

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2011

## The Rock Run 8K: Reviving An Old Tradition

The Rock Run 8K is back as a Memorial Day weekend tradition in Little Rock! The race originally dates back to 1982, when it was known as the Riverfest 10K. It was part of the inaugural Arkansas Grand Prix Series and LRRC's Randy Taylor was the Race Director.

In 1983, the distance was shortened to 8K as there was interest between the Grand Prix and the Spa Pacers to include the Spa 10K in the Series. Back then, there was only one race per distance in the Grand Prix, so the Riverfest 10K became the River Run 8K and, in time, the name changed again to the Rock Run.

In the early days of the race, the Rock Run course was in downtown Little Rock and finished in the River Market area. The growth of Little Rock's Riverfest eventually made that area unworkable and the race course moved to Murray Park along the Arkansas River. The Rock Run 8K continued in the Grand Prix Series for 21 straight years until ceasing to run after the 2002 race.

I moved to Arkansas on Memorial Day weekend of 2003 so never experienced the race but heard about it from old, grizzled LRRC veterans such as DHW, Torrey, Graham and Polansky. In 2006, at a Long Distance Running Committee meeting, there was talk about trying to revive some old races for the 25<sup>th</sup> year of the Grand Prix Series and several people mentioned they would love to see the Rock Run 8K back. I, very foolishly, brought up the One Hour Track Run. Tom Aspel jumped at the idea and I have had several miserable experiences running in circles in Russellville because of it.

Revival of the Rock Run 8K was put on the back burner until the Orange Crush 8K race bit the dust in 2008, when I

began thinking that the local running scene was getting a bit too 5K heavy.

For better or worse, every group that wants to raise money for anything, wants to hold a 5K race. I contacted one of those groups, Easter Seals of Arkansas, and convinced them that reviving the Rock Run 8K would not only bring back a classic race to Little Rock, but would set them apart in the racing community and attract more runners. They agreed and the Rock Run 8K returned to Murray Park on Memorial Day weekend in 2010!

In 2011, the Little Rock Roadrunners Club will be the official partner with Easter Seals to put on the Rock Run. Club members will get a \$3 discount, runners get an 8K back in the Grand Prix Series, and the Easter Seals of Arkansas gets the entire race proceeds to help in their treatment of kids with disabilities.

If you are interested in running, registration is now open and can be found at [www.arkrca.com](http://www.arkrca.com).

## LRRC To "Tailgate" May 10 At Murray Park

The Kansas Jayhawks have canceled their baseball game against the UALR Trojans that was scheduled for Tuesday, May 10. KU missed a flight last week, causing them to be stuck in Texas for several days and didn't want to have the students miss any additional class time by traveling to Arkansas this week.

Bummer!

So, no tailgate party at Gary Hogan Field Tuesday for the LRRC. Instead, we will meet at Murray Park and grill hot dogs and hamburgers and

entertain ourselves! Word is there might be some whiffle ball involved, possibly some bocce ball even. And there will definitely be food, so come on out to Murray Park Tuesday. We'll be near Pavilion #2. BYOB and bring a side dish to share if you want.

We'll start the LRRC party at 6 p.m. Some folk plan to show up early and get a run in along the River Trail too.

## Volunteers Needed For Dino Dash

A large number of volunteers are needed for the Dino Dash 5K that will be held May 21 in the River Market area.

The proceeds from the race will benefit the Museum of Discovery which is temporarily closed for remodeling.

Contact LRRC president-elect Steven Preston at

[steven.preston@sbcglobal.net](mailto:steven.preston@sbcglobal.net)

for more information or to volunteer.



Marathons are mysterious things. They are a lot like life. Just when you think you have figured it outí just when you think you are at your bestí just when it feels like it's your day í

First the legs start to go dead at mile two. At mile seven, the pace group you were going to keep in sight but stay behind to make sure you didn't go out too fast, fades off into the distance. At mile ten, you know you are in trouble and it will be a long day. At mile 12, it's time for a pit stop. It turns out to be strategic that it happened before the half way chip mat so your split doesn't look even worse than it already will.

