

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2011

Grand Prix Season's Second Half In Full Speed

By Steven Preston
LRRC President

The temps may already be hot, but the second half of the 2011 Arkansas RRCA Grand Prix season is just about to heat up. After an almost two-month break August brings two short, sweaty, and loads of fun races in the Series. On August 6th, the White River 4-Miler Classic takes place in Batesville and on Aug. 13th in Hope the Watermelon 5K wets your palate. Both races make sure to take care of you after the race. Batesville has had a sprinkler popup in the past and Hope always has nice cool watermelon and the community pool. Come on out and help the Birds continue their run on top of the male and female team scoreboards!

Last month's membership drive was a big success! We had six new members sign up at the BDB Twilight 5K and we were blessed with the return of the great Polansky to our roadrunner team. Our Club served over 200 hotdogs to the hungry finishers and I want to thank all those that came out to help wrap and serve those dogs. I think everyone had a great time and I know I surely enjoyed dancing with my little niece to the great band playing the after-party.

Also, this past month Brian Sieczkowski organized his now annual Summer LRRC All-Comers Track Meet. We had participants from as far away as Dover and Russellville. There were many great times. However, my favorite moment had to be when Darwin Sieczkowski came into the finish line of the kid's 100 meters. The tape was pulled for the youngest competitor at the meet making his debut. He looked left, he looked right, and he stared. Finally, as he approached that

tedious tape he decided it was easier to duck under the tape. Wish everyone could have seen his face as he was trying to decide what to do. So cute!

On August 18th, we will have a great speaker on college track and cross country at UALR Head Coach, Milton Williams. From UALRTrojans.com: he was named the head track and cross country coach in December 2004 after three seasons as associate head coach. Williams has been named the Sun Belt Conference Cross Country Coach of the Year three times: 2005 women's, 2007 men's, and 2010 men's. He brings several

years of experience into his role as head coach for the track, field and cross country programs at UALR. Besides his coaching background, Williams has also competed at and been successful at Olympic-level venues. He was an NAIA All-American in the shot put in 1980 and a 1984 Olympic trial qualifier in the shot put as well. His men's cross country team has won the Sun Belt Conference Championship twice since his arrival, 2007 and 2010, and the women in 2005. This guy even was the strength & conditioning coach for Shaq back in his days at LSU.

The Trailbirds' Report

The Full moon 50K/25K was bursting at the seams with starters this past month. It was a hot and steamy start, but was made much nicer by the sight of the UALR women's cross country team all running in front of me up the hill from Lake Sylvia.

We had a lot of people who ended up having to drop out because of heat related issues. I just wanted to talk about a few of those. Some people had stomach issues. It's really tough to try and keep your food down in this kind of heat. It can cause you to become nauseous and make you want to just puke. When that time comes, I say puke. It's better to get it over with. You will feel better, I promise. Just make sure you drink a lot of fluids and try to eat more food once your stomach starts feeling comfortable again.

The other heat related problem I would like to talk about is heat exhaustion. I experienced this myself during the 50K. I

usually find myself getting dizzy or have more pain than usual while climbing hills. Whenever you feel dizzy, excessively sweating for a long time or nauseous it is okay to WALK and let your body recoup.

In the end no race is enjoyable if you are slugging through it feeling sick. Keep yourself cool and have fun on the trails this summer!

Coming up this month is the Mt. Nebo 14 mile trail/road run on August 27.

August Meeting

August 18, 2011
Whole Hog Cafe
6 p.m. to eat
6:30 p.m. speaker

Milton Williams, Head Coach
UALR Track & Cross Country

RUNNING WILD

By Jacob Wells

The new Two Rivers Bridge opened to a hugely successful turnout on July 23rd. Eyewitnesses reported between 50 and 200 cyclists, runners, and walkers in attendance when the barricades were removed at 7 a.m. Things had calmed down only slightly by my arrival around 11 a.m. for a walk across. I broke it in properly on Sunday with a ten miler over the bridge up to Two Rivers Park, and then the Capital City Course. I had gotten my feelings hurt at the bicycle love-fest disguised as a ribbon cutting ceremony two weeks before the actual opening, at which there was not one single mention of running, but on this day, I realized that cycling is the reason that the bridge is here and that as runners, we are very fortunate to have it.

