

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2013

Run On, Spring Is Here, Finally!!!

By Becky Humes
LRRRC President

Well another season down and as I get older winters seem worse and worse. I, not unlike most of my friends, run through most weather concerns ó rain, sleet, snow, heat, scorching Arkansas summer storms. Most of us run just because it feels good to be free, battling the environment in preparation for that next race. You never know what the conditions will be like so might as well train in it all. Better to be prepared right?

As winter's harsh arms unwrap us from its icy grips we head into my favorite season, SPRING. And all that spring has to offer, which in Arkansas is only a few weeks, so take advantage while you can, get out, be active, up the training miles while we can still breathe comfortably and not have to ingest three liters of water in a single training run. It's past time to get out and be on our feet and love the world around us and the people in it because before you know it is 110 degrees and we are coming back tired, heat exhausted, and some of us tend to get grumpy as it heats up. Get your run in, grill out with friends, and spend a little more time with the ones you care about because more than likely one of them will be in your race crew one day.

But more than anything spring means we are in the prime time for training and racing. Hopefully, the winter didn't keep you inside too much this season and you were able to get some quality workouts in. Treadmills can be tough but when all else fails a good sweaty run never feels like a failure whether you are inside or out. So lace up those running shoes hit the trails, pavement, track, wherever you enjoy running the best, and

grab a friend and some miles for a spring run and friendship miles needed for all those long distance training runs.

Hope to see you all this weekend at CCC 10K. Let us cross our fingers for the perfect spring day of racing. Then the following weekend is the Hogeeye Marathon. For those crazy enough to do the whole race and for those that are not heading up to Fayetteville, that same weekend we have Peace, Love and 5K/1M in Benton. And how can we forget on the 27th is one of the best-directed 5K's I have

seen since I started running ó Run Before They Can Walk. It is directed by Jacob Wells, a good friend and outstanding runner. He puts so much time and effort into 3.1 miles you would think it was a marathon. But that is what makes races so much fun.

Have a great week, rest of the month and see you around town, training, racing, riding, whatever it is you want to do to get those endorphins pumping and serotonin flowing. Just get out and enjoy the sunshine while it is still bearable.

Bolding Wins National Award

By Linda House, Editor

The 2012 RRCA National Awards were announced March 25 and the LRRRC's own Ross Bolding was named the Masters Runner of the Year. In Ross's words, "amazing, for a plain ole boy from Southeast Arkansas." Ross is in good company ó the open winners are Meb Keflezighi and Shalane Flanagan. The awards will be presented May 4 during the RRCA National Convention May 2-5 at Albuquerque, NM.

Ross said, "The thing about this award to me that makes it so special is getting to represent all the runners in America forty and older (Ross is 67), especially getting to serve as a representative of the masters runners of Arkansas. It is very humbling to me. When I think back on all those lonely runs I have made over the years, running by myself almost every day, to be recognized in this manner certainly makes it all worthwhile. Winning national championships and setting national records is certainly fun, but to

be named the top male masters runner in the entire country for the year 2012 is just unbelievable. I believed that going 9-0 in my age group in national championship races last year would give me a chance, but it was so gratifying to go to the RRCA site this morning and see my name posted there with the greats of road running. Wow, what a feeling, especially when I looked down the list of past winners and saw names like Bill Rogers and Barry Brown. It still has not sunk in yet. I am so grateful to my friends, Club members, and fellow runners everywhere for providing

(See Bolding on Page 2)

April Meeting

Monday, April 15, 2013

6 p.m. to eat

6:30 p.m. speaker

Location and speaker will be emailed later.



The encore of the Run Before They Can Walk 5K benefiting the March of Dimes will be Saturday, April 27 at the Clinton Library. If you can't race or volunteer, just come for the after-party and consider a donation. Register from the link on the entry form on ArkansasRunner.com or go straight to: https://www.marchofdimes.com/arkansas/events/events_10340.html

The March for Babies is a long-time successful event that is a fundraiser but also a celebration of the fundraising and awareness that goes on year-round of the mission of the March of Dimes. The 5K race was added in 2012.

