

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2012

Torrey Has Lead The Flock For Twenty Years

By Steven Preston
LRRC President

Saturday, April 7th will be the 33rd running of what is now called the Capital City Classic 10K (Grand Prix Series race). This is the LRRC's showcase race and also the main fundraising event for the Club. This race would not be possible without all the great effort of many Club volunteers each year.

This year I would like to take a moment to thank the head honcho behind this race for the past 20 YEARS, Bill Torrey! Even though he gets your name wrong at every year's awards ceremony, we still love him (ha ha). Bill has seen this race through the Bud Run 10K, St. Vincent's 10K, and the Capital City Classic 10K. With the help of a few other steadfast Club members (you know who you are), Torrey has continued to put on one of the best races in the state every year. We are very appreciative that he actually designed this course to be FLAT. Thanks for the past 20 years Bill!

The other Grand Prix race in April is the only team race of the Series on the 15th. This idea started last year with the Hogeys Relays and will continue at the same race this year. Many teams consisting of LRRC members competed last year and the men and women's competitions were both won by LRRC teams. Help us continue the success of our LRRC teams by signing up your own team consisting of LRRC members at <http://www.hogeyemarathon.com/index.php/races/course/4personrelays>.

If you have any questions or need help finding team members, contact Brian Siczkowski at briansiczkowski@gmail.com.

We will have two things going up for vote at the June meeting. First off are the annual Club elections. The following board positions are open for election this year: president-elect, secretary and membership chair. If you would like to nominate yourself or a fellow Club member for one of these positions, please send an e-mail to vote@littlerockroadrunners.com. Nominations must be received no later than May 22nd.

We will also be voting on a possible change to the date of the monthly Club meetings. Currently, Club meetings are held on the third Thursday of every month. However, due to many conflicts for our members that have previously been usual attendees there was a suggestion made to move the Club meetings to the third Monday of each month.

Speaking of Club meetings, this April's meeting will involve a panel discussion of various levels and skill sets of runners from our Club. We will be providing useful information for people who are just getting started with running during this discussion. After the panel discussion we will open up to the floor for any and all questions our members may have for the panel. As such, you don't have to be a brand new runner to gain useful information from this meeting. Seasoned runners looking for answers to random questions hopefully will find answers at this meeting. Hope to see everyone on April 19th at Whole Hog Cafe in Riverdale.

Make sure and check out the latest article from Nicholas Norfolk on [ArkansasOutside.com](http://www.arkansasoutside.com), <http://www.arkansasoutside.com/fa-a-long-long-way-to-run-5K/>. I think there's something to do with cookie dough in it!

Finally, I wanted to mention an interesting race that will be taking place on May 5th. It's the third annual American Lung Association "Fight for Air Stairclimb" fundraiser. It starts at 9 a.m. in the Metropolitan Bank Tower downtown. It is a chip-timed event going up 39 floors (78 flights of stairs). You can register yourself or a team at <http://www.lung.org/pledge-events/ar/little-rock-climb-fy12/>. All proceeds fund research into cures/treatments for lung cancer, emphysema, COPD, asthma, allergies and smoking prevention and cessation, as well as clean air advocacy.

The Trailbird's Report

April 21st will be the 22nd edition of the Ouachita Trail 50K/50M which starts from Pavilion #8 at Maumelle Park at 6 a.m. sharp! The 50-Miler here was my first ever ultra race. I couldn't have asked for a more fun start to my ultra craziness. You start out your first six miles with a climb up and over Pinnacle Mountain while watching the sun rise. Then you head out along the Lake Maumelle lakeshore. If you are running the 50-Miler you will continue all the way to the far west side of the Lake, crossing many

(See Trailbird on Page 5)

April Meeting

April 19, 2012
Whole Hog Cafe - Riverdale
6 p.m. to eat
6:30 p.m. speaker

Panel Discussion On Running



There is a great race taking place on April 28, the Tour de Paul 5K. It had over 400 finishers last year, benefits numerous great causes, and has involved many of you as participants or volunteers. I have not run it before, as that weekend I am usually choosing between the Oklahoma City Memorial Marathon and the Country Music Marathon. This year God had other plans for me. There will be a new race in town that same day. I don't like to say that I'm the race director because that title seems reserved for folks like Bill Torrey. When a coworker that chairs the March of Dimes of Arkansas's biggest fundraiser, the March for Babies, asked me about adding a 5K to their event, I couldn't think of anyone else that I could ask to direct it for them that didn't already do way too much for the running community. So, I offered myself.

