

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2012

Out With The Old, In With The New

By Steven Preston
LRRC President

I would like to thank everyone for a great past year as president of the Little Rock Roadrunners. I know I didn't accomplish all the goals I had hoped I would, but I did learn that we have a great group of runners who really love their Club.

The June Club meeting is when we have our annual board member voting. One position will be an automatic transfer of power and that is the presidency. Last year we voted Becky Humes as our next president and starting July 1st she will take the reins. I will move into the position of past president. With Becky moving on to the presidency we will be voting on a new president-elect. Club members have nominated Nicholas Norfolk and Sunnie Butcher-Keller. If you cannot make the Club meeting on June 21st, please e-mail vote@littlerockroadrunners.com

Jenny Brod (secretary), Jeff Maher (treasurer), Sarah Olney (membership), Michael Harmon (at-large member), Bill Torrey (at-large member), and Linda House (at-large member) will all continue to serve in their respective positions.

Also, at this month's Club meeting we will be voting on whether to move all future Club meeting dates to the third Monday of the month. If you are unable to attend, you can also e-mail your vote to the same address as above.

This month's only Arkansas RRCA Grand Prix race is the Go! Mile. This race was one of my favorites last year as it is the only amateur one-mile race in the state and it's just so fun to go all out and be done in a few minutes. This year's race has six heats plus a Kids' Mini

Mile. The Mini Mile is approximately a half mile in length and is open to any child ages nine and under. Children of any age are welcome to run in the Go! Mile as well, but the Mini Mile offers a shorter distance run only against other kids. Registration in the Go! Mile comes with one free entry into the Mini Mile. Additional Mini Mile registrations are just \$5 each.

Race day registration starts at 6:30 a.m. and closes right at 7:10 a.m. Here is the order of the heats:

- 7:30 a.m.: Heat A - **NEW THIS YEAR** - The First Mile - novice race, for adults and kids 10 and older who have never raced before, presented by the Governor's Council On Fitness
- 7:45 a.m.: Heat B - Women ages 39 & under
- 8 a.m.: Heat C - Men ages 39 & under
- 8:15 a.m.: Heat D - Women ages 40 & over
- 8:30 a.m.: Heat E - Men ages 40 & over
- 8:45 a.m.: Elite Heat - For consideration for the this heat, male runners must be able to finish the race in less than 5:30, and female runners must be under six minutes.
- 9 a.m.: Kids' Mini Mile
- 9:15 a.m.: Awards Ceremony

You can register in advance and find more info at <http://www.gorunning.com/gomile/>.

Thanks again for all the memories. Becky will do a great job as our next president. Hope to see everyone at

Whole Hog Cafe (Riverdale) on June 21st at 6 p.m. to eat and 6:30 p.m. to vote and introduce our new board members.

The Trailbird's Report

The 2011-12 Ultra Trail Series has come to an end with the completion of the Mount Magazine Trail Run last month. Many of our fellow birds took part in the Series. The final standings can be viewed at <http://www.runarkansas.com/UTSStandings12.htm>.

If you didn't compete in the Series this past year, I really suggest it. Just like the Grand Prix Series, the Ultra Trail Series is a great way to see your trail friends all throughout the year.

Saturday, June 2 the Catsmacker/Kittysmacker was the awards ceremony race for the 2011-12 Series.

Volunteers Needed

The Club is helping with the Race To Remember on June 23 and is in need of volunteers to act as split timers. Contact Steven Preston at rollwave04@gmail.com

June Meeting

June 21, 2012
Whole Hog Cafe - Riverdale
6 p.m. to eat
6:30 election of officers



Jacob Wells's "Running Wild" column will not appear again this month. He said he is still recovering from his first experience of directing a race, both the physical and mental aspects of the race itself, as well as being behind at work. He said that someday he will write an article about being a race director.

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 lhouse48@gmail.com.

Board Members

Steve Preston	President	626-0049
Becky Humes	President-Elect	940-6619
Jenny Brod	Secretary	251-5955
Jeff Maher	Treasurer	680-6710
Brian Sieczkowski	Past President	766-3004
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

Former Club President Is Jenny's Running Inspiration

By Jenny Brod
LRRRC Racing News Editor

This month I have interviewed LRRRC veteran and former Club president, **Harold Hays**. Harold has been involved in the running community in Arkansas for a number of years. He can be held responsible for my love of ultra running. He is definitely one of my biggest running inspirations and I appreciate everything he has done for me, more than he probably knows.

