

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2011

## Go!bble, Go!bble, Go!bble On Thanksgiving Day

By Steven Preston  
LRRC President

I'm ready for some turkey and gravy with a side of pecan pie! As you can tell, I run to eat, haha! But before you start munchin' on those turkey legs make sure and register for one of the first area marathons of the season and the one-and-only Grand Prix marathon, the MidSouth Marathon in Wynne. The 13<sup>th</sup> year of this race takes place on November 5<sup>th</sup> at 8a.m. You can register at [www.midsouthmarathon.com](http://www.midsouthmarathon.com) or you can even register on race day till 7:30 (a marathon rarity).

To finish out the 2011 Grand Prix season will be the popular Spa 10K on November 19<sup>th</sup>. As always, the Spa Pacers really put on a great race, even though they keep ignoring my request to plow down West Mountain (j/k). On Friday, the Pacers hold a welcome reception from 6-9 p.m. in the Arlington Hotel Mezzanine with complimentary appetizers.

After the race, cheer on the many LRRC members who are nominated at this year's Arkansas RRCA Awards Banquet. Details of the awards banquet will be on [www.arkrrca.com](http://www.arkrrca.com) closer to that weekend.

Before you fall into your Thanksgiving Day post-binges slumber, make sure and make your way out to Go! Running's First Annual Go!bbler Turkey Trot at 8 a.m. There will be two routes, a 3-4 mile loop and a 6-8 mile loop. Both of which will be starting and ending at Go! Running. The entry fee will be a can of food to help benefit our community. For more details, check out [gorunning.com/gobbler-turkey-trot](http://gorunning.com/gobbler-turkey-trot).

The Clinton Presidential Library Bridge officially opened in October. If you haven't had a chance to check it out, I

highly recommend it. This bridge is a nice east end cap to the River Trail. Here's a link to an article with some great photos and video: <http://arkansasoutside.wordpress.com/2011/10/01/first-ride-clinton-presidential-library-bridge/>.

We have two, count them, two speakers for this month's Club meeting, both of whom are LRRC members: Leah Thorvilson and Jay Jennings.

Leah will be giving the Club an update on how her training for the 2012 Olympic Trials Women's Marathon in Houston is progressing and her thoughts on the race.

Afterwards, Jay Jennings will talk about an article he has written for the December issue of *Runner's World* magazine on race, ethnicity, and long distance running. Hope to see everyone on Nov 17<sup>th</sup> at Whole Hog Cafe!

### THE TRAILBIRD'S REPORT

The Trailbird will keep it short and sweet this month. I just want to congratulate two LRRC women for the great runs at this year's Arkansas Traveller 100.

One, Jenny Brod, was the overall women's finisher. The other, Stacey Shaver, was forced to bow out after suffering severe stomach issues at mile 84.

The outcomes may have been total opposites, but the heart was very much the same. I had this feeling while training with these two all summer that it would be an interesting race between them.

And oh, they sure made it exciting as I heard updates at each aid station on how they were progressing. They were neck and neck for almost the entire race.

Both women are excellent runners in my mind and I want to congratulate both for great performances in this year's AT100!

### THANK YOU FROM LEAH

I just wanted to let all the Roadrunners know how much I appreciate the \$500 donation to help with my trip to Chicago. The amount of encouragement and emotional support I have had from everyone in the state since I started this journey towards the Olympic Trials has been incredible. This gift was extremely generous and further proved what I already knew: I have the best and most loving fans/friends in the world. I may not be the fastest girl to toe the line at the Trials, but I will absolutely have the best cheering/support crew there!!

Unfortunately, my run in Chicago didn't go as well as I had hoped. At the halfway point I was on pace to get the A standard I was shooting for, but I had a rough second half and missed the mark by almost 10 minutes. I won't be going for the A standard again. I'm going to focus on just getting ready for January.

### November Meeting

November 17, 2011

Whole Hog Cafe

6 p.m. to eat

6:30 p.m. speakers

Leah Thorvilson  
Olympic Trials Training

Jay Jennings  
Ethnicity in Distance Running



Arkansas's 18th Susan G. Komen Race for the Cure continues to get bigger, but for the runners, the LRRC and Mac's Race Timing keep making it better and smoother. Note that this is a running newsletter and a running column - I have *not* missed the point of the Race. I've watched the event in amazement several times, but I'm just not sure how I have missed out on the LRRC race team fun until this year. It was even better to have my oldest daughter there to experience this for the first time. After debuting as a race director at the Jesse Is Awesome last May (the "AIA" to the inaugural class), Kristen Garret showed the starting line crew why she wants to be Bill Torrey when she grows up.

