

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2012

May's Race Calendar Has A Case Of "5K Fever"

By Steven Preston
LRRC President

While checking out www.arkansasrunner.com I noticed there was an odd amount of races this month. After a little further look I noticed that 42, yes 42, of those races are 5Ks. There are many great ones that are well established such as the MacArthur Park 5K, Toad Suck Daze 5K/10K, German Heritage 5K, and Dino Dash 5K. With the temperatures rising and the marathon season winding down this is a great time of year to shift gears and focus on speed workouts. Don't forget to check out the Tuesday night speed workouts. The group meets at 5:15 p.m. in the parking lot at the base of the Two Rivers Bridge. They start with a warm-up by heading over the bridge into Two Rivers Park where they then start the workout in less crowded sections of the trail. Any and all levels are invited.

If 5Ks aren't your thing, don't worry. The Arkansas RRCA Grand Prix has two longer distance races scheduled for Birds that crave more asphalt. First off is the Toad Suck 10K in Conway on May 5th. Last year CRC took the top spot in the men's race. Let's see if we can get a Bird in the top spot. Will it be Jake Johnson, Imari Dellimore, Josh Holt, Brian Sieczkowski, or will Justin Radke make one last run before the baby drops. Go register!

The LRRC is a supporter of the second GP race of the month, the Rock Run 8K. This race benefits Easter Seals and is the only 8K I know of in the state.

Still yet there are a few half marathons around the state. I'm going to be a little biased and plug a fellow Bird's half. Jesse and Kristin Garrett are putting on the second annual Jesse Is Awesome

Half Marathon on May 13th at 6:30 a.m. at Murray Park. From the race director, "It's unofficially the flattest half in Arkansas! Just sayin'!" Registration has already closed but I would suggest volunteering and checking out what fun you will have when you register for next year's edition.

Last month's Capital City Classic 10K was a huge success. We had over 700 runners and a lot of fast times on both the men's and women's sides. I'd also like to mention that the Club surprised our CCC race director, Bill Torrey, with a T-shirt quilt of the past 20 years' race shirts. Thanks Bill! And yes, we want you back for many more!

May Meeting

I don't have the May Club meeting speaker lined out as of print. I will post details for the meeting when they are finalized on

www.littlerockroadrunners.com, Facebook, and the Grand Prix Forum. The meeting will be held on May 17th at Whole Hog Cafe in the Riverdale Shopping Center. Come at 6 p.m. to eat and 6:30 for the speaker.

The Trailbird's Report

This Bird's legs aren't so swift at the moment. But this past month I completed my second ever Ouachita Trail 50. This time around I kept it reasonable and completed the 50K. I remember when I was training for my first Arkansas Traveller 100 a few years ago. I was talking with Chrissy Ferguson one day about how the OT 50-Miler was going to be my deciding race on whether I would

continue training for the 100-Miler or not. Boy was she right when she stated "if you can finish the OT 50-Miler, you can surely finish the AT 100-Miler." How many 50-milers do you have to climb and descend a mountain and still have to run over 44 more miles. So this year I was very happy to know that once I descended that mountain I only had about 25 more miles to go. As always, this race lived up to what makes trail running in Arkansas so great. Check out this article on ArkansasOutside.com: <http://www.arkansasoutside.com/ouachita-trail-50-2012/>.

This month there are two great trail runs within a few hours of Little Rock. The first is on May 5th in Wartrace, TN. The 24th Annual Strolling Jim 40 mile run (I'm pretty sure it was a few more miles than that but who's counting, ha-ha) is the most difficult 50 miles or less ultra that I have ever done.

If you're up to the challenge, register at <http://sj40mile.com/>. (Hint, pay attention to your occupation.)

The other great trail run this month is the Mount Magazine Trail Run on May 12th at 8 a.m. The race starts at the Mount Magazine State Park Visitor Center and will wind up and down 18 miles of trails through the park. There will be "bail-out" options along the course if you would like to go shorter. I vouch for the race director, Paul Turner, in that he knows how to put on a good time and I expect everyone to have one at this trail run. Check out <http://www.runarkansas.com/MtMagazine.htm> for more info and how to register.



Jacob Wells' Running Wild column will not appear in this month's issue of The Runaround. As director of the March of Dimes Before They Can Walk 5K on April 28 Jacob found out the real meaning of "taxing." And he is an accountant.

Race Calendar Continued from Page 4)

- 28: JDRF Rock the Run 5K/1M at Rogers. Call 479-927-5131.
 28: Memorial Day Pack Run 5K/1M at Rogers. Call 479-466-9713.

