

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2012

## Ten Years Of 26.2 Miles In The Rock

By Steven Preston  
LRRC President

March 4, 2012, marks the 10<sup>th</sup> anniversary of the Little Rock Marathon. The race got its start in 2003 where, counting the relays, 1,615 runners have participated in the 26.2 mile event, making it one of the top 25 races in the nation for that year. Over 9,000 runners will compete in this year's events — the Little Rockers Kids Marathon, 5K, 10K, Half-Marathon, and Marathon.

Among the past winners, Little Rock's own Leah Thorvilson is the reigning three-time champion of the women's race. Former Little Rock resident and Roadrunner, Glen Mays, beat out fellow Club member Justin Radke to win the second Little Rock Marathon in 2:34:30.

Our very own sinister mastermind, Bill Torrey, helped design the course which is known to be relatively hilly. Running great Bill Rodgers once said "Any marathon worth its salt has a few hills. Little Rock is a little salty."

Many of you may not know, but members of the Roadrunners were the first to put on a marathon in the city. Bob McGowan and Steve Tilley organized the La Petite Roche Marathon in 1982, which started at the Sportstop on Rodney Parham. Approximately 75 runners followed the no frills course supported by fellow Roadrunners. The winning time was 2:57 in a four-way tie by Eddie Mulkey, David Horton, Henry Hawk and Randy Taylor. To read the original article by Charley Peyton in the February 1982 *Runaround* check out <http://www.runarkansas.com/LaPetiteRoche.htm>.

As you can tell by now, the Little Rock Roadrunners have been a very large

force behind the origins, success, and future of the Little Rock Marathon. I wish everyone competing this year light and fast feet. If you haven't seen the medal yet you are in for a big surprise. I thought it couldn't get any bigger, but it can. I'd suggest investing in a dolly for this one!

In this month's Grand Prix Series schedule we have the Chase Race 2-Miler in Conway on March 10<sup>th</sup> and the Spring Fling 5K in Cabot on March 24<sup>th</sup>. Both of these races are championship races. The men's team is off to a commanding start to this season. The women, however, are in a heated battle with the Conway Running Club and AURA. I say we go into Conway's home race at the Chase Race and take back the women's team lead and continue to dominate the Conway men! Go Birds!

The 54th annual RRCA national convention is in Memphis on March 15-18. David Meroney, Roadrunner and Arkansas RRCA State Rep, will be going to represent our state. Anyone who has an interest in running and running clubs is welcome to attend. Many of the topics discussed will deal with how to build and maintain running clubs, how to raise money, and other administrative tasks. David says that it would be great if we could get a few more people from Arkansas to attend. For more info check out <http://www.rrcaconvention.org/>. Also, you can participate in the National Half Marathon Championship Race, the Germantown Half Marathon, while you are at the convention [http://www.germantownhalfmarathon.com/index.cfm?fuseaction=site.display&page\\_id=1716](http://www.germantownhalfmarathon.com/index.cfm?fuseaction=site.display&page_id=1716).

This month's Club meeting speaker will be Abe Limon. His story was brought to my attention by Stacey and Nick Shaver. Abe got started with

running, like many of us, in order to lose weight. You are already asking me probably what makes this story so interesting. Here's why ... Abe has lost over 150 pounds, runs outside the city by himself most of the time, and has never even run a single race. I, myself, wonder how this man can keep his motivation with all that weight needed to lose, with all those miles by himself in the middle of nowhere, and without the excitement of training for an upcoming race. If you are interested just like me, then come out to the Riverdale Whole Hog Cafe on Thursday, March 15<sup>th</sup>. Times are 6 p.m. for food and 6:30 p.m. to listen to Abe.

## The Trailbird's Report

For those who are new to trail running or just want a fun and FREE (no advance sign-up required) local run come check out AURA's annual Big Rock Mystery Run on March 17<sup>th</sup> at 8 a.m. The race will once again consist of a mix of asphalt and trails and last anywhere from 12-13 miles, if you don't get lost. Last year's race involved a poker game and an

(See Ten Years on Page 4)

## March Meeting

March 15, 2012  
Whole Hog Cafe  
6 p.m. to eat  
6:30 p.m. speaker

Abe Limon  
"Weight Loss And Running"



No matter how far I run, the Little Rock Marathon will always be my first. It was the one that made all the others possible. With nearly 30,000 finishers of the full and half in nine years, few events in which I have partaken have changed more lives. I was the typical thirty-something in full blown early midlife crisis whose life was saved with the discovery of running, but who thought of a marathon as a far off dream. I vaguely remember the moment that I heard we were getting one of our own. I had no training partners, had no idea how to train, fuel, dress, etc. and struggled through that first one with a long run of 14 miles. In classic rookie fashion, I wore basketball shorts and cotton underdrawers. The second year I discovered the official training group, with which I ran every long run and learned about everything I would ever need to know.

