

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2013

2012 Was A Year To Remember

By Becky Humes
LRRC President

What a year 2012 was!! We kicked off the running season with the Grand Prix Series in Russellville running laps around a track and 20 races later in November we wrapped up the Series in Hot Springs running up and down a mountain to cheers from the Spa Pacers. We had several Birds who won Grand Prix Awards win this year:

Male Runner of the Year: Imari Delimore, two in a row

Female Runner of the Year: Leah Thorvilson, five in a row

Most Improved Female Runner of the Year: Kristin Garrett

Buzz Wilson Arkansas Spirit Award: Nicholas Norfolk

Al Becken Volunteer of the Year: Kristin Garrett

Female Ultra Runner of the Year: Stacey Shaver

The Birds also again won both team titles, the men five years in a row and the ladies an impressive seven times in a row. Let's keep it up. I know the other teams are aiming for us because they were throwing some heavy hitters at us last year!!!

The Christmas Party at the Capital House was a success. If you missed it you missed a great time and even better food and beer!!! Food was provided by H.A.M. (Hillcrest Artesian Meats) and if you haven't been by there to sample their food you should because it is by far one of the best delis around.

Then we put on the Winter Solstice/Pub run/ride on the 21st (the end of the world) which I think was the first

ever runner/cyclist event. It was held at Spokes on Kavanaugh and they were the best host ever. They opened their doors for us at 6 p.m. (which is their closing time) and let us bring in food, beer, jello shots and all the shenanigans that the Roadrunners could provide!!! The route was approximately six miles but I'm not sure if anyone besides the cyclist actually made the whole route thanks to the pub stops and jello shots. Thanks to one cyclist we had mobile shots as well.

We made our first stop at the Capitol to view the Box of Knowledge and the Nativity Scene, met up with the cyclists, then promptly took off and went to Vinos for our first pub stop. The cyclists were always one stop ahead.

Next stop was The Flying Saucer.

The next pub was Dugan's where I think we ended up staying way too long and had to rush back to Spokes for our potluck and End of the World celebration. The bars actually loved this event because we would run in all sweaty and out of breath sit and enjoy a pint, pay up and saunter out.

Getting to hang out and run with your greatest friends of runners, cyclist and crazy ultra-runners of on what was supposed to be the last day of human existence was well worth the hangover the next day and being able to tell the bar patrons that is just how we roll.

If you missed it don't worry. I see another pub run in our very near future when it warms up a bit.

And to put a stamp on a wonderful 2012 there was no better way than the Go! Till Midnight New Year's Eve party by Go! Running, and if you missed this you really missed a great party/fun run. I greatly overestimated my prediction time I guess I am not a great prediction

runner. Gary and Erin Taylor are by far the best event/run/race planners. Everything went smoothly, everyone had a great time, the run was a blast and the weather held off so we were able to stay relatively warm. With all the glow sticks you could probably see us from the space station. What a great healthy way to kick off 2013 of a run and party with friends and family.

Here is to a wonderful 2013. Let's go RUN, be healthy and motivate others!!! We have an amazing Club and the best Club members. I hope the New Year finds you all in great health and lots of love and happiness!!

Van Davis 5K

The first annual **Van Davis Memorial 5K** race will be held February 16th at Whittington Park in Hot Springs to benefit the Van Davis Memorial Scholarship Fund at National Park Community College where Dr. Davis taught history and political science. Van was a former member of the Little Rock Roadrunners Club. More details about the race will be in the February newsletter.

January Meeting

Monday, January 21, 2013

Flying Saucer

323 President Clinton Avenue
Little Rock

6 p.m. to eat

6:30 p.m. speaker

Dr. Kathleen Rea



Love is like a magic penny, hold it tight and you won't have any. Lend it, spend it, you will have so many, they will roll all over the floor.

Author: Malvina Reynolds, written in 1949.

There is so much need in the world. Everyone wants us to give them our money and our time. Both are limited, but for different reasons. Our allotted time is the same ó we are limited to the same 24 hours in a day. The range is wider in the amount of money each of us has and is limited to what we each have left over after meeting our necessities. While the giving of our money and time gives us the good feeling of having helped someone, when both are gone, they are gone, to be replaced only by the next dollar we earn or by waiting for the next day to arrive.

