

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2012

First Pike's Peak Finish: "Happy, Relieved, Proud"

(Editor's note: President Becky Humes is still recovering from a broken arm that has made typing very difficult. She asked David Meroney, State RRCA representative, to fill in for her this month by telling of his adventures at the Pike's Peak Marathon.)

By David Meroney

On August 19, 2012, I completed the Pike's Peak Marathon. That's such a simple statement that encompasses so much to me personally.

Pike's Peak has fascinated me since the sixth grade. That was the year that my best friend since I was four years old moved from my hometown of Pine Bluff to Colorado Springs. He and I talked often about the move, what he would see when he got there, and how he and I would stay in touch. He told me of this incredible mountain that loomed over Colorado Springs and I immediately read all about it. Over the years I've been able to visit him a few times. I remember the first time looking up west of the city to see Pikes Peak; it was shrouded in clouds and I couldn't quite make out what was cloud and what was mountain; soon I discovered what I was seeing was mostly mountain & a massive rock bigger and higher than I ever imagined. During trips to Colorado Springs, Pikes Peak was my touchstone.

The year that my friend got married, I drove out there for the wedding. This is the time that I finally got to drive up to the top. The morning after the relatively tame bachelor party, I woke up early and found my way to the toll way and up the mountain. The trip to the top was inspiring and magical; I guess I had envisioned some sort of steep, straight up

the side roadway; instead I was treated to winding road through aspen and pine trees, by pristine mountain lakes, and past a constant array of scenic views. Above tree line the landscape changes and becomes otherworldly & I've heard it described as a Martian landscape with scattered rocks and boulders with no vegetation; there is some vegetation but it's not apparent when driving by. The top was colder than I imagined and the view was almost overwhelming. I could see for dozens of miles in each direction and it's even possible to make out distant cities like Denver. Looking out on the nearby mountains and the plains to the east, it feels like sitting on top of the world.

In 2003 I first learned that there was an event called the Pike's Peak Marathon; sadly, before I got into running in late 2007, I was very much uninformed about endurance events except for the most famous ones. At that moment, I decided that one day I would do the Pike's Peak Marathon and this year I finally made it happen. I've wanted to do this for a long time.

My big goal was getting to run this amazing event and hopefully to get a finisher's medal & if you saw me the day after the race, you got to see it as I was proudly sporting it everywhere I went. I am more proud of my PPM medal than any other medal except for maybe my first marathon, Little Rock 2008.

Runners and non-runners alike always ask the same question when they heard I was training for the Pike's Peak Marathon: How do you train for that altitude? With just my first PPM accomplished, I'm certainly no expert. But I think you just train as well as possible and go out there to do your best.

Obviously there is nothing in Arkansas that can directly prepare a runner for Pike's Peak. But we do have hills and we have high humidity which according to some can make breathing almost as difficult as what is experienced above tree line. Also, it helps to train with friends as well as going with them to the race; I couldn't have done this without the support from Christine, John, John, Lacey, Zac, Emon, Patre, Kayce, Greg, Bob, Lauren, Michael, Josh, Brian, and many others.

The race starts in the little town of Manitou Springs which is a touristy and relaxed community west of Colorado Springs; the start line is roughly in the middle of town. The first mile+/- of the race is on city streets which is just about the only part going up that is runnable; soon runners get to Barr Trail and there are a few sections in the middle miles that can be run for short bursts. Otherwise, it's a long hike up the mountain. Of course, I'm talking about my experience; those superhumans in the front of the pack run all the way up!

