Russellville. Call 501-276-8635.
- 9: Cotter Warrior Foundation 5K/10K at Cotter. Call 870-404-5870.
- 9: St. Jude's Breakaway 5K at Fort Chaffee. Call 214-912-2898.
- 9: Relay for Life 2M at Arkadelphia. Call 479-461-3403.
- 9: Run to the Cross 5K at Springdale. Call 479-601-1244.
- 9: Hogskin Holidays 5K at Hampton. Call 870-798-2207.
- 10: Andy's Fun Run.
- 10: Hogeys Marathon, Half, Relay, 5K at Fayetteville. (GPS) Call 479-445-9251.
- 16: Trailblazer 10K/5K/1M at Fayetteville. Call 479-841-7229.
- 16: Catholic High Rocket 5K at Little Rock. Call 501-804-4454.
- 16: Be Her Freedom 5K at Conway. Call 479-970-9633.
- 16: Alma Partners Club 5K. Call 479-632-1953.
- 16: Earth Day 5K at Fort Smith. Call 479-646-7225.
- 16: Peace, Love & 5K at Benton. Call 501-776-0691.
- 16: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
- 16: Surviving the Journey 5K at Springdale. Call 479-365-2142.
- 16: ATU Band 5K at Russellville. Call 479-747-4848.
- 16: Cherishing Children Challenge 5K at Rogers. Call 479-621-0385.
- 16: Leo Martin March for Missions 5K at Walnut Ridge. Call 870-378-2006.
- 16: 4-H Youth and Family Trail 5K at Little Rock. Call 501-821-4444.
- 16: Doc Rock & Run 5K/Half Marathon at Jonesboro. Call 870-931-3627.
- 16: Ouachita Trail 50M/50K at Maumelle Park. Call 501-329-6688.
- 16: Boot Scootin' Dash and Bash 5K at Ward. Call 501-941-1522.
- 16: Ozarks 5K at Clarksville. Call 479-979-1400.
- 16: Chi Alpha 5K/Kids Fun Run at Arkadelphia. Call 870-403-6503.
- 17: Andy's Fun Run.
- 22: Cow Paddy 5K/1M at Fayetteville. Call 479-957-6888.
- 23: TJ Clark Colon Cancer 5K/1M at Rogers. Call 479-619-8253.
- 23: Andy Allison Kids 1M/200 meters at Arkadelphia. Call 870-246-6686.
- 23: Fordyce on the Cotton Belt 5K. Call 870-352-3595.
- 23: Larry Hutton Memorial 5K at Sherwood. Call 501-413-8020.

## Birthdays

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

- 1 – Bryan Jones
- 2 – Andrew Graham
- 2 – Tim Steadman
- 3 – Donald Preston Jr.
- 3 – Johnny Angell
- 3 – Joseph Nichols
- 5 – Kim Gates
- 7 – Mary Wells
- 8 – Sarah Olney
- 9 – Chris Valliere
- 10 – Monica Dellimore
- 15 – Haley Stobel
- 17 – Matthew Feehan
- 19 – Matt Gresham
- 21 – Scott Philbrick
- 22 – Harold Hays
- 22 – Leslie Nix
- 26 – Suzanne Simmers
- 26 – Rosana Diokno
- 30 – David Conrad

### OT50s (Continued from Page 3)

Fayetteville all of the races are 5Ks, except for the Ouachita Trail 50M/50K, one of the premier events in Arkansas ultra running.

Chrissy and Stan Ferguson of Conway direct the OT50, as well as the Arkansas Traveller 100 in the fall. The

(See OT50s on Page 5)

### 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  
[chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)

## Running Calendar

- 23: U of A Army ROTC Campus Tour 5K/10K at Fayetteville. Call 501-593-3551.  
 23: Book It for Books 5K at Greenbrier. Call 501-593-3551.  
 23: Ranger Round-Up 5K at Roland, OK. Call 479-462-9441.  
 24: Andy's Fun Run.  
 30: Toad Suck 10K (GPS)/5K at Conway. Call 501-329-5623.  
 30: Run for Reading 5K at Mountain Home. Call 870-421-2666.  
 30: Ozark Race for the Cure 5K at Rogers. Call 479-750-7465.  
 30: Bryant Schools Dash for a Difference 5K. Call 501-231-7401.  
 30: Riverfest 5K at Calico Rock. Call 870-297-2470.  
 30: Dogwood 5K at Siloam Springs. Call 479-524-5779.  
 30: Kibler UMC Run for the Son 5K at Kibler. Call 479-601-5530.

