

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2011

Club To Elect New Officers At June Meeting

By Brian Sieczkowski
LRRC President

Well folks, this is it ó the last column that I have to write! It's been a fun and rewarding year serving as president of the Little Rock Roadrunners Club. Before I go on, I'd like to thank everyone who helped me out this year, all the LRRC board members, anyone who volunteered for any Club functions.

I can't list every single person's name that helped out but I do want to give a special thanks to my óGo-To-Teamö comprised of my wife Andrea, LRRC Board members Jeff Maher, Linda House, Steve Hollowell, and Bill Torrey, and LRRC Super Member Dan Belanger. These are the individuals I called first and called often for assistance at Club functions. They consistently went above and beyond the call of duty, and often with short notice. They have made it a great year for the LRRC.

There are so many good memories floating through my head from the past year:

- í cooking hot dogs at the BDB Twilight 5K
- í the epic tailgate party at Lake DeGray (we're on a boat!)
- í monthly meetings at the Whole Hog Café
- í road tripping to Grand Prix races across the state
- í a hot and humid track meet at Scott Field
- í destroying Radke in the final quarter mile at Chile Pepper (he hasn't been the same since)
- í a cold and blustery track meet at Scott Field (chugging a cup of hot soup followed by 200 meters all out)

- í holiday party at the Capitol Hill Building with so many ugly sweaters
- í the Coaching Certification course at the Museum of Discovery
- í the Hilly Chilly run through the snow and ice
- í pulling off the River Trail 15K despite the weather
- í the Hogeys relay teams, the Honey Badgers and cobra
- í the Club hosting the Capital City Classic and Rock Run races
- í whiffle and bocce ball at Murray Park.

A common thread of all these great memories is that each involved Club members working, running, and celebrating together. Running is an individual sport, but groups like the Little Rock Roadrunners Club can make it so much more. It amazes me how much

New Members

Micki Smith, a corporate gym operations manager, started running again with the help of his friend, Becky. His goal this year as he turns 55 is to run a few miles every day.

Micki's other interests are reading, gardening, working out, and animal rescue.

Mark Wilson has been running for 10 years and typically runs 12-20 miles week at 8:20-8:45 pace. His favorite race distance is 5K and half-marathon and his PR for the half is 1:49 at Memphis.

He is a pediatric dentist and also enjoys Rotary, guitar, church, family activities, lifting weights and biking.

greater the experience is when shared with others.

We also have a great year ahead. Steven Preston steps into the president's job at the end of this month and we've got elections for two open offices. Becky Humes has been nominated for president-elect and Jeff Maher has been nominated for treasurer. Since there is only one nominee in each race, we can vote them in by acclamation at the June meeting at Whole Hog on the 16th.

The LRRC Board met recently and I'm excited with what is to come.

√ – We'll have our LRRC online store set up later this month.

√ – The Two Rivers Park Bridge and the Clinton Park Bridge should be opening this summer.

√ – Look for another LRRC track meet in July.

√ – And we should have a new race clock and an LRRC trailer debuting this year too.

Long live the Birds!

June Meeting

June 16, 2011

6 p.m.

Whole Hog Cafe

Election of Officers
2011-12



Before I had hundreds of running friends, I had only a few. Just by accident, one of them was Willie Davis. I am not sure if Willie even liked me at first. I had done the Little Rock Marathon three times and Mid-South once, and decided my mid-life crisis would be running as many marathons as I could. Looking to split the costs of the next trip, I looked online for travel companions. An invite came from Brenda Stallings, a Little Rock attorney specializing in juvenile law, which means she's given her life to helping troubled children. Willie was her running partner who would later admit that his initial reaction to the arrangement was, "Why'd you go inviting him?" By the end of the weekend, this unlikely trio had made a year's worth of memories.

I still see Willie occasionally, usually at the Firecracker 5K (which I think might be his annual race), but never when I wish it was him, like when I am pulled over for a driving infraction, because, as it turned out, Willie is a sergeant with the Little Rock Police Department. Where I didn't expect to see Willie was under the headline "Our Kids Organizer is Officer of the Year" when I opened the *Arkansas Democrat-Gazette* on April 11.

Willie has a master's degree in criminal justice, has been a police officer for 20 years, and is proud to patrol the same neighborhood in which he lives. He began with Our Kids in August 2008. Our Kids is a national program formed in California in 1990. Establishment of the Arkansas program in 2006 was influenced by Dr. Fitz Hill, former Arkansas Razorback assistant coach and president of Arkansas Baptist College.

