

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB



July 2011

Club Activities Are Hot! Hot! Hot!

By Steven Preston
LRRRC President

It's getting HOT, HOT, HOT! The temps are on the rise, but so are the LRRRC Birds! At the June 18th Go! Mile the men's and women's Grand Prix teams continued their dominance of the 2011 series. It was fun toeing the line with current and former college and high school track athletes. I think everyone I heard said they had a great time at this race. It should have a long and continued run in the Series with the hard work of Gary and Erin Taylor and all their support team at Go! Running.

Things continued to heat up in July. First off was the Easy Runner Firecracker Fast 5K on Monday, July 4th. Once again, the race was a great start to Independence Day with over 1,000 participants. Congratulations to our esteemed race director, Bill Torrey, for another booming success.

If you're still itching for some more fast courses after that, July will also feature the Heat in the Street (Arkadelphia) and Arkansas Runner (Benton) 2-milers. And, what a way to end out the month with an LRRRC Club Track Meet on Sunday, August 24th. The Polansky Mile kicks off the meet at 7 a.m. Check out www.littlerockroadrunners.com for a full meet list and sign up. New this time around is a Kids 100-meters for ages nine and under. As always, we need volunteers to help time the heats if you're not planning on running a particular heat or just want to come out and watch.

On July 9th, the BDB Twilight 5K will again be the host of the annual LRRRC membership drive at Murray Park. If you're not running, please come out with your Bird shirts on to help show your

support for the Club and help cook some hotdogs. If you are running, please wear your Bird singlet and recommend to the guy/gal next to you at the starting line that they need to come by the LRRRC tent after the race for a hotdog and membership form! Grilling starts at 7 p.m. and the race starts at 7:30 p.m.

On July 21st, Jeff Callahan will give a talk on selecting the proper running shoes. Jeff has been helping fit runners in the perfect shoe for over six years at Easy Runner. So if you've had questions about the latest model of a shoe, what shoes work best for high arches, or how can you learn if and how much you pronate then this is a meeting you shouldn't miss.

If all this gets you too hot, then make sure and mark your calendars for the LRRRC Night at the Dickey-Stephens Park on Friday, July 29th as the Travs take on the Tulsa Drillers. Put your Bird shirt on, stop by a concession stand for a nice cold one, and meet the rest of the Roadrunners out on the left-field berm. First pitch is at 7:10p.m.

Keep cool and come on out and enjoy all the events your Club has to offer this month!

CHANGING OF THE GUARD

I would like to give a big thanks to Brian Sieczkowski for serving as president of our great Club this past year. He was instrumental in the creation of the LRRRC Club Track Meets and the Birds winning the final battle for the tailgate at last summer's Dam Night Run 5K tailgate party. I don't know if I can top that, but I hope to at least bring the same level of effort to bring this Club to new levels of support for our local running community.

Stay tuned in the next few weeks for an online survey that will be going out to all Club members. With this survey I

hope to gain insightful information into what our members are looking for in their running Club. So, if you could, when you receive the link to this survey in your e-mail inbox please take a few minutes to fill it out. It will only help to make this Club more in touch with the needs and wants of its members.

I would also like to welcome new board members, Becky Humes and Michael Harmon. Becky has been elected president-elect. As Brian stated at June's Club meeting, Becky has already shown a lot of support to the community's up-and-coming runners and I think she will continue to enhance the running community as a member of our board.

Michael Harmon will be joining as an at-large member to take Jeff Maher's spot. He just finished serving as this year's Dino Dash 5K/Kids 1K event chair and can be found most Saturday's helping runners find the proper running gear at Go! Running. Jeff will be moving into our treasurer's position. Jeff is an accountant with state's Department of Finance and Administration so as far as I'm concerned that's good enough qualifications, haha! Actually, Jeff is not only a great accountant, but he's also been learning a

(See Hot on Page 4)

July Meeting

July 21, 2011
Whole Hog Cafe
6 p.m. to eat
6:30 p.m. speaker

Jeff Callahan
"The Perfect Shoe For You"



Having celebrated our country's birthday and the midpoint of 2011 with Little Rock's race of the year, the Fast Firecracker 5K, it's time to look ahead to the rest of the summer's racing schedule. Especially for those new runners who have found the love, there is something for everyone every single weekend. There are others to pick from, but these are just ones with which I am familiar. Check the list included herein or a running website for all your options.

