

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2012

Houston Or Bust For Leah And “Team Zoey”

By Steven Preston
LRRC President

Saturday, January 14th will be the culminating moment for the past few years of Leah Thorvilson's running career. On that very day, Arkansas' own will toe the line with some of the greatest U.S. women marathoners including Desiree Davila (2:22:38 2011 Boston Marathon), Kara Goucher (2:24:52 2011 Boston Marathon), and Magdalena Lewy Boulet (2:26:20 2010 Chicago Marathon). I know she feels very excited to have made it to the 2012 U.S. Women's Olympic Trials in Houston, but I don't think that's enough. I think she deserves all of our support through Facebook, running forum posts, and let's just say a few HUNDRED of her closest friends piled up along the course come that beautiful Saturday.

Congratulations Leah from all of the Roadrunner family and we look forward to cheering you on because you've worked so hard and that's the least we can do to show how proud we are of you and your efforts.

FYI ... If you ordered a Team Zoey shirt, I've been informed that you can pick them up until Jan 12th at Go! Running in the Heights.

The weekend after the Olympic Trials/Houston Marathon will be the beginning of the 2012 Grand Prix Season. Once again, the One Hour Track Run kicks things off with the first heat beginning at 1:30 p.m. at the track on the campus of Arkansas Tech University in Russellville. The great thing about this race is that there's always an aid station every quarter mile!

The entire 2012 Grand Prix schedule is listed elsewhere in the newsletter so start getting your calendars

marked!

Winding down the month of January we will celebrate the Great Port-A-Potty Dash, ha ha! Ok, not really but I think it would be a great name if we ate first and then ran. On Sunday, Jan 29th the Club is putting on the annual Hilly Chilly Run. This year's run will take place at Jenny Brod's house in Maumelle at 4 p.m. We'll go out for a six-mile (shorter options will be available) run and then partake in a smorgasbord of chili. So get out your favorite recipes, start testing them out, and bring a batch to share. If you just want to come and have some chili and chill then stop on by at 5.

Jenny's address is 29 Vantage Drive, Maumelle. From Little Rock, take the Maumelle Blvd. exit off of I-430. Turn left onto Maumelle Blvd. Drive down the Boulevard for five or six miles past Wal-Mart and Walgreens. Turn left at the stoplight for North Odom. Take the third right onto Woodland. Take the first right onto Rolling Oaks and then the first right onto Vantage Drive. Drive up the hill and the house is on the right with a red door.

For those that are getting into the middle of their Little Rock Marathon training the ARK Running Club will be setting up shop all over the North Little Rock area throughout the month of January for the ARK Winter Series. You can run all or you can run just one of the Series, however, you do pay the same price. They usually have a gift for signing up as well and the fee is very cheap for four course supported runs. All Series events start at 8 a.m. (Arrive earlier if you need to register.) Here's a list of the dates in January and locations for this year's Series:

7 - Little Rock River Market
14 - NLR Cooks Landing

21 - Lake Willastein in Maumelle
28 - NLR Big Dam Bridge

Finally, I wish everyone Happy New Year. May each and every one of us find joy through running this year.

The Trailbird's Report

This month I'd like to talk about trail running gear. When I first started I never realized how much gear you actually can carry on a trail run. It's amazing, in a sick and twisted kind of way! I was so used to wearing nothing but a pair of shorts and my running shoes on the road. Now I feel like I'm going on a weekend hike when I hit the trails. But I promise, you really should look into these types of gear if you do or are planning on running trails.

Night Light: This is especially true if you are running during the summer or are running a 100 miler because I promise you WILL be running in the dark! A good night light can save you a lot of doctor visits. I recommend getting one with higher lumens (100 lumens or more seems to work well for me in completely

(See **Houston** on Page 4)

HillyChilly/Chili

January 29, 2012
4 p.m. to run
5 p.m. to eat
Home of Jenny Brod
29 Vantage Drive
Maumelle

Chili Potluck
(Bring chili and/or fixings.)



Christmas, New Year's Day, and the 2012 Olympic Marathon Trials – it truly is the most wonderful time of the year. Road trip to Houston and good location on the course for viewing, or just a comfy spot at home with online runner tracking – these are a few of our favorite things. Yes, this holiday season brings with it the biggest thing to happen to the LRRC and even the Arkansas running community, at least since I've been paying attention.

If you attended the November LRRC meeting, you got a special preview of the race and a personal rewind of the journey it took to get there. Even with detailed accounts of finish line battles with elite marathoners across the country, there was not an ounce of arrogance in the room. It reminded me of my personal encounters and how lucky we are to have shared this – the race day shout-outs to my impressionable nine-year-old member of the next generation, the 6 a.m. sightings from the warmth of my car when it was 17 degrees, and the (reluctantly) autographed sales ticket from Easy Runner that was the lucky charm for a personal top five marathon.