At mile 18, you start doing the math on just how much slower you can go per mile the rest of the day, but still salvage your finishing time. Things progressively go downhill when at mile 21, it seems logical that fast walking is as good as slow running, and you decide to walk for a bit. The math from a few miles ago becomes fuzzy.

At mile 24, things turn from bad to worse and you find yourself hanging over a guard rail. You find out the difference between Arkansas races and the Rock and Roll Marathon series of races is that 100 people will pass you without a single one offering a drink or even asking if you are OK. You find relief that missing your most recently downgraded goal won't be because you were a coward and didn't man up, but rather because you have never mastered the ability to do this without being on both knees. You almost (but not quite) manage a laugh remembering your friend doing the same as you walked the last six miles together two years ago, during one of 16 you have done together.

At this point, it would be tempting to dwell on excuses. But you decide today is not the day for that. Although you dislike overused clichés, one comes to mind ó respect the distance. Like a team that has been soundly beaten, you give credit to that opponent rather than recount your misgivings on a day when you didn't play up to your ability. You dread with cautious anticipation the wait until you will get a rematch.

But somehow magically, here's where things turn around. This will be one of those days when it's OK to adjust your goals along the way and still go for whichever one is still within reach. Fortunately, it was also one of those days when you chose the clunky Garmin over the simple stopwatch. It says you have 20 minutes to make it exactly two miles to the finish, which includes the extra 0.4 it took to finish the course when sharing it with 30,000 others.

Smiling like a baby that has just been burped, you take off again at a pace faster than what you can recently recall, wondering if those you are passing recognize you in the upright position. As you cross, you imagine spectators groan in pity at the finish line clock. They have forgotten about racing

technology of gun time versus chip time and the two minute corral delayed start that now come in handy. Finish time? It ended in 59 minutes. Not your best but not your worst. Those last two miles though ó those you will never forget.

This month's reader shout-outs abound for marathon performances! First up are two of Little Rock's finishers at the Oklahoma City Memorial Marathon, Ron Sanders, Jr. and Jenny Weatter. Jenny is back to her old ways with a speedy marathon, which must feel like a 5K after last year's 100 miler. In his third marathon, Ron ran a huge PR by over 30 minutes!

Next up are Kevin Lemley and Joel Perez. Kevin forsook the Hogege Marathon for the Andrew Jackson Centennial Marathon in Jackson, Tennessee, but redeemed himself representing Arkansas with an overall first place and his first marathon win! Kevin missed his goal of a sub-three hour marathon, but told his wife Jenny as he staggered in search of medical attention that in this heat, it was a sub-three hour effort. As she rolled her eyes at him, he checked his phone to see the text from me (I already had the real-time report from a finisher in the half) saying, "Dude, in this heat, that was a sub-three effort!" ó Great incoherent minds think alike.

Meanwhile, I couldn't shame Joel into the full at Hogege, but as usual the joke was on me as he cruised to the overall victory in the half. This turned out to just be a stop along the way to finishing first among Little Rock residents and sixth Arkansan at the Boston Marathon a week later.

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

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# Early Houston Marathon Registration Opens May 10

Houston will also host the Olympic Marathon Trials January 15, 2012. Our own Leah T. Thorvilson will be running in the Olympic Trials against the best in the USA for a shot at the London Olympic Games!

Early registration for the Chevron Houston Marathon and Aramco Houston Half Marathon opens on May 10 at 8 a.m. CST and closes May 31 at 11:59 p.m. CST.

Once early registration closes on May 31, eligible runners who qualify for early registration will no longer be eligible to receive a guaranteed race entry and must enter the lottery for a chance to be selected with the exception of official Houston Marathon Veterans (runners who have completed 10 or more Houston Marathons) who may register through November 1, 2011.

Who is eligible to register during early registration?

