

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2011

Shorter Days And Longer Runs Ahead

By Steven Preston
LRRC President

Fall is here! I'm sure everyone is just as excited as I am about that. Every day from here until pretty much the end of the year will now be getting shorter and shorter. However, the races will be getting longer and longer! This is when I start to get really excited because the long distance races are my favorite.

On that note, the Grand Prix races start to ramp up in distance now. We start with the Chili Pepper XC 10K hosted by the University of Arkansas in Fayetteville on the 15th of October. Not only is this a fun race to run, but I absolutely love watching the country's finest collegiate XC runners in the races following the Open Division race.

The next weekend, on October 22nd, the western Arkansas runners host the Survivor's Challenge 10K in Fort Smith. And on the final weekend of the month (October 29th), the Soaring Wings Half Marathon takes place in Conway. Let's see if Imari Dellimore can continue his hot streak!

Looking back at September Bill Torrey directed the 10th and final Tyler Curtis 5K. Aaron Batey, assistant UALR Track and XC Coach, finished first overall in a blazing time of 15:23 beating the second place finisher by a minute and 21 seconds! What a way to send this race out with a bang. Bill also presented the Curtis Family with a race T-shirt quilt, designed by our own Polly Russell, which included cutouts of all 10 years' race T-shirts.

At September's Club meeting, our own Leah Thorvilson was presented with a \$500 check from the Club to help cover her travel expenses for the Chicago

Marathon. At Chicago, Leah, who has already qualified for the 2012 Olympic Trials Marathon, is hoping to qualify for the A-Standard qualification. To qualify for the A-Standard she will need to run a 2:39:00 or better. Her personal record in the marathon is 2:37:56 at the 2009 Green Bay Marathon. From the accounts I've heard on her training, I truly believe she can bust that time. Leah, we look forward to cheering you on in Chicago and then on to Houston!

Race for the Cure is just around the corner. Once again the LRRC is directing this race for the Komen Foundation. If you are available on October 22nd, please e-mail Bill Torrey at bjtorrey@sbcglobal.net. This is a great race for the city of Little Rock and we hope the LRRC members can come out and show how much they support this event.

The Youth Home Hero Hustle, Little Rock's only costumed five-person half marathon relay, takes place on October 15th at the Big Dam Bridge. There will be prizes for the best costumes as well as T-shirts and medals to all participants. Registration is \$25 and can be submitted at www.youthhome.org.

October's Club meeting speaker, Michael Barden, will talk about the benefits of massage therapy for runners. A lot of runners plow through their runs every day without a thought to the aches and pains mounting on their body. Come to the Riverdale Whole Hog Cafe on October 20th to hear about the benefits a sports massage can have on your running success.

One final note, the new Nike Store is opening up this month in the Chenal Promenade. The manager, Dustin Neff, is looking for runners to work part-

time and one manager. If you are interested, please e-mail me at steven.preston@sbcglobal.net and I'll forward you his contact info.

The Trailbird's Report

The trailbird just wanted to talk about what a great Club meeting we had last month. Stan and Chrissy Ferguson talked about their ultra adventures at Hard Rock, one of the toughest ultras in the country. To think that someone could stay on a course for over 47 hours and still keep going just amazes me.

Then Tammy Walther got up and talked about her Badwater experience and my mouth just dropped further than I thought it ever could. Going from blazing hot to freezing temps all in one race, while having to cut a hole in your shoe to fend off big toe pain. Just WOW! If you missed this meeting, you missed some great stories of fortitude. It really makes you feel that if they can endure those kinds of races the trailbird should easily be able to endure the Arkansas Traveller 100 on October 1st. We will see!

Good luck to everyone running the Traveller on Oct. 1-2. There will be many LRRC brothers and sisters out there running, crewing, volunteering, and/or cheering.

October Meeting

October 20, 2011
Whole Hog Cafe
6 p.m. to eat
6:30 p.m. speaker

Michael Barden
"Benefits of Massage Therapy"



Two or three times a year, I get the wild notion that I might someday (actually train for and) make an attempt at the Arkansas Traveller 100 Miler. All it takes is the next marathon finish line to bring the grim reality crashing down on me that these are in fact, two different sports altogether, contrasting in physical and mathematical terms many times over that of the marathon.