The March of Dimes was founded in 1938 by President Franklin Roosevelt to combat the polio epidemic. In 1955, Jonas Salk, a March of Dimes researcher developed the vaccine for polio. Since then, the March of Dimes evolved that focus to become an advocate and voice for all babies. With a well-respected and rich history, the March of Dimes is a resource to help moms have healthy pregnancies resulting in healthier babies. My grandfather as a young man collected his change for the March of Dimes. He was 29 at the time it was founded. This year marks the seventy-fifth anniversary.

Nonprofit organizations come in all shapes and sizes. Most will be needed forever as the available resources and assistance they can provide will be exceeded by the need. Others work to put themselves out of business. The March of Dimes has done that once, and is working to do it again.

Last year, as I pondered how to entice runners to be a part of its humble beginnings, I came up with my Top Eight Reasons to Run Before They Can Walk for the March of Dimes. Here they are updated 2013 style:

8. You are claustrophobic and have social anxiety in big crowds of runners, with only 174 finishers in 2012.

7. You want to exponentially increase your chances of an age group award, with five-deep every five years up to 75+. Over half of our runners placed in 2012. Our last finisher even won her age group, 77-year-old Mary Lou Wilkinson, mother of renowned blind marathoner Dave Wilkinson. She is now hooked on racing and will be back to defend her title.

6. You have too many trophies and would rather have a refrigerator magnet as your "major award" (for you "A Christmas Story" fans). Plus, you saw how cute they were.

5. While you have learned to love the suffering associated with any of the Big Dam Bridge 5Ks, you appreciate the slightly lower, shorter, and more historically significant Clinton Presidential Bridge. Our course is the first to go over it in both directions.

4. You dig a furious fast downhill finish and serious net elevation drop, ala mini-Firecracker. We had no idea of the

carnage that would ensue at the finish line, where no one could stop!

3. You want the course to be safe. Cyclists from the A-State Boys MC will be stationed at every intersection, and that means motorcycles, not bicycles. No one will be getting past these course marshals.

2. You don't want long lines at your bounce house. And this year we are adding Radio Disney!

1. And the number one reason to Run Before They Can Walk is to be together to celebrate March of Dimes and each other. Where else would you want to be that beautiful day than hanging with a few hundred of your closest friends?

Bolding (Continued from Page 1)

companionship and good cheer during my lifetime of running. What a fun run it has been so far."

Ross' latest project was to try to set USATF M65 records on the track at UALR March 26. He said the USATF is a stickler for details and won't allow the records unless there were several others running on the track with him. So James Bresette, 52, of Clinton, former UALR runners Charlie Cox, 26, and Barret Kerth, 22, and current UALR track and cross country runner Brock Hime, 21, signed on to help. Scott Allen and Jacob Chism,

(See **Bolding** on Page 7)

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Girls On The Run Program Comes To Little Rock

By Jenny Paul

Girls on the Run is a national program that has recently impacted over 200,000 third through fifth grade girls in over 200 cities across the country each year. Small groups of 8-15 girls participate in a standardized curriculum that teaches self-confidence and self-reliance, the components of honest and strong peer relationships, and an understanding of how individuals can affect and are affected by their community. Each lesson creatively integrates running and the girls are, throughout a 12-week season, trained to complete a 5K. After being presented with the plan for bringing a Girls on the Run council to central Arkansas, the LRRC board approved a donation to help with initial fees and costs. So as members of the LRRC, you deserve a big ðTHANK YOU!ð

For obvious reasons, this program is important. The lessons are relevant and current, the topics are fundamental for a healthy self-image and for cultivating solid relationships, and the girls are exposed to, what many of us know as the purest sport, running. As runners, you certainly know the confidence that can be unleashed. You don't have to have broken the tape at a finish line to understand the power that comes from completing something you never thought possible. This is not an attempt to breed the next generation of great runners, but we are introducing young girls to healthy habits.

