

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2012

How Do You Define Strong?

By **Becky Humes**
LRRRC President

I have recently seen a commercial for Saucony talking about what is strong? Is it your best work out or is it your worst work out? Is it measured in miles or milliseconds? Is it your best time or your worst day? That is what I contemplated today. Yes, I went running at lunch today alone again. I am really starting to love running alone!! But it was probably the worst day for running for me in a while and that is why it got me to thinking about this commercial.

It got me to thinking about all the people in my life who I think of as strong and the things they have accomplished and how strong I think they are. And if I leave you out I am sorry but that just leaves room for you to share your story with me at the end.

I have friends who go out and run 30+ miles in the middle of the night; a husband that hasn't taken a day off from running in over 500 days and has never complained of a single injury from the day he started running (that doesn't mean he hasn't been injured; a best friend who even injured went on and ran a half marathon because it benefited a charity she so much believed in she couldn't say no, even though her money was already in their hands. She didn't have to go, didn't have to run, but because she had made the commitment to run she did anyway and further injured herself in the process. That takes true strength!!

Leave it to me to have the most beautiful Fairy Running Mother that is so CRAZY she can run two marathons in two consecutive days and I never heard her

complain about either of them. She is also probably one of the clumsiest runners as well, but still never complains when she falls just gets right back up and finishes, that is strength!!

I have a beautiful friend who ran in the Olympic trials that trains so hard she can hurt herself and keep right on going like nothing ever happened, win after win. She inspires more people than I think she will ever even know. Because of her spirit she has touched more hearts and lives than most people get in a lifetime. Through it all she trains like a devil and races like a demon but loves like an angel and has the heart of a goddess!!

Strength is my 14-year-old daughter always being there, being our crew, and trying to do the right things when it is much easier to do the wrong things, and running when she could be lounging, reading, or playing games.

Today when I started running my calves where cramping, shins were burning like they were on fire and I kept telling myself if they are still hurting like this by a half a mile I am going to turn around. I am still close enough to the office and I can still run tonight. But at a half mile they of course were still hurting but I couldn't turn around. I gave myself another half mile and said I can push through until one mile. Then I had to just tell myself to just get it done because four terrible miles is better than no miles at all and giving up. So today my strength came from all my friends whom I thought of while I was cramping and dying on my four little miles, but I pulled through and survived to run again tonight.

I realized that strength is not completely physical, it is not giving up,

and it is giving it your all when you have nothing left to give. It is having nothing left in the tank and giving the tank as well. It is when you have left it all out there for the world to see and you can leave your mark on the world because you finished when you thought you couldn't, but always knew you could!!!!

August Meeting

***Monday, August 20, 2012**

**US Pizza Hillcrest
2710 Kavanaugh
Little Rock
501-280-0399**

**6 p.m. to eat
6:30 p.m. speakers**

**Pete Tanguay
Lesley Gerke Oslica
NF Foundation**

Neurofibromatosis (NF) is a genetic disorder of the nervous system, which causes tumors to form on the covering of the nerves anywhere in the body at any time. Three distinct forms of NF have been identified.

***NOTE: The Club's meeting day has changed to the third Monday of the month.**



In June 2005, *Sports Illustrated* featured the premier athlete of our generation. Actually, it isn't the guy on the cover declaring, "I do not intend to lose my last Tour," which we all knew soon after that he didn't. That story was about Lance Armstrong, who had won six consecutive trips to the Tour de France.

I'm talking about the story tucked inside the back cover on page 88 about the men who combine their bodies and hearts into a legendary love story of devotion of father to son. Amidst the Father of the Century accolades, lost to the general public and even most runners who should be aware of such things, are the unfathomable level at which Team Hoyt competes.

Dick's marathon personal best is 2:40, run in 1992 at age 52, and as Rick Reilly wrote in the article, was "only 35 minutes off the world record, which, in case you don't keep track of these things, happens to be held by a guy who was not pushing another man in a wheelchair at the time." I could stop right there, but why not mention that this is an age graded time of 2:20. Rick weighs 120 pounds, but I haven't located the formula to determine the equivalent time based on the weight of your wheelchair companion. By the way, the Arkansas over-50 marathon best is around 2:40, (which is surely to fall this year, but more on that to come.)

