

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2013

Running, Burnouts, And New Perspectives

Running has given me more highs and more lows than anything I have ever done. I have made more friends, traveled more than I ever would have otherwise, done crazy things with crazy people all because of running and it is something I dearly love, but there comes a time for all runners and racers alike when we all burn out and ask ourselves why are we doing this? I used to love pushing myself to the point of exhaustion wondering how far before I just cannot go any further when your lungs are aching and legs trembling and you finish and you drip sweat like you just got out of the lake. And you feel the satisfaction from a hard effort. And knowing when race day

comes you will be ready for anyone that wants a go.

So what happens when the PRs stop rolling in and your competitive nature starts eating away at your confidence and you start to notice your times slipping, you start to lose motivation. Running and racing stop being fun. Running should be fun, should be something you enjoy doing, you look forward to lacing up your shoes every day for a work out. Not dreading a three-mile easy run because you have to put in some miles for training.

Then you have the wonderful community of runners that we are blessed to have here in Little Rock. The support

and love is outstanding when you are at your low and hating the thought of running and getting out there. There is always someone waiting to tell you it's OK, this happens to all of us. Take some time off, walk it out, put on your big girl panties, maybe try something different. Let's up the stakes, push the limits and just see how far you can push yourself, try more ultras!

So before you decide to toss the cookies and give up, take another look around and see how wonderful the sport of running is, the people around you are, the journeys it has taken you on and just how far it can take you to in the future because not only can we run but we can push the limits and take it as far as we want because I CAN'T doesn't exist anymore. It was time to gain a new perspective and realize not only do I love running but running loves me.

Relay For Life

By Linda House
Editor

For those of you who don't know the terminology, an ultra runner is a runner who runs more than the marathon distance (26.2 miles) at one time. Ultra runs are usually, but not always, run on trails, as described by Steven Preston and Jesse Garrett on page 3. The most common ultra distance events are 50K, 50 miles and 100 miles.

There are also events that are done by time, like the 6, 12 or 24-hour track run at Benton. A similar event is scheduled for April 19 at 6 p.m. at the Clinton Library in Little Rock. It is the annual Relay for Life that benefits the American Cancer Society. Relay for Life is a fun, overnight team event that raises awareness of cancer in the community and

raises much needed funds to fight cancer. During the Relay, teams of friends, neighbors, families and co-workers commit to keeping at least one member walking the track at all times because cancer never sleeps. Ten or more form a Relay team. Each team submits a registration fee and each member raises at least \$100 to support research, education, advocacy, and patient service programs of the Cancer Society.

The official beginning of the Relay is the inspirational Survivor's Victory Lap where cancer survivors from the area join together to walk a lap in celebration of their victory over cancer. There are other Relays around the state but for more information about the Little Rock Relay go to RelayForLife.org/littlerock or contact Jarret Gitz at 501-603-5226 or Jarred.Gitz@cancer.org.

March Meeting

Monday, March 18, 2013

River Trail Rentals
140 Riverfront Drive
North Little Rock

6 p.m. to eat
Potluck snacks, cash bar

6:30 p.m. speaker
Jenny Paul
Girls On The Run



Inspiration comes from the oddest places. I guess you could say I was inspired to write this article. I have come to dislike that word. Within my small corner of the world, the two places I hear it most are (1) running with (blind) Dave, and (2) reading about Team Hoyt. Someone recently printed a photo and story about Team Hoyt on Facebook. I don't have a Facebook account and am closing in on my goal to be the last person in North America to have one. What I saw was actually just a picture of where someone had done so. It had numerous comments saying "Inspirational!" and "How inspiring!" Likewise, when I run with Dave, the most common thing we hear is, "You guys inspire me!" I just yell back, "Well, your girlfriend inspired me last night!" but what I am really wondering is, "inspire you to do what?"

The very first Google hit definition is "the process of being mentally stimulated to do or feel something." I'm disappointed that it has "feel" in there, because making someone *feel* something isn't the goal of most people who do inspiring things. They do things that others deem inspiring because they want it for themselves like Dave, not out of selfishness, but because that's human nature. Or they do it for a loved one, as is the case with Richard Hoyt. Others though, surely do things to inspire others to act, not just feel good or to *do something* that makes a positive impact on others.

