

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2013

Happy New Year! Wait, It's Still December!

By Nicholas L. Norfolk
LRRR President

The end of the year always sneaks up on me. The holidays make the time go by relatively quickly. Once Thanksgiving happens, the days go by fast. The celebration of a new year begins while we're still in November. We start to make plans for a clean slate. The year of 2014 will bring new and interesting revelations, but first we need to finish 2013 strong.

This month the Club has a few things we'll be involved in. The [Jingle Bell Run/Walk](#) is on December 7. Some may plan on running and jingling all the way. Others will be at our Club booth distributing information about the Club and having a merry good time.

The following weekend, we'll be at [Rock City Running](#). It's going to be early as the Club plans to be on hand to support the Little Rock Marathon Training Group and participate in the Christmas event Rock City Running has planned. Come dressed as a speedy Santa, an exciting elf, or a rambunctious reindeer, if you are in the Christmas spirit.

Instead of our traditional meeting, we'll have a [Christmas party](#) on December 21. No one should say they didn't hear about it as it has been in the newsletter, on the agenda, and in other communications since the summer. Christine Meroney is taking care of the details. Wear your ugly sweaters and bring your favorite side dish. I hope everyone can attend and have a good time. Maybe Santa will bring you what you wish for openly or secretly every year ó a PR.

The last weekend of the month the Club will be at the inaugural [3 Bridges](#)

[Marathon](#). Club member Jacob Wells has been working hard to make his dream a reality. In case you haven't noticed, read over his previous columns this year and you'll see how excited he is about it. The Club has an aid station and plenty of Birds will be running it.

As you can see, the Club has a busy month planned. The events are only part of it. The Club has recently migrated to a new membership solution, [RunSignUp](#). I'm excited about how it will benefit the Club. Our membership chair will no longer have to worry about sending out renewals. RunSignUp automates that task. No more putting the data into an Excel spreadsheet either. Reports can be generated with the click of a few buttons. Eventually, it will put all members on the same yearly payment schedule, which is in accordance with the bylaws.

We'll know what members are active in real time. If someone joins in the middle of the year, his or her dues will be prorated. Members will have more control over their accounts. They can update their data, print off membership cards, or track miles with a running log that's built into the system.

With the new system, the Club has an interactive [dashboard](#), will be able to see patterns over the years in membership, add more convenience with signing up with mobile devices, and have a way for members to donate to a program we support. Right now, it's configured to accept donations for [Girls on the Run of Central Arkansas](#).

To get started, you can go to RunSignUp to [claim your account](#). Your account is associated with the e-mail you provided upon initially becoming a member. If it's time to update your e-mail,

let me know and I can update it. Claiming of accounts via e-mail is a way to confirm the account belongs to the proper member.

Many will be receiving e-mails soon, if your membership ends at the end of the month. I'll give it a week or so until I send out the claim e-mails to everyone since the bulk of our membership ends in December. I'm hoping the process and transition will be easy.

Updating our membership system was one of my goals from the beginning. I not only want the logistics and operations of the Club to be better now, but also for years to come. Other modifications are happening and I look forward to sharing them with you.

I can't say all of them will work, but we won't know if we don't try. Happy Holidays and enjoy the rest of 2013. We're going to take this momentum into 2014.

Club Christmas Party

Saturday, December 21, 2013
6:30 p.m.
Capitol Hill Building
1600 W. Fourth St.
Potluck

Club will provide meat and drinks.



öWelcome to **YOUR** Bridge.ö

The most important question in any public endeavor is why?

This bridge, like the very early bridges, connects people and places. Spanning this river that would divide us, it connects us in a very human way. We will bring our families and our friends here, and we will meet other families and make new friends. We will be better and our community will be better for the experience. Let this be a **bridge to friendship and community**.

We live in a time where the lack of physical activity presents the greatest threat to our health. This bridge beckons us, challenges us to scale its heights again and again, until we can do so without breathing hard or feeling our muscles tighten. We can be healthy. We can be physically fit. Let this be a **bridge to health and fitness**.

