

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2013

The Return Of Kakistocracy?

By Nicholas L. Norfolk
President

It's official! I will no longer be interim president, since my term starts July 1. Dropping the interim title alters a few things. For starters, it means that I . . . Wait, on second thought, it doesn't alter anything. I can confirm my vision will remain unchanged, which now spans for two years.

It seems as if those that attended the last meeting must have been drinking more than tea, water, or soft drinks because I was elected to another term. Uh-oh! We are in trouble now. No, not you, but we! If you'd like, you can blame it on the alcohol, heat, or poor decision-making skills. Either scapegoat is fine by me. No offense will be taken.

Had I known this I would have set lower expectations for this year. That would have been taking a page out of past president Paul Ward's book. He was the last person to serve as president for two consecutive terms. Speaking of Paul, he sent me an e-mail on my birthday. In addition to his, "Happy Birthday, Mr. President" he attached a picture. It was of a cake that said, "Nick, Happy 100th Birthday." The secret is out; I'm the real Benjamin Button.

I'm in good company. We've had five presidents serve double duty. Two were considered to be outstanding according to the Arkansas RRCA. I wonder now how the Club got Steve Hollowell to be president three times. He must really love this Club, lost a bet, or the membership decided to surprise him for not coming to the Annual Meeting. Regardless, you're good with me, Steve. Thanks for your years of service.

I'm a planner and I plan to succeed. Having ideas is good, but it is implementation and execution that distinguishes great from good. To all of you great people reading this, success is in our future!

Thanks to everyone that attended the June Club meeting. Stacey Shaver-Matson's talk was very timely as the temperatures are on the rise. Proper hydration is vital to having a good run, but especially in the summer. There are numerous products on the market that will help with hydration. [Endurolytes](#), [Nuun](#), [Skratch Labs](#), [S-Caps](#), and this new development, water, are a few.

The key is to find what works for you. Contrary to popular belief we are not the same. I wish there was a way to input data and a printout would list exactly what we needed to take and at what intervals. Unfortunately, it doesn't and we are stuck with trial and error, but that's the fun part, right?

If someone suggests a brand or product, be sure to test it on yourself. If it gives you the runs on a long run, chances are that is not the product for you. Remember to listen to your body. We are an experiment of one.

Hearing members talk about their recent and upcoming races was a nice way for us to engage. I welcome you to post information about your many adventures on our [Facebook](#) or [Twitter](#) pages. Send any race reports or write-ups to Linda House, our newsletter editor. I'd love to read about what you all have going on.

I'm looking forward to the Fourth of July. [Go! Running](#) throws a serious party after the [Firecracker Fast 5K](#). If you're running in search of your next firecracker, run strong, my friends! Wave

those flags, eat that apple pie, and enjoy a hot dog for America!

To the Trailbirds and Ultrabirds, [TATUR Midnight Madness 50-Miler](#) and [Full mOOn 50K/25K](#) is coming up. Sounds like more partying to me! Why not celebrate for the entire month of July? Who's going to stop us?

We will welcome Kimberlee Guin to our next meeting. She'll talk about her race, [Outback in the Ozarks](#). It's an overnight relay that explores the hills of the Ozarks. If you've yet to participate in a relay like this, there won't be one that hits closer to home. We no longer have to leave the state for the experience. Who's leading the Birds team for next year?

Traditionally, we have used the Big Dam Bridge Twilight 5K as a membership drive. Since, it's been cancelled this year we'll have to think of something else. I'm open to suggestions. It doesn't have to be only one race. I'd like for us to increase our presence. Little Rock needs to know the Birds are here!

July Meeting

Monday, July 15, 2013

U.S. Pizza - Hillcrest
2710 Kavanaugh

6 p.m. to eat
6:30 speaker

Kimberlee Guin
Outback in the Ozarks



I recently found myself to my joy and to their dismay with an audience of 25 or so runners, who ever so briefly were semi-obligated to listen to me. As I closed my remarks, I offered a gift ó a reminder to them to see the Arkansas River Trail course upon which they would run on this beautiful day through the eyes of one who as yet had not, and perhaps who had never been to Arkansas or even to the United States.

