

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2011

Racing Season Revs Up in February

By **Brian Sieczkowski**
LRRC President

February is a good month for the Arkansas running scene. For Grand Prix runners, there are three races this month: the River Trail 15K in North Little Rock, the Valentine's Day 5K in Russellville, and the Run the Line Half Marathon in Texarkana.

Held on Feb 5th, the 15K features a chili cook-off afterwards with trophies for the best and least best recipes.

The V-Day 5K is one week later and presents one of the state's best chances for a 5K PR: flat course, cool weather, and enough trees to block any potential wind. This year the race is splitting the men and women into two heats to ease congestion.

On February 20th, the Run the Line Half Marathon is back for a fourth year. The race is held in Texarkana, but the after party is worth the drive. You can find much more information on all three races at www.arkrrca.com.

Our Grand Prix teams swept the first race of the year at the One Hour Track Run. Let's keep the momentum going and take home the crowns at all three February races too!

For those looking for something on the beaten path, the Arkansas Trail Series is brand new this year. The ATS features four races of distances from 3.5 to 4.5 miles. Two ATS races occur this month: the DeGray Lake Trail Run in Arkadelphia on the 12th and the Scout Trail Run in Burns Park on the 26th. For more information on the Arkansas Trail

Series, visit <http://www.dltnmultisport.com/calendar/trail-running.html>

If four miles isn't enough, there is also the Ultra Trail Series with two February races: the Sylamore Trail 50K and the brand new Traveller Mini-Loop.

The White Rock Classic has been cancelled for 2011. You can find out more information on these races and the UTS at www.runarkansas.com.

Not all LRRC members are into racing, but February still provides some perks in other areas -- more daylight, a little warmer temps, and an LRRC monthly meeting!

Join us February 17th at the Whole Hog Café at 6 p.m. Club member Betsy Meacham will share some of what she learned at the RRCA Coaching Certification Course.

Trip Of A Lifetime: Going To Da 'Ship

By **Paul Ward**
LRRC Travel Correspondent

Some of you know that my wife, Laura Lamps, is from Auburn, Alabama. She and her brother grew up there, her father lives there, and her stepmother is an Auburn graduate. Laura and I have visited her family in Auburn each December since 2007. Each year we visit, I shop at the J & M Bookstore across College Street from the main campus. I buy gloves, shirts, sox, and cups with the AU logo. A few months ago I was in the Heights Starbucks wearing my orange gloves with the "AU" on the back. Bill "Ol Runner" Hoffman was there too, and loudly asked, "What is that on your hands?!" I said, "The logo of the #1

ranked Auburn Tigers!" Bill is an Alabama fan and many Alabama and Auburn fans strongly dislike the other's school. It's similar to the old Southwest Conference Arkansas - Texas rivalry (from Arkansas' perspective - Texas fans didn't look at Arkansas as a big rival).

I explained to Bill that I am an Arkansas native and root for the Razorbacks first, but then I am an Auburn fan by marriage. I also like Auburn because so many Arkansans are associated with it. A few years ago, Camden native Tommy Tuberville was the head coach. They have a senior wide receiver, Kody Burns, from Fort Smith. Lee Ziemba, a four-year starter and All American offensive lineman, is from Springdale (and his parents are Auburn

alumni). Michael Dyer, their freshman running back, came from Little Rock

(See **Going To Da 'Ship** on Page 4)

February Meeting

February 17, 2011
Whole Hog Cafe

6 p.m. to eat
6:30 speaker

Betsy Meacham
RRCA Coaching
Certification Course



Why do you run? There are as many answers as there are runners. Maybe even for every runner, there are as many answers as there are days in the year to run.

Do you know what you are running toward? Do you know what you are running from? Are you running down a dream? Are you running on empty? Are you running with the devil? Baby, were you born to run?

Does your company pay you while you sit at your desk and daydream about running? Do you solve your client's most challenging problems for free while you run? Can you outrun your memory and get those thoughts recorded?

Do you run to rev up or to wind down? When you run at midnight, do you enter it in your running log for yesterday or tomorrow? Does a six minute mile feel fast and a ten minute mile feel slow, all while the earth is flying through space at 660,000 miles per hour? Do you ever wonder which direction?

Do you hit the ground running? Do you run this town? Are you running in place? Do you sometimes feel like you are running in circles? Does anyone run in squares? Does it run in your family? Is it time you got up and running? Are you running for your life? In a way, perhaps we all are every time we run.