The Trailbird's Report

By Steven Preston

The other day I decided to go for my first run/climb of Pinnacle Mountain in a while. As soon as I started running up the first steep incline I realized that as part of my build-up back I needed to start incorporating some more hill-work. If you don't already know, there aren't too many trail runs in Arkansas that don't include at least a few hill climbs. A good example is this month's Athens-Big Fork Marathon. This race includes eight mountains which total 4,600 feet in elevation gain over 7.1 miles of the course.

Hill workouts help strengthen your calves, quads, hamstrings, and glutes more than you would get from running on flat ground. They also help strengthen your hip flexors and Achilles tendons. Some other benefits of hill workouts include:

1. Faster runs as the same muscles used for running uphill are the same used for sprinting.
2. Reduces your risk of injuries.
3. Strengthens your upper body through the increased drive of your arms while running uphill.

I do caution on how to properly run hills. Some people like to dig in and attack the hills to get it over with as soon as possible. This can lead to slower overall paces as you waste a lot of energy by pushing the hills too hard. The key to a good hill

(See **Trailbird** on Page 4)

But wisdom, ahhh, is much like love. When we share it with others, we still have just as much. Yes, it does take time to share, but wisdom, like the Jelly of the Month Club, is the gift that keeps on giving. Wisdom is passed down and even across generations, ensuring that the good works of those willing to share live on.

Bill Torrey admits that his attention span limits him to about two paragraphs a month of this column. Thus, once I'm this far down, I know it is safe to compliment this most humble of men. I am certain that Bill is both the wisest and most generous man I know ó and if you know me, you know I am not prone to bold exaggeration. This combination is critical. Just like James 2:17 says, faith without works is dead. A wise man not willing to share with those in need does no good. Likewise, one benefits no others with generosity of knowledge if there is none to share. As I watch Bill share his knowledge with everyone he encounters, I see this is not where the magic penny stops ó instead, it rolls on to the next person and then the next. Like the parable of the talents, Bill has invested in all of us. I have twice recently been asked to pass along the vast book of knowledge I have gained from the *one* race I have directed. Both races are on the calendar ó full previews and recaps forthcoming. Bill's wisdom and generosity is the inspiration for the next generation of races. Just like children and grandchildren, Bill's legacy is not just the races for which he is directly responsible, but also those races led by those of us who learned everything we know from him.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, POBox 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month's issue. Send articles to Linda House, Editor, at house48@gmail.com

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Caleb Ault Keeps On Improving

By Jenny Wilkes
LRRR Racing News Editor

As 2012 comes to a close, I want to highlight an individual who made great improvements in his running over the past year. **Caleb Ault** is a relatively new face in the Central Arkansas running community and ran his first Grand Prix Series in 2012. Not only did he run a significant marathon PR at Chicago (3:11:13), he also won the Bona Dea 50K at his first attempt at the distance and steadily improved all of his racing times. Caleb's dedication and commitment to the sport is a testament for how hard work can pay off.

How long have you been running, and when did you start racing seriously?

I first started running in 2009 when I decided to run a marathon with a group of friends. At the time I decided to run the marathon I didn't even know the exact distance of the marathon, I just knew that it was somewhere around 20 miles. I knew very little about running. My first marathon was very exciting, although long and painful. After realizing the difficulty of the marathon I knew I had to train a lot more to get better. I ran a few races in 2010 and 2011 but didn't seriously start racing until I met Jacob Wells at the Cheetah Chase 5K and signed up for the 2012 Arkansas RRCA Grand Prix Series. Since then I have run over 20 races.

You have definitely been getting faster over the past year and have set some impressive PRs over a variety of distances. What sort of training have you been doing to increase your speed?

My running schedule includes speed workouts, track workouts, tempo workouts, some hill repeats, and a long run on the weekends. I also implement kickboxing, yoga, and P90X into my training.

I know you have significantly dropped your marathon time. What was your motivation to improve your time?

