

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2011

Run Around The Christmas Tree

By Steven Preston
LRRC President

As 2011 comes to an end this month it has been a great year for the Little Rock Roadrunners:

1) The men's and women's Grand Prix teams both finish out the year in first overall with the men going undefeated!

2) Leah Thorvilson and Tracey Tungac go 1-2 in the Grand Prix Overall Women.

3) Imari Deillimore and Brian Sieczkowski go 1-2 in the Grand Prix Overall Men.

4) Arkansas RRCA Award Winners: Male Runner - Imari Dellimore; Female Runner - Leah Thorvilson; Ultra Female - Jenny Brod; Most Improved Female - Bianca Radke; Race Director - Gary Taylor for the Go! Mile; Volunteer - Linda House; Spirit - Kristen Garrett

5) Many new members were born into or joined the Birds!

6) Our members volunteered at many of the area races including LRRC-directed races such as the Capital City Classic 10K, Race for the Cure, and Verizon Wireless 5K. As you can see, we have many great members within this Club. Some are fast, some are awesome volunteers, some have awesome spirit, and some are great motivators. Each and every one of you make this Club what it is. As such, I hope we can continue these great successes into 2012.

To end out 2011 we will have the Annual LRRC Christmas Party at the Capitol Hill Building once again. The Capitol Hill Building is just to the north of the State Capitol at 1600 W. Fourth Street. Look for the maroon awning. We'll get that party started on Saturday, December 17th at 6 p.m. The Club will provide the

main dish and drinks. Please bring a side dish or dessert potluck style.

Good luck to those running either the Dallas White Rock or Memphis St. Jude Marathons this month. I hope everyone has a wonderful Christmas and New Year's!

The Trailbird's Report

The Trailbird has been looking forward to trying out this trail run for a while, the **LoVit Trail Marathon**, which will be run on Saturday, Dec 10th at 8 a.m. Here's some more info:

Location: Shangri La Drive on Lake Ouachita, near Mount Ida

Directions: Shangri La is located 25 miles west of Hot Springs and 12 miles east of Mount Ida off of Hwy. 270. You will turn onto Shangri-La Drive and make

the first left which is OLD HWY 270. Look for signs posted for the run. Registration will be set up 500 feet down OLD HWY 270. Parking will be at that location and along the road.

Course: On the Lake Ouachita Vista Trail, a single track foot path. This contains no significant creek crossings.

Aid: There will be a total of six aid stations set up along the trail; all will have water and Gatorade, along with various goodies. Drop bag service will be available.

Registration: There is no application or entry fee. There will be a waiver to sign and a can for donations to cover run expenses. For more info check out <http://www.lakeouachitavistatrail.com>

Thanks For The Recognition

By Linda House
Editor, *The Runaround*

Club President Steven Preston must have been busy with his trail training because he didn't write quite enough copy to fill up the front page of the newsletter.

Sometimes that poses a problem but not this time. It gives me an opportunity to write a personal thank you note to say thanks to all of you who voted to honor me as the Arkansas RRCA 2011 Al Becken Volunteer of the Year.

It is a truly special to receive an award that is named for one great volunteer and have it presented by another great volunteer of my friend Bill Torrey.

Even though I was pleased with the recognition awards are not what make me continue to volunteer at races and other venues. I enjoy playing a part in putting on a quality event and giving someone else an opportunity to participate.

(See **Thank You** on Page 4)

Christmas Party

December 17, 2011

6 p.m.

**Capitol Hill Building
1600 W. Fourth Street**

Potluck

(Club will provide meat and drinks.)



As an amateur wordsmith and one who sometimes goes out too fast at the beginning of races, I was delighted to discover from the Internet (so it must be true?) that to *ōpeter outō* was not actually a vulgar euphemism of my pace for the last mile of a 5K. Among other theories, it may instead be a reference to the Apostle Peter, who first rushed to Christ's defense in the Garden of Gethsemane, sword in hand. Then before the cock crowed thrice, Peter denied that he even knew Him (Mark 14:68-72), and became forever synonymous with quitting.

