

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB



July 2012

I Can't Has Become I Tried, I Can, And I Will

By Becky Humes
LRRC President

This week I have had several lunch runs by myself so I have had quite a bit of time to think to myself. I have had lots of girl time with several wonderfully inspiring women in the last week, one of whom I love very dearly, my fairy running mother Annette!!! She kind of inspired me to write this. Plus, another fabulously talented poet/writer brought to my attention the power that words can bring to someone's life, my most precious and loved friend Melanie.

Well I am not a writer or a poet so I will just get on with it. It will not be pretty or eloquent, but it will come from the heart, which I think sometimes is better anyway. Over three years ago when I was still a couch potato, literally, I was round, slouched on the couch, watching my life slip away as my toddler played outside with my mother-in-law, because I was too tired, to sick, just to blah to get up and do anything.

Then Joel, my most prized possession, asked for the best gift we could have ever have gotten. He wanted a new pair of running shoes for Christmas. Yes, he was going to start running for his New Year's resolution and he wanted me to start with him and this was the first of many 'yeah right I can't run.'s

So he said 'then hop on the bike and at least ride with me,' so that is what I did and that was easy. I know most of you have heard this but it is the little things, the little words, those two little words that started it all 'I CAN'T!!!' Then I saw him race for his 30th birthday (and yes I know this is ironic since his 33rd birthday was May 14th) and how funny it is when things come full circle and I

realized you could get awards for this horrid thing called running. But at this point I am now intrigued because yes ... Yes ... I am competitive. How would any of you guess that and I can laugh at myself too. So I decided to give it a go and try to run, but I still said I can't run more than a mile. Again here are those two nasty little words 'I CAN'T' so Joel said okay start with running one block and walking one block 'you don't have to start off with a mile.

Now I am running one block at a time if you can even call this thing running. It looks more like a death march, but it was a beginning and like I tell people now everyone has to start somewhere. I just happened to start at the very bottom. I worked my way up to being able to run an entire mile every day. By then I thought I was HOT stuff, but by then Joel was up to running 3-4 miles every day and again I told him that is crazy. I don't know how people do that. I CAN'T do that, that will never be me; I will just have to be happy with my mile a day.

Then something funny happened. I bumped it up and one mile became two miles a day. And I thought, hey I just might be able to run three miles a day, this might just be possible. And things in my head just started clicking and the I CAN'T(s) started becoming real possibilities.

By this point in the running game I am starting to think about running an actual race!!! OMG this is scary!!!! So I figure what better motivation: my 30th birthday is around the corner and Joel did his first one on his 30th so why not me too (did I mention I'm competitive?) So I really started working on my running and got up to running 3-4 times a week and

this was really blowing my mind and everyone around me. I was losing weight; my attitude was changing and best of all I was changing.

But even through all the changes I was still in I CAN'T world. I CAN'T run a half marathon, I CAN'T run a marathon, I CAN'T lose weight, blah blah blah. You know what, you CAN'T if you never TRY!!! This is the thing I have learned in the last three years: if I would have never gotten up off that couch, never taken Joel's hand and given it a try I would never had met some of the most wonderful people, traveled to some of the most awesome places, raced in some of the coolest races, eaten some of the greatest foods in my entire life 'and this has only been in the last three years. But most importantly it is because I TRIED!!! I didn't give up, I didn't back down and I lived my life. I will never say I CAN'T those words have power, but they will not have power over me. No longer will they hold sway over my life because I CAN, and I WILL!!!

July Meeting

*Monday, July 16, 2012

The House
722 N. Palm

6 p.m. to eat
6:30 p.m. speaker

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



Having been rendered brain dead from the heat and the physiological toll of being a race director for the first time in April, I've been unable to conceive an article since that time. This reminded me of a personal favorite that previously addressed both these topics. In lieu of another blank page and in the spirit of the summer rerun season, here is that edition, originally published in October 2010.