The date for the March for Babies nation-wide had already been set for April 28. With an established race already taking place across town, I pondered how to entice runners to be a part of our humble beginnings, and here is what I came up with - let's call them the Top Nine Reasons to Run Before They Can Walk for the March of Dimes:

9. You are claustrophobic and have social anxiety in big crowds of runners.
8. You don't like losing valuable seconds getting to the start in an un-chipped race.
7. You want to exponentially increase your chances of an age group award (we may have more awards than runners).
6. You have too many trophies and would rather have a refrigerator magnet as your "major award" (a shout out for you *A Christmas Story* fans).
5. While you love the suffering associated with any of the Big Dam Bridge 5Ks, you welcome a slightly lower, shorter, and more historically significant bridge.
4. You dig a furious fast downhill finish and net elevation drop, ala mini-Firecracker.
3. You tend to get lost on course and need directional signs every few hundred yards because the race director has obsessive compulsive disorder.
2. You don't want long lines at your bounce house.

1. And the number one reason to Run Before they Can Walk is that if you run fast enough, you can still make it to the starting line of the Tour de Paul!

Another race shout-out goes to the Pine Bluff CASA Half Marathon to be held December 8. It's still a long way out, but make plans now. The 2011 race is my favorite example of giving an inaugural race a chance and having the time of our lives. The race had over 80 finishers in its first year, including winners (and course record setters) LRRC's own Leah Thorvilson and Joel Perez. Highlights included starting near Torii Hunter Field, passing by a Christmas lights display (pretty even in the daytime), running along the lake, finishing in front of Golden Lion Stadium, and overall awards designed by local glass artist James Hayes. The race benefits a local shelter for victims of spousal abuse. Race directors Joey and Cymber Gieringer have since become friends and running buddies and have done what many would not have had the courage to do, start a race of the half marathon distance from the ground up - something very positive for a town that needed it. This is a race that will grow and attract runners statewide, so plan to be a part of it. For more information go to:

www.casahalfmarathon.org

The Runaround is published electronically each month by the Little Rock Roadrunners Club, POBox 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.

Board Members

Steve Preston	President	626-0049
Becky Humes	President-Elect	940-6619
Jenny Brod	Secretary	251-5955
Jeff Maher	Treasurer	680-6710
Brian Sieczkowski	Past President	766-3004
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Michael Harmon	At Large Member	960-6963
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969

Nicholas Norfolk Is An Inspiration To Other Runners

By Jenny Brod
LRRC Racing News Editor

This month I was actually able to get someone the questions in time to have them answered. I have interviewed Nicholas Norfolk. He is definitely one of the most encouraging and inspirational people I have met. I'm sure all of us have seen him at a race because I think he goes to all of them. Or you have probably seen his Facebook posts every Friday mentioning almost every race that will be run that weekend and wishing everyone good luck in those races.

In the upcoming 2012 Grand Prix Series, what race are you most excited about? After doing every race last year, it allowed me to experience not only the races, but also the towns and communities where the races were held. I'm looking forward to Soaring Wings this year because it will give me the opportunity to help people achieve their goals. I had a blast last year with Jesse Garrett and Stacey Shaver pacing the 2:15 group. We'll be back at it again this year.

What is your favorite race distance? My favorite distance on the road would have to be the half marathon. You recover quickly and you don't have the walk like you do after a marathon. As for the trails, I'll take any distance. That does not mean I'll be cranking out 100 milers anytime soon. I'm not THAT crazy yet!

What is your least favorite race distance? There is a plethora of 5Ks in the state. I will support anyone in their endeavor, but shorter races create a different type of pain. There is no time to ease into a pace or get acclimated. You just go! Speaking of which, the Go! Mile was a fun race, but I think that was the first race I pushed my body to the brink. One may think they are in a certain type of shape, but push your body hard enough and it will rebel. Will I do it again? Absolutely!

Do you have any rituals or traditions before any race you run? (pre-race fuel, stretching, warm-ups, mantras?) I don't have any pre-race rituals. The only thing I do consistently is the wristband that you may catch a glimpse of on my right wrist. It's red, black, and green. Contrary to popular belief, it's not the Jamaican or Rastafarian Flag. It's the Pan-African Flag and it's a constant reminder to me that "if there is no struggle, there is no progress" I know when Frederick Douglass wrote it he wasn't talking about running, but it's what I apply it to.

