

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2012

## Holiday Cheer From Now Into The New Year

By Becky Humes  
LRRRC President

This month's news article is going to be short and sweet as we have a lot going on in December. With the holidays fast approaching and absolutely beautiful weather it's a perfect time for running with friends and family.

We are currently getting the details for the Club Christmas party put together. As soon as all the details are finished we will get them out to the Club via e-mail and Facebook. It should be scheduled for the weekend of December 15-16, either on Saturday or Sunday afternoon.

Next is the **Winter Solstice Run/Ride** on Friday the 21<sup>st</sup> at 6:30 p.m. from Spokes at the corner of Markham and Kavanaugh. The folks at Spokes are letting us use their facilities to host this run/ride as a unique opportunity to celebrate the holidays with both the running and cycling communities together. We will start at Spokes and run/ride to the Capitol first and view the Box of Knowledge, Nativity Scene and Christmas lights at the Capitol. Then we will run/ride into downtown and view the lights as we make a circle and come back to Spokes for a potluck-type BYOB refreshments and shenanigans. So bring out your favorite snack food, drinks and a friend to celebrate the Solstice. Glow sticks, Christmas lights, and any type of lighting devices are recommended; well, one for fun and two because it will be dark. So get your lights together and come run/ride with us!

The first New Year's Eve Run/Party (well at least that I know of in the area) is the **Go! 'til Midnight New Year's**

**Eve 3-Mile Fun Run.** It will start and end at the River Trail Station in North Little Rock. This three-mile family friendly run will start when you want to, so you can make it back to the finish line around midnight! The finish line is really the beginning of our next New Running Year together. The party starts at The River Trail Station and lasts until 2 a.m. Sign up at MACS Race Timing Service. The idea is to see how late can you start and still make it back by midnight? It's similar to a "handicap race" where runners start according to their predicted finish time; runners start at different times but end up finishing close together! The run clock will start counting down to midnight (00:00) at 11p.m., then there will be runner start times of 45:00 (11:15), 40:00 (11:20), 35:00 (11:25), 30:00, 28:00, 26:00, 24:00, 22:00, 20:00, 18:00, and 16:00. So, if you think you'll run 23 minutes, you start on 24:00 and should finish with a minute to spare before midnight!

Then the party starts at the finish line as the clock hits 00:00:00!!

### The Course

Start at the Go! Running arch at The River Trail Station, and head west along the River Trail, turn around at the cones at 1.5 mile and back along the River Trail & watch out for oncoming runners!! & finish at the arch, with all your runner friends counting down to midnight! Most of the trail is lit, and we'll help light the way, but there will be a few dark spots so you might want to run with a headlamp or flashlight. Sorry, no dogs or strollers for this event.

### The Party

Party on after the run until 2 a.m. There will be great music, food, drinks, and a dance floor to shake out those legs!

Some food and drinks will be supplied by Go! Running and sponsors, but we encourage you to bring some things of your own.

### How To Enter

This is a fun run, not a timed race. We're asking for a \$10 donation to help cover costs, and BYOB. Free for kids under 12. Please sign up at MACS Race Timing Service. Over 21 will receive a wristband allowing them access to the race, food, and adult beverages. Under 21 will receive a different color wristband allowing them access to the race, food, and soft drinks. But hurry, we need to limit this to 400 folks. We'll have pre-registration at Go! Running during the day, December 31st, from 10 a.m. to 5 p.m. and from 10:30 p.m. until race time at The River Trail Station. No numbers or chips, just a wristband. Some T-Shirts will be available for \$10.

### Co-Sponsors

Go! Running, The Little Rock Road Runners, NYPD Pizza, and other sponsors will come together to make this a great event for all. More information at <http://gorunning.com/go-til-midnight-5k> Hope to see everyone out for New Year's Eve!!! Let's celebrate what a fantastic year it's been with all our friends and loved ones and bring in 2013 with the best crowd around. Sign up while you can.

Also a special shout out to a few of my friends on their recent accomplishments for their very first marathon in Memphis at St. Jude, knowing several have fought through injuries and sucked it up and managed 26.2 miles to complete their goal this year. Big kudos go out to James McManners, Paula Cigainero and to Bill Dobbins and Missy Key in NOLA at the Baton Rouge Beach Marathon!!



