

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2011

Fall Is Just Around The Corner

By Steven Preston
LRRC President

I'm sure everyone is excited to read those words in the headline. It's surely been one hot summer. However, with the end of summer the race calendars start filling up fast.

Last month's grand prix races saw the male team continue their undefeated streak with wins at both the White River 4M Classic and Watermelon 5K. Also, in both races Imari Dellimore and Brian Sieczkowski came in one and two among grand prix participants. The women on the other hand saw their lead falter as the AURA women have now taken over the top spot. The good news for the women is that we have a good list of races this month to help take back that lead! All are in the central Arkansas area and include: ARK 5K Classic in North Little Rock on September 3rd, Arkansas 20K in Benton on September 17th and the Tyler Curtis 5K in Little Rock's Otter Creek neighborhood on September 24th.

As we have done in the past, I thought it would be nice if we have September's Club meeting at the Otter Creek Pavilion near the clubhouse. There will be a preview run of the Tyler Curtis course at 5:30 from the clubhouse parking lot. A potluck dinner will follow the run and the meeting will begin at 6:30. This month our speakers will be Stan Ferguson, a great local ultrarunner and organizer of many area trail runs, and Tammy Walther, who recently completed Badwater (135 miles) in California. These two will have great info on trail running, so come with all those great questions on the right trail shoes, how to deal with blisters, or even what gear to bring. Can't wait to see everyone there on Thursday, September 22nd. (Note: This is not the usual third

Thursday but it is when the pavilion and speakers were available and is the Thursday prior to the Tyler Curtis 5K.)

For you marathoners out there, this marks the start of many of your training programs. If you are training for the 2012 Little Rock Marathon make sure and sign up for the "FREE" marathon training program on the training page of www.littlerockmarathon.com. There are groups that meet all over the state. Our Little Rock coaches are Tom and Hobbit Singleton and they usually have a very large group that meets at different locations every Saturday morning at 6 a.m.

For your speed training, the LRRC speed workouts have temporarily moved to Two Rivers Bridge on Tuesday afternoons. Warm-ups meet at the parking lot side at 5:15 p.m. and the workout begins at the same location at 5:30.

If you are still looking for that next marathon to tackle this winter, check out www.marathonguide.com. This is the go to site for pretty much any information you need on most marathons all over the world. If you click on "calendars" on the top navigation bar and then "US/Canada" you will see a list of marathons grouped in two-month lists. I like to read the reviews, looking for such things as how well the race is organized and what is the course really like in the eyes of the participants. If you have any more resources that would be great for marathoners please e-mail them to me and I'll try to include them in a list in next month's newsletter.

Final note for this month, the dedication for the Clinton Library Bridge and the Bill Clark Wetland Park will be at 11:00 a.m. September 30th. Former President Bill Clinton is expected to be in attendance. However, the bridge will not officially open until October 2nd.

The Trailbirds' Report

This past weekend I was up at Mt. Nebo and my good friend, PT, took me out on some great trails that I didn't get to run the previous day during the official trail race. With all my training for the Arkansas Traveller 100 I suddenly realized how much I missed the fun of just hitting up random trails and just checking out the sites.

There are two main trails that circle Mt. Nebo - the Rim Trail and the Bench Trail. In between each circle are many trails that wind up and down the top of the mountain accessing both trails. Yes, there were lots of rocks and lots more climbing than running, but there was so much beauty to behold. We saw a waterfall (granted not flowing), multiple springs, and many rock overlooks.

So my suggestion is that you take a day sometime in the near future and just go out on a trail run at a place where you've always wanted to see the flowers, the mountains, or the wildlife and just

(See Trailbirds' on Page 5)

September Meeting

September 22, 2011
Otter Creek Pavilion
Fun Run/Potluck
5:30 to run
6 p.m. to eat
6:30 p.m. speakers

Stan Ferguson, "Ultra Running"
Tammy Walther, "Badwater"



“Did you win?” Have you ever been asked this on Monday morning, usually upon giving an actual answer to the typical co-worker’s rhetorical question asking what you did this weekend? For most of us, the answer is always, “No.” If he even remembered the question, he gives a perplexed look and wonders why then did you even bother to try.