The initial season will run out of one school in the fall of this year with intentions to expand to two additional schools for the spring 2014 season. Two seasons will be completed each calendar year, with one to two site expansions expected each season. This council will operate independently with a standardized curriculum and with support from the national council.

Initial membership fees and operating costs are considerable. We have several fundraising events already scheduled and are hopeful that most LRRC members will support us during these important initial efforts. The first

opportunity to personally offer financial support to this young council is fast approaching. When you complete the registration for Capital City Classic 10K, please consider making an additional donation to GOTR of Central Arkansas. Any amount is appreciated, so please do not let your ability to give little discourage you from giving at all.

Donations will be considered tax deductible once we have been established as a non-profit organization. Our application as a non-profit will be filed after Sarah Olney (program coordinator), Betsy Meacham (board member), and I (council director) have completed training in Charlotte, NC, next month. The intention is to mail receipts with pertinent information to all CCC 10K donors after

the council has been assigned a tax identification number. (So write neatly!)

Sarah and I plan to be available during registration at Rock City Running on Friday, April 5, to answer any questions. We will also be around on Saturday morning: volunteering, working registration, warming up. Grab us anytime. Ask us anything. Well, perhaps I should say: grab us any time before the gun or after we finish and ask us anything about the GOTR program, the application process, how we've become involved, or how you can help.

You can also email me anytime at jjpaul4@gmail.com. I would be happy to add you to the notification list about other events in the future. See you Saturday!!

Capital City Classic 10K

By Bill Torrey
 CCC 10K Race Director
 Owner, Rock City Running

The Capital City Classic 10K at Two Rivers Park, Little Rock, will be April 6. To get to the park take Cantrell Rd/ Highway 10 west from I-430 and turn at Pinnacle Valley Rd. This is the road just past the Kroger store. Follow the road and once you make the 90 degree curve you will continue straight for two miles and the road will take you directly into the park.

Two Rivers Park is a great location for an event but it is one way in and one way out. Since the race will have runners and walkers we will have people finishing from 34 to 90 minutes. If you have to leave immediately after the event please be aware that there will be participants still on the course. We will have a trolley there to shuttle you to the registration area so if you have to leave early park closer to the front gate and we will get you to registration.

Friday, April 5 we will be doing registration at my new running store, Rock City Running, from 10 a.m.-6 p.m. You will

also be able to get your shirt and number if you have already registered.

The store is located in the Colony West Shopping Center, I-430 and Rodney Parham, just a few doors from Chainwheel. We will have a banner up so you know where we are. The store is not open yet and there are no shoes to sell as the store front is being remodeled. We hope to be open mid-May. Since we don't have to fit shoes we plan on having a good time talking to our friends. We will have food and drinks and will listen to any ideas that you would want to see in a new running store.

First and foremost we are there to get people signed up for the race. The Capital City Classic 10K was the Pepsi 10K and has a 33-year history. For those who have not signed up you can go to arkrrca.com and at the bottom of the page click on the on-line registration and follow the instructions.

I hope you will join us for a wonderful morning of running.

The LRRC Grand Prix Racing Report

March Dispatch: The Empire Strikes Back

By Brian Sieczkowski

The LRRC Men's Grand Prix team was slow out of the gate in 2013. You might say we have been racing our way into shape, and that's okay. Just as a marathon cannot be won in the first five miles, they don't give out GP plaques for the most points at the end of February. I'm sure many in the state have been downright giddy to gush that their team is ahead of the LRRC men in the standings, as it doesn't happen often. However, the month of March may have delivered a cold dose of reality as the LRRC men have begun our inevitable climb. As of this writing, the LRRC men are now tied for second place after six races. And, in fact, when dropping the lowest score (each club drops their four lowest scores of 20 races at the end of the year), the LRRC men rank first.

