

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2012

The Little Things In Life Include Running

By Becky Humes
LRRRC President

To most runners, running is life and life is running. We can relate most of life's challenges to running and vice versa. So when going through life's rough patches as everyone does, it's nice to have running to fall back on, to reflect on, to be able to go pound out some miles and just be able to think, think and do a little more thinking. To really assess where you've been, where you are, where you want to be, and who you want to be, because sometimes it just gets lost in the shuffle of life. We give so much sometimes we sometimes forget to just enjoy the little things in life that we take for granted so often.

Whether it is a passing smile from a stranger, or the kiss of your children when you drop them off for school in the morning, but running is funny that way. You go out for your lunch run with no concerns but just to keep your legs moving and your brain trotting right along in motion, and that is when you can get the best problem-solving done, when it's just you and the pavement. Then it hits you, how great you really have it. You are running; that is the first thing that hits you right in the gut. There are so many people out there who would love that chance to run and will never know how amazing and empowering and freeing it feels being able to run miles and miles all under your own power.

Next is your family, and it doesn't always mean blood relatives, but the family you make for yourself, the ones whom you surround yourself with who love, comfort, and protect you, and even

though they KNOW your deep down flaws and all, they really LOVE you. Most of my family I have from running, I have built around me a strong network of loved ones from all walks of life. It's funny how when you're down, all it takes is a note or a text from someone in your life to turn a bad day into a great day. A terrible run into a fabulous run is seeing everyone you love on the River Trail one Saturday morning or having a note and some weird

sweater left by a certain someone on your car; it's the little things that you miss most when you think no one is around, when you think no one cares. Running is always there, your friends, the pavement, the miles, my running shoes: they will never let me down or leave me in the dark. Well maybe a dark trail running late at night with all your closest friends. Cherish the little things, run strong and believe in yourself!

****Note**** Club Renewal will open December 1. Link for renewal:
<http://register.macsrts.com/Search/event.aspx?event=26f00b87-3430-4053-96c2-440bc29824d5.aspx>

The Trailbird's Report

By Steven Preston

Arkansas Traveller 100 Experience

I want to start out by giving a big congrats to Stacey Shaver-Matson on completing her first ever 100-miler at last month's Arkansas Traveller. She not only completed the race in 24 hrs and 31 minutes, which was a great time, but also was the first Arkansas female finisher. I had the honor of pacing Stacey from the Powerline aid station (mile 67.7) to Lake Winona (mile 83.9). This section starts with Smith Mountain, which is the highest climb and for most runners occurs at night. Stacey took her knowledge from last year's attempt at this course and made all the right decisions. We kept a great pace over the mountain walking the uphill and rocky sections. Once over the top of the mountain we just had to make sure she kept eating and stayed focused. She did a great job of keeping good thoughts in her head and really paying attention to her

body's needs. To anyone thinking of attempting a 100-miler I really suggest learning your body's needs on ultra runs as everyone is different. You can read a ton of books on recommendations but until you go through it you won't know.

(See Trailbird on Page 5)

November Meeting

Monday, November 19, 2012
NYPD Pizza
6015 Chenonceau
Little Rock 72223

6 p.m. to eat
6:30 speaker

Speaker
TBA



One of the common abuses of the English language in the running community is referring to a race as the "first annual," rather than inaugural. Journalistic rules and common sense would dictate that until something happens more than once, it isn't annual, but rather is a one-time event. Likewise, World War I wasn't called World War I until World War II. Furthermore, the second year is also not allowed to be the "second annual." This is harder to explain but still just feels right and is the accepted journalistic standard. Three times is what it really takes. So, if one is inaugural and three is annual, what is the second year? I'm going with "Bigger and Better!"