I can relate, as I have losing streaks of my own of 194 races and the current streak of 151. Recently our town’s largest newspaper’s coverage on our state’s largest 5K race was entirely on the winners. There was not one word in the article or photos of anyone else in the race. There was at least a list of the top 20 male and female finishers, which excluded the other 1,009 runners and walkers who completed the course. (Even of those listed, by the way, 95% of them still lost the race.) What was so important to fill the other 1,500 square inches of that day’s sports section? I never looked, but I suspect it was the NFL lockout or maybe NASCAR.

So why do we do what we do, week after week? We do it because there are lots of ways to win.

By training: In any given year, month, week, or day, if you miss your goal for mileage, pace, or calories burned or consumed, you start anew the next day, which is why New Year’s Day is my favorite holiday (*The Runaround* January 2009). July 1 is also a good starting point, just because the math is still pretty easy. T. Boone Pickens said, “The best time to plant a tree is 20 years ago. The second best time is today.” It is the same with running or any form of exercise. It’s never too late to start and always too early to quit. Today is the best day today. Today will be the best day again tomorrow. Nothing before that matters.

But if you missed January 1st, July 1st, or even yesterday, how about just today?

As a team: The Arkansas Grand Prix is the most notable local version of this. For some of us, it is difficult to make a difference on a large team, but the GP does not limit you geographically as to which team you join. In fact, while you can only race for one team, many involved runners are members of multiple running clubs. Years ago, after assessing my ranking as below the top 30 Roadrunner men, I instead helped resurrect another running club, as only four finishers are required for a team to score in a series race. We then outlasted another small town for the final award placement among teams.

Against yourself: We all set personal goals for every race. Everyone is always shooting for a PR. The easiest way is to race a distance which you have never raced. Accompanying the Central States Marathon in Ames, Iowa, is the self-proclaimed “World Championship 11-Miler.” For many, it was the GO! Mile held in June. As we age, our PRs renew for that particular year or decade.

Among mere mortals, the most hallowed acronym is to BQ. With the new staggered sign-up period for 2012 and plummeting qualifying times for 2013, these goals will evolve. With the new sign-up system favoring those who have exceeded the qualifying time by the largest margin, many may qualify but still not get into the race. I have heard that there will be T-shirts celebrating not finishing, but just qualifying and not even being allowed to participate. Any list of race prohibitions includes not wearing the shirt for a race one did not complete (along with my favorite, not wearing that particular day’s shirt in the race.)

Against your favorite rival: Stranger or long-time friend, whoever you see at the starting line that you know is about your speed, whoever is right in front of you to catch or is right on your heels down the stretch, you never know who it might be. I’ve been on both sides many times, and it took me years to begin to learn the art of the finish line kick by watching children race. It seems the less the attention span during the race, the more inspired the sprint to the finish.

John “The Penguin” Bingham writes about racing and about how you may not be trying to win the race but it’s just as important to you to edge an opponent for 457th place or for the 5th place age group award (all the while huffing and puffing hoping the awards go five deep and not only three). Age group awards, especially as we age, are the great equalizer. They allow virtually everyone, if you can live long enough and find a race small enough, to eventually find a way to the podium. If not, there is always another race next week and you will be a week older. And some day when they ask, you will be able to say, “Well, as a matter of fact, I did!”

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My Running Partner

By Karen Call

We have all bonded with one or more partners at some point in our running careers. Some have become closer friends than others for one reason or another. We all know how that relationship develops when you share a commitment, determination, perseverance, support and time spent working toward a goal together. I have had that experience with many runners and they have indeed become my good friends and still are. One in particular is David Bourne. Some of you may know him as "Bandana Boy." He wore a bandana on his head in many races. Dave never stayed for the awards ceremony, though. He just ran his race and went home. He would say that was so he could get to that first beer quicker. He loved good beer.

We started running together about 10 years ago with my group on Kavanaugh. Soon he started racing and was surprisingly fast for a "big" guy. Some commented on his speed in spite of his size. His wife, Paula, called him "The Vanilla Thunder." He ran a 20:56 at Dam Night Run, 45:06 at Capitol City Classic, 1:41:14 at St. Jude's ½ marathon for his fastest races. So as you can see he took running seriously but that's not all that we did together.

We also did some ultra runs. We ran the kitty smacker, Big Fork, Gulpha Gorge trail, Ouachita Trail 50, and others that I cannot remember.