I have been on a journey to qualify for the Boston Marathon and eventually the New York Marathon.

What has been your most memorable running experience this year or your greatest achievement?

By far, the Chicago Marathon was my most memorable race this year. Chicago was the marathon I had been training for this year and I had an amazing race! Going into Chicago I was hoping to run a 3:40 marathon which would have been a 15 minute PR. After running a 4:09 in Tupelo I was beginning to doubt my training, but I learned some valuable lessons from Tupelo and knew I would do better in Chicago. Come race day I was shooting for a 3:40 and if I felt good I was going to go for a 3:35. Two weeks prior Gary Taylor put this crazy idea in my head that I should be able to run a 3:20 marathon based on a previous race I had run. So, the race started. I couldn't have asked for better weather. I began running with a swarm of people and

started off at about an eight minute pace. As I continued my journey through the city of Chicago I barely noticed as my pace began to speed up. At the Half I was at a 7:30 pace and had never felt better. I decided to push a little harder and by mile 18 was on pace for a 3:15 finish. "Wow! Am I really doing this?" I thought to myself. I was still feeling good so I continued to try and push the pace. With a mile to go the fatigue set in and I was beginning to feel the miles. I continued to push and finished with a 44 minute PR! (3:11:13) I was stoked ... What an amazing race.

What is/are your top goal(s) for the New Year?

My goal for 2013 is to qualify for Boston, run a sub-three hour marathon, and run 2013 miles.

What is your favorite race distance?

It used to be the half marathon, but recently I have enjoyed racing the Full 26.2 miles

What is your least favorite race distance?

I would have to say the 5K.

Do you have any suggestions for anyone just getting into running?

Make sure you have a good pair of running shoes. I highly recommend getting fitted at your local running store to make sure you start off in the right shoes. Find a beginners running program that fits your fitness level and goals. Get involved in the running community. It helps to have friends who run to keep you motivated, accountable, and committed to your goals. Running is much more enjoyable when you're a part of a running group or at least have a running buddy. Track your runs via a smartphone app, Garmin connect, or Nike plus to help see your progress and stay on top of your training and goals.

What advice do you have for runners who are looking to improve their race times?

I wish there was one magical answer. I am still searching ... Consistency is key to all improvement! Stay committed to training and your race times will improve. I highly recommend active recovery (yoga, stretching, foam rolling) in between hard workouts and races so you can continue coming back stronger.

What has been the best part about joining the running community?

If it wasn't for the running community here in Little Rock I would have never seen the improvements in my race times as I saw this year. Joining a running community makes running FUN and makes me look forward to running! Thanks to the great running community here in Little Rock I have made so many new friends and have found some great training partners that continue to help push me. There are plenty of times when I don't want to run, but knowing that I have buddies to run with makes all the difference in the world.

Race Results

By Jenny Wilkes
LRRC Racing News Editor

On **December 1st** was the **St. Jude Memphis Marathon**. For the men, Scott Sander finished in 3:11:23, Jacob Wells in 4:26:54, Jon Honeywell in 4:25:42, James McManners in 4:26:52, and Bill Dobbins in 6:26:35. For the women, Jen Freilino finished in 3:38:20, Jenny Wilkes in 3:42, and Ashley Honeywell 4:25:42.

On **December 8th** was the **CASA Half Marathon** in Pine Bluff. For the men, Joel Perez finished in 1:26:43, Jacob Wells in 1:40:38, Greg Massanelli in 1:41:04, Jon Honeywell in 1:42:27, Chris Hall in 1:43:18, T.D. Johnson in 1:59:51, Skip Smith in 2:14:17, and Kenney Worley in 2:21:38. For the women, Leah Thorvilson finished first in 1:23:00, Tracy Tungac in 1:26:43, Jenny Wilkes in 1:38:28, Robyn Thornton in 1:54:38, Shelli Chupik in 1:58:34, Ashley Honeywell in 2:03:10, Christine Meroney in 2:31:48, Pennie Martin in 2:37:24, Jayme Butts-Hall in 2:42:36, Shelley Rawls in 2:42:39, and Heidi Stroock in 3:12:32.