Their website has a list of personal best times and the number of races completed at each distance. The last 12 years of marathons are available on MarathonGuide.com. The 2012 Boston Marathon was their 30th year, with maybe 25 in a row at one point. They ran their first race when Rick was 15 and Dick 37. Dick turned 72 in June and Rick 50 in January. There is a series of billboards created by The Foundation for a Better Life (www.Values.com) with titles such as Inspiration, Passion, Ambition, etc. One that we are lucky enough to have in Little Rock titled Devotion has a photo of Team Hoyt and says, "Dad has been behind him for 65 marathons."

One of my few hobbies other than running and talking about running is watching YouTube videos of Team Hoyt ó two show Dick and Rick passing under the finish line clock at Boston in times of 2:53 and 2:57. In 2001, at the age of 60, the time was 3:04. The 5K PR on their website is 17:40. That would win a lot of the local 5K races, some by a wide margin. They have finished four Iron Man triathlons, but I have no perspective on that. I read that their marathon leg on one of those was sub 3:30. My friend at work has finished four and walked the marathon in six hours on the most recent.

I keep looking for something to make sense of their athletic accomplishments, but I can't find it. That's because it

can't be measured or even explained. Dick has been asked why he doesn't run on his own and see how fast he can really go. His standard reply is that he doesn't want to because he does it to be with Rick. I think he just doesn't want to run without that magical energy flow from Rick's body to his. Finishing times are irrelevant to them. They don't compete in search of PRs and gaudy statistics. They run to be together and so that Dick can give the feeling of running to Rick as often as he can.

As for YouTube, many are set to music, the most notable "I Can Only Imagine" by Mercy Me. After a dozen times, you might get through it without crying. As one who has never spoken, danced, or even stood, Rick seems to have had the lyrics written just for him. Another is "Now I Run" by Shannon Noll. In the song, the writer says that his father taught him to walk, but now he runs. In the case of Team Hoyt, it was Rick who couldn't walk but still taught his father to run. If you want to renew your passion for running, find someone to share it with. My favorite of their videos is set to classical music, is titled "A Father A Son," and ends with, "Together they run. Together has power. Don't run alone."

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Tips On Handling The Heat This Summer

By Jenny Wilkes
LRRRC Secretary

Summer is most definitely upon us and, unfortunately, longer days bring higher temperatures. Way higher. When the heat begins to get unbearable, there are two basic options for every runner: (1) take the summer off, or (2) learn how to deal. As enticing as option one sounds, especially when the temperature nears the triple digits, I'd wager to guess that most of us go with option two and try to figure out ways to cope with the heat. That being said, I have decided to do something a little different this month. Rather than interviewing just one person, I decided to poll a number of people on their best suggestions for beating the heat this summer and continuing on with training.

Bill Torrey said he thinks most runners handle the heat better than they think. We have 15-20 people that run every Tuesday night in temperatures from 20 degrees to 100+ degrees and we have never had a problem. I think the track workouts are a good indication of what you should do. We reduce our tempo to a pace that is still a good effort without getting ourselves in trouble with the heat. Usually we take a water break halfway through the workout and will even take another short break before the last set. So here are a few things that you can do to adjust to the temperature:

- ◊ Run earlier in the day, say 5-5:30 a.m., before the sun comes out. If you run in the evening wait until 7:30 or even 8 p.m. when the sun is down and not directly on you.
- ◊ Stay hydrated during the day if you are going to run at night.
- ◊ Slow your pace and even cut back a mile on the run, do four miles instead of five.
- ◊ Wear running clothes that are light, sleeveless tops.
- ◊ Carry water with you or know a location that you can get water halfway through the run.
- ◊ If you feel you have over heated take the next day off from running and re-hydrate.
- ◊ Everyone reacts differently so learn how your body reacts to the heat and adjust your running schedule in speed, distance and time to get your run in without running the risk of over-heating.

Leah Thorvilson suggests the following routine changes that should be easy to incorporate into any plan. First, get up earlier. "I have been amazed at the difference starting 30 minutes earlier has made for me in the past couple of days." Second, hydrate with more than just water throughout the day. Leah recommends something like Nuun, the electrolyte tabs you can add to water (and which I love!), rather than Gatorade. Although she does not advocate weighing yourself every day, sometimes in the summer it is smart to weigh yourself to ensure that you are re-hydrating enough. Leah recommends that in addition to the normal amount of water you take in every day, you should add 20 ounces for every pound lost during a run. In summary, "Pageant weight by way of dehydration is NOT smart."

