

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2013

There Is No Turning Back Now!

By Nicholas L. Norfolk
LRRC President

It was four years ago that I started down this path of insanity. After a good friend of mine talked me into doing the Beachbody Insanity program, my life has never quite been the same. The workout ended, but not the madness that ensued.

It was almost a year after starting the program before running crossed my mind. Clearly I was oxygen deprived when I came up with the bright idea. My friend warned me, however, this is where being stubborn comes into play.

I was the guy that laughed at the billboards or when I heard people talking about training for the [Little Rock Marathon](#). What type of person finds pleasure in punishing themselves like that? You may be a novice runner or a seasoned veteran, but I imagine you've pondered this, too.

A very hot, humid July day in 2010 is when I toed the line at the Big Dam Bridge Twilight 5K. I thought it would be cooler in the evening. I learned then and I definitely know now that there is no hiding from Arkansas heat. The adrenaline was pumping. I ran harder than I anticipated.

Outside of the [Go! Mile](#), I have never felt like I was going to pass out after a race. Again, I was oxygen deprived when I made the decision that I kind of enjoyed this running phenomenon.

I traveled to the metropolis of Goshen, AR to run in the Goshen Gallop 10K in August. I followed that up with the Tyler Curtis Memorial 5K in September. For my first half marathon, I traveled to Indianapolis, IN. My Pop lives there and wanted to do a race with me. He

neglected to tell me that he dropped down to the 5K a few weeks before the race.

It was cold at the [Indianapolis Half Marathon](#). What idiot doesn't bring gloves to a race in the cold? Ding! Ding! That would be me. I thought my fingers would have to be amputated when I finished. As you've seen all 10 of my fingers are intact.

A benefit of not having Pop run the race was seeing him at the finish line. We are both laid back people, so when I heard him yelling I knew he was proud. No, I didn't cry, and if I had it would've been because of the pain I was feeling at that point. My training and a cute girl I was trying to keep up with propelled me to the finish line.

I have an aunt that lives in Indy. She wasn't able to make it to the race. I told her all about it. She thought I was nuts. A little more than a year later she did her first half marathon, [Indianapolis Monumental](#). You know what's next. She has completed 14 half marathons and one full, [Marine Corps Marathon](#), to date. Don't look at me. She lost her own mind. #NotMyFault

I finished 2010 with the [Mt. Nebo Trail Run](#). Michael Witt does a good job with that race and I've been there every year since. I blame him for introducing me to trails. There are levels of insanity and he made me fall deeper down the rabbit hole. I knew I shouldn't have eaten those mushrooms.

If 2010 was sampling the running hors d'oeuvres, 2011 was feasting on the buffet. I went from four races to 50. Remember that comment about being an idiot and insane? Add stupid to the list. I will NEVER do that again! It was a year of good and bad moments.

Running my longest distance at [Full mOOn Midnight 50K](#) was rewarding and tiring. Traveling the state to numerous races and meeting new people was a plus. Finishing the [Spa 10K](#) and humming Iron Man in my head couldn't have been better.

Struggling with the IT Bandit halfway to 50 was no fun. Neither was having the wheels come off followed by the axel breaking at We Did It All Night Long Half Marathon. Davy Insell is the devil!

There won't be a repeat of 2011, but other goals were made. I decided to volunteer at as many races that I would run in 2012. I cut 50 in half running and volunteering in 20 races. I continue to try to cut down the amount of races, but there are so many.

I'll hit 20 this year pending I don't add any more. Next year is only two away from 20 as I look at my schedule. There is hope for 2015. I only have five.

(See Nicholas on Page 5)

August Meeting

Monday, August 19, 2013

U.S. Pizza - Hillcrest
2710 Kavanaugh

6 p.m. to eat
6:30 speaker

Gary Taylor, Owner
Go! Running



He's the nicest guy you'd ever meet! How overused is that phrase? Every so often though, maybe once a generation, it really does happen. What are the odds, with seven billion

Conquer the Climb 5K

The Sherwood Rotary Club is hosting the Conquer the Climb 5K on September 21st. This is the third year for the race and the Rotarians say that the race is getting better every year. It offers a great challenge for a 5K, as the name is not a lie. The last 60 yards to the finish is awesome if you are taking pictures and all the runners are smiling as they push out that finish ... uphill. The link to the registration page is:

<http://www.webscorer.com/register?raceid=9982>

Milk Run 5K

The Milk Run 5K will be held August 10th and is sponsored by the Arkansas Breastfeeding Coalition and Blue Cross Blue Shield. It's being held to benefit local breastfeeding support groups held here in Arkansas. We plan to have lots of families come out and help us raise awareness about the benefits of breastfeeding and what help is available for moms to have a successful time breastfeeding. We support all moms in their journeys to happier healthier babies. Please join us in celebrating World Breastfeeding Month here in Arkansas by participating in this event. For contact information please go to our Facebook page www.facebook.com/MilkRun2013 or by calling Lena Strickland at 501-350-2353.