That is exactly what the CASA Half Marathon will be. Half marathons are the fastest growing distance for races – half the distance and twice the fun. Scheduled for December 8 in Pine Bluff, this successful inaugural race had 70 finishers and returns this year with numerous exciting additions. Overall awards handmade by local glass artist James Hayes, the addition of a 5K and kids' race, the flattest course you will ever run, guaranteed ideal weather, and a great cause, the Pine Bluff CASA Women's Shelter, are among the reasons to run this race. The course includes starting near Torii Hunter Field, passing Christmas lights (pretty even in the daytime), running along a lake, and finishing outside Golden Lions Stadium, where this year there will be a heated tent and the serving of pancakes along with other food and beverage items. Celebrity sightings at last year's race include Olympic marathon trials qualifier Leah Thorvilson, men's course record setter Joel Perez, and women's second place and current Grand Prix Overall women's leader, Jenny Wilkes.

A true runners' race, put on by runners for runners, race directors Joey and Cymber Gieringer. Find out more and sign up at www.casahalfmarathon.org. These two have done something few would have the courage to do – start a race of the half marathon distance from the ground up in an area that needed it. This race will grow and is attracting runners statewide and beyond so run it now so you can say you were a part of it.

As for half marathons, what more can be said about the Soaring Wings Half Marathon held last month in Conway. The only thing I can think of that sums it up is that it is the most beloved race in the state. People seem to plan their whole training year around this race. With 1,500 finishers in only its fourth year, it is one of the most successful races in recent history.

One side note that reflects upon the runners and not the race: a local runner ran some of the course the next day and said he picked up more empty gel packets in one mile than in the 14 miles he swept after the Arkansas Traveler. So, if you are a guilty party, please pocket these items or dispose of them properly at

the aid stations. This race is so well done that it would be a shame if the course changed as a result of complaints by residents or if this reflected poorly upon the race and its management. Also, we offer a huge thanks to Dustin and Rachel Speer for their four years directing the race. They are moving to Hot Springs and will be turning over the leadership in 2013.

Along with the Run the Line in Texarkana, Hogeys in Fayetteville, the Little Rock Half Marathon, Jesse is Awesome (both the race and the guy really are) and many others, Arkansas can be very proud of its half marathons, including one that has become the best of the best and one rising star that surely will be.

Congratulations

The Little Rock Roadrunners Club congratulates Zsuzsanna Diamond on being named October 29 as Arkansas' 2012 Milken Educator Award winner. Diamond, the better half of our Bill Diamond, teaches at Otter Creek Elementary School. The award includes a \$25,000 prize and is given for exceptional talents and exemplary accomplishments in teaching. This is a great honor. Congratulations, Zsuzsanna!

The Runaround is published electronically each month by the Little Rock Roadrunners Club, POBox 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month's issue. Send articles to Linda House, Editor, at house48@gmail.com

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Race Results From 5Ks To A 100 Miler

By Jenny Wilkes
LRRRC Racing News Editor

Our Club had a very strong showing this past month in a number of races, from 5Ks to marathons and 50 and 100 milers. Congrats to all the runners!

On **September 29th** was the **Pumpkin Run 5K** in Lonoke. For the men, Jacob Wells finished in 20:45, David Meroney in 23:43, and Michael Harmon in 28:05. For the women, Christine Meroney finished in 34:50.

On **October 6th** was the **Arkansas Marathon** in Booneville. Congratulations to Joel Perez who was in first with 3:07:25, and Jacob Wells who was in second with 3:20:31.

Also on **October 6th** was the **Angel One 5K** in Little Rock. For the men, Tim Steadman finished in 20:26. For the women, Kristen Sterba finished in 26:25.

Also on **October 6th** was the **Race to Minneapolis 5K** in Little Rock. For the women, congratulations to Sarah Olney for finishing first in 22:13, and to Mary Wells for finishing second in 23:00.

Also on **October 6th** was the **Arkansas Traveler 100** in Perryville. Stacey Shaver finished in 24:31:37.