This reality set in as I relaxed in my chair in the parking lot with a full view of the base of the bridge, the roundabout, and everyone going in each direction. After noticing no other runners for some time, I decided to count the cyclists, runners, and walkers. It was 11 cyclists and nine walkers before another runner appeared. Cyclists and walkers were evenly matched and at one point tied at 19. Three large families of five or more gave the walkers what seemed like an insurmountable lead of 40-26. The cyclists stormed back one-by-one and two-by-two, at which point I was getting bored out of my mind and decided the first to 50 would be declared the winner. To my delight, the cyclists overcame the walkers and their LeBron-like fourth quarter performance for a 50-42 victory.

A dozen more visitors of either persuasion came through before there was finally another runner. Thus, my not-so-statistical sample study results from a period of over 30 minutes with more than 100 bridge users included only one runner, Brian Sieczkowski, clearly oblivious to his place in running folklore. So, if you are a cyclist, or if you know one, let's all thank them on behalf of the running community.

The Run with the Son 5K will be held August 20th and is the only central Arkansas race for that weekend of which I am aware. My favorite LRRC Tuesday night speed work no-show and 8th place finisher in 2010 Joey Nichols still assures me that the forecast is 100% chance of cool temps, a nice breeze, and light misty rain. The race is hosted by Geyer Springs First Baptist Church (www.gsfbc.org) and the proceeds benefit Shepherding His Flock Orphan Ministry (www.shepherdinghisflock.com). The inaugural 2010 race drew nearly 300 runners and walkers and the race website includes a video of highlights. I see a lot of my friends on the results list and am looking forward to it.

A change and a correction to last month's column: There has been a date change for the Mt. Nebo 14-Mile Trail Run from August 20th to August 27th, apparently because of a hang-gliding festival based at the state park where the race begins. In

last month's column, I mistakenly reported Beverly Smith as the race director of the River City Ministries 5K. After six very successful years, she had turned over the duties to Cliff Ferren of ARK. The race was as well done as ever, and has one of the best new 5K courses around, in Burns Park around the same area as where the River Trail 15K and the Go! Mile are held.

This month's shout-outs go to two of Little Rock's finest men. Bill Torrey confessed recently that he never makes it more than a couple paragraphs into this column, so he will never know what I might say here. Bill is surely the most prolific race director in the history of our state, with an estimated 130 races, including all nine Little Rock Marathons, countless Capital City Classics, and one of the sweetest small neighborhood races, the Tyler Curtis Memorial 5K, which will take place in Otter Creek on September 24th. One of my favorite Bill quotes is that he loves this race because he gets to do the little things that he doesn't get to at the large races. Bill missed several months of running last winter with toe surgery, but was still instructing and encouraging at all the freezing Tuesday track speed workouts, either on his bicycle at the River Trail or in his jeans at Scott Field. It surely wasn't fun to watch everyone else do what he loves the most. Bill worked his way back carefully, went sub seven minutes at the Go! Mile in June, and by mid-July, was keeping up with the pack on quarter mile repeats in 104 degrees.

Finally, there is one man we are losing. Glen Mays crashed the local scene as the winner of the 2004 Little Rock

(See **Running Wild** on Page 5)

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Race Results

By Jenny Weatter
LRRRC Racing News Editor

I'm baaaaaaack! I will now be taking over the results column again so get ready. I was given the great idea to do a Q&A each month with someone who ran a race that month.

First I picked the lovely Kristen Garrett. I'm pretty sure everyone knows Jesse and Kristen Garrett. If not then you haven't been to very many Club functions or races. Even while the Garretts were living in Fort Smith they were a huge part of our Club and a huge support system for pretty much everyone. It wasn't until recently that Little Rock was blessed with their presence for good. Jesse was always the runner of the family until recently Kristen decided that she was tired of watching from the sidelines and wanted to be a part of the fun herself. So I asked Kristen a few questions about her first race experience. Her first race was the Go! Mile on June 18th and then she completed the Arkansas Runner 2 Miler in Benton on July 23rd. Her next race will also be her very first 5K at the Watermelon 5K in Hope on August 13th. Congrats Kristen!