Volumes of scientific research have been written on the mysteries of human communication, none of which I've read, but my guess is that they describe the various levels of interaction and how they evolve over the course of relationships. The first level is the most superficial level, sometimes referred to as "small talk." The most common example of small talk is the weather. Where I grew up, the vernacular was, "Hot enough fer ya?" That was until one year when a local resident had his checkbook stolen after which for years it was, "It's hotter than Charles Campbell's checks." Behavioral scientists and country musicians alike mock us for talking only about the weather, and yet we continue to do it.

What separates us from less sophisticated life forms, such as non-runners, is that the weather has practical application beyond serving as a safe substitute for meaningful conversation. In a real-life application of German philosopher Friedrich Nietzsche's "That which does not kill us makes us stronger," the impact can be measured in terms of seconds per mile per degree of heat. I always give myself double credit in the running log when it's over 95. Nietzsche went insane at the age of 44, perhaps from running in the heat.

In any given summer, training in the heat is the weight training equivalent of increased resistance and thus, greater training benefit. Kim Howard, former Arkansas State RRCA representative, and the fastest man from Mineral Springs, Arkansas, told me that as he was leaving at noon for a run this summer, he was warned that it wasn't healthy to run in this heat. He informed the naysayer that it's also not healthy to be that fat! Fall racing season is the reward for months of Arkansas heat. This was never more extreme than the August 3rd track workout that topped out at 108 degrees and Labor Day weekend's Tupelo Marathon, with a starting low of 53. (2012 Update: August 2011 included the hottest day in recorded Arkansas history, at 116 degrees.)

Well, that's enough about the weather. By now, we know each other well enough to move on to the next level of communication in our relationship.

Race directors should rule the world. Imagine if they were given the complete authority to balance the budgets, allocate the resources, deploy the workforce, enforce the rules

and regulations, arbitrate the disputes, reward the accomplishments, mete the punishments, keep score, and be responsible for ensuring and sometimes limiting our fun for our own good. Think of those you know who are and have been Arkansas long-time race directors: Bill Torrey, Bill Bullock, Bill Harrell, Steve Hollowell, Linda House, Bob Taylor, Mike Prince, Pete Ireland, Tom Aspel, Ken McSpadden, and while technically not race directors, are there any two more inspirational leaders than Hobbit and Tom and their crackhead revolution?

There is not a more respected, beloved, kind-hearted, sacrificial group in society. In this imaginary world, there is no democracy and no runners' bill of rights. Freedom of speech is great, but you just don't complain publicly about a race until you have put one on yourself, i.e. have earned membership in the ruling class of race directors. Not only are their decisions final, but there is no appeals process, and they can deny entry into their future events. Race directors would all be empowered with the sacred race director code of "my race, my rules." If they want to start the race when there is lightning, the common folk have no say: just the option to go home. If they want to go three deep on age group trophies to allow more profit for their charity of choice, those middle-of-the-packers to whom that kind of thing is important can pick another race. And as for the quantity and frequency of facilities on the course, here's your chance to learn a new skill.

At the end of the day, runners judge the race directors not by the efficiency and effectiveness of the operations of the

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

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Interesting Facts About Running; June Race Results

By Jenny Brod
LRRC Racing News Editor

There is no interview this month. Please don't cry. I found these interesting facts about running that I wanted to share. They are pulled from the following website if you would like to read more: <http://fitnessemu.com/40-random-facts-you-did-not-know-about-running/>.

