

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2012

Why Do You Run?

By **Becky Humes**
LRRRC President

This morning I woke up to one of the funniest dreams I have ever had. You might be asking yourself what does this have to do with running. Well I was too until I went on my solo lunch run. That is when I get all my thoughts in order and BAM, it hit me like a sledge hammer to my cerebral lobe. Dreams are really quite amazing. Most of mine are zapped from my memory the moment I awaken, to the point I remember absolutely nothing other than I did have a dream. Forgive me if I ramble. I do have a point and I will get to it.

As I woke this morning, Joel was walking in from his morning run and I opened my eyes and found that I was giggling myself awake. It was so funny I just started laughing even harder. Joel just looked at me like I had lost it so I started to tell him what I had dreamt about. Just a little about me first. I am a bit of a nerd if you didn't already know that. If I am not running, at work, or hanging with the family or friends, I am reading fiction. I love anything with wizards, goblins, witches or anything that is not reality or because I like my make believe worlds. Maybe that is just me still being a kid and wanting to ride a dragon or be able to cast spells or do something fantastic. But in the end I am just me. Last night I finished my most recent series, *Ghost Story*, by Jim Butcher, so this might be why the dream started the way it did.

All my running buddies and I (so strange) are in this epic battle but I can't see who we are struggling with. I am looking around thinking why are we fighting? We shouldn't be fighting, we

should be running!! But by this time the struggle is over and I threw down this huge ax I had been wielding and think wow that was lighter than it should have been. And this whole time I am just in awe at everyone trying to protect me and make me a better fighter. But as soon as the battle has started it is over and all my friends start running and I see Joel take off but I cannot run for all the life in me. I cannot run, I am screaming and screaming don't leave me, please don't leave me and it feels like I am running in something thick and my legs don't want to work. I look around and think well, if my legs don't want to work, then maybe I can get to the end another way. I will just have to finish anyway I can, so I start tumbling and flipping and two miles later I end up in a field where all my running buddies had made a camp site and were waiting for me. I have had so much fun I finally stop flipping and I am so dizzy and can't stop laughing but it doesn't matter because I finished. It might not have been pretty, it might not have been graceful, but I got to the camp site and I plop down right in the opening in my tent and realize I have gotten my ass stuck in the opening of my tent and everyone around me is tugging and tugging trying to get me out. But in the end everyone is just laughing and having a great time. When I woke up I still had the feeling of my ass being stuck in the tent and couldn't stop laughing.

So while out on the run today I got to thinking about my dream and was wondering WTF? Why was this dream so important? Why did this one stick with me and all my other dreams fade away like a whisper in the ear of a lost love? I think because in all of us there tends to be times when we all take a fall, we all put too much pressure on ourselves, whether it is in

running, work, love, children, family or just trying to be perfect. When did we stop trying to have fun and love being alive and cherish tumbling to the finish line and giggling like a little girl on a playground? Take a run not because you are training for a big marathon; just take a run because it is fun, because it feels good. This summer has opened my eyes to a bigger picture and made me take a step back and ask myself why do I run? It has taken me most of the summer to figure this one out.

At first I started running to get healthy like most people who take up running. I had health conditions and a few pounds to lose, but once that goal is met what then? Competition, that is nice, but when you start getting injured your confidence takes a hit. Running is a huge

(See **Why** on Page 3)

October Meeting

Monday, October 15, 2012

Flying Saucer
323 President Clinton Avenue

6 p.m. to eat
6:30 speaker

Michael DuPriest

Trigger Point Dry Needling:
Intramuscular manual therapy involving the insertion of acupuncture type needles into muscles in order to relieve pain, increase restricted range of motion, and improve function.



On race day, I probably seem happily and gainfully unemployed, but during the week, I am that guy no one likes to see coming ó the auditor. I spoke recently to a state association of professionals on the topic of preparing for your audit. The course description began, "Audits are not fun, plain and simple." I disagreed with this, at least in the way it was stated as a fact, not one's opinion. Audits are indeed fun and I can prove it. From my perspective, they are a blast. Otherwise, why would I still be doing them after 21 years?