As I approach seven years writing this column (and just recited to myself in order every Club president over that span), the good news is that there are enough new members or enough old members with bad memories that I can get away with recycling some of my favorites. This time of year is particularly appropriate for that, as we rekindle fond memories of faster times and races gone by í here is one from a few years ago í

There are two kinds of folks when it comes to the holidays. There are those who love everything about them and who are all full of cheer and some such nonsense the whole time and then there are the folks for whom it's all they can do to just survive and get through them. Without divulging just yet which side I'm on, let's just say that my group is real happy for the rest of you. Fortunately for me, running is the great equalizer. How many people can say that their marathon PR happened on Thanksgiving morning? (2012 Update: That was in 2005. This is no longer the case after Midsouth 2011!) That impromptu celebration plus room for an extra 3,000 calories was a jumpstart through the holiday blues that year. You may have heard of that Club whose members' goal is to run a marathon in every state ó then there is my marathon traveling companion whose goal it is to hit a post-race Cracker Barrel in every state.

With the added affliction of being an after-work runner, Christmas Day might as well wait and fall on that day in the Spring when the time changes and there is finally daylight in which to run. Similarly, the Midsouth Marathon and the weekend it falls seem to flip the switch for seasonal affective disorder, more commonly known as the winter blues, but which sounds more ominous when you describe it with catchy medical terms. My limited research indicated that the various treatments for SAD include sunlight ó isn't that helpful.

Just like any other dichotomy in society, these two groups don't understand one another. What we can do is run together. So, keep up your running throughout the holidays, whichever type of person you are. Either way, your reward at the end of the year is that you have maintained your fitness and you get to turn over a new calendar and start over with all new running and racing goals and statistics. And if you happen to be one of those other guys, then you also have the opportunity to take one of my kind along for a dose of the kind of holiday cheer that doesn't come naturally at the in-laws or the office party, but probably will while doing what we love most with a gang of our best friends. Oh, and since the next issue of *The Runaround* won't come out until just after the start of the year, don't forget to go for a long run on New Year's Day so you can project it out to some ridiculous miles for the year ó like 9,563.

Once as I sat alongside the Arkansas River Trail the day after Thanksgiving (different year than mentioned before) struggling with having eaten too much the day before, along came Arkansas Hall of Fame runner Joyce Taylor. As we visited, she remarked that "you have gazelle days and you have water buffalo days." The thing I have learned, that she had known for a long time, is that these days differ in pace, but not necessarily in enjoyment or benefit to our body, mind, and spirit. In fact, the slower days can be more rewarding, because the humbling awareness of our own lack of invincibility on a day when we are not running our best reminds us of the alternative of not running at all and perhaps even what it was like before we became runners. Happy holidays and good luck in all your running and racing this holiday season and 2013 and beyond.

## Condolences

The Little Rock Roadrunners Club extends its condolences to John Naill over the death November 8 of his brother, William Randolph Naill. Please keep John and his family in your thoughts and prayers.

The Club also extends its condolences to R. C. Fason over the death December 3 of his brother, Hulen F. Fason. Please keep R. C. and his family in your thoughts and prayers.

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### Board Members

Becky Humes	President	940-6619
Nicholas Norfolk	President-Elect	517-7345
Jenny Wilkes	Secretary	870-535-9000
Jeff Maher	Treasurer	680-6710
Steven Preston	Past President	626-0049
Sarah Olney	Membership	615-3344
Michael Harmon	At Large Member	960-6963
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969

# Joey Gierenger, Race Director, CASA Half Marathon

By Jenny Wilkes  
LRRCRacing News Editor

On December 8, **Joey Gierenger** will help put on the CASA Half Marathon in Pine Bluff, Arkansas. Only in its second year, the half marathon has drawn a number of supporters. In order to raise awareness of this race that benefits a great cause, I decided to interview Joey about his motivation for starting the race and his plans for race directing in the future.

## Tell me a little about CASA and what made you decide to support that group?

CASA stands for Committee Against Spousal Abuse. And what CASA does is takes in victims of domestic violence and gives them a safe place to stay while transitioning from being in a violent lifestyle to a non-violent one. CASA teaches their clients and others what to look for and how to attempt to avoid an abusive environment and/or situation. Before I joined the CASA Board of Directors, I was asked by a previous board member if I knew what it was and I was invited to a meeting. I said I didn't and accepted to join their meeting. I learned quickly this was an organization very worthwhile. I joined the CASA Board of Directors soon after.

## Why did you decide to put on a half marathon in particular?

I decided to take on the challenge of putting a half marathon on because CASA's main source of income comes from grants and donations. With donations down and grants becoming scarce and hard to obtain I decided to go for it. I've seen the crowds that show for a well put on, longer distance race. I felt I could do the same so decided to try. Last year, the inaugural year, we had 81 register and 71 show up and finished. While this wasn't quite the numbers I hoped for, we didn't lose any money and were able to generate funds for the CASA Shelter. We hoped to double the registration and participation this year and we have surpassed that number and are still growing.