The tale of the 2013 LRRC Women's Grand Prix is another thing altogether. Let's not ignore the elephant in the room: about a half dozen long-standing members of the LRRC women's team defected to the Arkansas Ultra Running Association's GP team for the 2013 season. As a result, the LRRC women have a new look and I think it suits them well so far. They are a scrappy bunch, in the new role of dark horse and underdog. It's been a nice mix of new contributors and veterans returning to the GP scene that have kept the LRRC women in the mix this year and currently in third place overall! The LRRC women have won 18 over the 24 total female team championships in this state's Grand Prix history, so it is a little fun to see them out of the favorite's role and fighting for every point.

March Grand Prix Review

GP Race #5 ó Chase Race 2 Mile ó Conway, AR ó March 9th

Arkansas, meet the LRRC's newest weapon - Wojciech Kopec, aka Polish Blyskawica. Woj-Ko (as he will henceforth always be referred to in this column) made his GP debut in Conway by breaking the Arkansas 2-Mile record for road racing. Not bad. Woj-ko, Timmy, Dellimore, me, Dan-Mer, Tricky Ricky Martinez, Hags, R-Paine!, Helms, Bill óThe Thrilló Torrey, Jay-Jen, Oprah's boy Steadmen and S-Bargs made up the rest of the LRRC men's team at Chase Race for a decisive victory.

The LRRC women's team in Conway was small, but dangerous. Jen-nay (pronounced in Forrest Gump voice) Paul, T-Helms, Esky and Carol óThe Thrilló Torrey came home with 18 points to show for it. Special shout out to Tammy Helmick as she has finished all six GP races so far this year and is a big reason for their success to this point!

GP Race #6 ó Spring Fling 5K ó Cabot, AR ó March 23rd

The LRRC women picked up their first team victory of the year! The lineup featured the same quartet as at Chase Race

plus the debut of A-Ski. The LRRC Mom Squad is returning to our team's roster, so count on more victories in their future. **Now if we can only get Sarah Olney to finally sign up for the team as she has promised to do for several months!**

The men also won Spring Fling to complete the LRRC sweep. Woj-ko, Tricky Ricky, Fergy, Dellimore, J-VanLandHam (GP debut!), Ruggs, Bargs, Helms, The Thrill and JayJen were our team members at the race.

Filler

Funny Dellimore Story of the Month: Dellimore, despite repeated warnings that the Chase Race had moved to a new location still nearly pulled a "Ferguson." Luckily, he was able to find the course in just enough time to sign up with seconds to spare and get to the starting line.

Most Improved in March: Timmy Richard's moustache

Sarah Olney Watch: One section later and Sarah has still not signed up for the team.

Miscellaneous Polansky Anecdote: Where was Polansky this month? Jamming out on the LRM course and at his fifty-fifth birthday bash, but no races? The Professor must be saving himself for the Hogeeye Marathon.

Non-GP Race shout out: The Little Rock Marathon is not in the Grand Prix Series. But just for fun, if it had been, the LRRC men's top four finishers would have been: Woj-Ko in 2:26, Jake Johnson in 2:31, Mark Ferguson in 2:45 and Josh Holt in 2:49. That is a 2:37 average marathon for our first four! I have asked State RRCA Rep David Meroney if the LRM can be retroactively rendered the 2013 Grand Prix marathon. Petition was denied. So much for the LRRC bias that our rival teams are always crying about.

April Grand Prix Preview

Two Grand Prix Races on tap ó LRRC's own Capital City Classic 10K at Two Rivers Park on the sixth and the Hogeeye Marathon in Fayetteville on Sunday, the fourteenth. Let's get a huge crowd at the CCC 10K ó it is our race after all. It is flat and fast. If you can't run, please consider volunteering.

Speaking of flat and fast, the Hogeeye Marathon has been de-hilled once again. Gone is the finish on top of the Square. The race now ends on (the bottom of, thankfully,) Dickson Street, just across from a microbrewery, in fact. How can you beat that? You can't. And if you can complete 26.2 miles on April 14, you can almost definitely make a huge impact on our team's success that day.