The issue is one of perspective. We all have one and they are all different. When you take the time to look at the world from the perspective of another, you learn and are a better person. This all starts with listening. Abe Lincoln said, "I never learned anything while I was talking." The first step in listening is to stop talking and take a breath of your own. A former employer and mentor used to encourage me to "speak with punctuation." It is amazing the effectiveness of a response without the details of how to build the proverbial clock, as simple even as, "yes."

The most renowned CPA in Arkansas (again, from my perspective) teaches that "Communication is the key to the world." Some might argue rather that love is. But even love, paraphrasing I Corinthians 13, is worthless unless communicated.

Most of our time engaged with another in conversation is spent not listening to what the other has to say, but instead anticipating our next statement, lest we miss our instantaneous turn. We usually don't even make it that far, as we semiconsciously measure and pounce precisely when we can overlap our next statement at the slightest crack in the window of opportunity. Study a conversation if you don't believe me and you will marvel at this.

If we all stopped talking at once, the world would go silent. We would finally hear things we have been missing, like our coherent thoughts, and perhaps even a solution to a problem. We teach our children to stop and to look both ways, but as adults, we only look one way, in the direction of what we want to say next. The train wreck version of that childhood advice is to "Stop, look, live." Stop and look for and from the perspective of others to live a more meaningful life, personally and professionally.

Race Tip of the Month: Mark your calendars for December 8, 2012 ó the CASA Half Marathon to be held in Pine Bluff. Proceeds benefit the Pine Bluff CASA Women's Shelter. Check it out at www.casahalfmarathon.org. This inaugural race was wildly successful in 2011 with over 80 finishers. Course records were set in *both* the men's and women's divisions by Joel Perez and Leah Thorvilson! Also, now is a GREAT time to sign

up. In recognition of Domestic Violence Awareness Month, the race director has discounted the entry fee \$10 through October for a low \$45 entry price! Look for a full race preview to come next month.

Calendar (Continued from Page 6)

- 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.
- 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.

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Race Results From 5Ks To Marathons

By Jenny Wilkes
LRRC Racing News Editor

Omissions: Thank you to everyone for being very patient with me while I continue to learn how to put together the race results. (I am not very good at Excel and spreadsheets.) I think I'm starting to get the hang of things, but I am not without mistakes. For example, I have consistently left Chris Ho out of the race results, and that's a shame because he's having such a great season. I also inadvertently left Brenda K. Hansen out of the Mt. Nebo results, where she ran an awesome 2:31.

On August 19th was the **Pikes Peak Marathon**. Bob Marston finished in 9:09:28, and David Meroney in 9:55:15.

On September 1st was the **ARK 5K Classic**. For the men, Brian Sieczkowski finished in 17:35, Brent Corbitt in 17:46, Charles Yeager in 18:22, David Williams in 20:03, Chris Ho in 20:41, Rodney Paine in 20:41, Mark Hamemeier in 21:08, Jacob Wells in 21:19, Jon Honeywell in 21:22, Bill Torrey in 21:27, Jeff Maher in 22:27, Brian Polansky in 22:52, Bill Crow in 24:27, Joe Milligan in 25:37, Tom Zaloudek in 27:47, Roy Hayward in 27:47, Michael Harmon in 28:33, Tim Steadman in 29:31, Ron Sanders in 31:13, and David Samuel in 32:10. For the women, Jenny Wilkes finished in 21:39, Tina Coutu in 23:07, Cymber Gieringer in 23:11, Jenny Paul in 25:04, Tino Ho in 25:43, Ginea Qualls in 26:08, Ashley Honeywell in 26:09, Mackie Buckelew in 29:55, Rosemary Rogers in 35:02, Angela Gattin in 37:46, Linda House in 48:28, and Mary Hayward in 57:25.

On September 2nd was the **Tupelo Marathon and 14.2 Mile** in Tupelo, Mississippi. A number of our members participated in these races. In the 14.2 Mile, for the women, Leah Thorvilson took first in 1:35:41, Jenny Wilkes in 1:53:39, Ashley Honeywell in 2:16:38, and Becky Humes in 2:27:34. In the marathon, for the men, Chris Ho in 3:52:20, Jacob Wells in 3:44:48, Jon Honeywell in 4:09:37, Michael Harmon in 5:47:11, and Skip Smith in 6:01:14. For the women, Jen Freilino finished in 4:14:49, Tino Ho in 4:26:33, and Trina Bright in 6:00:04.