## I know this is the second year of the CASA Half, what sort of improvements or changes have you made from last year's race?

We've made several additions to this year's event! This year we added more awards. And who doesn't like an award? Now top three overall male and female get awards. Also, instead of first, second and third in age groups of 10 years, we've got them for every five years (starting from 19 & under and going to 60 & above). Not only that, something I'm particularly proud of is the uniqueness of our awards. The three overall places for male and female are custom glass awards done by a local glass blower ó James Hayes. The age group awards are 24 oz. Tervis Tumblers with a Custom 13.1 logo. Another change is we added a 5K and a Kids run. The 5K will have an award to the overall male and female and then age group awards with same age groups as the half. These awards are custom 14 oz. coffee mugs. All kids that finish their race will receive a finisher medal and the

overall male and female in each age group will receive a trophy. Other additions include custom drawstring bags and 13.1 stickers. The finish line food change this year is we added a breakfast tent where we will be serving pancakes and hot chocolate/coffee in to the runners and volunteers. We want our runners and volunteers to have a fun and great experience.

## Race Results

By Jenny Wilkes  
LRRCRacing News Editor

On **November 3<sup>rd</sup>** was the **Midsouth Marathon** in Wynne. For the men, Scott Sander finished in 3:19:43, Chris Ho in 3:30:30, Joey Gierenger in 3:47:35, Jacob Wells in 3:51:47, Jon Honeywell in 4:05:10, Jeff Maher in 4:59:31, Joe Milligan in 5:35:49, Michael Harmon in 5:38:04, and Mike Cato in 6:48:25. For the women, Jenny Wilkes finished in 3:42:14, Tina Coutu in 3:49:18, Stacy Shaver in 3:54:47, Tina Ho in 4:31:22, and Cymber Gierenger in 4:34:53.

On **November 10<sup>th</sup>** was the **Race the Base 3M**. For the men, T.D. Johnson finished in 31:59, Marcus Pierce in 35:27, Joe Milligan in 36:19, Roy Hayward in 39:01, Dan Belanger in 39:37, and Noel Hall in 47:38. For the women, Abigail Ethington finished in 33:41, Lisa Luyet in 37:58, and Amy Curtis in 44:29.

Also on **November 10<sup>th</sup>** was the **Social Justice 5K**. For the men, Bill Rahn finished in 22:12, David Meroney in 23:43, Terry Dogan in 24:32, and Brice Hammerstein in 38:45. For the women, Shareese Kondo finished in 25:34.

Also on **November 10<sup>th</sup>** was the **Bona Dea 50K** in Russellville. For the men, Chris Ho finished in 4:39:58, Don Preston in 6:50:59, and Nicholas Norfolk in 7:37:44. For the women, Jenny Wilkes finished first in 4:41:13, Stacey Shaver in 4:53:47, Tina Ho in 5:37:03.

On **November 17<sup>th</sup>** was the **Spa 5K and 10K** in Hot Springs. In the 5K for the men, Steve Hollowell finished in 21:07. In the 5K for the women, Betty Ray finished in 45:26. In the 10K for the men, Tim Richard finished in first in 33:22, Mark Ferguson in 34:58, Bill Simpson in 39:32, Joey Gierenger in 39:46, David Williams in 41:05, Chris Ho in 43:02, Bill Torrey in 44:40, Jeff Maher in 47:29, Bill Crow in 48:10, Rodney Paine in 51:26, James McManners in 51:51, Joe Milligan in 55:12, Marcus Pierce in 56:08, David Conrad in 58:15, Skip Smith in 59:00, Ron Sanders, Jr. in 59:49, Jim Yamanaka in 1:04:14, and David Samuel in 1:07:15. In the 10K for the women, Tina Coutu finished in 46:19, Cymber Gierenger in 48:19, Karen Call in 49:17, Shelli Chupik in 50:07, Becky Humes in 51:32, Tina Ho in 53:16, Ginea Qualls in 54:19, Karen Halbert in 58:43, and Coreen Frasier in 1:27:08.

