

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2012

Soles Will Be Filled With Love On February 11

By Steven Preston
LRRC President

I want to start with a big CONGRATS to Leah Thorvilson from all the Roadrunners for giving her all at the 2012 Olympic Trials Marathon. It was an honor to be there and watch as she stood toe-to-toe with the greatest names in our sport. I'm sure that is a memory she will never forget.

This past Saturday was the LRRC Hilly Chilly Run from Jenny Brod's house in Maumelle. Tom and June Barron tried their best to spice up the run with a nice half mile chili stop. I have to say, it was my fav chili by far. Watch out Grand Prix Cook-off! After a 4-6 mile run there was a nice selection of corn to cajun chilies that were quickly gulped down with cheese and Fritos by the famished runners. Darwin Sieczkowski and Catherine Wells provided lively party entertainment. Thanks to our great host, Jenny!

The 2nd 2012 Grand Prix race takes place on Feb 4th at 9 a.m. The River Trail 15K in North Little Rock's Burns Park is always a good tempo run in preparation for the Little Rock Marathon. In case you didn't know, this is the one race put on by the Arkansas RRCA Chapter. As such, this race benefits the entire state. Please try and support this race since this organization supports our entire state's running community. You can register for this race at www.rivertrail15k.com or on race day from 7:30-8:30 a.m. Packet pickup will be available at Easy Runner from 10a.m. to 6 p.m. on Feb 3rd. Jacob Wells (jacobwells@live.com) is looking for volunteers if you are not interested in running.

Following the race, we will have the 2011 Grand Prix Awards Ceremony at

the Burns Park Hospitality House. There will be chili cook-off again so bring your best chili recipe to the Hospitality House (It will be open at 7:30 a.m. for pre-race drop-off).

With love in the air (and in your soles!), the Valentine's Day 5K takes place on Feb 11th at Bona Dea Wildlife Sanctuary in Russellville, AR. This is a flat course that always ends up with fast times for many runners. This year there will be four starts times from 9 a.m. to 10:30 a.m. This is to help reduce congestion along the trail. I love this course because of the fast times, but I will be the first to admit that I am very happy with this change. I'm sure many of you remember the arm tussles in the first quarter mile of past V-Day 5Ks. The Sweetheart Competition will also be held for the married and unmarried couples who so choose to show their love with their "sole-mate".

The final Grand Prix race of February is a great young tradition in Texarkana called the Run the Line Half-Marathon on Feb 19th at 8 a.m. This race is known for its great after-party. If you have any questions on that please contact our friend, Kim Howard, with the Melonvine Striders. There is also a two-person relay if you don't feel like you're ready for the full 13.1 yet. For more info and registration, check out www.txkruntheline.org.

This month's Club meeting speaker will be Jay Jennings, author of "Why Is Running So White?" from the December 2011 issue of *Runner's World*. This article explores the reasons why so few of the recreational distance runners are people of color. He is also the author of "Carry the Rock: Race, Football, and the Soul of an American City." For more

info on Jay visit jayjennings.net. Hope to see everyone on Thursday, Feb 16th at 6 p.m. for food and 6:30 p.m. for the speaker at the Riverdale Whole Hog Cafe.

The Trailbird's Report

There are two fun races on this month's calendar. The **White Rock 50K** (AURA Series Race) is on Feb 4th at 9 a.m. in Brannon, AR. The start is at the corner of Hwy. 295 and Madison County Road 4035. A \$5 donation is suggested to cover race expenses. The course runs to the top of White Rock Mountain and then back to the start. As such, it is a fairly difficult race and is not suggested for those who do not feel they are prepared for an ultra or have not at least run a marathon.

On February 18th, the **Sylamore Trail 50K/25K** takes place in Allison, AR. The race is already sold out, but if you want to check out an exciting trail race this is one. I have not run this one, but I hear there are some nice cold and deep water crossings along the course.

February Meeting

February 16, 2012
Whole Hog Cafe
6 p.m. to eat
6:30 p.m. speaker

Jay Jennings
"Why Is Running So White?"



One of the highlights of the Grand Prix season is the River Trail 15K. This is truly a runner's race, put on by runners for runners. Even Race Director Bill Torrey would admit this race almost directs itself. Because all the Grand Prix clubs pitch in to put on this race, the volunteers are plentiful. It's just a matter of getting everyone in their favorite spot, many of which still allow for running the race. This is also the place to be if you are a beginning runner or are new to the Grand Prix but haven't worked your way up to this race distance and want to see the Grand Prix at its best. There are several ways to be involved:

Registration □ This will be a party so just come join the fun. With just shirts and chips to be distributed to this hard-core crowd, this area will practically be self-service. With the race starting at 9 a.m., the race day registration is from 7:30-8:30 a.m., so those who wish to assist can arrive around 7:15. If too many volunteers are available, there will be a mandatory course preview warm-up run.