We used to do repeats on Pinnacle. We went up and over, then back and over, then up and over then around the base trail. WHEW!!

We hiked a portion of the Ouachita Trail and had plans to finish it all the way to Oklahoma. Of course, we put in many miles together in training rain or shine or sleet or dark of the morning.

We completed the 167 miles on the Tahoe Rim Trail with the Twins Travel Service, the rim to rim at the Grand Canyon, two portions of the Colorado trail.

Dave not only was my running partner but he also was good at getting me out of my comfort zone. I

accompanied him and his family to Colorado to climb 14ers (mountains over 14,000 feet). I always loved an adventure and Dave was all about adventure. I ended up completing nine 14ers to Dave's 36. We had some scary moments on those mountains including lightning strikes, storms and just plain old getting lost and having to forge down a deep gulch to get back. You don't forget those memories!!

Dave contracted an Achilles tendon injury and darn that is a stubborn one! I just hated that he couldn't compete like he used to. I was injured off and on too so I just couldn't wait until we could run some more of those trail runs.

In August 2010 Dave was diagnosed with ALS. He had experienced weakness in a right calf that I thought was because of that Achilles injury but indeed it was not. I offered some massages and ice therapy plans but it was just a symptom of something greater going on in his body. I have watched as my strong fearless, mountain goat of a running partner declined over this past year. ALS is a mean disease! It takes no prisoners.

I always said to Dave that he needed to run one marathon, just one. He ran many halves and I just thought that in order to complete his running career he needed a marathon and he would be thrilled when he finished. He always declined. Dave said something like "you mean like hitting your thumb with a hammer that it will feel good when you stop?" I said yes kinda like that as I recalled some of my marathon finishes.

This last year has been a lot like a marathon for him. You knew it was going to be tough and it only got tougher. The last 10K is always the hardest and that's what it has been like these last weeks.

The marathon of his life!

Condolences

Dr. David Bourne died August 29, 2011, two days after his 57th birthday. The Little Rock Roadrunners Club extends its condolences to his wife, Dr. Paula J. Anderson. Please keep Dr. Anderson and her family in your thoughts and prayers.

New Members

By Sarah Olney
Membership Chairman

Courtney Powell has been running for about two years and usually logs 16-20 miles per week at a 10 minute pace per mile.

She just moved to Little Rock from Memphis and is excited to meet new running friends to help increase her endurance and run more miles. She is a specialty pharmaceutical sales representative for Coria Laboratories. She also loves to shop, read, try new restaurants and play with her silky terrier, Mykee.

Her favorite race distance is 5K but she would love to train for a half marathon.

Noel Hall works in information technology and has been running for a year and a half. He runs 10 miles per week at an 11 minute pace.

His interests other than running are adventure racing, paddling, hiking and anything else that involves playing outside.

Jeffrey Parks, a US Air Force avionics technician, has been running for about 18 months and runs an average weekly distance of 25 miles at a nine minute pace. His wife is responsible for getting him into running and he never would have tried running his first half marathon without her. His favorite races are 5K (PR 24:45) and half marathon (PR 2:24).

Q&A With Future Ironman Don Preston; Race Results

By Jenny Brod
LRRRC Racing News Editor

This month I decided to interview Don Preston. Don is the dad of our LRRRC President, Steven. Don is going for Ironman status in the Grand Prix this year and has set a number of PRs so I thought it might be good to hear about his year thus far.

Q: I understand you are going for Ironman status this year in the Grand Prix. What has been the toughest part of running all these races?

Trying to keep my family schedule and racing calendar from colliding. I've actually enjoyed getting to know my age group competitors.

Q: With only eight races left, which race are you most excited about and why?

Definitely it has to be the Mid-South Marathon. It was my first marathon and I haven't run it since. I'm a little nervous cause my marathon times are the worst of all my races.

Q: Which race are you the least excited about and why?

The 20K race in September, because I know it can still be extremely hot in September and that's a long way to run in the heat.

Q: What has been your favorite Grand Prix race this year?

I really enjoy the away races and the Run the Line Half Marathon was especially sweet because my friend Harold Hays paced me to a PR.

Q: Do you think you will go for Ironman status again next year?

After talking with Eugene Atha about its history I am seriously considering it. However, I do have 2012 events, i.e. Houston marathon that might conflict. Leah and Houston would have to take precedence.