The trail report is a nice addition to the newsletter and I hope the next edition will provide a full report on the Traveller, which includes Jenny Brod's victory in 21:46 and Steven Preston's two-hour PR. One night last weekend, by 11 p.m., I thought I was near a fatigue-induced coma after rising at 3 a.m. to take a 4 a.m. bus to the start of a 6 a.m. race. Then I compared my 20 waking hours (of which only four were running) to the 39 and 47 hour runs, respectively, by Conway's Stan Ferguson and Russellville's PoDog Vogler at the Hardrock 100 Mile and LRRC's Tammy Walther's 45 hour finish at the Badwater 135 Miler. (In an attempt to give perspective to the magnificence of these achievements, I could point out that PoDog actually won the Traveller this weekend in just over 17 hours.)

One year at the Mt. Nebo 14 Miler, the first race in the state's trail season, Stan was passing out registration forms for the series. (See www.runarkansas.com for the Arkansas Ultra Trail Association's AURA website. And this is not disloyalty to the LRRC. In Arkansas, multiple gang affiliations are not only allowed, they are encouraged.) I declined the form, knowing that I would only do a couple of the shortest ones and remarked, "You should have more 5Ks." He smirked and said, "This IS our 5K."

The growing popularity of trail running may be a sort of response to the frenzied overstimulation of our social-media driven society. Arriving at each aid station during a 24+ hour stay in the woods gives a different meaning to updating your status. Plus, the competitors are not allowed to have any friends until sometime after the halfway point. Trail running in moderation can also be easier on you physically, commented one Roadrunner who will less often be such as he'll frequent the trails.

A debate that occurs probably only in my head is that of which is the more impressive athletic accomplishment: completing an Ironman triathlon or a 100 mile ultramarathon. I imagine only a small number of athletes have done both and are qualified to answer, which leaves the rest of us to speculate.

I'm going with the 100 mile runners, with no more scientific basis than triathletes annoy me (LRRC Runaround readers excluded, of course.) Especially the one with such short term memory loss that he has told me on three occasions about his sister-in-law cheering for him at his latest Ironman finish line

in a homemade T-shirt that read, "You run marathons? How cute!" With his five-hour marathon leg, he also refers to me as that guy "able to run fast, but not far." My only two reasons for not doing one are that I don't like to swim or to cycle.

Other arguments might be measured in more objective physiological terms, such as the multiple muscle groups used during the legs of a triathlon or the difference in the cut-off finishing times, which might generally be 17 hours for the Ironman and 30 hours for the 100 miler. More anecdotal evidence would include their Ironman tattoos, which are the equivalent of those people who wear their Boston Marathon jackets into an expo even when it's 90 degrees outside. Nothing subtle about that. Then there are those 140.6 stickers. Once again, Stan's simple response conveys that it is the ultramarathoners' world and the triathletes are just visiting. His sticker just says 100.2.

Final news flash for this month is due to my delay in getting this article turned in, I am happy to report that LRRC members claimed the first four spots in the 43rd annual Arkansas Marathon in Booneville on October 8th. This included the first overall marathon win for Joel Perez, with a two-minute PR of 2:57.

Condolences

The Little Rock Roadrunners Club extends its deepest sympathy to Charles and Angela Gattin over the death of Charles's mother, Margaret Gattin, September 15. Please keep Charles, Angela, and their family in your thoughts and prayers.

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.

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Imari Dellimore Consistently Tops Race Results

By Jenny Brod
LRRRC Racing News Editor

September is a huge month for racing with the beginning of fall and the drop in temperatures. Cooler weather seems to bring some faster racing times too. This month I decided to interview someone we have been consistently seeing on the top of the race results, Imari Dellimore. Imari tells us a little about his motivation behind his faster race times.

Q: How old were you when you first started running?

I was a swimmer in high school. I didn't start running until about six years ago at age 29. Monica (my wife) was pregnant with our eldest and I looked in the mirror and saw someone who was rapidly turning into a pudgy middle aged man! So I signed up for the Little Rock half marathon and agreed to train on Tuesday and Thursday mornings with a friend from work. Our first run was from coast guard to the base of the Little Rock side of what is now the BDB (it wasn't even under construction back then) and back. I was so sore I literally could not climb the stairs at work the next day. From there it was on to mountain biking, off road triathlons, road triathlons before finally discovering RRCA running.

Q: You have had an awesome year. What has been the key to your improving times this year?

Patience. I was recovering from a slow healing calf-injury and burn out at the start of the year. I have been very gradually increasing my mileage throughout the year and have been listening to my body when the aches and pains seem to be asking for a day off. I am still not back to my pre-injury peak mileage, but this year I have been focusing on getting quality workouts rather than quantity.

Q: What distances have you set PRs in this year?