Course marshals □ Two intersections early and late in the course. Runners pass the first spot at miles 0.5, 2.0 and 8.5. Runners pass the second spot at miles 1.0 and 9.0. Although a little lonely in the middle of the race, there is no better place for multiple chances to cheer for your 400 closest friends. All are welcome as I think it takes a minimum of three people to legally do The Wave. Feel free to get in a couple miles of your own after runners pass by the first time.

Chip clippers □ Here's another way to see every runner, this time at their very best as they sprint to the finish. I suggested the top three finishers clip themselves and then take care of the rest of the field but the race committee suggested we have a backup plan. Sympathetic pukers are not encouraged.

Packet pickup at Easy Runner from 10 a.m. to 6 p.m. on Friday, February 3rd □ I've been selling this with promises to hang out with an actual Olympic marathon trials qualifier. Rumor has it that she may instead be gone in search of the next PR. If so, Torrey has offered to fill in the dead airspace with stories of his beard freezing in the old days when he could man up to the cold weather.

Burns Park Hospitality House □ Here is the perfect job for someone who wants to arrive early and have a warm place to wait for the awards and lunch. This job involves □guarding□the chili dropped off by runners on their way to the race □additional details below. The phrase □leaving the mouse in charge of the cheese□comes to mind.

As for the race, the course is beautiful, almost completely on our beloved River Trail and a fun distance that most of us only get one shot at each year. Just exactly how do three 5Ks or one and a half 10Ks translate? September's 20K is

easy □ just consider it a half marathon PR. This one, not so much. The really fast ones go for the exclusive sub-one-hour club. Just to be safe, go with the classic strategy of going out slow and then tapering off.

The weather is also legendary, with rain, wind, snow, ice, freezing temperatures, or any combination thereof. There hasn't been a volcanic eruption yet, at least since I have been running it. In a moment captured in a photograph rarer than those of Sasquatch, a gale-force gust once hit Torrey and knocked him completely upright. That same year, I was caught in stride and hung momentarily mid-air with my legs churning like a cartoon character.

Following the regular race awards, the day will conclude with the chili cook-off and 2011 Grand Prix season awards in the aforementioned Hospitality House. The building will be open starting at 7:30 a.m. on race morning. On your way to the race, you can drop off a crock pot of chili and plug it in to one of the kitchen outlets to keep it warm during the race. Or you can bring your own Coleman stove or other such device. Bowls and spoons will be provided. If you don't want to bring chili, feel free to bring the fixings □cheese, sour cream, jalapenos, cornbread, etc. As for drinks, we'll have water from the race, but otherwise, bring your favorite.

Photos of the coveted cook-off trophies can be viewed on the Grand Prix website forum at www.arkrrca.com. The judging process is suspect and may in fact, involve Dr. Brian

(See **Running Wild** on Page 4)

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A Dedicated Cheerleader And Runner: Jesse Garrett

By Jenny Brod
LRRRC Racing News Editor

This month I decided to interview someone who probably everyone in the Club has met at one point or another. He can be found cheering or running all over the state with his beautiful wife, Kristen. Yes, I am talking about Jesse Garrett. He somehow always manages to put a smile on your face. Last weekend I saw Jesse and Kristen at the oh-so-exciting Track Run. I asked him if he was running and he said no, he was just there to cheer everyone on. Both heats! Now that's dedication. There were not many races to report this month but luckily Jesse had a lot to say.

In the upcoming 2012 Grand Prix Series, what race are you most excited about? I'm definitely most excited about Soaring Wings. I pace a group in this race every year, and watching my runners' faces go from painful determination on the hill at mile 12 to sheer joy and tears of elation at the finish is pure magic. Every fall when I'm burned out from marathon training, I look forward to Soaring Wings as a much-needed reminder of why I love running. It's a wonderful, well-directed race with a great cause.

What is your favorite race distance? In my opinion, there's nothing like the marathon. If you put in the time and mileage needed to train correctly, you're rewarded in kind. Marathons and ultras still give me that butterflies-in-the-stomach feeling at the start line, and 5Ks and 10Ks don't give me the full spectrum of emotions that you get in a long-distance race. And, they give you a reason to travel!