As for Dave, he has no desire to inspire you with his ability to run full speed while blind. In fact, he isn't the least

impressed with himself. And while I certainly can't speak for him, but will anyway, he is coming to realize that while he doesn't like it, if people feel better about themselves because of his uncanny ability to do what is completely normal, then he has contributed to the gross national product of good feelings and the world is a better place. What he would really prefer, or at least I do on his behalf, is that you act on those feelings and go do something, regardless of your motive. I readily admit that I only run with Dave to get on TV and because he has taken me to Boston twice. Dave has qualified in all ten marathons he has run, whereas I never have. His qualifying time? Five hours. HIS words, not mine, "What a joke! I'm blind, not handicapped." He can say that. He's the one with the "disability."

My point is, don't waste your mental energy being inspired. Instead, go run. Or go do whatever it is you love to do. But take someone with you, who otherwise couldn't go. Find a gift that you can give away and still have. Take the trail less traveled and *go out of your way* to seek someone out. It won't be easy, because they have little practice being found and won't even know when they are. But not Dave or find your own blind guy to make you famous.

Postscript: I was so inspired to write this that I passed on the race preview for the March of Dimes Run Before They Can Walk 5K or but April's edition will be out in plenty of time to remind you what fun this race was last year and why it is the place for you to be on April 27!

Grand Prix Races

Those of you who are participating in the Grand Prix Series probably have the schedule memorized. If not, you may have one of the neat magnets that was made up by David Meroney, state RRCA director, in a prominent place on your refrigerator that shows the schedule. But just in case you need a reminder, the next two races are the March 23rd Spring Fling 5K in Cabot and the Capital City Classic 10K at Two Rivers Park on April 6.

For information about the Spring Fling email nettie609@aol.com or call 501-779-2479.

The Capital City Classic is put on by the Little Rock Roadrunners as the main fundraiser for the Club. The race director is none other than the king of race directors, Bill Torrey. You can contact him for information about the race at 501-231-3730 or bjtorrey@sbcglobal.net. Bill would also be really glad to hear from you if you could volunteer to help.

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The Trailbird's Report

By Steven Preston

I finally ran my first 50K race in over a year, the Sylamore 50K in Allison. This is a race I love wanted to run for many years. I was always either out of town or like the year before last too late to sign up. As such, I found out I am not the only one who likes this trail race. There were 165 finishers in the 50K and 208 in the 25K this year. Don't quote me, but I think the race registration filled within a few hours of opening. That's a good note to anyone already interested in registering for the 2014 edition to go ahead and mark your calendar for the beginning of November.

Not only was this my first trail race in a while, but it was also the first time I ran an entire long distance race with my dad. Let me just tell you that it was an experience. I love my dad, but he has no balance and also has some pretty stiff legs (hint, hint dad for some yoga sessions, ha-ha). Let me warn you if you are afraid of heights like me that there are some portions of this course that can be very scary to the eye. I watched as my dad would run with one foot so close to the edge it was partially hanging off a ledge that he could have rolled down for hundreds of feet without stopping. Most of the course is single-track, but it could really be considered half-a-track. Luckily, my dad only had one mishap in a not-so-bad spot where the edge of the trail gave way under his foot and he took a slight tumble. But be careful because this is not an easy trail. I'd rate this as a moderately difficult running trail for its narrow paths with sharp drop offs alone.

Then you have to think about the time of year and place in which this race occurs. Northern Arkansas in the middle of February can be quite cold. Before we even started the race there were flurries of snow. It got me real worried because I knew that we were going to have to cross a 3-4 foot deep creek within the first few miles of the race. Were my toes going to need amputation after this race! I will admit the creek crossing was extremely cold, but I made sure to wear a lighter pair of trail shoes so that the material would dry faster and it seemed to work just fine. Within a few miles my toes were warming back up. But I will say that I heard reports of people coming in to the turn-around with ice on their shoes so bad that they had to warm their feet by the fire before heading back out. As my father and I continued on past the creek crossing there were many wet rocks to traverse from all the rain the area had received the previous week. There were also a few icy rocks below a shaded bluff which made for a few near butt bruises.