Dallas Marathon Drawing

David Meroney, Arkansas RRCA State Representative, purchased a Dallas Marathon Prize Package at the RRCA National Convention auction in May. Grand Prix runners who enter any of the four Grand Prix races May 25 through August 10 are eligible for a drawing for the prize package. Two races remain ó the White River 4 Mile Classic on August 3, and Watermelon 5K on August 10. The other two races were the Rock Run 8K on May 25 and Go! Mile on June 15.

The package includes:

- Two entries to the MetroPCS Dallas Marathon or Half Marathon (formerly known as the White Rock Marathon), \$250 value <http://www.dallasmarathon.com/>
- One night stay in the Hilton Anatole Hotel in Dallas, December 7, 2013, \$169 value <http://www3.hilton.com/en/hotels/texas/hilton-anatole-DFWANHH/index.html>
- Two MetroPCS New Balance backpacks, \$130 value
- Two 2013 MetroPCS Dallas Marathon running hats, \$40 value
- Two New Balance workout towels, \$30 value
- Two Gatorade water bottles, \$10 value
- Two New Balance clip-in safety lights, \$20 value

Total value: \$649.00

Rules for the drawing are:

1. You must be a registered Grand Prix runner.
2. You must email David at

staterep@arkrrca.com to be eligible to win. In the subject line write Dallas Marathon and in the body, write your name. There is a tight window of transferability because David doesn't want this prize to go to someone not interested. Email him up to August 10.

3. Run any of the four Grand Prix Races. Each race counts as one entry. Run two races and double your odds; run all four and quadruple your chances.

The award will be drawn late in the day on August 11, 2013, and announced on Facebook, Twitter, and the Arkansas RRCA forum.

Since I have begun to do this, I see new things every time, as though discovering a new freckle on the back of my hand. My favorite sights are the turn of the peninsula at Two Rivers Park. For a moment, you look east down the Arkansas River toward the Two Rivers Bridge where you ran over only two miles earlier. As you turn the corner, only seconds later, there is Pinnacle Mountain directly ahead. My goodness, someone should hold an event there í even at the risk of letting this runnersøbest kept secret out to the rest of the world. Steve Hughes, Little Rock resident with over 300 marathons to his credit, referred to this area as his new favorite and the most beautiful marathon course in the countryí (should one ever be held here, that is). Our trails are truly the gift that keeps on giving the whole year, Clark.

As I returned from our run and gazed up at our majestic bridges where we had begun hours before, I looked out upon the water they traversed with all their magnificence and asked each of them, öOh where, oh where would I run, and how would I get there, without you, my friends?ö

Runner Shout-Out of the Month: After more years as race director than he can count (without taking off his shoes), Bill Torrey finally gets to run the Firecracker 5K. Maybe he should run sideways to take full advantage of his leaning stride and the massive downhill course. It will be an honor and accomplishment to see if I can keep him in my sight.

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Movie Review: Spirit Of The Marathon II

By Christine Meroney

Summer movies. For most people there is probably a list of five or six must-see blockbuster movies worth paying \$20 to stand in a line and sit in a crowded room full of strangers just to be among the millions of other people who watch the big budget Hollywood film on opening night ó not that there's anything wrong with that. Maybe I'm just getting older, or maybe I've found other passions.

This summer I can barely name one blockbuster ó wasn't there already a Superman movie? No, this summer the movie that I waited giddily with anticipation was not all about Hollywood hype. On June 12th at select theaters for one showing only, small groups of mostly runners gathered together to watch Spirit of the Marathon II (yes, it's a sequel but more about that later). It was a documentary film of all things, and probably 99.9% of the population didn't know a thing about it. It's a shame because this movie was so much more than Spielberg or even Lucas. I haven't heard what the turnout for the movie was in Benton or Conway, but at the Breckenridge Theater in Little Rock, the auditorium may have been half full.