We know that there are visitors here today from as many as thirty states and three foreign countries. We welcome you. It is a part of our nature and culture to extend our hospitality to those who visit us. We also appreciate the money you spend as you stay in our hotels, eat in our restaurants, and shop in our

shops. It is good for our economy. We are a community committed to economic growth. We are also a community committed to enhancing the quality of life for those who live here. Our goal is to create a community where people want to live, work, and play, not just a place they have to come to work. Let this be a **bridge to economic growth and quality of life**.

A significant public structure should be about more than concrete and steel, more than form and function. It should in some way reflect the highest aspirations of our people. The beauty of the design of this bridge reaches skyward. As we begin the ascent it causes us to look up and forward, with each turn of the pedal or each step moving us toward our goal. When we achieve its heights, there will be sense of accomplishment and feeling of - if we can do this, what else can we do? Our spirits will be renewed as we gaze upon the beauty before us, over this river whose waters have come and passed this way for thousands of years, connecting us to our history, our past, our present, and our future. Our future, our history is yet to be written. We can be what we choose to be. If we can conceive it, we can achieve it! For all things are possible, if we only believe! Let this be a **Bridge of Dreams**.öó Judge Buddy Villines

The Big Dam Bridge Opening Ceremony - September 30, 2006 – Reproduced with permission from the office of Pulaski County Judge Floyd G. “Buddy” Villines.

New Members

By Sarah Olney
Membership Chairman

Michele Lucas has been running for seven years and decided to run more consistently in February of 2013. She works in sales and enjoys photography and spending time with her kids.

Melissa Hendricks runs 3-6 miles at an 8-9 minute per mile pace. She works in communications and fundraising and her interests other than running are cooking, reading, working, traveling, and spending time with her family. She intends to compete in the Grand Prix and is interested in finding other like-minded runners to motivate and support her with these goals.

Melissa Chatelain is a speech-language pathologist who started running three years ago. She runs a weekly distance of 20 miles at a 9:30 per mile pace. Her half marathon PR is 1:54. She also enjoys hiking and cooking when she is not out running.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, P. O. Box 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		
Nicholas L. Norfolk	President	517-7345
John Russell	Secretary	952-7182
Jeff Maher	Treasurer	680-6710
Brian Sieczkowski	Past President	766-3004
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 (h) 590-9139 (c)

Ten Thousand Miles, Ten Thousand Smiles, And A Little Rock And Roll Along The Way

By Lou Myers
The Ancient Brit

Well let's face it, with me it's just a case of total enjoyment. Worries and all that, rubbish is for other people who have yet to discover the joy of long distance running.

I flew out of London on the Wednesday, October 16 bound for the New World. Arrived in Atlanta in high spirits for onward flight to Little Rock, Arkansas, where I was met by a very dear old friend, with whom I have run quite a few miles on the trails, both at the Arkansas Traveller, Pike's Peak and Leadville. Long ago he became my Honorary No 1 Son, and having just recently lost his Father, he asked me if I would I be an adopted Father. So very, very moving and a wonderful honor. I really am a better person for that privilege.

On the Thursday morning, I was joined by my adopted American daughter, Chrissie and a long-time pal, Frank Ives, also a well-known California Ultra Runner, and we went for a rather slow run/walk to my daughter's special place, Look-out Ridge. The views across the Arkansas River were amazing and you could see for miles.

On the Thursday evening at the 'Old Peabody Hotel' my daughter had arranged a farewell party for me, 27 of my dearest Arkie friends, some of whom I had not seen since the days of the famous 'Arkansas Pikes Peak Marathon.' Now there are super memories.

Early on Friday morning, Chrissie, Frank and I left for Amarillo and the Palo Duro Canyon. We drove for nearly 700 miles across Oklahoma. The weather deteriorated suddenly. Hard rain and strong gusts of wind made driving rather severe. We eventually arrived in the town of Canyon, staying at a quite nice motel, where quite a few of the runners from different states were staying.