Do you have any advice for someone who is just getting into running? Don't do it! I'm only kidding. There are worse things to be addicted to. Don't try to do too much too soon. There are plenty of blogs, websites, books, etc. that are great resources, but remember you are "an experiment of one." What works for someone else may not work for you, so do not be discouraged. You'll get there. Your hard work will pay off. I promise!

Who has been your biggest running inspiration and why? Ted Corbitt, the father of American distance running, is my biggest inspiration. He served as president of the Road Runners Club of America (RRCA) and founding president of the

New York Road Runners (NYRR). His prowess in running can only be overshadowed by his dedication to the sport. No matter the distance, he was instrumental in the growth of the sport at a time when it was unpopular. He was a force to be reckoned with and his legacy lives on through us all.

What would you consider your main running goal or focus right now? The goal is total domination. Oh, sorry, that's my plan to take over the world. (evil laugh) My running goal is to become a stronger runner in every aspect. I told myself this year I would NOT be doing 50 races, but would love to do a 50-miler. Above all, I want to inspire and motivate others. I didn't get here alone and I don't think anyone else should either. Paying it forward is not just a cool phrase, but also something I embody.

How long have you been running? I started running June 1, 2010. Yes, I know the date because I made the decision to start. Last year, I was finding my running palette. I'm still experimenting, but have a better idea of what I like.

What is your favorite part of racing? The beer! Woohoo! No, I don't drink, but I'm sure that's a popular answer. I love the people and the community. If the world were made up of runners, it would be a better place. This is a family that loves and supports you no matter what. At first we may refer to each other as runner friends, but that changes almost instantly to lifelong friends.

Now for some results:

February 18th was the **Sylamore Trail 50K and 25K** in Allison, AR. For the 50K, Bryan Jones finished in 6:56:45; Brenda Hansen (her very first 50K) in 7:13:50 and Jesse Garrett in 7:44:46. For the 25K, Tom Singleton finished in 4:23:44.

February 25th was the **KLife 1985K** in Conway. Kristen Sterba finished in 27:48.

Also on **February 25th** was **The Beat Goes on 5K** in Benton. For the men, Michael Storey finished in 20:46. For the women, Mackie Buckelew finished in 28:47.

March 4th was the **Little Rock Marathon and Half Marathon**. I don't know everyone that raced but I know that there were a lot of Roadrunners that either participated in the race or volunteered in some way over the weekend. However, the awesome win by our own Leah Thorvilson cannot go unmentioned. Congrats Leah on your time of 2:37:26 and for not only beating the second place female by 10 minutes but also for being the fourth OVERALL finisher! You are awesome!

If you would specifically like your name and time mentioned for the Little Rock Marathon, Half Marathon or 5K then please e-mail me.

March 10th was the next Grand Prix race of the season with the **Chase Race 2 miler** in Conway. For the women, Leah Thorvilson finished first in 10:43; Robyn Thornton finished in 13:36; Becky Humes in 14:11; Tina Coutu in 14:39; Ginea Qualls in 14:51; Ashley Honeywell in 15:32; Eileen Turan in 15:49; Mackie Buckelew in 17:02 and Mary Hayward in 34:41. For the men, Imari

ABF Visually Impaired Runner Needs A Sighted Guide

My name is David Kuhn, and I am a visually impaired runner who will be at the Lion's World School in Little Rock for several months beginning March 11, 2012. I will be running in the Boston Marathon this year and would like to continue my training with a sighted running guide(s) while in Little Rock. I have been able to keep up with my training through the winter months even though I live in northern Illinois. I have continued my training in large part because I am also in the middle of a fund raiser for a number of children's medical charities. (See blindnesstobrilliance.com for more details.). When I run marathons I run "tethered" with a sighted guide. We are not tied

together, but merely hold on to opposite ends of a small length of rope. Generally I give my first time sighted guides about a five minute lesson just before we begin the marathon. It is actually that quick and easy for a sighted running guide to learn the basics. To qualify for Boston, because of my visual impairment I needed to cross the finish line under five hours. (Chicago, October 2011 - 4:51:43) I'm an ABF runner "Anything But Fast." I run at a 10:00 pace. I would like to know if there is anyone in your running club who would like to be my sighted running guide for a few training runs. In my own club there are several people who guide for me. This works well for all of us.