Calendar

(Continued from Page 6)

May 2013

- 3: Gold Rush 5K at Bentonville. Call 479-640-7773.
- 3: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 4: Toad Suck 10K at Conway. (GPS) Call 501-329-5623.
- 4: Lei Leiø 5K/1M at Fort Smith. Call 479-414-8892.
- 4: HRF Battle for Hope 10K/5K at Bentonville. Call 479-361-5847.
- 4: Law Day 5K at Jonesboro. Call 800-967-9224, x6308.
- 4: Reddie Steady, Letø Get Sweaty 5K at Arkadelphia. Call 870-866-0181.
- 4: Crawfish Crawl 5K at Arkadelphia. Call 870-246-1460.
- 4: Panther 5K at Clarksville. Call 479-214-0962.
- 4: First Street Family 5K at Rogers. Call 479-631-3625.
- 4: Mayhawlin 10K/5K at El Dorado. Call 870-862-9890.
- 4: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 4: Come on Get Healthy 5K at Russellville. Call 479-967-3370.
- 4: PWSA/Arkansas On The Move 5K/1M at West Memphis. Call 501-920-6768.
- 4: Old Timers Day 5K at Southwest City, MO. Call 918-314-2213.
- 11: NLF Mud Run 5K at DeWitt. Call 870-94605485.
- 11: Move It for Diabetes 5K/10K at Mountain Home. Call 870-508-1765.
- 11: Healthy Kids Day 5K at Hot Springs. Call 501-623-8803.
- 11: Kendrick Fincher 5K at Rogers. Call 479-986-9960.
- 11: Warrior Dash 5K at Amity. Call 773-687-4595.
- 11: Boys and Girls Club 5K/1M at Van Buren. Call 479-474-9401.
- 11: A.R.K. 5K at Ft. Chaffee. Call 479-462-9629.
- 11: Root Rocket 5K at Fayetteville. Call 479-442-8718.
- 11: Family YMCA Health Kids Day 5K at Hot Springs. Call 501-623-8803.
- 11: Women Can Run/Walk 5K at Conway. Call 501-908-5096.
- 11: Go Girl Run Half Marathon/5K at Springfield, MO. Call 417-891-5214.
- 11: Helping Hand 5K/2K for Special Needs at North Little Rock. Call 501-791-3331.
- 11: Whistlestop Half Marathon/10K at Ashdown. Call 870-667-2122.
- 18: Ft. Smith Firefighter Hot Foot 5K. Call 479-461-9084.
- 18: Run the Path for PATH 5K at Little Rock. Call 501-940-8922.
- 18: Wildcat Rumble 5K/1M at Bentonville. Call 479-426-2993.
- 18: Running for the Kids 5K at Searcy. Call 501-230-3697.
- 18: Relay for Life 5K at Greenwood. Call 479-214-0942.
- 18: Lupus Springers 5K at Hot Springs. Call 800-294-8878.
- 18: Great Cross Country 4M at Little Rock. Call 501-336-5959.
- 18: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-846-4181.
- 18: Magnolia Blossom Festival 5K at Magnolia. Call 870-562-3416.
- 18: Twin Lakes Civitan 5K at Norfolk. Call 870-405-4971.
- 25: Rock Run 8K at Little Rock. (GPS) Call 501-766-3004.
- 25: Table Rock Half Marathon/5K/1M at Branson, MO. Call 417-389-6260.
- 25: Gillett Heritage Days 5K. Call 870-830-6012.
- 26: Riverfest Rock-n-Stroll 5K at Little Rock. Call 501-255-3378.
- 31: Memorial Park Glow Run at Bentonville. Call 479-464-7275.

June 2013

- 1: Cheetah Chase 5K/1K at Little Rock. Call 501-661-7208.
- 1: FestVille 5K at Jacksonville. Call 501-982-4171.
- 1: Lavaca Berry Festival. Call 479-462-9629.
- 1: Power Over Pain of Arkansas 5K at Little Rock. Call 501-681-4623.
- 1: Everyday Superhero 5K/1M at Van Buren. Call 479-632-6382.

