

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2013

## Let The Year Of Purpose Begin

**Nicholas L. Norfolk**  
**Interim President**

Traditionally, this is a farewell letter for the outgoing president. They talk about how much enjoyment it was being president and how their term coming to an end is bittersweet. They welcome the new president-elect and sing their praises. Luckily, you won't get a somber goodbye from me. It's more like an optimistic hello.

I can say some great things, and bad things, about your future president, but that would feel strange to talk about myself in third person. Instead, I will talk about how he got here and how we are going to exceed his expectations.

June is a special month for me. It's filled with events that affect many aspects of my life. In terms of running, June is the month of National Trails Day and National Running Day. I couldn't ask for a better month for those occasions to happen.

I took the plunge and started running this month three years ago. Happy Runiversary to me! I'm still pondering why I didn't wait until fall. The heat can be very discouraging during this time of year.

June has the longest day of the year, the summer solstice, my birthday (hint), and it was when you elected me as president-elect. By the way, all of those events were on the same day last year.

This June will be no different in terms of how special it will be. It officially brings to a close one chapter in our Club's book and awaits the commencement of the next.

I think it will be filled with excitement, but just how exciting of a chapter is up to you. What is the next

phase of the Little Rock Roadrunners Club? I'm glad I asked.

We are going to cultivate relationships in our community. We are going to focus on making the Club better for current members and future members. We are going to do this by listening, learning, and being more than a typical running club.

We will have a strong Board of Directors that will work together to guide the Club to new heights. We will have committees to support and develop our ideas.

We will have events that members and non-members can appreciate

## New Members

**By Sarah Olney**  
**LRRRC Membership Chair**

**Marty Sullivan** started running August of last year and to date has lost 32 pounds. He is running 15-18 miles during the week and averaging 9-11 minute mile pace. He has already completed five half marathons and the Little Rock Marathon. His half PR is 2:25; he has a goal to finish under two hours for 2013. He works for the Administrative Office of the Courts and also enjoys reading, traveling, and old baseball history.

**Keith Cooper** has been running for 10 years and averages 20-30 miles per week at around a 7:30 pace. His favorite distance to race is the Capital City Classic 10K. He is a family physician and also enjoys hanging out at the lake with his family. He will be training this summer for the Chicago Marathon in October and he is hoping for a BQ.

and engage in. We will have speakers that address a host of topics that range from inspiration, relays, training, history, injury prevention, safety, achievement, motivation, nutrition, and community. We will work hard, but play harder! That's the plan and we will exceed it!

I want to thank each of you for what we will accomplish this year. We had a good showing at our May Club meeting, which is only the beginning. People are getting in touch with me to see how they can help advance our mission. New and different ideas are being developed and soon brought to fruition.

I have faith in your next president. He's determined to make the Club better, if it's the last thing he does. He wouldn't tell you this, but he is not worried about the Club exceeding his expectations. He is worried the Club will and then not want to move onward and upward. Don't tell him I told you.

For some reason, I feel like I know him. It could be because we share the same love for the Club. Let's be sure to show him that his love for the Club is reciprocated. He's not alone because The Birds will flock together!

## June Meeting

**Monday, June 17, 2013**

**U.S. Pizza - Hillcrest**  
**2710 Kavanaugh**

**6 p.m. to eat**  
**Annual Meeting for**  
**Election of Officers**



The inaugural 3 Bridges Marathon registration opened at 6 a.m. on the Friday of Memorial Day weekend. By Monday, it began its legacy as the race that filled in a weekend (with the help of the extra day). No one at the starting line of the 2012 Midsouth Marathon imagined this. Thanks to an accommodating and fun-loving race director, we had a starting line photo of a group wearing race bibs number 1-7. With a few other random number wearers standing nearby, they became the original 3B26 Race Team. With a few handpicked free agent acquisitions ó primarily social media juggernaut\* Nicholas Norfolk, what began as a ragtag group of friends who didn't know or care what each other did for a living, transformed into a talented combination of professionals like nothing the racing world has ever witnessed ó attorneys, accountants, marketing experts, information technology specialists, entrepreneurs, and the Little Rock city engineer who happened to oversee the construction of one of the 3 Bridges on behalf of City Hall.

As for running experience, we had three race directors and a former four-year RRCA State Representative, Kim Howard, the fastest man from Mineral Springs, Arkansas. Unbeknownst to him at the time, the executive committee immediately approved hiring Bill Torrey for three times his usual salary of zero for consulting on races. Upon being notified, he insisted he isn't worth that much. He also said we (actually I, the others are guilty by association) were crazy. (\*Editor's note: Jacob regularly uses terms without bothering to verify their meaning so we do so ó mercilessly destructive and unstoppable.ö Ok, we'dl have to give him this one.)