1. The first Olympic running games took place in 776 BCE.
2. Human feet can produce a pint of sweat per day.
3. The fastest human foot speed on record is 27.79 MPH, seen during a 100-meter sprint by Usain Bolt.
4. Twenty-six bones, 33 joints, 112 ligaments, and a network of tendons, nerves, and blood vessels ó all in the feet ó have to work together when we run.
5. The Bay to Breakers in San Francisco is the largest U.S. running race. It has well over 100,000 participants annually.
6. It takes 200 muscles to take a step.
7. When we run the human heart creates enough pressure to squirt blood 30 feet.
8. The cheetah is considered the fastest land animal. It can achieve speeds upwards of 70 miles per hour.
9. The garden snail is considered the slowest land animal with a speed of only .03 miles per hour.
10. At the time of this article the oldest person to complete a marathon is Sikh Fauja Singh. At the age of 100, he ran the 2011 Toronto Waterfront Marathon in 8:25:08.
11. A 220-pound person running an eight-minute mile burns about 150 calories per mile, while a 120-pound person running at the same pace only burns about 82 calories.
12. Since the mid-1970s, three independent groups have collected data on heart attack deaths during marathons. When the results are pooled together, more than 4.5 million marathoners over the last 30 years are taken into account. Of these, 41 runners died of heart attacks, a rate of one in every 110,476.
13. 2:03:38 is the current male marathon world record set by Patrick Makau of Kenya on September 25, 2011, at the *Berlin Marathon*. Though Geoffrey Mutai, also of Kenya, ran a 2:03:02 race at the 2011 Boston Marathon, the IAAF contends that, ódue to the elevation drop and point-to-point measurements of the Boston course, performances [on that course] are not eligible for world record consideration.ö

14. 2:15:25 is the current female marathon world record set by Paula Radcliffe of Great Britain on April 13, 2003, at the *London Marathon*.

Now for some results:

June 2 was the **Cheetah Chase 5K** in Little Rock. For the men, Mark Ferguson finished first in 17:00; Jacob Wells finished in 21:27 and Rodney Paine finished in 22:44. For the women, Lisa Luyet finished in 26:26; Mackie Buckelew in 28:58; Kristen Sterba in 30:29 and Martha Ray Sartor in 35:52.

Also on **June 2nd** was the **Mt. Magazine 15K** in Havana. Joe Milligan finished in 1:44:21 and R.C. Fason in 1:49:23.

June 9th was the **Arkansas Runner 2M** in Benton. Mackie Buckelew finished in 17:58.

June 16th was the next Grand Prix race of the season with the **Go! Mile** in North Little Rock. For the women, Tracy Tungac finished first in 5:20; Jenny Wilkes finished in 6:05; Robyn Thornton in 6:13; Becky Humes in 6:31; Tina Coutu in 6:39; Andrea Sieczkowski in 6:44; Beverly Smith in 6:45; Ginea Qualls in 7:03; Maddy Wells in 7:55; Josey Wells in 8:16; Mackie Buckelew in 8:22; Rosemary Rogers in 9:21 and Mary Hayward in 16:04.

There were 20 men that ran a sub five-minute mile. That's amazing! Josh Holt finished in 4:47; Imari Dellimore in 4:49; Brian Sieczkowski in 4:51; Mark Ferguson in 4:56; Bill Simpson in 4:59; Ricky Martinez in 5:10; Joel Perez in 5:13; Ryder Pierce in 5:24; David Williams in 5:39; Gary Davis in 5:40; Jacob Wells in 5:43; Mark Hagemeyer in 5:49; Rodney Paine in 5:52; David Camp in 5:52; Gregory Milligan in 5:57; Mike Maulden in 5:58; Rob Wistand in 6:05; Brian Polansky in 6:10; Bill Crow in 6:15; E.F. Jennings in 6:16; Bryan Jones in 6:19; Jeff Maher in 6:21; Bill Torrey in 6:22; Tad Thornton in 6:25; Joe Milligan in 7:00; James McManners in 7:11; Jarrod Woodley in 7:13; Michael Harmon in 7:29; Roy Hayward in 7:45 and William Dobbins in 8:34.

June 23rd was the **Brickfest 5K** in Malvern. For the men, David Camp finished in 22:22 and Jim Yamanaka in 31:51. For the women, Mackie Buckelew finished in 28:53.