At the signing in ceremony at one of the large University Halls, we were greeted by a lot of old running friends. We were treated to a pasta dinner, etc, and then a description of the (to me) new course. I was pleased to see that there were quite a lot of first time runners to this amazing event. Later I was invited to say some words and presented a Letter of Civic Greeting from the Right Worshipful The Lord Mayor of the City of Westminster, Premier City of England.

Later we retired to the Sports Bar next to the Motel, where a few drinks were downed, but bed really was calling, and I was beginning to feel my age.

Saturday morning, early, early and COLD, many old friends had arrived during the night and the motel was more or less full of runners and a nice buzz. Then it was down to the Canyon. What an amazing sight, literally, several hundred cars, lights blazing as we descended to the Canyon floor. Goodness knows how many volunteers were on hand, with torches and lights to guide us to the starting points.

For me personally, this was a rather nostalgic part of my overall journey. It was to be the very last time I would run in 'God's Country.' I was hoping to manage the 50 kms, but, six miles were to be my total. Along this six miles I was so lucky to visit 'Reds Rock', one of the original members of the Palo Duro Races and one who to me was and is part of the American Dream, definitely a legend, ask people who knew him to explain. I was supported by three wonderful people, Jay Norman, (someday, some-one will write a book about this man), quite a legend, along with Chrissie Ferguson (one time American Captain at the World 100km Championships in France) and Frank Ives, all well-known Ultra Runners, and finishers of all the American Classic 100s. We were also joined by a rather nice chap called Richard, doing his first 50kms.

Later that evening, now slightly recovered, it was back to the Sports Bar, this time with a live C&W Band, (me, I loved it). There must have been around 25 of us. We even managed to shout and, may I say, outdrink the locals. So many wonderful friends appeared to make my final time in America a complete riot. Oh how I will miss you beautiful people. (And Guy, if you are reading this, get on your knees and ask her to marry you.)

Sunday morning, lots of farewells and, for me, tears. I was travelling back with Jay Norman and another dear friend, Chuck Candonia, also a great runner. We were to stop for breakfast in Amarillo, and join up with Bill Ross and his lovely lady, and another hour of happy memories to take back home with me.

Eventually, we arrived in Dallas. Boy how that little town has grown to become a giant of a city, WOW. Stayed the night with Betty and Jay Norman, and there amazing cat Suki, a monster; she actually sat with me a few times. I would like to have brought her home with me. On Monday, Jay took me to the local shoe (sports) shop. I managed to buy a new pair of trail shoes. You never know, I might start running in my own country for a change; then it was off to the airport and a flight home. Someone must have been smiling on me. American Airlines up graded me to first class. Well, if you are making your last flight across the Big Pond, why not go first class.

So here I am back in my own lovely city. It took me nearly two weeks to recover. I found out that I had cracked two ribs in a fall whilst running the six miles at the Palo Duro. I went down with one big cold, but, hey, I am home now and safe with my wonderful wife.

What a journey it has been, over sixty years of visiting the United States, many different states, many wonderful towns, and oh so many miles of running.

Thank you. It has been an exceptional and happy journey. Thank you for all the friendship and love I have found along the way.

2013 RRCA Awards Announced At Hot Springs

The 2013 Arkansas RRCA Awards were announced at the State RRCA Meeting at Hot Springs on November 23. They are:

Male Runner of the Year: Imari Dellimore
Female Runner of the Year: Jenny Wilkes
Male Masters Runner of the Year: Mark Ferguson
Female Masters Runner of the Year: Cymber Gieringer
Male Most Improved Runner of the Year: Joey Gieringer
Female Most Improved Runner of the Year: Nicole Hobbs
Male Youth Runner of the Year: Gideon Drake
Female Youth Runner of the Year: Hope Drake
Outstanding Club President: Nicholas Norfolk, Little Rock Roadrunners Club
Race Director of the Year: Chrissy Ferguson, Arkansas Traveller 100
Buzz Wilson Spirit Award: Leah Thorvilson
Al Becken Volunteer of the Year: Cindy Baswell
Male Ultra Runner of the Year: Mark DenHerder
Female Ultra Runner of the Year: Tammy Walther
Male Masters Ultra Runner of the Year: Paul Turner
Female Masters Ultra Runner of the Year: Tina Ho