Q: I know last year you ran a lot of ultra races. Has it been tough taking a step back from that to focus on the Grand Prix?

I enjoyed the ultras because the people that run ultras aren't nearly as competitive as the Grand Prix group. They are more laid back and just enjoy the scenery. I think both groups have a place in my heart. I miss running some of their races due to the Grand Prix. Somehow I wish the schedules wouldn't conflict, but, I'm sure that's probably not possible.

Q: Have you set a lot of PR's this year?

I have set 11 PRs this year in 23 races so far. In January, I totally revised my training based upon the RRCA coaching course. It really helped me more than any other one thing I've done in my 12+ years of running.

Q: Any lingering injuries?

Fortunately I haven't been injured this year, knock on wood. I attribute a lot of that to my training plan.

Q: Any advice for people who are considering going for Ironman status next year?

Clear your calendar now and get to know your age group competition. I can't tell you how many races I was beat in the last 100 yards of the race and didn't know it was an age group opponent that beat me.

Now on to the results:

July 30, 2011, was the **Ding Dong Days 5K** in Dumas, AR. For the women: Shea Pickens finished in 25:28. For the men: Nicholas Norfolk finished in 25:13 and Andrew and Drew Pickens in 25:30.

Also on July 30, 2011, was the **Dam Night Run 5K** out at Lake DeGray. With this race not being a Grand Prix race this year, attendance of LRRRC members wasn't quite as high as it usually is. For the women, Jaynie Cannon finished in 38:00. For the men, Glen Mays finished in 15:40; Clay McDaniel in 19:07; Jacob Wells in 19:47; Keith McCain in 23:02; Jeff Bost in 23:04; Brian Duckett in 23:45; Nicholas Norfolk in 25:51 and Jim Yamanaka in 30:13.

August 6, 2011, was the next Grand Prix race of the season with the **White River Four Miler** in Batesville. For the women Courtney Lang finished in 37:14; Jaynie Cannon in 52:57; Moniqueca Christensen in 59:17 and Mary Hayward in 1:14:39. For the men; Imari Dellimore finished in 23:23; Brian Sieczkowski in 24:07; Bill Simpson in 25:27; Michael Storey in 28:40; Rodney Paine in 29:26; E.F. Jennings in 31:55; Don Preston in 32:48; David Meroney in 33:09; Nicholas Norfolk in 33:47; Joe Milligan in 34:03; Roy Hayward in 34:33; James Erwin in 37:45 and Carl Northcutt in 55:58.

August 13, 2011, was the **Hope Watermelon 5K**, another Grand Prix race. Imari Dellimore finished first for the men in 17:00; Brian Sieczkowski was second in 17:10; Mark Davis finished in 17:34; Steven Preston in 18:01; Bill Simpson in 18:14; Kevin Golden in 18:26; Steve Yanoviak in 18:39; Jacob Wells in 20:14; Ross Bolding in 20:59; Rodney Paine in 21:07; Don Preston in 23:14; Brian Duckett in 23:52; David Meroney in 24:05; Joe Milligan in 24:18; James Erwin in 25:52; Nicholas Norfolk in 26:25 and David Samuel in 30:16.

For the women; Andrea Sieczkowski finished in 23:57; Eileen Turan in 26:56; Paula Cigainero in 30:51; Coreen Frasier in 38:06; Josey Wells in 41:56; Moniqueca Christensen in 43:30 and Kristen Garrett in 45:07.

There were two races on August 20th that gave runners the opportunity to do a double. The first was the **Run with the Son 5K** in Little Rock and the second was the **We Did It All Night Long Half Marathon** in Batesville that didn't start until midnight.

Race Results (Continued from Page 4)

First with the **Run with the Son** results: For the men, Jacob Wells finished in 20:47; Colin Weather in 21:45; Nicholas Norfolk in 26:21 and David Samuel in 29:40. For the women; Mackie Buckelew finished in 28:07 and Jaynie Cannon in 38:25.

For the **We Did It All Night Long Half Marathon**: Joel Perez finished in 1:37:13 and Nicholas Norfolk finished in 2:48:39. If your name was left out of the newsletter or you have any questions please e-mail me at: jennyweather@yahoo.com.