# The Trailbird's Report

By Nicholas L. Norfolk

Trailbirds couldn't resist the myriad of choices during the fall. Many of them have been out on the dusty, and sometimes paved, trails the last few months. Everyone knows the Arkansas Traveller happens the first weekend in October. A race that took place at the end of the month that may have been overlooked was the Styx nōStones Trail Runs. Utilizing the trails at Devilø Den State Park, this race, held the day after Soaring Wings Half Marathon, offered a 30K and a 15K. Reading about it doesn't do it justice. You need to experience Devilø Den. Fall is the perfect time to see the vast colors nature has to offer. To read more about the race, visit <http://www.arkansasoutside.com/styx-n-stones-trail-runs>

The next two races in the Ultra Trail Series (UTS) happened in November. The first was the Bona Dea 50K in Russellville. With six 50Ks in the state, it's the only one that has an entirely paved course. After running nine 3.4-mile loops, only a short out and back remains to complete the distance. Our secretary, Jenny Wilkes, ran her first ultra and was the first female finisher.

The second race is the only one of its kind in the state. Sunset 6/12/24 Hour Endurance Run held at Sunset Lake in Benton debuted in the UTS this year. Like the Bona Dea 50K, it was a paved loop course. However, the loop was just a little over a mile.

Stacey Shaver-Matson ran farther than any female in the six-hour group. RRCA Arkansas State Rep, David Meroney added a second 50K to his running resume. Presto may be crazy, but he gets it honest. Don ø8-Ballo Preston notched 68.01 miles in 24 hours.

In its second year, the number of entrants more than doubled from 23 to 54. It seems these birds of a feather are flocking together. For more about this race with pictures of the

## Race Results (Continued from Page 3)

On **November 24<sup>th</sup>** was the **Duck Race 10K** in Stuttgart. For the men, Clay McDaniel finished in 55:40, Tad Thornton in 56:42, Dan Belanger in 1:01:57, and David Samuel in 1:04:38. For the women, Cymber Gieringer finished in 48:11, Ginea Qualls in 53:02, and Pennie Martin in 1:07:10.

On **November 24<sup>th</sup>** was the **6-12-24 Hour Endurance Run** in Benton. For 24 hours, for the men, Don Preston ran 68.01 miles and Michael Harmon ran 26.91 miles. For 12 hours, for the men, David Meroney ran 35.53 miles and Skip Smith ran 32.48 miles. For six hours, for the men, Chris Ho ran 31.47 miles, Joe Milligan ran 28.42 miles, Jacob Wells ran 26.39 miles, and Scott Sander ran 20.31 miles. For six hours, for the women, Stacey Shaver ran 35.53 miles and Tina Ho ran 26.39 miles.

For any omissions or additions, please e-mail me at [jenny.wilkes.llm@gmail.com](mailto:jenny.wilkes.llm@gmail.com).

maniacal runners, visit the following link. <http://www.arkansasoutside.com/sunset-61224-hour-endurance-run>

If you're new to trail running, races in the Arkansas Trail Running Series are a great introduction. The inaugural Race the Base at Pinnacle Mountain State Park was the same day as the Bona Dea 50K. It kicked off the Series for the 2012-13 calendar. There may not be a more technical 5K around, but that doesn't impede a fun run. If you're wondering what you missed, check out the write-up from the race director, Lisa Mullins. <http://www.arkansasoutside.com/race-the-base-the-directors-cut>

Numerous sightings of trailbirds flapping their wings at all of these races were witnessed. Congratulations to all that tackled a new distance, ran a personal best, or held on for dear life and survived.

Where will the trailbirds make an appearance next? It could be the Lake Ouachita Vista Trail (LOViT) Run on Saturday, December 8, 2012, Mt. Nebo Bench Trail Run on Saturday, December 15, 2012, Athens-Big Fork Trail Marathon on Saturday, January 5, 2013, or DeGray Lake Trail Run on Saturday, January 12, 2013.

## 2013 Grand Prix Series

### January

27: **One Hour Track Run** at Russellville.

### February

2: **River Trail 15K** at North Little Rock.

9: Valentine's Day 5K at Russellville.

17: Run the Line Half Marathon at Texarkana.

### March

9: **Chase Race and Paws 2M/1M** at Conway.

23: Spring Fling 5K at Cabot.

### April

6: Capital City Classic 10K at Little Rock.

14: **Hogeye Marathon** at Fayetteville.

### May 2

4: Toad Suck 10K at Conway.

25: Rock Run 8K at Little Rock.

### June

15: **Go! Mile** at North Little Rock.

### August

3: **White River 4-Mile Classic** at Batesville.

### September

7: Sara Low Memorial 5K at Batesville.

21: Arkansas 20K at Benton.

### October

12: **Chile Pepper Cross Country 10K** at Fayetteville.

19: SurvivorsøChallenge 10K at Fort Smith.

26: **Soaring Wings Half Marathon** at Conway.

### November

23: **Spa 10K** at Hot Springs.