## NEW! TIME QUALIFIERS

Runners who meet the following time qualification standards are eligible to receive a limited number of guaranteed race entries available during early registration. Finisher times dating back to July 2010 may be used to qualify.

You may register for the marathon with a qualifying marathon or half marathon time, or register for the half marathon with a qualifying marathon, half marathon or 10K time. You may not register for the marathon with a 10K qualifying time.

Runners will be required to provide the qualifying race name, date, distance and time during registration. Credit cards will not be charged until qualifying times are verified and confirmed.

Click here\* for a list of common eligible qualifying races. Please note that you may qualify with a marathon or half marathon race that is not listed as long as the race course is USATF or AIMS-IAAF CERTIFIED. Race courses that do not have one of these certifications are not eligible.

Time qualification entries will be limited to the first 2,000 marathoners and 1,500 half marathoners who meet these standards and are available on a first-come, first-serve basis.

Runners will be notified via e-mail of their registration status. Please allow at least one week for time qualifications to be verified and confirmed.

## RUNNERS WHO HAVE COMPLETED 5+ HOUSTON MARATHONS

Runners who have completed five or more Houston Marathons (not half marathons or 5Ks) are eligible to receive a guaranteed race entry during early registration.

Click here\* for a complete list of participants who have completed 5-9 Houston Marathon races. Listed participants are eligible to receive a guaranteed marathon entry during early registration.

Click here\* for a complete list of official Houston Marathon Veterans (runners who have completed 10+ Houston

Marathons). Official Houston Marathon Veterans are eligible to receive a guaranteed marathon or half marathon entry during early registration through November 1, 2011. Click here for details about becoming an official Houston Marathon Veteran.

When registering, you must enter your name exactly as it appears on the attached list. If you have completed five or more Houston Marathons and do not see your name on either of these lists, please e-mail [marathon@chevronhoustonmarathon.com](mailto:marathon@chevronhoustonmarathon.com) before May 10.

## DEFERRED 2011 RACE REGISTRANTS

If you deferred your 2011 race entry, you may register during early registration and receive a guaranteed race entry. Click here for a complete list of 2011 deferred registrants.

Deferred registrants will receive an e-mail by Wednesday, May 4 with a registration code and final instructions about how to sign up during early registration.

## MEMBERS DESIGNATED BY HARRA

Please contact HARRA directly.

## APPLYING A MILITARY DISCOUNT DURING EARLY REGISTRATION

Military discounts are available for active and retired military personnel, but not available for dependents. Please e-mail the Houston Marathon Committee at [marathon@chevronhoustonmarathon.com](mailto:marathon@chevronhoustonmarathon.com) by Wednesday, May 4 for instructions on how to register using a military discount during early registration.

Click here\* to visit our FAQ for additional details about 2012 race registration.

Houston Marathon Committee, Inc.  
720 North Post Oak Road, Suite 100  
Houston, Texas 77024

\*<http://www.chevronhoustonmarathon.com>

Editor's note: Thanks to Kirk Riley, President of ARK, for sending this information.