Not to make this race sound scary but I want everyone to know that this is one of the most scenic courses I love ever run. Most of this course, I think, follows the Ozark Highlands Trail. There are some spectacular views along the ridge lines that will take your breath away. My absolute favorite part was a spot where two creeks merged together near a park. There was a man-made dam out of stones that dropped down about 20-30 feet. The water flowed down the stairs of stones so gracefully. I love to watch water flow and I could have stared at that all day.

Speaking of water, most of the course you spend criss-crossing the same creek so you will always be within earshot of the soothing sounds of flowing water. What can make a trail run more peaceful than that?

My dad and I had a few setbacks that day, but we did make the cutoff, which, by the way, is nine hours. We made it by 10 minutes. I won't ever forget this trail run. Not only is Sylamore a challenging and beautiful course, but I enjoyed the time it allowed me to catch up with my dad. Thanks Sylamore 50K!

Sore Cheeks

By Jesse Garrett

My name is Jesse Garrett, and I hate running.

It's the night of February 15th, and my stomach twists and turns with the roads as I navigate State Highway 9. A two-hour drive in the dark after a long day is not how I wanted to spend my Friday night. Just as I am cursing the twisty roads for not allowing me to persistently keep my speed over 40, I see the lights of a town in a valley up ahead. My ears pop as I descend from the Ozarks into Mountain View.

It's the morning of February 16th, and my stomach twists and turns as I realize that I love left my running jacket at home. It's a dreary 27 degrees outside and the Sylamore 50K starts in an hour. Knowing that a long-sleeved shirt alone would not suffice, I don a heavy hoodie. It's not ideal for ultra running, but it's warm.

Mile 4 of the Sylamore 50K takes us through a long uphill stretch of trail. Frustrated and tired already, I think to myself, "I don't remember this climb from last year." This is not my first experience with selective memory. Suppression is a defense mechanism that I tend to employ often in races. *"Maybe this race isn't all that I remembered it to be."*

I find myself asking a question that recurred quite often that morning:

"Why the hell am I out here?"

Mile 9 of the Sylamore 50K takes runners over a large sandstone shelf that sits at the bank of the Sylamore Creek. It's a beautiful view, but footing must be careful in this section, especially on mornings during which the temperature is below freezing. An unavoidable sheet of ice has frozen on our path. As I am admiring the pretty icicles that have formed on an adjacent rock overhang, my gaze becomes puzzled as the icicles start to skew sideways. I love never seen icicles do that before. The cilia in my inner ear send a check engine light to my brain: I am having a balance issue.

The next thing I feel is my ass getting cold from the ice on which I now sit. I perform a post-fall damage check: Is anything hurt?

Cheeks (Continued from Page 3)

Only my spirits.

A small broken tree branch in the shape of a Y sits beside me. Y. Why. Why? *"That's a most excellent question, Mr. Tree Branch,"* I tell the branch out loud, my last remnants of sanity escaping me.

"Why the hell AM I out here?"

Mile 12 of the Sylamore 50K takes us through a narrow section of trail. To our right is a stone wall. To our left is a bit of forest undergrowth, followed by a hundred foot sheer drop.

"Okay, now this is just silly," says my inner monologue, who is quite the Chatty Cathy this morning. *"If you were on a catwalk suspended 100 feet in the air, would you be so cavalier about running on it?"*

"Of course not," I answer aloud. *"Then why are you running on it?"*

I had no answer. With every stride I kept out a watchful eye for strong-looking vegetation onto which I could grab if I were to fall. Why do we trail runners feel so comfortable running on trails alongside ravines that are eager to send us to certain death or severe injury?