Also **June 23rd** was the **First Annual Race to Remember 5K**. I don't think the organizers of this race expected it to be as big as it was. David Camp and Mackie Buckelew both ran doubles. For the men, David Camp finished in 22:53; Steve Straessle in 26:17; William Dobbins in 39:33; Carlton Saffa in 43:45 and Sam Straessle in 49:22. For the women, Tina Coutu finished in 23:59; Carla Miller in 30:47; Mackie Buckelew in 31:07; Katie McManners in 38:45; Trina Bright in 38:50 and Ann Straessle in 49:35.

This will be my last results column as Jenny Wilkes, the new LRRC Secretary, will be taking over. However, if I left your name out of this column, feel free to e-mail me at jenny.brod@yahoo.com and I will make sure Jenny includes it in next month's results.

Happy Running!

New President-Elect's Campaign Speech

By Nicholas Norfolk
LRRRC President-Elect

Good evening! I'm Nicholas L. Norfolk. Just to clear things up, the "L" stands for loud. Obviously I'm kidding because any of you that know me know that I'm very soft spoken. The only thing loud about me is the clothes that I wear.

This is going to be a little unorthodox because I'm not going to give you a bio about myself because, quite frankly, that would be boring and I wouldn't want to subject you to that punishment.

I'm here to talk about being president-elect for this Club that's been around for quite some time. We are celebrating the 35th year anniversary this year. This is a tough crowd. I thought you'd be cheering for that! Hmmm

I wasn't here when the Club was founded and Otis Edge was at the helm. That was a time when we could count the number of members on two hands. I didn't witness Lou Peyton's comeback and presidency in '79 or her being the first recipient of the Runner of the Year award from Finish Line sports. I was born in 1983, so I was kind of here at least in terms of being alive when Paul Johnson was running the Club.

Unfortunately, I wasn't here for any of Hollowell's three terms nor was I here for the reign of Bill Torrey in '88. I graduated from high school in 2001 when Tom Barron was president, serving the first of two terms. I also wasn't here when Bill "The Duck" Harrell decided to not only take advantage of the "vacation amendment" by going skiing in Colorado, but to go and change or modify it where no president after him could be rewarded for actually reading the by-laws. Sorry Ginea, Mary, Tina, Brian, Presto, and Becky.

It's been one heck of a ride and those were just a few things that I've read and/or heard about. I know there is much, much more.

I am here now. I'd hope and think that you'd never forget me. That could be good or bad, right? I will tell you it won't be because I'm famous. No one wants to be infamous or notorious. Do they? I will eventually cut my hair ... someday ... maybe.

I started this journey in terms of running and health in general to make my life better and something happened. I realized it started to impact others as well. I enjoy empowering others, being positive, and inspiring others. Here is the thing ... that's not enough. I want to change lives! How do I do that? I'm not a doctor or surgeon. I'm not a lawyer or a mathematician. In fact, I'm just a computer geek. That's enough. I will just continue to be me. I'd love to be your eventual president and see where we could go. If it's in the cards for me to be the president, I'd embrace the responsibility. If not, I'm not coming to any more meetings, I'm not volunteering. Jeff take me off the list for the Race to Remember this weekend. I and I may quit running even though I have miles to get in after this meeting. Yeah, right! That wouldn't happen. You are family and we are in this together. You'll still see me paying it forward and giving back as much as I

can. This Club and the people in this community changed my life without even knowing. You're stuck with me. Whether the weather is cold or whether the weather is hot like it is now, we'll be together no matter the weather. I don't care whether we like it or not.

Am I'm asking for a chance to represent the Club that will continue to change lives not just in Little Rock or in Arkansas but wherever a Little Rock Roadrunner should find themselves? That's exactly what I'm asking, but I'm asking not to lead you, but to serve you. You see, I'm a servant leader. It's not about me and it never will be. It's about you. I'm here for you. We don't just run these streets, this town, the bridges, trails. We impact everyone that we come into contact with. And I wouldn't have it any other way! Thank you!