I PR'ed at the River Trail 15K and the Arkansas 20K this year, that's it. I guess endurance is the easiest thing to get back as you recover, especially as you start to get up there in age like I am. Ha! *After this interview, Imari set a new 5K PR at the Tyler Curtis 5K.*****

Q: In what race distances are you still trying to set a PR?

I am hoping to be able to put together a smart and fast 10K now that the fall weather has set in.

Q: What has been your favorite race of this year and why?

I felt pretty good about the Watermelon 5K. I ran a smart race (negative splits), I beat Brian and got the win! The weather was such a nice change from what it had been, and I had a blast. Best of all, Brian and I carpooled to the race, so I got to gloat the whole drive back to Little Rock.

Q: It seems like there is a rivalry between you and Brian S. Would you agree? In how many races have you beaten him this year? How many has he beaten you?

Brian and I have a great friendly rivalry going on. We push each other but are able to remain great friends and training partners. Not that I am keeping score or anything, but Brian has beaten me five times, and I have beaten him four times, so far. There are still six races left this year! *After this interview, Imari beat Brian in the Tyler Curtis 5K.*****

Q: As fast as you've become, is your main goal going into a race to win, to set a PR or to beat Brian?

If I were being totally honest, I would have to say, my goal is to win while expending the minimum effort possible! Really!! I deliberately try to start as slow as possible while maintaining contact with the lead pack. Some people call it racing smart. Really, it's just racing LAZY!!

Q: What is your favorite race distance?

Favorite distance would have to be the 10K. It's the perfect distance. Not so long that you end up sore for days afterward, and not so short that you are forced to run at a pace at which lactic acid turns your muscles to jelly in the finishing stretch.

Q: Any advice for someone who is just getting into running?

Start gradually, build slowly and run with friends. Joining a running club and the friends I have made through racing have enriched my life and kept me running even on those days when I wanted to hit the snooze button on the alarm.

Q: Who has been your biggest running inspiration and why?

Steve Prefontaine. Wow. What a legend! The man ran hard, and lived hard! My favorite quote of his will always be: "Most people run a race to see who is fastest. I run a race to see who has the most guts." He would be one of the top five people I would have as a dinner guest. And most definitely top two of all time to go bar hopping with!

Now for the race results.

On August 27th there was the **Mount Nebo 14 mile trail run in Dardanelle**. For the men, Steven Preston finished in 1:51:22; Carl Carter in 2:05:00; Joe Milligan in 2:41:55; Alex Wan in 2:46:12; Michael Harmon in 3:14:14; Nicholas Norfolk in 3:14:15 and Dan Belanger in 3:43:43. For the women, Brenda Hanson in 2:25:14; Ginea Qualls in 3:02:34; Rosemary Rogers in 3:44:00.

Also on August 27th was the **Rollin' on the River 5K** in Little Rock. For the women, Barbie Hildebrand finished second

Race Results (Continued from Page 3)

overall in 22:10; Shea Pickens in 25:13; Eileen Turan in 26:43; Mackie Buckelew in 29:29; Paula Cigainero in 32:09; Ellen Kreth in 36:12; and Jaynie Cannon in 39:53. For the men, Rodney Paine finished in 21:36; Mike Maulden in 21:53; Eric Baker in 21:57; Scott Wall in 22:36; Jacob Wells in 23:21; Donald Preston in 24:30; Andrew Pickens in 29:17 and Carl Northcutt in 42:51.

August 28th was the **Freedom 5K** in Little Rock. Don Preston finished second overall in 22:39.

September 3rd was the **ARK Classic 5K** in North Little Rock. For the women, Tracy Tungac was first overall in 19:12; Barbie Hildebrand finished in 21:57; Tina Coutu in 23:08; Beverly Smith in 23:12; Becky Humes in 23:43; Michelle Rupp in 25:18; Eileen Turan in 26:21; Shea Pickens in 26:35; Courtney Lang in 27:38; Mackie Buckelew in 28:05; Rosemary Rogers in 33:01; Martha Ray Sartor in 35:57; Jaynie Cannon in 38:53; Betty Preston in 41:43; Moniqueca Christensen in 44:25; Linda House in 44:29; Mary Hayward in 53:39.