When I'm running well, however, I like to go *ōballs to the wallō*, a phrase derived from the world of aviation. From so many online sources that I surely am not legally obligated to cite them, the phrase refers to the handles on an airplane controlling the throttle and the fuel mixture often topped with ball-shaped grips, referred to by pilots as (what else?) balls. Pushing the balls forward, close to the front wall of the cockpit increases the amount of fuel going to the engines and results in the highest possible speed. The phrase is essentially the aeronautical equivalent of the automotive *ōpedal to the metalō*.

Believed to have originated during the Korean War in the 1950s, the phrase is relatively new compared to Peter's circa 33 AD, which in keeping with the combination history/vocabulary lesson, is short for Anno Domini, Latin for *ōin the year of our Lordō* which immediately followed the last year BC. Because BC is the English abbreviation for Before Christ, it is sometimes incorrectly concluded that AD means After Death, that is, after the death of Jesus. If that were true, the 33 or so years of His life would not be in either era. What I wonder is how they knew what year it was during BC?

If by the homestretch of a race, running balls to the wall hasn't caused me to completely peter out, I like to go *ōballs outō* for my finish line kick. This nautical phrase refers to the governor on a steam engine. Two heavy balls are attached to the engine so that as engine speed increases, the centrifugal force of the flywheel causes the balls to rise. As the balls top out, they govern (limit) the engine, thereby controlling maximum engine speed. Balls out, then, refers to running the engine at maximum speed.

If you weren't aware of the origins of these phrases, then you are just *ōout in left fieldō*, along with the other baseball fans unlikely to catch a Babe Ruth home run ball, since he was a left-handed pull hitter whose home runs were usually to right field. Not only that, but the candy bar is not even named after him, but after President Grover Cleveland's daughter, *ōBaby Ruthō*. The Internet does admit though in some cases, *ōit's likely that the possibility of an anatomical interpretation has helped*

certain expressions gain wider use, especially during quarter mile repeats at Tuesday night speed work.

Last month's article needs a historical correction regarding the pursuit of Moses by the Pharaoh and his Egyptian army, who were quite far from Rome at the time geographically and chronologically. Thanks to my favorite lexicologist for pointing this out. After nearly five years of biding his time (*The Runaround*, January 2007), Paul Ward has returned the favor. In related news, Frazier went down for the final time in November, as Smokin' Joe died at age 67.

This month's Joel Perez marathon PR update: White River Marathon for Kenya 2:56:35. Be sure to check back next month.

Meanwhile, leave it to me to discover a third way *not* to get in the Boston Marathon. Most runners are painfully familiar with the two most common ways *ō not being fast enough or old enough to qualify*. A new this-year-only way not to get in is to destroy your 2012 qualifying time shortly after the September 2011 sign-up period for the 2012 race that filled immediately, but just miss the new lower time standards going into effect for 2013. Then just for fun, do it again two weeks later.

Disdain for Boston is a common thread on page two of *The Runaround*, but only because I haven't ever gotten there on my own. Running Boston with Dave Wilkinson, the only guy I know who ever beat his qualifying time by 85 minutes (five hours for legally blind athletes), makes it all OK, as well as being a rewarding experience in its own right.

(See **Running Wild** of Page 4)

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Ginea Qualls' Running Inspiration Is Her Mom

By Jenny Brod
LRRRC Racing News Editor

This month I decided to interview someone who has been a Little Rock Roadrunner for a very long time. Most of you have known her since she was a little girl and running *örunstö* in her family. I'm talking about past President Ginea Qualls. Ginea tells us about growing up being surrounded by runners and what her goals are for her own running career.

As most of us know, you came from a "running family." Do you remember the first race you ever ran? Yes and no. I remember running the Mosquito Fest 5K in Stuttgart when I was young, maybe five. My mom's friend Nancy ran with me. I'm not sure if it was my first race but the first one I remember doing.

Can you explain how hard it is trying to get back to road racing after having a baby? The hardest part has been balancing sleep and running. My husband works night so mornings seem to be the only time I can run. It's hard to get out of bed at 4:30 a.m. when you had a long night with a little one.

I know that the Wynne Marathon was your third marathon. Do you have another one planned? Yes! I have to go sub four. I hope and plan to run Little Rock.

What has been your favorite race of this year and why? Mount Nebo. I loved the area, simply beautiful, and the challenge. I don't know if I'll run it again. My quads hurt for days, worse than they did after Wynne. HA!