When did you first start running? I tried running a couple of times in the mid-1980s, but only lasted less than a week each time because I was not smart enough to run easy until I could build up enough stamina to run faster, plus I thought it was boring. I even made fun of people that I saw running by our house. Then in early 1990 after nine-plus years of Pam's good cooking and just being lazy, I was up to 250 pounds. I just got tired of looking at myself in the mirror and seeing some big guy that I did not know. So I bought a book about running and read up on it and started running in March of that year. During that time I had a job that was quite stressful. Even though the first couple weeks I was just struggling to get around the block (well it was a hilly block), I realized it was a way to get away from the stress. After a month I realized I actually enjoyed running and noticed I was losing weight. I was hooked and thought the more I ran and the less I ate I could lose more. So I changed my eating habits and started upping my mileage. In six months I went from 250 down to 175.

Is there a high point of your running career? Let's just say I have had high points. When I ran a marathon the first time, I became obsessed with qualifying for Boston. In December 1992 at the White Rock Marathon when I BQ'd was a high point (not to mention actually running Boston). Being a part of the Arkansas Pike's Peak Marathon Society and doing the race multiple times ranks as a high point. Finishing the Arkansas Traveller 100 Miler in October 1998 when my total mileage for that year up until race day was 275 miles, which goes to show you can do anything if you just put your mind to it and keep plugging away. Working an aid station at the Traveller 18 years of 21 years of the race's existence (I ran the Traveller three times) and pacing 14 years at the Traveller, including the men's winner 2006 (Tom Brennan) and the female winner in 2011 (none other than Miss Jenny Brod).

What about any low points? My crash and burn episodes at the 1995 Cross Timbers 50 Miler and 1995 Pike's Peak Marathon. Unfortunately at Pike's Peak I ended up being carried off the mountain on a stretcher and had a trip to a local hospital.

What is your favorite race distance? 50K

What is your least favorite race distance? To be honest I don't really have a least favorite distance. Each race has it different nuisances, which keeps things interesting.

Do you have any advice for someone who is just getting into running? Don't be like me and try to go too fast too soon. Ease into it and the speed will come as you progress in your running.

Who has been your biggest running inspiration and why? I actually have so many people that I have drawn inspiration in running from, but if I had to give just one person's name it would be John Woodruff. John suffered from many maladies, but you never once heard him complain and he would be out training even when I know he was hurting. I have lots of good memories of John, but the last time I saw him before he passed away really sticks out in my mind. John was calling times at the 25-mile mark of the Little Rock Marathon so when I got to him I stopped and we talked for a minute or two and I gave him a big hug and less than two weeks later he was gone forever. Even though John knew his time was almost up he was more concerned with me and the others running the race that day.

What do you love the most about running? Running is so easy; all you have to do is walk out your front door and put one foot in front of the other and repeat. Mostly importantly though I love the friendships I have made from running. My closest friends are runners, and I have shared many a laugh and tears with these friends and count myself being lucky that I became a runner and stuck with it.

Now for some results:

April 28th was the **Run Before They Can Walk 5K** in Little Rock. Congrats to Jenny Wilkes for her first place finish for the women in 21:13. Mary Wells finished third in 22:45. Ashley Honeywell finished in 25:04. For the men, Bill Torrey finished in 21:08; Joe Cordi in 22:18; Dan Belanger in 27:44; Bill Dobbins in 30:48 and Brad Newman in 39:22.

April 28th was the **Tour De Paul 5K** in Little Rock. For the women, Crystal Goodman finished first in 22:17; Gracie Kreth in 24:54; Ginea Qualls in 26:02 and Mackie Buckelew in 29:24. For the men, Kelly Kreth finished in 21:25; Rodney Paine in 21:52; David Camp in 22:59; David Conrad in 26:52 and Matt Olney in 27:33.

May 4th was the **MacArthur Park 5K** in Little Rock. Clay McDaniel finished in 21:26; Jacob Wells in 21:58; Rodney Paine in 23:59; Bill Ruck in 25:06; Kenny Worley in 29:50; Michael Harmon in 31:10; Randy Taylor in 50:18 and Bill Hoffman in 57:35. For the women, Tina Coutu in 24:09; Andrea Sieczkowski in 25:04; Celia Storey in 32:10; Deb Baldrige in 33:17; Martha Sartor in 37:39 and Libby Taylor in 50:17.