Need A Running Partner?

We have a litter of Rhodesian ridgeback puppies for which we need to find homes. As of July 30 there are six males and one female left. The parents of the puppies are both registered. The puppies are three months old so the cost has been dropped to \$300. They make very good distance running partners, as seen on Animal Planet Dogs 101. We have lots of pictures if anyone is interested. Contact Steve and Dorene Osborn at 816-767-0471 or sosborn@ifpusa.com in Grandview, MO, which is south of Kansas City. If anyone is interested in one of the puppies the owners are willing to meet you half way between Grandview and Little Rock.

people in the world and nearly a million in Central Arkansas that this very guy would be one of our very own?

He's a guy that serves on some committees to benefit the underprivileged and on others that benefit the over-privileged, namely us. He's the guy that secretly lets his fiercely competitive friend nip him at the finish line of the race because he understands the confidence and boost it will give his friend, while the win isn't something his spirit needs, because it is already fulfilled.

He's the guy who stays with the back of the pack if anyone is struggling and falling off the pace, or pushes the pace at the front with you if there isn't. He's the guy that you are as happy for his healthy running as you are for your own.

He's the guy whose personality and sense of humor are the perfect complement to mine, i.e. he is actually funny. They say that some people's smiles and sparkling eyes light up a room when they enter it. This guy warms and brightens all of Scott Field on dark wintry speed work nights. This guy's healthy habits encouraged me to improve my own, and soon thereafter I looked down to see five pounds less of myself.

He's the guy that you don't even realize how good of a friend he is because he is so pleasant and unassuming that he is drowned out and overshadowed by the din and flamboyance of the rest of us, i.e. me. He's the guy that makes us better runners, but more importantly, makes us better people.

Who is this prince of a man among men? Thank you, Jeff Maher, for being you.

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An Interview With Tim Richard, Firecracker Winner

By Jenny Wilkes
LRRC Racing News Editor

This month I interviewed Tim Richard, most recent winner of the Fleet Feet Firecracker 5K. I asked Tim a few questions about the race and what he has in store next.

How did it feel to win the Firecracker 5K?

Winning the firecracker was pretty exciting. The crowd didn't get the memo that there was no prize money this year, so they were still out in pretty impressive numbers. Definitely the rowdiest I've ever seen a crowd for a mid-15 minute 5K.

Was there a moment in the race when you realized you had the win locked up?

I was fairly certain the race was in control at mile two. The Kavanaugh downhill helped me to a negative split, which normally never happens. I wasn't certain if I was clear until mile three and I peeked over my shoulder on that last left turn and didn't see anyone.

What were your thoughts going into the race? Did you expect to win?

I wasn't expecting to get the W. I had raced my way into decent shape in the spring, but the Arkansas summer heat had taken its toll. I hardly trained for the four weeks prior. I was surprised with the time and to sneak out a win.

What was the hardest part about the race?

Of course it was that small uphill at the end. I thought my morning coffee was going to come back up to say hi.

You have certainly been having a strong year. Other than the Firecracker win, what is your favorite or proudest moment thus far?

The highlight of the last twelve months was the Rocket City Marathon. I bonked on the last half of the race, but was able to cut four minutes off my PR.

Are you gearing up for any race in particular? If not, what's the next "big" one for you?

My next race will be a fall marathon. Right now I'm planning on Marine Corps in DC.

What advice do you have for other people to improve their speed?

My biggest piece of advice would be to smartly increase your training volume. As easy runs become longer distances, a 5K or 10K won't seem as daunting.

What is your favorite thing about the running community in central Arkansas?

Little Rock has a very active running community. My favorite thing to do is the Thursday Go! Run. I rarely miss one, work schedule permitting. It's a really good group of runners with all abilities. And there is always some beer on ice to greet me back at the store.

Fleet Feet Sports Easy Runner Firecracker Fast 5K

By Noelle Coughlan

This is such a great way to start off Independence Day!