Under the new Reign of King Nicholas, *The Runaround* article deadline that I have long abused has adopted a "Make the Deadline or Get Beheaded" policy. Coincidentally, perpetually clueless editor Linda found out about the 3B26 the day before article submission deadline ó the perfect storm for quick article content ó "Q and A with Linda House." (Linda is actually not at all clueless ó while the rest of us are gossiping, she is working the finish line waiting for the last finisher!)

**Q: What are the date, time, and location of the event?**

A: The race will take place on December 28, 2013, at 7 a.m. starting and finishing at the base of the Two Rivers Bridge in Little Rock, Arkansas.

**Q: What happens if there is extremely bad weather?**

A: In that case, the race will take place on December 28, 2013, at 7 a.m. starting and finishing at the base of the Two Rivers Bridge in Little Rock, Arkansas. The weather will be beautiful and that's that.

**Q: Did you have any idea the race would generate this much interest and fill this fast?**

A: Of course. Next question.

**Q: Where can I get more details and current updates?**

A: Visit our website at [www.3bridgesmarathon.com](http://www.3bridgesmarathon.com) and check out our Facebook page, of which the awesomeness is exceeded only by that of its administrator.

**Q: How did this all begin?**

A: I serve on the board of a nonprofit organization with Mrs. Betty Villines. Last fall, having no idea of things to come, I gave her a personal letter to pass on to Judge Buddy Villines thanking him for the bridges and River Trail System and telling him what they mean to me. Then while snowed in over Christmas, watching the 24-hour *A Christmas Story* marathon and admiring my Midsouth starting lineup photo, I pitched the idea, first to my team and then to others. In my next board meeting in January, I told Mrs. Villines about the event and gave her the first real 3B26 letter. Judge Villines called me a week later and as they say ... the race was on. They also say the rest is history, which is not the case here.

**Q: Can you describe the course?**

A: No, I cannot, because the course is indescribable. Go to our course map on the website, change to satellite view, add the mile markers, and zoom in. It is like you are looking down on yourself running the trails that we run every day and love so much. Key

(See 3B26 on Page 7)

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Board Members

Nicholas L. Norfolk	President-Elect	517-7345
Jenny Wilkes	Secretary	680-1891
Jeff Maher	Treasurer	680-6710
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Linda House	At Large Member	565-4969 (h) 590-9139 (c)

# Running Helped To Channel Stress And Save Her Life

By **Tori Green**

Growing up I had never really been active. I enjoyed working but never exercised. Gym was not my thing. I was raised by my dad who we found out had high blood pressure. He suffered from a heart attack when I was 14. He survived his major heart attack to go on and, when I was 21, have a stroke. He also survived that. My dad has always been my hero. Thankfully, he is still alive today due to regular doctor visits and medication.

I also suffer from a condition that if I get too stressed out I lose my hair. It kind of sucks. And those days my stress was high.

In December 2008 I found out I was pregnant with my then boyfriend. I stopped smoking instantly as to not harm the baby. I scheduled my doctor's appointment like any woman would. On January 1, 2009, I miscarried the baby. I had a high blood pressure reading at the doctor. Everyone assumed it was due to the stress of losing the baby.

In July 2009 we were pregnant again. On July 11, 2009, I miscarried again. Again, I had another high blood pressure reading. No one thought anything of it.

In August I married my husband. December 14, 2009, we found out we were, yet again, pregnant. I went into stress mode after two miscarriages. That is when my doctors discovered that I was hypertensive. I was placed on medicine throughout my pregnancy. The doctors thought after my son was born that my blood pressure would return to normal. It didn't. I still had a high reading, so high that they were scared I would stroke out.

I was put on medicine and told that if I got my weight under control I could possibly get off the medicine. I was a new mom and there was no time to work out. Eating healthy was not my thing either, so I shoved off what my doctor told me and just took my medicine.

My Aunt Wendi had been asking me for a while to join the Women Can Run clinic. I'd never liked running. To me, it sucked. You had to go out in the heat and get sweaty.

Well, one day I went to the doctor. Even though I was on the medicine, I was still having semi-high readings. The nurse sat me down and talked to me. She made me realize I was heading down the same road as my dad. I knew in that moment that I wanted to be there for my kids. I called my aunt and told her that I was game for the clinic.

I signed up as a walker because, well, walking is easy. I knew I could walk. On my first night I signed up for the graduation 5K just as a walker. I had no plans of running. I'd never liked running and I didn't plan to start.

The first night of clinic my knees were killing me, so I took my anti-inflammatory and was ready to walk. My aunt arrived and convinced me to run. So, instead of taking off with the beginning runner A group, I joined her in the B group. Oh boy, did I learn a lesson. I had no proper running gear -- wrong pants, wrong bra, wrong shirt, and definitely the wrong shoes. I, of course, developed a BAD shin splint. I still went back that Thursday and kept up with the B group, even though I was in severe pain.

That weekend we went and bought all the proper gear I needed to hopefully prevent any further injury. For the next few weeks of clinic I still kept up with the B group and yet another shin splint came around. Finally, my aunt and I moved down with the A group. I loved running at this point. I could run my worries out on the track.