So for those of you who missed it, let me tell you why you may want to have it in your Netflix queue. As a wanna-be runner, I'm always looking for inspiration and even validation that I too can run, that I can enjoy running and that the process of running is all a part of a bigger picture. The wonderful thing about SOTMII is that it gives that inspiration. The movie documents the journey of about seven different runners preparing for and running the 2012 Rome (Italy) marathon.

Much like the races we run, the runners in the movie include elite runners and social runners; there are first time marathoners and seasoned runners, young runners and old runners. As a runner, I felt I was a part of each their journey. Their reasons for running this particular marathon varied from powerful like the Rwandan woman who ran for her country after it emerged from genocide, to simple like the sweet Italian man in his 70s who runs a pizza cafe, to heart-warming like the American woman who's run a marathon a week starting with Rome to raise money for her charitable cause, and there were others equally as fascinating.

The movie isn't entirely in English. In fact, quite a bit of it is sub-titled as only two of the runners were Americans, yet the realization is that there is something quite universal about being a runner. The language is irrelevant. The pains, the struggles, the anxiety, the achievements, the excitement, the friendships, the satisfaction ó these are just some of the emotions and feelings that we as runners share and are the international language of running. It is what gave the movie its authenticity. I absolutely loved this movie and was ready to sign up for the Rome marathon as I walked out of the theater.

So if you missed the one-night showing of The Spirit of the Marathon II, don't worry. It will eventually be out on DVD at which time you can make it a part of your permanent collection of inspirational running movies (along with Chariots of Fire and

your favorite Steve Prefontaine movie). In the meantime, we can get the original Spirit of the Marathon DVD. So if you haven't seen either of these movies, the original is a similar style movie following a handful of runners through their journey to run the (2004 or 2005?) Chicago Marathon. You might want to have your running shoes on while you watch so that you can take off running when the movie ends. Happy running!

The Trailbird's Report

By Steven Preston

If you are ever looking for the right way to build an urban trail system, look no further than Fayetteville, AR. Since 2002, Fayetteville has been planning and developing an ever-growing mileage of multi-use trails brought on by the citizens' request to for the city to provide safe pedestrian passage between neighborhoods, parks and schools. (http://www.accessfayetteville.org/government/parks_and_recreation/documents/maps/Fatt_Plan_Chapter_3.pdf). In 2005, under the Fayetteville Alternative Transportation and Trail Master Plan a construction crew (now at nine members) under the supervision of the city trails coordinator was formed to construct these trails. This crew constructs approximately 2-3 miles of trail annually and has currently completed about 21 total miles. (www.accessfayetteville.org/government/parks_and_recreation/trails_and_greenways/index.cfm) As of the 2009 update to the master plan, there are 100 miles of multi-use trails along with 144 miles of on-street linkages planned.

Citizens aren't the only ones excited about the growth of Fayetteville's trail system. Businesses, such as Specialized Real Estate Group, are targeting students and staff at the University of Arkansas as well as young professionals with the development of a 600-resident apartment complex close to the Frisco Trail. (<http://community.railstotrails.org/blogs/trailblog/archive/2012/11/28/in-fayetteville-arkansas-business-is-booming-around-urban-trails-network.aspx>) To encourage residents to use the trail system, the apartment complex will offer a bike loan program.