The statistics are in and as expected, approximately 40% of the 448 timed runners met the 27 minute finishing time requirement on the registration form that they signed. Allowing 10% margin for those that were just overconfident, that still leaves half the field guilty of a little white fib (which is not nearly as bad as a lie). Things get ever weirder considering the multitude of those that fell below this race's version of the Mendoza line that got one of the top-300 medals. Picture this: under the imaginary scenario of everyone being where they were intended to be, 173 chipped runners come through and get medals. Then 33 minutes pass by before the rest of the herd arrives to jostle for the other 127. My solution is to drop that time to 40 minutes. Then fewer are enticed into a falsehood. It was surmised that perhaps the limit was set with the expectation that it would be abused, much like those who schedule office meetings 15 minutes earlier than they actually expect to do anything. They do this knowing most won't show up until then, meanwhile shafting those who arrive on time. Better yet, have no time requirement. With room for 1,500, the \$5 additional fee deters most, leaving fewer than the 1,500 limit.

The crowd was by and large ruly (my Palin-esque version of well-behaved, similar to grunted, i.e. happy postal workers). Only intermittently, were we forced to use our Tasers (I was surprised to find that was a proper noun, named for the manufacturer), with just a few of the second class citizens asking to enter the hallowed inner sanctum. The most common pleas were, "but we're running together," "they didn't mail me the chip," and my personal favorite, "I didn't know!" Lucky for me, I was turning them away only a few feet from where they could slip into the next group. I appeased several with the allure to "go win that race!"

Another dose of trivial semantics is the terminology for those that register to be up front. As a huge fan of John "the Penguin" Bingham, I trust him that the back of the pack are just as competitive as the rest of us (*The Runaround* September 2011). Thus, the word "competitive" is the rub. Bill gave some of

the runners a giggle when he referred to them as "elite." Later I learned that is exactly how the Race addressed them on Facebook.

As the 448 finishers would indicate, the front corral seemed less than half full as the registration form said it was limited to 1,500. Those who couldn't bring themselves to fudge the form and instead arrived early enough to be at the front of the moral majority were instead obstructed by the landslide of Rosie Ruiz impersonators entering from each side of the street for the first several hundred yards of the course. Several of the course cutters made impromptu impersonations of the 1982 Stanford trombone player, who actually fared slightly better having had a few less than 44,000 more people step on him. It was as though a giant boot had stepped from the street and muddy water gushed into the footprint. From my perfect vantage point at the side of the starting line, it was reminiscent of an artist's rendering of the moment that Moses's followers had safely traversed the Red Sea and then he let the water wash away all the Roman soldiers in pursuit.

As for the celebration, the T-shirts were as always, a highlight. Two newcomers for me were "Stop the War in My-Rack," and "Woo Pig Booby." Other returning classics include "Save the Ta-Tas" and "Caught Pink Handed" with the strategically placed pink handprints. My all-time favorite remains, "Save Second Base!" While most are worn by teams of women, one lone man was adorned with "Mobile Mammogram Unit."

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

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# Joel Perez Has PRed All Races From Two Mile To 50K

By Jenny Brod  
LRRC Racing News Editor

I'm sure most of you know this but I hate cold weather and I am dreading the beginning of the cooler temperatures. I am ready for spring. This month I decided to interview someone who we all know very well, Joel Perez. He has been consistently in the front of the pack in every race he runs and has somehow found a way to continuously improve his race times year after year. He doesn't just excel at the shorter distances, he can also run a sub-three-hour marathon. Now that's something to brag about in my opinion.

How old were you when you first started running?  
**I started running at 29. I never ran in high school or anything so I'm still relatively new to it. I started just to drop a few pounds and get control of my health and life. Now I can't imagine going a day without it.**

What has been your key to your consistently improving race times over the past few years?

**I think I have been lucky and stayed healthy and that's the only reason. I don't do speed-work or anything like that. We race all the time and I have always counted that as my speed-work. I run doubles almost every day but other than that I don't really know.**

What distances have you set PR's in this year?  
**I've actually PR'd in every distance I've raced this year (not trying to sound big headed): two mile, 5K, 10K, 15K, 20K, half marathon, marathon and 50K.**

In what race distances are you still trying to set a PR?  
**I'm hoping to still get another PR this weekend at Soaring Wings and maybe Wynne but you never know. I'm not really going after PRs so much as I'm looking to have fun and see what I'm capable of.**

What has been your favorite race of this year and why?  
**My favorite race so far this year would probably be the Mercedes Marathon in February in Birmingham, Alabama. It was on our 13th anniversary and Becky and I ran together and she ran her best time: 3:48.**