Race Results (Continued from Page 3)

Dellimore finished second in 10:16; Mark Ferguson in 10:36; Bill Simpson in 10:55; Joel Perez in 11:08; Steve Yanoviak in 11:24; Kevin Golden in 11:31; Ricky Martinez in 12:14; Rodney Paine in 12:19; Mark Hagemeyer in 12:22; Jon Honeywell in 12:23; Jacob Wells in 12:46; Carl Carter in 12:54; Eric Baker in 13:14; Bill Torrey in 13:22; Bill Crow in 13:38; Jeff Maher in 13:50; Mike Maulden in 14:01; Tim Steadman in 14:43; Joe Milligan in 15:15; Michael Harmon in 15:58 and Roy Hayward in 16:56.

Also on **March 10th** was the **Chase Race 1 miler**. For the women; Josey Wells finished in 12:35 and for the men; Butters Siczkowski finished in 8:35.

March 17th was the **Big Rock Mystery Run** in North Little Rock. Chrissy Ferguson always finds a way to make this run a "mystery." Jon Honeywell finished in 1:47; Jenny Wilkes in 1:47; Becky Humes in 1:57; Jeff Maher in 2:0; Tina Coutu in 2:02; Jesse Garrett in 2:03; Don Preston in 2:08; Joe Milligan in 2:13; Michael Harmon in 2:30; Lou Peyton in 2:51; Rosemary Rogers in 2:50.

March 24th was the next Grand Prix race of the year with the **Spring Fling 5K** in Cabot. This year the weather actually cooperated with no rain anywhere in sight. For the men, Imari Dellimore finished first, apparently with a fall, in 16:56. Brian Siczkowski finished first, amongst those who did not fall, in 17:09. Joel Perez finished in 17:52; Bill Simpson in 17:59; Kevin Golden in 18:27; Steve Yanoviak in 18:46; Ricky Martinez in 19:31; David Williams in 20:14; Jacob Wells in 20:37; Rodney Paine in 20:47; Jon Honeywell in 20:48; Bill Torrey in 21:20; Jeff Maher in 22:19; Bill Crow in 22:39; David Camp in 22:41; Harold Hays in 23:14; Joe Milligan in 24:58; David Conrad in 25:26; Troy Duke in 26:23; Roy Hayward in 26:41; Michael Harmon in 27:07; David Samuel in 29:11 and John Russell in 33:30. For the women, Leah Thorvilson finished first in 17:26; Jenny Wilkes finished in 21:16; Becky Humes in 22:10; Tina Coutu in 23:08; Jen Freilino in 23:27; Ginea Qualls in 24:31; Ashley Honeywell in 25:10; Karen Halbert in 26:10; Eileen Turan in 26:25; Mackie Buckelew in 27:29; Trina Bright in 29:27; Josey Wells in 32:53 and Jaynie Cannon in 36:00. If you did not see your name mentioned in any race that you ran and would like it mentioned next month, please e-mail me at: jenny.brod@yahoo.com. Happy Running!

New Members

Sophia Brown has been running for six years. She averages 30 miles per week at a nine minute per mile pace. Her favorite race distance is the half marathon. She is in the United States Air Force and her other interests are raising children and other forms of exercise.

Mic White has been running for 15 years and also enjoys playing basketball, reading, music, and being with family and friends. He owns his own business, a cleaning service.

James McManners started running one year ago. He runs an average weekly distance of 20 miles. His favorite race distance is half marathon with a PR of 2:09:33. He is a facilities manager and other interests are bow hunting, two-stepping, and working out.

Deb Gore is new to running and her average run is three miles. She is an analyst at Verizon Wireless and also loves the outdoors, enjoys to travel, and likes to dance and karaoke.

Kristen Sterba began running in 2010 with the Couch to 5K program. Since that time, she has completed numerous 5Ks and 10Ks, seven half marathons, one 25K, and two marathons. Her favorite race is the Little Rock Marathon and her favorite distance is the half marathon but she "thinks I may be catching the marathon bug." She is the Assistant Dean in the University of Arkansas for Medical Sciences Graduate School. She has three young boys that keep her busy when she is not running.

Erin Lynch has been a walker for 10 years and began running a year ago. She averages 15-20 miles during the week. She is a technical writer and is a mother to a boy. She is involved with Autism Speaks and also fosters boxers. Other interests are cooking and writing.

Ross Bolding Is Four For Four In National Races

Dear Roadrunners:

Just thought I would touch base with you on my races so far this year. I have only been able to run one Grand Prix race so far because of my schedule. I ran the One Hour Track Run, but since then I have concentrated on national championship races, which are my focus this year. So far I have run the USATF half marathon championships in Melbourne, FL, in February, the USATF cross country (8K) championships in St. Louis a week later, the USATF 15K championships in Jacksonville, FL, two weeks ago, and the RRCA half marathon championships in Germantown last weekend. I have been blessed to win my age group in all four races. It's been fun so far.