Any marathon training schedule is an optimistic plan that is often interrupted by expected and unexpected

(See Pike's Peak on Page 5)

September Meeting

**Monday, September 17, 2012
5:30 p.m. fun run
from the Capital Hotel**

**Capital Hotel Ballroom
6 p.m. snacks and drinks
6:30 p.m. speakers
PoDog Vogler and Paul Turner**



There is a saying that you can't always control your circumstances and what happens to you, but what you can control is how you react. Equally profound, but not so old, since I made it up yesterday, is that, "Life does not have a rewind button." Similar to the snappy comeback we often think of a moment too late, sometimes our behavior works in reverse as we think too late of what not to have said or done. We can rewind in our heads and see ourselves as the person we wish we had been. Nothing will undo what is done (except on "live" television and the 10 second delay, thanks to Axel Rose at the MTV Music Awards). All we can do is apologize and atone for the behavior, if possible, and then learn from our mistakes and move on.

I have a personal policy not to publicly criticize a race/race director/race volunteers. I didn't say it was always a successful policy. The additional caveat before was also, "until you have directed one yourself." Having never thought that would happen, I feel that way even more, knowing now how hard it really is. This all sounds great while you daydream about how much fun races are and how great race directors and race volunteers are.

But, then life fast forwards from the calmness of the pre-race ambiance to apocalyptic weather conditions. Missing volunteers, blown away barricades, or who knows what leads to most of the front of the pack running wildly in circles for the last half mile, some quitting, some finishing in much less than the race distance, all frustrated and bewildered. In an instant of indiscretion, words are said and emotions are expressed that break all personal rules. In the aftermath, as you stand watching the unused bounce houses deflated because of the thunderstorm that made the race a thrilling adventure for a while, you hear that the kids' race has been cancelled and remember the race proceeds go towards orphan relief. There is also a child in a wheelchair watching the race. Here is where the recording in your head goes back to that angry sprint to the finish line where you wish you had laughed it off. Next time!

Best Kept Secret of the Month: Few people find even one exercise they love. Runners run for all the reasons there are to love it, besides the health benefits, and are just very lucky that it happens to be the best exercise, as well. My friends joke that if running made us fat, we would still do it. Actually, that might even be the case, as we tend to overindulge in our eating because we think we have earned it, we are just so hungry from our training, or eating was just an addiction that even running couldn't replace.

One day, everything changed for me while watching my daughter play. Having failed miserably in only a handful of previous attempts over my life span, suddenly it clicked and I realized I could hula hoop. Off and on, we did it for a year, even learning tricks and putting on shows for each other and the family. Then one night, I did a Google search on "hula hooping for exercise" and there it was - over a million hits - websites from Oprah to Livestrong with articles praising the benefits, along with numerous YouTube videos with beginner to advanced workouts (which looked like "well, child's play").

I have finally found that one other thing to do to enhance my health and running. We'll see if it works. I don't mind letting all my best friends in on this secret. I'll keep them in the car and give post-race lessons.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, POBox 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month's issue. Send articles to Linda House, Editor, at lhouse48@gmail.com

Board Members

Becky Humes	President	940-6619
Nicholas Norfolk	President-Elect	517-7345
Jenny Wilkes	Secretary	870-535-9000
Jeff Maher	Treasurer	680-6710
Steven Preston	Past President	626-0049
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

Paws on the Pavement: New Location, New Date, Same Old Good Fun and Good Cause

By Paul Ward

The Paws on the Pavement 5K race and 1K family fun run/walk has been held by Murray Park during early summer since its inception over ten years ago. This year everything is changed. The new date is Saturday, October 13. The new location is west Little Rock, specifically the Wildwood Park for the Arts. The chip-timed 5K race is point-to-point, starting at the Promenade on Chenal and ending in Wildwood Park. This race starts at 8 a.m. The *Paws on the Path* family fun run/walk is all on Wildwood Park trails. Pets and children (both on leashes?) are welcome in the latter event. Our Bill Torrey is race director.

Awards in the 5K will go to overall finishers and in five-year age groups. Water, chocolate milk, fruit, and brats (the food, not misbehaving children) will be available to finishers.

The 5K registration is \$25, but if you get a group of four or more, it is \$20. The 1K event is \$20, and likewise you can save \$5 if you register with a group of four or more. You can register online after clicking on the event from the home page of CARE, the Central Arkansas Rescue Effort for Animals at www.careforanimals.org. Look for the *Special Events* tab at the top. Go! Running is generously offering packet pickup. Thank you, Gary and Erin Taylor!