Gary Taylor of Go! Running further elaborates on the need for properly hydrating during the hot summer months. "Saying that hydration is important while running in the hot weather seems very obvious, but many folks are unclear about the fundamentals of hydration; it's a lot more than drinking water. Daily sweat loss in runners can be anywhere from 1-12 quarts per day, and there is far more to sweat than just water and salt. There are 15 components that make up sweat, of which five key elements must be replenished: sodium, chloride, potassium, calcium, and magnesium. So carrying around a bottle of water all day helps but won't replace the components of sweat. Many natural foods contain these elements as do products like Nuun, Endurolytes, and other sport drinks in varying amounts. Post-exercise replacement should begin immediately with 24oz fluid with 500mg of sodium per pound of weight loss during exercise with 50-100 grams of carbohydrate and 6-20 grams of protein, depending on the level of exercise and body weight." Gary also mentions that working out in the morning makes good sense, but encourages us to "remember that as athletes we are generally our most dehydrated in the morning. Therefore, your morning workout drink needs to be a sports drink with sodium content ó not just water ó before and during your run." (For anyone who is interested, Gary has also written an article on hydration that I would be happy to pass along.)

Finally, dear **Jesse Garrett** suggests making your runs a little more social. "Running with friends, for me, is the biggest help with running in the heat. One bad run can burn you out for a while, but if you buddy up with a friend, it's easier to lace up and get out the door. If you agree to meet someone and run together, you're a lot more likely to get out of bed at 5 a.m. when that voice in your mind tells you that it's more comfortable under your sheets than outside in 100% humidity. Chatting with a run buddy also seems to make the miles go by faster as you're not preoccupied with how miserable it is outside! And lastly, should you suffer a heat ailment, you've got someone who can help immediately." I know from experience that the Roadrunners are a social group, so if you are looking for someone to run with I would encourage you to come to the monthly meetings to connect with other runners.

My own two cents, for what it's worth, echoes what has already been said. Try running early, being sure to hydrate throughout the day with something other than just water that will replace what you lose in sweat, and try to schedule regular runs with friends. All these suggestions are even more key when you're heading out for a long run. In addition, I would add that there's no shame in slowing down or taking a walk break when you feel like you're suffocating, or running for a certain amount of time rather than a certain amount of miles.

Finally, summer is a good time to discover the trails we have around central Arkansas. Not only are they fun and a nice break from pounding the pavement, but they generally offer a little more shade.

Race Results

By Jenny Wilkes
LRRC Racing News Editor

July 4th was the **Firecracker 5K** in Little Rock. For the men, Mark Ferguson in 16:23, Gary Taylor in 18:20, Ricky Martinez in 18:24, David Williams in 19:14, Erik Heller in 19:46, Jacob Wells in 19:57, Jon Honeywell in 20:06, Mic White in 20:39, David Camp in 20:59, Bill Rahn in 21:02, Jeff Maher in 21:06, Mike Maulden in 21:12, Rodney Paine in 21:19, John Martin in 21:44, Brian Polansky in 21:58, Larry Graham in 23:21, Bill Ruck in 23:26, Tad Thornton in 23:38, Mark Wilson in 23:53, Richard Arrington in 23:54, Brian Watson in 24:06, Carl Carter in 25:10, Tony Pietropola in 25:12, Onat Tungac in 26:09, Christopher Heller in 27:05, Dan Belanger in 28:34, David Samuel in 29:48, James McManners in 31:09, Brad Patterson in 32:50, Bill Dobbins in 33:51, Johnny Angell in 40:23, and Jeffrey Parks in 49:28.

For the women, congratulations to Tracy Tungac for finishing first in 18:03, Leah Thorvilson in 18:17, Jenny Wilkes in 20:20, Kimberly Pietropola in 20:29, Robyn Thornton in 20:55, Alicia Osborn in 21:28, Sarah Olney in 21:31, Tina Coutu in 22:59, Becky Humes in 23:01, Cortney Allison in 23:05, Jeanne Puelma in 23:57, Shelli Chupik in 24:02, Ashley Honeywell in 24:37, Ginea Qualls in 24:48, Tina Ho in 24:52, Alison Acott in 25:27, Sandy Cordi in 25:43, Abigail Ethington in 25:50, Monica Dellimore in 27:38, Pat Gardner in 28:29, Meredith Flanagan in 28:31, Carla Miller in 28:59, Jennifer Wilson in 29:34, Eileen Turan in 30:51, Deb Baldrige in 31:34, Sara Stevens in 36:45, Martha Ray Sartor in 37:47, Heidi Strock in 39:23, Kristin Yates in 44:34, Erin Lynch in 45:19, and Kate Parks in 51:52.