New Members

By Sarah Olney
Membership Chairman

Greg Dee has been running since 2009 but had never participated in an organized sport before beginning to run when he moved to Little Rock. His favorite races are the Little Rock Marathon and the Disney Tower of Terror 10 miler. He has PRs of 3:33 for the marathon and 1:37 for the half marathon distance. He is the øWeather Geekø and enjoys running after tornadoes and other storms and running from tornadoes and storms! He also enjoys photography, teaching, hiking, and traveling.

Sean Terry started running about two months ago. He is currently running 14 miles per week at 12:45 pace per mile. His favorite race is the 5K with a PR of 39:34. He is a software engineer and also enjoys cooking and hanging out with friends.

- 1: Relay for Life 5K at Sheridan. Call 870-484-2351.
- 8: One Step 5K at North Little Rock. Call 501-407-9707.
- 8: Mucka Mania 5K/10K at Wynne. Call 870-238-4610.
- 15: Go! Mile at North Little Rock. (GPS SC) Call 501-663-6800.
- 15: Spirit Challenge 5K for Special Olympics at Fayetteville. Call 479-530-8084.
- 15: Ice Cream Social 5K/1M at Berryville. Call 870-423-5143.
- 22: ArkansasRunner 2M at Benton. Call 501-517-7393.
- 22: Hotter Than Hades Half Marathon at Leland, MS.
- 22: Race to Remember 5K at North Little Rock. Call 501-993-4116.
- 22: Guardian Angel 5K at Paris. Call 479-963-3300.
- 29: Brickfest 5K at Malvern. Call 501-458-1115.
- 29: Cancer Challenge 10K/5K/1M at Bentonville. Call 479-273-3172.

The Trailbird's Report

By Steven Preston

Have you ever looked at your Garmin after a run with excitement to see how many calories you have just burned? Have you ever thought what it would be like to know how many calories you have burned over the course of an entire day? If so, I have a solution for you. Over the past few months I have been testing out a couple of health tracking products from a company called Fitbit along with the MyFitnessPal.com iPhone app.

The first of these pieces is the Fitbit One (retails for \$99.95), a wireless activity and sleep tracker. The tracker can be clipped anywhere or just stuck in your pocket. The tracker uses a built in

accelerometer and altimeter to track all your daily activities. Activities include steps taken, stairs climbed, calories burned, hours slept, distance traveled, and quality of sleep. Using Bluetooth 4.0, you can wirelessly sync your tracker to your online Fitbit profile through any computer or mobile device.

MyFitnessPal is a free online diet and fitness log website and mobile app (myfitnesspal.com). The great thing about this site/app is that anything I enter on MyFitnessPal is automatically transferred to my Fitbit profile (after a one-time pairing of the device with MyFitnessPal). The Fitbit app allows you to enter meals and manual exercise sessions also, but I really like how easy the MyFitnessPal

website and app interfaces makes it for me to enter my information. This app also has the most extensive food library of any diet site I've used to date. You can enter data through its mobile app which is compatible with many mobile devices, which is the most beneficial to those of us who are constantly on-the-go.

The final product is the Fitbit Aria (retails for \$129.95), a Wi-Fi smart scale. The Aria tracks your weight, body fat percentage, and BMI (Body Mass Index). The scale also wirelessly transfers your data to your online profile each time you step on it. It recognizes up to eight users without having to tell the scale each time who it is weighing. This benefits the whole family, even if they aren't using the Fitbit One or MyFitnessPal.

I know this sounds like a lot, but in reality you probably already do some of these things, and you don't have to do anything for the others to work their magic. My daily usage of these tools includes weighing in on the Fitbit Aria first thing in the morning, sticking the Fitbit One in my pocket, and entering my meals into MyFitnessPal. Once a week Fitbit will send you a summary email on your progress for the week or you can check your progress anytime from your online profile dashboard. I had to get used to entering in what I ate, but once you get in the habit it actually helps you to think a little bit more before taking a bite out of that next cookie.