Also on **December 8th** was the **Light Up the Night 5K**. For the men, Imari Dellimore finished in 16:49, Joey Gieringer in 19:10, Jacob Wells in 21:32, Chris Hall in 22:24, Ryan Rainwater in 32:15, and Courtney Little in 34:51. For the women, Lindsay Petruk finished in 21:19, Cymber Gieringer in 23:08, Karen Halber

Trailbird (Continued from Page 2)

run is to slow the pace down and maintain the same effort level as on the flats. As you approach a hill shorten your stride and speed your arm swing by bringing your arms lower and keeping the swing short. Keep your back straight and your head up. You can lean a little with your hips but do not hunch over.

In and around Little Rock there are many good places for hill workouts. I suggest finding a spot where you can do repeats. Some of my favorites are the switchbacks of Emerald Park in North Little Rock, River Mountain Road in Little Rock near Two Rivers Bridge, and a section of Browns Creek Road near Lake Sylvia. A good short hill run for speed hill workouts or if you're just beginning on hill workouts is Sherrill Road near the intersection of Rebsamen Park Road and Riverfront Drive in Little Rock.

Once you feel you're up to the task of attacking some hilly races here's a few I suggest: Athens-Big Fork Marathon in January (<http://www.athensbigforkmarathon.com>) White Rock Classic 50K in February (<http://www.runarkansas.com/WhiteRockClassic.htm>), and Strolling Jim 40 Mile in May (<http://sj40mile.com>). I have yet to run the first two on the list but I've heard great things about the amount of climbing in these races. As for Strolling Jim, I ran this one a few years back and absolutely loved it. This one is outside of Nashville, TN, and has some beautiful farm land views all along the course.

(See **Trailbird** on Page 5)

in 28:41, Carla Miller in 29:05, Deb Baldrige in 31:35, Jennifer Reeves in 39:46, and Jayme Butts-Hall in 40:15.

Also on **December 8th** was the **Speedy Santa 5K** in Fayetteville. For the women, Jenny Smith finished in 27:12.

On **December 9th** was the **Fayetteville Half Marathon**. For the women, Susan Russell finished in 2:05:40 and Ann Butts in 2:48:42.

On **December 15th** was the **Mt. Nebo Bench Trail 4M**. For the men, Joe Milligan finished in 37:16, Dan Belanger in 40:40, Nicholas Norfolk in 40:55, and David Samuel in 46:29.

If I have made any omissions or you would like me to include a specific race, please e-mail me at jenny.wilkes.llm@gmail.com.

In addition, I have been contacted by someone looking to run the Little Rock Marathon. If you are registered but are not going to run and would like to transfer your registration, please contact me.

2013 Grand Prix Series

January

27: **One Hour Track Run** at Russellville.

February

2: **River Trail 15K** at North Little Rock.

9: Valentine's Day 5K at Russellville.

17: Run the Line Half Marathon at Texarkana.

March

9: **Chase Race and Paws 2M/1M** at Conway.

23: Spring Fling 5K at Cabot.

April

6: Capital City Classic 10K at Little Rock.

14: **Hogeye Marathon** at Fayetteville.

May 2

4: Toad Suck 10K at Conway.

25: Rock Run 8K at Little Rock.

June

15: **Go! Mile** at North Little Rock.

August

3: **White River 4-Mile Classic** at Batesville.

10: **Watermelon 5K** at Hope.

31: ARK 5K Classic at North Little Rock

September

7: Sara Low Memorial 5K at Batesville.

21: Arkansas 20K at Benton.

October

12: **Chile Pepper Cross Country 10K** at Fayetteville.

19: Survivors' Challenge 10K at Fort Smith.

26: **Soaring Wings Half Marathon** at Conway.

November

23: **Spa 10K** at Hot Springs.

(Races listed in **bold** type are State Championship races.)