(Editor's Note: Nicholas Norfolk was one of two candidates for LRRRC president-elect. This was the "campaign speech" that he gave at the June 21 Club meeting.)

New Members

By Sarah Olney
Membership Chairman

Lara Beard is a middle school teacher and mother to two young girls. She started running with a group of teaching friends three years ago and has lost almost 70 pounds. She believes that running has also helped manage stress, make great friends, and challenge herself. She runs 20-25 miles per week at a 9-10 minute pace. She finished Capital City Classic 10K in 54 minutes and Go! Mile in 7:34.

Joshua Stevens has been running for eight years and runs 20-35 miles per week at 6:30-7:00 minute pace. His favorite race is the Little Rock Marathon with a 3:54 PR. He is a geologist and also enjoys cycling, hiking, hunting, camping, fishing, geology, astronomy, and beer.

Running Wild (Continued from Page 2)

race, but by whether the course was spot-on what the Garmin's said and by the pizza/runner ratio. And every race director is solely responsible for the weather at the event, so thank goodness we are allowed to talk about it. The bottom line is that they miss the race, so that the rest of us don't have to.

Prologue: As for the runner shout out of the month, runners often speak of running with or without pain, running pain-free, and so forth. I actually prefer to run with pain. Rodney Paine, that is. It is much more fun to run with Paine, and I find race day and the home stretch to the finish line to be especially Paine-ful. Rodney, thanks for the support and inspiration.

Introducing Your New Secretary - Jenny Wilkes

By Jenny Wilkes
LRRC Secretary

This month marks the changing of the guard for a couple of positions, and as the new Secretary of LRRC I thought I would do a little self-interview as a way of introducing myself. I am very passionate about the running community here in Little Rock and owe a lot of where I am to the friends I have made along the way.

When did you start running?

I started really running in 2011. Before then I would run occasionally, like a couple of times a week, but I did other activities as well like go to the gym or swim or kickbox. I never really considered myself a runner then. I tried to start training for the 2011 Little Rock Marathon back in November 2010, but I started a new job at the same time and it was just too much too soon. So that winter I would run, like, seven miles two or three times a week. Then in February 2011 I ran the Bowen 5K at my law school. The most recent 5K I had run before that was the 2010 Race for the Cure in like 24 minutes, so when I ran the Bowen in a 21:29 I thought, wow, what if I actually trained for this? The following Monday I bought a training plan from *Runner's World* for the Capital City Classic 10K, my first ever 10K, and after that I was hooked. I've been training for something or other ever since.

What was your progression like when you started?

I started off with a string of 5Ks in the spring and summer of 2011, then the Arkansas 20K and Soaring Wings in the fall, and then my first marathon in Dallas in December. It all seemed very natural and organic. The 5Ks were short and comfortable, and I kept improving my time. So then I thought, okay, we're decent at this, let's try for a little longer, and the 20K and half seemed like a good next step. After the 20K I transitioned into training for the Dallas White Rock Marathon. All of my training sort of built on itself without being too aggressive or overly-ambitious.

What is your favorite race distance?

Definitely the half marathon. It's long enough where you're not just killing yourself like in a 5K and takes some strategy ó like don't go out too fast, maybe take it easy on this hill here but kill it on the next, negative splits, etc. ó but short enough that I feel I can run one without spending four or however many months training for it like a marathon. Thirteen miles just seems like a comfortable distance and isn't intimidating. Plus, it's a good test of my tolerance for faster speeds at longer distances and is a good tune-up for a marathon.

What is your least favorite race distance?

This is a tough question. I think the general consensus is the 5K, because you're in so much pain the entire time. The thing about 5Ks though is that they're over quickly, at least. Plus, when I started out racing I pretty much ONLY ran 5Ks, so they have a sort of special place in my heart. If I do have a least favorite distance, it would probably be the 10K/8K, but that may be only because I haven't run as many races at that distance and I'm still figuring out the pacing.