We finished out clinic and race day came. I had to change my registration from a walker to a runner, so that I wouldn't get in trouble for running. Even though it slowed my aunt's time, she stayed with me and pushed me through the entire race. I was tired and sore and soaked from the on-and-off drizzle on that May morning. It was the day before Mother's Day and my aunt refused to let me give up.

When we got to the final stretch she took off ahead of me so she could get a couple of pictures of me crossing the finish line. I met up with Barbara, one of the leaders of the clinic, and she brought me home. I thought that last block was

going to kill me keeping up with her. She told me to give it all I had, and that I did. I ran. I ran until I felt like my short little legs were going to fall off. The crowd erupted with cheers as I came to the finish line. I felt the tears welling up in my eyes as I approached my final destination. I saw our then clinic director Linda Fason standing there cheering me on. I saw many strangers egging me towards that line. Time stood still, but I kept running, praying that I reached the finish before I passed out. I crossed the line with more pride than I'd ever known. It was the third happiest day of my life following the birth of my son and the day I married my husband.

In the picture my aunt captured of me I had the goofiest smile on my face, but it was a proud smile -- a smile of accomplishment. I had done it. I had run my first 5K! My husband had guessed I'd run it in an hour. I did it in 48:16. My mile averaged out at 15:35. I have my runner's bib and time framed in my house to inspire me to improve more and more each day.

The next day was Mother's Day and, oh boy, was I sore. The next day I had a doctor's visit with the special lady doctor for that once-a-year appointment. Well, that's when I found out I was 11 weeks pregnant. At the end of my pregnancy my blood pressure was normal! I have been off blood pressure medication since November and I owe it all to running.

Running has not only helped me to channel my stress but it also saved my life! Nowadays I wake up and think tonight I'll run. When the kids have been bad or it has just been a bad day, I run. Running is a part of me.

I owe my life to my Aunt Wendi, the nurse at the doctor's office, the ladies at Women Can Run, and running. I honestly believe that I can say thanks to them I'm here today -- playing with my kids, running with my kids, and keeping up. Thanks to running I have my beautiful hair and my health.

*Editor's Note: Tori Green gave this speech at the May LRRC meeting. If you weren't there you missed a very inspirational talk.*

*The LRRC Grand Prix Racing Report***May Dispatch: A CliffsNotes Guide To The Month****By Brian Sieczkowski**

As I am currently in the great state of Nebraska, we are going to do a quick recap of the month in honor of proud Cornhusker native, Cliff Hillegass - the founder of CliffsNotes.

**May Race Review**

There were two races in the month of May, the Toad Suck 10K and the Rock Run 8K. Both were non-championship events. LRRC men took first place at both and the LRRC women took third place at each. Both were won by our own Tim Richard, who improves his GP race-winning streak to four straight. Mark Ferguson won the top Male Masters spot at each race and our Tammy Helmick won both Female Masters and Female Grand Masters categories at both races. So, basically, both races had a lot of similarities and to be honest, it is difficult for me to keep track of what happened where, especially since I am not at home with my detailed results files.

**Girls On The Run Report****By Jenny Paul**

This month's Girls on the Run update may not come from an exotic location (like North Carolina), but there is plenty of exciting news to share!

The Prediction Run at Go! Running was a great success. Many people showed up despite the potential for bad weather. Witnessing so much support is encouraging as a new council, and the momentum from this event will undoubtedly influence future efforts. Of course, fundraising is important for establishing and sustaining a successful program, but even more impactful was the love and enthusiasm for Girls on the Run. So many "thanks" are due: thanks to all that attended, thanks to Polly Russell for donating her sewing talents, and thanks to Go! Running for hosting.

Our next scheduled fundraiser is the evening of Thursday, July 11 at Spirited Art in the Heights. This is an opportunity for those that believe in Girls on the Run's mission but are unable or simply not interested in a running event. The staff at Spirited Art can cultivate creativity from the least artistic, and you can bring your own food and drink. Look for more details in next month's LRRC newsletter, but I wanted you to get this on your calendars NOW!

In addition to fundraising, there has been significant progress in the formal establishment of Girls on the Run of Central Arkansas as an independent, non-profit organization. The Board of Directors held its first meeting, and I could not be more confident in any collection of individuals. Mary Wells, President of the GOTR board and past-President of LRRC, leads with experience and purpose. Other board members well known

**Newcomer of the Month: Ryan Lawrence**

Mr. Lawrence signed onto the LRRC dotted line at the beginning of the month and quickly announced his presence with a couple of top five finishes in two Grand Prix Races. Very nice debut!

**Old Person of the Month: Mark Ferguson**

As mentioned above, Ferg was the top Master runner at both races. And he did so in a very dominating fashion. But, I'm more proud of the fact that Ferg was able to drive himself to both races without getting lost.