On September 8th was the **Sarah Low Memorial 5K**. For the men, Imari Dellimore finished in first in 17:36, Chris Ho in 20:10, Jacob Wells in 20:55, Rodney Paine in 21:38, Mike Maulden in 22:02, Jeff Maher in 22:30, Brian Polansky in 22:44, Bill Crow in 24:31, Joe Milligan in 25:21, and Roy Hayward in 28:06. For the women, Cymber Gieringer finished in 22:55, Tina Coutu in 23:54, Tino Ho in 26:45, Mackie Buckelew in 32:01, Rosemary Rogers in 34:47, and Mary Hayward in 58:31.

Also on September 8th was the **Panther 5K**. Jenny Smith finished in 28:07.

On September 15th was the **Arkansas 20K**. For the men, Dan Meredith finished in 1:17:05, Brian Sieczkowski in

1:19:54, David Williams in 1:27:35, Chris Ho in 1:29:50, Jacob Wells in 1:33:37, Rodney Paine in 1:35:38, Jon Honeywell in 1:37:59, Michael Maulden in 1:38:23, E.F. Jennings in 1:39:19, David Camp in 1:40:46, Joe Cordi in 1:41:31, Tim Steadman in 1:48:25, Jeff Maher in 1:50:57, Joe Milligan in 1:58:09, Michael Harmon in 1:59:20, Kenny Worley in 2:05:56, Ryan Rainwater in 2:22:00, and David Samuel in 2:56:42. For the women, Leah Thorvilson was first in 1:17:50, Tracy Tungac in 1:22:51, Jenny Wilkes in 1:34:31, Tina Coutu in 1:38:43, Jen Freilino in 1:44:44, Cymber Gieringer in 1:51:36, Ashley Honeywell in 1:56:13, Ginea Qualls in 1:56:36, Kristen Sterba in 2:07:52, Jenny Smith in 2:13:25, Rosemary Rogers in 2:43:31, and Tamara Brown in 2:58:17.

Also on September 15th was the **Slama Bama 5K**. Bill Torrey finished in 27:57.

Also on September 15th was the **Air Force Marathon** in Dayton, Ohio. Donna Duerr finished in 5:39, and Bob Marston finished in 5:20:25.

On September 22nd was the **Hillcrest Run for Shelter 5K**. For the men, Timothy Richard finished in first in 16:34, Brent Corbitt in second in 17:17, Erik Keller in 19:32, Jon Honeywell in 20:39, Rodney Paine in 21:27, Mark Wilson in 23:19, and Skip Smith in 27:32. For the women, Jenny Paul finished in 22:46, Ashley Honeywell in 25:11, Lisa Luyet in 25:54, Kasten Searles in 40:24, and Heidi Strock in 41:01.

Also on September 22nd was the **Winslow Half Marathon**. Greg Massanelli finished in 1:46:27.

On September 23rd was the **Omaha Marathon** in Omaha, Nebraska. David Meroney finished in 4:40:17.

Also on September 23rd was the **Quad Cities Marathon** in Moline, Illinois. Jacob Wells finished in 3:22:27.

As always, if I have made a mistake or left something out, please e-mail me at jenny.wilkes.llm@gmail.com.

Why (Continued from Page 1)

mental sport so you must be ready to get your mental game in check and re-evaluate why you run so you don't quit running. I am a runner, I love competing, I love my community, and I love the friends I have found through running. Running makes me strong, and running makes me confident. I run because it makes me whole and brings me to my knees and makes me humble. So I ask you this í Why Do You Run?

Jenny Brod And Stacy Shaver Are Ultra Focused

By Jenny Wilkes
LRRR Racing News Editor

At our Club meeting on September 17, **Robert “PoDog” Vogler** and **Paul Turner** (øP.T.ø) spoke to us about running the Leadville Trail 100 Mile Run and PoDogø experience running the Grand Slam of Ultrarunning. For those who missed the meeting, the Slam consists of finishing four 100 mile ultra races all within a period of months: Western States 100 Mile Endurance Run, Vermont 100 Mile Endurance Run, Leadville, and Wasatch Front 100 Mile Endurance Run. Needless to say, this is quite an amazing accomplishment that requires some serious dedication.