July 9th Heat in the Street 2 Mile ó In its fifth year, this race is directed by Mike Prince, who won the Spirit Award for the 2005 Grand Prix season for everything he does to encourage running to the youth of Arkadelphia. You will often see him bringing a busload of kids to races around the state.

July 9th Big Dam Bridge Twilight 5K ó Summer is full of opportunities to race twice in a day and sometimes three times in a weekend. July offers two chances for a double header. After returning from Arkadelphia for a nice nap and lounging at the pool, you are ready for what has become Little Rock's mid-summer party of choice, best known for the LRRC hot dog tent and where you will sweat more before the race than during it.

July 16th River City Ministries 5K ó Directed by LRRC's Beverly Smith, this is one of three summer races that lost their course in NLR in 2010 as a result of road construction, but this one found a new home along the NLR River Trail. In its seventh year, it is my second longest "street race" (*The Runaround* January 2008) after only the Little Rock Marathon. Kevin Clay, local radio personality and long-time friend, provides entertainment and announces the awards.

July 16th Full mOOOn 50K and 25K ó With odd capitalization intentional, your second double in a row is the perfect chance to give trail running a try. As with the previous Saturday, a long afternoon nap is in order as this race starts at 8 p.m. and for some of us, lasts most of the night. An event worthy of its own article (*The Runaround* September 2006), it's the only Arkansas summer race where the temperature is likely to go down from the start to finish. It is also the early birthday party for Lou Peyton, winner of the first Firecracker 5K 34 years ago (at the age of 10 or so!)

July 23rd Arkansas Runner 2 Mile ó Run through the heart of downtown Benton, this year it coincides with the anticipated opening date of the Two Rivers Bridge (the new Little Dam Bridge?) This one is the best deal on the list if preregistered, at \$7.50 for adults and free for kids. Depending on the timing of the new bridge opening, crossing there for the first time can wait a few hours.

July 30th Dam Night Run ó Once again, Arkadelphia is the place to be and Mike Prince and his team are the ones to thank.

Former RRCA State Representative Kim Howard of Mineral Springs will have just turned 50 that week, and rumor has it, there might be something special in store. Some argue the point-to-point net downhill course rivals that of the Firecracker, but there is no disputing that the party lasts longer.

August 6th White River 4 Mile Classic ó For Grand Prix points, you have to travel for the next two weeks, first to Batesville, hosted by the White River Roadrunners, including race timer extraordinaire, Ken oMacö McSpadden. Non-metric distance and the misting tent are my favorite things about this race. This race also features a 15 minute early start for those who need it to break an hour, which assures them more of the post-race party and clears the street for the White River Carnival Parade that follows.

August 13th Watermelon 5K ó Another summer classic and hosted by the Melonvine Striders, this is a 5K worth the two-hour drive. You are sure to leave with as much watermelon as you can stand. This is the only other race besides the Firecracker that I have ever been able to feel my feet burning through my shoes.

August 20th Run for the Son 5K ó This is the only local race I can find for this Saturday and the only one on the list I haven't done several times. LRRC's Joey Nichols, who you may know from Tuesday track, assists with this race and personally guarantees 65 degrees and low humidity, so a huge turnout is expected.

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

The Runaround is published electronically each month by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month's issue. Send articles to **Linda House, Editor**, at lhouse48@gmail.com or 3800 Bruno Road, Little Rock, AR 72209-6714.

Board Members

Steve Preston	President	626-0049
Becky Humes	President-Elect	940-6619
Jenny Weatter	Secretary	251-5955
Jeff Maher	Treasurer	680-6710
Brian Sieczkowski	Past President	766-3004
Sarah Olney	Membership	615-3344
Michael Harmon	At Large Member	960-6963
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969

Race Results

By Bryan Jones

Paws on the Pavement 5K (June 4)

Erin Capps	32:19	Jane Riggs	25:29:00
Jon Honeywell	22:35	Alex Wan	31:17:00
Pau Lafleur	24:49	Jacob Wells	21:09
Courtney Lang	28:55	Allen White	25:24
Ethan Neyman	17:59	Jenny Wilkes	22:27
Rodney Paine	21:45		

Sole to Soul 5K (June 4)

Brenda Hansen	24:27.72	Don Preston	22:52.31
Amy Livers	27:17.24	Beverly Smith	22:22.72
Nicholas Livers	58:22.41	Kenny Worley	24:48.20

Run with the Dogs 5K (June 11)

Carl Carter	21:23	Steven Preston	20:01
Ellen Gattin	43:34	Leah Thorvilson	18:13

Mighty Bluebirds 5K XC (June 11)