And it was just a week before the race when Sean and I were fretting that not many people had signed up and we had ordered 1,300 shirts. But luckily the weather showed signs of being a perfect Little Rock morning to run in July. So much so that over 1,400 people participated making it the biggest Firecracker Fast 5K to date! Additional shirts are being printed as I write this, so if you didn't get your shirt you can like us on Facebook (www.facebook.com/FleetFeetEasyRunner) for all the latest information. (Okay, a definite plug, but I have to tell you where to find the information or you can call us 501-221-0017).

Since I was at our finish line handing out firecrackers to the first fifty men (Sean handed them to the women) and medals to our No Boundaries Participants, I loved watching Nicholas' footage of the starting line. It was awesome to see so many people coming through the start line at one time! It took my breath away.

The finish line was a little more spread out with runners, but equally impressive. The first person to cross the line was Tim Richard in 15:37. It looked like he could keep his 5:02/mile pace forever.

Lucky 13, Erika Seltzer, from Conway, was the first female to cross the line. Her pace was a 5:31/mile which had her cross with a time of 17:07. Another elegant runner, making her run seem effortless.

Then came the masses, the people like me (or slightly faster/okay a lot faster) cross the line. They weren't as elegant, but determined to get their own personal record. This is the runner that was running for the Firecracker, with just fifty for the men and fifty for the women, it was a push. And these people are fast! Bob McCallan, a Masters runner from Little Rock, was the last male to get a Firecracker and he was booking it at 6:17/mile pace! Amazing!! Kallesta Roberts from Vilonia was the last female to get a Firecracker at an awesome 7:33/mile pace. We were so excited for all the runners who were able to get a Firecracker and awed by their speed!

Intermingled with the other runners going for their PR were my peeps from our No Boundaries group. This is a group that has been training for eleven weeks specifically for the Firecracker Fast 5K. For many, this was their first 5K ever and the first time they had raced on their own. They all did awesome and improved sooooo much from 11 weeks earlier and I am talking

Little Rock Marathon Registration Opens August 1

By Geneva Hampton
LR Marathon Co-Executive Director

Registration will open at 10 a.m. on August 1 for 2014 Little Rock Marathon and accompanying races to be held March 1-2, 2014. Race officials are anticipating more than 15,000 participants for the 2014 season. The Little Rock Marathon is presented by the *Arkansas Democrat-Gazette* and benefits Little Rock Parks & Recreation.

Race Weekend events include the 12th Annual Little Rock Marathon, the Little Rock Half Marathon, the Little Rock 10K, the Little Rock 5K Fun Run/Walk, the Little Rockers Kids Marathon and the Little Rock Health & Fitness Expo. Registration for the Little Rockers Kids Marathon will open September 1.

The Little Rock Marathon offers a training program to individuals participating in the 2014 race. Official training begins in mid-September with a build-up training phase beginning August 6. The Little Rock Marathon Training Program, presented by Bill Torrey of Rock City Running and KARK Channel 4, is free of charge, but registration is required.

Last year's 2013 Marathon was a success with a 15.6% increase in race participation from 2012 and more than 19,000

individuals participating in the various training programs and races according to race officials.

Registration will be available online at www.littlerockmarathon.com through 11:59 PM CST February 21, 2014. A mail in registration form is also available on the registration page of the website or by calling race headquarters at [501.371.4639](tel:501.371.4639). Mail-in registration forms must be postmarked by February 21, 2014.

In the past, all races have sold out, due in part to the famously-HUGE finisher's medals and fun race themes. The 2014 theme is "Epic" and race officials anticipate the race will sell out before the end of the year.

For more information about deadline, details and the race, visit the website or contact the Little Rock Marathon office at [501-371-4639](tel:501-371-4639).

Little Rock Parks and Recreation oversees 57 developed parks and twelve undeveloped parks totaling over 6,100 acres. In addition, the Little Rock Parks & Recreation offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation and programs for seniors. Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit www.lrpr.org.

Race Results for June Races

By Jenny Wilkes
LRRR Racing News Editor

If I have omitted your time from a race, please email me at jenny.wilkes.llm@gmail.com. Also one note: the results for the Fleet Feet Firecracker 5K were posted in a format that was difficult to work with, so those times are not listed. If you want me to list your Firecracker 5K time in the next newsletter, please email me.