The proceeds from the race benefit both CARE and Wildwood. This is their first collaborative event. CARE has a multifaceted mission: rescuing animals destined for death in local animal shelters and placing them with foster families and eventually in forever families; regular spay/neuter clinics offering free or low-cost pet sterilization for low income owners; and *Paws in the Prison*, a new program where rescue dogs live with Arkansas prison inmates who train them for eventual adoption. This last program benefits both the animals and the inmates. Wildwood Park for the Arts is a developing botanical garden and center for the arts located in Chenal Valley in west Little Rock. Its mission is to challenge the intellect, engage the imagination, and celebrate the human spirit through encounters with nature and a full spectrum of the cultural arts. CARE and Wildwood thought a collaborative event would be a good way to introduce runners, walkers, and dog lovers to the beautiful grounds and trails at Wildwood, while raising awareness about the importance of animal rescue and spay/neuter in our community. Full disclosure: my lovely wife is the president of CARE. But I have run the 5K before we met and volunteered at it after we met. It is a fun event.

Participants in either event will get free admission to the Wildwood Harvest festival that weekend, described as two fun-filled days of music, refreshments, and family-friendly activities. As in the past, the Paws on the Pavement also features activities and vendors for animals and children. Promenade merchants are donating coupons which, with L'Oréal makeup, will be in your race goodie bag. So you can save money and look good if you do any post-race shopping. Trolleys will run all day between the Promenade and Wildwood. You can park at the Promenade, run

the 5K, and catch the trolley back to your car whenever you want.

The 5K and 1K events are preceded by *Paws in the Vineyard*. This is the third iteration of this enological evaluation event. Participants will enjoy fine food and wine amidst beautiful surroundings in a local home. This event is Thursday, October 11. Learn more and order tickets from the link at the CARE homepage.

See you there on October 13!

New Members

By Sarah Olney
Membership Chairman

Lindsay Petruk is a fitness instructor at the Little Rock Racquet Club. She loves races with a cause with her favorite being the Race for the Cure with a PR of 20:02 in 2011. She also cycles, weight lifts, kayaks, boxes and plans to learn a martial art during the winter.

Lindy Landreaux has been running off and on for 20 years. She enjoys the ½ marathon distance with a PR of 2:45 and is also interested in training for another marathon. She also enjoys fly fishing, reading, and traveling.

William Fletcher is the Chief Operating Officer for Kinco Constructors. He started running again 3 years ago and runs 21-25 miles per week. His favorite race distance is the ½ marathon and 5Ks with PRs of 1:57 and 23:50, respectively. He also enjoys biking and hunting.

Phil Frederic has been running for 43 years. He prefers the shorter distances and enjoys short distance speed training. He is a Choral Music Director with interests in music, business, and parenting.

Charles Yeager moved to Little Rock six months ago but has been running for ten years. He is a videographer and editor and enjoys making films and sports videos. He ran the 800 and 1600 in college with PRs of 1:56 and 4:18, respectively. He runs 20-40 miles per week at 7 minute pace per mile.

Cyber Gieringer has been running for 27 years. She prefers the shorter races with the Go! Mile as her favorite and also enjoys both 2 mile races. She has a PR of 6:25 for the mile and 14:14 for the two mile race. Her husband, Joey, is the race director for the CASA Half Marathon in Pine Bluff, which will be held on December 8. She is the Deputy prosecuting attorney in Jefferson County and is involved in the Junior League of Pine Bluff.