The O.K. Program is a law enforcement-based mentoring program that fosters partnerships between police agencies, schools, community members, and the faith and business community to provide positive guidance and support to African-American males. Under Willie's guidance, the program organizes responsible African-American adult males to serve as positive role models and mentors for their younger counterparts. The adults in the program are called "Teammates" because the O.K. Program is based on a team-mentoring concept.

The program is designed around the high schools and middle schools that feed through it. Through a cooperative agreement between the Little Rock Public Schools and the Little Rock Police Department, the coordinators are provided offices on each school campus, access to the students during the day while they are in school, and access to the grades and progress reports of each student. The Teammates meet with the students as a group on Saturdays and individually with parents, teachers, and school administrators as needed. The Saturday discussions

include topics such as police procedures, statistics, stereotypes, and how the students impact them.

With Willie's permission, I am including some information and quotes from the Our Kids website www.okprogramoflittlerock.org and from the newspaper interview.

"In the news, you look at a lot of our black males in jumpsuits in trouble in the courtroom," said Reverend Benny Johnson, who presented the award. "We have people to steer these kids in the right direction." As coordinator for the Our Kids Program, Davis teaches young men "how to be respectful, how to be gentlemen, and to stay out of gangs and drugs," Johnson said.

Davis added "I use my job as a police officer to influence these guys, teaching them the importance of being law-abiding citizens." Davis said he helps oversee about 400 young men in the free program, ages 12 to 18. To be eligible, students must have a 2.5 grade point average and maintain good behavior. The students that meet the requirements of the program are taken on large, overnight outings, which have included a Razorback football game and Memphis Grizzlies basketball game.

Willie said that, "In the O.K. Program, we're turning rocks into rubies. We're not raising boys, we're making men." He closed his interview about the award saying "This is not a sprint, this is a marathon."

Words can't express what Willie means to me and to everyone whose life he impacts, but when you see his smile and hear his laugh, you understand. My friend "Willie D." is in it for the long run.

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Board Members		
Brian Sieczkowski	President	766-3004
Steve Preston	President-Elect	626-0049
Jenny Weather	Secretary	251-5955
Steve Hollowell	Treasurer	217-8604
Tina Coutu	Past President	412-3523
Sarah Olney	Membership	615-3344
Jeff Mayer	At Large Member	680-6710
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969

Race Results

By Bryan Jones
LRRR Racing News Editor

Before we get to this month's results column I'd like to offer a brief apology for not having a results column in last month's newsletter. This month's column has all of the April race results as well as those for May.

I've received several e-mails over the last couple of months inquiring as to why someone's results weren't listed. I figured I'd take a moment to explain in general why this happens.

If I missed you, I want to assure you that it was not on purpose. Our club has 500+ members in the current roster and most races have in excess of 200 participants. I have to depend upon some automated tools in order to run a comparison between the membership roster and a race participants list. The following are the two most common reasons that someone gets missed in this process:

- Your name is different on the race results than was listed in the membership roster.
- Your city of residence as listed in the membership roster is different or missing on the race results.

I try to include results posted to ArkansasRunner.com and all the Grand Prix races. If you are participating in an event for which the results are not posted there, please let me know and I will be sure to include it.

Capital City Classic 10K (April 2)