On **June 1st** was the **Cheetah Chase 5K** in Little Rock. For the men, Steve Hollowell finished in 23:23 and Anton Janik in 27:27. For the women, Lindsay Petruk finished first in 20:42.

Also on **June 1st** was the **Mt. Magazine 15K** in Havana. For the women, Debbie Linton finished in 1:57:19.

Also on **June 1st** was the **Power Over Pain 5K** in Little Rock. For the men, Jacob Wells finished in 21:14.

Also on **June 1st** was the **Relay for Life 5K** in Sheridan. For the men, Sean Terry finished in 31:07. For the women, Cymber Gieringer finished first in 23:18.

On **June 8th** was the **One Step 5K** in North Little Rock. For the men, Erik Heller finished in 18:45, Gregory Sorenson in 21:00, Greg Helmbeck in 21:57, and Joe Milligan in 26:02. For the women, Lindsay Petruk finished first in 20:23, and Alyson Bruner in 28:51.

On **June 15th** was the **Go! Mile** in North Little Rock. For the men, Wojciech Kopec finished in 4:28, Tim Richard in 4:34,

Imari Dellimore in 4:38, Mark Ferguson in 4:56, Ricky Martinez in 5:00, Kieran Taylor in 5:07, Erik Heller in 5:15, Caleb Ault in 5:20, Jeffrey Zern in 5:21, Joey Gieringer in 5:26, Jon Honeywell in 5:42, Jeff Maher in 5:46, Jacob Wells in 5:47, Nick Rule in 5:54, E.F. Jennings in 5:59, Greg Helmeck in 6:03, Bill Crow in 6:12, Bill Torrey in 6:18, William Fletcher in 6:18, Joe Milligan in 7:07, Roy Hayward in 7:23, Dan Belanger in 7:56, Brad Baltz in 8:25, Bill Dobbins in 8:38, and Joshua Nguyen in 12:18. For the women, Lindsay Petruk finished in 5:41, Jenny Paul in 6:00, Bethany Mooney in 6:08, Nicole Hobbs in 6:13, Tammy Helmick in 6:24, Cymber Gieringer in 6:26, Courtney Allison in 6:27, Leah Thorvilson in 6:41, Ginea Qualls in 7:01, Clarice Richard in 7:13, Kim Eskola in 7:16, Kristen Sterba in 7:49, Carol Torrey in 7:57, Monica Dellimore in 8:31, Katie McManner in 9:38, Brenda Stalling in 11:08, Angela Nguyen in 12:19, and Mary Hayward in 16:33.

On **June 22nd** was the **Race to Remember 5K** in North Little Rock. For the men, Chris Hall finished in 20:21, Sean Terry in 30:51, and Bill Dobbins in 32:10. For the women, Katie McManners finished in 40:34.

On **June 29th** was the **River City 5K** in North Little Rock. For the men, Bill Torrey finished in 20:37, Joe Cordi in 20:56, Craig Lair in 23:25, and Joe Milligan in 25:35. For the women, Carol Torrey finished in 26:35.

Girls On The Run Report

By Jenny Paul

Once again, there is a lot to report in the Girls on the Run update. Some of the news, like launching our online registration tool, is not universally interesting, but successful fundraisers, coach training, and participant recruitment plans are sure to capture your attention.

Like I mentioned, we launched a new online registration program. You don't even have to be a Nick Norfolk or Ginea Qualls to recognize that it's pretty incredible. It really will help our council manage and organize all types of information which, several steps down the line, will help with more effective program delivery. At this time, you should be commended for making it through this paragraph and rewarded with details about all the fun stuff!

Since our last issue of *The Runaround* entry, GOTR has had three successful fundraisers. We again raffled off chances for a Polly Russell original T-shirt quilt during the Go! Running 4th of July party. Nicole Hobbs was the lucky winner.

Spirited Art night was July 11 and was so much fun! There were several birds in attendance-ready to paint, laugh and share some drinks. Everyone walked away with a personal masterpiece, and Girls on the Run will receive more than the amount of a full program scholarship!

Lastly, Red Mango held a GOTR benefit day on July 27 where a portion of every purchase went directly to our council. I saw several LRRC members either in person or in photos that made an effort to stop by and support our cause. Rumor has it, well, it's probably not a rumor if he posts it on Facebook, that GOTR/LRRC board member Jeff Maher went twice. Nancy Bernard Gambill won a Red Mango gift card just for posting a photo of herself while holding her yogurt in front of a GOTR banner (Girls on the Run of Central Arkansas Facebook page). Red Mango reported a great day in sales! While the beautiful weather was partially responsible, we know several who went intentionally to support this important cause. Look for this to be an annual event! Red Mango was a magnificent host.