Tracy Tungac, Hogeye Marathon Teammate and Firecracker 5K First Female; Other Race Results

By Jenny Wilkes
LRRR Racing News Editor

This month I am more than happy to interview my fellow Hottie McHot Pants teammate and overall awesome person **Tracy Tungac**. Tracy recently finished first overall female in the Firecracker 5K, which drew over 1,200 runners, and was a stellar anchor on our Hogeye Marathon Relay team. Tracy is also a personal inspiration for me, both for her speed and her dedication to training for the Little Rock Marathon. A stomach bug might have sidetracked her sub-three hour finish this year, but I know she'll be working very hard to break it in 2013.

What was it like finishing first overall female in the Firecracker 5K?

It was very exciting! I knew going in to it that there wouldn't be the regular competition, with Leah being injured and the Fayetteville girls not coming down, so I was hoping for top three. With a race like that, you just never know who may show up! When I got to the last hill by the zoo, it hit me: I may actually win this thing. It was a great feeling, and I have to thank Bill Torrey and Leah Thorvilson for giving me some pointers before the race, it was a big help.

Other than that finish, what is your most memorable race experience?

The Little Rock Marathon 2010 when Onat proposed to me at the finish line! I did not have a good race; I cramped up and was a lot slower than I was hoping. Coming in to the finish I saw Onat squatting down right behind the finish line, at that point I was delirious and wondering what the heck he was doing. The first thing that came to my mind was, oh, he's taking pictures, ha ha. Little did I know that wasn't a camera in his hand, but a little box with a ring in it. I will never forget that day, and how he turned a bad race in to the best day ever!

What has been your favorite race?

That's a tough one. There are so many great races in this area, but if I had to pick one I would say the Disney Marathon. I ran it last year. There was so much to see and so many great people there, it made the race that much more exciting. There is nothing like having Peter Pan cheer for you half way through the race!

When did you get into running?

When I was 12 years old I decided I wanted to run track. I enjoy sports, but honestly I'm not very coordinated! So I joined the cross country team to get in shape for track season and I fell in love with distance running.

What is your favorite race distance?

Hmm, I would have to go with 15K to half marathon. As much as I love the marathon, it has been tough on me!

What is your least favorite race distance?

I don't really have a least favorite. I think I'm better at longer distances but it's nice to get in a fast 5K here and there.

Are you gearing up for any races in the future?

As of right now I plan to run a few more of the grand prix races: the 20K, Soaring Wings and Midsouth, then, of course, Little Rock in March. I am determined to break three hours on that course!

Who has been your biggest running inspiration and why?

I would have to say my biggest running inspiration has been my friend Becki Michael. We ran together in high school and her goal was to make it to the Olympics in the mile. When she got to college her coach had to break it to her that she was just not mile material. She went on to run the longer distances and is now running a 2:40 marathon. When I go out to run 20 miles by myself and it starts to get hard, I think about her and how hard she has worked to get where she is now. She inspires me to be a better runner. She made it to the 2012 Olympic Trials; I hope to see her make it to them in 2016.

Now for some race results.

First of all, my apologies to David Meroney and Nick Norfolk for leaving out their times from the **Midnight 50K**. David finished in 7:31:55 and Nick finished in 7:31:55. Way to go guys!

On **July 28th** was the **Dam Night Run 5K**. For the women, Ginea Qualls finished in 25:52, and Jenny Smith in 28:39.

Also on **July 28th** was the **Ding Dong Days 5K**. Leah Thorvilson finished in 18:03.

On **August 4th** was the **White River 4M Classic**. For the men, Bill Simpson finished in 24:17, Ricky Martinez in 26:23, Bill Torrey in 28:05, Jacob Wells in 28:34, Tim Steadman in 28:55, Clay McDaniel in 29:59, Rodney Paine in 30:03, Brian Polansky in 30:39, Mike Maulden in 31:06, Bill Crow in 33:00, Joe Milligan in 34:44, Roy Hayward in 37:58, and David Samuel in 44:26. For the women, Jenny Wilkes finished in 27:39, Sarah Olney in 29:46, Robyn Thornton in 30:18, Mary Wells in 32:53, Tina Ho in 34:24, Ginea Qualls in 36:29, Mackie Buckelew in 40:08, Rosemary Rogers in 46:30, and Mary Hayward in 1:18:20.