Have you ever looked down at your hand while running and noticed a freckle you had never seen before? Why do so many non-runners list running a marathon on their bucket list? I don't have making a hole-in-one or bagging a trophy buck on mine. Actually, I don't have such a list. Maybe runners don't need them because they run.

Do you run with perseverance the course that has been set out before you? Did you even know there was one? Is it an out-and-back course? Have you made it to the turnaround yet? Is your time running out? When it does, will you have fought the good fight and finished the race? Will you have even started the race? Is every race just a training run for a race that you will never run? Does your running shine before men, so that they may see your good deeds? Is every finish line the first step of the rest of your life? Are you at your best while you are running?

Final random thoughts: This month's reader shout-out goes to Bryan (alternate spelling) Jones for the excellent race results column, and especially the reader-friendly columnar format. I overzealously chastised him for bailing on January only to be reminded of the time warp that was the December *Runaround* with its extra couple weeks of races.

It wouldn't be the February issue of *The Runaround* without a Little Rock Marathon preview report. The marathon will have doubled in its nine years. Perhaps no other race event in the history of our state has been the first marathon, half

marathon, or 5K for so many. I suspect there is a runner out there for whom all three distances in successive years were milestones they never imagined. As Ben Davis (*The Runaround* November 2009) said after his first marathon, "To say I fulfilled a lifetime dream would be a lie. But, maybe that's the beauty. I had just done something that I perceived to be so far from possible that I hadn't even dreamt about it." There will be a lot of that going on in town on March 6.

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
 chrlypytn@gmail.com or
 225-6609

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Race Results

By Bryan Jones
LRRC Racing News Editor

Run for the Ranch ½ Marathon (December 19)

Becky Humes 1:42:01.23

Run for the Ranch Marathon (December 19)

| | | | |
|---------------|---------|-----------------|---------|
| Alison Acott | 4:19:07 | Stacey Shaver | 3:34:22 |
| Joel Perez | 3:01:22 | Leah Thorvilson | 2:47:45 |
| Michelle Rupp | 4:19:07 | Jacob Wells | 3:36:55 |

Disney World ½ Marathon (January 8)

| | | | |
|--------------|---------|---------------|----------|
| Alison Acott | 2:06:38 | Stacey Shaver | 01:42:40 |
| Nick Shaver | 2:52:12 | | |

Disney World Marathon (January 9)

| | | | |
|----------------|---------|-----------------|---------|
| Alison Acott | 4:22:42 | Nick Shaver | 5:23:45 |
| Michael Harmon | 5:23:58 | Stacey Shaver | 4:22:40 |
| Steven Preston | 5:49:20 | Leah Thorvilson | 2:42:11 |
| Michelle Rupp | 4:48:53 | Tammy Walther | 3:38:17 |
| John Russell | 5:03:41 | | |

First Light Marathon (January 9)

| | | | |
|-----------------|---------|-------------|---------|
| Christine Coutu | 4:28:35 | Jacob Wells | 3:30:27 |
|-----------------|---------|-------------|---------|

MLK 5K (January 15)

| | | | |
|------------------|----------|------------------|----------|
| Mackie Buckelew | 28:06.34 | Nicholas Norfolk | 27:14.15 |
| Kelsey Groff | 22:43.39 | Carl Northcutt | 41:22.39 |
| Josh Holt | 17:01.00 | Rodney Paine | 22:36.20 |
| Ashley Honeywell | 26:51.19 | Ron Sanders, Jr. | 28:36.21 |
| Bryan Jones | 24:34.45 | Randy Taylor | 23:00.65 |
| Shareese Kondo | 26:41.95 | Josh Yowell | 21:32.52 |
| Kevin Lemley | 19:00.96 | | |