**June Preview**

Only one Grand Prix race in June, but it is a good one - the Go! Mile. I have a feeling there are going to be some very fast times from a lot of Birds this year. Hope to see you all there!

to the LRRC include Jeff Maher, Betsy Meacham, and Matt Olney. Lesley Roberts and Stephanie Jackson are other GOTR board members, but are not members of the LRRC yet.

In social media news, Girls on the Run of Central Arkansas has a Facebook page, and at last check had 299 likes! Announcements and events are listed on our page, as well as pieces of GOTR history and general information about the program. This is an easy way to follow the council as it grows and to learn about volunteer opportunities and special events. Also, our website, [www.gotrcentralark.org](http://www.gotrcentralark.org), should be functioning within the month. This will offer volunteer sign up, information about events, and ways to be involved as the girls head into our very first season.

We intend to begin recruitment for our debut season before school ends this month. The plan is to start with one site at Pulaski Heights Elementary this fall, and expand to two to four sites in the spring of 2014. Most sites will operate out of schools, but there will likely be some teams at alternative sites until the majority of elementary schools are being served. While we would like to offer this program to every girl immediately, it is important to grow at a sustainable pace that can be supported with the resources of such a young council. Calculated and intentional expansion will ensure a successful program. I've often had to remind myself that before I ever ran a marathon, I ran a mile. Before we can serve hundreds of girls, we have to serve a dozen.

Girls on the Run of Central Arkansas is one of over 200 councils in the United States and Canada, and the curriculum has

# The Trailbird's Report

By Steven Preston

The Trailbird has been traveling a little bit lately. Over the course of the next few newsletters I am going to talk about a few of the places I've run while on these travels. While visiting Nashville recently, I had some time to run the trails at Edwin and Percy Warner Parks. They are technically two parks, but are only separated by Old Hickory Boulevard. The two parks cover a total of 2,684 acres. Together, they are the largest municipal park in Tennessee.

My favorite thing about these parks is the extensive combination of paved and hiking trails as well as cross country courses. I ran the Mossy Ridge and Blue Trails, which are connected by .85 mile trail that takes you between each park's trail system. That's not much to look at in terms of scenery on these trails.

However, for an urban area you won't find much of a better place to get in a great trail or road long run completely within the parks. The longest hiking trail is about 6.6 miles. In total, there about 18 miles of hiking trails. I stayed to the hiking trails mostly. The back and forth stretches of flats and medium climbs made for a well-balanced workout. These trails are well marked with different color blazes. However, I did come to a spot where the blue blaze arrows pointed both ways so I took a chance based on the direction I had been running and got lucky that time. If you do get lost your usually not very far from the many roads that also twist and turn through the parks.

Before I close, I'd like to talk about a run I've wanted to do for a long time, but never knew that it was held at the very parks I had ran at that day. The Harpeth Hills Flying Monkey Marathon

has been held every year since 2007 at these parks. This marathon has a total of 3,600 feet of elevation gain. This marathon claims to be one of the toughest in America. Like I said, I haven't run this one before, but after having run these trails twice I won't disagree that among marathons this one is probably tougher than most. Our very own Leah Thorvilson is the only female to ever break three hours at this race, which she did last year in her first Monkey. As far as race prizes go, I keep hearing about flying monkeys but I think that's just the insanity of those Monkey runners talking. If you feel like flying with the monkeys, this year's race will be held on November 24<sup>th</sup>.

Registration for a weighted lottery will open on August 1<sup>st</sup> and close on August 8<sup>th</sup>. The lottery will be held a short time after.

## National Day Of Running Local Event Is June 5th

The Little Rock Marathon will partner with Go! Running to host a free running/walking event on June 5<sup>th</sup> at 6 a.m. at Murray Park (pavilion entrance) in celebration of National Running Day.

Held annually on the first Wednesday in June, National Running Day is a grassroots, collaborative effort of leaders in the running industry to promote running/walking as a healthy, easy and accessible form of exercise.

"Everyone can run or walk," said Gina Pharis, co-executive director of the

Little Rock Marathon. "This day is about coming together as a community to celebrate living a healthy lifestyle, to celebrate our strong running community, and to encourage those who have been thinking about starting to meet some of the people in this community and take their very first steps to get started!"

The run/walk will not be timed and any distance is acceptable. Water, refreshments and giveaways will be available.

The event is free, but registration is required. Commemorative National Running Day race numbers will be given out that morning to the first 300 registrants. Online registration is available at: <http://register.macsrts.com/search/event.aspx?id=21165>.

For more information visit [www.littlerockmarathon.com](http://www.littlerockmarathon.com) or contact Gina Pharis at [gmarchese@littlerock.org](mailto:gmarchese@littlerock.org) or Erin Taylor at [erin@gorunning.com](mailto:erin@gorunning.com).