A highlight of that second year was the expression on Brian Sieczkowski's face around 18 miles after the turnaround (that came all the way past the interstate in West Little Rock where the Big Dam Bridge now spans). With enough encouragement, perhaps he might publish his mile-by-mile memoir of his debut marathon in which, as things turned bad, evolved from "I'm never doing this again" to "I'm never running another step." He would go on to reel off a series of sub-three hour performances, beginning under the intense pressure of a bold prediction to do so in his home state at the 2006 Lincoln Marathon and most recently as first Arkansan and 13<sup>th</sup> overall finisher at the 2011 St. Jude Memphis Marathon.

The 2004 marathon was also the scene of the debut Arkansas race for Glen Mays, then a resident of Washington, D.C., who was in town house hunting. Glen would go on to win the vast majority of his races in the state until moving on to Kentucky in 2011. Glen's primary competition for much of his tenure here was Hilary Kogo, who would set a personal best of 2:29 in the 2009 Little Rock Marathon before also moving on.

The year following Glen's win brought cash prizes and many from out of state. Glen fell to fifth place, just behind his friend and former training partner, Michael Wardian, who would be one of our marathon's many brushes with fame. Wardian would go on to become perhaps the greatest runner of our generation, combining marathon speed and frequency. Wardian has set a variety of bizarre records, including fastest marathon pushing a stroller and fastest marathon on a treadmill. Recently, he finished in 2:21 in last month's Olympic Marathon trials and in 2:22 two weeks ago at the Mercedes Marathon in Birmingham, Alabama. (He spotted me an hour and I won our imaginary bet.)

Another random memory that stuck from the inaugural race was the shirtless runner with the American flag shorts. I wouldn't meet Kim Howard, Mineral Springs, Arkansas's fastest

marathoner, for a couple years. That would come in 2005 around the time he took over for Bill Torrey and served four years as the state's representative to the Road Runners Club of America. Bart Yasso, Chief Running Executive of *Runner's World* magazine, who has become a fixture at our finish line calling names, is a friend of Kim's, and is often joined by Mark Bravo, race director for the Oklahoma City Memorial Marathon. I'll be hanging out with all of them Saturday night.

Love or hate it, the Little Rock Marathon might be best known for its medal. Some travel across the country just for it. Others might say spend that money on food. Either way, it detracts attention from the superb organization of the event. The course once had the most dramatic finish line in the country (at least of a select 52) with the majestic view of our State Capitol for the last quarter mile. I miss that when we make the last turn and there's the finish line in an alley behind the River Market. I do, however, enjoy the wild-eyed irritation of those who arrive expecting the usual weekly events under the pavilion. With all its wonderful and unique quirks, the Little Rock Marathon's popularity and reputation has spread nationwide. When I travel around the country running, whenever the marathon is mentioned, the comments are always either, "Loved it!" or "Can't wait to do it!"

As for me, it was number 1, 2, 4, 16 and in 2011, by serendipitous timing, number 100. I didn't even realize it might happen until somewhere in the 80s. (I had the Cowtown Marathon in Fort Worth on standby in case of emergency.) It is

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

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 25<sup>th</sup> 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

# From A Treadmill To Ultras In Just Six Years

By Jenny Brod  
LRRRC Racing News Editor

I cannot tell a lie. I waited too late to send some questions to someone to interview so I decided to answer the questions myself. Can I do that? Well I'm going to.

**When did you first start running?** In 2005 I decided I wanted to run my first 5K at the Race for the Cure in October. I started training on the treadmill to get up to three miles. Before that 5K, I had never even run on the road. Needless to say, I was hooked after that. Running that race was definitely one of the best decisions I've ever made.

**What is your favorite race distance?** My favorite race distance would be the marathon. I have never been a fan of the shorter races. To me, the longer the better. I enjoy the challenge. This year I get the pleasure of pacing the 3:55 group at the Little Rock Marathon and I am very excited.