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

January 2013

- 12: Tux on the Run 5K at Rogers. Call 479-273-9622.
- 12: MLK 5K at Cookø Landing, North Little Rock. Call 501-231-3730.
- 12: ARK Winter Series at Lake Willastein, Maumelle. Call 501-519-0185.
- 19: ARK Winter Series at Cookø Landing. Call 501-519-0185.
- 19: No Name 5K at Danville. Call 479-622-3207.
- 26: Chilly Cheeks 10K at Camden. Call 870-231-5913.
- 26: ARK Winter Series at Cookø Landing. Call 501-519-0185.
- 27: One Hour Track Run at Russellville. (GPS SC) Call 479-857-4527.

February 2013

- 2: River Trail 15K at North Little Rock. (GPS SC) Call 501-410-0663.
- 2: Freezinøfor a Reason 2K/5K/10K at Conway. Call 501-450-0512.
- 9: Valentineø Day 5K at Russellville. (GPS) Call 479-857-4527.
- 9: Thunder Valentine 5K at Benton. Call 501-977-5033.
- 9: MS River Marathon, Half at Lake Village, AR - Greenville, MS. Call 801-673-8609.
- 10: Piney Hills Half Marathon at Ruston, LA. Call 318-232-2213.
- 16: Van Davis Memorial 5K at Hot Springs. Call 501-760-4129.
- 17: Run the Line Half Marathon at Texarkana. (GPS) Call 903-792-7186.
- 23: Bowen 5K at Little Rock. Call
- 23: The Beat Goes On 5K at Benton. Call 501-776-6746.
- 23: Light Up the Streets Glow Run 5K at Searcy. Call 501-278-9321.
- 23: Fai A Long, Long Way to Run 5K at Hot Springs. Call 501-909-5909.

March 2013

- 2: Little Rock 5K. Call 501-371-4639.
- 2: Relay for Life 5K at Booneville. Call 479-206-0868.
- 2: Sombrero Beach 15K/10K/5K at Marathon, FL. Call 305-289-9868.
- 3: Little Rock Marathon, Half and 10K. Call 501-371-4639.
- 9: Reach Out and Run 5K at Ft. Smith. Call 479-420-1151.
- 9: Chase Race and Paws 2M/1M at Conway. (GPS SC) Call 501-514-4370.
- 9: The Gladiator 7M at Elkhead, MO. Call 601-622-7475.
- 9: Walk, Run and Roll 5K/1M at Benton. Call 501-847-9711.
- 16: 3.1 Miles of Hope at Benton. Call 501-605-6945.
- 16: Highrock Hop Trail 5M/10M at Batesville. Call 870-307-8922.
- 16: Lil Cheetah 5K at DeWitt. Call 870-830-1790.
- 23: Spring Fling 5K at Cabot. (GPS) Call 501-779-2479.
- 23: Omega Prostate Cancer Awareness 5K at Little Rock. Call 501-240-9138.
- 30: Care to Run 5K for AR Childrenø Hospital at Harrison. Call 870-688-0642.

Trailbird (Continued from Page 4)

If you are ready for your first hill race come on out to the White Rock Classic 50K next month on Saturday, Feb 2nd, at 9 a.m. This is a no fee, no frills race put on by Lisa Gunnoe, PoDog Vogler and AURA as part of the Ultra Trail Series. There is limited parking so they suggest to carpool if possible. For more information and contact info go to <http://www.runarkansas.com/WhiteRockClassic.htm>.

Birthdays

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

- 2 - Shareese Kondo
- 2 - Fletcher Smith
- 5 - Bradley Kremers
- 7 - Edward Horgan
- 7 - Jenny Smith
- 7 - Bill Diamond
- 9 - Leah Thorvilson
- 10 - Pam Hays
- 13 - Barbara Gill
- 14 - Mark Nexon
- 18 - Martha Ray Sartor
- 18 - Suni Hoffman
- 19 - Carl Northcutt
- 20 - Marcus Pierce
- 21 - Richard Johnson
- 21 - Bill Rahn
- 22 - Ron Logan
- 25 - Timothy Richard
- 25 - Ann Scroggins
- 26 - Brad Baltz
- 30 - Abigail Ethington
- 31 - Coleen Somers

Condolences

The Little Rock Roadrunners Club extends its condolences to Michael Barden over the death December 9 of his brother, Paul Elborn Barden. Please keep Michael and his family in your thoughts and prayers.

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