2011 Grand Prix Series Schedule

| | |
|--------------|---|
| January 23 | One Hour Track Run at Russellville |
| February 5 | River Trail 15K at North Little Rock |
| February 12 | Valentine's Day 5K at Russellville |
| February 20 | Run the Line Half Marathon at Texarkana |
| March 12 | Chase Race 2M at Conway |
| March 26 | Spring Fling 5K at Cabot |
| April 2 | Capital City Classic 10K at Little Rock |
| April 10 | Hogeye Marathon Relay at Fayetteville |
| April 30 | Toad Suck 10K at Conway |
| May 28 | Rock Run 8K at Little Rock |
| June 18 | GO! Mile at North Little Rock |
| August 6 | White River 4M at Batesville |
| August 13 | Watermelon 5K at Hope |
| September 3 | ARK 5K Classic at North Little Rock |
| September 17 | Arkansas 20K at Benton |
| September 24 | Tyler Curtis 5K at Little Rock |
| October 1 | Survivor's Challenge 10K at Fort Smith |
| October 15 | Chile Pepper XC 10K at Fayetteville |
| October 29 | Soaring Wings Half Marathon at Conway |
| November 5 | MidSouth Marathon at Wynne |
| November 19 | Spa 10K at Hot Springs |

One Hour Track Run (January 23)

| | | | |
|-----------------------|----------|--------------------|----------|
| Dan Belanger | 6.25 mi | David Meroney | 7.00 mi |
| Ross Bolding | 8.25 mi | Joe Milligan | 6.75 mi |
| Bill Bulloch | 6.75 mi | Nicholas Norfolk | 6.25 mi |
| Sunnie Butcher-Keller | 8.75 mi | Carl Northcutt | 4.00 mi |
| Jaynie Cannon | 4.25 mi | Jessica Osorio | 6.50 mi |
| Moniqueca Christensen | 3.75 mi | Rodney Paine | 7.00 mi |
| David Conrad | 6.75 mi | Rosemary Rogers | 5.25 mi |
| Brent Corbitt | 10.25 mi | David Samuel | 5.75 mi |
| Imari Dellimore | 9.75 mi | Billy Shurley | 7.25 mi |
| James Erwin | 5.00 mi | Kim Shurley | 6.75 mi |
| Coreen Frasier | 4.50 mi | Andrea Sieczkowski | 8.50 mi |
| Jesse Garrett | 7.00 mi | Bill Simpson | 9.50 mi |
| Angela Gattin | 6.00 mi | Tim Steadman | 8.75 mi |
| Mark Hagemeyer | 8.50 mi | Bradley Thomas | 5.25 mi |
| Karen Halbert | 5.50 mi | Mark Thompson | 8.00 mi |
| Michael Harmon | 6.25 mi | Leah Thorvilson | 10.25 mi |
| Mary Hayward | 2.75 mi | Eileen Turan | 6.50 mi |
| Roy Hayward | 6.50 mi | Tammy Walther | 7.75 mi |
| Josh Holt | 10.5 mi | Will Walther | 5.00 mi |
| Mike Maulden | 7.75 mi | Jacob Wells | 8.00 mi |

Little Rock Training Groups

Group Name

Days/Time

Meeting Location

| | | |
|-----------------------|------------------------|---------------------------------------|
| 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 5:15 p.m. | See arkrca.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 |

Going To Da ‘Ship

(Continued from Page 1)

Christian and set a state rushing record in high school. He also broke Bo Jackson’s freshman rushing record at Auburn. Gus Malzahn, Auburn’s offensive coordinator, is formerly of Springdale. And Rhett Lashlee, a former well-regarded Arkansas high school quarterback, is a graduate assistant coach.

If you follow college football, you know Auburn had a good year, to understate things a bit. When Arkansas played at Auburn last fall, Arkansas led in the second half, but some turnovers and questionable calls allowed Auburn to whip the Hogs handily. The good news is that Arkansas scored more points against Auburn than any other team did last season. The bad news is that Auburn scored more points against Arkansas than it scored against any other team. Oh well. After Arkansas lost to Alabama and Auburn, I rooted for Auburn to win the SEC.

My father-in-law, a long-time Auburn supporter, told everyone last fall that if Auburn went to the national championship game, he would take the entire family. As Auburn finished the season with a thrilling victory over Alabama (which I’m sure gave Bill Hoffman a stroke!), we knew they had a chance to go. Auburn beat South Carolina in the SEC Championship game and Oregon beat Oregon State in the final regular season game, so both teams were undefeated, ranked #1 and #2, and were invited to the BCS (Bowl Championship Series) National Championship Game January 10 in Glendale, Arizona. Auburn’s mascot is the Tiger and Oregon’s is the Duck.

Then the magnitude of the potential generosity hit my father-in-law square in the face. He never thought Auburn would make it and he realized tickets were expensive, so he told his wife that the trip was off because Laura and her brother had to work. Laura’s stepmother talked to Laura and her brother and they set the record straight. My FIL was busted! But if he didn’t want to go, that wouldn’t stop the rest of us.