The following Arkansas RRCA Grand Prix Series Champions, along with the age division champions, will be recognized in February:

Overall Female

1. Jenny Wilkes
2. Jennifer Harpel
3. Leah Thorvilson

Overall Male

1. Mark Ferguson
2. Imari Dellimore
3. Tim Richard

Female Teams

1. Arkansas Ultra Running Association
2. Conway Running Club
3. Western Arkansas Runners
4. Hot Legs Running Club
5. Little Rock Roadrunners

Male Teams

1. Little Rock Roadrunners
2. Melonvine Striders
3. Arkansas Ultra Runners Association
4. Western Arkansas Runners
5. Cabot Country Cruisers

Race Results From November Races

By John Russell
 LRRR Racing News Editor

This is my first attempt to hunt down all the Roadrunners and their escapades across the country. I barely got out of Arkansas. If I missed you or a family member I do apologize and I will try to do better next month. If you ran a race outside of the state please send me your results at russell1107@comcast.net to post next month. Remember, we have a few Tri-athletes out there so let me know how you did.

November 2

Midsouth Half Marathon ó Andrea Sieczkowski, 1:45 and Pennie Martin, 2:22.

Midsouth Marathon ó Leah Thorvilson ran an Olympic Trials Qualifying Time of 2:42:55. Other times were: Jacob Wells, 3:24; Bill Rahn, 3:43; Bethaney Mooney, 4:01; Jenny Wilkes, 4:10; David Meroney, 4:46; and Christine Meroney, 5:20.

Williams Journey 5K ó Nicole Hobbs was first female in 21:51. Traci Morehead's time was 31:51.

November 9

Run Crazy for C.A.S.A. 10K ó Roger Thompson, 1:14.

Race Judicata ó Zachary Wilson, 29:47.

Veteran's Museum 5K ó Michael Harmon, 26:15.

River Valley Run Half ó Nicole Hobbs was third overall female in a time of 1:41.

November 16

Race the Base Trail Run ó Eric Heller, 29:46; Nick Rule, 32:41; Jeff Maher, 36:58; David Meroney, 39:24; Bob Marston, 49:24, and Dan Belanger, 54:40.

Bona Dea 50K ó Caleb Ault was second overall male in a time of 3:47. Jenny Wilkes was first overall female in a time of 4:48. Cymber Gieringer finished in 5:30.

Reindeer Run for Reading ó Nicole Hobbs was first overall female in a time of 23:37.

November 23

White River Half Marathon ó Joe Cordi finished in 1:38:45.

White River Marathon ó Jacob Wells finished in 3:19 and Lisa Luyet ran a 4:04.

Spa 10K ó Leah Thorvilson was the first overall female in a time of 36:14. Other times were: Jenny Wilkes, 45:28; Cymber Gieringer, 49:20; Karen Call, 49:40; Kim Eskola, 55:00; Brian Sieczkowski, 38:41; Joey Gieringer, 38:58; Ricky Martinez, 40:06; Clay McDaniel, 43:04; Carl Carter, 45:40; Rodney Paine, 46:07; Greg Helmbeck, 46:20; Steve Holloowell, 47:43; Bill Crow, 49:01; Michael Harmon, 1:00:21; Fletcher Smith, 1:05:23; and Bob Marston, 1:07:38.

November 24

Flying Monkey ó Caleb Ault, 3:31; Carl Carter, 4:04; Michael Harmon, 5:37; and Dan Belanger, 6:39.

Inaugural GOTR Season Ends With 5K

By Jenny Paul
Executive Director
Girls on the Run

The inaugural season for the Central Arkansas Council of Girls on the Run wrapped up with a 5K run on Saturday, November 23. For three months leading up to the 5K, the other coaches and I led the girls through lessons that not only prepared their bodies but also provided emotional support for taking on such a challenge.