Our Club generally focuses on road running ø we are, after all, the øRoadrunnersø ø but a number of our members are branching out into the ultra trail marathons and have been doing so for some time. Because of this, and as a way of highlighting both PoDogø and P.T.ø achievements off the road, I decided to focus this monthø article on the ultra. For PoDog, the main reason to run an ultra is to have fun, and if you know P.T., you know that heø generally having fun. Both of them had great things to say about the Arkansas Traveler 100, which this year is held on October 6, 2012. Two of our lovely members, **Jenny Brod** and **Stacey Shaver**, are running the AT100 this year, and I asked them a few questions about their training, what they thought of the upcoming race, and what sort of tips they have for anyone interested in running the AT100.

Jenny Brod

Describe your training.

I have changed my training up this year just a little bit. I am actually doing less mileage because I now also attend a boot camp twice per week and that has really helped my strength. I think this will really help me in the last miles of the race. My high mileage weeks are only around 65 miles but most weeks I am around 55-60. I try to get regular massages and make regular trips to the chiropractor as well as fit in some yoga once per week. I think stretching is very important.

What made you decide to do the AT100 this year?

This will be my third year to run the AT 100 so it really wasnø much of a decision. I just knew after last year that I wanted to do it again. It is such an amazing experience and itø something I look forward to all year. However, I think I will take a break after this year. Itø a lot of time and training and not much sleep. Iø ready to go back to marathon training. Itø a little more manageable.

Is this your first attempt to run the AT100?

No, this will be my third time to run the AT100.

Who has been an inspiration to you or who has been a big help during your training?

Jack Evans and Harold Hays have been my biggest inspirations. I canø thank them enough for getting me into the

crazy world of ultra running or for the help they have been through my training and on race day. John Russell has also been a huge help on race day. This will be his third year to be a part of my crew. As far as inspirations during my training, there are too many to name. Stacey Shaver has been my biggest training partner and we really help encourage each other but there are so many others that have been a source of advice and encouragement for me along the way. I am truly blessed to have so many people that love and support me in my racing. Thatø what runners do, we make each other better.

What has been the toughest part about preparing/training?

The time it takes to get in what you need to finish the race.

What you are expecting in the race?

I am expecting and hoping it will be like the last two years I ran it. I enjoyed almost every moment, had a great race and accomplished my goal. I hope the saying: øThird timeø a charmø is true because I have set some higher goals and expectations for myself.

What you are dreading in the race?

Nothing! I know I can complete the distance so I just have to hope the weather cooperates and I do not get any physical injuries and Iø good to go. I hope I donø sound too confident. I just donø want to put any negative thoughts in my head before race day.

Who are your crew members in the race?

Harold Hays, Jack Evans, John Russell and Crystal Goodman

Do you have any tricks to keep you going mentally during your long runs?

I listen to music and sing along and pretend Iø dancing in my head. I also talk to God a lot. Heø a good listener.

Any suggestions to someone who might want to start training for these types of distances?

Donø overdo it. Realize that it will take time but you can complete the race if you run smart. As in any race, start out slow. You have 100 miles so going out too fast can really hurt you. Also, listen to those who have done it before. They are the best ones to tell you what works and can give you the best advice. In the end, what works for you may not be what worked best for someone else but you have to be willing to try new things. And as a personal note for you Jenny W ø you will have NO problem finishing the 100 miler. You are a beast!

Ultra Focused (Continued from Page 4)

Are there certain foods that you eat during training and the race?

During training I pretty much try an array of different things. For the longer runs in the woods, I need more than just gels. I like stinger waffles, Clif Shot Blocks and Peanut butter crackers. I would be willing to try anything. I am very lucky to say that I am not one to have a lot of stomach issues so I will eat whatever is available on the training runs. Race day is a little different. Race day I eat whatever I am hungry for because they have such an array of food at the aid stations. I try and stay away from sweets as much as possible. I eat lots of fruit and usually they have mini sandwiches. I eat boiled potatoes. At night I really enjoy chicken noodle soup and grilled cheese. The chicken noodle soup is what I look forward to the most, especially if it gets chilly. I will also drink sodas such as Mountain Dew for the caffeine.

What sort of gear do you have for a race like this?