On **October 7th** was the **Bank of America Chicago Marathon** in Chicago, IL. For the women, Jenny Wilkes finished in 3:33:22. For the men, Scott Sander finished in 3:10:39, Ricky Martinez in 3:24, and Jon Honeywell in 3:50:06

On **October 13th** was **Chile Pepper Cross Country 10K** in Fayetteville. For the men, Tim Richard finished in 33:46, Imari Dellimore in 35:57, Brian Sieczkowski in 37:28, Chris Ho in 41:58, David Williams in 42:04, Kelly Kreth in 42:52, Rodney Paine in 44:35, Mike Maulden in 46:24, Jacob Wells in 48:29, Joe Milligan in 54:32, Dan Belanger in 1:06:53, and Ron Sanders, Jr. in 1:08:59. For the women, Jenny Wilkes finished in 45:37, Sarah Olney in 46:20, Mary Wells in 47:32, Tina Coutu in 47:52, Tina Ho in 54:11, Ginea Qualls in 56:55, and April Wurtz in 58:51.

Also on **October 13th** was **Paws on the Pavement Run Wild 5K** in Little Rock. For the men, David Conrad finished in 27:43. For the women, Shelli Chupik finished in 24:25, Genoveva Gilbert in 26:02, and Amy Curtis in 33:55.

Also on **October 13th** was **Operation Christmas Child 10K/5K** in El Dorado. For the women in the 5K, Amy Hough finished in 28:36.

Also on **October 13th** was **One Step 5K** in North Little Rock. For the men, Erik Heller finished in 19:59, Greg Massanelli in 21:34, TD Johnson in 23:58, Skip Smith in 28:24, and Bill Dobbins in 37:07. For the women, congratulations to Amy Shivers who placed first in 21:56.

Also on **October 13th** was the **Heartland 50 Mile Night Run** in Cassoday, KA. Donna Duerr finished in 14:08.

On **October 20th** was **Race for the Cure 5K** in Little Rock. Congratulations to Leah Thorvilson who came in first in 17:55, Sarah Olney in 21:42, Mary Wells in 22:35, Shelli Chupik in 23:28, Jenny Paul in 23:31, Jeanne Puelma in 25:18, Amy Baltz in 25:42, Sandy Cordi in 25:47, Ginea Qualls in 26:05, Kristen Sterba in 26:21, Katie Watts in 27:18, Patricia Gardner in 29:15, Carol Torrey in 29:32, Erin Lynch in 31:29, and Lindsay Petruk in 39:17.

Also on **October 20th** was the **Survivor's Challenge 10K** in Fort Smith. For the men, Ricky Martinez finished in 40:28, Rodney Paine in 43:53, Bill Crow in 49:40, Greg Yarbrough in 51:27, Joe Milligan in 53:31, and David Samuel in 1:06:27. For the women, Jenny Wilkes finished in 44:30, Tina Coutu in 46:06, and Cymber Gieringer in 48:35.

On **October 27th** was **Soaring Wings Half Marathon** in Conway. For the men, Mark Ferguson finished in 1:15:51, Imari Dellimore in 1:16:42, Dan Meredith in 1:21:07, Joel Perez in 1:22:54, Bill Simpson in 1:29:42, Erik Heller in 1:29:48, David Williams in 1:29:50, Chris Ho in 1:30:56, Jacob Wells in 1:34:57, Scott Sander in 1:36:51, Bill Torrey in 1:37:34, Greg Massanelli in 1:38:32, Jon Honeywell in 1:39:42, Joe Cordi in 1:40:18, John Martin in 1:41:40, Rodney Paine in 1:44:13, Tim Steadman in 1:46:04, William Fletcher in 1:47:17, Jeff Maher in 1:48:33, Jeffery Parks in 1:50:10, Bill Crow in 1:51:26, Greg Yarbrough in 1:51:49, James McManners in 1:56:03, Joe Milligan in 1:57:17, Troy Duke in 2:00:27, David Conrad in 2:05:40, Jarrod Woodley in 2:05:54, Kenny Worley in 2:15:35, Skip Smith in 2:15:44, Ron Sanders in 2:21:33, Nick Norfolk in 2:30:30, David Samuel in 2:47:58, Bill Dobbins in 2:48:08, David Gardner in 2:48:43, and Tom Zaloudek in 2:50:15. For the women, Tracy Tungac finished in 1:25:30, Sunnie Butcher-Keller in 1:32:08, Jenny Wilkes in 1:36:50, Amy Shivers in 1:38:04, Tina Coutu in 1:41:14, Karen Call in 1:49:35, Cymber Gieringer in 1:52:18, Jeanne Puelma in 1:52:32, Shelli Chupik in 1:54:40, Tina Ho in 1:56:32, Jen Freilino in 1:56:34, Ashley Honeywell in 1:57:26, Lara Beard in 2:00:34, Kristen Sterba in 2:10:28, Becky Humes in 2:12:54, Pat Gardner in 2:15:22, Jenny Smith in 2:16:39, Karen Halbert in 2:17:46, Carla Miller in 2:27:43, Erin Lynch in 2:28:29, Pennie Martin in 2:39:13, Shelley Rawls in 2:39:21, Susan Russell in 2:47:39, Heidi Strock in 3:07:26, Katie McManner in 3:25:49, and Tamara Brown in 3:35:09.