Q: Briefly describe crossing the finish line of your very first race:

A: The finish line chute was surrounded with friends cheering me in and the announcer telling the world that I had just completed my first race! It is a moment I will never forget! Of course having my own running entourage and race day photographers was pretty cool too!

Q: Would you recommend the Couch to 5K training program for others considering training for their first 5K?

A: Absolutely! This plan truly is a fantastic way to get started. My favorite part was that my husband had completed this program prior to my starting it and he was able help me along the way based on his experiences.

Q: Any advice for those that desire to start running but just can't seem to get motivated?

A: Get out there and go for it! Don't get discouraged if life gets in the way of your training, it happens to everyone. The important thing is that you get **back** out there!

Q: Do you now plan to continue to be a runner for the rest of your life?

A: For sure, it is really amazing to share this with my husband.

Q: Do you think a half or full marathon will be in your future?

A: My long-term goal is to do a half but the jury is still out about a full.

Q: Who has been your biggest supporter throughout your training?

A: My biggest fan and favorite coach, my hubby! And the Five-Families! 9

July 9th was the **Heat in the Street 2 Miler** in Arkadelphia. For the men; Jacob Wells finished in 12:40; Michael Harmon in 17:15 and David Samuel in 18:19. For the women; Jaynie Cannon finished in 24:23.

Some of our members did a double that day running Heat in the Street in the morning and the **Big Dam Bridge 5K** at night. This race is a huge membership drive for the Club. Lots of people showed up this year. For the men; Steve Yanoviak finished in 19:44; Clay McDaniel in 21:53; Jacob Wells in 22:08; Patrick Dent in 23:07; Rodney Paine in 23:44; Bill Rahn in 23:48; Don Preston in 24:24; Scott Wall in 25:10; Mark Wilson in 25:22; Nicholas Norfolk in 26:02; Ray Hayward in 27:03; Jason Gates in 29:55; Drew Pickens in 30:59; Alex Wan in 31:24; Sam Straessle in 34:14; Gary Russell in 37:48; Johnny Angell in 40:48; Carl Northcutt in 43:59 and Larry Graham in 49:11.

For the women; Brenda Hansen finished in 27:45; Christy Jackson in 29:20; Mackie Buckelew in 33:15; Erin Capps in 37:01; Genoveva Gilbert in 49:08; Beverly Sanders in 51:54; Mary Hayward in 1:06.

July 16th was the **River City 5K** in North Little Rock. For the men; Joel Perez finished second in 17:58; Jacob Wells finished in 20:09; Rodney Paine in 21:38; Mark Wilson in 23:21; Joe Milligan in 24:11; Craig Lair in 24:15; Kenny Worley in 24:56; Ron Sanders, Jr. in 24:59; Roy Hayward in 25:31; Bill Crow in 25:48; Michael Harmon in 28:18; David Samuel in 29:16 and Johnny Angell in 38:09.

For the women; Mackie Buckelew finished in 28:56; Wendy Lair in 33:10; Jaynie Cannon in 38:05 and Mary Hayward in 54:41.

Once again some of our members did a double running the River City 5K in the morning and the **Full Moon 50K/25K** that night. I say "some" members but I think Jacob Wells is the only crazy one. And he didn't just do the 25K; he did the full 50K. Impressive job Jacob. For the 50K men; Joel Perez finished in 4:38:39; Steven Preston in 5:27:30; Jacob Wells in 5:30:23; Patrick Barker in 7:17:00 and Nicholas Norfolk in 7:45:12. For the women; Jenny Weatter and Stacy Shaver finished in 5:46:12.

For the 25K men; Imari Dellimore finished in 2:04:44; Lee Epperson in 2:04:47; Jon Honeywell in 2:34:58; Don Preston in 3:09:12; David Meroney in 3:21:40; Michael Harmon in 3:34:00 and James Erwin in 3:36:00. For the 25K women; Dulcinea Groff finished in 2:49:50; Ivy Pearsall in 3:18:54; Rhonda Ferguson in 3:19:02; Becky Humes in 3:25:48; Brenda Hansen in 3:25:48 and Trina Bright in 3:34:05.