What's the deal with the compression socks?

I started wearing them last summer after reading an article in *Runner's World* about them, and I've been hooked ever since. It might be a mental thing at this point, but I was having some serious problems with my calves swelling back when I started and I bought some socks to help. Now I'm hooked. I do like the support they offer and how they reduce swelling.

Do you have any advice for someone who is just getting into running?

Start out slowly with the shorter races and then go from there. I was terrified about my first marathon (maybe even had a small breakdown at Go! Running one evening), but all the training really paid off. Try to get in a group of other runners to keep yourself motivated. Above all, listen to your body. There's a point where dedication and determination can cross over into over-pushing and doing too much. If you really think you need to cut back or something is making you overly fatigued, then re-evaluate and try to reduce miles. I think it is sort of a blessing in disguise that I didn't run the 2011 Little Rock Marathon and instead progressed more slowly.

Who has been your biggest running inspiration and why?

This is another tough question, insofar as there is no single individual. What really is the biggest inspiration to me is the running community here in Little Rock. I am so close to the friends I have made through the Club and racing and through the Go! Runs on Thursday nights, and different people inspire me all the time. Plus, the people I know push me to do things I never thought I would do, like run a marathon or a 50K or whatever. I was motivated enough to get myself started, but without others around to encourage me I don't think I would be quite where I am now. If I have to pick out one individual, I wouldn't be in the Club if not for Eileen Turan, who encouraged me to join as well as to sign up for my first marathon. Thanks Eileen!

What is your next big race?

The Chicago Marathon in October. I want to try to run a Boston qualifying time so I've got a sort of crazy training schedule lined up that I'm going to try to stick with, which will be hard to do in the brutal hot days of the summer. In the meantime, I'll focus on grand prix races and try to survive my first 50K.

The Trailbird's Report

By Steven Preston
Past President

This month starts the first race of the 2012-2103 Ultra Trail Series put on by AURA. Registration is still the VERY low price of \$15, but you now have the ability to register online at <http://www.runrace.net/findarace.php?id=13131AR&tab=a3> or you can still register in person at any of the Series races and fun runs. The list of this year's events includes many old favorites and some relatively new ones. Last year was the first Styx nø Stones 30K Trail Run and if last year's comments are any indication it truly lives up to its name. This year's new race to the Series is the Sunset 6/12/24 Hour Endurance Run, which is in its second year. It's only a one-mile loop that allows you to get refreshments and food pretty much whenever you want because the water stop is never too far away. This Series not only has a point system to rank participants for King and Queen of the Trails, but also offers the High Mileage Club award for any participant in the Series who completes at least 60% of the Series's total mileage (to be determined when events are finalized). Another unique factor for participants is that volunteers for any Series event can also earn miles! To be eligible you must complete at least four races. For more rules specifics visit <http://www.runarkansas.com/UTSRules.htm>. More info can be found at <http://www.runarkansas.com/UTSRaces13.htm>.

2012-2013 UTS Series

(subject to changes and/or additions)

1. July 14th - Midnight 50K at Lake Sylvia (fun run)
2. August 25th 6 Mt Nebo Trail Run in Dardanelle (fun run)
3. September 22nd 6 Bartlett Park (TN) Ultras in Bartlett
4. October 6-7 6 Arkansas Traveller 100 in Perryville
5. October 28th - Styx nøStones 30K Trail Run at Devils Den State Park (fun run)
6. November 10th - Bona Dea 50K in Russellville
7. November 23-24 - Sunset 6/12/24 Hour Endurance Run in Benton
8. December 8th - Lake Ouachita Vista Trail Run in Mt. Ida (fun run)
9. January 5th - Athens-Big Fork Trail Marathon in Big Fork (fun run)
10. February ? - White Rock Classic 50K in location TBA
11. ? - Big Rock Mystery Run in NLR (fun run)
12. April 20th - Ouachita Trail 50 Mile/50K in Little Rock
13. May 11th - Mt. Magazine Trail Run at Mt. Magazine State Park (fun run)

Bye Bye Birdie

I would like to thank everyone for a great past year as president of the Little Rock Roadrunners. I am especially grateful to our many great board members who give countless hours of their time to make this Club what it is today.

