

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2011

Time For The Capital City Classic XXXII

By **Brian Sieczkowski**
LRRC President

Spring officially starts on March 20th this year. This is the Vernal Equinox, after all. The day that the Sun is directly over the Earth's equator and we are supposed to get roughly 12 hours of daylight and 12 hours of night (equinox translates to "equal night").

But for me, it's not officially spring until I run the Capital City Classic 10K. Maybe it's being out at Two Rivers Park with a view of tree-covered bluffs along the Arkansas River. Suddenly, everything seems green and alive again. It's probably also because the change to Daylight Saving Time used to be that same weekend. Congress moved that forward into March a few years back but the CCC is still when spring starts for me.

This year, the Capital City Classic will be run on April 2nd. Last I had heard, the Pulaski County people are hoping that the new Two Rivers Park Pedestrian Bridge will be ready for public use on that same day. You may be able to come out to Two Rivers Park for the race at 8 a.m. and stick around for the Grand Opening of the bridge afterwards.

This is also the 32nd year of the CCC 10K and it has been the flagship race of the Little Rock Roadrunners Club throughout almost our entire existence. Proceeds from this race fund a lot of what we do as a Club throughout the year, so run it if you can. If you can't run it, consider volunteering at the race instead.

From *The Great Marty Liquori's* victory at CCC I to *The So-so Justin Radke's* win at CCC XXXI, the race has seen tens of thousands of people cross the finish line. A little history lesson for the Club newbies:

The Capital City Classic 10K started as the Diet Pepsi 10,000 meter run in 1980. Pepsi co-sponsored a national series of 10,000 meter races at that time and sought out the Little Rock Roadrunners Club to administer the Little Rock edition. Marty Liquori ran 30:05 on a downtown Little Rock course for the inaugural victory while Joyce Taylor was the top female finisher in 39:58.

In 1981, the Diet was dropped as the race was called the Pepsi Challenge 10,000 and was won by Ric Rojas (30:11) and Francie Larreau (33:31). The Little Rock Roadrunners Club continued to administer the race under the Pepsi sponsorship for the next 13 years and the race attracted thousands of runners including elites such as Bill Rodgers and Anne Audain.

The Pepsi 10K was annually the largest road race in the state as well as Arkansas's biggest participatory sporting event. After the 1992 running, Pepsi dropped its sponsorship and the LRRC recruited Golden Eagle Distributors to step in as the new presenting sponsor in time for the 1993 race.

Since Golden Eagle primarily distributed products for Anheuser-Busch, the race switched names to the "Bud Run 10K". This sponsorship ended after the 1997 running and though the Club was able to line up new sponsorship from St. Vincent's Infirmary, a permanent name was needed. After much debate and several official votes, the Club decided on the name "Capital City Classic 10K." The name has stuck and the race lived on.

In the past decade, the race course was moved from downtown Little Rock to Two Rivers Park on the west side of town, resulting in a nearly hill-free course.

Bill Torrey has served as Race Director for nearly 20 years. Prior to Bill other famous RDs of the CCC include Bill "The Duck" Harrell and Linda House.

New Members

Brooklyn Woodworth, a 13 year old from Harrison, started running two years ago. When she isn't running she enjoys taking pictures, playing soccer and piano. Brooklyn averages about 15 miles a week at a seven minute pace. Her favorite distances are 5K and 1.5 mile. Her 5K PR is 22:00 and her mile PR is 6:20.

Mike Maulden of Little Rock started running three years ago. Mike is the Director of External Affairs at Entergy Arkansas and is married to **Tracey**. When Mike isn't running he enjoys biking, hiking and skiing. He averages 25-30 miles a week at a 7:30 pace. His 5K PR is 21:15 and half-marathon PR is 1:49.

March Meeting

March 17, 2011
Whole Hog Cafe

6 p.m. to eat
6:30 speaker

Ed Waddell, CPR Instructor
American Red Cross

**"CPR and emergency first aid
for runners"**



If you have seen the neon (the ñew blackö) running and biking jerseys with the blue letters NF and wondered who these people were and what they represented, then shame on you for not asking, as their goal is for you to know that NF is short for neurofibromatosis (hard to say, harder to live with). If you haven't seen them, then you might not be racing enough or doing the right races, as this team has marathoners, cyclists, and triathletes participating all over the U.S.