What is your favorite race distance?  
**My favorite distance is the half marathon. It's a good test of both speed and endurance. I really enjoy the marathon too but I seem to do better in the half.**

What is your least favorite race distance?  
**The 5K is easily my least favorite distance. They always hurt from start to finish. It's over quicker but that doesn't mean it's easier.**

I know that you have run some 50Ks before. Do you have any interest in running further than that?  
**I have thought about a 50 miler next year but nothing set in stone yet. The idea really intrigues me but I'm pretty sure I'm not ready for that yet. So we will see. I guess there's interest yes but still up in the air on that.**

Do you have any rituals or traditions before any race you run? (Pre-race fuel, stretching, warm-ups, mantras?)  
**I don't have any weird rituals or anything. I usually run a mile**

**before any race. For shorter distances I run a few miles before. I almost always eat a Stinger Waffle before races too but nothing crazy or superstitious.**

Do you have any advice for someone who is just getting into running?

**Advice for someone just starting is kind of weird for me since I haven't been doing it all that long. I guess I'd suggest getting a good pair of shoes, comfortable outfit, and start out easy. It's not going to happen instantly but if you stick with it and listen to your body it can definitely be a rewarding experience.**

Who has been your biggest running inspiration and why?

**Running inspiration is tough for me since I never watched or really paid attention to running until recently. All the people I have been inspired by are around me like Jacob Wells, Leah Thorvilson and Gary and Erin Taylor. There's too many to name and I'd forget some but my inspiration has been the people I meet at races. There are a bunch of really great people in the running community.**

Now on to the results:

September 24<sup>th</sup> was the **Eagle 5K** in Alexander. Mackie Buckelew finished in 27:20.

October 1<sup>st</sup> was a big weekend for races. First up, the **Arkansas Traveller 100** miler began on October 1<sup>st</sup> and finished on October 2nd out at Lake Sylvania. Jenny Brod finished first overall in 21:46:31; Steven Preston in 27:24:44 and Tammy Walther in 27:41:16.

October 1st was also the **Bryant Health Expo 5K**. Tracy Tungac won for the women in 20:17. For the men; Brian Bariola won in 18:07; Eric Baker finished third in 23:53 and David Samuel finished in 35:41.

**Peace, Love and Run Wing Ding 5K** in Jacksonville was also on October 1<sup>st</sup>. Mackie Buckelew finished 3<sup>rd</sup> in 26:41.

Also on October 1<sup>st</sup> was the **Heart and Sole Half Marathon** in Jonesboro. Joel Perez finished second in 1:20:11.

October 8 was the **Arkansas Marathon and Booneville 10K** in Booneville. For the marathon Becky Humes finished second for the women in 4:39:40. For the men it was a 1-2-3 sweep for the LRRC men. Joel Perez finished first in 2:57:18; Kevin Lemley finished second in 3:36:56 and Jacob Wells finished third in 3:48:53. Jon Honeywell finished in 4:19:28. For the 10K David Samuel finished in 1:01:05.

Also on October 8 was the **Wildwood Park 5K**. For the women Brenda Kay Hansen finished in 24:14; Mackie Buckelew in 27:36; Paula Cigainero in 30:53; Martha Ray Sartor in 34:21 and Kristen Sterba in 39:19. For the men Josh Holt finished first in 17:17; Rodney Paine finished in 20:42; Nicholas Norfolk in 29:52 and Carl Northcutt in 43:27.

October 15<sup>th</sup> was the next Grand Prix race of the year with the **Chile Pepper 10K** in Fayetteville. For the men Imari Dellimore finished in 35:12; Brian Siczkowski in 35:47; Gary Taylor in 36:02; Ryder Pierce in 36:26; Kevin Golden in 37:07;

## Race Results (Continued from Page 3)

Mark Hagemeyer in 42:13; Joseph Nichols in 42:14; Don Preston in 48:57; David Meroney in 49:24; James Erwin in 50:23; Joe Milligan in 52:09; Jesse Garrett in 52:41; Roy Hayward in 56:32; Dan Belanger in 58:25; David Samuel in 1:07; Nicholas Norfolk in 1:06:14. For the women Leah Thorvilson finished first in 36:39; Tina Coutu in 48:03 and Courtney Lang in 59:36.

Also on October 15<sup>th</sup> was the **Hillcrest Run for Shelter 5K** in Little Rock. For the men Josh Holt finished second in 16:52; Jon Honeywell in 20:38; Rodney Paine in 21:23; Mark Wilson in 24:06 and Michael Harmon in 27:19. For the women Jenny Wilkes finished in 22:08; Shareese Kondo in 25:26; Lisa Luyet in 25:30; Jane Riggs in 25:32; Shea Pickens in 26:16 and Mackie Buckelew in 27:34.