# 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](mailto:lhouse48@gmail.com)

## December 2012

- 8: CASA Half Marathon at Pine Bluff. Call 870-540-4911.
- 8: Frozen Feet 5K at Conway. Call 50-472-4068.
- 8: Yule Run 5K at Greenwood. Call 479-996-6357.
- 8: 5K for Clay at Flippin. Call 501-339-7815.
- 8: Speedy Santa 5K at Benton. Call 501-778-2271.
- 8: Light Up the Night 5K at Little Rock. Call 501-231-3730.
- 8: White River Half Marathon at Batesville. Call 870-834-3875.
- 8: LOVIT Marathon & Half Marathon at Mt. Ida. Call 501-802-5790.
- 8: Jingle Bell 5K/1M at Hot Springs. Call 501-664-7243.
- 9: Fayetteville Half Marathon/5K/1M. Call 479-521-7766.
- 15: Jingle Bell Jog 5K at Fayetteville. Call 479-530-8084.
- 15: CHS Project Graduation Reindeer 5K at Clarksville. Call 479-214-4780.
- 15: ALI Jingle Bell 5K at Mountain Home. Call 870-508-1009.
- 15: Mount Nebo Bench Trail 4M at Dardanelle. Call 479-477-0909.
- 22: End of the Earth 5K at Oark. Call 501-581-1878.
- 29: RacinøNew Yearø Eve 5K at Conway. Call 501-329-8102.

## January 2013

- 1: Mac and Michelleø Prediction Run at Batesville. Call 870-307-9850.
- 5: Doggie Dash 5K at Van Buren. Call 479-774-3534.
- 5: ARK Winter Series at River Market.
- 12: Tux on the Run 5K at Rogers. Call 479-273-9622.
- 12: MLK 5K at Cookø Landing, North Little Rock. Call 501-231-3730.
- 12: ARK Winter Series at Lake Willastein, Maumelle.
- 19: ARK Winter Series at Cookø Landing.
- 26: Chilly Cheeks 10K at Camden. Call 870-231-5913.
- 26: ARK Winter Series at Cookø Landing.
- 27: One Hour Track Run at Russellville. (GPS SC) Call 479-857-4527.

## February 2013

- 2: River Trail 15K at North Little Rock. (GPS SC) Call 501-410-0663.
- 9: Valentineø Day 5K at Russellville. (GPS) Call 479-857-4527.
- 9: Mississippi River Marathon & Half at Lake Village, AR - Greenville, MS. Call 801-673-8609.
- 10: Piney Hills Half Marathon at Ruston, LA. Call 318-232-2213.
- 16: Van Davis Memorial 5K at Hot Springs. Call 501-760-4129.
- 17: Run the Line Half Marathon at Texarkana. (GPS) Call 903-792-7186.
- 23: Bowen 5K at Little Rock. Call

## March 2013

- 2: Sombrero Beach 15K/10K/5K at Marathon, FL. Call 305-289-9868.
- 9: Reach Out and Run 5K at Ft. Smith. Call 479-420-1151.
- 9: Chase Race and Paws 2M/1M at Conway. (GPS SC) Call 501-514-4370.
- 23: Spring Fling 5K at Cabot. (GPS) Call 501-779-2479.
- 23: Omega Prostate Cancer Awareness 5K at Little Rock. Call 501-240-9138.

# Birthdays

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

- 1 - George Gore
- 1 - Steve Hollowell
- 7 - Gayle Holmes
- 8 - Matt Olney
- 8 - Charlie Dunn
- 8 - Crystal Goodman
- 9 - Jenny Reeves
- 10 - Stan Curtis
- 10 - Lisa Luyet
- 12 - Lyle Smith
- 12 - Ron Sanders
- 13 - Randy Taylor
- 15 - Christine Meroney
- 16 - Tom Zaloudek
- 18 - Robert Holmes
- 19 - Jon Honeywell
- 20 - Troy Duke
- 21 - David Gardner
- 21 - Shelley Rawls
- 24 - John Martin
- 24 - Jenny Paul
- 25 - Jeanne Puelma
- 26 - Tom Barron
- 28 - Cindy Holland
- 28 - Melissa Henshaw
- 29 - Paul Osborn
- 30 - Tina Ho

## Retreads

First Wednesday of the month  
 Franke's Cafeteria  
 11121 N. Rodney Parham Road  
 (Market Place Shopping Center)  
 Dutch Treat

Wear something to show you are one of the gang -- shirt, hat, scarf, finisher medal, etc. Just show up and look for the Old Runners: Retreads. For more information contact Charley or Lou Peyton at 225-6609 or [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)