Also on **May 5th** was the next Grand Prix race of the season with the **Toad Suck 10K** in Conway. For the men, Imari Dellimore finished second overall in 34:45; Josh Holt finished third overall in 35:19; Brian Sieczkowski finished in 37:06; Joel Perez in 37:19; Kevin Golden in 39:51; David Williams in 41:26; Ricky Martinex in 41:33; Bill Torrey in 44:35; Jacob Wells in 44:49; Jon Honeywell in 46:41; Mike Maulden in 47:29; Bill Crow in 49:06; Harold Hays in 50:40; Brian Watson in 51:32; Brian Polansky in 52:08; Joe Milligan in 55:44; Steven Nader in 56:12; Kenny Worley in 1:04:46; David Samuel in 1:06:28; Jim Yamanaka in 1:07:24 and Michael Harmon in 1:08:00. For the women, Jenny Wilkes finished in 46:06; Becky Humes in 47:34; Tina Coutu in

Race Results (Continued from Page 3)

49:12; Karen Call in 51:28; Gracie Kreth in 52:52; Beverly Smith in 53:38; Ashley Honeywell in 54:09; Mackie Buckelew in 1:04:43; Deb Baldrige in 1:06:33; Tamara Brown in 1:22:39 and Kristen Garrett in 1:26:58.

May 12th was the **Mount Magazine 18-mile Trail Run**. Karen Call finished in 4:20 and Michael Harmon in 4:39.

May 13th was the **Jesse is Awesome Half Marathon** in Little Rock. Leah Thorvilson finished first overall in 1:26:20. Joel Perez finished in 1:37:44; Jacob Wells in 1:39:06; Jenny Brod in 1:39:49; Bill Torrey in 1:41:20; Rodney Paine in 1:42:09; Jenny Wilkes in 1:42:47; Stacey Shaver in 1:47:37; Steven Preston in 1:47:37; Jonathan Young in 1:52:30; Jen Freilino in 1:59:27; Ginea Qualls in 2:01:46; Shareese Kondo in 2:03:13; Nicholas Norfolk in 2:04:20; Jana Young in 2:11:21; Becky Humes in 2:11:22; Don Preston in 2:11:29; Kristen Sterba in 2:13:06; Michael Harmon in 2:18:57; Angela Gattin in 2:44:12; Tina Coutu in 2:44:24; Trina Bright in 2:44:24; Dan Belanger in 2:44:29; Bill Dobbins in 2:51:48; Katie McManners in 2:57:34; Lisa Luyet in 2:57:35 and Noel Hall in 3:03:59.

May 26th was the next Grand Prix race of the season with the **Rock Run 8K** in Little Rock. For the men, Josh Holt finished first in 27:36; Justin Radke finished third in 29:22; Brian

Sieczkowski in 30:22; David Williams in 32:25; Steven Preston in 33:07; Mark Hagemeyer in 33:10; Bill Torrey in 34:41; Rodney Paine in 35:45; Brian Polansky in 36:39; Jon Honeywell in 36:55; Mike Maulden in 37:19; Jeff Maher in 37:29; Jacob Wells in 37:37; David Camp in 38:13; E.F. Jennings in 38:46; Harold Hays in 40:09; Allen White in 40:31; Bill Crow in 40:54; Joe Milligan in 42:31; Roy Hayward in 45:16; Michael Harmon in 46:50; David Samuel in 50:56; Bob Marston in 51:49; Dan Belanger in 53:23 and William Dobbins in 56:24. For the women, Jenny Wilkes finished first overall in 37:49; Robyn Thornton in 37:49; Tina Coutu in 38:49; Becky Humes in 39:06; Beverly Smith in 42:13; Ashley Honeywell in 42:15; Jana Young in 46:20; Mackie Buckelew in 49:17 and Deb Baldrige in 51:50.

Also on **May 26th** was the **Riverfest Rock n' Stroll 5K** in North Little Rock. For the men, Mark Wilson finished in 23:46. For the women, Martha Ray Sartor finished in 35:56. My apologies to Sunnie Butcher-Keller for leaving her out of the Boston Marathon results. Sunnie finished in 3:32:09.

Questions or comments please e-mail me at:

jenny.brod@yahoo.com.

Happy Running!

Several New Members Welcomed To Club Roster

By Sarah Olney
Membership Chairman

Hadley Eblen is the showroom manager for Lululemon Athletica, opening in a few months. Her love for distance running started when she ran the Nashville Country Music Marathon in 2005. She currently runs 15-20 miles during the week at a 9-10 minute per mile pace. She also enjoys yoga, riding bikes, hiking, cooking, drinks with friends, her fiancé Jeremy, and travelling.

Jeanne Puelma has been running for 30 years. She averages 20-30 miles per week at a 9-10 minute pace per mile. Her favorite race distances are 5K, 10K and half marathon. She is a pharmaceutical sales representative and loves outdoors, entertaining, wine, and reading.