It turns out that we are not the only ones upon whom an

impact has been made. If you read the runner comments on marathon websites (www.marathonguide.com), there you will discover a unique loop course that delighted runners who were paying attention at Springfield, Missouri's, Run for the Ranch last December.

One said, "Being lapped (more than once ... maybe three times!) by Olympic qualifier runners was actually fun, especially when they cheer you and your running mates on with words of encouragement. How cool is that?!" Another added, "A benefit to a loop course is who might run beside you for a few moments. I did not run in San Francisco, Fargo, or Pittsburg, nor could I have as an entrant been near an elite runner and Olympic prospect ... but she passed right beside me more than once – very inspiring!"

My daughters' biggest childhood memory of the Olympics won't be the eight gold medals of some swimmer whose name they have already forgotten. It will be their friendship with a marathon trials qualifier who has never forgotten their names. Arkansas will be watching along with the rest of the world on January 14. We will know much that they don't, some of which they might find out along the way. God help anyone who is lulled into that strategic stunt that happens in major marathons where the lead pack goes out conservatively and sticks together waiting to see what will happen. We have all done enough races to know that anything can happen on race day, especially when you make it happen.

Good luck, Leah! We are all very proud of you, as a runner and as our friend.

2012 Grand Prix Series Schedule

January 22 -	One Hour Track Run © at Russellville
February 4 -	River Trail 15K © at North Little Rock
February 11 -	Valentine's Day 5K at Russellville
February 19 -	Run the Line Half Marathon at Texarkana
March 10 -	Chase Race 2M © at Conway
March 24 -	Spring Fling 5K © at Cabot
April 7 -	Capital City Classic 10K at Little Rock
April 14 -	Hogeye Marathon Relay at Fayetteville
May 5 -	Toad Suck 10K © at Conway
May 26 -	Rock Run 8K © at Little Rock
June 16 -	Go! Mile at North Little Rock
August 4 -	White River 4M © at Batesville
August 11 -	Watermelon 5K at Hope
September 1 -	ARK 5K Classic at North Little Rock
September 8 -	Sara Low Memorial 5K at Batesville
September 15 -	Arkansas 20K at Benton
October 13 -	Chile Pepper XC 10K © at Fayetteville
October 20 -	Survivors Challenge 10K at Fort Smith
October 27 -	Soaring Wings Half Marathon © at Conway
November 3 -	Mid-South Marathon © at Wynne
November 17 -	Spa 10K at Hot Springs

© designates State Championship Race

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 house48@gmail.com

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Nicest Person Running Olympic Trials Will Be Leah

By Jenny Brod
LRRRC Racing News Editor

In January there will be a very large group of Little Rock Roadrunners heading to Houston to support one of our own as she runs in the Olympic Marathon Trials. We all know who I'm talking about. We are going not only support a great runner but also a great person with a caring heart. She is the first person to ask you how your race went before you can even ask her about hers. Let me not forget to mention her awesome sense of humor. I know that I am very excited about this trip and I feel very honored to say that I not only know someone running in the Trials but I know the NICEST person running in the Trials. Leah, 2012 holds good things for you. In the following interview, Leah tells us about the upcoming Trials and her training regimen. GOODLUCK LEAH!

What made you want to become a runner? I don't remember any specific event that made me want to become a runner ... my first running memory is my dad waking me up one Saturday morning because he was going to run a 5K and asking me if I wanted to go with him. I'm not sure he expected me to actually go, but I did.

At what age did you run your first race? 14

Who would you say are your biggest running inspirations as far as iconic figures? Joan Benoit Samuelson is definitely a running hero of mine. As someone who has run in every existing Olympic Trials marathon (except the one to take place in January) and the winner of the first Olympic women's marathon, she set the bar for American women's distance running. I have met her multiple times and she continues to devote herself and her life to promoting the sport and being an inspiration. I also am a big fan of Kara Goucher, not just because she is a present day star athlete, but because I remember watching her run in the state meets in Minnesota when I was in high school. I have followed her from there through her college career at Colorado. To see someone you grew up with making it on the big stage is really fantastic.

What are you most excited about when it comes to the upcoming Olympic Trials? Having the opportunity and experience to line up in that race ... how many people get to say they did that?

Are you nervous about the Olympic Trials? Yes. It will be by far and away the biggest race of my running career. I can't even imagine how bad the nerves will be. I get nervous for a local 5K ... this is the Olympic Trials ... holy crap.