The only issue I have found so far with this method of tracking is when it comes to biking and the Fitbit One. As I normally keep my One in my pocket, I noticed it hasn't been tracking my bike rides very well. I have yet to test this thoroughly, but I believe that if I were to clip the One to my socks I would no longer have this issue as the accelerometer would then recognize the motion in my feet. So far I've lost four pounds in the past two months while using this method. If you are as curious as me about getting an overall picture of how your daily activities are affecting your health, I highly recommend trying out some or all of these products.

Calendar (Continued from Page 7)

- 20: Vilonia K-Life 5K. Call 501-743-9431.
- 20: Color on the Hill 5K at Lead Hill. Call 479-225-0248.
- 20: Earth Day 5K at Fort Smith. Call 479-646-7225.
- 20: Ozarks 5K at Clarksville. Call 479-979-1421.
- 20: Primal Challenge 4M at Fayetteville. Call 479-200-7718.
- 20: AIM 5K at Bentonville. Call 501-960-7784.
- 20: Center Valley Elementary 5K at Russellville. Call 479-968-4540.
- 20: Trumpet Trot 5K at Jonesboro. Call 870-307-9150.
- 20: Crossroads Mudslinger 3M at Clarksville. Call 479-754-2777.
- 27: Dalton Day Camo 5K Country Run at Morgantown. Call 501-206-7946.
- 27: Dogwood 5K at Siloam Springs. Call 479-524-5779.
- 27: Monarch 5K at Dover. Call 479-223-1454.
- 27: Grace Race 5K at Perryville. Call 479-477-2842.
- 27: St. Joseph FX 5K at Fayetteville. Call 479-717-1416.
- 27: Fordyce on the Cotton Belt 5K. Call 870-352-3107.
- 27: Move Your Feet, Move the Gospel 5K at Crossett. Call 870-500-2540.
- 27: Stride to Prevent Suicide 10K/5K/1M at Searcy. Call 501-278-4357.
- 27: Stacy's Race Against Melanoma 5K at Oden. Call 870-557-9165.
- 27: Trinity Mud Trek 5K at Texarkana. Call 870-779-1009.
- 27: BV Memorial 5K + 1 at Jacksonville. Call 501-837-7055.
- 27: Inferno Run 5K at Charleston. Call 479-209-0702.
- 27: Komen Ozark Race for the Cure 5K/10K at Rogers. Call 479-750-7465.
- 27: MO-JO Goblin 5K at Harrison. Call 870-577-2400.
- 27: Run Before They Can Walk 5K at Little Rock. Call 501-951-3773.
- 27: Race for the Star 5K at Hot Springs. Call 501-262-1883, ext. 2.
- 27: Fight for Air Climb at Little Rock. Call 501-975-0758, ext. 200.
- 27: Catholic High Rocket 5K at Little Rock. Call 501-664-4625.
- 27: Northside High School 5K at Fort Smith. Call 479-783-1171.
- 27: Run With The Dogs 5K/1M at Benton. Call 501-351-0042.
- 27: Beyond Boundaries Boot Scooting 5K at Ward. Call 501-259-3511.

(See **Calendar** on Page 5)