On July 21, Sarah Olney (GOTR Program Coordinator) and I trained the first group of coaches locally. Paula Cigainero, Betsy Meacham, and Leah Thorvilson's support of GOTR predates the approval of my application, and they were first on the list of those to be trained as coaches. If you know any of these women, you can attest to their genuine spirits and can understand why they will make excellent mentors for the girls in our community. They will serve as substitute coaches during this first season, but will likely lead teams in upcoming seasons. We will have a need for other coaches as early as next spring-with recruitment this fall and training this winter. If you are interested in coaching a Girls on the Run team and have not yet shared this desire, please complete a volunteer interest form on our website (www.gotrcentralark.org).

Finally, the most exciting news of all: We have already had our first girl to register! She signed up after reading about GOTR online and some meaningful discussions with her mother.

We have our first informational meeting scheduled for July 30 and have recently mailed informational brochures to several eligible girls. We are starting with our first team at Pulaski Heights Elementary where we will meet twice weekly during the weeks between Labor Day and Thanksgiving. Our end of season non-competitive 5K is planned for November 23. We will share more details about this event as they are finalized, but it will be a run for the participants and their running buddies only. It will be a fantastic opportunity to come support these kids who are trying something they might have never believed possible. We'll need water station volunteers, set up and take down help, and even folks to help with happy hair (a hair coloring station that gets the girls hyped for their big run), so plan on doing your run early that morning and then spending an afternoon cheering for some courageous kids!

If you have any questions about information in this article or GOTR topics not covered here you can ALWAYS contact me at jenny.paul@girlsontherun.org.

Nicholas (Continued from Page 1)

I hope I can keep it that low. Ten would be a huge win if I can manage it. I know how my twisted mind works. The number of races could go down, but the running masochist in me will make the distances longer.

It's the people I hang out with. No one told me insanity was contagious. Looks like there is no turning back now. If I'm really honest with myself, I wouldn't, if given the opportunity. Normal is no fun! #InsanityRocks

Firecracker (Continued from Page 3)

minutes off their pace/mile. They each received a No Boundaries medal for their great effort.

We had many EXCELLENT volunteers who arrived early to help set up, cut watermelon, oranges and bananas. Everyone had smiles on their faces and a bounce in their step for such an early hour. We couldn't have done it without them!

This was Gary Smith's last Firecracker Fast 5K that he will put on. He taught us what he has learned over the last 37 years and passed the reins to us. We will be putting this traditional race on for years to come and have some ideas to make it even more fun (if that is possible!) Thank you for being part of this race. We hope to see you all again next year!

Just a thought: Has anyone participated in all 37?

We are hoping Gary Smith will now be able to be a participant in the 38th annual Firecracker Fast 5k í no pressure, there, Gary!

Keep moving!

Noelle & Sean Coughlan

Tips On Handling Heat This Summer

By Jenny Wilkes
LRRRC Racing News Editor

This article is a repeat of one I wrote for August 2012 on how to handle the heat. Although we are having a milder summer than last year, there are still important things to remember when dealing with summer heat.

Summer is most definitely upon us, and unfortunately longer days bring higher temperatures. Way higher. When the heat begins to get unbearable, there are two basic options for every runner: (1) take the summer off, or (2) learn how to deal. As enticing as option one sounds, especially when the temperature nears the triple digits, I'd wager to guess most of us go with option two and try to figure out ways to cope with the heat. That being said, I have decided to do something a little different this month. Rather than interviewing just one person, I decided to poll a number of people on their best suggestions for beating the heat this summer and continuing on with training.

Leah Thorvilson suggests the following routine changes that should be easy to incorporate into any plan. First, get up earlier. "I have been amazed at the difference starting 30 minutes earlier has made for me in the past couple of days." Second, hydrate with more than just water throughout the day. Leah recommends something like Nuun, the electrolyte tabs you can add to water (and which I love!), rather than Gatorade. Although she does not advocate weighing yourself every day, sometimes in the summer it is smart to weigh yourself to ensure that you are re-hydrating enough. Leah recommends that in addition to the normal amount of water you take in every day, you should add 20 ounces for every pound lost during a run. In sum, "Pageant weight by way of dehydration is NOT smart."