Joshua Behrendt	1:02:59.7	Steve Nader	1:02:20.3
Melisa Behrendt	1:04:17.2	Brad Newman	1:11:06.8
Dan Belanger	56:35.4	Joseph Nichols	42:28.9
Christine Benson	54:06.3	Erica Nordin	1:00:08.5
Trina Bright	57:40.5	Nicholas Norfolk	55:10.7
Jessica Bubbus	1:01:12.5	Carl Northcutt	1:25:01.1
Dana Butler	1:17:18.2	Sarah Olney	52:12.1
Jaynie Cannon	1:22:20.5	Rodney Paine	44:41.0
Jonathan Caudle	1:04:31.6	Brad Patterson	1:04:24.0
Tara Caudle	55:52.5	Joel Perez	36:47.7
Moniqueca Christensen	1:26:22.0	Steven Preston	39:15.6
Paula Cigainero	1:05:50.4	Don Preston	48:15.8
Craig Clune	44:27.5	Ginea Qualls	52:07.0
Joe Cordi	48:50.4	Jane Riggs 5	3:31.3
Tina Coutu	47:36.16	Rosemary Rogers	1:12:10.7
Alesa Davis	1:05:15.6	Michelle Rupp	52:07.4
Imari Dellimore	35:53.1	Andrea Sieczkowski	41:44.1
Cheryl Drake	1:13:08.0	Brian Sieczkowski	35:00.7
Gideon Drake	53:25.4	Bill Simpson	36:59.2
Hope Drake	1:12:16.4	Beverly Smith	45:39.3
Donna Duerr	1:12:10.3	Steve Straessle	52:09.0
James Erwin	53:05.0	Philip Tanner	50:51.6
Abigail Ethington	55:50.0	Bradley	1:03:28.2
Chrissy Fox	51:13.4	Mark Thompson	42:53.4
Brenda Hansen	51:52.6	Leah Thorvilson	36:42.3
Michael Harmon	53:59.5	Eileen Turan	1:00:00.4
Harold Hays	46:21.3	Scott Wall	45:28.6
Roy Hayward	51:26.7	Tammy Walther	44:24.9
Ashley Honeywell	55:46.2	Will Walther	1:15:02.0
Jon Honeywell	45:35.4	Alex Wan	56:55.4
Becky Humes	44:48.9	Colin Weather	52:39.2
E.F. Jennings	47:32.0	Jacob Wells	43:16.3
Shareese Kondo	51:15.7	David Williams	42:50.6
Paul Lafleur	50:25.6	Steve Yanoviak	38:43.6
Craig Lair	49:42.7	Jenny Wilkes	48:13.1
Bob Marston	1:03:37.4	Karen Zimmerman	1:03:06.8
John Martin	44:53.6	Jean Capehart	1:03:07.2
David Meroney	48:25.2	Melissa Henshaw	1:06:59.8
Joe Milligan	51:44.5		

Tour de Paul 5K (April 9)

Dan Belanger	30:58.3	Ginea Qualls	26:13.8
John Martin	21:29.2	Steve Straessle	25:55.1
Joe Milligan	25:39.5	Leah Thorvilson	18:34.1
Carl Northcutt	41:27.2	Jenny Wilkes	23:42.8
Rodney Paine	21:53.1		

Homemade Sports Drink

Lou Peyton found a recipe for "Homemade Sports Drink" in the New York City Marathon Cookbook by Nancy Clark, M.S., R.D. - copyright 1994, pg. 219. It is as follows:

1 TA. sugar
1 pinch (1/16 teaspoon) salt
1 TA. orange juice or 2 TA. lemon juice
7 1/2 oz. ice water

In a glass dissolve the sugar and salt in a little bit of hot water. Add the juice and remaining ice water. The yield is one serving and it quenches the thirst. Total calories 650; mg. sodium - 110, and mg. potassium - 30

Lou said, "Having the personality that I have I wanted to make the drink by the gallon, not the glass. With a little help from my friends here's what I've come up with and I LIKE IT. I think this is going to be my new drink for the summer."

1 cup fake sugar
1 tsp. salt
1 - 12 oz. orange juice concentrate OR 2 cups lemon juice
1 gal. water

Dissolve the sugar and salt in a cup of warm water, add the orange juice or lemon juice, pour all into a gallon container, fill to the top with water, refrigerate.

Race Results

(Continued from Page 3)

Catholic High Rocket 5K (April 16)

Trina Bright	29:53.79	Shea Pickens	29:54.24
Sandy Cordi	27:05.88	Steve Straessle	25:43:29
Ashley Honeywell	28:21.01	Gary Taylor	19:30:30
Jon Honeywell	22:58:80	Jacob Wells	21:36:33
Rodney Paine	21:57:58	Jenny Wilkes	24:24.80

Christ the King 4 mile (April 30)

Steven Preston	24:34	Leah Thorvilson	23:37
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Toad Suck 10K (April 30)

Melisa Behrendt	1:04:58.7	Bryan Jones	51:37.24
Dan Belanger	57:54.50	David Meroney	49:02.66
Ross Bolding	42:21.90	Joe Milligan	51:28.94
Trina Bright	1:01:56.0	Erica Nordin	1:00:08.0
Jonathan Caudle	1:01:05.6	Nicholas Norfolk	53:33.65
Tara Caudle	55:45.57	Carl Northcutt	1:21:22.6
Moniqueca Christensen	1:25:58.3	Rodney Paine	46:36.25
Paula Cigainero	1:06:42.9	Joel Perez	37:28.91
Joe Cordi	47:25.82	Don Preston	47:26.95
Tina Coutu	49:29.21	Justin Radke	38:46.84
Bill Crow	51:56.66	John Russell	58:45.32
James Erwin	58:55.92	David Samuel	1:01:56.5
Mark Ferguson	37:24.42	Scott Sander	40:36.21
Angela Gattin	1:02:44.2	Beverly Smith	46:58.51
Kevin Golden	38:26.81	Bradley Thomas	1:09:44.8
Michael Harmon	54:46.95	Eileen Turan	1:01:05.9
Roy Hayward	50:37.22	Tammy Walther	47:52.17
Jon Honeywell	46:21.02	Will Walther	1:21:05.4
Becky Humes	46:12.14	Steve Yanoviak	39:36.69
E.F. Jennings	47:35.99	Erin Capps	1:06:10.7