NF is a common, but unknown genetic disorder that causes tumors to grow on nerves throughout the body. NF is usually diagnosed in childhood and has an easy website to remember ó CTF.org, which is the Children's Tumor Foundation. From CTF.org, you can click the NF Endurance Team. You can also get there from Littlerockmarathon.com and click Charities.

NF Endurance has a great line-up of races in which participants run, walk, ride, and swim to raise money for a cure, raise awareness of the disorder, and provide a network of caring support to those living with the disease. I first learned of NF through my involvement with the Women Run Arkansas clinic in Conway in 2007. I was later invited by clinic leader Nicole Bates to attend the NF Team pasta dinner the night before the Country Music Marathon in Nashville where we met several NF families. Lesley Oslica spoke at that pasta party, and is also the NF Endurance Team captain for the Little Rock Marathon. Lesley (Gerke) is a Little Rock native, and has a daughter, Katie, who has NF. Katie was 16 when I met her and is now 19 and a student at UCA.

Watch for the NF Endurance Team at the Little Rock Marathon. They hope to have the largest charity team there and plenty of volunteers. Be sure to give a shout out or a high five to Mark and Aaron, two NF heroes, ages 13 and 12 from Little Rock, who will be cheering on their team and other marathoners, after topping the hill just before Mount Saint Mary's on the right side of the course.

As for Women Run Arkansas, it has started its 14th year of the ten-week program offering 40 clinics across the state. The program culminates May 7 with the graduation 5K in Conway where it was founded by and continues in memory of Cheryl Potter. Over 1,000 women completed the graduation 5K in 2010, the majority of whom were racing for the first time. Among the participants was 87-year-old Cicely Southerland of Lonoke, who inspired her hometown throughout the clinic and the entire state on race day. Many participants return as clinic leaders. It's never too late to get involved. Linda Fason leads the Little Rock Clinic and a full list of the clinics is located at womenrunarkansas.net.

On March 12th, Don Potter and the city of Conway host the Chase Race in memory of Don and Cheryl Potter's son Chase.

The race benefits the Conway Animal Shelter and Arkansas Children's Hospital and includes a two mile Grand Prix Series race and a one mile fun run for families and their leashed pets.

These families and their communities have positively impacted the lives of so many through these running, fitness, family, and community events. If you find yourself able to give of your money or time, consider NF or the Women Run Arkansas clinics. If you find yourself short of inspiration, just be in Little Rock on March 6 and Conway on March 12 and May 7.

Calendar (Continued from Page 6)

- 16: Leo Martin March for Missions 5K at Walnut Ridge. Call 870-378-2006.
- 16: 4-H Youth and Family Trail 5K at Little Rock. Call 501-821-4444.
- 16: Doc Rock & Run 5K/Half Marathon at Jonesboro. Call 870-931-3627. 17: Andy's Fun Run.
- 22: Cow Paddy 5K/1M at Fayetteville. Call 479-957-6888.
- 23: TJ Clark Colon Cancer 5K/1M at Rogers. Call 479-619-8253.
- 23: Andy Allison Kids 1M/200 meters at Arkadelphia. Call 870-246-6686.
- 23: Fordyce on the Cotton Belt 5K. Call 870-352-3595.
- 23: Larry Hutton Memorial 5K at Sherwood. Call 501-413-8020.

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Board Members		
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Linda House	At Large Member	565-4969

Race Results

By Bryan Jones
LRRRC Racing News Editor

Cadron Ridge 4.2M Trail Run (January 29)

Dan Belanger	43:41	Kelsey Groff	34:05
Abigail Ethington	42:56	Joe Milligan	41:48

2011 USA Half Marathon Championship (January 29)

Leah Thorvilson	1:17:51
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Houston Half Marathon (January 30)

Leah Thorvilson	1:18:50
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River Trail 15K (February 5)