## 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](mailto:lhouse48@gmail.com)

### May

- 6: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 6: Gold Rush 5K at Bentonville. Call 479-619-6726.
- 7: Root Rocket Run 5K at Fayetteville. Call 479-935-6325.
- 7: HRF Battle For Hope 10K/5K/1M at Bentonville. Call 479-361-5847.
- 7: Women Can Run 5K at Conway. Call 501-908-5096.
- 7: Troop 133 Camp 5K at Alma. Call 479-474-7745.
- 7: Bison Stampede 5K/1M at Rogers. Call 479-586-0196.
- 7: Northside HS Chase for Charity 5K at Fort Smith. Call 479-883-9477.
- 7: Running in May ALS 5K at Pine Bluff. Call 870-543-2901.
- 7: German Heritage Festival 5K at Stuttgart. Call 870-672-1425.
- 7: Whistle Stop 5 and 10K at Ashdown. Call 903-826-9694.
- 7: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 7: Golden Eagle 5K at Westville, OK. Call 918-723-3243.
- 7: Holdenø Hope 5K at Parsons, KS. Call 620-820-1139.
- 7: Autism Involves Me 5K/1M at Bentonville. Call 479-381-5570.
- 7: Yell Fest 5K at Dardanelle. Call 479-567-9933.
- 7: Children First 5K at Poteau, OK. Call 918-647-8601.
- 7: Housing for African Orphans 5K at Harrison. Call 870-416-0943.
- 7: Armadillo Festival 5K/1M at Hamburg. Call 87-500-2354.
- 7: Heritage 5K at Pocahontas. Call 870-758-0598.
- 8: Andyø Fun Run.
- 8: Jesse is Awesome Half Marathon at Little Rock. Call 479-651-1302.
- 14: Kendrick Fincher 5K/1M/½M at Rogers. Call 479-986-9960.
- 14: Fight for Air Climb at Little Rock. Call 501-975-0758.
- 14: Hillbilly Pork Chop Mud Run 5K at Van Buren. Call 479-459-4739.
- 14: WRMC 5K at Batesville. Call 870-262-6168.
- 14: Step by Step 2M at Perryville. Call 501-662-4804.
- 14: Mosquito Mad Dash 5K/1M at Lonoke. Call 501-766-5002.
- 14: Little Lei Leiø Memory 5K/1M at Fort Smith. Call 479-461-3997.
- 14: Relay for Life 5K at Yellville. Call 870-425-9440.
- 15: Andyø Fun Run.
- 21: Charge of the Warriors 5K at Pangburn. Call 501-728-4431.
- 21: Picklefest 5K at Atkins. Call 479-641-7591.
- 21: Dino Dash 5K at Little Rock. Call 501-396-7050, x214.
- 21: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 21: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-846-4181.
- 21: Rogers Early Learning Center 5K. Call 479-426-3501.
- 21: ARK 5K Walk Run at Fort Smith. Call 479-462-3501.
- 21: Crawdad Days 5K at Harrison. Call 870-414-4440.
- 21: Magnolia Blossom Festival 5K. Call 870-235-9243.
- 21: Move It for Diabetes 5K/10K at Mountain Home. Call 870-508-1765.
- 21: For the Run of It 10K at Russellville. Call 479-567-1608.
- 21: Chili Rumble 5K at Mulberry. Call 479-430-8826.
- 22: Andyø Fun Run.
- 28: Rock Run 8K at Little Rock. (GPS-SC) Call 501-766-3004.
- 28: Riverfest Rock-N-Stroll 5K at North Little Rock. Call 501-255-3378.
- 28: Wildcat Rumble 5K/1M at Bentonville. Call 479-426-2993.
- 28: Portfest 5K at Newport. Call 870-523-3618.

## Birthdays

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

- 1 ó Mary Hayward
- 4 ó Ivy Pearsall
- 6 ó Brian Bell
- 6 ó Joe Cordi
- 7 ó Mark Hagemeyer
- 12 ó Melisa Behrendt
- 13 ó Jerry Senn
- 14 ó Joel Perez
- 14 ó Bert Sanders
- 14 ó Christopher Baldwin
- 16 ó Patrick Hardy
- 17 ó Alyssa Barron
- 18 ó Bill Bulloch
- 20 ó Greg Bahlem
- 21 ó Paula Anderson
- 22 ó Jason Shivers
- 24 ó Carol Torrey
- 24 ó Anne Marie Crow
- 25 ó Ashley Honeywell
- 27 ó Scott Wall
- 27 ó Beverly Smith
- 28 ó Ann Butts
- 29 ó Nicolette Barron
- 29 ó Allen White
- 30 ó Deni Golden

### 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](mailto:chrlypytn@gmail.com)

# Running Calendar

- 28: Diamondback Dash 5K at Magazine. Call 479-969-2640.  
 28: Iron Horse Duathlon & 5K at Parsons, KS. Call 620-421-2330.  
 29: Andyø Fun Run.  
 30: JDRF Rock the Run 5K at Rogers. Call 479-715-1898.  
 30: Dawg Run 5K at Heber Springs. Call 501-270-2360.