**What is your least favorite race distance?** Definitely the 5K. It may sound weird to say but they hurt too much. I don't like not being able to breathe and feeling like I might die. I understand that it doesn't last very long but I'm much more nervous for a 5K than I am for a longer distance race.

**Do you have any advice for someone who is just getting into running?** Start out small and never give up. It's going to be really hard at first. Too many people start running and increase their mileage way too quickly. They then get discouraged and quit. Go up a little at a time and it will seem more attainable. Also, always have some sort of goal race. If you know you have one coming up then go ahead and plan your next race after that so you always have a goal.

**Who has been your biggest running inspiration and why?** There are too many to name. When I first joined the LRRRC I did not know anyone but I was invited by Bill Harrell to run with his group that met in the mornings. It consisted of Harold Hays, Jack Evans, Bill Harrell and Bill Torrey. I definitely credit these guys to getting me to where I am today, especially since they made me realize that if I didn't know where I was going, I better keep up with them. There have obviously been other inspirations along the way but these guys got me started and I will always be grateful for that.

**What would you consider your main running goal or focus right now?** I always have a goal race in mind. I try to focus on one after the other. After one is done, time to train for the next.

Now on to the results.

**February 4<sup>th</sup>** was the **River Trail 15K** in North Little Rock. For the women, Tracy Tungac finished second in 1:02:07;

Jenny Wilkes in 1:09:30; Becky Humes in 1:11:35; Jen Freilino in 1:12:03; Robyn Thornton in 1:14:05; Sheila Ramamurthy in 1:19:27; Ginea Qualls in 1:19:28; Brenda Hansen in 1:22:34; Abigail Ethington in 1:22:37; Ashley Honeywell in 1:22:44; Amanda Campbell in 1:26:15; Eileen Turan in 1:26:32; Jana Young in 1:27:29; Kristen Sterba in 1:30:51; Karen Halbert in 1:32:28; Carol Torrey in 1:34:03; Trina Bright in 1:41:38; Mackie Buckelew in 1:45:10 and Angela Gattin in 1:49:58.

For the men, Imari Dellimore finished second in 54:36; Brian Sieczkowskiki in 56:59; Bill Simpson in 57:27; Joel Perez in 57:42; Steve Yanoviak in 58:27; Michael Storey in 1:07:11; Ricky Martinex in 1:08:45; Rodney Paine in 1:09:29; Bill Torrey in 1:09:44; Jon Honeywell in 1:10:03; Jacob Wells in 1:12:17; Bryan Jones in 1:12:43; David Camp in 1:14:01; Jeff Maher in 1:14:19; Mike Maulden in 1:15:11; Bill Crow in 1:16:55; Mark Nexon in 1:17:02; Mark Wilson in 1:18:54; Joe Cordi in 1:22:27; David Conrad in 1:24:59; Joe Milligan in 1:26:59; Dan Belanger in 1:31:04; James McManners in 1:33:02; Troy Duke in 1:33:04; Jonathan Caudle in 1:33:30; Courtney Little in 1:36:04; Tom Zaloudek in 1:36:15; Christopher Heller in 1:38:14; David Samuel in 1:38:37; and Bob Marston in 1:44:31.

Also on **February 4<sup>th</sup>** was the **White Rock 50K** in Crosses, AR. Stacey Shaver finished in 5:53; Jenny Brod in 6:03; Don Preston in 6:46 and Patrick Barker in 7:27.

**February 11<sup>th</sup>** was the **Valentine's Day 5K** in Russellville. For the women, Leah Thorvilson finished first in 17:02; Jenny Wilkes in 20:57; Jen Freilino in 22:38; Eileen Turan in 26:11; Mackie Buckelew in 28:32; Angela Gattin in 31:10; Rosemary Rogers in 33:28; Betty Preston in 39:31 and Mary Hayward in 53:50. For the men, Imari Dellimore finished first in 17:07; Bill Simpson in 17:47; Steve Yanoviak in 18:06; Mark Hagemeyer in 19:54; Rodney Paine in 21:43; Eric Baker in 22:01; Bill Crow in 22:16; Mike Maulden in 22:51; Harold Hays in 22:53; Don Preston in 22:58; Michael Harmon in 24:47; Joe Milligan in 25:04; Roy Hayward in 28:06; Jim Yamanaka in 33:04 and John Russell in 36:00.