Melanie Baden	1:18:33	E.F. Jennings	1:16:45
Dan Belanger	1:28:40	Bryan Jones	1:27:32
Ross Bolding	1:05:58	Shareese Kondo	1:22:59
Trina Bright	1:28:47	Courtney Lang	1:30:21
Dana Butler	1:57:00	Mira Lelovic	1:17:49
Danie Butler	1:12:34	Bob Marston	1:45:06
Karen Call	1:14:10	Mike Maulden	1:10:49
Jonathan Caudle	1:46:19	David Meroney	1:18:12
Tara Caudle	1:26:48	Joe Milligan	1:23:23
Moniqueca Christensen	2:21:44	Joseph Nichols	1:05:20
David Conrad	1:21:28	Nicholas Norfolk	1:23:29
Joe Cordi	1:12:15	Carl Northcutt	2:11:00
Bill Crow	1:22:58	Rodney Paine	1:24:19
Alesa Davis	1:47:11	Joel Perez	58:43
Amber Davis-Tanner	1:16:37	Steven Preston	1:09:32
Imari Dellimore	56:40	Ginea Qualls	1:29:17
Donna Duerr	1:51:48	David Samuel	1:45:54
James Erwin	1:30:38	Scott Sander	1:04:42
Mark Ferguson	56:51	Billy Shurley	1:25:21
Coreen Frasier	2:04:29	Kim Shurley	1:25:21
Angela Gattin	1:35:19	Andrea Sieczkowski	1:05:01
Mary Beth Gresham	1:28:29	Bill Simpson	59:55
Matt Gresham	1:15:07	Beverly Smith	1:17:09
Kelsey Groff	1:08:37	Mark Tanner	1:03:52
Mark Hagemeyer	1:06:14	Gary Taylor	57:54
Karen Halbert	1:39:48	Bradley Thomas	1:52:46
Michael Harmon	1:31:49	Mark Thompson	1:09:38
Christopher Heller	1:32:29	Leah Thorvilson	53:50
Barbie Hildebrand	1:12:53	Eileen Turan	1:30:11
Josh Holt	52:01	Tammy Walther	1:12:38
Ashley Honeywell	1:24:09	Will Walther	2:10:06
Jon Honeywell	1:09:27	Jacob Wells	1:06:29
Becky Humes	1:11:01	Steve Yanoviak	1:03:42

Valentine's Day 5K (February 12)

Jim Barton	20:03.1	David Meroney	22:45.3
Dan Belanger	27:02.1	Joe Milligan	24:47.3

Trina Bright	27:35.7	Nicholas Norfolk	25:41.6
Moniqueca Christensen	42:06.2	Carl Northcutt	39:11.1
David Conrad	24:57.9	Rodney Paine	21:56.6
Imari Dellimore	17:28.3	Rosemary Rogers	32:30.1
James Erwin	26:38.5	David Samuel	29:17.3
Angela Gattin	29:11.2	Scott Sander	19:03.0
Kevin Golden	18:33.5	Andrea Sieczkowski	20:09.2
Mark Hagemeyer	20:36.5	Brian Sieczkowski	16:51.5
Mary Hayward	55:50.9	Tim Steadman	20:22.8
Roy Hayward	26:23.2	Randy Taylor	20:58.6
Josh Holt	16:42.2	Bradley Thomas	27:27.3
Courtney Lang	27:16.6	Mark Thompson	20:28.2
Mike Maulden	21:57.8	Steve Yanoviak	19:10.3
Christine Meroney	35:02.5		

Mercedes Marathon (February 13)

Carl Carter	3:31:12	Mark Tanner	3:18:26
Becky Humes	3:48:16	Jacob Wells	3:25:00
Joel Perez	3:48:15		

Bowen Law School 5K (February 19)

Alan Bubbis	31:51.1	Judy Lansky	36:51.6
Amber Davis-Tanner	21:28.8	Rodney Paine	20:30.5
Brenda Hansen	23:21.1	Mark Tanner	18:58.6
Michael Harmon	24:54.4	Mark Thompson	19:32.2

Sylamore 50k Trail Run (February 19)

Melanie Baden	06:18:25	Jenny Weatter	05:55:24
Patrick Barker	07:05:30		

Sylamore 25K Trail Run (February 19)

Donna Duerr	5:03:43	Bob Marston	4:16:20
Matt Gresham	3:26:58	Lou Peyton	5:14:54
Bryan Jones	3:44:23	Tom Singleton	3:48:33

Run the Line Half Marathon (February 20)