On **October 28th** was **Run for Love 5K** in Little Rock. For the women, Jennifer Jones finished in 40:09.

Also on **October 28th** was the **Styx n'Stones 30K Trail Run** at Devil's Den State Park. For the men in the 30K, Chris Ho finished in 4:28:18, Nick Norfolk in 5:33, and Don Preston in 5:36:31. For the women in the 30K, Tina Ho finished in 4:27. For the women in the 15K, Jen Freilino finished in 2:14:35.

If I have omitted anyone from any results or you have a race result that you would like published, please e-mail me at jenny.wilkes.llm@gmail.com.

Chris Ho Is A Rising Star On The Local Running Scene

By Jenny Wilkes
LRRR Racing News Editor

This month I interviewed my good friend **Chris Ho**, who has only started running relatively recently but has been having a stellar Grand Prix season. Chris and his wife Tina are both Roadrunners and participate in everything from 5Ks to ultra marathons. I decided to talk with Chris to see what got him into running, what tips he has for increasing your speed, and what insights he has for others just getting into running.

I understand that you started running only recently. When did you start and what was your motivation to get started?

I started running the second week of April 2011. I began lifting weights again and walking/jogging for 20 minutes on the treadmill. I could barely run 10 minutes without walking. A trip to Cozumel in June 2011 was my motivation to start back in the gym. I was almost 230 lbs. when I started, and was able to lose about 20 lbs. before our trip. My motivation to run is all my wife's fault! She dragged me to Pinnacle to run the base trail one day. It kicked my ass. She could run circles around me. Being a competitive person, I kept going to Pinnacle and running around the neighborhood with her and accidentally got hooked on running.

What has been your most memorable running experience so far?

The most memorable running experience was The Lost Dutchman Marathon trip to Phoenix, Arizona. My wife and I had the best time getting to know our first group of running friends a.k.a. "The 501 Mafia." This was our first taste of how running friends can add so much more to your life. A special shout out to Leah Thorvilson, Michael Harmon, Josh Drake, Jonathan and Rob Young and Arland and Annette Blanton.

I know that your wife Tina runs. Has she encouraged you to participate in different things?

Yes, most definitely. Tina urged me to sign up for the Little Rock Marathon training group in 2011 and do my first race, a 25K trail run. She basically has a hand in persuading me to do ultra marathons and anything on a trail.

You have definitely been getting faster over the past year. What sort of training have you been doing to increase your speed?

I owe most of my progress to Bill Torrey's words of wisdom. Running with Bill all summer while asking question after question has helped me understand running and building speed. I increased my weekly mileage from around 25 miles at the start of summer to 55-60 miles a week. Incorporating weekly speed work has really helped me learn how to push a higher pace during a race.

Are you gearing up for any big races in the future or is there a big goal race for you?

I have been training to get my marathon time down. I hope that The Rocket City Marathon in December will be my race.

What is your favorite race distance?