Tucked into the 12-week program were special moments when you could see that a girl was internalizing the messages we were offering. Possibly just as frequently, there were times when their insight forced us, the coaches, to look at a circumstance differently or consider new ideas. I was honestly contented with the success I had witnessed during our routine meetings every Tuesday and Thursday after school. These girls had demonstrated team work, thought critically about the inputs coming from the outside world, and tried an exercise format that was both new to them and easily incorporated into their lives at any stage. I truly felt happy with the experience and was convinced that we should continue with plans for expansion in the spring.

And then the 5K happened. On a cold, damp November morning, 17 little girls and everyone there to see them were swallowed up in an experience that we never expected. To be completely transparent, I never saw it coming. Despite pouring myself into this program, its development, and its delivery over the past year, I was not ready for that day.

For weeks, I had been preparing these girls to go the distance. I had truthfully told them they were qualified. I had applauded their courage for taking on a challenge many adults won't face. I had every faith they could do it. But I had no idea what it would mean.

The weather was not ideal: cold, wet, and gray. But the day before had been rainy and the day after had morning

temperatures in the 20s, so we considered ourselves fortunate and marched on. The balloon arch broke, and the fire went out. But spirits soared and pride kept us warm. When it was time, our girls and their running buddies lined up at the start and, after our team cheer, took off with smiles and giggles.

I don't know exactly what happened during each girl's journey across and back over the Big Dam Bridge. But as they made their way toward the finish line, they were different. They were tired. They were exhilarated. They were accomplished. They were champions.

I have been told many times to "run my own race" and have shared that same advice with others, but I have never before seen it so well executed. Each girl crossed the finish line with a pride of an Olympic qualifier. Regardless of academic accomplishments, previous athletic endeavors, their perceived popularity or other talents, each Girl on the Run captivated those of us watching as she soared across the finish line.

I believe in the Girls on the Run curriculum and am committed to the mission, but I have occasionally wondered what type of impact this program can really make. Would the lessons in Girls on the Run resonate with the participants and be applied appropriately in the future? Would they take away anything meaningful from this experience? Was this really different than any other afterschool program? And now, looking back at our very first season, I can honestly answer each of those questions with a confident "yes."

If you would like to become involved with Girls on the Run please contact me by email or text at

jenny.paul@girlsontherun.org or [501-615-5733](tel:501-615-5733).

You can also follow us on Facebook (Girls on the Run of Central Arkansas) and Twitter (@gotrcentralark). We need volunteer and financial support as we head into our spring season. Specifically, if you are interested in being a coach, please contact me as soon as possible.

The Importance Of Volunteering

By Linda House, Editor

Since 2005 I have purchased the day planner that the Humane Society of Pulaski County publishes, the sale of which benefits the HSPC shelter on Colonel Glenn Road. Sharon Morris is the chairman of the 2014 Day Planner Committee. In the foreword of the planner she writes about her experience as a ten-year volunteer for the Humane Society.

While back, I was contacted by the editor of *Savvy Kids* magazine who asked me to put together some thoughts related to the value (to children) of volunteerism. What was interesting was that what I came up with for children equally applies to adults.

Volunteering helps you get out of "me" mode. You learn teamwork and responsibility. You network with people who may become your best friends for life. You begin to think beyond yourself and your wants and needs, and become more sensitive and caring of others. You become kinder and more compassionate, and develop a more positive outlook on life because you learn that you CAN make a difference. You are empowered.

Think about these words when someone asks you to help with a running event. My expression is "You can't have a race without runners but you also can't have one without volunteers."