Dan Belanger	2:21:31	Nicholas Norfolk	1:59:50
Jessica Bubbis	2:33:27	Joel Perez	1:22:06
Moniqueca Christensen	3:06:58	John Russell	2:44:49
Christine Coutu	1:48:30	David Samuel	2:30:28
Imari Dellimore	1:22:55	Billy Shurley	2:02:15
James Erwin	2:06:05	Kim Shurley	2:09:07
Angela Gattin	2:16:54	Andrea Sieczkowski	1:34:53
Michael Harmon	2:12:43	Brian Sieczkowski	1:21:06
Harold Hays	1:52:15	Bradley Thomas	3:01:44
Josh Holt	1:18:05	Mark Thompson	1:39:43
Becky Humes	1:49:24	Eileen Turan	2:09:59
Kevin Lemley	1:24:47	Tammy Walther	1:47:21
Keith McCain	1:56:21	Jacob Wells	1:36:44
David Meroney	1:53:09	Steve Yanoviak	1:30:34
Joe Milligan	2:09:12		

Scout Trail Run (February 26)

Dan Belanger	40:33	Kelsey Groff	31:51
Abigail Ethington	42:01	Carl Northcutt	1:04:36

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

March

- 5: Little Rock 5K and Little Rockers Final Mile. Call 501-371-4770.
- 5: Sombrero Beach 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.
- 5: Relay for Life Cancer 5K at Paragould. Call 870-2152684.
- 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.
- 12: FOA Family 5K at Jonesboro. Call 870-935-2726.
- 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 5.5M/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.

April

- 2: Capital City Classic 10K at Little Rock. (GPS-SC) Call 501-231-3730.
- 2: Junior Auxiliary Diaper Dash 5K/1M at Hot Springs. Call 501-209-0411.
- 2: Miles for Mutts Perfect Race 5K at Fort Smith. Call 479-783-4395.
- 2: Walk for Dogs 5K at Beebe. Call 501-940-6588.
- 2: Bentonville Running Festival 5K. Call 479-464-4275.
- 2: All Out for Autism 5K at Little Rock. Call 501-682-9900.
- 2: Iron Pig 5K at Fayetteville. Call 479-521-7766.
- 2: JA Trace Trammell Memorial 5K at Harrison. Call 870-743-4871.
- 2: Panther Pride 5K at Malvern. Call 501-337-9131.
- 2: Go! 5K/10K for Autism at Monticello. Call 870-820-2552.
- 3: Andyø Fun Run.
- 9: St. Vincent Tour de Paul 5K at Little Rock. Call 501-552-2387.
- 9: Panther 5K at Clarksville. Call 479-705-3212.
- 9: Every Step Counts 5K at Paris, AR. Call 479-264-3433.
- 9: Zone in on Homelessness 5K at Hot Springs. Call 501-321-2888.
- 10: Andyø Fun Run.
- 10: Hogeys Marathon, Half, Relay, 5K at Fayetteville. (GPS) Call 479-445-9251.
- 16: Trailblazer 10K/5K/1M at Fayetteville. Call 479-841-7229.
- 16: Catholic High Rocket 5K at Little Rock. Call 501-804-4454.
- 16: Be Her Freedom 5K at Conway. Call 479-970-9633.
- 16: Alma Partners Club 5K. Call 479-632-1953.
- 16: Earth Day 5K at Fort Smith. Call 479-646-7225.

Birthdays

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

- 1 ó Karen Irico
- 1 ó Lynnette Watts
- 5 ó Tracy Johanning
- 5 ó Steve Yanoviak
- 7 ó Gregory Sorenson
- 9 ó Gina Pharis
- 14 ó Andrea Sieczkowski
- 14 ó Lou Wintroath
- 18 ó Stephannie Baker
- 21 ó Allison Burba-Horgan
- 22 ó Susan Bariola
- 23 ó Susan Russell
- 25 ó Renee Worley
- 29 ó Ashley Philbrick
- 29 ó Billy Bird
- 31 ó Brian Cornett

Calendar (Continued)

- 16: Peace, Love & 5K at Benton. Call 501-776-0691.
- 16: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
- 16: Surviving the Journey 5K at Springdale. Call 479-365-2142.
- 16: ATU Band 5K at Russellville. Call 479-747-4848.
- 16: Cherishing Children Challenge 5K at Rogers. Call 479-621-0385.

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