For the men, Imari Dellimore won in 17:12; Brian Sieczkowski finished second in 17:22; Mark Ferguson finished third in 17:26; Kevin Golden finished in fourth in 18:22; Steve Yanoviak in 18:56; Jacob Wells in 20:23; Mark Hagemeyer in 20:32; Michael Storey in 20:44; Rodney Paine in 20:47; Carl Carter in 20:52; Ross Bolding in 20:59; Eric Baker in 21:06; Mike Maulden in 21:58; Bill Torrey in 22:16; Scott Wall in 22:22; E.F.Jennings in 22:42; Jeff Maher in 23:14; Don Preston in 23:48; Joe Milligan in 24:41; David Meroney in 24:46; Roy Hayward in 25:22; James Erwin in 26:03; Ron Sanders in 26:40; Dan Belanger in 27:04; Nicholas Norfolk in 29:04; Michael Harmon in 29:17; David Samuel in 30:16 and Carl Northcutt in 42:43

September 10th was the **Bartlett Park 50K** in Bartlett, TN. Stacey Shaver was the first female finisher in 5:16:27. Steven Preston finished in 5:16:33 and Don Preston set a 50K PR in 6:20:19.

Also on September 10th was the **Sara Low Memorial 5K** in Batesville. For the women, Tina Coutu finished in 23:14 and Jaynie Cannon in 38:22. For the men, Jacob Wells finished in 20:33; David Meroney in 24:00; Dan Belanger in 27:30; Nicholas Norfolk in 29:54 and Carl Northcutt in 43:19.

Also on September 10th was the **Tunnel of Towers 5K** in Hot Springs. David Samuel finished in 28:34 and Mark Davis in 35:37.

September 17th was the **Sherwood Sharks 5K** in Sherwood. For the women, Mackie Buckelew finished third overall in 28:07. Jaynie Cannon finished in 38:53. For the men, Jacob Wells finished in 20:51.

September 17th was also the **Arkansas 20K** in Benton. LRRRC swept both the mens and women's race. For the women, Leah Thorvilson finished first in 1:16:36; Tracy Tungac in second in 1:23:32 and Jenny Brod in third in 1:32:00. Sunnie Butcher-Keller finished in 1:37:15; Jenny Wilkes in 1:43:06; Brenda Hansen in 1:47:23; Becky Humes in 1:53:23; Tina Coutu in 2:13:49; Rosemary Rogers in 2:40:50; Coreen Frasier in 2:59:53 and Moniqueca Christensen in 3:13:45.

For the men, Mark Ferguson finished first in 1:14:38; Imari Dellimore finished second in 1:15:13; and Brian Sieczkowski in 1:17:02. Joel Perez finished in 1:17:11; Kevin Golden in 1:19:24; Steve Yanoviak in 1:20:13; Alberto Basilio in 1:21:18; Lee Epperson in 1:24:04; Joseph Nicholsin 1:29:47; Michael Storey in 1:30:46; Steven Preston in 1:31:59; Ross Bolding in 1:32:00; Brian Watson in 1:33:28; Bill Torrey in 1:37:37; Rodney Paine in 1:37:43; Eric Baker in 1:38:26; EF Jennings in 1:40:06; Don Preston in 1:46:58; James Erwin in 1:47:56; Roy Hayward in 1:49:23; David Meroney in 1:52:58; Alex Wan in 1:54:23; Ron Sanders, Jr. in 2:0:19; Nicholas Norfolk in 2:15:47 and Dan Belanger in 2:16:28.

September 24th was the 10th and final running of the **Tyler Curtis Memorial 5K** at Otter Creek in Little Rock. For the women, Becky Humes finished third in 22:46; Tina Coutu in 22:50; Shareese Kondo in 24:54; Courtney Lang in 28:45; Carol Torrey in 29:59; Paula Cigainero in 30:58; Mady Wells in 32:10; Jaynie Cannon in 37:20; Betty Preston in 40:34; Moniqueca Christensen in 53:21 and Mary Hayward in 56:14.

For the men, Imari Dellimore finished second in 16:44 (a new 5K PR); Brian Sieczkowski in 17:14; Gary Taylor in 17:36; Kevin Golden in 18:15; Gary Davis in 19:22; Michael Storey in 20:18; Jacob Wells in 20:26; Rodney Paine in 20:42; Eric Baker in 21:15; Mike Maulden in 21:19; EF Jennings in 22:07; Don Preston in 22:42; David Meroney in 23:29; James Erwin in 23:33; Joe Milligan in 24:18; Dan Belanger in 26:38; Michael Harmon in 26:59; Nicholas Norfolk in 28:17 and Carl Northcutt in 43:21.

Also on September 24th was the **Eagle 5K** in Alexander. Mackie Buckelew finished second overall in 27:20.

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. Thanks and happy running!

New Member

Jo Spence joined the Club as an experienced triathlete. She began running in 2007 to train for a sprint triathlon and her weekly mileage is 35 at an average pace of 8:30 per mile. Her PRs are 11:44 for an Ironman, 1:49 for a half marathon and 49 minutes for a 10K. She is a CPA and her other interests are cycling, mountain biking, hiking, and spending time with her family.