Let me see if basic running clothes, iPod, stopwatch (I won't wear a Garmin because it won't last that long and I don't want to know my distance every step of the way for 100 miles), water bottles, electrolyte tablets, toilet paper and a visor or hat. Those are the things I carry with me. The past two years I have worn a camelback during the race but this year I want to go a little lighter and carry handheld water bottles. That is how I have been training. As far as the gear that is included in my plastic totes that my crew carries around, that's a whole other article. Let me just say that you can't be too prepared.

How does this training compare to training for a marathon or other long race?

One of the main differences is that it benefits you to train on the actual AT 100 course which means a longer drive to get there. Also, there is no rest on Sundays. You need to be running another long run or at least mid-long run on Sundays too.

What are you looking forward to after you finish?

To enjoy the awards ceremony and the satisfaction of knowing I just ran 100 miles and getting to see everyone else that finishes accomplish a huge goal.

Stacey Shaver

One hundred miles is a crazy distance. No doubt about that. Many of my family and friends think I should be committed. So why am I participating in this event if even I think that it is crazy? I suppose it has a lot to do with my stubborn side and my love of a good challenge. You will see that I am cursed with the stubborn gene. Always have been and always will be. It is part of my DNA. Part of what makes me, me, for better or worse. In 2010 I crewed at the AT100 for Steven Preston. It was so inspiring to be out in the forest in the middle of the night watching these persistent runners coming through the aid station fatigued and each with different aches and pains yet determined

to continue. To hear about the ones who had to drop yet gave everything they had to make it as far as they did was maybe even more inspiring to me than the ones who made it to the finish. The finish line was indeed amazing to see. Every runner crossed with a grin you couldn't knock off if you tried. Many cried, both runners and spectators. I witnessed great passion! I decided then and there that I was going to be toeing the line the following year.

Toe the line I did. I trained hard by running several two-a-days and racking up 75 miles a week. My peak mileage was 90 miles. I was ready. I had this ultra running thing down. I had done my homework, or so I thought. Below the stars, I nervously wished other runners good luck. No one knew which of us would fall victim during the odyssey that lay ahead. AT100 is a tough course and many of us simply wouldn't make it to the finish line. Yet I didn't dream that I would be one to drop. I figured my stubbornness has always pulled me through even the toughest of events and if worse came to worse it would get me through this event too. I was fully prepared to walk or crawl to that finish line if I had to. It was that stubbornness, however, that pulled me down instead of pulling me through.

As the sun began to rise over the Ouachita Forest we began our journey and the run was going so great. I had the good company of my friends, visited with some new people along the way, and was feeling amazing. My crew helped me with equipment, nutrition and other needs. Volunteers were amazing and made every aid station feel like you were visiting a party. Even going through the Powerline aid station at mile 70 I could not believe how good I was feeling. I had my night gear and was excited about the final stages of the journey. Well, that good feeling and excitement left me somewhere between mile 70 and mile 84 where I had to drop. For several miles I felt like I was going to pass out. I felt myself slipping out of consciousness while I was walking. I was certain I would wind up face down in the ditch at any moment. I got to the Winona aid station and honestly cannot remember much of anything from that point to waking up with an IV in my arm. I have a large span of time that I have absolutely no memory of. Friends have had to fill in the gaps such as how it is that I woke up in different clothes. I sure don't remember changing. I know now where I went wrong. I made two major mistakes. First, I second-guessed my plan for sodium intake. My second mistake was in not having a nutritional plan at all. That is correct, none! I ate what I wanted when I wanted but I didn't consider the number of calories I was going to need per hour. I was feeling so good that I started barreling through the aid stations without grabbing much of anything to eat. Truth be told it was hearing they did you know you are the first place female as I came into Powerline aid station that spurred on my good feeling and motivation to continue moving at a good clip without regard to food or water. I really wish I could go back in time, knock some sense into that girl, and

The Trailbird's Report

By Steven Preston

You may not notice it by the 2011 results of the Arkansas Traveller 100 but Jenny Brod and Stacey Shaver-Matson are set to duke it out for the title of top female finisher of the 2012 Traveller, which starts at 6 a.m. on October 6th. These training partners were neck and neck going through the Club Flamingo aid station (mile 76.4) with Jenny having only a 13 minute lead at that point. This was Stacey's first venture into 100-mile races. Jenny had placed third at the 2010 AT100, which was her first attempt at the 100-miler. So, what's to say that Stacey couldn't pull off the unthinkable and take first in her first 100-miler?