Toad Suck 5K (April 30)

Charlie Dunn	34:37.87	Joseph Nichols	21:17.78
Brenda Hansen	24:31.37	Scott Wall	21:19.15
Mary Hayward	56:15.68		

MacArthur Park 5K (May 6)

Jaynie Cannon	39:07.51	Steve Nader	24:42.08
Tina Coutu	23:33.41	Rodney Paine	21:47.62
Bill Crow	23:25.32	Shea Pickens	27:51.43
Brenda Hansen	26:14.77	Jane Riggs	25:49.91
Michael Harmon	27:40.55	Kim Shurley	38:38.00
Melissa Henshaw	32:41.70	Brian Sieczkowski	17:12.72
Bill Hoffman	55:15.71	Gary Taylor	17:50.42
Ashley Honeywell	26:53.99	Yvonne Thompson	34:54.13
Jon Honeywell	21:42.30	Sam Velez	28:45.50
Paul Lafleur	24:55.44	Scott Wall	21:58.80
Jeff Maher	24:15.87	Kenny Worley	25:38.48

Jessie is Awesome 1/2 Marathon (May 8)

Paula Cigainero	2:28:36.5	Joel Perez	1:34:19.3
Michael Harmon	2:19:40.2	Don Preston	1:56:07.5
Becky Humes	1:59:01.8	Ginea Qualls	2:13:32.8
Kevin Lemley	1:54:05.1	Michelle Rupp	2:00:47.5
Jeff Maher	1:55:50.8	Gary Taylor	1:44:30.1
David Meroney	1:51:46.9	Jenny Weatter	1:59:15.3
Nicholas Norfolk	1:55:50.7	Jacob Wells	1:40:44.7
Rodney Paine	1:44:28.5		

Dino Dash 5K (May 21)

Stephannie Baker	38:52.52`	Mike Maulden	21:02.60
Jaynie Cannon	39:33.94	Tracey Maulden	31:35.05
Joe Cordi	22:29.47	Glen Mays	16:16.95
Brenda Hansen	23:59.77	Rodney Paine	20:28.49
Barbie Hildebrand	21:59.79	Ginea Qualls	27:50.52
Ashley Honeywell	26:51.52	Waynette Traub	41:38.96
Christy Jackson	29:14.96	Jacob Wells	20:54.61
Kate Jackson	40:33.89	Jenny Wilkes	22:22.79
Stuart Jackson	40:35.96		

Jonesboro Marathon (May 28)

Becky Humes	4:07:11	Jacob Wells	4:13:59
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Rock Run 8K (May 28)

Erin Capps	52:35.46	Don Preston	38:18.38
Moniqueca Christensen	1:14:25.7	David Samuel	48:24.25
Donna Duerr	57:36.51	Brian Sieczkowski	28:47.60
James Erwin	46:51.57	Bradley Thomas	1:10:39.7
Bob Marston	47:24.02	Scott Wall	36:31.04
Carl Northcutt	1:09:08.7		

Riverfest Rock N Stroll 5K (May 28)

Mackie Buckelew	29:31.95	Martha Ray Sartor	35:36.48
Shea Pickens	26:47.82	Jenny Wilkes	22:42.58

Du for the Parks Duathlon (May 30)

Imari Dellimore	1:06:17	Joshua Drake	1:43:59
Gideon Drake	1:34:25	Bryan Jones	1:15:18

Running Calendar

(Continued from Page 5)

- 9: ASPE Firecracker 5K at Springdale. Call 479-878-2421.
- 10: Andyø Fun Run.
- 16: River City 5K at North Little Rock. Call 501-376-6694.
- 16: AmericaøFastest Doctor 5K at Lexington, KY. Call 502-320-3147.
- 16: Full mOOn 50K at Perryville. Call 501-851-6182.
- 17: Andyø Fun Run.
- 23: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 24: Andyø Fun Run.
- 30: Dam Night Run 5K at Lake DeGray near Arkadelphia. Call 870-246-2566.
- 31: Andyø Fun Run.