Erin Capps	34:00.78	Joe Milligan	25:03.67
Dan Belanger	27:39.06	Scott Sander	19:55.71
Tina Coutu	24:01.80	Brian Sieczkowski	17:56.72
Michael Harmon	31:21.41	Kenny Worley	25:20.52

GO! Running 1 Mile (June 18)

Brian Bariola	4:57.28	Mike Maulden	6:01.26
Ross Bolding	7:00.21	David Meroney	6:22.24
Erin Capps	8:54.07	Joe Milligan	6:58.97
Carl Carter	5:53.37	Nicholas Norfolk	6:34.49
Jonathan Caudle	7:57.29	Rodney Paine	5:42.03
Tara Caudle	7:23.23	Joel Perez	5:10.83
Moniqueca Christensen	13:34.83	Shea Pickens	7:36.33
David Conrad	7:08.83	Don Preston	6:35.03
Bill Crow	6:37.28	Steven Preston	5:08.25
Amber Davis-Tanner	6:59.97	Ginea Qualls	6:46.39
Imari Dellimore	4:50.59	John Russell	7:48.29
James Erwin	7:34.90	Andrea Sieczkowski	6:13.43
Kevin Golden	5:16.18	Brian Sieczkowski	4:44.91
Kevin Groustra	6:30.87	Mark Tanner	5:48.02
Karen Halbert	8:03.84	Bradley Thomas	8:12.76
Michael Harmon	7:25.70	Bill Torrey	6:58.14
Mary Hayward	16:11.68	Eileen Turan	7:49.93
Roy Hayward	7:12.75	Scott Wall	6:14.66
Barbie Hildebrand	6:24.26	Jacob Wells	5:42.59
Becky Humes	6:49.78	David Williams	5:53.66
E.F. Jennings	6:10.87	Jarrood Woodley	7:04.41
Shareese Kondo	6:58.16		

Brickfest 5K (June 25)

Jaynie Cannon	39:13.26	Jacob Wells	21:19.38
Nicholas Norfolk	25:02.32	Jenny Wilkes	22:36.71
Scott Sander	21:00.42		

Firecracker 5K (July 4)

Johnny Angell	38:02.34	Tracey Maulden	28:55.14
Dan Belanger	25:46.35	Nicholas Norfolk	23:35.31
Mackie Buckelew	29:23.81	Rodney Paine	19:27.34
Jaynie Cannon	37:50.45	Brad Patterson	29:48.34
Erin Capps	33:04.98	Joel Perez	17:25.84
Carl Carter	20:02.16	Lou Peyton	34:44.98
Jonathan Caudle	29:02.75	Andrew Pickens	34:11.22
Tara Caudle	26:56.37	Olivia Pickens	34:10.43
Sandy Cordi	25:45.71	Shea Pickens	26:06.49
Tina Coutu	22:25.13	Donald Poore	24:28.38
Monica Dellimore	28:02.34	Don Preston	22:08.52
James Erwin	27:11.31	Ginea Qualls	23:11.51
Zoe Erwin	42:52.26	Michelle Rupp	23:57.66
Lorelai Fant	36:49.54	Scott Sander	18:53.24
Mark Ferguson	16:51.10	Beverly Sanders	44:36.24
Jason Gates	29:48.61	Amy Shivers	20:25.45
Kim Gates	29:45.51	Bo Smith	19:56.38
Bryce Gattin 2	5:57.72	Steve Straessle	23:50.74
Ellen Gattin	31:32.17	Gary Taylor	18:12.67
Larry Graham	24:54.48	Leah Thorvilson	16:41.22
Brenda Hansen	24:09.12	Eileen Turan	36:49.01
Michael Harmon	25:28.12	Scott Wall	21:20.43
Josh Holt	16:12.27	Jacob Wells	19:43.36
Ashley Honeywell	25:03.80	Allen White	23:40.71
Jon Honeywell	20:25.06	Jenny Wilkes	21:08.07
Becky Humes	22:03.91	David Williams	19:19.70
Christy Jackson	26:59.27	Jarrood Woodley	26:46.12
E.F. Jennings	21:43.46	Kenny Worley	25:39.24
Shareese Kondo	23:01.37	Steve Yanoviak	17:44.45
Mike Maulden	20:03.48		

Two Rivers Bridge Dedication

A dedication of the Two Rivers Bridge across the Little Maumelle River will be held Friday, July 8 at 11:30 a.m. Pulaski County Judge Buddy Villines and the Ray LaHood, U.S. Secretary of Transportation, will be there.