The best part about this trail system is that it's being planned ahead of time and with the surrounding communities in mind. The trails in Fayetteville will one day be just a part of what will be called the Razorback Regional Greenway. This greenway will provide 36 miles of commuting trails between the cities of Fayetteville, Springdale, Lowell, Rogers and Bentonville. In terms of what it will provide alternative travel to when complete, it will link six downtown areas, three major hospitals, 23 schools, the University of Arkansas, the corporate headquarters of Wal-Mart, JB Hunt Transportation Services and Tyson Foods, shopping areas, parks and residential communities.ö

*The LRRC Grand Prix Racing Report***LRRC Enters Summer Break With A Pair Of Wins****By Brian Sieczkowski**

As the weather heats up, the Grand Prix will cool off a bit. Just one GP race to report on from June and there will be no races in July. That's good; it will give us all a chance to acclimate (this is a relative term) to the heat as a couple of big battles loom in August. LRRC enters the summer break on a hot streak of our own. The women's team picked up a big win and is now in fourth place overall and within striking distance of 3rd place CRC and 2nd place WAR.

The men's team just rang up a seventh straight victory to move into the top spot for the season's standings. As the year progresses and low scores start getting dropped, our lead will only become greater as the quality of scores starts to trump the overall quantity. The Grand Prix Series is a lot like non-homogenized milk: the cream always rises to the top.

June Grand Prix ReviewGrand Prix Race #11 - Go! Mile & NLR & June 16

I was a bit worried about the Go! Mile this year. Not about our teams, I was cautiously optimistic there. No, I was worried because I heard the route would be run in reverse. The starting line would be the finish line; the finish line would be the starting line; dogs and cats, living together! Would such an affront to the Carioles Force be one more example of man crossing Mother Nature? Had the Mayans been right, but only six months early? Naturally, I ran to Kroger and bought them out of (homogenized) milk and bread. Then I headed over to Burns Park to get a front row seat for the apocalypse.

Trailbird (Continued from Page 3)

Maybe one day us Birds in Little Rock will have the chance to ride a multi-use trail to and from work. For now, we'll just have to park at the Big Dam or Two Rivers Bridges and run in circles chasing our tails! For an interactive map of the Fayetteville trail system, go to http://gis2.accessfayetteville.org/GISPage/Parks_Trails/.

For all the trail birds out entry forms for the 2013-2014 Ultra Trail Series are available online now at <http://www.runarkansas.com/UTS Races14.htm>. This year's series has many familiar races and the return of the Swampstomper 50K in Millington, TN.

Big thanks to AURA for once again putting on a wonderful Catsmacker on June 8th out at Lake Winona. I heard there was a sighting of a momma bear and her cubs crossing the road in front of a few of the lead runners. Glad I'm not that fast this time, haha!

Hope to see a lot of you on the trails soon!

The destruction was impressive. The LRRC men had six of the top eight GP finishers and seven out of the top 11. Six LRRC men ran under five minutes, 11 men under six minutes, and all 16 LRRC racers finished under 6:30. A big tip of the hat to our Go! Mile team & WojKo, T-Rich, Dellimore, JJ, RyLaw, Ferg, PTricky Ricky, VanLandHam, Maher, Nick Rulez!, JayJen, G-Helms, ZC, the Thrill, P-sky, and Ruggs.

That's not even the biggest story, though. Headline of the day honors go to the LRRC women who were overlooked and an afterthought coming into the race with several regulars sick and on the sidelines. Penciled in for fifth place at best, several new contributors rose to the occasion and LRRC won the race! Lindsay Petruk led the way with a breakout race in 5:41. Jen-nay and new member Bethany Mooney sailed through in just over six minutes apiece. Helms, C-All, C-Ferg, C-Rich, Esky, Torr -em up and ElMcD all sealed the deal for the LRRC women. Big, big win.

August Grand Prix Preview

GP Race #12 & White River 4M & Batesville & August 3

GP Race #13 & Watermelon 5K & Hope & August 10

Since there are no July races this year, we'll preview the early August contests this month. The seven-day stretch at the beginning of August features two early morning Championship Races at two opposite sides of the state. Having a team at both races will be vital to our success this year. For the men, slipping up here would immediately give back all the gains we've made in the past three months. For the women, having a team at each is even more paramount. It is make-or-break time come early August. We'll coordinate the carpooling, caravanning, and conquering of Batesville and Hope on our team's Facebook page. If you aren't a member already, search & LRRC Grand Prix Teams & on Facebook and request to be added to the group. Until then, enjoy the midseason break!