July 23rd was the **Arkansas Runner 2 miler** in Benton. For the men; Kevin Golden finished in 11:42; Jacob Wells in 12:55; Michael Storey in 13:00; Mike Maulden in 13:56; Joe Milligan in 15:04; Roy Hayward in 16:16; David Samuel in 18:42; Michael Harmon in 19:18 and Jesse Garrett in 29:05.

For the women; Kristen Garrett finished in 29:04 and Mary Hayward in 34:39.

Little Rock Roadrunners – Treasurer's Report

FY 2011

June 30, 2011

Beginning Balance July 2, 2010	\$ 5,682.17	<u>Revenue</u>	
<u>Expenditures</u>		CCC Race Income*	\$11,774.00
CCC Race Expenses*	\$ 7,732.59	Other	225.00
Meeting Supplies	558.52	Equipment Rental	400.00
Newsletter	600.00	Membership Dues	3,882.10
T-Shirts	620.28	Race Consulting	2,302.00
RRCA Insurance	1,237.60	<u>T-Shirt Sales</u>	<u>569.50</u>
Clock Repair	459.35	Total Revenue	\$19,152.60
Donations/Awards	286.86	Ending Balance ó Checking June 30, 2011	\$10,997.75
Other Expenses	276.37	<u>CD ó Bank of America June 30, 2011</u>	<u>5,484.26</u>
Postage	154.97	TOTAL	\$16,402.01
Printing	494.28		
Refund	20.00		
Hogeye Teams	491.20		
<u>Storage</u>	<u>903.00</u>		
		*CCC (revenue less expenses) \$4,041.41	
Total Expenditures	\$13,837.02		Submitted by Steve Hollowell, 7/25/11

Calendar (Continued from Page 6)

- 24: Noah's Ark 5K/10K at Dumas. Call 870-866-5547.
- 24: Race for Rayanna 5K at Fort Smith. Call 479-769-4540.
- 24: 5K Freedom Run for Veterans at Rison. Call 870-325-7238.
- 24: Oktoberfest 5K at DeKalb, TX. Call 903-684-3431.
- 24: Cavanaugh Thumperthon 5K at Walnut Ridge. Call 870-886-4007.
- 24: Eagle 5K Run Walk at Alexander. Call 501-316-0922.
- 24: Barn Sale 5K at Camden. Call 870-836-6426.
- 25: Andy's Fun Run.

October

- 1: Operation Christmas Child 5K/10K at El Dorado. Call 870-862-4264.
- 1: Peace, Love & Run Wing Ding 5K at Jacksonville. Call 501-982-3191.
- 1: Heart and Sole 5K/Half Marathon at Jonesboro. Call 870-882-9403.
- 1: Go Literacy! 5K at Bentonville. Call 479-273-3486.
- 1: Great Pumpkin Run 5K at Lonoke. Call 501-416-2331.
- 1: Yellow House 5K at Little Rock. Call 501-593-3551.
- 1-2: Arkansas Traveller 100 at Lake Sylvia near Perryville. Call 501-329-6688.
- 2: Andy's Fun Run.
- 7: Bookworm Blast 5K at Mulberry. Call 479-997-1226.
- 8: Run WILD 5K at Little Rock. Call 501-821-7275.
- 8: Arkansas Marathon/10K at Booneville. Call 479-675-2666.
- 8: Titus Task 5K at Siloam Springs. Call 479-236-8955.
- 8: FSM5K for Cancer Awareness at Cabot. Call 501-843-5291.
- 8: Momentum on a Mission 5K at Van Buren. Call 479-471-8955.
- 8: Fall Foliage 5K at Jasper. Call 870-446-2682.
- 9: Andy's Fun Run.

Bolding Wins At National And World Masters Meets

By Linda House, Editor
The Runaround

Club member Ross Bolding, a resident of Monticello, collected a bronze medal for finishing third in the 2,000-meter steeplechase among 65-69 year old males at the World Masters Athletic Championships in Sacramento, CA, July 16. Ross ran 8:03.15, which broke the U.S. national record of 8:19.63 set by Frank Havilland in 2000.