On **August 11th** was the **Watermelon 5K**. For the men, Dan Meredith finished in 17:12, Brian Sieczkowski in 17:24, Bill Simpson in 17:42, Brent Corbitt in 17:55, Jacob Wells in 20:42, Rodney Paine in 20:53, Brian Polansky in 22:24, Bill Crow in 23:29, Joe Milligan in 24:50, Michael Harmon in 27:59, and David Samuel in 30:44. For the women, Leah Thorvilson finished in 17:37,

Pike's Peak (Continued from Page 1)

events as well as injuries and illness. I got in a good deal of training prior to the PPM but worried that I didn't have enough. To compound matters, I got a little head and chest cold a week before the PPM and frantically took medicine and did what I could to ward it off. I ran the marathon with a slight cough.

Being #12 for me, I guess I'm a bit of a marathon veteran. The scene at the start of the race was no different from other races. It's a small race with a max of 800 registrants. Everyone is hanging out near the start but not crowding the line; instead, that's where the group pictures are happening right under the big Pike's Peak Marathon banner over the street. I got in on the Arkansas runners and Marathon Maniac (#3431) group pictures. In fact, Arkansas has a long proud heritage with the Pike's Peak Marathon; over the years Arkansas has sent many people and there were years with over 100 of the runners hailing from Arkansas. Along with most of the Arkansans I wore an Arkansas Pikes Peak Marathon Team shirt; throughout the day I was either called by my name (on the bib) or just called "Arkansas." Runners are just a friendly bunch of people and everyone I saw on the mountain was super friendly with the exception of maybe one person.

Other than my race shirt, I wore tech shorts, long socks that have "Beer" stitched up the sides, trail gaiters, trail Asics, and a 2012 White River Four-Mile Classic tech hat (thanks, Nicholas!). I carried a running jacket with gloves in the pockets and a 70 oz. CamelBak pack not quite filled with water. In the pack I had ear muffs, Gu, Stinger Waffles, and a few other ICE items. It turns out that I never needed the cold weather gear as it was a sunny, clear day and the summit was just not cold to me. The volunteers standing around at the top were wearing big coats and gloves but for most of us hiking to the top, jackets weren't needed. I don't know the exact temps but the start was around 70 degrees, the summit was in the 30s, and it was maybe 90 when I finished.

I'd like to say that I dominated by storming up and down the mountain. The truth is that I made it to the finish within the allowed time but I used up just about all that I was given. There are three cutoff points: Barr Camp, A-Frame which is a shelter on the trail at tree line, and the summit; runners must get to the finish line within 10 hours to get a medal and a finisher's shirt. Besides my marginal training, one thing that slowed me down was my phone. I just didn't want to miss taking pictures of the sights and sharing them on Facebook; my friends on FB got to see a few of my pics while I was on the course. At the top of the mountain I really took my time; I wish I hadn't waited so long to really get moving again because I nearly ran out of time. Going up the trail, especially the last two miles is just such a struggle with each step taking effort. I tried to speed up a couple times but I felt my heart rate speed out of control so I had to slow back down and just try to keep a steady pace. Once I reached the summit and turned around, it was like someone took a huge weight off my shoulders; the problem was that I was enjoying the view too much and the relief of going downhill that I didn't push myself till it was almost too late.

Going downhill was much more fun than uphill for me. Not only was the trail much less crowded since I had taken so much time, but it was almost no effort to just keep going downhill. I kept up a trot pace with about a 14:00/mile speed until I reach an aid station that was about five and a half miles left. A guy sitting in a camp chair looked up at me and said, "You have 5.5 miles and 53 minutes left; you do the math." His warning was meant for me to either get my butt in gear or give it up; I stepped up the pace to see if I could do it. I had been on my feet for nine hours and seven minutes by that point and it didn't feel like I had any speed left, but I was able to stretch out my steps and got up to about a 10:00/mile pace. Every mile is marked on the trail and I made it to the five miles remaining sign with 49 minutes left. I knew that 10:00 miles weren't going to quite cut it so I kept

(See Pike's Peak on Page 6)

Race Results (Continued from Page 4)

Lindsay Petruk in 20:06, Jenny Wilkes in 20:38, Becky Humes in 23:53, Tina Ho in 24:38, and Mackie Buckelew in 29:00.