What is your favorite race distance? Half marathon

What is your least favorite race distance? 10K

Do you have any rituals or traditions before any race you run? (Pre-race fuel, stretching, warm-ups, mantras?) I typically eat oatmeal before longer races other than nothing.

Do you have any advice for someone who is just getting into running? Start at your own pace. Do what feels good and build on that.

Who has been your biggest running inspiration and why? My Mom! It is amazing to me that I have a mother that not only I can't beat but most every other female runner can't beat. My mom never forced me to run but she always encouraged me to be healthy. When I started running 10 years ago she was my number one fan. I would call her after every race and run. When I ran my first marathon she was with me the last ten miles. This was after she ran in the relay, then ran 5+ miles with Karen Call. I am very blessed to share the same hobby with her. I hope to still be running as strong as she is when I'm her age.

What would you consider your main running goal or focus right now? Staying healthy. I run so I can eat, plus getting a sub four-hour marathon.

Now on to the results: October 29, 2011, was the Soaring Wings Half Marathon in Conway. This is a big favorite for a lot of runners. For the women Leah Thorvilson finished first in 1:17:45, Tracy Tungac finished third in 1:27:45; Amy Shivers finished in 1:36:07; Jenny Brod in 1:37:04; Becky Humes in 1:43:58; Jenny Wilkes in 1:44:37; Jen Frelino in 1:45:36; Brenda Hansen in 1:51:50; Lisa Luyet in 1:53:00; Ashley Honeywell in 2:01:12; Kren Halbert in 2:11:17; Mackie Buckelew in 2:12:24; Sandy Cordi in 2:14:14; Stacy Shaver in 2:14:30; Erica Nordin in 2:15:03; Ashley Philbrick in 2:18:45; Melisa Behrendt in 2:25:13; Paula Cigainero in 2:32:12; Jaynie Cannon in 2:49:26; Alison Acott in 3:04:07 and Belinda Harrell in 3:19:54. For the men Imari Dellimore finished second in 1:16:58; Brian Sieczkowski in 1:18:44; Joel Perez in 1:19:57; Gary Taylor in 1:21:35; Kevin Golden in 1:22:31; Steve Yanoviak in 1:25:15; Hillary Kogo in 1:27:36; Steven Preston in 1:27:36; Jacob Wells in 1:33:31; Michael Storey in 1:34:45; Joseph Nichols in 1:37:53; Bill Torrey in 1:39:01; Brian Watson in 1:39:53; Rodney Paine in 1:42:06; Mike Maulden in 1:43:26; EF Jennings in 1:43:33; David Meroney in 1:48:14; James Erwin in 1:50:10; Don Preston in 1:53:03; Joe Milligan in 1:55:53; Kenny Worley in 1:57:15; Jon Honeywell in 2:01:12; Michael Harmon in 2:05:20; David Conrad in 2:07:34; Troy Duke in 2:12:08; Dan Belanger in 2:13:39; Joe Cordi in 2:14:14; Nichola Norfolk in 2:14:29; Jesse Garrett in 2:14:29; Noel Hall in 2:26:53 and David Samuel in 2:28:43.

November 5th was the **Race to Indianapolis 5K** in Little Rock. For the men Brian Polansky finished in 22:22; Craig Clune in 22:31 and David Samuel in 28:56. For the women Shareese Kondo finished in 25:39; Mackie Buckelew in 26:55 and Carol Torrey in 28:43.

Also on November 5th were the **Wynne Marathon and Half**. For the half marathon Jesse Garrett finished in 1:57:48; Becky Humes in 2:00:33; Kristen Sterba in 2:11:23 and Ken Sterba in 2:24:46. For the marathon women Leah Thorvilson finished first in 2:57:14; Tracy Tungac finished second in 3:10:21; Jenny Brod in 3:48:32; Tina Coutu in 3:57:03; Ginea Qualls in 4:54:39 and Moniquea Christensen in 7:30:00. For the men Justin Radke finished first in 2:46:26; Mark Ferguson finished second in 2:58:27; Kevin Golden in 2:59:26; Steve Yanoviak in 3:08:21; Joel Perez in 3:10:21; Jacob Wells in 3:16:20; Michael Storey in 3:35:15; Steven Preston in 3:41:21; Don Preston in 4:24:06; David Meroney in 4:31:46; Joe Milligan in 4:35:13; James Erwin in 4:48:55; Michael Harmon in 5:24:56; Dan Belanger in 5:36:56 and Nicholas Norfolk in 6:10:08.