Kavanaugh Band At Hibernia

Club member Jimmy Pearsall is not only a talented runner but also a good singer and bass guitar player. His group, the Kavanaugh band, is scheduled to play at Hibernia Irish Tavern, 9700 N. Rodney Parham, on Friday, July 26 from 8 p.m. until midnight, with no cover charge. Other members of the group are Phil McCarty on drums and Tom Roberts on guitar. Jimmy refers to the group as a garage band because that's where they rehearse & in his garage. He and Tom have been playing in local bands since high school & Jimmy with the Checkmates and Tom with the Coachmen. Phil, originally from Helena, played with a band in that area named Animal Crackers. He just recently joined the Kavanaugh band.

Girls On The Run Report

By Jenny Paul

They do grow up fast! I've said this about my biological children an innumerable number of times. "She's walking already?" or "First grade-are you kidding me?" And now, I find myself thinking the same thing about my fourth child: this "Girls on the Run council."

Some of you may remember when bringing this program to Little Rock was "just a twinkle in my eye." Being involved with Girls on the Run is a dream I've carried with me for over a decade, and it was easy to talk about it when it was just an idea. I shared my limited understanding of the GOTR mission freely and expressed my hope for its existence in Little Rock, but-whether actual or only perceived-I was never in the position to act on these intentions.

I had hopes there would be a council here and ready to accept me as a volunteer immediately upon my family's return to Little Rock in 2010, but was disappointed to find no opportunities to jump right into an already functioning program. With young children and both my husband and myself working to establish roots in our respective medical practices, I had to be contented with daydreams and hopes for a Girls on the Run in Little Rock. Then, sometime over the next two years, I realized that the only way for the girls in our community to get this opportunity was for someone - maybe even me - to take a chance.

To extend the earlier comparison, I shared "the news" with only my closest of friends at first. My excitement about the possibilities would surge, only to be stifled by apprehension and fear of the uncertain. But as I became more comfortable with the idea, I found myself opening up about my intentions to more people. Much like when carrying my human children, I was overwhelmed with potential and was sharing it with others. In a way, I was "starting to show."

As a complete coincidence, GOTR gestation was about nine months. Some weeks the progress was obvious; other weeks didn't show much change.

This 40-week time period was studded with milestones: application submission, notification of acceptance, and new council training, but most days (just like when you're growing a human) did not seem notable.

With only a few exceptions, this idea was met with enthusiasm and anticipation, and, like a baby, it was showered with love even before its arrival. Instead of planning nursery decor and interviewing at preschools, we were planning fundraisers and completing paperwork. But lots of folks began to look forward to a time that this Pulaski County council would get here.

I suppose our council's birthday would be considered May 10, 2013, the date our Articles of Incorporation was filed with the Secretary of State, making it almost two months old now! One thing is certain: like a newborn, it's fastidious, but, also like a newborn, the potential for what it can become is overwhelmingly powerful.

It takes a village - is more fitting for this council than for any one child. Already, so many of you have supported this effort with your talents, donations, and enthusiasm. Thank you. Sincerely. Thank you. As the council approaches its inaugural season, we ask for your continued support. At this point, fundraising is still a primary concern, and ANY sized contribution will be put to good use. Please consider visiting our new website gotcentralark.org to learn more about the

organization's history and plans for this council's future. Soon, volunteers will have the opportunity to register online and site requests will be made available for the spring 2014 season. You can make a tax-deductible donation to help alleviate our start-up costs as well. If you have a relationship with a corporation that might be interested in becoming a local GOTR partner please pass along their contact information. I am thrilled to introduce our mission to any and all persons willing to listen (and perhaps maybe even a few who are aren't that interested).