On **August 18th** was the **LRRC Olympic Track Meet**. In the 1500 Meter, Brian Sieczkowski finished in 4:53, Ricky Martinez in 5:11, Sarah Olney in 6:08, Brian Polansky in 6:11, and Bill Torrey in 6:15. In the 800 Meter, Dan Meredith finished in 2:15 and Bill Torrey in 3:15. In the 400 Meter, Ricky Martinez finished in 57.3, Brian Sieczkowski in 1:01.6, Dan Meredith in 1:01.8, Michael Harmon in 1:19.5, and Bill Torrey in 1:33.4. In the 200 Meter, Dan Meredith finished in 28.89 and Michael Harmon in 34.15. In the 100 Meter, Ricky Martinez finished in 12.16, Brian Sieczkowski in 13.36, and Michael Harmon in 15.09. In the Long Jump, Ricky Martinez jumped 16'0", Brian Sieczkowski jumped 13'6", and Michael Harmon jumped 8'9". In the Shot Put, Ricky Martinez threw 34'0", and Brian Sieczkowski threw 30'6". In the Pentathlon, Ricky Martinez scored 490 points and Brian Sieczkowski scored 460 points.

Also on **August 18th** was the **Valley Fest 5K**. For the women, Susan Irwin finished in 25:15 and Susan Russell in 38:13.

On **August 25th** was the **Rollin' on the River 5K**. For the men, congrats to Dan Meredith for finishing first in 17:38, Gary Taylor in 17:56, Brian Jones in 18:23, William Diamond in 19:59, Greg Massanelli in 21:27, Rodney Paine in 22:04, Joe Cordi in 22:51, and Jacob Wells in 23:20. For the women, Leah Thorvilson finished in 18:02, Shelli Chupik in 24:34, Kristen Sterba in 27:57, Jenny Smith in 30:15, and Jennifer Paul in 49:52.

Also on **August 25th** was the **Mount Nebo Trails Run**. For the women, Jenny Wilkes finished in 2:08:24, Stacey Shaver in 2:16:29, Jen Freilino in 2:18:08, Jenny Brod in 2:18:12, Tina Ho in 2:35:35, and Rosemary Rogers in 3:33:43. For the men, James McManners finished in 2:29:45, Patrick Barker in 2:36:09, Nick Norfolk in 2:49:08, Joe Milligan in 2:51:13, Michael Harmon in 3:13:42, Don Preston in 3:23:52, and Dan Belanger in 3:45:39.

If I have left anyone out, please e-mail me at jenny.wilkes.llm@gmail.com.

Pike's Peak (Continued from Page 5)

pushing. I should explain the terrain a little. The first three miles and the last three miles of Barr Trail are switchbacks that are narrow, steep, and rocky (bouldery). For the most part the middle miles are straighter, wider, and not quite as treacherous. At a trot pace, the trail is easy; but speeding up to running, the trail becomes much more dangerous. Other than rocks and roots, the entire trail is fine loose gravel about the size of kitty litter. I'm still astounded that I never slipped, skidded, twisted, or did anything to get hurt other than a little scratch on my arm from a branch extending into the trail.

My legs so wanted to quit as I was pushing to try to make the finish line in 10 hours. I kept watching the time and the miles and constantly doing the math in my head. I blew through the final two aid stations; those volunteers were so excited to see a runner as we were few and far between at that point. I just yelled out my thanks and that I wasn't stopping. I passed other runners and tried to encourage them to make it to the finish with me. One guy I had seen all day long as we passed each other over and over was walking with about three miles left. I urged him to get to the finish line with me and he simply said that he couldn't make it. I felt bad and wanted to stay to help him but just didn't have the time. I encountered non-racers in those last few miles as well; it was like Forrest Gump as a few of them decided to try to run with me. One guy said he wanted to see if he could do it. He kept on my heels for about a mile and then yelled good luck as he fell back.