I wasn’t crazy about going, but I wanted to go if we could take my 14 year-

old nephew, Andrew. He loves sports and he would remember going to a BCS National Championship game forever. With my FIL out of the picture, we had an even number of people going, six. Andrew, Laura, and I would leave from Little Rock. Laura’s stepmother would drive from Auburn to Atlanta, join Laura’s brother and his girlfriend, who live in Atlanta, and they would fly to Phoenix. Glendale is a suburb of Phoenix. At Christmas I prepared a word jumble involving ōAuburnö, ōOregonö, ōTigersö, ōDucksö, etc. for Andrew to solve. After solving the individual words, he put numbered letters into a blank phrase. When completed it said, ōI’m going to -da -shipö! When he realized what he was getting, he beamed and hugged Laura and me.

Remember the first snowstorm of the year? It hit Little Rock Sunday, January 9. We flew from Little Rock that morning, ahead of the storm. Southwest has a direct flight from Little Rock to Phoenix. Several people drove from Tennessee to Little Rock to take advantage of this flight. Several people in the airport gate area were wearing Auburn orange and blue. One poor lone soul had Oregon green. My brother-in-law saw the coming storm, moved their flights from that Monday to Sunday, and got out of Atlanta ahead of the storm, which hit that area harder than Little Rock. Atlanta got some ice, and the airport cancelled many flights, including the one our Atlanta crew was to take originally.

Everyone made it to Arizona on time. We call my BIL the concierge because he investigates hotels, restaurants, and other travel-related entities, and makes all our arrangements. We stayed in nice resort in Scottsdale, a suburb northeast of Phoenix. Our resort also was one some Auburn alumni groups used. At times it was a sea of orange-clad Auburn fans. We got there late in the morning.

Although I like snow, I couldn’t complain about sunny, 60 degree weather in January. Our resort had fruit-laden lemon and orange trees and fragrant rosemary shrubs as part of the

landscaping. We were a quarter mile from the start of the trail going up Camelback Mountain, the famous local landmark. If you’ve never seen it, it looks like a camel seated in a position similar to the Great Sphinx. From the side you can see a distinct head and hump. The local info on it said it was created in the ōPre Cambrianö period, a billion or so years ago. We set out to hike it. The trail was well marked, but appropriately labeled ōstrenuousö. At some points we had to climb on our hands and knees up rocks. The views of the valley were fantastic.

There are mountains on both sides of the main highway. Our resort gave us a brochure-map with several running/walking options. The scenery is so different from here. Homes are built up the sides of barren mountains. Xeriscaping is the norm. Water is scarce, so people use plants that can thrive on little water. Cacti and palms are prevalent. The sky is clear and the air is dry.

We did the mountain hike Sunday and a flatter, scenic walk Monday. We ate a late lunch Monday, met at the resort’s outside bar for pre-game hydration, and headed west. Although it was rush hour traffic, we made it in plenty of time.

The stadium is called ōThe University of Phoenixö stadium. It is about five years old, and the home stadium for the NFL’s Arizona Cardinals. Two unique features are a small, sliding panel on the roof, which opens to about the size of the opening in the old Cowboys Stadium in Dallas, and a natural turf field that slides outside for sunlight. My BIL said they built the stadium partially to host BCS bowl games. He also told me that tickets are not difficult to get, although the prices climbed as the hype grew.

Newer stadia sell ōseat licensesö which allow purchasers the right to buy tickets to all events in the stadium. So someone with a seat license in the Glendale stadium could buy Arizona Cardinals tickets, Fiesta Bowl tickets, and BCS National Championship tickets.

Going To Da ‘Ship’ (Continued from Page 4)

Most locals lacked any connection to Auburn or Oregon, so they sold their tickets to ticket brokers who in turn sold them at great profit to interested fans. We got good seats in the lower level around the 30 yard line, behind Auburn’s bench.

The game had a record crowd of over 78,000. Most of the fans wore Auburn colors; maybe a third wore Oregon colors. The game was very close and very good. Both teams run a fast pace, spread offense. Oregon tries to go one step further and run the next play very quickly after the former play. Their strategy is to wear the opponent’s defense down. This is harder in a televised game because of the frequent, long timeouts for commercials.