July 4th was also the **Freedomfest 5K** in Benton. For the men, Mike Carter in 23:07, Kenny Worley in 27:16, Bryce Gattin in 29:41, and Charles Gattin in 29:42. For the women, Angela Gattin in 35:38.

July 14th was the **River City Ministry 5K** in North Little Rock. For the men, Mark Ferguson in 18:10, Jacob Wells in 20:32, Mike Maulden in 21:32, Jeff Maher in 21:45, and Roy Hayward in 26:14. For the women, Shelli Chupik in 24:02, Lisa Luyet in 25:31, Macki Buckelew in 29:42, and Mary Hayward in 55:56.

July 14th was also the **Midnight 50K and 25K** at Lake Sylvia. In the **50K**, for the men, Jacob Wells in 6:18:33, Joe Milligan in 7:20:48, and Mark Cato in 8:36:30. For the women's **50K**, Stacy Shaver in 5:25:25, Jenny Brod in 5:39:33, Tino Ho in 6:25:48, and Becky Humes in 6:40:59. In the **25K**, for the men, Gary Taylor in 1:51:13, Imari Dellimore in 1:55:37, Erik Heller in 2:09:34, Jon Honeywell (allegedly) in 2:23:50, Joe Cordi in 2:45:58, James McManners in 2:52:24, Patrick Barker in 2:59:54, Don Preston in 3:38:40, Bill Dobbins in 3:38:53, and Dan Belanger in 4:23:08. For the women's **25K**, Leah Thorvilson was first in 1:51:13, Jenny Wilkes in 2:23:50, and Jen Freilino in 2:25:35.

July 21st was the **Big Dam Bridge Twilight 5K**. For the men, Jacob Wells in 21:45, Mic White in 23:50, Bill Rahn in 24:01, Mark Wilson in 25:22, Bill Ruck in 25:29, and Roy Hayward in

28:42. For the women, Shelli Chupik in 24:26, Sandy Cordi in 30:17, Deb Baldrige in 32:28, Eileen Turan in 46:10, and Mary Hayward in 58:47.

As this was my first time to run race results, it is very likely that I have made an omission or mistake. If I have, please send me an email at jenny.wilkes.llm@gmail.com and I will be sure to include you in next month's results.

The Trailbird's Report

By Steven Preston
Past President

During these hot summer days long runs on the trail and road we can all sweat a lot. With that sweat goes sodium. As we drink water to replace the liquid we sweat, we also need to replace the sodium we lose in order to avoid getting cramps. There are two salt caps that I've used to help fight the hot runs, Succeed S-Caps and Hammer Nutrition Endurolytes. Here are some details I found online about the contents of each (per capsule):

Endurolyte

Sodium (as Sodium Chloride) 40 mg.
Chloride (as Sodium Chloride) 60 mg.
Calcium (Chelate) 50 mg.
Magnesium (Chelate) 25 mg.
Potassium (Chelate) 25 mg.
Vitamin B-6 (Pyridoxine HCL) 6.6 mg.
Manganese (Chelate) 1.6 mg.
L-Tyrosine 50 mg.

S-Caps

Sodium 341 mg
Potassium 21 mg

As you can see, it would take 8.5 Endurolytes to match the sodium in one S-Cap. So for those that have excessive sweat or on those extremely hot days S-Caps may be the way to go. My best suggestion is to try them both and find the right amount of sodium it takes for you to keep from getting cramps. However, if you take too many salt pills you may notice your fingers starting to swell. If you do, do not take any more until the swelling has subsided. As you may also notice, Endurolytes contain many more minerals. Hammer Nutrition states that there's more to electrolytes than just sodium. Some runners have stated that the extra minerals in Endurolytes have helped to easily digest food during runs. Once again, please try a mixture of these salt caps during multiple training runs to find the right mix for you.

For more info on each go to:
<http://www.hammernutrition.com/products/endurolytes.el.html>
and http://www.succeedscaps.com/products/s_caps/

Happy trails!