June 2012

- 2: Lavaca Berry 5K. Call 479-462-9629.
 2: Cheetah Chase 5K/1K at Little Rock. Call 501-661-7208.
 2: Mt. Magazine 15K at Havana. Call 479-970-4278.
 2: Trot for Tina 5K/1M at Ft. Smith. Call 479-208-2048.
 2: Festival on the Ridge 5K at Harrisburg. Call 870-930-6997.
 2: Shiloh Volleyball 5K at Springdale. Call 479-725-4243.
 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 at Wynne. Call 870-238-4610.
 9: Pink Tomato 5K at Warren. Call 870-820-2552.
 9: Journey to Hope 5K at Russellville. Call 479-857-2476.
 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.
 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 the World Series 5K at Stuttgart. Call 870-830-4679.
 23: Brickfest 5K at Malvern. (GPS) Call 501-627-9225.
 23: Guardian Angel 5K at Paris. Call 479-438-0090.
 23: Race To Remember 5K at Little Rock. Call 501-993-4116.
 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: Sprint for Seniors 5K at Batesville. Call 870-793-5358.
 30: Run for Veterans 4M/1M at Fayetteville. Call 479-957-8442.

New Members

By Sarah Olney
 Membership Chairman

Erik Heller is a runner who averages 30 miles per week at an 8-9 minute pace. He resides in Jonesboro, and manages Gearhead Outfitters in Park Plaza Mall, Little Rock. His marathon PR is 4:14 and his half marathon PR is 1:40. His goals for 2012 are to improve his marathon PR and finish the Ouachita Trail 50K. His other interests are mountain biking, working on his house, and good food and drinks.

Amy Curtis started running last October. She is a mother of two children and husband to Stan. Her first race was the Little Rock Marathon 5K. She also enjoys reading, shopping, and spending time with family.

Cortney Allison has been running for 11 years and currently runs 30-40 miles per week at an average pace of eight minutes per mile. She has run six marathons with two at Boston in 2011 and 2012. She is an accountant and also enjoys biking, swimming, and coaching junior high cross country and track. She has been married for 19 years and has two sons.

Katie Whitehurst has been running for 15 years and averages 20 miles per week at an 8:30-9:00 minute pace per mile. Her favorite race distance is the half marathon and favorite part of racing is meeting racers during the run. Her other interests include hiking, spending time with friends, and volunteering.

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.

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Bill Torrey: Race Director, Runner - And Great Person

By Jenny Brod
LRRC Racing News Editor

This month I have interviewed someone that every runner in the state probably knows because of his consistent involvement in racing and running in the state of Arkansas over the years. That is our very own Bill Torrey. Bill deserves a lot of praise for all he's done for the running community. I cannot even list all of the races he's responsible for directing. Another thing that everyone knows Bill for are the hilly race courses he creates. Most of all, he's a great person.

When did you first start running? I started running in Atlanta, GA, March of 1979.

What inspired you to start running? There were two ladies that I worked with at a restaurant that were runners. I was amazed that they ran six miles. I wanted to try it and I couldn't make it up a hill near where I lived. I was determined to practice till I could run the hill. It was only a few miles of running.

Is there a high point of your running career? The high point was when my wife qualified for Boston at the Memphis Marathon with only seconds to spare.

What about any low points? The low points are when I couldn't run because of toe surgery ó the months of no running and then having to learn to walk again and then trying to run.

What is your favorite race distance? I believe the marathon was my favorite distance.

What is your least favorite race distance? I don't have a least favorite but the mile distance was not my strong suit.

Do you have any advice for someone who is just getting into running? I tell new runners to be consistent and try and run at least four days a week. If you will do that much regardless of the distance you will see improvement in a short period of time.

Who has been your biggest running inspiration and why? I really don't have one inspiration. After 33 years of running I still find myself watching people who are running down the street. I find running such a beautiful movement.

What do you love the most about running? The thing I love the most about running is the freedom I feel when I am doing it. I am never bored while running; my mind is so much more relaxed during that time. Also, the thing I love is the friends I have made and people that I have met. Runners are such great people.

Now here are the race results.

March 31st was the **Peace, Love and 5K** in Benton. For the men, Michael Storey finished in 20:58; Eric Baker in 22:34; Michael Harmon in 26:49; David Samuel in 29:11 and Michael Christensen in 40:48. For the women; Jana Young finished in 25:57; Mackie Buckelew in 27:16 and Moniqueca Christensen in 46:18.