Oregon scored first with a field goal. Auburn drove down the field and scored on a touchdown pass from quarterback Cam Newton to Kody Burns. Michael Dyer didn’t play in the first quarter, but came in and ran well from the second quarter on. I told Andrew that I hoped the headline of the game would be “Big Dose of Dyer Defeats Ducks.” Auburn later got a field goal. Oregon scored a touchdown then ran a trick play on the conversion. First they lined up with a center over the ball and two people behind him. The rest of the players were off to the side. Then they ran to their regular positions, but Oregon faked the extra point attempt and ran for the two

point conversion. Auburn came back and got another touchdown and a safety. They traded field position, punts, and turnovers. Auburn led 19-11 in the fourth quarter. Oregon drove and scored a touchdown with a few minutes left. They had to go for two points to tie the game and succeeded with a misdirection pass play. Uh oh, I thought, this might go to overtime.

Oregon kicked off and Auburn had two interesting plays involving Michael Dyer, who rushed for over 140 yards in the game. In the first play, he ran up the middle, was apparently tackled by an Oregon defender, but popped up and ran for over 30 yards. Officials reviewed the play and it showed that Dyer never let his knee hit the ground; he landed on top of the defender. Auburn was in striking distance. Then he took another handoff and burst through the middle with daylight ahead. Two defenders closed from each side and the three went down at the goal line. Dyer stretched the ball over the line and the officials ruled it a touchdown. We went crazy! But officials reviewed this play too, and it showed that Dyer’s knee was down before the ball crossed the plane of the goal line. First and goal. Nine seconds left. After a timeout and changed formation, Auburn ran one play in the middle, kneeled, and called time out with two seconds left. The field goal unit went on the field, Auburn

executed perfectly, and time expired with Auburn leading 22-19. Cannons shot confetti in the air. Huge AU banners were carried on the field in front of the fans. The ESPN TV crew moved a portable desk on the field with their talking heads explaining what happened. The national championship trophy was presented to Auburn on the field. What a game!

Andrew was hoarse from all his cheering. I told him I was right: “Big Dose of Dyer Defeats Ducks!” I think he’ll remember this trip for the rest of his life.

We returned home the next day, with most of the snow gone, but we woke up to temperatures in the teens the next morning. Ah, back to reality. Coincidentally, the snowfall here closed Andrew’s school Monday and Tuesday, so he missed no school. I laughed at the possible conversation at school the next day. Student 1: “What did you do while school was closed?” Student 2: “I built a snowman.” Student 3: “I went sledding.” Student 4: “I threw snowballs.” Andrew: “I went to the BCS National Championship game!” Hard to top that.

What is “da -ship”? An Auburn radio station ran a rap song in December with the refrain, “We’re going to da ship”, meaning “we’re going to the championship”. Did they ever!

Alleviate Used Shoe Crisis By Donating To “ReShoe”

Are retired running shoes overtaking your closet? Looking for a new purpose for old shoes? Tired of contributing to our landfill crisis? Relax friend, and donate your previously worn running shoes to the LRRC ReShoe Program!

LRRC members Sarah Olney and Mary Wells are collecting your old shoes. All sizes of shoes are needed! Smaller shoes will be donated to local schools to ensure their students have athletic wear and adult shoes will help serve the Little Rock homeless population.

Please wash the shoes prior to donation. For best results, remove laces from shoes and wash in a standard washing machine on cold temperature. Set out shoes to air dry (using a dryer is NOT recommended), then re-lace.

The easiest way to donate old shoes is to take them to Go! Running, 1819 N. Grant in the Heights. The staff there will hold them until Sarah or Mary can pick them up.

“What else can I do to help?” Well, often times the donated shoes are not washed and Sarah and Mary

could use a few volunteers to help them in that regard. If you’d like to be part of the LRRC ReShoe team, contact Sarah or Mary via e-mail at either:

olney71@gmail.com

marybird2000@yahoo.com

“Anything else I need to know?” Used running apparel is also graciously accepted by the ReShoe program. Drop off all donations at Go! Running.