### May

- 1: Andy's Fun Run.  
 6: MacArthur Park 5K at Little Rock. Call 501-375-0121.  
 6: Gold Rush 5K at Bentonville. Call 479-619-6726.  
 7: Root Rocket Run 5K at Fayetteville. Call 479-935-6325.  
 7: HRF Battle For Hope 10K/5K/1M at Bentonville. Call 479-361-5847.  
 7: Women Can Run 5K at Conway. Call 501-908-5096.  
 7: Troop 133 Camp 5K at Alma. Call 479-474-7745.  
 7: Bison Stampede 5K/1M at Rogers. Call 479-586-0196.  
 7: Northside HS Chase for Charity 5K at Fort Smith. Call 479-883-9477.  
 7: Running in May ALS 5K at Pine Bluff. Call 870-543-2901.  
 7: German Heritage Festival 5K at Stuttgart. Call 870-672-1425.  
 7: Whistle Stop 5 and 10K at Ashdown. Call 903-826-9694.  
 7: Pioneer Day 5K at Melbourne. Call 870-368-7329.  
 7: Golden Eagle 5K at Westville, OK. Call 918-723-3243.  
 7: Holden's Hope 5K at Parsons, KS. Call 620-820-1139.  
 8: Andy's Fun Run.  
 14: Kendrick Fincher 5K/1M/1/2M at Rogers. Call 479-986-9960  
 14: Fight for Air Climb at Little Rock. Call 501-975-0758.  
 14: Hillbilly Pork Chop Mud Run 5K at Van Buren. Call 479-459-4739.  
 14: WRMC 5K at Batesville. Call 870-262-6168.  
 14: Step by Step 2M at Perryville. Call 501-662-4804.  
 14: Mosquito Mad Dash 5K/1M at Lonoke. Call 501-766-5002.  
 14: Little Lei Lei's Memory 5K/1M at Fort Smith. Call 479-461-3997.  
 14: Relay for Life 5K at Yellville. Call 870-425-9440.  
 15: Andy's Fun Run.  
 21: Challenge for Sight 5K at Fayetteville. Call 479-236-2566.  
 21: Dino Dash 5K at Little Rock. Call 501-396-7050, x214.  
 21: Lupus Springers 5K at Hot Springs. Call 501-525-9380.  
 21: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-846-4181.  
 21: Rogers Early Learning Center 5K. Call 479-426-3501.  
 21: ARK 5K Walk Run at Fort Smith. Call 479-462-3501.  
 21: Crawdad Days 5K at Harrison. Call 870-414-4440.  
 21: Magnolia Blossom Festival 5K. Call 870-235-9243.  
 21: Move It for Diabetes 5K/10K at Mountain Home. Call 870-508-1765.  
 21: For the Run of It 10K at Russellville. Call 479-567-1608.  
 21: Chili Rumble 5K at Mulberry. Call 479-430-8826.  
 22: Andy's Fun Run.  
 28: Rock Run 8K at Little Rock. (GPS-SC) Call 501-766-3004.  
 28: Riverfest Rock-N-Stroll 5K at North Little Rock. Call 501-255-3378.  
 28: Wildcat Rumble 5K/1M at Bentonville. Call 479-426-2993.  
 29: Andy's Fun Run.

## New Members

**Brent Corbitt**, a CPA, is married to Kristen. They have one child Brendan who is 10 months old. Brent has been running for 20 plus years. He runs anywhere from 0-60 miles per week, depending on how busy he is. Brent prefers the 5K-10K distance. His PRs are 1500m 3:44, 5K 14:07, 10KXC 30:30 and half marathon 1:06.

**Christine Benson**, a stay at home mom, is married to John Benson. They have three children, Noah, Caleb and Isabella. Christine started running four weeks after her daughter was born and has been running for six months now. Currently she has only done 5Ks but plans on running the Capital City Classic in 10K in April. Christine also enjoys church activities, PTO and baking.

**Josh Yowell**, a pastor, has been running for three years. Josh averages 25 miles a week at a 7-7:15 pace. He prefers the 5K and 10K distances. When Josh isn't running he enjoys playing the guitar, hunting and golf.

**Christy Jackson**, a college math teacher, has been running off and on for 20 years. She tries to run three times a week and averages a 10-10:20 pace. Christy just finished her third half marathon and has found that she enjoys the half marathon distance the most. When Christy isn't running she enjoys time with her family, friends, wine, and the outdoors.

Welcome to the Club Brent, Christine, Josh and Christy!

### OT50s (Continued from Page 4)

race begins and ends at Maumelle Park Pavilion 8. The entry fee is \$60 before April 1 when the cost goes to \$75. There is no day of race registration on the 16th but the Fergusons will be at the park from 4-7 p.m. Friday, April 15 for packet pickup and late registration.

For more information contact the Fergusons at 501-329-6688 or visit the Arkansas Ultra Running Association (AURA) website at [RunArkansas.com](http://RunArkansas.com).