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 lhouse48@gmail.com

April 2013

- 6: Capital City Classic 10K at Little Rock. (GPS) Call 501-231-3730.
- 6: Kidfest Superhero 5K/1M at Conway. Call 501-328-3347.
- 6: Bentonville Half Marathon, Relay, 5K. Call 479-464-7275.
- 6: One Less 5K at DeQueen. Call 501-739-1821.
- 6: Band on the Run 5K at Batesville. Call 870-793-2464.
- 6: 2013 Graduation Fundraiser at Ozark. Call 479-209-4043
- 6: Larry Hutton Memorial 5K at Sherwood. Call 501-833-3568.
- 6: Chi Omega Run for a Wish 5K at Jonesboro. Call 870-530-2232.
- 6: Get Fishy at Bass, AR 5K. Call 870-434-5362.
- 6: Panther Pride 5K at Magnet Cove. Call 501-337-9131.
- 6: CASA 5K/1M at Searcy. Call 501-230-9255.
- 6: Project Graduation 5K at Pocahontas. Call 870-378-4901.
- 6: Walk Like Madd 5K (walk only) at Lowell. Call 479-644-1139.
- 6: Sigma Nu Breakaway 5K at Fort Smith. Call 479-208-3528.
- 6: Run for Dunn 5K at Arkadelphia. Call 870-230-5352.
- 13: 4-H Youth & Family Trail 5K at Little Rock. , Call 501-821-4444.
- 13: Step for Steph 5K at Foreman. Call 903-277-1698.
- 13: Fight for Life 5K at Russellville. Call 479-970-9933.
- 13: Run for the Park 5K/10K at Mountain Home. Call 870-424-7275.
- 13: RAYn or Shine 5K/1M at Maumelle. Call 501-519-1746.
- 13: Great Lakes 5K at El Dorado. Call 870-315-5399.
- 13: Hogskin County Festival 5K at Hampton. Call 870-798-2207.
- 13: Bison Stampede 5K/1K at Rogers. Call 479-903-0480.
- 13: Mission Run Ozarks 5K/10K/Half Marathon at Mtn. View. Call 870-365-9407.
- 13: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
- 13: Hoof It for Heifer 20K Trail Run at Morrilton. Call 501-327-7929.
- 13: Go! 5K/10K for Autism Research at Monticello. Call 870-8250-2552.
- 13: Cooper Cancer Crushers 5K at Paris. Call 479-847-5119.
- 13: MC Single Parent Scholarship 5K at Yellville. Call 870-449-4681.
- 13: Book It! Downtown 5K/1M at Clarksville. Call 479-754-3135.
- 13: Peace, Love and 5K/1M at Benton. Call 501-776-0691.
- 13: Miles for Mutts a Purrfect Race 5K at Fort Smith. Call 479-719-5385.
- 14: Hogeys Marathon (GPS SC), Half and Relays at Fayetteville. Call 479-530-8432.
- 14: Be Her Freedom 5K at Conway. Call 501-450-0710.
- 19: Glow Run 5K at Rogers. Call 479-621-0385.
- 19: Kids Run Arkansas 1M/3M at Conway. Call 501-450-9292.
- 20: Dash for a Difference 5K at Bryant. Call 501-653-5120.
- 20: Tour de Paul 5K at Little Rock. Call 501-552-2387.
- 20: Stardaze 5K at Star City. Call 870-628-4714.
- 20: Boring As Crap Half Marathon at Batesville. Call 870-834-3875.
- 20: Half As Boring 10K at Batesville. Call 870-834-3875.
- 20: Alma Partners Club 5K Dog Run. Call 479-632-1953.
- 20: German Heritage Festival 5K at Stuttgart. Call 870-672-1425.
- 20: Dash4Cash 5K/1M at Fayetteville. Call 479-599-9053.
- 20: Project Compassion Run 5K at Fort Smith. Call 479-462-1440.
- 20: Carole Hilmer 5K at Holiday Island. Call 479-253-5986.

(See Calendar on Page 6)

Birthdays

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

- 2 - Tim Steadman
- 3 - Donald Preston
- 3 - Roger Martin
- 5 - Richard Shaver
- 7 - Mary Wells
- 8 - Sarah Olney
- 9 - Darrell Smith
- 10 - Monica Dellimore
- 19 - Bill Dobbins
- 21 - Jen Freilino
- 26 - Rosana Diokno
- 30 - David Conrad
- 30 - Brent Howard

Bolding

(Continued from Page 2)

both of Monticello, and Wade Mann of Vilonia counted laps and recorded times.

Ross broke 30-year-old records in the 15K, 10 miles, 20K, 25K, and two-hour run. He was more than five minutes under the old 25K record with a time of 1:53:35.

It was my honor to nominate an *öldö* person for this award. In my dreams I would be able to run this fast when I get to be his age (in a little more than two years).

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