The Melbourne race finished at 82 degrees. The St. Louis race was run with snow on the ground and a wind chill of six degrees. The Jacksonville race was run in a gale, but the Germantown race was better. It was a little warm, and you know how the hills are in Germantown. I had a really great time at Germantown, though. A couple of my good running buddies have drafted off me for the past several years, and at Germantown I thought that I would just try to get out and get away from the other old men. Kim Howard was there and I shamelessly drafted off him for the first ten miles and then picked it up down a hill and went to the house. Kim hung on and only finished ten seconds back.

I will run next in San Francisco on April 15 at the RRCA 10 mile championships. Then it's off to Michigan to the USAFT 25K championships on May 12, on to Williamsburg, VA, for the USATF 8K championships on May 19, then to New Hampshire on June 16 for the USATF Mountain Running championships at Mt. Washington. That is a fabulous race 7.6 miles up a mountain. The race is usually hot at the bottom, and by the time you reach the top it is frequently snowing. Should be a lot of fun.

I plan to train for a week in the Shenandoah Valley before moving on to Nova Scotia for two weeks of training

between the 8K and the mountain race.

Then it's off to Eugene, OR, to attend the Olympic Trials and train on the trails around Eugene for three weeks before the Hayward Classic on July 14-15. Hopefully, there will be some good competition at the Classic and I plan to try to lower my American age group record in the 2,000 steeplechase. I also plan to run the mile, and perhaps the 800.

Then to Chicago for the USATF Masters track meet Aug. 2-5. I will then travel to Laurel Springs, N.C., to train for three weeks in the Smoky Mountains and will run the USATF 10K trail championships on Aug. 25. Next will be the USATF 20K in New Haven, CT, on Sept. 3. I hope to catch some of the early leaf changes in New England for the next few weeks before traveling to Syracuse, NY, on Sept. 30 for the National Masters 5K.

Finally, I will make one more trip to the West Coast to run in the USATF Masters 5K Cross Country race in San Diego on October 13. This is all contingent, however, on my not getting hurt (knock on wood), but I am being very cautious with my training.

I have now won 14 national championships in ten different events, and am on a mission to see how many I can win, and in how many different

events. Old people need goals to keep them going, and I am thankful and blessed beyond belief to have goals, and to be blessed genetically to be able to train and compete at a decent level at age 66. One thing that has helped to make it easier is the fact that despite the good fortune I have had in my races, I have flown under the radar all these years. Outside of a small number of people, Arkansans hardly know who I am.

Last week, however, I was the subject of the cover story in the SEA Life Magazine (published by the Pine Bluff Commercial), and that was very nice. The real truth about my running is simple. I enjoy the occasional Sunday morning run with the group that meets at the U.S. Pizza for a 10 miler. It is so great to duke it out with my good friend David Williams through the hills of the neighborhoods there. I would describe the course, but I am lost from the time we start until we finish. I have to stay up or I will wander in the hills for the rest of my life. Seriously, this is to me what running should be about. Good fellowship, laughter, and friendly competition among good friends in a relaxed atmosphere. ☐Happy trails to you, ☐til we meet again,☐as Roy would say.

Your Friend,
Ross Bolding

Trailbird (Continued from Page 1)

creeks as you go (great to splash your face in if the day turns hot). You'll make your turn-around at the last rest stop along Lake Maumelle on Highway 10. The best part of all is that you don't have to climb back over Pinnacle on the way back. If you are new to ultras I will warn you

that this isn't the easiest ultra you'll ever do with the climb over Pinnacle, but it surely will be one of the more picturesque. Check out <http://www.runarkansas.com/OT50.htm> for more info and registration. Hurry, registration closes at 200 entrants.

Tour de Paul 5K

The St Vincent Tour de Paul 5K is April 28 on a new course that will finish inside War Memorial Stadium, with the finish line projected on the jumbotron. Organizers want to make it a big family

event so there will be a "Kid Zone" in the end zone with a jumpy inflatable, a slide, face painting and more. The site to register for the race is <https://tdp.stvincenthealth.com/> under the 5K tab.