It seems like there are a lot of Arkansans going to Houston to cheer you on. Do you feel this will provide you extra motivation during your race? The support I have going to cheer me on is incredible. It will definitely be emotional to see so many familiar

faces and to know I have so many fans there pulling for me. Until recently I think I would have said that the actual motivation has to come from within myself ... BUT, I ran a 5K in Phoenix and when I saw my dad and his girlfriend cheering at the finish it absolutely gave me the motivation to give it an extra push to make them proud ... so I guess now I would say yes, I do think it will motivate me. I want to make people proud.

What is one thing you are most looking forward to throughout the whole weekend of the Olympic Trials? Celebrating when it is over.

What is your favorite race distance and why? Marathon ... probably because it is what I feel I am best at.

What is your least favorite race distance and why? Probably the half marathon. I used to always say 5K, because I don't like short distances, but at least with a 5K you can just suck it up and embrace the hurt a bit. The half is just uncomfortable from the beginning AND it's a long race. Maybe I just haven't mastered it yet, but I really don't enjoy the half.

Is there one thing you focus on more in your training (speed work, long distance runs, strength)? Not really. It is a balance of all of that. I mean, I only do one speed workout a week, and one long run a week, plus a tempo or hill workout and then fill in with mileage and recovery runs, so I feel like between the key workouts it is pretty evenly balanced.

Do you have any training partners you feel have pushed you to get to where you are? My coach Gary Taylor, who has also trained with me some, and Bill Torrey, while not a training partner, has been a sounding board and voice of reason for me. I have had some great training partners I could name ó Alex Chaffin, Imari Dellimore, Scott Eason ó but they have all been somewhat inconsistent ... not them as people but I just mean I have never trained with anyone consistently for an extended period of time whether it be because of schedule conflict or that we were training for different events.

There has been gossip that you plan to get more into the ultra scene after the Olympic Trials and possibly even begin running 100 milers. Do you have a comment on that? I am definitely interested in the ultra distances. I don't know that I will do a 100 in the REAL near future. I do plan to do a 50 miler in 2012. I actually had a race date set but due to a pending conflict I may have to pick a new one. I seem to do better the longer I go, and I have my sights set down the road on some pretty lofty goals in the ultra distances. So, yes, the rumors are true.

Do you have any advice for someone who is just getting into running? Set goals, short and long term. For me I specifically

Nicest Person (Continued from Page 3)

use races for this. I think it is easier to stick with it when you are working towards something. Find training partners but not for every day, running alone is good too, but having partners keeps you motivated to get out the door when otherwise you might not. Keep it fun! Even if you start trying to chip away at race times or training paces, don't get so caught up in it that it becomes a chore rather than a hobby and DON'T neglect recovery/off/easy days!!! They are as important as the hard days.

Now here are race results that finish out 2011.

November 26th was the **Great Duck Race 10K** in Stuttgart. For the women Barbie Hildebrand finished first in 45:05; Ginea Qualls finished in 55:41 and Jaynie Cannon in 1:16:12. For the men Steven Preston finished in 39:57; David Williams in 42:31; Jacob Wells in 43:16; Dan Belanger in 55:19; Nicholas Norfolk in 57:29; David Samuel in 1:01:42 and Carl Northcutt in 1:31:39.

Also on **November 25-26** was the **6, 12 or 24 hour run** in Benton. Joel Perez and Jesse Garrett completed the six-hour run and ran 26.39 miles and Becky Humes ran 13.21 miles. I believe they just ran until they reached a marathon and half marathon.

December 3rd was the **Jingle Bell 5K** in Little Rock. For the women Ashley Honeywell finished in 26:20; Melanie Baden in 26:35; Becky Humes in 32:00 and Martha Ray Sartor in 35:24. For the men Joel Perez finished second in 17:57; Jon Honeywell in 21:18; Rodney Paine in 21:42; Erick Baker in 21:48; Kenny Worley in 25:28; Mike Watts in 28:37 and Carl Northcutt in 43:38.

Also on **December 3rd** was the **Speedy Santa 5K** in Benton. For the women Angela Gattin finished in 33:27. For the men Eric Baker finished in 21:36.

December 3rd was also the **Memphis Marathon**. A large number of Roadrunners ran the Marathon and Half. Quite a few of them were first time marathoners and some set PRs. I don't have a full list of those that ran so if you would like your time included in next month's column, send me an e-mail.

December 10th was the **Lake Ouachita Vista Trail Marathon** near Mt. Ida. Steven Preston finished in 5:29; Don Preston in 6:14; Patrick Barker in 6:22; Michael Harmon in 6:51 and Jesse Garrett in 6:56. For the half marathon David Meroney finished in 3:10 and James Ervin in 3:12.