A strong show of support for the dedication of the Two Rivers Bridge will help us continue to secure federal funding for future bicycle/pedestrian projects in this area.

This is not the grand opening of the bridge; that will be later in July when the area around the bridge is completely finished. But, if you attend the dedication, you can actually get on the bridge for a sneak preview.

The dedication is taking place before the official opening because that is when Ray LaHood will be in town!

Hot (Continued from Page 1)

lot lately about directing races. So I guess he's a multi-talented kinda guy. What talented members we have in the LRRC!

Finally, I would like to thank Steve Hollowell for his many years of service to the Club. He is stepping down this year as the Club's treasurer, which he has served as since 2006. Before that he served as past-prez or president for all but two years from 1997 thru 2006. Thanks Steve for the past 14 years!

NEW VOLUNTEER LIST

Starting with next month's newsletter we will be listing volunteer opportunities for Club members. It's always nice to provide back to a sport that has done so much for us. Hopefully, this list will make it easier for us to find races that need our help. So, if you ever have a race for which you need volunteers, please e-mail me at littlerockroadrunners@yahoo.com. Please make sure to provide a contact name, contact phone number, how many people you need, and, if possible, what duties you will have them doing. All information should be submitted before the end of the month previous to the race.

THE TRAILBIRD

This past year there was a resurgence of the shorter distance track/road races with the start of the LRRC Club Track

Running Wild (Continued from Page 2)

August 20th Mount Nebo Trail Run ó The only conflict listed here, if you are in the mood instead for some camping and caught the trail bug at the Full mOOn, this is a 14 mile trip with views unlike anything else. Burgers grilled by multi-talented Razorback All-American Coach Tom Aspel are the reward for finishing.

August 26th YMCA Night Flight 5K ó The list's only Friday night entry, this 2010 inaugural race featured a Zumba warm-up and a course that meanders through the Lakewood area of North Little Rock. It is also the perfect weekend warm-up for the

August 27th Rollin' on the River ó This Easter Seals celebration happens in front of the Clinton Presidential Library, after they also lost their course and moved in 2010. Awards feature hand painted Easter Seals kids' artwork.

September 3rd ARK Classic 5K ó Who could forget how we all unexpectedly nearly froze last year? The third of the races that lost its course, this one found Funland at Burns Park in North Little Rock.

This month's reader shout-outs abound: First to the running Honeywells, Jon and Ashley. Jon has become my pacer at Tuesday night speed work and they were likely one of the few couples who both scored Firecrackers on Monday. With Ashley's confession and pending intervention, total readership of this column (counting my Mom) has now reached double figures. Jon beat the lottery odds, and the Honeywells will be heading to the New York Marathon in November.

Meets and the inaugural Go! Mile this past month. These are great additions to our running community; however, I would love to start this column on another part of the running community that I think needs some love too, Trail Running! Most trail running is of the ultra distance, meaning these runs are longer than a marathon. There are a lot of Club members that have no clue that there are all these great trail runs that go on almost every month right in their backyard. So, stay tuned to this column each month for updated info on trail running techniques, stories, and upcoming trail runs that you might enjoy.

On July 16th, AURA is hosting the 20th Annual Midnight/Full Moon 25K/50K at the Lake Sylvia Recreation Area. Start time is at 8 p.m., so most 50Kers should be finishing after midnight, hence the name of the race! There is a 7 p.m. early start for the 50K if you feel you will need more than eight hours to complete the course. I suggest carpooling since parking is limited (make sure to bring \$3 for the parking fee). Race entry is FREE, however donations are accepted. The race course is completely on well-maintained forest service roads and is an out-and-back. There will be staffed or unstaffed aid stations every 3.5 to 4.5 miles; however, I would suggest at least bringing a couple hand bottles or a hydration pack.

Elsewhere in the newsletter is an entry form for the 2011-2012 Ultra Trail Series. For more info on the series, check out www.runarkansas.com. Till we meet again, Happy Trails Birdies!

Column regular Joel Perez has done it again, taking the self-proclaimed natty dreadz North of the border for a win in the Freedom Run of the Ozarks Half Marathon in Branson, Missouri. Becky Humes was not to be outdone with an overall second place in the 5K. This is Joel's fourth consecutive win at this distance since April, with Hogeye, Jesse is Awesome, and Camp Yorktown Bay. (Jesse is Awesome, by the way, as is Kristen.) It is quite a sight when some hot shot shows up expecting to win and has his öoh, shootö moment as Joel takes the lead. I was witness to one of the second place finishers sharing that he öjust jogged it because I am resting for an upcoming ironman.ö I got a good look at him after the turnaround. We thought he was going to have Joel tested for performance enhancing shampoo and conditioner. Why can't these guys just take their whipping? You don't spit in the wind and you don't pull on Superman's cape.