However, Stacey's run for the gold was not to be in 2011. Jenny continued through Club Flamingo at a consistent pace to take first overall female in 21 hours and 46 minutes. At the same time Stacey was beginning to suffer the effects of many hours of running without proper nutritional replenishment. By the time she made it to the Lake Winona aid station (mile 83.9) her body was starved to the point that she began to lose comprehension of where she was and even what was going on around her. Not to go too much further into the details, Stacey was forced to bow out of the 2011 AT100.

After another summer of training with Jenny, both are ready and looking forward to toeing the line of the 2012 AT100. For Jenny, she looks to repeat as the first overall female. For Stacey, she hopes that last year's experience and her nutritional training over the past year will help guide her to her first 100-miler finish. From all the Birds, we wish both women safe running and light feet.

If you are interested in viewing these Roadrunners along the AT100 course, the best spots are the start line (6 a.m. Saturday), Lake Sylvia outbound (about 8:30 - 10:30 a.m. Saturday), and the finish line (leaders will begin to arrive about midnight Saturday). Participants have a 30 hour cut-off. For information please visit <http://www.runarkansas.com/AT100.htm>. A course map can be found at http://www.runarkansas.com/AT100Info_CourseMap2.htm.

Calendar (Continued from Page 7)

- 27: Rebuilding Together NWA Halloween 5K at Roger. Call 479-277-0864.
- 27: CASA Champs for Children 5K at DeWitt. Call 870-946-5672.
- 27: Check'd Out 5K at Lincoln. Call 479-236-6087.
- 28: Fit for Missions 5K at Van Buren. Call 479-474-1271.
- 28: Styx n' Stones Trail 30K/15K at West Fork. Call 615-568-0033.

November

- 3: Peace, Love 5K at Jacksonville. Call 501-944-0713.
- 3: Positive Pace 5K at Waldron. Call 479-637-3218.
- 3: Duct Dash 5K at Little Rock. Call 501-952-3711.
- 10: Veteran's 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: World's 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.
- 17: Spa 10K at Hot Springs. (GPS) Call 501-282-5617.

New Member

By Sarah Olney
Membership Chairman

Sarah Cullen has been running for five years and her favorite distances are 5K and half marathons. She is a lawyer and believes running provides a good contrast to her desk work life. She runs 5-10 miles during the week at 10 minute mile pace and also enjoys dancing and cross-fit.

Ultra (Continued from Page 5)

tell her "Stick with the Plan!" That plan being don't worry about what time I finish the race; just finish it. Like AT100 Race Director Chrissy Ferguson says, "Finishing is winning." Heck, she even wrote it on my bib but I was too stubborn to pay attention.

This year I have worked on eating more solid food during my long runs and taking my S-Caps (sodium capsules) every hour without fail. My weekly mileage has been about the same as last year with 100 miles being my peak. I think my biggest obstacle this year will be to control my horses. In yoga they talk about our body as the chariot, our mind the charioteer, and our desires are our horses. Last year I allowed my horses to run wild; I cannot let my horses get out of control this time. The desire is to simply finish. If I can do that in 24 hours I will be tickled, but I will be equally happy even if it takes me the full allotted 30 hours.

So this year I am back to toe the line with Chrissy's words of wisdom tattooed on my brain. Stick to the plan so I can finish because finishing is winning!

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. The LRRRC 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