## Girls (Continued from Page 4)

maintained its integrity and consistency throughout delivery to hundreds of thousands of girls. The only way this is possible is through strong community. The Little Rock Roadrunners Club has collectively been supportive of our efforts, and many members have already been individually involved. I encourage each of you to think of a way you could best contribute. Volunteering, coming to

fundraisers, spreading the word ó each is meaningful. Each is helpful. Also, if you are in a position to offer financial contributions, either individually or corporately, please consider doing so. We can offer recognition on our website, race t-shirts, and informational handouts for donors, but most importantly, you would be involved in a very important cause. One participant summed up her GOTR

experience by saying "At Girls on the Run, I learned I am the boss of my own brain." See what I mean? You are all a part of something BIG.

You can always contact me at [jenny.paul@girlsontherun.org](mailto:jenny.paul@girlsontherun.org) or [jjpaul4@gmail.com](mailto:jjpaul4@gmail.com). You can also send a message through the Girls on the Run of Central Arkansas Facebook page.

# Running, Vanity And Judgment

By Jesse Garrett

Yesterday I was driving along Kavanaugh Boulevard in Hillcrest. Our impending summer was making its presence known ó it was particularly warm and humid, and the few runners I saw looked very uncomfortable.

As I coasted down the meanders of Kavanaugh, a runner came into view. No quicker than I had negotiated that turn, he had slowed to a walk and put his hands on his head in ragged exasperation. He quickly realized my presence, and he and I made the briefest eye contact. He knew immediately.

I had caught him giving up on the hill. He had been judged.

Less than 50 feet separated us at this point and as I approached, I tried to avert my eyes and pretend like I didn't see anything, so as to make the situation less awkward. But he knew.

For all I know, he was doing hill repeats and ending that particular run on that measured interval. Maybe he had just run 20 miles at a 6:00 pace. I don't know the particulars of his run and I never will, but I could tell that somewhere in the back of his mind, he felt awkward that someone had seen him slow to a walk.

We've all been in his running shoes before. We all try and look like we're on the cover of *õRunner's Worldö* when running next to busy streets. In our minds, we have perfect form, displaying our athletic superiority to the unwashed masses of sedentary people driving by.

Well, I do, anyway. I purposefully route my neighborhood run through one of my town's busiest streets so that my false bravado (and other defense mechanisms, I'm sure) ensures a quick pace.

Whether you acknowledge it or not, you do, too. Have you ever done speed work along a stretch of road? Imagine being on a recovery walk in between intervals when your friend drives by and honks. That friend is now going to leave a Facebook post saying *õI saw you walking today!ö* rather than *õI saw you running earlier, is that your normal pace?! You were flying!ö*

Have you ever been on a long run when Mr. Sweatpants-And-Hoodie-In-80-Degrees flies by in a short burst of speed? Hey buddy ó dehydration doesn't equal long-term weight loss! And you should double the deodorant if you double the layers.

And you, Mr. Unnecessarily-Kicks-His-Feet-Too-Far-Back? You're running at a 10 minute pace and your heels almost touch your ass with every stride! How silly.

We've all seen Ms. Flails-Her-Arms-Wildly-And-Would-Probably-Qualify-For-Boston-With-The-Energy-She-Would-Save-By-Putting-Her-Arms-Down! You're gonna get shin splints because your biomechanics are a mess and you're overstriding.

Whether we are vain and judgmental people or not (and, as runners, we naturally fall to the *õnotö* end of the spectrum), there is vanity and judgment in all of us.

I know I am known as *õMr. Is-That-Guy-Wearing-Girls-Running-Shorts?ö* or *õMr. Pink-Shoes-That-Looks-Like-He-Has-Cerebral-Palsy-Because-His-Hand-Is-Limp-Like-That-Keyser-Soze-Guy-From-The-Usual-Suspectsö*. Everyone is unique and everyone has flaws, and this is especially true with runners. That doesn't mean you aren't a spectacular person. Embrace your judgmental monikers, as they're part of what makes you, you.

What are you known as?

## Gary Taylor Prepares For The Go! Mile

By Jenny Wilkes  
LRRR Racing News Editor

The next race on our Grand Prix schedule is the third annual Go! Mile, run and organized by Gary Taylor of Go! Running. I asked Gary a few questions about the Go! Mile and his reasons for organizing the race.

**What made you decide to put on the Go! Mile?**

When we opened Go! Running we planned to host a race sometime that was a little different. When Andrea Sieczkowski (then president of ARRRCA) came to us asking us to put on a mile race that might be included in the AR Grand

Prix we said, *õthat's it, perfect!ö* Perfect because that is what Frank O'Mara and I specialized in during our running careers.

**Tell me about the progression of the race, how is it different this year than in years past?**

Being runners, we always try to better ourselves from last year! We try to find ways to keep it fun and exciting, with things like toys for the kids run as a *õmedal.ö* We added *õThe First Mileö* last year to encourage people new to running who might be intimidated by a 5K or *õfast runnersö* to get involved with the running community and run *õjustö* one mile that we hope will be *õThe First Mileö* of the rest of their running life. This year we'd

be running the course in reverse to help with the sun and give the finish area some shade. We will also have a sponsor/partner village where people can interact with all our great sponsors. And, of course, the kids will get a new fun toy - but I'm keeping that a surprise!!