Sarah Olney swathes through the numerous e-mails each month to make sure that all our memberships are up-to-date and everyone gets put on the newsletter e-mail list.

Jeff Maher has not only penciled in all our financials for the past year, but has also started to help Torrey out with some race directing!

Bill Torrey is just the MAN and the greatest race director ever!

Brian Siczkowski was a great mentor through the past year and ardent supporter of the Birds.

Linda House is probably the best running club newsletter editor in the biz!

Becky Humes I know will take the past year's work and step it up from there.

Jenny Brod, not only can keep it together in a 100-miler but has helped to keep our Club information organized.

And don't let me forget **Michael Harmon**, who without we would just be ðHarmon-lessö. Yes, Harmon, you have been a great bearer of the pride of running for the Club.

These people helped make the past year such a success and I am very grateful to them. However, our Club continues to grow and I hope our new and our old members will all think about giving a little bit of their time in order to make this Club even better.

I look at some of the clubs in cities like Memphis, New Orleans, and Dallas and I think of the great things I know our Club can do as well. I hope each and every Bird will take some time to see what other clubs in the region our doing and to see if there is something you might want to help grow here at home.

As always, if you have questions or comments about the Club please go to www.littlerockroadrunners.com and e-mail any of the board members listed in the left hand navigation. All the names link to their e-mail addresses.

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

July

- 14: River City 5K at North Little Rock. Call 501-786-7811.
- 14: Charley Melvin Mad Bomber 5K/3K at Iola KS. Call 620-365-4960.
- 14: Heat in the Street 2M at Arkadelphia. Call 870-403-2086.
- 21: A Race to Remember 5K at Bentonville. Call 918-541-8632.
- 21: Professional Firefighters 5K for MDA at Poplar Bluff, AR. Call 573-778-6642.
- 21: Twilight 5K at Murray Park, Little Rock. Call 501-231-3730.
- 28: Dam Night Run 5K at Lake DeGray. Call 870-246-2566.

August

- 4: White River 4M Classic at Batesville. (GPS-SC) Call 870-793-3867.
- 4: Comets 5K/1M at Springdale. Call 479-409-3849.
- 4: D.N.R.C. 5K at Dardanelle. Call 479-229-4884.
- 4: Decatur BBQ 2K/5K/10K. Call 479-752-3281.
- 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.
- 18: Run with the Son 5K at Little Rock. Call 501-455-3474.

September

- 1: ARK 5K Classic at North Little Rock. (GPS) Call 501
- 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.
- 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.
- 18: SAU Tech 5K Varmint 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.
- 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.

Birthdays

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

- 2 - Jessica Osorio
- 2 - Courtney Little
- 2 - Michelle Nexon
- 3 - Coreen Frasier
- 5 - Keith McCain
- 7 - Ricky Martinez
- 8 - Jacob Wells
- 9 - Savanna Hamlin
- 9 - Tara Caudle
- 9 - Jana Owens
- 10 - Jeff Bost
- 11 - Bill Harrell
- 12 - Steven Preston
- 14 - Lee Abel
- 15 - Dale Wintroath
- 17 - Kristen Sterba
- 18 - Darren OQuinn
- 20 - Erin Lynch
- 22 - Linda Miller
- 22 - Lou Peyton
- 24 - June Barron
- 25 - April Wurtz
- 27 - Sheila Cato
- 28 - Chuck Gibson
- 28 - Amy Baltz
- 30 - Jesse Garrett

Retreads

First Wednesday of the month

(No meeting on July 4. Next meeting will be August 1.)

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