Kim Shumpert started running in 2001 because a friend convinced her to run the Chicago Marathon. Her favorite race distance is the half marathon. She is the community involvement coordinator for eStem Public Charter Schools. Her favorite races are the Nashville Half, the Little Rock Half, Chicago Marathon, Race for the Cure and the Chattanooga Sports Barn sprint triathlon. She also enjoys photography, boating, skiing, golf and playing with her kids.

Natalie Weatherly is both a cyclist and a runner. She runs 3-4 days during the week and also cycles long distances.

Her favorite race is the LR half marathon because of all the support, with her fastest time in 1:59. She is the merchandise director in corporate advertising for Dillard's.

Rachel Foster and **Shelley Rawls** both started running together at the first of the year. They average 20 miles per week and both are registered nurses.

Jana Owens has been running for three years and averages 20 miles per week at a nine minute per mile pace. Her marathon PR is 4:13 and half marathon PR is 1:51. She is a pharmaceutical sales representative and is also interested in cooking, reading, and spending outdoor time with husband and son.

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

June 2012

- 9: ArkansasRunner 2M at Benton. Call 501-517-7393.
- 9: Wellfest 5K at Siloam Springs. Call 479-549-3143.
- 9: Gary Schuchardt 5K at Jonesboro. Call 870-935-3658.
- 9: Mucka Mania 5K/10K at Wynne. Call 870-238-4610.
- 9: Pink Tomato 5K at Warren. Call 870-820-2552.
- 9: Ice Cream Social 5K/1M at Berryville. Call 870-654-6565.
- 9: Paws on the Pavement 5K at Texarkana, TX. Call 903-908-1881.
- 9: CASA 5K at Searcy. Call 501-230-9255.
- 16: Go! Mile at North Little Rock. (GPS) Call 501-663-6800.
- 16: Morrilton 5K. Call 501-652-0676.
- 16: SuperHero 5K at Bentonville. Call 479-725-2213.
- 16: Oil Run 5K at Smackover. Call 870-725-2907.
- 16: Nitro 01 Race to World Series 5K at Stuttgart. Call 870-830-4679.
- 23: Brickfest 5K at Malvern. Call 501-627-9225.
- 23: Guardian Angel 5K at Paris Call 479-438-0090.
- 23: Cancer Challenge 10K/5K/1M at Bentonville. Call 479-273-3172.
- 23: Rock a Bye Baby 5K at Jonesboro. Call 870-273-8316.
- 23: Hotter Than Hades Half Marathon at Leland, MS. Call 662-347-2920.
- 23: Spring for Seniors 5K a Batesville. Call 870-793-5358.
- 23: Mamieø Poppy Plates Race to Remember 5K at Little Rock. Call 501-993-4116.
- 30: Run for Veterans 4M/1M at Fayetteville. Call 479-957-8442.
- 30: Freedom Run of the Ozarks Half Marathon, 10K, 5K at Branson, MO. Call 417-294-4775.

July 2012

- 4: Freedomfest 5K at Greenwood. Call 479-996-6357.
- 4: Firecracker Fast 5K at Little Rock. Call 501-231-3730.
- 4: Freedomfest 5K at Benton. Call 870-403-2086.
- 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.
- 28: Dam Night Run 5K at Lake DeGray. Call 870-246-2566.

August 2012

- 4: White River 4M Classic at Batesville. (GPS-SC) Call 870-793-3867.
- 4: Comets 5K/1M at Springdale. Call 479-409-3849.
- 11: Watermelon 5K at Hope. (GPS) Call 870-777-1917.
- 11: Run for the Grapes 5K at Tontitown. Call 479-287-9383.
- 18: Run with the Son 5K at Little Rock. Call 501-455-3474.

Birthdays

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

- 1 - Karen Halbert
- 1 - Gary Taylor
- 1 - Melanie OøQuinn
- 2 - Rodney Paine
- 3 - Mic White
- 4 - Frank Flanagan
- 8 - Trina Bright
- 11 - David Qualls
- 11 - Michael Smith
- 11 - Mike Davis
- 12 - Troy Wells
- 14 - Jean Capehart
- 14 - Jason Reed
- 15 - Mark Cato
- 16 - Eleanor Kennedy
- 16 - James Pearsall
- 16 - Kristen Saffa
- 21 - Nicholas Norfolk
- 22 - Tad Thornton
- 23 - Tom Singleton
- 24 - Karen Call
- 24 - Drew Pickens
- 25 - Carol Nichols
- 26 - Donna Duerr
- 27 - Michael Harmon
- 28 - Roy Hayward
- 29 - Brian Sieckowski
- 29 - Calvin Key
- 30 - Karen Zimmerman

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