**What is your favorite part (or parts) about the race?**

I love it all!! But the special parts for me are watching the nervous excitement on the faces of the runners in *õThe First Mileö*, the crowds lining both sides of the finish straight, especially for the Elite heat, and of course the Mini Mile

## 3B26 (Continued from Page 2)

point of the first 19.7 miles are out-and-back from the start to the Clinton Presidential Park Bridge. The next 6.5 is a loop around Two Rivers Park. Thus, the course crosses the start/finish at 19.7 miles.

### Q: What is the course time limit?

A: This has been the most popular question to date. My answer has been, "We will be there as long as it takes, but please don't take 15 hours." Some who perhaps have never attempted a marathon due entirely to their trepidation over the time limit will be completing their first on December 28. This is the marathon that makes dreams come true, baby.

### Q: Who is the benefactor of the race?

A: The primary benefactor is at least break even, and after that, the trail system.

### Q: Why has the race been capped at 200 participants?

A: The most important aspect of an inaugural event is to do it right the first

time. That is the amount that was selected by the race committee to ensure this event would be conducted properly. It has been rumored that "parking is the problem." Parking is not the problem. Parking is one logistical aspect of any event that must be addressed to ensure a quality event.

### Q: What is the alcohol policy?

A: Linda didn't ask this. I am adding it to point out that twelve separate legal jurisdictions have come together to allow this event to take place, all of whom are placing their trust in us to make Arkansas proud. I've been filling out applications for months. Checking NO on the alcohol section has made them shorter and the approval process quicker. We cannot tarnish this inaugural event by risking irresponsible behavior. An unlimited supply of ice cold carbonated beverages will be available.

### Q: The race is full. What can I do?

A: Plenty. Contact any committee member to volunteer. Talk to your employer about sponsoring the event. Plan to attend and cheer, especially at points along the course other than the

## Go! (Continued from Page 6)

of those kids are so excited and can't wait to get going!!

### If you could give people one good reason why they should run this race, what would it be?

Just one?!?! Because it is just a very different and exciting format of the event is broken into heats that start at 7:30 a.m. and go off every 15 minutes of someone is always starting or finishing!

### How do you see the race changing or growing in the years to come?

We want keep making it bigger and more fun, but because the course is so flat and fast I'd like to really develop the Elite race and get some big names in here with some hefty prize money.

### What makes this race an important part of the Grand Prix Series?

The best runner in Arkansas should be able to run well at various distances. This challenges runners in the Grand Prix to step out and see how fast they can run at much shorter distances. There is also a resurgence in road mile races, so this race helps the Grand Prix stay relevant with running trends.

### Who are your top contenders this year?

We have several great runners coming out of Oklahoma and many good runners from this state. Daniel Kirwa is returning as defending champion, but he will be challenged hard by Layne Nixon, a track Razorback that just finished his eligibility at UA, and Nate Carr who also just finished at UALR.

From Oklahoma Scott Downard and Jake Buhler, who both finished in the top six at the LR Marathon, will be heavy contenders.

In the women's race, the defending champion is local runner Tracy

start and finish. This course will be extraordinarily accessible for family and friends to safely see their runners multiple times.

### Q: Is there a waiting list?

A: Absolutely. And it is getting long. With uncertain holiday plans and, of course, injuries, marathons are difficult to plan this far in advance. Anyone that needs to withdraw will be given a refund of most of their fee and the next on the list is in.

### Q: Who do you most wish to thank for the success of the event to date?

A: Judge Villines sent us directly to the Big Dam Bridge Foundation. We made a presentation at their February Board meeting on only a few days' notice. They provided a letter of support that we then used with other applications to numerous other governmental jurisdictions and foundations. Every step of the way, we have received a positive reaction, but the initial support and enthusiasm for us by the Big Dam Bridge Foundation was what gave us the courage to take the next step.

Tungac who will return to defend. Her challengers will be Caroline Kwambai, Tia Stone, Jennifer Harpel, and Kenzie Bloom of all in-state runners so this will be a true state championship.

### What is the best way to prepare for racing a mile?

Train to prepare running at the faster pace necessary for the mile with some 1/4 or 1/2 mile intervals on the track at goal time pace. This is to prevent being shocked by going into oxygen debt (anaerobic) early and blowing up!! Don't be fooled by thinking this is "just one mile", the faster pace can make it as challenging as any longer race.

### Is there anyone specific you want to thank for helping with the race?

Our committee and volunteers are always so energetic and passionate about this race, so I have to thank them first.