**February 12<sup>th</sup>** was the **Mercedes Marathon** in Birmingham, AL. Our own Jacob Wells finished in 3:18:03. Great time!

**February 19<sup>th</sup>** was the **Run the Line Half Marathon** in Texarkana. For the women, Jenny Wilkes finished in 1:39:37; Becky Humes in 1:42:07; Jen Freilino in 1:44:33; Tina Coutu in 1:46:40; Ashley Honeywell in 1:59:15; Eileen Turan in 2:06:03 and Mackie Buckelew in 2:14:13. For the men, Imari Dellimore finished in 1:19:06; Mark Ferguson in 1:19:39; Brian Sieczkowskiki in 1:21:18; Joel Perez in 1:21:34; Justin Radke in 1:23:21; Steve Yanoviak in 1:24:20; Mark Hagemeyer in 1:32:24; Michael Storey in 1:39:35; Jon Honeywell in 1:42:52; Jacob Wells in 1:43:48; Mike Maulden in 1:47:01; David Meroney in 1:53:31; Joe Milligan in 2:04:37; Dan Belanger in 2:39:15 and David Samuel in 2:41:19.

My apologies to Troy Duke for leaving him out of last month's **One Hour Track Run** results. He ran 5.77 miles.

Any questions or comments please e-mail me at: [jenny.brod@yahoo.com](mailto:jenny.brod@yahoo.com). Happy Running!



## Ten Years (Continued from Page 1)

environmentally-friendly bottle pick-up game where by every bottle carried to the finish line from wherever you found it on the course you received an amount of time off your actual race time. And if you thought that made the race interesting enough, wait, we have more. The race may start from the same place every year, but it's never the same. So come on out and see what this year's course is like and have a little fun on your run. For directions and more information check out <http://www.runarkansas.com/BigRockMysteryRun.html>.

Also, Nicholas Norfolk wrote a great article on this past month's Sylamore 25K/50K. Please read his article on Arkansas

Outside at <http://www.arkansasoutside.com/19th-annual-sylamore-25k50k-run/>.

The first annual **Hoof It For Heifer 20K Trail Run** will be held at Petit Jean State Park on April 14. The Central AR Heifer Volunteer group is putting on this race, with all proceeds going to Heifer International.

You will be supporting a great cause while running on a beautiful trail.. Get more information at: <http://www.heifertrailrun.com/index.html> We are still working on making the site friendly for mobile devices so it is best to use an actual computer for now.

## New Members

**By Sarah Olney**  
**LRRRC Membership Chairman**

**David Gardner** is a banker who has been running for the last three years. His favorite race is the Spa10K and he logs 12-15 miles per week. He also enjoys hunting, fly fishing, and other outdoor activities.

**Pennie Martin** is a member of Arkansas Bicycle Club. She started running within the last year when she realized she does not enjoy riding her bike when it's cold and windy. Her favorite race is the 5K distance but will attempt her first half marathon at Little Rock in March. She runs 5-15 miles per week when she is not coordinating a loan at the bank or on her bicycle.

**Lauri Rottmayer** was a runner with the Chicago Area Runners in the 80s and is returning to the sport after making a pact with her best friend's husband to run a marathon. Her favorite race distance is the 10K. Lauri has been married to her husband David for 33 years and is a new grandma - [glammie] She is also a blogger, speaker and social media queen!

## Running Wild (Continued from Page 2)

down to about 20 of us who have done them all. It's an obscure group of whom I only have four other friends, including one Little Rock Roadrunner, Bill Rahn. I hope to see them and you on Sunday.

## Hogeye Relay

The Club is picking up half the team relay fees for Hogeye again this year? The total cost is \$120 per team so their cost would be \$60 until March 11th.