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

February

- 5: River Trail 15K at North Little Rock. (GPS-SC) Call 501-766-3004.
- 5: Mardi Gras Mambo 10K at Baton Rouge, LA. Call 225-382-3571.
- 5: Chilly Cheeks 10K at Camden. Call 870-836-6462.
- 6: Andyø Fun Run.
- 12: Valentineø Day 5K at Russellville. (GPS)
- 12: DeGray Trail Run at Arkadelphia. Call 870-246-6686.
- 12: K-Life 5K at Conway. Call 501-329-4929.
- 13: Andyø Fun Run.
- 19: Bowen 5K at Little Rock. Call 501-804-1877.
- 20: Run the Line Half Marathon at Texarkana, AR-TX. (GPS) Call 903-792-7186.
- 20: Andyø Fun Run.
- 26: SMH The Beat Goes On 5K at Benton. Call 501-776-6743.
- 26: Penguin Run 5K/10K at Batesville. Call 870-307-0383.
- 26: Scout Trail Run 3.8M at North Little Rock. Call 870-246-6686.
- 26: Red Devils 5K at Jacksonville. Call 501-772-4562.
- 26: To the Ends of the Earth 5K at Red Oak, OK. Call 918-448-8574.
- 26: St. Bernardø Healthy Heart 2M at Jonesboro. Call 870-972-4564.
- 27: Andyø Fun Run.

March

- 5: Little Rock 5K. Call 501-371-4770.
- 5: Little Rockers Final Mile. Call 501-371-4770.
- 5: Sombrero Beack 5K/10K/15K at Marathon, FL. Call 305-289-9868.
- 5: Freezing 4M at Fayetteville. Call 479-575-7382.
- 5: Veritas Classic 5K at Texarkana, AR-TX. Call 903-278-9077.
- 6: Little Rock Marathon/Half Marathon. Call 501-371-4770.
- 6: Andyø Fun Run.
- 11-13: Three Days of Syllamo at Mountain View. Call 501-454-4391.
- 12: Chase Race 2M at Conway. (GPS-SC)
- 12: Victorian Classic 10K/2M at Eureka Springs. Call 417-379-7931.
- 12: Feed Your Feet 5K/1M at North Little Rock. Call 501-773-9066.
- 12: Reach Out and Run 5K at Fort Smith. Call 479-806-6487.
- 12: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 13: Andyø Fun Run.
- 13: Spa City Trail Run 4.5M at Hot Springs. Call 870-246-6686.
- 19: HardCorps HeartCorps 5K/Half Marathon at Fort Smith. Call 479-651-5759.
- 19: Highrock Hop Trail 10M at Batesville. Call 870-307-8922.
- 19: Race for Independence 5K at Rogers. Call 479-957-2022.
- 20: Andyø Fun Run.
- 24-27: Harrison Hundred K Challenge Races. Call 870-743-2954.
- 26: Spring Fling 5K at Cabot. (GPS)
- 26: Fayetteville 5K Poker Run. Call 918-289-5798.
- 26: Paws and Claws 5M/2M at Huntsville. Call 479-738-1355.
- 27: Andyø Fun Run.

Birthdays

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

- 1 ø Angela Gattin
- 4 ø Betty Ray
- 4 ø Joe Milligan
- 5 ø Adi Khindaria
- 7 ø Stacey Shaver
- 12 ø Patrick Barker
- 12 ø Mira Lelovi
- 12 ø Susan Conrad
- 13 ø Charles Peyton
- 13 ø Alison Acott
- 16 ø Linda Galloway
- 16 ø Susan Bell
- 17 ø Tina Coutu
- 20 ø Brian Neukirch
- 21 ø Polly Russell
- 24 ø Benjamin Simpson
- 24 ø Amy Shivers
- 25 ø Allison Martin
- 27 ø Richard Nix
- 27 ø Belinda Harrell

Editor's Note: Ginea had computer issues last month so the following is her current list of January birthdays.

- 2 ø Shareese Kondo
- 6 ø Laura Naill
- 7 ø Edward Horgan
- 7 ø Christopher Stashuk
- 9 ø Stephanie Richardson
- 9 ø Leah Thorvilson
- 10 ø Pam Hays
- 12 ø Ross Bolding
- 17 ø Bill Walther
- 18 ø Martha Ray Sartor
- 18 ø Joshua Behrendt
- 18 ø Lyndsey Sanders
- 18 ø Suni Hoffman
- 19 ø Carl Northcutt
- 20 ø Marcus Pierce
- 20 ø Greg Jacuzzi
- 21 ø Richard Johnson
- 21 ø Bill Rahn
- 21 ø Kim Fischer
- 22 ø Michael Christensen
- 23 ø Ellen Kreth
- 25 ø Ann Scroggins Rahn
- 30 ø Abigail Ethington