November 12th was the **Pine Bluff Casa Half Marathon**. For the women Leah Thorvilson finished first in 1:23:18; Jenny Wilkes finished second in 1:44:44; and Jaynie Cannon finished in

Race Results (Continued from Page 3)

2:38:44. For the men Joel Perez finished first in 1:20:58; Jacob Wells in 1:32:25.

Also on November 12th was the **Philander Smith Social Justice 5K** in Little Rock. For the women Carol Torrey finished in 28:44. For the men Rodney Paine finished in 20:47; Bill Torrey in 21:45 and Michael Harmon in 26:33.

Also on November 12th was the **Bona Dea 50K**. Stacy Shaver finished first for the women in 4:39:08; Jen Freilino finished in 5:17:57; Steven Preston in 5:27:32; Don Preston in 5:50:51 and Jesse Garrett in 5:52:1.

November 19th was the last Grand Prix race of the season with the **Spa 10K**. For the women Leah Thorvilson finished first in 36:15; Eileen Turan in 1:00:32; Rosemary Rogers in 1:09:27; Coreen Frasier in 1:22:59, and Moniqueca Christensen in 1:33:35. For the men Mark Ferguson finished second in 34:58; Imari Dellimore in 35:26; Brian Siczkowski in 36:01; Steve Yanoviak in 38:53; Mark Hagemeyer in 42:16; David Williams in 42:38; Gary Taylor in 43:17; Rodney Paine in 43:17; Michael

Storey in 44:22; Bill Torrey in 45:27; Joseph Nichols in 45:52; Bill Crow in 48:17; Don Preston in 50:45; Harold Hays in 51:56; James Erwin in 52:04; Joe Milligan in 53:09; David Meroney in 53:11; Tom Zaloudek in 54:38; Patrick Barker in 55:19; David Conrad in 56:50; Dan Belanger in 57:42; Roy Hayward in 58:15; David Samuel in 59:54 and Nicholas Norfolk in 1:03:23.

Also on November 19th was the **RAYn or Shine 5K** in Maumelle. Scott Wall finished in 21:31; Brian Polansky in 23:13 and Mackie Buckelew in 27:41.

Also on November 19th was the **White River Marathon for Kenya** in Mountain Home. For the half marathon Bill Simpson finished in 1:23:20; Kenny Worley in 2:00:41; Becky Humes in 2:33:45 and Jaynie Cannon in 2:45:53. For the marathon Joel Perez finished in 2:56:35 and Jacob Wells in 3:19:46.

On **November 20th** Craig Lair finished the **Ironman Arizona** in 14:49:44. Great job Craig!

If you did not see your name in the race results and would like it to be reported next month, please e-mail me at: jenny.brod@yahoo.com.

Thanks and Happy Running!

New Members

By Sarah Olney
Membership Chairman

Bradley Kremers has been running for four years and runs 25 miles plus at 6:30-8:00 pace depending on the distance. His favorite race is the marathon with a PR of 3:24. He is in the military and enjoys everything outdoors.

Jenny Reeves, a substitute teacher for the Little Rock School District, has been running for approximately 15 years. She has moved back to Little Rock and is looking forward to meeting people in the Club with similar interests. Her favorite distance is the half marathon and plans to run the Little Rock marathon in the spring. She loves fun runs and anything involving a silly theme or costume wearing.

Running Wild (Continued from Page 2)

Whenever Boston comes up in discussion, I wrestle with whether to explain how and why I got there or just let people make the usually obvious but in this case incorrect assumption that I earned it. Sometimes I even not-so-sheepishly bring up the

topic. Benjamin Cheever (my other favorite author besides John the Penguin Bingham) says in his running memoir *Strides*, "When I ran Boston it is now a face card in conversational poker. Not an ace, mind you. Not when I dated Jennifer Aniston but right up there with We at Harvard." It reminds me of that girl from the American Pie trilogy who started every sentence with, "This one time at band camp I

Thank You (Continued from Page 1)

By participating in races, both as a runner and a volunteer, one thing I have learned is that you won't have a race without runners but you can't have it without the volunteers

either. A good example is the Arkansas Traveller 100 where there are at least twice as many volunteers as there are runners.