April 7th was the next Grand Prix race of the season with the **Capital City Classic 10K** in Little Rock. This is another race for which Bill Torrey is the race director. He's been directing this race for the past 20 years and hopefully will for 20 more. For the men; Imari Dellimore finished third overall in 34:42.2 and Josh

Holt just barely finished fourth in 34:42.5. Brian Sieczkowski finished in 35:59; Mark Ferguson in 36:00; Bill Simpson in 36:11; Joel Perez in 36:36; Steve Yanoviak in 37:21; Kevin Golden in 38:18; David Williams in 41:12; Mark Hagemeyer in 41:52; Rodney Paine in 42:47; Gary Taylor in 42:49; Jon Honeywell in 43:53; Bill Rahn in 44:28; Scott Wall in 44:29; Kelly Kreth in 45:28; Jacob Wells in 46:15; Jeff Maher in 46:35; Brian Watson in 46:38; Eric Baker in 46:53; Joe Cordi in 47:35; David Camp in 47:37; Harold Hays in 48:06; Bryan Jones in 48:09; Carl Carter in 48:29; Mike Maulden in 48:34; Darren Suitor in 48:35; TD Johnson in 48:41; Jeffrey Parks in 49:11; Jesus Pizarro in 49:49; Joseph Milligan in 51:28; Alex Wan in 53:39; David Conrad in 54:16; Michael Harmon in 56:02; Tom Zaloudek in 56:44; Andrew Pickens in 57:21; David Samuel in 1:01:19; William Dobbins in 1:04:34; David Gardner in 1:05:12 and Kenneth Sterba in 1:09:09. **For the women** Leah Thorvilson finished first in 34:58; Tracy Tungac finished third in 39:01; Amy Shivers finished in 43:11; Jenny Wilkes in 44:01; Becky Humes in 46:46; Tina Coutu in 46:49; Jen Freilino in 47:30; Sarah Olney in 47:48; Alison Acott in 49:39; Mary Wells in 50:13; Ginea Qualls in 51:38; Abigail Ethington in 52:24; Brenda Hansen in 52:24; Shareese Kondo in 53:11; Beverly Smith in 54:46; Ashley Honeywell in 55:04; Kristen Sterba in 57:08; Shea Pickens in 57:20; Mackie Buckelew in 57:39; Carol Torrey in 58:12; Christine Benson in 1:01:09; Trina Bright in 1:04:00; Deb Baldrige 1:05:37; Angela Gattin in 1:08:55; Jana Young in 1:13:29; Tamara Brown in 1:19:01; Kristen Garrett in 1:27:14.

April 15th was the next Grand Prix race with the **Hogey Marathon Relay** in Fayetteville. Both the men's and women's Relay teams took first. The women's team, LRRC Team Hottie McHotPants, finished in 3:09:28. The men's team, The LRRC Wolf Pack Experience, finished in 2:37:40. A few of our members ran the full marathon. Leah Thorvilson finished first overall, not just for the women, she beat everybody in 2:52:01. For the men, Jacob Wells finished in 3:41:21; Brian Duckett in 4:53:28; David Meroney in 4:53:30 and Mark Cato in 5:07:45. We also had several LRRC members who ran the half marathon. For the women, Karen Call finished in 1:56:18 and Ashley Honeywell in 2:11:32. For the men, Joel Perez finished first overall in 1:24:33 and Jesse Garrett finished in 2:00:45.

April 16th was the **Boston Marathon**. Congrats to LRRC member Stacey Shaver for her 3:59 finish in very hot temps. That is very impressive! I am not sure if there were any other LRRC members who ran.

April 21st was the **Ouachita Trail 50K/50M** in Little Rock. A HUGE congratulations to Michael Harmon for his first 50K finish! Jenny Brod finished in 6:25; Stacey Shaver in 6:27:58; Jen Freilino in 7:08:09; Harold Hays in 7:19:58; Steven Preston in 7:51:03; Jesse Garrett in 8:06:07; Jonathan Young in 8:06:07; Michael Harmon in 8:30:49 and Mark Cato in 9:35:58.