Editor's Note: Because of my confusion last month as to who would be doing the race results column I published the August newsletter before I received some results that were previously omitted from results of past races. Thanks to Bryan Jones, last year's race results editor, for supplying the following names and also for the work on last year's race results column.

Paws on the Pavement 5K (June 4)

Josey Wells 41:26

GO!Running One Mile (June 18)

Rosemary Rogers 9:13 Josey Wells 8:42
Ron Sanders Jr. 6:51

Brickfest 5K (June 25)

Jaynie Cannon 39:13 Jacob Wells 21:19
Nicholas Norfolk 25:02 Jenny Wilkes 22:36
Scott Sander 21:00

Firecracker 5K (July 4)

Olivia Pickens 42:44 Roy H ayward 27:03
Bo Smith 21:45

Big Dam Bridge 5K (July 9)

Ricky Martinez 19:18
Greg Yarbrough 24:36

AR Runner 2 mile (July 23)

Bryce Gattin 16:42

Riverside Duathlon (July 24)

Scott Anderson	1:01	Abigail Ethington	1:25
Brian Bariola	1:06	Kevin Golden	1:08
David Conrad	1:33	Karen Halbert	1:33
Bill Crow	1:43	Bob Marston	1:31
Imari Dellimore	1:11	Brian Neukirch	1:10
Donna Duerr	1:49	Justin Radke	1:08

Race Calendar (Continued from Page 6)

- 1: Coon on a Log 5K at Cave Springs. Call 870-273-4108.
- 1: Do the Haiti Hustle 5K at Springdale. Call 479-409-6310.
- 1: Boy Scoutø Run for Eagle 5K at Harrison. Call 870-688-0254.
- 1: Joyceø Jamboree 5K at Sallisaw, OK. Call 918-775-1424.
- 1: HomeRun with the Pointers 5K at Van Buren. Call 479-462-2735.
- 1-2: Arkansas Traveller 100 at Lake Sylvia near Perryville. Call 501-329-6688.
- 2: Andyø Fun Run.
- 7: Bookworm Blast 5K at Mulberry. Call 479-997-1226.
- 8: Run WILD 5K at Little Rock. Call 501-821-7275.
- 8: Arkansas Marathon/10K at Booneville. Call 479-675-2666.
- 8: Titus Task 5K at Siloam Springs. Call 479-236-8955.
- 8: FSM5K for Cancer Awareness at Cabot. Call 501-843-5291.
- 8: Momentum on a Mission 5K at Van Buren. Call 479-471-8955.
- 8: Fall Foliage 5K at Jasper. Call 870-446-2682.
- 8: Rivercrest Memorial 5K at Wilson. Call 501-624-7844.
- 8: Micah Rine Wildcat Legacy 5K at Searcy. Call 501-230-3997.
- 8: Turkey Trot 5K at Yellville. Call 870-449-4676.
- 8: Run with the Bulls 5K at Mountain Home. Call 870-404-2055.
- 9: Andyø Fun Run.

Bolding Wins Again

Ross Bolding won the 65-69 age group and was second senior at the Woodstock 5K in Anniston, AL, on August 6. The race served as this yearø RRCA 5K national championship. He also was the winner of the 2009 race when it was also the national championship 5K. Ross said this was a special win because it was his tenth national championship, track and roads combined. He said this was his last big race of the year and now he can concentrate on getting his leg and ankle well and getting back to really enjoying running again. But there he was at the Hope Watermelon 5K the next weekend winning the senior division.

Trailbirds' (Continued from Page 1)

enjoy it. No worries about time, no thoughts about pace, but just keeping your eyes wide open.

Coming up this month is the Bartlett Park Ultras (50K, 40M, 50M) in Bartlett, TN, on September 10th. On October 1st at 6 a.m., about 30 minutes west of Little Rock the Arkansas Traveller 100 will be getting started. Chrissy and Stan Ferguson could always use more volunteers for this race. If you are interested in volunteering, please send an e-mail to AT100@runarkansas.com.