Also on October 15<sup>th</sup> was the **Casa Champs 5K** in Dewitt. Melanie Baden finished second in 22:38 for the women. Clay McDaniel finished third in 20:41 for the men.

October 22<sup>nd</sup> was the next Grand Prix race of the season with the **Survivor's Challenge 10K** in Fort Smith. For the women Tina Coutu finished second in 46:57; Rhonda Ferguson in 58:47

## Running Wild (Continued from Page 2)

In other news, it's time to vote on the 2011 Grand Prix awards. These are recognized after the Spa 10K in Hot Springs on November 19, and should not be confused with the Grand Prix points series awards that will be tabulated after the Spa, the last race in the Series, and announced after the award ceremony for the River Trail 15K in February.

Like a twist on the reality shows where everyone tearfully purports to love each other but still has to vote someone off the beloved cast each week en route to the cash prize of their dreams, we too have to pick from amongst people we love, who should all win. To even make a selection from the nominees seems like an audacious slight to the others.

Each award has its own nuances. Runner of the Year and Masters Runner of the Year seem like they should be the individual points leaders in the Series. Any other selection would be both rebellious and mathematically illogical. Voting via conventional wisdom, however, results in similarly titled duplicate awards when followed later by the points Series awards. This is similar to the eligibility debate of pitchers for the Most Valuable Player in major league baseball, as every real fan knows that pitchers have their own prize, the Cy Young Award. I've actually seen both Grand Prix awards hanging next to each other in a trophy room of one of the state's best runners.

Things are further complicated in that the first batch of awards are finalized prior to the running of the Series-only marathon. An amusing debate that I would not win might be that each race should be weighted based on the number of miles it covers, i.e. MidSouth counts for 26 points whereas Watermelon for three, and so on. Then mention the issue of whether non-

and Moniqueca Christensen in 1:30:53. For the men Imari Dellimore finished second in 36:31; Brian Sieczkowski in 36:45; Steve Yanoviak in 38:45; Mark Hagemeyer in 42:18; Eric Baker in 46:18; James Erwin in 49:28; Don Preston in 50:07; David Meroney in 50:11; Joe Milligan in 51:04; David Samuel in 1:00:44; Nicholas Norfolk in 1:03:41.

Also on October 22<sup>nd</sup> was the **Race for the Cure** in Little Rock. Approximately 46,000 women came to run or walk for one reason: to help find a cure for breast cancer. It's an amazing race and for the past two years the Little Rock Roadrunners have been in charge of the start and finish line. We had a large number of volunteers this year. We also had several members that ran it. Leah Thorvilson finished second in 17:57; Amy Shivers in 20:51; Barbie Hildebrand in 21:45; Melanie Baden in 22:41; Melody Piazza in 23:59; Ginea Qualls in 24:34; Ashley Honeywell in 25:29; Sandy Cordi in 25:34; Jordan Ziegler in 27:22; Abigail Ethington in 27:42 and Carol Torrey in 28:43.

If you did not see your name in the race results and would like it to be reported next month, please e-mail me at [jenny.brod@yahoo.com](mailto:jenny.brod@yahoo.com).

Thanks and happy running!

Grand Prix races should be considered in the voting and you might really start to get people steamed up.

The other awards are less intuitive, more emotional, and even heart-wrenching decisions. A vote for one nominee is in effect a vote against the rest of the ballot. There are no party affiliations or fundamental differences upon which to fall back upon. There certainly isn't the political election cop-out of determining the lesser of multiple evils, just blatant undeniable guilt-ridden disdain for the non-recipients of your vote. You have no soul if you don't cringe as your computer mouse clicker malfunctions during your attempt to select every box on the page.

If you voted, you know just how impossible this task was. Polls closed on November 1<sup>st</sup> so if you didn't, you are too late for Decision 2011. Just don't blame me, I voted for Pheidippides.

## Races (Continued from jPage 5)

- 18: Andy's Fun Run.
- 25: Andy's Fun Run.
- 31: Racing New Year's Eve 5K at Conway. Call 501-329-8102.

### January 2012

- 1: Mac and Michelle's Prediction Run 3.8M at Batesville. Call 870-307-9850.
- 1: New Year's Day 2012K at Fayetteville. Call 479-571-8786.
- 7: Run for Broadway Cares 5K at Van Buren. Call 479-774-3534.
- 14: Run, Waddle & Plunge 4M at Greenwood. Call 479-652-3649.
- 21: MLK 5K at North Little Rock. Call 501-231-3730.

# Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. The LRRRC 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)

## November

- 5: MidSouth Marathon at Wynne. Call 870-208-4543. (GPS-SC)
- 5: River Valley 5K/10K/Half Marathon at Fort Smith. Call 479-649-8815.
- 5: Race for a Reason 5K at Conway. Call 501269-2235.
- 5: 5K Race to Indianapolis at Little Rock. Call 501-231-3730.
- 5: Running for a Dream 5K at DeQueen. Call 773-729-7969.
- 5: Urban Hopmann Memorial 5K at Dumas. Call 870-222-8237.
- 6: Andyø Fun Run.
- 12: Worldø Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 12: CASA Half Marathon at Pine Bluff. Call 870-540-4911.
- 12: Running Under the Mistletoe 5K at Texarkana. Call 903-799-0473.
- 12: MDCC 5K at Fort Smith. Call 479-430-6568.
- 12: Treys 5K at Muldrow, OK. Call 479-420-8123.
- 12: Mercy Mall 5K at Harrison. Call 870-715-7619.
- 12: Philander Smith Social Justice 5K at Little Rock. Call 501-975-8543.
- 12: Happy Hollow 5K at Fayetteville. Call 479-935-5579.
- 12: Veterans Memorial 5K at Fayetteville. Call 479-871-7478.
- 13: Andyø Fun Run.
- 19: Spa 10K at Hot Springs. Call 501-282-5617. (GPS)
- 19: Reindeer Run for Reading 5K/1K at Bryant. Call 501-778-4766.
- 19: Race for Grace 5K at Harrison. Call 870-4162071.
- 19: HomeRun with the Pointers 5K at Van Buren. Call 479-462-2735.
- 19: Girls on the Run NWA 5K/10K at Bentonville. Call 479-621-1692.
- 19: Miracle 5K at Greers Ferry. Call 570-230-2832.
- 19: RAYn or Shine 5K at Maumelle. Call 501-803-9074.
- 19: 8<sup>th</sup> White River Marathon for Kenya at Cotter. Call 870-421-2666.
- 20: Andyø Fun Run.
- 24: Don Gammie Turkey Trot 5K at Eureka Springs. Call 479-363-9820.
- 24: Springdale Police Turkey Trot 5K. Call 479-750-8526.
- 24: Mercy Thanksgiving Day 5K/10K at Fort Smith. Call 479-314-7400.
- 24: NWA Turkey Trot 5K at Rogers. Call 479-466-9713.
- 25-26: Sunset 6/12/24 Hour Challenge at Benton. Call 501-517-7393.
- 26: Great 10K Duck Race at Stuttgart. Call 870-673-1602.
- 26: Turkey Burner 5K/10K at Clarksville. Call 479-647-8269.
- 27: Andyø Fun Run.

## December

- 3: St. Jude Memphis Marathon. Call 800-565-5112.
- 3: Reddie Steady 5K at Arkadelphia. Call 870-230-5140.
- 3: Yule Run 5K at Greenwood. Call 479-996-6357.
- 3: Speedy Santa 5K at Benton. Call 501-778-2271.
- 4: Andyø Fun Run.
- 10: Magic Mile at Fayetteville. Call 479-521-7766.
- 10: White River Christmas Half Marathon/8K at Batesville. Call 870-793-5264.
- 10: Jingle Bell 5K at Hot Springs. Call 501-664-7242, ext. 226.
- 11: Andyø Fun Run
- 11: Fayetteville Half Marathon/5K/1M. Call 479-521-7766.
- 17: Mt. Nebo Bench Trail 4M at Dardanelle. Call 479-567-9933.
- 17: Jingle Bell 5K at Rogers. Call 501-664-7242, ext. 226.
- 17: Jingle Bell 5K/Kidø Santa Chase at Fort Smith. Call 580-483-5579.

# Birthdays

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

- 2 - James Erwin
- 3 - Shirley Pence
- 4 - Tamara Brown
- 7 - Brian Duckett
- 8 - Bill Crow
- 10 - Alesa Davis
- 13 - Emil Mackey
- 13 - Celia Storey
- 16 - Melanie Baden
- 17 - GarCriglow
- 18 - Robert Abernathy
- 18 - Steven Ulrich
- 19 - Tom Zaloudek
- 21 - LynSenn
- 21 - Michael Storey
- 22 - Paula Cigainero
- 24 - Sarah Stashuk
- 25 - E. F. Jennings
- 25 - LaShonda Norfolk
- 27 - Timothy Wistrand

## New Member

Matt Barker is a lawyer that started running two years ago. He averages 16 miles per week at a 9:30 pace and is interested in meeting other runners.

### 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)