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 Andy's 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

April - 2012

- 13: Cherishing Children Challenge 5K/1M at Rogers. Call 479-621-0385.
 14: Book It! 5K/1M at Clarksville. Call 479-754-3135.
 14: Larry Hutton Memorial 5K at Sherwood. Call 501-413-8020.
 14: The Beat 5K at Russellville. Call 479-747-7776.
 14: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
 14: Panther Pride 5K at Malvern. Call 501-337-9131.
 14: 4-H Youth and Family 5K Trail Run at Little Rock. Call 501-821-4444.
 14: Hoof It for Heifer 20K Trail Run at Morrilton. Call 501-327-7929.
 14: Be He Freedom 5K at Conway. Call 870-378-0061.
 14: Hogskin County Festival 5K at Hampton. Call 870-798-2207.
 14: Hike for the Cure 3M at Mt. Ida. Call 501-844-7094.
 14: Warrior Weekend 5K at Senatobia, MS. Call Jeff Hunt at 662-292-3697.
 14-15: Ozark Fitness Challenge at Harrison. Call 870-741-1789.
 15: Hogeys Marathon/Half/Relays at Fayetteville. (GPS) Call 479-445-9251.
 20: Cow Paddy 5K/1M at Fayetteville. Call 479-790-0700.
 20: Get Up and Glow 5K at Magnolia. Call 870-235-4047.
 21: Alma Partners Club 5K Dog Run at Alma. Call 479-632-1953.
 21: Morgan's Miles 5K at Conway. Call 501-269-6837.
 21: Surviving the Journey 5K at Springdale. Call 479-790-3917.
 21: Catholic High Rocket 5K at Little Rock. Call 501-664-4625.
 21: Boring as Crap Half Marathon at Batesville. Call 870-838-3875.
 21: Montessori Earth Day 5K at Fort Smith. Call 479-646-7225.
 21: Carole Hilmer Ovarian Cancer 5K at Holiday Island. Call 479-253-5986.
 21: Autism Involves Me 5K at Bentonville. Call 479-925-4044.
 21: Trace Trammell Memorial 5K at Harrison. Call 870-391-6768.
 21: Run With the Dogs 5K at Benton. Call 501-860-8160.
 21: Zone in on Homelessness 5K at Hot Springs. Call 501-321-2888.
 21: Stardaze 5K at Star City. Call 870-628-4714.
 21: Not as Boring 10K at Batesville. Call 870-834-3875.
 21: Child Abuse Awareness 5K at Pine Bluff Arsenal. Call 870-540-3779.
 21: Ozarks Trail 5K at Clarksville. Call 479-979-1400.
 21: Eagle 5K at Paris, AR. Call 479-847-5751.
 28: March of Dimes Before They Can Walk 5K at Little Rock. Call 501-951-3773.
 28: Tour de Paul 5K at Little Rock. Call 501-552-2386.
 28: Race for a Star 5K at Hot Springs. Call 501-262-1883, ext. 2.
 28: Tyler Lewis 5K/1M at Pleasant Plains. Call 870-799-4623.
 28: Run for the Park 5K/10K at Mountain Home. Call 870-424-7275.
 28: Fordyce on the Cotton Belt 5K. Call 870-352-1074.
 28: SigEp Youth Aids 5K at Russellville. Call 479-629-6026.
 28: Lei Lei's 5K/1M at Fort Smith. Call 479-461-3997.
 28: Paws for a Cause 5K at Atkins. Call 479-641-1008.
 28: Stride to Prevent Suicide 5K/1M at Searcy. Call 501-278-4357.
 28: ALS Awareness 5K at Atkins. Call 479-641-1008.
 28: Dogwood 5K at Siloam Springs. Call 479-524-5779.
 28: Mona's Run at Dover. Call 479-747-1583.
 28: Beyond Boundaries Boot Scootin' 5K at Ward. Call 501-259-3511.
 28: Big Fry 5K at Crossett. Call 870-304-6773.
 28: Project Compassion 5K at Fort Smith. Call 479-783-2273.

Birthdays

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

- 1 - Bryan Jones
- 2 - Tim Steadman
- 3 - Donald Preston
- 3 - Roger Martin
- 3 - Joseph Nichols
- 3 - Johnny Angell
- 7 - Mary Wells
- 8 - Sarah Olney
- 8 - Amanda Key
- 9 - Chris Valliere
- 10 - Monica Dellimore
- 15 - Haley Strobel
- 17 - Mathew Feehan
- 21 - Clay McDaniel
- 21 - Jen Freilino
- 22 - Harold Hays
- 22 - Leslie Nix
- 26 - Rosana Diokno
- 30 - David Conrad

Condolences

The Little Rock Roadrunners Club extends its condolences to Pat Piazza over the April 4 death of her father, Steven Pappas. Please keep Pat and her family in your thoughts and prayers.

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