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 house48@gmail.com

September

- 3: ARK 5K Classic at North Little Rock. (GPS-SC) Call 501-519-0185.
- 3: Chiliø 5Queso for St. Jude 5K at Searcy. Call 501-230-6098.
- 3: Beaver Spring River 5K at Mammoth Spring. Call 870-847-1937.
- 4: Andyø Fun Run.
- 10: Sara Low Memorial 5K at Batesville. Call 870-793-2464.
- 10: Lavaca Firefighters 5K. Call 479-462-9629.
- 10: Running of the Elk 5K at Ponca. Call 870-861-5890.
- 10: Fit for Life 5K at Jonesboro. Call 870-972-3605.
- 10: Panther 5K Kick Off Classic at Ben ton. Call 501-860-4607.
- 10: Main Street Sportsmanø Festival 5K at Poteau, OK. Call 918-647-8648.
- 10: Platinum Buffalo Invitational 5K at Fort Smith. Call 479-650-1522.
- 10: HSFD/Tunnel to Towers 5K at Ho Springs. Call 501-844-6888.
- 10: Run to Remember 5K at Bull Shoals. Call 870-421-3301.
- 11: Andyø Fun Run.
- 13: Varmint Run 5K at Camden. Call 870-574-4712.
- 17: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
- 17: Winslow Half Marathon. Call 479-634-7451.
- 17: Downtown Jtown 5K at Jonesboro. Call 870-761-7053.
- 17: Tailwaggers 5K at Siloam Springs. Call 479-238-3612.
- 17: Winslow Half Marathon/5K. Call 479-634-7451.
- 17: Poteau 5K XC at Poteau, OK. Call 918-839-3857.
- 17: Hillbilly Porkchop Roundup River 5K at Fort Smith. Call 479-459-4739.
- 17: Yelcot Cotter Warrior 5K at Cotter. Call 870-435-6323.
- 17: East End Sizzler 5K. Call 501-888-3522.
- 17: Sherwood Sharks/City Fest 5K. Call 501-231-4320.
- 17: bEEE cancer frEEE 5K at Arkadelphia. Call 501-257-7122.
- 18: Andyø Fun Run.
- 23: UALR 8K/5K Invitational at Little Rock. Call 501-350-8412.
- 24: Tyler Curtis 5K at Little Rock. (GPS) Call 501-231-3730.
- 24: Frontier Day 5K at Plainview. Call 479-272-4766.
- 24: Noahø Ark 5K/10K at Dumas. Call 870-866-5547.
- 24: Race for Rayanna 5K at Fort Smith. Call 479-769-4540.
- 24: 5K Freedom Run for Veterans at Rison. Call 870-325-7238.
- 24: Oktoberfest 5K at DeKalb, TX. Call 903-684-3431.
- 24: Cavanaugh Thumperthon 5K at Walnut Ridge. Call 870-886-4007.
- 24: Eagle 5K Run Walk at Alexander. Call 501-316-0922.
- 24: Barn Sale 5K at Camden. Call 870-836-6426.
- 24: EurekaPalooza Trail 4M at Eureka Springs. Call 479-253-7888.
- 24: Revel XC 5K at Bentonville. Call 479-876-5500.
- 25: Andyø Fun Run.

October

- 1: Operation Christmas Child 5K/10K at El Dorado. Call 870-862-4264.
- 1: Peace, Love & Run Wing Ding 5K at Jacksonville. Call 501-982-3191.
- 1: Heart and Sole 5K/Half Marathon at Jonesboro. Call 870-882-9403.
- 1: Go Literacy! 5K at Bentonville. Call 479-273-3486.
- 1: Great Pumpkin Run 5K at Lonoke. Call 501-416-2331.
- 1: Yellow House 5K at Little Rock. Call 501-593-3551.

(See Race Calendar on Page 5)

Birthdays

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

- 1 - Pat Piazza
- 6 - Linda House
- 6 - Bill Torrey
- 6 - Sybil Taylor
- 7 - Jennifer Jones
- 8 - Ken Bland
- 9 - Craig Clune
- 9 - Eric Paul
- 11 - Bill Simpson
- 12 - Luke Groom
- 12 - Douglas Young
- 13 - Car Carter
- 14 - Laura Lamps
- 15 - Jaynie Cannon
- 16 - Amanda Jones
- 17 - Becky Humes
- 17 - Hobbit Singleton
- 18 - Kelsey Groff
- 20 - Kim Webb
- 21 - Donald Poore
- 20 - Jim Sunao Yamanaka
- 24 - Michelle Rupp
- 25 - David Meroney
- 26 - Matt Thebarga
- 27 - Heather Groom
- 28 - Patricia Poore

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