Also on **April 21st** was the **Catholic High Rocket 5K** in Little Rock. For the women, Jenny Wilkes finished second overall in 22:23; Amy Baltz finished in 27:20; Sandi Cordi in 27:23; Mackie Buckelew in 28:45, and Sandy Straessle in 31:13. For the

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 öThe Runaroundö editor at lhouse48@gmail.com

May 2012

- 4: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 5: Toad Suck 10K at Conway. (GPS-SC) Call 501-329-5623.
- 5: HRF Battle for Hope 5K at Bentonville. Call 479-361-5847.
- 5: Marvell Academy 5K at Marvell. Call 870-842-0070.
- 5: Dash for a Difference 5K at Bryant. Call 501-847-5600.
- 5: Grant County Relay for Life 5K at Sheridan. Call 870-484-2352.
- 5: Fight for Air Climb at Little Rock. Call 501-975-0758, x200.
- 5: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 5: Run Eureka! Scavenger Hunt 3-4M. Call 479-253-7888.
- 5: Cinco K Mayo at DeQueen. Call 870-642-4267.
- 5: Housing for African Orphans 5K at Harrison. Call 870-416-0943.
- 5: Christ the King 4M/1.5M at Little Rock. Call 501-804-1741.
- 5: Mayhawlin 5K/2M at El Dorado. Call 870-310-8168.
- 5: Jefferson County Drug Court 5K at Pine Bluff. Call 870-541-5368.
- 5: Founders Day 5K at Pocahontas. Call 870-758-0598.
- 12: Kendrick Fincher Youth Run 5K at Rogers. Call 479-986-9960.
- 12: WRMC 5K at Batesville. Call 870-262-616.8
- 12: Cavanal Killer 5M at Poteau, OK. Call 918-647-9178.
- 12: Women Can Run 5K at Conway. Call 501-908-5096.
- 12: NHS Chase for Charity 5K at Fort Smith. Call 479-883-9477.
- 12: Whistlestop Festival 5K/10K/Half Marathon at Ashdown. Call 870-898-9508.
- 12: German Heritage 5K at Stuttgart. Call 870-672-1425.
- 12: Root Run 5K at Fayetteville. Call 479-935-6325.
- 12: JLPB/JRMC Heart and Sole 5K at Pine Bluff. Call 870-540-7757.
- 12: Move It For Diabetes 5K/10K at Mountain Home. Call 870-508-1765.
- 13: Jesse Is Awesome Half Marathon at Little Rock. Call 479-651-1302.
- 19: Speedy Skunk 10K/5K at Prairie Grove. Call 479-846-4181.
- 19: A.R.K. Mission 5K at Fort Smith. Call 479-462-9629.
- 19: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 19: Joplin Memorial Half Marathon / 5K at Joplin, MO. Call 214-872-6029.
- 19: One Less 5K at DeQueen. Call 501-730-1821.
- 19: Magnolia Blossom Festival at Magnolia. Call 870-235-9243.
- 19: McNair Spirit Challenge 5K at Fayetteville. Call 479-530-8084.
- 19: Great Cross Country 4M at Little Rock. Call 501-336-5959.
- 19: Marion County Single Parent 5K at Yellville. Call 870-449-4681.
- 19: Picklefest 5K at Atkins. Call 479-886-0445.
- 19: For the Run of It 5K/10K at Russellville. Call 479-567-1608.
- 19: Dino Dash 5K/1K at Little Rock. Call 501-537-3077.
- 19: Ralph F. Sandage Memorial 5K at Donaldson. Call 501-337-2242.
- 19: Crawdad Days 5K at Harrison. Call 870-414-4440.
- 19: Run to the Cross 5K at Springdale. Call 479-601-1244.
- 26: Rock Run 8K at Little Rock. (GPS-SC) Call 501-227-3651.
- 26: Riverfest Rock n Stroll 5K at North Little Rock. Call 501-255-3378.
- 26: Pretty In Pink 5K at Clarksville. Call 479-774-3487.
- 26: Wildcat Rumble 5K/1M at Bentonville. Call 479-426-2993.
- 26: Portfest 5K at Newport. Call 870-523-3618.

(See Calendar on Page 2)

Birthdays

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

- 1 - Mary Hayward
- 4 - Ivy Pearsall
- 5 - Pennie Martin
- 6 - Brian Bell
- 6 - Joe Cordi
- 7 - Mark Hagemeyer
- 12 - Shuja Rayaz
- 13 - Jerry Senn
- 14 - Joel Perez
- 17 - Alyssa Barron
- 20 - Amy Curtis
- 21 - Amy Hough
- 22 - Jason Shivers
- 24 - Carol Torrey
- 25 - Ashley Honeywell
- 27 ö Beverly Smith
- 27 - Scott Wall
- 28 - Ann Butts
- 29 - Nicolette Barron
- 30 - Deni Golden

Results (Continued from Page 3)

men, Rodney Paine finished in 20:49; Kelly Kreth in 21:07; Joe Cordi in 23:39 and Brad Baltz in 31:00.

If you do not see your name listed and it should be, please e-mail me at: jenny.brod@yahoo.com.

Happy Running!

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