## Running Calendar (Continued)

- 15:** Hogeye Marathon/Half/Relays at Fayetteville. **(GPS)**
- 20:** Cow Paddy 5K/1M at Fayetteville. Call 479-790-0700.
- 20:** Get Up and Glow 5K at Magnolia. Call 870-235-4047.
- 21:** Alma Partners Club 5K Dog Run at Alma. Call 479-632-1953.
- 21:** Morgan's Miles 5K at Conway. Call 501-269-6837.
- 21:** Surviving the Journey 5K at Springdale. Call 479-790-3917.
- 21:** Catholic High Rocket 5K at Little Rock. Call 501-664-4625.
- 21:** Boring as Crap Half Marathon at Batesville. Call 870-838-3875.
- 21:** Montessori Earth Day 5K at Fort Smith. Call 479-646-7225.
- 21:** Carole Hilter Ovarian Cancer 5K at Holiday Island. Call 479-253-5986.
- 21:** Autism Involves Me 5K at Bentonville. Call 479-925-4044.
- 21:** Trace Trammell Memorial 5K at Harrison. Call 870-391-6768.
- 21:** Run With the Dogs 5K at Benton. Call 501-860-8160.
- 21:** Zone in on Homelessness 5K at Hot Springs. Call 501-321-2888.
- 21:** Stardaze 5K at Star City. Call 870-628-4714.
- 28:** March of Dimes Before They Can Walk 5K at Little Rock. Call 501-951-3773.
- 28:** Tour de Paul 5K at Little Rock. Call 501-552-2386.
- 28:** Race for a Star 5K at Hot Springs. Call 501-262-1883, x2.
- 28:** Tyler Lewis 5K/1M at Pleasant Plains. Call 870-799-4623.
- 28:** Run for the Park 5K/10K at Mountain Home. Call 870-424-7275.
- 28:** Fordyce on the Cotton Belt 5K. Call 870-352-1074.
- 28:** SigEp Youth Aids 5K at Russellville. Call 479-629-6026.
- 28:** Lei Lei's 5K/1M at Fort Smith. Call 479-461-3997.
- 28:** Paws for a Cause 5K at Atkins. Call 479-641-1008.
- 28:** Stride to Prevent Suicide 5K/1M at Searcy. Call 501-278-4357.
- 28:** ALS Awareness 5K at Atkins. Call 479-641-1008.

# 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](mailto:lhouse48@gmail.com)

## 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.
- 3: The Xpress Half Marathon/5K at Wichita Falls, TX. Call 940-642-1355.
- 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 North Little Rock. Call 501-539-1592.
- 10: Adam Brown Shamrock 5K at Hot Springs. Call 501-538-3546.
- 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

- 7: Capital City Classic 10K at Little Rock. (GPS) Call 501-231-3730.
- 7: Panther 5K at Clarksville. Call 479-705-3212.
- 7: Dash4Cash at Fayetteville. Call 479-236-4768.
- 7: Iron Pig Duathlon/5K at Fayetteville. Call 479-521-7766.
- 7: Trot for Tots 5K at Jonesboro. Call 870-847-9889.
- 7: Warrior Trout Run 5K at Cotter. Call 870-404-5870.
- 13: Cherishing Children Challenge 5K/1M at Rogers. Call 479-621-0385.
- 14: Book It! 5K/1M at Clarksville. Call 479-754-3135.
- 14: Larry Hutton Memorial 5K at Sherwood. Call 501-413-8020.
- 14: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
- 14: Panther Pride 5K at Malvern. Call 501-337-9131.
- 14: 4-H Youth and Family 5K Trail Run at Little Rock. Call 501-821-4444.
- 14: Hoof It for Heifer 20K Trail Run at Morrilton. Call 501-327-7929.
- 14: Be He Freedom 5K at Conway. Call 870-378-0061.
- 14: Hogski County Festival 5K at Hampton. Call 870-798-2207.
- 14-15: Ozark Fitness Challenge at Harrison. Call 870-741-1789.

# Birthdays

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

- 1 - Karen Irico
- 1 - Lynette Watts
- 1 - Patrick Dent
- 3 - Brian Polansky
- 5 - Steve Yanoviak
- 5 - Tracy Tungac
- 7 - Gregory Sorenson
- 9 - Gina Pharis
- 14 - Andrea Sieczkowski
- 15 - Greg Yarbrough
- 18 - Stephanie Baker
- 21 - Allison Burba-Horgan
- 22 - Susan Bariola
- 23 - Susan Russell
- 25 - Renee Worley
- 27 - Marcus Farmer
- 29 - Billy Bird
- 31 - Brian Cornett

# Condolences

The Little Rock Roadrunners Club extends its condolences to Yvonne Thompson over the February 15 death of her father, Dewey Burris. Please keep Yvonne and her family in your thoughts and prayers.

## Retreads

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

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