Ross said "It was a lot of fun and quite an adventure, especially after my tightly double-knotted right shoe somehow came untied right after the first water jump and I had to run the last four-plus laps wondering whether my shoe was going to come off or not. All's well that ends well, however, and it stayed on.

I feel particularly blessed since I injured my left hamstring back in April and have only gotten to run a day or two on good weeks and no days on bad weeks since then. At least I was rested up. On Tuesday I still had a big knot in my hamstring but by Sunday, after lots of continued prayer, it was miraculously gone and my leg was loose, so I had a good race and a lot of fun. The guy who won was from Spain, and this was the 18th World Championship for him.

July 28-31, two weeks after the World Championships, Ross participated in the USATF National Masters Championships at Berea, Ohio. His plans were to participate in eleven events, plus the pentathlon.

The following is Ross's synopsis of what happened in Ohio:

I started on Thursday by winning the pentathlon gold medal. I was in second place after the first four events (long jump, javelin, 200 meters, discus), trailing the leader by about 300 points. I ran a 5:33 in the 1,500 to the leader's 6:37 to win by about 100 points.

On Friday I threw the javelin and got the bronze medal. Then I ran the 2000-meter steeplechase, my specialty, and beat the second place man by about 200 meters. Then I ran the 100 meter hurdles and got the bronze.

On Saturday I was cruising along easily in second place in the 10,000 meters when I developed a pain in my left calf. I ran a few more laps but dropped out after seven laps because I hoped to be able to run multiple events on Sunday. Unfortunately, it was not to be.

My left ankle and calf swelled overnight, and although I treated it the best I could it still was not good on Sunday. I was able to compete in the triple jump, although I could not really make much of an effort. I got the bronze

there. Then I teamed up with three other guys from all over to run the shuttle hurdles. We won the gold and set an American record in that event.

Overall it was a great experience. I won three gold and three bronze medals. I should have enough sense not to be disappointed about not doing better but I had hoped for ten medals, and had my calf held up I would have gotten them.

I thank God for my good health, family and friends. I hope this finds all of you well and running ever day!

New Members

Elizabeth Sanders is a marketing specialist for the medical professional department of Hoffman-Henry Insurance.

She has been running for a year and currently runs 12 miles per week at a 12 minute mile pace. She is currently training for the Soaring Wings Half Marathon. Her goal with joining the Club is to find a mentor to help train for races.

She also enjoys reading, scrapbooking, rock climbing, hiking, going on road trips, volunteering, and canoing.

Ricky Martinez is a physical therapist in an outpatient clinic.

He started running long distance last year but has competed in track from the age of 10 and was a sprinter at Southern Arkansas University-Magnolia. He is currently running 20 miles per week and his PRs are ½ marathon- 1:56, 10K- 44:45 and 5K- 19:18.

His other interests are volunteering, weight training, movies, anything outdoors, and friends.

Running Wild (Continued from Page 2)

Marathon, but his impact transcends beyond the running community to the future of our nation as a champion of health and fitness. Glen will be leaving UAMS to take a position as an Endowed Professor of Health Policy at the University of Kentucky. (Glen clarified that this meant that enough money had been placed in an endowment for the position to be permanent and he would be paid by the interest on the funds.) Glen's lasting impression to me will be his amazing unlikely combination of humility and yet odds-on favorite to win every race he attends. Glen missed much of the past two years with injuries, but is coming back strong, finishing last night's Dam Night Run in Arkadelphia in 15:40. Glen, even though some kid took you out at the finish, I am still proud of you. Come back often, especially for another Little Rock Marathon. We won't forget your friendship, your passion, and your impact on us during your time in Little Rock.