## 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.  
 5: Andyø Fun Run.  
 5: Camp Yorktown Bay Half Marathon at Mountain Pine. Call 501-767-2333.  
 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.  
 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 at Branson, MO. Call 417-294-4775.  
 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.  
 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 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.  
 30: Dam Night Run 5K at Lake DeGray near Arkadelphia. Call 870-246-2566.  
 31: Andyø Fun Run.

# New Members

**Patrick Dent** has been running for 10 years and averages 20 miles per week at seven minute mile pace. His favorite race is the 5K and he has a 17:45 PR for that particular distance. He is employed by US Air Force and enjoys playing the guitar.

**Melissa Henshaw** has been running for a few years and already confesses that she is slightly obsessed with it. She is the mother of 12 year-old twin daughters and is a banker. She averages 15-18 miles per week at an 11 or 12 minute mile pace. Her favorite race is the St. Jude marathon and has a PR for the ½ marathon of 2:25.

**Karen Zimmerman** is a pharmacist who started running in 1993 and runs approximately 16 miles per week, averaging a 10 minute pace. She loves running marathons, particularly the Little Rock Marathon but, since the training is so demanding, her new favorite race is the ½ marathon. She ran the Dallas White Rock Marathon in under 4:30. She also enjoys playing tennis, guitar, and piano.

**Jenny Wilkes**, a tax attorney, currently runs 20-30 miles per week. Her favorite race is the 5K with a 21:29 PR. She would like to train for a ½ marathon and eventually a full marathon. She is interested in meeting new running friends to help meet these goals.

**Shea Pickens** is a stay-at-home mom that has been running for 30 years. She runs approximately 15-20 miles per week and averages nine minutes per mile. Her other interests are photography, family, and travel.

## Running Wild (Continued from Page 2)

A quote from Ron at last yearø Capital City Classic is one of my favorites. Knowing that he had been recovering from a knee injury for quite some time, I saw him coming through the finish line chute. I yelled, "Are you feeling any pain?" to which he replied, "Yes í" followed moments later with, "í but the knee is fine!"

Great job, Ron, Jenny, Kevin, and Joel!

## ***CRC Fun Run in June!***

*It's like...an ultraunning "sampler platter"...*



### **Features:**

- A short section of Ouachita Trail
- Forest roads and 4-wheeler trails
- A "popular" segment of the Arkansas Traveller 100 course
- A surprise???

## **The Catsmacker Run**

Sunday, June 12, 6:30 A.M.

From the Lake Winona Park

Distance: 22 mi. (+/-)

There will be **SHORTER** options for Wimpy Kittens.



To get there: From Williams Junction (intersection of Highways 10 and 9, 30 miles west of Little Rock on Hwy 10): Go south on Hwy 9 for 5.7 miles. Turn Right onto Lake Winona Road. Follow Lake Winona Rd for 4 miles to intersection with FSR 114 (Right) and FSR 778 (Straight). (If you go by the spillway, you've gone too far.) Go Right, up the hill, and turn Left into the park.



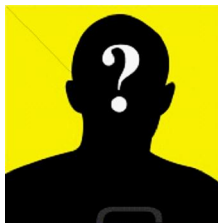
**AURA** and the **GNO's** Present Potluck/Talent Show  
June 26, 2011 - Sunday

Maumelle Park, Pavilion #3, 5:30 pm.

Bring your favorite dish, lawn chair and your talent!

For more information contact **Chrissy Ferguson** at [stanchrissy@earthlink.net](mailto:stanchrissy@earthlink.net) or call **501-472-9162**

*Randy*



*J-Lo*



*Steven*