Book Review: *Unbroken*, by Laura Hillenbrand

By Paul Ward

I just finished this book by the author who wrote the best-selling *Seabiscuit* about the legendary horse of the 1930s. I have not read that book, but I enjoyed the recent movie of the same name. I heard some author interviews on *Unbroken* and saw it on the New York Times best-sellers list, so I got it. It is great!

The book is the true story of Louie Zamperini, the son of Italian immigrants. He and his older brother, Pete, ran track in high school and college. Louie excelled at it. In 1934 at age 17, Louie ran the mile in 4:21.3, shattering the national high school record set in World War I by more than two seconds. This new record lasted until 1953.

Louie then set his sights on the 1936 Olympics, and began training for the 1,500 meter race, as the Olympics did not have a mile race. The 1,500 meter race is about 120 yards shorter than the mile. Unfortunately, Louie could not improve his time sufficiently to compete in the Olympic trials at this distance. Some suggested he switch to the 5,000 meters. Louie rarely competed at distances beyond the mile, but he gave it the old college try. He competed in two 5,000 meter races before the Olympic trials in Manhattan in July 1936. In spite of his inexperience and the 100 degree temperatures during the trials, Louie and another runner finished in a photo finish for the top two spots in the 5,000 meters, and the top three runners would go to the Olympics. At 19, Louie was the youngest Olympian from the U.S.

The U.S. Olympic team travelled by luxury steamer to Europe. You probably remember pictures of the 1936 Olympics showing Jesse Owens winning several gold medals in front of German dictator Adolph Hitler. Louie and Jesse were on the same team. The steamer was like cruises today with ample food available at all times. What is good for tourists is not so good for athletes. Several athletes gained several pounds. Some wrestlers, boxers, and weightlifters gained so much weight that they outweighed their weight classes and could not compete. Louis gained 12 pounds in nine days!

The Olympics had three heats in the 5,000 meters, with the top five from each heat competing in the final. Louie barely got fifth in the final heat, suffering from his overeating and undertraining on the long ocean voyage. In the finals, Louie did not win a medal but he caught the attention of the crowd with his

strong finishing sprint. He finished in 14:46.8, the fastest time of any American runner in 1936. His last lap was 56 seconds. Afterwards, he handed his camera to Nazi propaganda minister Joseph Goebbels and asked him to take a picture of Hitler. Goebbels did so, and explained to Hitler who had asked. Hitler invited Louie over to the Hitler box and commented on the boy with the fast finish.

Louie excelled in theft as a kid. When several team members took souvenirs from the steamer heading to Europe, Louie noted that they had nothing on him because he was Phi Beta Kappa in pilfering. This continued in Germany. There is a funny story on how he set his eyes on a Nazi flag flying in front of the Reich Chancellery and thought it would make a fine souvenir.

All during his 5,000 meter competition, Louie kept his eyes on the 1,500 meter race and planned to compete in that distance at the next Olympics in 1940, ironically to be held in Tokyo. Unfortunately for so many, World War II intervened.

During his short college career, Louie continued to improve. In 1938 he ran the mile in 4:08.3, the fastest NCAA mile in history. This record lasted 15 years. He shaved a second off this time in future races, but his Olympic plans evaporated when Tokyo withdrew as host and replacement host Finland was bombed by the USSR. The Finnish runner who won the gold medal in the 1936 Olympics 5,000 meter race was killed defending his country. The Olympics were cancelled. Louie enlisted in the Army Air Corps.

Louie served in the Pacific theater as a bombardier on B-24s. He still kept in shape with running. His last effort was running a mile in the sand in 4:08. He ran no more until the war ended. His final flight in the war was on a cursed B-24 model that did not end well. An engine quit, a crewman hit the wrong switch to feather the propellers, and the plane crashed in the Pacific. Louie and two crew members survived and stayed on a life raft for weeks, battling the sun, sharks, thirst, and hunger. The raft washed on the shore of a small island and the Japanese captured them. Louie began the most trying time of his life when he became a prisoner of war.

Explaining more of what happened might spoil this book for those of you who might want to read it. It is much more than a book about a runner. Those of you who enjoy history and compelling people will enjoy this book.