December 10th was also the **Jingle Bell 5K** in Hot Springs. David Samuel finished in 30:02.

Also on **December 10th** was the **Light up the Night 5K** in Little Rock. Brian Bariola finished first in 16:55; Bill Simpson finished third in 18:11; Jacob Wells finished in 20:16; Rodney Paine in 21:19; Carl Northcutt in 46:03 and James Erwin in 55:06. For the women Jaynie Cannon finished in 36:15 and Kristen Sterba in 36:15.

December 17th was the **Mt. Nebo Bench Trail Four-mile run** in Dardanelle. Michael Harmon finished in 37:32; Nicholas Norfolk in 40:55; David Samuel in 43:27.

If you did not see your name in the race results and would like it to be reported next month, please e-mail me at jenny.brod@yahoo.com.

Thanks and Happy Running!

New Members

By Sarah Olney
Membership Chairman

Katie McManners has been running since February 2008. Her job field is in communications/public relations and her interests are musical theater, singing, dancing, piano playing, reading, social media and people. She wanted to share this quote: "Do. Or not do. There is no try." Yoda

Gabe Moore is an optometry tech and has been running for 14 years. He usually runs 30 miles per week at an average pace of 7 minute/mile. His favorite race distance is 5K with a PR of 17:20. When he is not running, he enjoys playing basketball.

Condolences

The Little Rock Roadrunners Club extends its condolences to Paula Anderson on the death of her mother, Doris, November 20. Please keep Paula and her family in your thoughts and prayers.

Houston (Continued from Page 1)

dark areas). Someone told me that lumens equates to how many candles it would take to put off the same amount of light, interesting.

Water Bottle/Hydration Pack: These are useful because trails don't have water fountains, well unless you are on the River Trail. If you are running an hour or shorter then I think you are fine with a water bottle. However, longer runs would probably be good for a hydration pack. There are many choices for hydration packs. I would suggest going to any of your local sporting goods stores and trying on a few before making a decision on which one works best for you. The other great thing about hydration packs is that most of them have extra room for things such as energy bars, electrolyte pills, and the ever necessary toilet paper.

Gaiters: I do not personally own a pair of these, however, there are a lot of trail runners who swear by them. They can be very helpful if you have a tendency to get a lot of rocks and other debris in your shoes. I'm sure if you have this problem on the road, then you will definitely want a pair of gaiters for the trails. I've also heard they are great for in the summer to keep from sweat dripping down into your shoes.

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

January 2012

- 7: Run for Broadway Cares 5K at Van Buren. Call 479-774-3534.
- 7: ARK Winter Series at Little Rock River Market. Call 501-519-0185.
- 14: ARK Winter Series at NLR Cooks Landing. Call 501-519-0185.
- 14: Run, Waddle & Plunge 4M at Greenwood. Call 479-652-3649.
- 14: Chilly Cheeks 10K at Camden. Call 870-836-6462.
- 14: Return of the 10K/5K Star Wars at Danville. Call 479-747-1889.
- 14: Tux on the Run 5K at Rogers. Call 479-273-9622.
- 21: MLK 5K at North Little Rock. Call 501-231-3730.
- 21: ARK Winter Series at Lake Willastein at Maumelle. Call 501-519-0185.
- 22: One Hour Track Run at Russellville. (GPS-SC)
- 28: ARK Winter Series at NLR Big Dam Bridge. Call 501-519-0185.

February 2012

- 4: River Trail 15K at North Little Rock. (GPS-SC)
- 11: Valentine's Day 5K at Russellville. (GPS)
- 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 Sarcocie/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.

March 2012

- 3: Little Rock 5K and Little Rockers KidsøMarathon 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.
- 17: Lil Cheetah 5K at DeWitt. Call 870-830-1790.
- 24: Spring Fling 5K at Cabot. (GPS-SC)
- 24: Tjø 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.

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.

- 2 - Shareese Kondo
- 5 - Bradley Kremers
- 6 - Laura Nail
- 7 - Edward Horgan
- 7 - Brad Patterson
- 7 - Jarrod Woodley
- 9 - Stephanie Richardson
- 9 - Leah Thorvilson
- 10 - Pam Hays
- 11 - Erin Capps
- 14 - Mark Nexon
- 18 - Martha Ray Sartor
- 18 - Suni Hoffman
- 19 - Carl Northcutt
- 20 - Greg Jacuzzi
- 20 - Marcus Pierce
- 21 - Richard Johnson
- 21 - Bill Rah
- 22 - Michael Christensen
- 23 - Ellen Kreth
- 25 - Ann Scroggins
- 26 - Brad Baltz
- 30 - Abigail Ethington
- 31 - Noel Hall

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