Half Marathon

What is your least favorite race distance?

Anything over a marathon. I only do them so my wife does not one-up me. LOL

Do you have any suggestions for anyone just getting into running?

The best suggestion I can give is to join in on group runs. Don't think you have to run fast or good to be a part of a group run. Getting to know people who run can make exercise fun and social. I always encourage new runners to come to Go! Running's group run on Thursdays and sign up for the Little Rock Marathon training group to start meeting great people.

What has been the best part about joining the running community?

The friendly and dedicated people I have had the opportunity to get to know at races and training runs.

New Members

By Sarah Olney
LRRR Membership Chairman

Tammy Helmick runs 20 miles a week at a 7:30-8:00 pace. Her favorite race is the Ironman and her favorite events are Panama City and Kaiua-Kona. She has run an 11:48 Ironman and 3:29 Marathon. She is a counselor and spends her time swimming and biking when she is not running.

Jonathan Boils is new to Little Rock and is training for the Houston and Little Rock Marathons next year and, hopefully, Boston 2014. He runs 35-50 miles during the week at a seven - nine minute pace. His favorite races are the Dallas and Big Sur Marathons. His PR for the marathon is 3:09 and 1:32 for the half marathon distance. He is an engineer/homemaker and enjoys spending time with his three children

Condolences

The Little Rock Roadrunners Club extends its condolences to Ann Butts over the death October 26 of her mother, Marzelle McBride Bender. Please keep Ann and her family in your thoughts and prayers

The Trailbird's Report

(Continued from Page 1)

Stacey's experience in the previous year's Traveller taught her that she needed to work on taking more time at the aid stations and continuing to eat. She took her training this year to learn what foods work for her and what supplements she needed to take to keep her body even keel. As we made our way into Lake Winona Stacey began to scream out when she heard her sister's cowbell. I had to hold back tears because at that moment I knew for sure that Stacey was going to finish. After two years of hard training she has accomplished a goal not many people can say they have ever done. Congrats Stacey!

Bona Dea 50K

When: Saturday, November 10th at 8 a.m.

Where: Bona Dea Trails in Russellville, AR

This nine loop 3.4 mile paved course is great for ultra-newbies as you get an aid station every lap. Oh, and just when you thought nine laps was enough, you get a nice "short" out and back from the finish line. Last year that gave me so much push to just flat out haul butt to the finish as soon as I made that turn. This is a no fees, no frills race; but please make a donation to help support that great aid station. Also, let Tom Aspel or Stan Ferguson know if you do plan on coming so they can know how many runners to expect. For more info and directions go to [http://](http://www.runarkansas.com/BonaDea50K.htm)

www.runarkansas.com/BonaDea50K.htm.

Sunset 6/12/24 Hour Endurance Run

When: Friday and Saturday, November 23rd & 24th; 24 hour race begins at 7:30 p.m. Friday and the six and 12 hour races begin at 7:30 a.m. on Saturday

Where: Sunset Lake in Benton, AR

This no fees, no frills race hosted by the Saline County Striders consists of "only" a one mile paved loop that you get to run over and over and over. If you're in to the whole Groundhog Day theme you will love this course. Truthfully, this course is another great for ultra-newbies or those that need their water bottles refilled often as you will see your crew every mile. Even though registration is free they do request that you fill out an entry form in advance so they know how many runners for which to prepare. For entry, directions, and more info go to <http://www.salinecountystriders.com/sunset.htm>.