I will close by asking that when you run in a race be sure and say thank you to as many volunteers as possible.

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. The LRRRC 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

December

- 3: St. Jude Memphis Marathon. Call 800-565-5112.
- 3: Reddie Steady 5K at Arkadelphia. Call 870-230-5140.
- 3: Yule Run 5K at Greenwood. Call 479-996-6357.
- 3: Speedy Santa 5K at Benton. Call 501-778-2271
- 3: Hope, Faith, St. Jude SHS East 5K at Springdale. Call 479-530-5387.
- 3: Jingle Bell 5K at Little Rock. Call 501-662-7242. ext. 223.
- 4: Andyø Fun Run.
- 10: Light Up the Night 5K/1M at Little Rock. Call 501-231-3730.
- 10: Magic Mile at Fayetteville. Call 479-521-7766.
- 10: White River Christmas Half Marathon/8K at Batesville. Call 870-793-5264.
- 10: Jingle Bell 5K at Hot Springs. Call 501-664-7242, ext. 226.
- 10: Jingle Bell 5K at Mountain Home. Call 870-508-1009.
- 11: Andyø Fun Run
- 11: Fayetteville Half Marathon/5K/1M. Call 479-521-7766.
- 17: Mt. Nebo Bench Trail 4M at Dardanelle. Call 479-567-9933.
- 17: Jingle Bell 5K at Rogers. Call 501-664-7242, ext. 226.
- 17: Jingle Bell 5K/Kidø Santa Chase at Fort Smith. Call 580-483-5579.
- 18: Andyø Fun Run.
- 25: Andyø Fun Run.
- 31: RacinøNew Yearø Eve 5K at Conway. Call 501-329-8102.

January 2012

- 1: Mac and Michelleø Prediction Run 3.8M at Batesville. Call 870-307-9850.
- 1: New Yearø Day 2012K at Fayetteville. Call 479-571-8786.
- 7: Run for Broadway Cares 5K at Van Buren. Call 479-774-3534.
- 7: ARK Winter Series at Little Rock River Market. Call 501-519-0185.
- 14: ARK Winter Series at NLR Cooks Landing. Call 501-519-0185.
- 14: Run, Waddle & Plunge 4M at Greenwood. Call 479-652-3649.
- 14: Chilly Cheeks 10K at Camden. Call 870-836-6462.
- 14: Return of the 10K Star Wars Theme at Danville. Call 479-747-1889.
- 21: MLK 5K at North Little Rock. Call 501-231-3730.
- 21: ARK Winter Series at Lake Willastein at Maumelle. Call 501-519-0185.
- 28: -ARK Winter Series at NLR Big Dam Bridge. Call 501-519-0185.

February 2012

- 18: Run for the Presidency 5K at Paragould. Call 870-335-8855.
- 25: Mardi Gras Mambo 10K at Baton Rouge, LA. Call 225-382-3596.
- 25: Run with the Wind 25K at Sarcoxie/Carthage, MO. Call 417-850-0574.
- 25: K-Life 1985K Dusk Run at Conway. Call 501-329-4929.
- 25: The Community 5K at West Fork. Call 479-871-6807.

Birthdays

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

- 1 - Steve Hollowell
- 3 - Michael Watts
- 4 - Jack Evans
- 7 - Gayle Holmes
- 8 - Charlie Dunn
- 8 - Matt Olney
- 8 - Crystal Goodman
- 9 - Jenny Reeves
- 10 - Lisa Luyet
- 10 - Alexander Churbanov
- 11 - Terry Dogan
- 11 - Barbie Hildebrand
- 12 - Jenna Reed
- 12 - Ron Sanders, Jr.
- 13 - Randy Taylor
- 15 - Christine Meroney
- 16 - Laura Griffin
- 16 - Tom Zaloudek
- 18 - Robert Holmes
- 18 - Carlton Saffa
- 18 - Justin Nix
- 19 - Jon Honeywell
- 20 - Steve Straessle
- 20 - Nick Shaver
- 24 - Amanda Dzierzynski
- 24 - Jenny Paul
- 25 - Alex Wan
- 26 - Tom Barron
- 28 - Melissa Henshaw
- 28 - Cindy Holland
- 28 - Kelly Kreth
- 30 - Ann Louise Straessle

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