# Race Results For May Races

By Jenny Wilkes  
LRRR Racing News Editor

First off, let me apologize for the Race Results hiatus for the past couple of months. My first busy season working at an accounting firm was an eye-opener and taught me the true reason of time management. In order to ensure that I actually get the race results out for this month, I am only including May races. If, however, you have a race from some other month (or May) that you would like me to include the next go-round, or if I leave you out of a race, please email me at [jenny.wilkes.llm@gmail.com](mailto:jenny.wilkes.llm@gmail.com) and I will be happy to include you.

On **May 3<sup>rd</sup>** was the **MacArthur Park 5K**. For the men, Brian Sieczkowski finished in 17:22, Jacob Wells in 21:55, Colin Hall in 23:31, Kaden Patterson in 40:54, and Brad Patterson in 40:55. For the women, Carla Miller finished in 28:57, Deb Baldrige in 30:09, Jenny Wilkes in 32:28, and Kasten Searles in 53:49.

On **May 4<sup>th</sup>** was the **Toad Suck 10K** in Conway. For the men, Tim Richard finished in first in 33:27, Mark Ferguson in 35:29, Ricky Martinez in 40:00, Joey Gieringer in 40:55, Chris Ho in 41:18, Chris Hall in 42:12, Steven Preston in 43:12, Bill Torrey in 44:04, Jeff Maher in 44:16, Jacob Wells in 44:24, Joe Cordi in 44:25, Greg Massanelli in 44:31, Greg Helmbeck in 46:02, E. F. Jennings in 47:04, Bill Crow in 48:37, T.D. Johnson in 49:09, Joe Milligan in 53:41, Mike Maulden in 56:41, Roy Hayward in 57:14, Bill Dobbins in 1:06:43, and David Samuel in 1:11:03. For the women, Jenny Wilkes finished in 43:29, Andrea Sieczkowski in 45:51, Cymber Gieringer in 48:59, Ashley Honeywell in 51:29, Tina Ho in 52:15, Jana Owens in 54:38, Katie Watts in 56:40, Carol Torrey in 56:59, Deb Baldrige in 1:03:04, Jayme Butts-Hall in 1:10:15, Rosemary Rogers in 1:13:42, Coreen Frasier in 1:22:33, and Katie McManners in 1:29:33.

Also on **May 4<sup>th</sup>** was the **Christ the King Rextfest 4M**. For the men, Steve Hollowell finished in 30:52. For the women, Tracy Tungac finished in first in 23:53, and Kristen Sterba in 40:45.

On **May 18<sup>th</sup>** was the **Run the Path for PATH 5K**. For the men, Jeff Maher finished in 20:50, Jacob Wells in 21:38, E.F. Jennings in 21:56, and Travis Luyet in 22:24. For the women, Lou Wintraoth finished in 35:11.

On **May 25<sup>th</sup>** was the **Rock Run 8K**. For the men, Tim Richard finished first in 26:51, Imari Dellimore in 27:37, Mark Ferguson in 28:13, Erik Heller in 30:33, Ricky Martinez in 30:56, Scott Sander in 30:56, Chris Ho in 31:52, Joey Gieringer in 32:08, Chris Hall in 33:02, Bill Torrey in 34:24, Jeff Maher in 34:40, Jon Honeywell in 34:48, Jacob Wells in 36:28, T.D. Johnson in 37:10, Brian Polansky in 37:42, Mike Maulden in 37:54, Bryan Jones in 38:16, Bill Crow in 38:31, Joe Milligan in 42:28, Roy Hayward in 43:39, Michael Harmon in 47:54, Dan Belanger in 53:32, Bill Dobbins in 54:49, and David Samuel in 58:34. For the women, Tracy Tungac finished first in 30:00, Sarah Olney in

34:11, Jenny Wilkes in 34:31, Cortney Allison in 37:08, Jenny Paul in 37:25, Cymber Gieringer in 37:47, Shelli Chupik in 38:33, Shareese Kondo in 41:13, Ashley Honeywell in 42:48, Jenny Smith in 43:25, Katie Watts in 45:32, Kristen Sterba in 46:16, Carol Torrey in 46:27, Deb Baldrige in 48:48, Jana Owens in 59:10, and Heidi Strock in 1:07:35.

On **May 26<sup>th</sup>** was the **Riverfest Rock-N-Stroll 5K**. For the men, Imari Dellimore finished first in 17:35. For the women, K.R. Galloway finished in 22:49, Shareese Kondo in 26:07, and Carla Miller in 27:50.

Also on **May 26<sup>th</sup>** was the **Maumelle Memorial Marathon**. Chris Ho in 3:35:57, Tina Ho in 4:52:34, Jacob Wells in 3:35:54, Ashley Honeywell in 5:18:46, Jon Honeywell in 4:18:30, Caleb Ault (in first!) in 3:13:20, Jenny Wilkes in 4:04:50, Scott Sander in 3:31:37, Chris Hall in 4:33:32, and Tina Coutu in 3:56:10.