Final thought: To those of you who think the Firecracker does not count as a PR for any given year, decade, or lifetime because of its net downhill course, you would be incorrect.

New Members

Marcus Farmer is a computer programmer that has been running for the last three years. His favorite race is the Little Rock Marathon and he averages 25 miles per week at an 8:30 pace. When Marcus is not running, he enjoys boxing.

Jarrod Woodley has been running for seven months and averages approximately 15 miles per week. He is a real estate investor and his favorite race distance is the 10K and is also interested in triathlons.

The Arkansas Ultra Running Association's
2011-2012

Ultra Trail Series

Official Entry Form

Last Name: _____ First Name: _____

Sex: M F

Date of Birth: _____

Age on 7/16/2011 (series age): _____

Address: _____

City, State, Zip: _____

E-mail: _____

Date: _____

UTS entry form and fee must be received by the UTS coordinator or a designated representative prior to a participant's first race to earn points. For complete UTS information and rules go to www.RunArkansas.com

2011-2012 UTS entry fee is \$10 for AURA members; \$15 for non-members. Make checks payable to **Arkansas Traveller 100**. Please send this completed entry form with fee to:

Arkansas Ultra Running Association
c/o Stan Ferguson
17 Caddo Dr.
Conway, AR 72032

Waiver for AURA Ultra Trail Series

I understand the Ultra Trail Series is a program for administering awards and is not a footrace. I further understand that my accepted registration in the Ultra Trail Series in no way grants or guarantees my admission into any event recognized as part of the Ultra Trail Series.

In consideration of accepting my registration, and intending to be legally bound for myself, my heirs, my executors, and my administrators, I hereby release and discharge the Arkansas Ultra Running Association, Ultra Trail Series event organizers, sponsors, and each and every person and entity affiliated or associated with the Arkansas Ultra Running Association from any and all liabilities, rights, and claims for damages I may have arising out of participation in the Ultra Trail Series. I also grant full permission to the Arkansas Ultra Running Association to use any photographs or other records of my participation in the Ultra Trail Series for any legitimate purpose.

Participant Signature & Date: _____

Parents Must Sign for Participants Under 18 Years of Age

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

July

- 9: Big Dam Bridge Twilight 5K at Little Rock. Call 501-231-3730.
- 9: ASPE Firecracker 5K at Springdale. Call 479-878-2421.
- 9: Heat in the Street 2M at Arkadelphia. Call 870-403-2086.
- 10: Andyø Fun Run.
- 16: River City 5K at North Little Rock. Call 501-376-6694.
- 16: Full mOOon 50K at Perryville. Call 501-851-6182.
- 17: Andyø Fun Run.
- 23: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 24: Andyø Fun Run.
- 24: LRRC Track Meet. Call 501-766-3004.
- 30: Dam Night Run 5K at Lake DeGray near Arkadelphia. Call 870-246-2566.
- 30: Fire Run 5K at Centerton. Call 479-795-2550.
- 30: Ding Dong Days 5K at Dumas. Call 870-382-8236.
- 31: Andyø Fun Run.

August

- 1: Heritage Twilight 5K at Rogers. Call 479-366-7454.
- 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.
- 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.
- 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.
- 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.
- 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.

Birthdays

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

- 2 - Jessica Osorio
- 3 - Coreen Frasier
- 5 - Keith McCain
- 8 - Jacob Wells
- 9 - Tara Caudle
- 10 - Jeff Bost
- 11 - Bill Harrell
- 12 - Steven Preston
- 14 - Sabrina Maham
- 14 - Lee Abel
- 15 - Rhonda Ferguson
- 15 - Dale Wintroath
- 17 - April Rand
- 17 - Kristen Sterba
- 18 - Darren OQuinn
- 21 - Roy Smith
- 22 - Linda Miller
- 22 - Lou Peyton
- 24 - Adrienne Nimmer
- 24 - June Barron
- 25 - April Wurtz
- 27 - Jason Gates
- 30 - Jesse Garrett

Calendar (Continued)

- 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.
- 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.
- 24: Noahø 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.
- 25: Andyø Fun Run.