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

August 2012

- 11: Watermelon 5K at Hope. (GPS) Call 870-777-1917.
- 11: Run for the Grapes 5K at Tontitown. Call 479-287-9383.
- 11: Gravette 5K. Call 479-787-5966.
- 11: Relay for Life 5K at Booneville. Call 479-206-0868.
- 18: Run with the Son 5K at Little Rock. Call 501-455-3474.
- 24: YMCA Night Flight 5K/1M at North Little Rock. Call 501-590-1637.
- 25: Rollinøon the River 5K at Little Rock. Call 501-227-3702.
- 25: Adam Brown Road Mile at Hempwallace. Call 501-760-6508.

September 2012

- 1: ARK 5K Classic at North Little Rock. (GPS) Call 501-519-0185.
- 3: Run for a Child 10K/5K/1M at Rogers. Call 479-422-0828.
- 8: Sara Low Memorial 5K at Batesville. (GPS) Call 870-307-9850.
- 8: Lavaca Fire and Rescue 5K. Call 479-462-9629.
- 8: Running of the Elk 5K/15M at Ponca. Call 870-861-5890.
- 8: Raider Tough Run 5K at Jonesboro. Call 870-910-7819, ext. 119.
- 8: Platinum Buffalo 5K at Fort Smith. Call 479-650-1522.
- 8: Walcott Trail 3.5M at Walcott. Call 870-240-5696.
- 8: Tunnel to Towers 5K at Hot Springs. Call 501-844-6888.
- 15: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
- 15: D.A.S.H. to Remember 5K at Pea Ridge. Call 479-656-3515.
- 15: Every Soul Matters 5K at Vilonia. Call 501-796-3047.
- 15: Yelcot Warrior 5K/1M at Cotter. Call 870-435-6323.
- 15: Tailwaggers Trail 5K/1M at Siloam Springs. Call 479-238-3612.
- 15: Slama Bama 4M/1M at Fayetteville. Call 479-445-9251.
- 15: Ozark Run for a Reason 5K at Ozark. Call 479-209-1899.
- 15: Cavanaugh Thumperthon 5K at Walnut Ridge. Call 870-886-4007.
- 15: Mother K 5K at Concil Grove, KS. Call 620-200-4740.
- 18: SAU Tech 5K Varmit Run at Camden. Call 870-574-4712.
- 22: Winslow Half Marathon/5K at Winslow. Call 479-871-6052.
- 22: Race4Hope 5K/1M at Lavaca. Call 479-461-9255.
- 22: Hillcrest Run for Shelter at Little Rock. Call 501-269-5290.
- 22: Eagle 5K/1M at Alexander. Call 501-590-1855.
- 22: Rotary 5K at Sherwood. Call 501-231-4320.
- 22: East End Sizzler 5K at Hensley. Call 501-888-3522.
- 23: Run for Love 5K at Fayetteville. Call 479-521-5683.
- 29: Freedom 5K at Bryant. Call 501-786-4117.
- 29: Run for Every Chris 10K/5K at Fayetteville. Call 479-365-2140.
- 29: Heart & Sole Half Marathon/5K at Jonesboro. Call 870-882-9403.
- 29: The Great 5K Pumpkin Run at Lonoke. Call 501-590-0441.
- 29: Blast from the Past FAST 5K/10K at Dover. Call 479-747-1889.
- 29: Lil Bit of Love for Asher Ray 5K at Stuttgart. Call 870-672-1425.
- 29: Early Dam Run 5K at DeQueen. Cal 870-584-3225.

Birthdays

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

- 2 - Greg Butts
- 2 - Libby Taylor
- 3 - Mark Wilson
- 4 - Jeffrey Parks
- 4 - Cathy Hagemeyer
- 4 - Kay Bland
- 4 - Lois Mackey
- 5 6 Elizabeth Sanders
- 6 - Brad Newman
- 8 - Barbara Fryar
- 10 - Justin Radke
- 12 - Pat Ulrich
- 12 - Craig Lair
- 14 - Erika Little
- 18 - Jake Jelineo
- 18 - Lara Beard
- 19 - David Samuel
- 21 - Micki Smith
- 21 - Craig Wurtz
- 25 - Jenny Brod
- 25 - Greg Helmbeck
- 25 - Stuart Jackson
- 26 - Mackie Buckelew
- 26 - Brian Watson
- 27 - Bill Ruck
- 28 - David Williams
- 28 - Paul Ward
- 29 - Onat Tungac
- 30 - Kenny Worley
- 31 - Siobhan Williams
- 31 - Kate Parks

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