With two miles remaining, I had 18 minutes left and I nearly gave up. I texted a friend who I thought would be waiting for me that I was going to miss the finish line by a few minutes. Fortunately, I picked it up again and pushed all the way to the finish. Once I got off the trail and back on city streets I sped up a little more. All the time I was running fast my jacket and pack were really bothering me as I had to hold the jacket and the pack was swaying back and forth no matter how tight I had the straps.

A few blocks down the city streets I encountered a group of my

friends who were manning the Hash aid station, which means they were handing out little cups of adult performance beverages to those who wanted it; that's beer, btw. They saw me coming around the curve in the road and all I could see was them yelling and jumping up and down; it was all such a blur to me. They were so worried about me as no one had seen me for hours and had no idea if I was hurt. Those who did the marathon thought I looked terrible near the top and doubted I could make it. One guy ran out to me and pleaded with me to drop everything I was carrying. I dropped the jacket immediately but he really had to convince me to drop my pack; running for 10 hours can result in a little delirium and I definitely had that. Once I got that pack off, I sped up even more. Another friend who had run the Ascent the day before ran me all the way in. It was just a joyful experience as he was congratulating me and giving me the play by play of the last

distance of the marathon. I made it around a bend and the street was lined by spectators cheering me in; these die-hards were out there for hours cheering on all runners even much longer than road marathons. The finish line is not the starting line and I'm so thankful since it was much shorter to get there than I had calculated. I made the finish with just about four minutes to spare.

The finish line is covered with a tent which is good because it was sunny and hot. I got my medal and sat down. Happy, relieved, proud. A couple of friends who also ran it came over to check on me. They helped me with water and to get moving again. I wanted to call home but my phone was back in my pack that I had dropped; I didn't get it back till later but was able to borrow a friend's phone to tell her that I made it.

Pikes Peak is the most amazing race I've ever done and I'll be back in 2013.

Ross Bolding Continues To Win

Just wanted to touch base with you and let you know that I was in Lisle, IL, the first week of August for the USATF National Masters Track Meet. I won the gold medal in the 2000 meters steeplechase, finishing about five seconds over my U.S. M65 record. I got silver in the 10,000, silver in the shuttle hurdle relay, and silver in the 4X400. Overall, I had a great time. The highlight of the meet for me was getting to run on the shuttle hurdle relay with my college teammate, Joe Johnston, 46 years after getting out of college. Linda and I continue to travel, and have now run at eight different national championship venues this year, and I have been blessed to win my race each time.

The latter part of August we will be in North Carolina for the USATF 10K Trail Championships at Laurel Springs. I am hoping to add to my total of different events won at national championships, which now stands at thirteen, with eighteen national championships overall.

Hope all our friends are having great runs this summer, and I look forward to seeing you at races back in Arkansas this fall.

Happy Birthday Becky Fun Run

Monday, September 17 is the date of the next Club meeting, but, more importantly, it is Club President Becky Humes' birthday. In her honor, we will have a fun run that will start at 5:30 p.m. at the Capital Hotel. Afterwards, the hotel will provide snacks and drinks in the hotel ballroom where we will hear from this month's speakers, PoDog Vogler and Paul Turner. Becky, and anyone who wants to continue the celebration with her, will stay for dinner and drinks at the Capital Bar and Grill.