October 2012

- 6: Greyhound 5K at West Memphis. Call 901-626-4088.
- 6: Race to Minneapolis 5K at Little Rock. Call 501-231-3730.
- 6: GoLiteracy 5K at Bentonville. Call 479-273-3486.
- 6: Arkansas Marathon/10K at Booneville. Call 479-675-2666.
- 6: Micah Rine Wildcat Legacy 5K at Searcy. Call 501-230-3997.
- 6: Angel One Home Run 5K at Little Rock. Call 501-230-9276.
- 6: Goshen Gallop 5K/10K. Call 479-236-7258.
- 6: One Heart for Justice Half Marathon/5K at Siloam Springs. Call 479-236-7258.
- 6: Paint Downtown Pink 5K at Ft. Smith. Call 479-650-0766.
- 6: Fall Fest 5K at Fairfield Bay. Call 501-884-7777.
- 6: Bismarck BBQ Bash XC 5K. Call 501-865-4543.
- 6: Sacred Heart Catholic School 5K/1K at Morrilton. Call 501-208-1083.
- 6: Run for Your Lives 5K at Pottsville. Call 479-857-5054.
- 6: Prospect Bluff Days 5K at Judsonia. Call 501-454-3509.
- 6: Designer Genes 5K at Rogers. Call 501-242-1929.
- 6: Run for Eagle 5K at Harrison. Call 870-688-0254.
- 6: Relay for Life 5K at Paris. Call 479-438-0414.
- 6-7: Arkansas Traveller 100 mile at Lake Sylvia near Perryville. Call 501-803-9411.
- 13: Chile Pepper XC 10K at Fayetteville. (GPS-SC)
- 13: Operation Christmas Child 10K/5K at El Dorado. Call 870-862-4264.
- 13: John Brewster Memorial 5K at Scranton. Call 479-774-9186.
- 13: FSM 5K for Cancer Awareness at Cabot. Call 501-843-5291.
- 13: One Step 5K/1M at Little Rock. Call 501-407-9707.
- 13: Men for Mammaries 5K at Conway. Call 501-514-0237.
- 13: Hometown Crawfordsville 5K. Call 870-494-5947.
- 13: Paws on the Pavement Run Wild 5K at Little Rock. Call 501-231.3730.
- 13: Red Dog Run 5K at Springdale. Call 479-283-1995.
- 13: Wiggins Cabin 5K at Crossett. Call 870-510-5168.
- 13: Life Is Good 5K at Wynne. Call 870-238-4610.
- 13: Columbus Day Patriotism 5K at Little Rock. Call 960-4492.
- 13: Run with the Hounds 5K at Marmaduke. Call 870-240-5696.
- 13: Fouke 5K. Call 903-280-0948.
- 13: Minerø Day 5K at Cushman. Call 870-834-9383.
- 20: SurvivorøChallenge 5K/10K at Fort Smith. (GPS) Call 479-442-4181.
- 20: Race Judicata 5K at Fayetteville. Call 800-967-9224, ext. 4317.
- 20: Cossatot River Trail Half Marathon at Wickes. Call 479-216-3105.
- 20: Fall Festival 5K Pumpkin Run at Magnolia. Call 870-234-8500.
- 20: Lizard Creek 5K at Judsonia. Call 501-388-1852.
- 20: Race for the Cure at Little Rock. Call 501-203-4399.
- 23: Lend-A-Hand 5K/1M at Mountain Home. Call 870-508-1770.
- 27: Soaring Wings Half Marathon at Conway. (GPS-SC) Call 501-849-2253.
- 27: Down & Dirty 5K/Clean & Green 1M at Fayetteville. Call 615-944-0359.
- 27: Pioneer Wilderness Challenge 5K at Harrison. Call 870-391-3225.
- 27: Mud Run 5K at Little Rock. Call 501-371-4639.
- 27: Harvest Run 5K at Leachville. Call 870-240-5696.
- 27: Downtown Fall Festival 5K/1K at Russellville. Call 479-264-5239.

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.

- 1 - Gail Northcutt
- 1 - Jonathan Caudle
- 3 - Betty Preston
- 3 - Randy Alberius
- 4 - Dustin Neff
- 4 - Jeff Maher
- 4 - Lauri Rottmayer
- 7 - Bonita Samuel
- 9 - Yao Kondo
- 9 - Wendy Lair
- 10 - Jeff Hough
- 12 - Shellie Thompson
- 13 - Rosemary Rogers
- 14 - Paul Latleur
- 14 - Kevin Golden
- 15 - Matt Spencer
- 15 - Laurie Steinberg
- 16 - Becky Spohn
- 17 - Debra Gore
- 18 - Roger Thompson
- 20 - Mike Carter
- 22 - Sandy Cordi
- 25 - Courtney Powell
- 25 - Dan Belanger
- 26 - Heidi Strock
- 27 - Matt Barker
- 28 - Craig Weatherly
- 29 - Bill Hoffman
- 29 - Eileen Turan
- 29 - Bob Marston
- 30 - Deb Baldrige
- 30 - Imari Dellimore
- 31 - Lisa Alberius
- 31 - Mike Holland

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