Currently, our scheduled fundraising events for this month include another personalized T-shirt quilt raffle at Go! Running, and a night out at Spirited Art in the Heights.

Drop by Go! Running any time between now and July 4th to buy your chances to win an original Polly Russell T-shirt quilt (made with YOUR T-shirts). The winner will be drawn during the Fourth of July party at Go! Chances are \$2 or three for \$5.

A night out at My Spirited Art in the Heights is scheduled for July 11 @ 6 p.m. You can bring the food and drink of your choosing, and the company is sure to be wonderful. You can register for this night of fun at myspiritedart.com (just click on the Little Rock calendar). Spots are limited, so please sign up early!

As always, thank you to the collective group, the LRRC, for your support. You can always contact me at jenny.paul@girlsontherun.org

Guide Needed For Visually Impaired Runner

Would anyone who lives in the Little Rock area be interested in being a guide for a visually impaired runner? His name is David Kuhn and he recently moved here from Illinois. I ran with him twice recently and found that being a guide was relatively easy, even though I had never done it before. I plan on continuing to run with David, but the more people who are willing to act as a guide mean more chances for him to run.

If you would be willing to run with David contact him at: 630-512-1326 or david.e.kuhn@gmail.com. He lives just behind UALR would need to be picked up and dropped off. The river trail area is probably the easiest place to run with David, but I believe he is also interested in doing some track work.

If you have any questions for me, my contact info: Chris Baldwin, ccbaldwin73@hotmail.com and (501)804-8860

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

lhouse48@gmail.com

July 2013

- 4: Freedom from Blindness 5K at Lockesburg. Call 479-234-1676.
- 4: Stearns Race Timing Freedom 5K at Jonesboro. Call 870-931-0578.
- 4: Run for Veterans 4M/1M at Fayetteville. Call 479-957-8442.
- 4: Firecracker Fast 5K at Little Rock. Call 501-221-0017.
- 4: Freedomfest 5K at Greenwood. Call 479-996-6357.
- 4: July 4th 5K/1M at Gentry. Call 479-736-2601, ext. 3301.
- 4: Freedom Run 5K at New Blaine. Call 479-938-2223.
- 4: Family Fest 5K at Monticello. Call 870-224-1119.
- 13: Peachfest 5K at Guy. Call 501-472-0943.
- 20: Full mOOn 50K/25K at Perryville. Call 501-837-3104.
- 20: Sisters Are For Life 5K at Marion. Call 901-552-6731.
- 27: Dam Nite Run 5K at Lake DeGray. Call 870-464-7415
- 27: Peach Festival 4M at Clarksville. Call 479-754-4500.
- 27: B-Fit 5K at Bryant. Call 501-416-6396.

August 2013

- 3: White River 4-Mile Classic at Batesville. (GPS SC) Call 870-834-3875.
- 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.
- 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.
- 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.
- 31: ARK 5K Classic. (GPS) Call 501-519-0185.
- 31: Butterfly 5K at Springdale. Call 479-879-6212.

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.
- 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.
- 14: Letø 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: Kendraø Voice: Race to be Heard at Ozark. Call 479-883-9477.

Birthdays

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

- 2 - Jessica Osorio Castle
- 3 - Coreen Frasier
- 7 - Ricky Martinez
- 8 - Jacob Wells
- 9 - Tara Caudle
- 12 - Steven Preston
- 17 - Kristen Sterba
- 18 - Lindsay Petruk
- 21 - Courtney Little
- 22 - Lou Peyton
- 24 - June Barron
- 27 - Sheila Cato
- 28 - Amy Baltz

Condolences

The Little Rock Roadrunners Club extends its condolences to Michael Barden over the death June 6 of his mother, Thelma Barden. Please keep Michael and his family in your thoughts and prayers.

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