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

December 2013

- 7: Equestrian Zone Walk/Trot 5K at Russellville. Call 479-970-8351.
- 7: Frosty 5K at Bentonville. Call 479-464-7275.
- 7: St. Jude Memphis Marathon at Memphis, TN. Call 800-565-5112.
- 7: Craigø Jingle Bell 5K/1M at Little Rock. Call 501-664-4591.
- 7: Five Dollar 5K/10K/25K at Star City. Call 870-628-4714.
- 7: Winter Wonder Run 5K at Pottsville. Call 479-280-2809.
- 7: Ugly Christmas Sweater 5K at Springdale. Call 479-725-2213.
- 7: White River Christmas Half Marathon/Relay at Batesville. Call 870-793-2464.
- 7: Ozark Jingle Bell 5K.
- 7: ALI Jingle Bell 5K at Mountain Home. Call 870-508-1009.
- 7: LOViT Marathon/14M at Mount Ida. Call 501-502-8790.
- 14: Electric Reindeer Dash at Camden. Call 870-866-2769.
- 14: Crawford County Optimist Club 5K/1M at Van Buren. Call 918-208-9237.
- 14: Speedy Santa 5K at Benton. Call 501-778-2271.
- 14: -Tis the Season 10K at Russellville. Call 479-970-4394.
- 14: Yule Run 5K at Greenwood. Call 479-996-6357.
- 14: Westside Jingle Bell 5K at Coal Hill. Call 479-497-1171.
- 14: Casa Half Marathon/5K at Pine Bluff. Call 870-540-4911.
- 14: Jingle Bell 5K/1M at Hot Springs. Call 501-664-4591.
- 14: Light Up the Night 5K at Little Rock. Call 231-3730.
- 14: Genoa Central Color Blast 5K at Texarkana, AR. Call 870-653-4343.
- 15: Fayetteville Half Marathon. Call 479-521-7766.
- 21: Rudolph Run 5K at Batesville. Call 870-612-2000.
- 21: Jingle Bell Jog 5K and Reindeer Relays at Fayetteville. Call 479-530-8084.
- 21: Mount Nebo Bench Trail 4M at Dardanelle. Call 479-477-0909.
- 28: Three Bridges Marathon at Little Rock. Call 501-951-3773.
- 28: RacinøNew Yearø Eve 5K at Conway. Call 501-329-8102.

January 2014

- 1: Mac & Michelleø Prediction Run 3.8M at Batesville. Call 870-793-2464.
- 1: Fleet Feet New Yearø Day 10K/4K at Fayetteville. Call 479-571-8786.
- 4: Race to the Stage 5K at Van Buren. Call 479-926-9570.
- 4: ARK Winter Series. Call 501-519-0185.
- 11: MLK 5K at North Little Rock. Call 501-231-3730.
- 11: Fit 4 Life 10K/25K at Wynne. Call 870-238-4610.
- 11: ARK Winter Series. Call 501-519-0185.
- 11: Special Olympics Benefit Polar 5K at Greenwood. Call 479-996-4119.
- 12: First Light Marathon/Half./Relays at Mobile, AL. Call 251-438-2094.
- 18: No Name 5K at Danville. Call 479-622-3207.
- 18: ARK Winter Series. Call 501-519-0185.
- 18: Chilly Cheeks 10K at Camden. Call 870-836-6462.
- 18: NWA Mercy Family YMCA Tux on the Run 5K at Rogers. Call 479-273-9622.
- 25: ARK Winter Series. Call 501-519-0185.
- 25: Chillinøfor Childrenø Family 5K at Magnolia. Call 870-949-0793.

Birthdays

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

- 1 ø Steve Hollowell
- 3 ø Christopher Kline
- 7 ø Gayle Holmes
- 8 ø Matt Olney
- 9 ø Rodney Lucas
- 10 ø Lisa Luyet
- 11 ø Steve Petruk
- 12 ø Ron Sanders
- 12 ø Justin VanLandingham
- 13 ø Randy Taylor
- 13 ø Loral Parr
- 15 ø Amanda Bailey
- 15 ø Robert Mooney
- 15 ø Christine Meroney
- 16 ø Corky Zaloudek
- 18 ø Robert Holmes
- 19 ø Jon Honeywell
- 20 ø Troy Duke
- 22 ø Noelle Coughlan
- 22 ø Bethany Mooney
- 24 ø John Martin
- 24 ø Jenny Paul
- 26 ø Tom Barron
- 28 ø Kelly Kreth
- 28 ø Cindy Holland
- 28 ø Melissa Henshaw

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