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

September 2012

- 8: Sara Low Memorial 5K at Batesville. (GPS) Call 870-307-9850.
- 8: Lavaca Fire and Rescue 5K. Call 479-462-9629.
- 8: Running of the Elk 5K/15M at Ponca. Call 870-861-5890.
- 8: Raider Tough Run 5K at Jonesboro. Call 870-910-7819, ext. 119.
- 8: Platinum Buffalo 5K at Fort Smith. Call 479-650-1522.
- 8: Walcott Trail 3.5M at Walcott. Call 870-240-5696.
- 8: Tunnel to Towers 5K at Hot Springs. Call 501-844-6888.
- 8: Panther Foundation 5K/1M at Benton. Call 501-607-3678.
- 8: Krispy Kreme Challenge 4M at Rogers. Call 479-426-7607.
- 8: Run to Remember 5K at Bull shoals. Call 870-421-3301.
- 8: Angel Tree 5K at Noel, MO. Call 417-737-3517.
- 15: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
- 15: D.A.S.H. to Remember 5K at Pea Ridge. Call 479-656-3515.
- 15: Every Soul Matters 5K at Vilonia. Call 501-796-3047.
- 15: Yelcot Warrior 5K/1M at Cotter. Call 870-435-6323.
- 15: Tailwaggers Trail 5K/1M at Siloam Springs. Call 479-238-3612.
- 15: Slama Bama 4M/1M at Fayetteville. Call 479-445-9251.
- 15: Ozark Run for a Reason 5K at Ozark. Call 479-209-1899.
- 15: Cavanaugh Thumperthon 5K at Walnut Ridge. Call 870-886-4007.
- 15: Mother K 5K at Concil Grove, KS. Call 620-200-4740.
- 15: 5K for St. Jude Children.s Hospital at Searcy. Call 501-230-6098.
- 15: Friebndship 5K at Marshall. Call 870-448-5976, ext. 250.
- 18: SAU Tech 5K Varmit Run at Camden. Call 870-574-4712.
- 22: Winslow Half Marathon/5K at Winslow. Call 479-871-6052.
- 22: Race4Hope 5K/1M at Lavaca. Call 479-461-9255.
- 22: Hillcrest Run for Shelter at Little Rock. Call 501-269-5290.
- 22: Eagle 5K/1M at Alexander. Call 501-590-1855.
- 22: Rotary 5K at Sherwood. Call 501-231-4320.
- 22: East End Sizzler 5K at Hensley. Call 501-888-3522.
- 22: Bison Styampede 5K at Carlisle. Call 870-552-3922.
- 22: Fall Festival 5K/10K at Greers Ferry. Call 501-723-7225.
- 23: BGMC 5K/1M at Bella Vista. Call 479-531-8187.
- 23: Run for Love 5K at Fayetteville. Call 479-521-5683.
- 29: Freedom 5K at Bryant. Call 501-786-4117.
- 29: Run for Every Chris 10K/5K at Fayetteville. Call 479-365-2140.
- 29: Heart & Sole Half Marathon/5K at Jonesboro. Call 870-882-9403.
- 29: The Great 5K Pumpkin Run at Lonoke. Call 501-590-0441.
- 29: Blast from the Past FAST 5K/10K at Dover. Call 479-747-1889.
- 29: Lil Bit of Love for Asher Ray 5K at Stuttgart. Call 870-672-1425.
- 29: Early Dam Run 5K at DeQueen. Cal 870-584-3225.

Birthdays

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

- 4 - Crystal Glidewell
- 4 - Katherine McManners
- 6 - Linda House
- 6 - Bill Torrey
- 7 - Jennifer Jones
- 8 - Ken Bland
- 9 - Karen Helmbeck
- 9 - Eric Paul
- 11 - Bill Simpson
- 12 - Douglas Young
- 13 - Carl Carter
- 14 - Laura Lamps
- 15 - Carla Miller
- 17 - Hobbit Singleton
- 17 - Becky Humes
- 19 - David Camp
- 20 - Jim Sunao Yamanaka
- 24 - Richard Arrington
- 25 - David Meroney
- 25 - Lindy Landreaux
- 26 - Alicia Osborne
- 29 - Glorimar Toro-Davila

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