## Go! (Continued from Page 7)

But mainly I want to thank all our participants for supporting this race which in turn allows us to benefit the Winston Penn Wardlaw Scholarship foundation at CHS. -Winø was a very dear friend of our son and the Wardlawø are an amazing family, so once a year we are able to have this celebration of life and running for such a great cause.

### How do we register?

Just go to [www.gorunning.com/gomile](http://www.gorunning.com/gomile) or come by the store.

## Calendar (Continued from Page 9)

### August 2013

- 3:** White River 4-Mile Classic at Batesville. (GPS SC) Call 870-834-3875.
- 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
- 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.
- 24:** Masonø Memorial 5K at Junction City. Call 870-310-3660.
- 31:** ARK 5K Classic. (GPS) Call 501-519-0185.

# 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 [house48@gmail.com](mailto:house48@gmail.com)

## June 2013

- 1: Cheetah Chase 5K/1K at Little Rock. Call 501-661-7208.
- 1: Lavaca Berry Festival. Call 479-462-9629.
- 1: Power Over Pain of Arkansas 5K at Little Rock. Call 501-681-4623.
- 1: Everyday Superhero 5K/1M at Van Buren. Call 479-632-6382.
- 1: Relay for Life 5K at Sheridan. Call 870-484-2351.
- 1: Gassville in the Park 5K.
- 1: Mt. Magazine 15K at Havana. Call 479-747-1889.
- 1: Sprint for Seniors 5K at Batesville. Call 870-793-5358.
- 1: Denice Butler Memorial 5K at Neosho, MO. Call 417-312-5515.
- 1: Festival on the Ridge 5K at Harrisburg. Call 870-930-6997.
- 1: Pig Trail Mud Run 5K at Springdale. Call 479-530-8060.
- 8: Goza Greats Relay for Life 5K at Arkadelphia. Call 870-246-4291.
- 8: Paws on the Pavement 5K at Texarkana, TX. Call 903-908-1881.
- 8: Taneycomo 5K at Branson, MO. Call 417-527-0984.
- 8: Operation Mudrun 5K/1K at Lonoke, AR. Call 501-693-6264.
- 8: Honor and Duty 5K at Ft. Smith. Call 479-242-5100.
- 8: One Step 5K at North Little Rock. Call 501-407-9707.
- 8: Mucka Mania 5K/10K at Wynne. Call 870-238-4610.
- 15: Go! Mile at North Little Rock. (GPS SC) Call 501-663-6800.
- 15: Spirit Challenge 5K for Special Olympics at Fayetteville. Call 479-530-8084.
- 15: Ice Cream Social 5K/1M at Berryville. Call 870-423-5143.
- 15: Morrilton 5K. Call 501-652-0676.
- 15: Color Me Rad 5K at Little Rock.
- 15: Charlieø Angels 5K at Nashville, AR. Call 870-845-8704.
- 15: Wild About Africa 5K at Searcy. Call 501-388-1944.
- 15: Pink Tomato 5K at Warren. Call 870-820-2552.
- 21: Glow Run 5K at Berryville. Call 870-423-5359.
- 22: Oil Run 5K at Smackover. Call 870-725-2907.
- 22: Running for Missions at Paris, AR. Call 479-264-3433.
- 22: ArkansasRunner 2M at Benton. Call 501-517-7393.
- 22: Hotter Than Hades Half Marathon at Leland, MS.
- 22: Race to Remember 5K at North Little Rock. Call 501-+993-4116.
- 29: Brickfest 5K at Malvern. Call 501-458-1115.
- 29: Cancer Challenge 10K/5K/1M at Bentonville. Call 479-273-3172.
- 29: Superhero 5K at Russellville. Call 479-243-6427.
- 29: Celebrate Neosho 5K at Neosho, MO. Call 417-451-8050., ext. 258.

## 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.
- 20: Full mOOn 50K/25K at Perryville. Call 501-837-3104.

# Birthdays

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

- 1 - Karen Halbert
- 1 - Gary Taylor
- 2 - Zsuzsanna Diamond
- 2 - Rodney Paine
- 3 - Jimmy Helmick
- 3 - Mic White
- 4 - Karl Kullander
- 11 - David Qualls
- 11 - Mike Davis
- 12 - Troy Wells
- 14 - Jean Capehart
- 15 - Mark Cato
- 21 - Nicholas Norfolk
- 23 - Tom Singleton
- 24 - Karen Call
- 26 - Donna Duerr
- 27 - Michael Harmon
- 28 - Roy Hayward
- 29 - Brian Sieczkowski
- 30 - Karen Zimmerman

# Lost Keys

The ignition key and the door lock/unlock remote for a GMC vehicle were found near Pavilion 2 at Murray Park on Saturday, May 25 during the Rock Run 8K. Someone also left a blue thermos. Both items were taken to the office of Assistant City Manager Brian Day at City Hall.

## 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](mailto:chrlypytn@gmail.com)