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 house48@gmail.com

November 2012

- 10: Veteranø Memorial 5K at Fayetteville. Call 479-871-7478.
- 10: Ephesians 1:5K for Adoption Awareness at Russellville. Call 479-967-4923.
- 10: Friendship 5K/MiChild Mile at Benton. Call 501-231-7203.
- 10: Race the Base Trail 3M at Little Rock. Call 501-681-2801.
- 10: Heart of the Lake 5K at Greers Ferry. Call 501-206-7946.
- 10: Running Under the Mistletoe 5K at Texarkana, TX. Call 903-277-9930.
- 10: Worldø Highest Hill 5M at Poteau, OK. Call 918-658-0478.
- 10: Veterans Museum of Vilonia 5K. Call 501-796-8181.
- 10: Rally Run 5K at Arkadelphia. Call 870-403-4834.
- 10: Social Justice 5K at Little Rock. Call 501-370-5279.
- 10: BOST Run/Walk 5K at Fayetteville. Call 479-414-5980.
- 17: Spa 10K at Hot Springs. (GPS) Call
- 17: Turkey Trot 5K at Siloam Springs. Call 479-524-5779.
- 17: Reindeer Run for Reading 5K/1K at Bryant. Call 501-778-4766.
- 17: White River Marathon for Kenya at Cotter. Call 870-421-2666.
- 17: Pine Knot Turkey Trot Half Marathon at Paragould. Call 870-240-5696.
- 17: River Valley 5K/10K/Half Marathon at Ft. Smith. Call 479-649-8815.
- 17: Vera Lloyd Turkey Trot 5K at Monticello. Call 501-666-8195.
- 17: Catch the Beat 5K at Russellville. Call 479-967-2255.
- 17: Hall to the Mall 10K at Fayetteville. Call 479-973-0808.
- 17: Amazing Grace Youth Ranch 5K at Harrison. Call 870-4162071.
- 17: Quitman Bulldog Blitz 5K. Call 870-230-2832.
- 17: NWA Girls on the Run 5K/10K at Bentonville. Call 479-366-4216.
- 17: Track for Celiac 5K at Conway. Call 501-286-5331.
- 22: NWA Turkey Trot at Rogers. Call 479-466-9713.
- 22: Mercy Thanksgiving Day 5K/10K at Ft. Smith. Call 479-314-7400.
- 22: Go!bbler Turkey Trot Fun Run at Little Rock. Call 501-663-6800.
- 23: Sunset 24 Hour Challenge at Benton. Call 501-517-7393.
- 24: Sunset 6/12 Hour Challenge at Benton. Call 501-517-7393.
- 24: Duck Race 10K at Stuttgart. Call 870-673-1602.

December 2012

- 1: St. Jude Memphis Marathon. Call 800-565-5112.
- 1: Devils Den Rock-N-Run 8M/3M at West Fork. Call 479-879-7003
- 1: Equestrian Zone 5K at Russellville. Call 479-970-8351.
- 1: Race for a Reason 5K at Conway. Call 501-622-9986.
- 1: Christmas Train Sugar Plum 5K at Springdale. Call 918-289-5798.
- 8: CASA Half Marathon at Pine Bluff. Call 870-540-4911.
- 8: Frozen Feet 5K at Conway. Call 501-472-4068.
- 8: Yule Run 5K at Greenwood. Call 479-996-6357.
- 8: 5K for Clay at Flippin. Call 501-339-7815.
- 8: Speedy Santa 5K at Benton. Call 501-778-2271.
- 8: Light Up the Night 5K at Little Rock. Call 501-231-3730.
- 8: White River Half Marathon at Batesville. Call 870-834-3875.
- 9: Fayetteville Half Marathon/5K/1M. Call 479-521-7766.
- 15: Jingle Bell Jog 3M at Fayetteville. Call 479-530-8084.
- 29: RacinøNew Yearø Eve 5K at Conway. Call 501-329-8102.

Birthdays

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

- 3 - Shirley Pence
- 3 - Katie Whitehurst
- 4 - Tamara Brown
- 4 - David Rottmayer
- 6 - Tony Pietropola
- 6 - Juan McCullum
- 8 - Bill Crow
- 8 - Meredith Flanagan
- 10 - Alesa Davis
- 12 - Susan Biemans
- 17 - Gary Criglow
- 18 - Robyn Thornton
- 19 - Corky Zaloudek
- 21 - Lynn Senn
- 24 - T.D. Johnson
- 25 - E.F. Jennings
- 29 - Courtney Allison
- 30 - Greg Massanelli

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