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

June

- 4: Paws on the Pavement 5K at Little Rock. Call 501-231-3730.
- 4: Mt. Magazine 15K at Havana, AR. Call 479-970-4278.
- 4: Gary Schuchardt Trail 5K at Jonesboro. Call 870-935-3658.
- 4: Berry Festival 5K at Lavaca. Call 479-806-8790.
- 4: Great Cross Country 4M at Little Rock. Call 501-336-59
- 4: Caddo River Fest 5K/1K at Glenwood. Call 870-828-1382.
- 4: One Less 5K at DeQueen. Call 501-730-1821.
- 4: Boring as Crap Half Marathon at Batesville. Call 870-834-3875.
- 4: Sole to Soul 5K at North Little Rock. Call 501-232-6588.
- 4: Tail Twister Trail Runs at Rogers. Call 479-426-7607.
- 4: Healthification 5K at Fort Smith. Call 479-314-7400.
- 4: Festival on the Ridge 5K at Harrisburg. Call 870-930-6997.
- 5: Andyø Fun Run.
- 5: Camp Yorktown Bay Half Marathon at Mountain Pine. Call 501-767-2333.
- 10: W.A.R. Tailgate \$5 5K at Fort Smith. Call 479-883-6535.
- 11: Junior Auxiliary Diaper Dash 5K/1M at Hot Springs. Call 501-209-0411.
- 11: Run with the Dogs 5K at Benton. Call 501-517-7393.
- 11: Boomtown Half Marathon/5K at Joplin, MO. Call 417-825-2710.
- 11: Ice Cream Social 5K at Berryville. Call 870-654-6565.
- 11: Paws on the Pavement 5K Run/Walk at Texarkana, TX. Call 903-278-2745.
- 11: Pink Tomato Festival 5KK at Warren. Call 870-226-5225.
- 11: Mighty Bluebird 5K XC at Little Rock. Call 501-231-3730.
- 12: Andyø Fun Run.
- 18: GO! Mile at North Little Rock. (GPS) Call 501-813-7158.
- 18: TRI for the Roses at Fort Smith. Call 479-441-5469.
- 18: Oil Run 5K at Smackover. Call 870-725-2907.
- 18: TJø Scope for Hope 5K at Rogers. Call 479-619-8253.
- 18: Yell Fest 5K at Dardanelle. Call 479-567-9933.
- 18: Shiloh Christian Volleyball 5K at Springdale. Call 479-725-4243.
- 19: Andyø Fun Run.
- 25: Brickfest 5K at Malvern. Call 501-332-1706.
- 25: Rock-a-Bye Baby 5K at Jonesboro. Call 870-974-5238.
- 25: Cancer Challenge 10K/5K/1M at Bentonville. Call 479-273-3172.
- 25: Guardian Angel 5K at Paris. Call 479-438-0090.
- 25: Run for the Cure 5K at Van Buren. Call 479-719-3357.
- 26: Andyø Fun Run.

July

- 2: Fire in the Sky 5K at Ozark. Call 479-213-2596.
- 2: Run for Veterans 4M at Fayetteville. Call 479-361-2632.
- 2: Freedom Run of the Ozarks 5K/10K/Half Marathon at Branson, MO. Call 417-294-4775.
- 3: Fireworks Festival 5K at Flippin. Call 870453-8522.
- 3: Andyø Fun Run.
- 4: Firecracker 5K at Little Rock. Call 501-231-3730.
- 4: Freedomfest 5K at Greenwood. Call 479-996-6357.
- 4: Firecracker 5K at Rogers. Call 479-636-3338.
- 9: Big Dam Bridge Twilight 5K at Little Rock. Call 501-231-3730.

Birthdays

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

- 1 - Melanie O'Quinn
- 1 - Karen Halbert
- 1 - Gary Taylor
- 2 - Rodney Paine
- 4 - Karl Kullander
- 7 - Mary Beth Gresham
- 8 - Trina Bright
- 10 - Maggie Mathis
- 11 - Michael Smith
- 11 - David Qualls
- 11 - Mike Davis
- 11 - Kevin Lemley
- 12 - Troy Wells
- 16 - James Pearsall
- 16 - Eleanor Kennedy
- 16 - Kristen Saffa
- 21 - Nicholas Norfolk
- 23 - Tom Singleton
- 24 - Karen Call
- 25 - Carol Nichols
- 26 - Kevin Wampler Jones
- 26 - Donna Duerr
- 27 - Michael Harmon
- 28 - Yvonne Thompson
- 28 - Roy Hayward
- 28 - Stacey Sutor
- 29 - Brian Sieczkowski

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