What is your least favorite race distance? 5Ks (and shorter) for sure. As a late-blooming runner, I don't have the legs for speed.

Do you have any rituals or traditions before any race you run? (Pre-race fuel, stretching, warm-ups, mantras?) Actually no! I don't eat anything in particular, I hardly stretch, I don't warm-up, and I don't tell myself anything other than "don't screw this up!" I went into the Houston Marathon last weekend with zero expectations (five hours of sleep, greasy pepperoni pizza for dinner the night before) and I ended up running a 13 minute PR. I find that routines can add an element of unneeded stress to race morning so I just don't do it.

Do you have any advice for someone who is just getting into running? Do it correctly! Don't set your sights on a marathon only months after you start because odds are you will injure yourself. Build up your mileage and your base correctly and you will be rewarded with a memorable race. I got caught up in the novelty of running when I started, I tried to run too many races too soon, and I had a new nagging injury every month to show

for it. I don't look back on that year with any kind of nostalgia - rather I'm thankful that none of those injuries lingered.

Who has been your biggest running inspiration and why? This is no fair, you can't make me choose one! So I'll name several, all for different reasons - Bill Torrey for his seemingly effortless way that he directs wonderful races; Dan Belanger, who I hope I'm as young as when I'm 68; Becky Humes and Joel Perez for being proof that no matter when you start running, there's a race winner inside you if you work hard enough; Jenny Brod (yes you, you better not cut this part out because I'm serious!) for pure determination in winning 100 mile races despite adversity and looking absolutely fabulous doing it; Leah Thorvilson for setting her eye on a prize and not backing down despite whatever life throws in the way; and my wife Kristen, a new runner, for reminding me week after week what joy can come out of training hard to achieve your goals. Many, many, more -

What would you consider your main running goal or focus right now? Sylamore 50K is next, then Little Rock Marathon, then Ouachita Trail 50K. There are lots of races on the horizon that I'm running, but my main focus is probably the half marathon that my wife and I direct in May. If we can put together a race that is half as fun and rewarding as last year's inaugural running, then I'll consider it a great success. We've got lots of ideas right now and a long way to go before those ideas become reality.

How long have you been running? I've been running since August 2008. I was 270 pounds and lying around on the couch watching the 2008 Beijing Olympics when the women's marathon came on. I almost flipped the channel since, "Who wants to watch some skinny people run for two+ hours?" - but I was blown away. A light bulb was lit within me and the missing thing I had been searching for all my life was there on NBC. I bought my first pair of running shoes the next day and downloaded a C25K podcast and I was out the door running sixty seconds at a time. Everything in my life has changed for the better since that day.

How does it make you feel to know that you have inspired your wife to also become a runner? Well, that's a tall statement, as I'm sure it wasn't only me - we know so many amazing and inspiring people that it was only a matter of time before she laced up a pair of Sauconys. I can say this much - usually once or twice a year I suffer from burnout from overtraining, or losing focus of the goal, or any various reason - but I haven't since she started running. She's constantly meeting or exceeding the goals that she sets for herself and the beaming smile and excitement she displays when she does so almost makes me cry sometimes. There's an athlete within everybody, and watching it blossom in someone you love is an extraordinary feeling.

(See Jesse on Page 4)

Jesse (Continued from Page 3)

What is your favorite part of racing? Without a doubt, the people. The amazing community we have in this state is unsurpassed. At every Grand Prix race I attend I can look in any given direction and see a handful of wonderful, inspiring people. I can't say this without sounding like I'm looking down upon non-athletes, and that's not my intention but it's true: it takes a certain kind of person to do what we do. Relentless positivity is a common bond that we runners share. We must, for if we didn't, we would quit the sport at the first sign of pain. Running is enlightenment. Once a person starts running, they become better people in all aspects of their life. No matter what your skin color is, no matter what you do for a living, no matter what your politics are, you are welcome in the community with open arms. Truck drivers and factory workers mingle with doctors and attorneys; conservatives banter with liberals. There are no cliques, only love and support. Proof of this is, when I came out as transgender last year, I received nothing but 100% support from everyone. Absolutely everyone. That was a magical moment in my life that had nothing to do with running, yet would not have happened if I weren't a runner. Meeting goals and finishing races is nice, but the people — my adopted family — are what keep me running.

Now here are a few results:

December 31, 2011, was the **Racin' New Year's Eve 5K** in Conway. Joe Cordi finished in 21:45.

Jacob Wells also ran the **Texas Marathon** in Kingwood, TX on **January 1st** in 3:19:22 and the **First Light Marathon** in Mobile, AL on **January 8th** in 3:27:39.