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 Andyø 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

August

- 1: Heritage Twilight 5K at Rogers. Call 479-366-7454.
- 5: Mercy \$5 5K at Fort Smith. Call 479-650-3522.
- 6: White River 4M at Batesville. (GPS-SC) Call 870-793-4613.
- 6: Decatur BBQ 2K/5K/10K. Call 479-752-3281.
- 6: Comets 5K at Springdale. Call 479-841-6731.
- 6: Ranch Run 5K at Holland. Call 501-952-8972.
- 6: Mercy 5K Trail Run at Springhill Park, AR. Call 479-650-3522.
- 7: Andyø Fun Run.
- 13: Watermelon 5K at Hope. (GPS) Call 870-777-1917.
- 13: Run for the Grapes 5K at Tontitown. Call 479-718-2268.
- 13: Free2Walk Freedom 5K at Little Rock. Call 501-240-3309.
- 14: Eureka 10K/5K at Eureka Springs. Call 479-521-7766.
- 14: Andyø Fun Run.
- 20: Run With The Son 5K at Little Rock. Call 501-315-9252.
- 20: Tiger Pride 5K at Bentonville. Call 479-254-5157.
- 21: Andyø Fun Run.
- 21: We Did It All Night Long Half Marathon at Batesville. Call 870-834-3875.
- 26: YMCA Night Flight 5K at North Little Rock. Call 501-227-8343.
- 27: Goshen Gallop 5K/10K. Call 479-236-7258.
- 27: Rollinø on the River 5K at Fort Smith. Call 479-441-5469.
- 27: Mt. Nebo 14-mile Trail Run.
- 28: Andyø Fun Run.

September

- 3: ARK 5K Classic at North Little Rock. (GPS-SC) Call 501-519-0185.
- 3: Chiliø 5Queso for St. Jude 5K at Searcy. Call 501-230-6098.
- 3: Beaver Spring River 5K at Mammoth Spring. Call 870-847-1937.
- 4: Andyø Fun Run.
- 10: Sara Low Memorial 5K at Batesville. Call 870-793-2464.
- 10: Lavaca Firefighters 5K. Call 479-462-9629.
- 10: Running of the Elk 5K at Ponca. Call 870-861-5890.
- 10: Fit for Life 5K at Jonesboro. Call 870-972-3605.
- 10: Panther 5K Kick Off Classic at Benton. Call 501-860-4607.
- 10: Main Street Sportsmanø Festival 5K at Poteau, OK. Call 918-647-8648.
- 10: Platinum Buffalo Invitational 5K at Fort Smith. Call 479-650-1522.
- 11: Andyø Fun Run.
- 17: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
- 17: Winslow Half Marathon. Call 479-634-7451.
- 17: Downtown Jtown 5K at Jonesboro. Call 870-761-7053.
- 17: Tailwaggers 5K at Siloam Springs. Call 479-238-3612.
- 17: Winslow Half Marathon/5K. Call 479-634-7451.
- 17: Poteau 5K XC at Poteau, OK. Call 918-839-3857.
- 17: Hillbilly Porkchop Roundup River 5K at Fort Smith. Call 479-459-4739.
- 17: Yelcot Cotter Warrior 5K at Cotter. Call 870-435-6323.
- 18: Andyø Fun Run.
- 24: Tyler Curtis 5K at Little Rock. (GPS) Call 501-231-3730.
- 24: Frontier Day 5K at Plainview. Call 479-272-4766.

Birthdays

The following is a list of Club members and/or spouses who were born during the month of August. Call Sarah Olney at 615-3344 if the information is incorrect.

- 1 - Merritt Maham
- 2 - Greg Butts
- 2 - Libby Taylor
- 4 - Cathy Hagemeister
- 4 - Kay Bland
- 4 - Lois Mackey
- 6 - Brad Newman
- 7 - Bob Taylor
- 7 - John Nail
- 8 - Ginea Qualls
- 8 - Barbara Fryar
- 10 - Justin Radke
- 11 - Afton White
- 12 - Craig Lair
- 13 - Lea Jacuzzi
- 14 - Erica Nordin
- 15 - Christopher Heller
- 15 - Omar Osorio
- 17 - Rhonda Smith
- 18 - Kevin Groustra
- 19 - David Samuel
- 19 - Waynette Traub
- 21 - Craig Wurtz
- 21 - Mark Davis
- 24 - Mark Thompson
- 25 - Jenny Weatter
- 26 - Mackie Buckelew
- 26 - Brian Watson
- 27 - David Bourne
- 28 - Priscilla Pittman
- 28 - David Williams
- 28 - Paul Ward
- 30 - Kenny Worley

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