Running Calendar (Continued from Page 5)

- 13:** Andy's Fun Run.
- 19:** Spa 10K at Hot Springs. (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.
- 20:** Andy's 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

October

- 15: Chile Pepper XC 10K at Fayetteville. (GPS-SC)
- 15: CASA 5K at DeWitt. Call 870-946-5672.
- 15: Hillcrest Run for Shelter 5K at Little Rock. Call 501-542-4753.
- 15: Flipping for Furry Friends 5K at Fort Smith. Call 479-459-8929.
- 15: Red Ribbon 5K at Pine Bluff. Call 870-267-6301.
- 15: OFD Fall-a-thon 5K at Ozark. Call 479-213-2596.
- 15: 4H 5K at Clarksville. Call 479-647-6161.
- 16: Andyø Fun Run.
- 22: SurvivorsøChallenge 10K (GPS)/5K at Ft. Smith. Call 479-424-1812.
- 22: Early Dam Run 5K at DeQueen. Call 870-62-2212.
- 22: D.A.S.H. to Remember 5K at Pea Ridge. Call 479-656-3513.
- 22: Running Scared 5K at Bentonville. Call 479-531-5331.
- 22: Styx nøStones Trail 30K/15K at West Fork. Call 479-790-6625.
- 22: MOmentum on a Mission 5K at Van Buren. Call 479-471-8955.
- 22: Cossatot River Trail Half Marathon at Wickes. Call 479-216-8594.
- 22: Pioneer Wilderness Challenge 5K at Harrison. Call 870-391-3225.
- 22: CMA 5K at Mena. Call 870-389-6560.
- 22: Missouri Waterfowl Festival 5K at Kennett, MO. Call 573-717-0899.
- 23: Andyø Fun Run.
- 25: BRMC Lend-A-Hand 5K at Mountain Home. Call 870-508-1770.
- 29: Soaring Wings Half Marathon at Conway. (GPS-SC) Call 501-952-8972.
- 29: Trick-or-Treat 5K Trot at Pineville, MO. Call 417-223-4368.
- 29: Down & Dirty 5K, Clean & Green 1M at Fayetteville. Call 479-466-3268.
- 29: Mud Run 5K at Little Rock. Call 501-371-4639.
- 29: Downtown Fall Festival 5K at Russellville. Call 479-970-4278.
- 29: SSSEI Burr Oak 5K at Sulphur Springs. Call 479-298-3809.
- 29: Rebuilding Together Halloween 5K at Bella Vista. Call 479-277-9129.
- 29: Run Forest Run 5K at Gurdon. Call 870-403-1110.
- 29: On a Mission 5K at Van Buren. Call 479-629-2027.
- 29: Ozark Run for a Reason 5K at 479-209-1899.
- 29: Warrior Trick or Treat at Lamar. Call 479-970-2153.
- 29: Harvest 5K at Leachville. Call 870-635-3089.
- 29: Hardy Memorial 5K at Texarkana, TX. Call 903-748-3265.
- 29: Chili 5K/10K at Norphlet. Call 870-918-7694.
- 30: Andyø Fun Run.

November

- 5: MidSouth Marathon at Wynne. (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 501-269-2235.
- 5: 5K Race to Indianapolis at Little Rock. Call 501-231-3730.
- 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.

Birthdays

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

- 1 - John Russell
 - 1 - Gail Northcutt
 - 1 - Jonathan Caudle
 - 3 - Betty Preston
 - 4 - Jeff Maher
 - 7 - Bonita Samuel
 - 9 ó Yao Kondo
 - 9 - Wendy Lair
 - 11 - Adriane Campbell
 - 12 - Rosalind Abernathy
 - 12 - Shellie Thompson
 - 13 - Rosemary Rogers
 - 14 - Paul Latleur
 - 14 - Kevin Golden
 - 16 - Becky Spohn
 - 18 - Roger Thompson
 - 18 - Mimi Evans
 - 19 ó David Hildebrand
 - 20 - Mike Carter
 - 22 - Sandy Cordi
 - 25 - Dan Belanger
 - 29 - Eileen Turan
 - 29 - Bill Hoffman
 - 29 - Bob Marston
 - 30 - Deb Baldrige
 - 30 - Imari Dellimore
 - 31 - Mike Holland
- 12: Philander Smith Social Justice 5K at Little Rock. Call 501-975-8543.
 - 12: Happy Hollow 5K at Fayetteville. Call 479-935-5579.

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