Gary Taylor of Go! Running further elaborates on the need for properly hydrating during the hot summer months. "Saying that hydration is important while running in the hot weather seems very obvious, but many folks are unclear about the fundamentals of hydration; it's a lot more than drinking water. Daily sweat loss in runners can be anywhere from 1-12 quarts per day, and there is far more to sweat than just water and salt. There are 15 components that make up sweat, of which five key elements must be replenished: sodium, chloride, potassium, calcium, and magnesium. So carrying around a bottle of water all day helps but won't replace the components of sweat. Many natural foods contain these elements as do products like Nuun, Endurolytes, and other sport drinks in varying amounts. Post-exercise replacement should begin immediately with 24 oz. fluid with 500 mg. of sodium per pound of weight loss during exercise with 50-100 grams of carbohydrate and 6-20 grams of protein, depending on the level of exercise and body weight." Gary also mentions that working out in the morning makes good sense, but encourages us to "remember that as athletes we are generally our most dehydrated in the morning. Therefore, your morning workout drink needs to be a sports drink with sodium content ó not just water ó before and during your run." (For anyone who is

interested, Gary has also written an article on hydration that I would be happy to pass along.)

Jesse Garrett suggests making your runs a little more social. "Running with friends, for me, is the biggest help with running in the heat. One bad run can burn you out for a while, but if you buddy up with a friend, it's easier to lace up and get out the door. If you agree to meet someone and run together, you're a lot more likely to get out of bed at 5 a.m. when that voice in your mind tells you that it's more comfortable under your sheets than outside in 100% humidity. Chatting with a run buddy also seems to make the miles go by faster as you're not preoccupied with how miserable it is outside! And lastly, should you suffer a heat ailment, you've got someone who can help immediately." I know from experience that the Roadrunners are a social group, so if you are looking for someone to run with I would encourage you to come to the monthly meetings to connect with other runners.

My own two cents, for what it's worth, echoes what has already been said before. Try running early, be sure to hydrate throughout the day with something other than just water that will replace what you lose in sweat, and try to schedule regular runs with friends. All these suggestions are even more key when you're heading out for a long run. In addition, I would add that there's no shame in slowing down or taking a walk break when you feel like you're suffocating, or running for a certain amount of time rather than a certain amount of miles. Finally, summer is a good time to discover the trails we have around central Arkansas. Not only are they fun and a nice break from pounding the pavement, but they generally offer a little more shade.

New Members

Bethany Mooney has been running for 12 years. She averages 15 miles during the week at an 8-minute per mile pace. She loves to race 5Ks and 10Ks and her PRs are 20:45 and 45:20, respectively. She is a stay-at-home mom and also enjoys biking.

Chris Kline started running three months ago and is already averaging 15 miles during the week at an 8:55-9:25 pace. He has completed a few 5Ks with a PR of 28:24 and one 10K at 57:42. He is a middle school teacher and enjoys computers, hiking, biking, and animals (16 chickens, a dog, and a cat).

Notes

Thanks to Bill Rahn, Club members now receive a 10% discount and free enrollment at both local Snap Fitness locations.

Arkansas Governor's Council on Fitness deadline for Leadership Awards is August 9. For more information visit www.arkansasfitness.com

The Club will need volunteers for the Race for the Cure 5K on October 19.

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

August 2013

- 3: White River 4-Mile Classic at Batesville. (GPS SC) Call 870-834-3875.
- 3: Light Up the Night 5K at Camden. Call 870-574-0558.
- 3: DNRC Give Back 5K at Dardanelle. Call 479-229-4888.
- 7: Glo Run Walk 5K at Russellville. Cal 479-968-9743
- 9-11: Multisport Festival at Eureka Springs. Call 479-521-7766.
- 10: Watermelon 5K at Hope. (GPS SC) Call 870-777-1917.
- 10: Milk Run 5K at Little Rock. Call 501-350-2353.
- 10: Run for the Grapes 5K/1M at Tontitown. Call 479-544-2100.
- 10: The Bethany Project Melon Dash 5K at Cave City. Call 870-834-5315.
- 12: Summer Scorcher Bandit Series 5K at North Little Rock. Call 623-687-5997.
- 17: Fight Back 5K/1M at Bentonville. Call 479-461-3403.
- 17: Run With the Son 5K at Little Rock. Call 501-455-3474.
- 17: Guys for the Girls 5K at Jonesboro. Call 870-351-2767.
- 17: Color In Motion 5K at Little Rock. Call 801-915-8383.
- 20: Summer Scorcher Bandit Series 4.2M at North Little Rock. Call 623-687-5997.
- 24: Masonø Memorial 5K at Junction City. Call 870-310-3660.
- 24: Glow in the Dark 5K at DeQueen. Call 501-730-1821.
- 24: St. Augustineø Damnation 5K/1K at Dardanelle. Call 479-747-4547.
- 24: Adam Brown Road Mile at Hempwallace. Call 501-282-3481.
- 24: Back to School Bash 2M at Jonesboro. Call 870-207-7786.
- 24: That Dam Cancer 5K at Little Rock. Call 501-603-5226.
- 28: Summer Scorcher Bandit Series 3.3M at North Little Rock. Call 623-687-5997.
- 31: ARK 5K Classic. (GPS) Call 501-519-0185.
- 31: Butterfly 5K at Springdale. Call 479-879-6212.
- 31: Neon-a-thon 5K at Fort Smith. Call 479-650-0524.