January 14th was the **Olympic Trials Marathon** in Houston. Congrats to Leah for her amazing time of 2:42. We are so proud!

January 15th was the **Houston Marathon and Half Marathon**. There were so many LRRC members that ran it, I'm not sure who they were. Congrats to all!

January 22nd was the first Grand Prix race of the season with the **One Hour Track Run in Russellville**. For the women, Leah Thorvilson finished first with 10.28 miles. Jenny Brod finished with 8.49 miles, Jenny Wilkes with 8.09 miles, Stacey Shaver with 7.89, Ginea Qualls with 7.26, Eileen Turan with 6.58 miles, Mackie Buckelew with 6.07, Karen Halbert with 6.03, Maddy Wells with 5.72, Rosemary Rogers with 5.08, Jaynie Cannon with 5.08, Josey Wells with 4.75 and Mary Hayward with 2.52 miles. For the men, Mark Ferguson with 10.24 miles, Steve Yanoviak with 9.51 miles, Kevin Lemley with 9.26 miles, Ross Bolding with 8.84 miles, Mark Hagemeyer with 8.83 miles, Ricky Martinex with 8.51 miles, Jacob Wells with 8.5, Michael Storey with 8.43, Jon Honeywell with 8.34, E.F. Jennings with 7.98, Rodney Paine with 7.75, Mike Maulden with 7.36, Greg Yarbrough with 7.19 miles, Michael Harmon with 7.01, Joe Milligan with 6.82, David Conrad with 6.78, Roy Hayward with 6.75, David Samuel with 6.17, Dan Belanger with 5.8 and Carl Northcutt with 3.69.

I was not able to find the **Athens Big Fork** or **MLK 5K** results posted yet so I may have to include those next month,

My apologies to **Jenny Wilkes** for leaving her out of last month's results column. She finished the **Light Up the Night 5K** as the third overall female in 21:28. Great job Jenny.

Please e-mail me at: jenny.brod@yahoo.com if your name has been left out.

Happy Running!

New Members

By Sarah Olney
Membership Chairman

Courtney Little is an attorney and has been running for two years. Her interests, other than running, are golf, bicycling, lifting weights, and tennis. She will be competing in her first half marathon at Little Rock in March. She averages 25 miles per week at an 11:30 pace per mile. She has a PR of 33:45 in the 5K.

Robyn Thornton is a mother of two and a registered nurse. She has been running for 12 years and currently runs 30-40 miles per week at an 8-8:30 pace per mile. She has PRs of 20:52 for 5K, 3:47 for marathon, and 47:13 for a 10K.

TD Johnson has been a runner for 20 years and runs approximately 20 miles a week at 8 minute mile pace. His PRs include 20:50 for 5K, 1:53 for half marathon, and 43:38 for a 10K. He is a claims representative at Union Pacific, loves to be outdoors and enjoys college football.

Carla Miller has been running for nine years and runs 12 miles at 10 minute per mile pace. Her favorite races are Paws on the Pavement, BDB Twilight 5K, Firecracker 5K, Little Rock Marathon, and Go! Running Turkey Trot. She is a legal assistant and enjoys cooking, eating, cycling, and general fitness.

Running Wild (Continued from Page 2)

Polansky. My perennial vote goes to Dan Belanger. But hey, when it comes to all-we-can-eat chili, we are all winners.

Not to be confused with the people's choice version of the Grand Prix awards voted on by runners and awarded at season's end in November, this round of awards is scored on both speed and perseverance. Those with the most cumulative points over the 20-race season take home individual and team awards. Just like winning a race sometimes has less to do with speed than it has to do with picking the right race on the right day, Grand Prix awards also recognize the statewide travels of the proverbial tortoise.

Even right up till race time, if you want to be involved, just e-mail me at jacobwells@live.com and I will get you in place. Thanks to Bill Torrey, Brian Sieczkowski, Nicholas Norfolk, Eugene Atha, Linda House, and an army of others for working to continue to make this race great. There is fun to be had so plan to be there either as a runner, volunteer, cheerleader, or all three!