September 2013

- 2: Run for a Child 10K/5K/1M at Rogers. Call 479-725-2213.
- 7: Panther Foundation 5K at Benton. Call 501-303-2154.
- 7: Sara Low Memorial 5K at Batesville. (GPS) Call 870-307-9850.
- 7: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
- 7: Razorback Greenway 5K a Bentonville. Call 479-464-7275.
- 7: Running of the Elk 5K/15M at Ponca. Call 870-861-5890.
- 7: Running to the Fair 5K at Camden. Call 870-818-4006.
- 7: Rock and Glow 5K at Fort Smith. Call 479-430-8835.
- 7: Paws on the Pavement 5K at Little Rock. Call 501-603-2273.
- 7: Klay County Fair 5K at Piggott. Call 870-476-9752.
- 13: YMCA Night Flight 5K/1M at North Little Rock. Call 501-590-1637.
- 14: Fight Like a Kid 5K/10K at Heber Springs. Call 501-270-2360.
- 14: Express Neon 5K at Fort Smith. Call 214-926-4825.
- 14: Cavanaugh Thumperthon 5K at Walnut Ridge. Call 870-886-4007.
- 14: Housing for African Orphans 5K at Harrison. Call 870-416-0943.
- 14: Recovery Run/Wellness Walk 5K/1M at Benton. Call 501-416-2170.
- 14: Ozark Trail Festival 5K/10K at Heber Springs. Call 501-270-2360.

Birthdays

The following is a list of Club members and spouses who were born during the month of August. Contact Sarah Olney at olney71@gmail.com or call her 615-3344 if the information is incorrect.

- 2 - Libby Taylor
- 4 - Tammy Helmick
- 4 - Cathy Hagemeyer
- 4 - Kay Bland
- 4 - Lois Mackey
- 5 - William Holzkecht
- 6 - Brad Newman
- 7 - Steven Cook
- 8 - Barbara Fryar
- 8 - Wendy Holzkecht
- 9 - Joey Gieringer
- 10 - Justin Radke
- 10 - Anna Gonzales
- 12 - Craig Lair
- 14 - Erica Little
- 16 - Clarice Richard
- 19 - David Samuel
- 25 - Christy Smith
- 25 - Greg Helmeck
- 25 - Stuart Jackson
- 26 - Mackie Buckelew
- 27 - Bill Ruck
- 28 - David Williams
- 28 - Paul Ward

Christmas Party

The Club Christmas Party will be Saturday, December 21 at 6:30 p.m. at the Capitol Hill Building (1600 W. Fourth St.)

Retreads

First Wednesday of the month
11:30 a.m.
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

Running Calendar

- 14: Let's Glow for a Run 5K at Atlanta, TX. Call 903-733-6727.
- 14: Express Neon 5K at Fort Smith. Call 214-926-4825.
- 14: Winslow Half Marathon/5K. Call 214-394-1475.
- 14: Every Soul Matters 5K at Vilonia. Call 501-796-3047.
- 14: Kendra's Voice: Race to be Heard at Ozark. Call 479-883-9477.
- 14: Run to Remember 5K at Bull Shoals. Call 870-421-3301.
- 21: Hillcrest Run for Shelter 5K at Little Rock. Call 501-664-3600.
- 21: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
- 21: Pink Up the Pace for a Cure 5K at Conway. Call 501-450-9292, ext. 307.
- 21: Marvell Academy 5K at Marvell. Call 870-842-0070.
- 21: Dash to Remember 5K at Pea Ridge. Call 479-656-3513.
- 21: Dash for Dogs 5K/10K at Charleston. Call 479-965-3591.
- 21: Move to the Baxter Beat 5K/10K/1M at Mountain Home. Call 870-405-3566.
- 21: Larry's Run for CF 5K/1M at Rogers. Call 479-372-7329.
- 21: Afterglow 5K at Batesville. Call 870-793-2378.
- 21: Rotary Conquer the Climb 5K at Sherwood. Call 501-231-4320.
- 21: Friendship Pediatric Services 5K at Marshall. Call 870-448-5976.
- 28: Hindman Park 5K at Little Rock. Call 501-231-3730.
- 28: Great 5K Pumpkin Run at Lonoke. Call 501-590-0441.
- 28: Bost 5K at Russellville. Call 479-967-3335.
- 28: Paws at the Beach 5K at Heber Springs. Call 501-691-4701.
- 28: Color for CASA 2K at Benton. Call 501-303-5703.
- 28: Paint Downtown Pink 5K at Fort Smith. Call 479-650-0766.
- 28: Cash Dash 5K at Heber Springs. Call 501-691-4701.
- 28: Ozark Run for a Reason Chocolate 5K at Ozark. Call 479-209-1899.
- 28: Heart & Sole 5K/Half Marathon at Jonesboro. Call 870-931-4044.
- 28: Run for Every Chris 5K/10K at Fayetteville. Call 479-365-2140.
- 28: Firefighters for the Cure/Hearts on Fire 5K at Conway. Call 501-514-0237.

October 2013

- 5: Walk Now for Autism Speaks 5K at Little Rock. Call 501-951-0115.
- 5: Chile Pepper Cross Country 10K at Fayetteville. (GPS SC) Call 479-530-5954.
- 5: Dirt Road Dash 5K at Sparkman. Call 870-784-2152.
- 5: RunFor2 5K at Conway. Call 405-996-0225.
- 5: USRC's Caring for Kidneys 5K at Paragould. Call 870-336-4025.
- 5: Arkansas Marathon/10K/2K at Booneville. Call 479-675-2666.
- 5: Fighting Red 5K to End Blood Cancer at Little Rock. Call 501-231-5713.

Rollin' On The River 5K

Teams are forming now for Rollin' on the River. Rollin' on the River is a 5K race (7:15 a.m.) and 2K family fun walk (8 a.m.) that will be held at the Clinton Presidential Center on Saturday, August 24th. The 5K race is for serious runners and will be chip-timed. Rollin' on the River is unique because participants in the 2K walk form teams and are joined by an honorary Ambassador, someone who receives services at Easter Seals. Breakfast, lunch and snacks will be served. After the walk, the children's area will open with games, bouncy houses and face painting. Form your team today, register as an individual, or make a donation at www.RollinOnTheRiver.org.

Summer Scorchers Bandit Series

The Summer Scorchers Bandit Series is a weekday race series brought to you by Set The Pace, LLC. The series is designed to help runners push their workouts through the hot month of August without burning them out before the normal weekend races for which many runners train. This series is not for the beginning runner, and only accepts 40 participants.

This is a series that James Titus (owner of Set The Pace) felt would fill a void in the local running community. He states, "It is important to change up your routine if you want to make strides and break through plateaus. This race series is designed to help runners continue to advance and do so while having fun." It is the first year for the series and more details can be found under the event page at www.setthepacellc.com.

The three-race series begins on Monday, August 12th at Burns Park. The series continues on Tuesday, August 20th with a 4.2 mile race beginning at Two Rivers Bridge. The final race, on Wednesday, August 28th, completes the series with a trail/pavement run of 3.3 miles which includes the Pfeiffer Loop Trail. There will be a 15-second start between each participant and the order depends on where you rank after the first two races. All races start at 6:30 p.m. The top three runners take home the Summer Scorchers Bandit Series Medals. The registration fee is \$30 for all three races. Packet pick-up for Race 1 will be held at Bill Torrey's Rock City Running. Details on packet pick-up for the final two events will be posted at www.setthepacellc.com.

Set The Pace, LCC was founded by James Titus and is family-owned and operated. "We know there are many reasons people choose to run. Our company is here to provide professional timing equipment to local and national running events. So whether you are just getting off the couch and beginning to run, or you are a road warrior, we hope to meet each of you at one of our races!"