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

February 2012

- 4: River Trail 15K at North Little Rock. (GPS-SC)
- 11: Valentine's Day 5K at Russellville. (GPS)
- 11: Freakin Eureka Trail 15K at Eureka Springs. Call 479-571-8786.
- 18: Cadron Ridge Trail Run. <http://dltevents.com/off-road-events/trail-running/cadron-ridge-trail-run.html>
- 18: Sylamore 25K/50K. <http://www.sylamore50K.com>
- 18: Run for the Presidency 5K at Paragould. Call 870-335-8855.
- 19: Run the Line Half Marathon at Texarkana. (GPS)
- 25: Mardi Gras Mambo 10K at Baton Rouge, LA. Call 225-382-3596.
- 25: Run with the Wind 25K at Sarcoxie/Carthage, MO. Call 417-850-0574.
- 25: K-Life 1985K Dusk Run at Conway. Call 501-329-4929.
- 25: The Community 5K at West Fork. Call 479-871-6807.
- 25: The Beat Goes On 5K at Benton. Call 501-776-6743.
- 25: Penguin 5K/10K at Batesville. Call 870-307-8230.
- 25: Freezin' for a Reason XC 5K at Fort Smith. Call 479-424-1812.
- 25: FA A Long, Long Way to Run 5K at Hot Springs. Call 501-909-5909.

March 2012

- 3: Little Rock 5K and Little Rockers Kids Marathon Final Mile. Call 501-371-4770.
- 3: Sombrero Beach 5K/10K/15K at Marathon, FL. Call 305-289-9868.
- 4: Little Rock Marathon/Half/10K. Call 501-371-4770.
- 10: Chase Race 2M at Conway (GPS-SC)
- 10: Victorian Classic 10K at Eureka Springs. Call 870-423-8513.
- 10: Reach Out and Run 5K at Ft. Smith. Call 479-806-6487.
- 10: Run With the Knights 5K at 5 Van Buren. Call 479-474-2661.
- 10: Going Bananas for Nutrition and Fitness 5K at N Little Rock. Call 501-539-1592.
- 17: Lil Cheetah 5K at DeWitt. Call 870-830-1790.
- 17: Sam's Throne 5K at Mt. Judea, AR. Call 870-204-0698.
- 17: Race for Independence 5K at Rogers. Call 479-966-4322, x225.
- 24: Spring Fling 5K at Cabot. (GPS-SC)
- 24: TJ's Scope for Hope 5K at Rogers. Call 479-619-8253.
- 31: Miles for Mutts a Purrfect Race 5K at Ft. Smith. Call 479-434-6909.
- 31: Kidsfest Superhero 5K at Conway. Call 501-328-3347.
- 31: St. Joseph FX 5K at Fayetteville. Call 479-871-6553.
- 31: Highrock Hop Trail 5M/10M at Batesville. Call 870-307-8922.
- 31: Paws and Claws 5M/2m at Huntsville. Call 479-738-1355.
- 31: Clark County Relay for Life 5K at Arkadelphia. Call 479-461-3403.
- 31: Peace, Love and 5K/1M at Benton. Call 501-776-0691.
- 31: Stephens RoadRunner 5K. Call 870-947-0084.
- 31: Fayetteville 5K Poker Run. Call 918-289-5798.
- 31: Go! 5K/10K/20K for Autism Research at Monticello. Call 870-820-2552.
- 31: Band on the Run 5K at Batesville. Call 870-793-2464.

April - 2012

- 3: Cherishing Children Challenge 5K/1M at Rogers. Call 479-621-0385.
- 7: Capital City Classic 10K at Little Rock. (GPS) Call 501-231-3730.
- 7: Panther 5K at Clarksville. Call 479-705-3212.
- 14: Book It! 5K/1M at Clarksville. Call 479-754-3135.
- 14: Larry Hutton Memorial 5K at Sherwood. Call 501-413-8020.

Birthdays

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

- 1 - Angela Gattin
 - 4 - Joe Milligan
 - 4 - Betty Ray
 - 7 - Stacy Shaver
 - 12 - Patrick Barker
 - 12 - Susan Conrad
 - 13 - Allison Ascott
 - 13 - Charles Peyton
 - 16 - Linda Galloway
 - 16 - Susan Bell
 - 17 - Tina Coutu
 - 20 - Brian Neukrich
 - 21 - Polly Russell
 - 21 - Jenny Wilkes
 - 24 - Amy Shivers
 - 24 - Benjamin Simpson
 - 26 - Ian Goodman
 - 27 - Richard Nix
 - 27 - Belinda Harrell
 - 27 - Jennifer Wilson
- 14: Race4Hope 5K/1M at Lavaca. Call 479-461-9255.
 - 14: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
 - 14: Panther Pride 5K at Malvern. Call 501-337-9131.
 - 14-15: Ozark Fitness Challenge at Harrison. Call 870-741-1789.
 - 15: Hogeeye Marathon/Half/Relays at Fayetteville. (GPS) Call 479-445-9251.

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