Three miles later, the turnaround and halfway point finally approaches. I give many hugs to many good friends at this aid station, and I realize that for the first time of the morning, I'm happy. I resolve to give this turnaround two meanings: this is to be an emotional turnaround as well as a physical one. After enjoying some Mountain Dew and Fritos, my good friend Chris and I leave the turnaround and decide to finish together.

Mile 19 of the Sylamore 50K features a narrow rock crevice that forces runners to turn sideways in order to pass, followed immediately by a scenic panoramic vista of the Ozarks.

There is a cinematic technique called "dolly zoom," during which the object of focus in the foreground seems to stay stationary while the background unsettlingly comes closer. Many famous movies have employed the technique, and it's usually accompanied with a dramatic

chord as the protagonist realizes he's doomed.

You too, can experience the dolly zoom effect, and without the use of a movie camera (or hallucinogenic drugs)! Trail runners often have to look at the ground for long periods of time as they navigate the roots and rocks that will break their ankles if they lose focus for even the briefest of moments.

It had been a while since I looked up from the ground, but I stopped to look at the vista around me and the mountains in the distance surreally grew closer. I'm not sure which mechanisms in the eye cause this optical illusion, but this is as close to the mythical "runner's high" that I've ever come. It's one of my most favorite views in any race.

This view, I realized, is why I'm out here.

Mile 24 of the Sylamore 50K takes us through a trail surrounded by shoots of bamboo, a sudden change of scenery that contrasts quite a bit with the trail before it. A distant woodpecker hammers a tree. I am struck with a realization: I am not in Arkansas. That is not a woodpecker.

It's an AK-47 I'm hearing. Suddenly I am in a Vietnam movie, running through the thicket with increasing haste. Charlie advances ever closer and my sidearm is all I have left. Chris and I are the last of our company and our destination is seven miles away. Will we achieve our objective? The future of the war is in our hands and we will not fail our superiors and we will not fail our country. Further into enemy lines we run.

And just as fast as we entered the bamboo thicket, we exit. We're back in Arkansas. I take a drink from my sidearm -

er - water bottle. How strange it is that a simple action like running takes us back to childhood! How great we feel when we can leave behind all the data and convolution and speed work that we obsess over and just focus on the spontaneity of running.

These childlike daydreams, I realized, are why I'm out here. Chris and I head for the finish where friends, food, and chocolate milk await.

And what delicious chocolate milk it is, especially when drank from finisher's glasses in the presence of some of the friends I hold most dear. I spend the rest of the day celebrating and reflecting on the day. Contrary to the question I asked myself at mile 4, this race is actually better than I remembered.

Running and I have a very turbulent relationship, and every winter I experience a frustrating, yet inevitable downswing. This race, this trail, these 31 miles through the Ozarks has always and will always rekindle my flame just in time for spring.

It's the night of February 16th, and my stomach no longer twists and turns. I sit on my bed and put on my calf sleeves. With two Tylenol and an Aleve starting to work its magic, I curl under the covers.

Most notably, of the many muscles experiencing soreness after the day's events, the sorest are my cheeks. Not the cheeks that so abruptly met ice at mile 9, but rather the cheeks on my face. I had smiled and laughed that much today.

Sore cheeks, I realize, are why I'm here.

My name is Jesse Garrett, and I love running.

New Member

By Sarah Olney
Membership Chairman

Justin VanLandingham has been running since 2001 and currently runs 15-25 miles at a 7:00 pace. He is interested in competing in the Grand Prix and finding a running group in Little Rock. He is a

physical therapist and his other interests are razorback athletics, professional football and baseball, formula 1 racing, backpacking, hiking, and golf. His favorite race is the Chile Pepper cross country 10K race in Fayetteville and his favorite race distance is the 5K with a 2012 PR of 20:00 and an all-time PR of 18:30.

Race Results

By Jenny Wilkes
 LRRR Racing News Editor

On **January 12th** was the **MLK 5K** in North Little Rock. For the men, Bryan Jones finished in 24:29, T.D. Johnson in 25:04, Ryan Rainwater in 31:22, and Michael Harmon in 33:11.

On **January 19th** was the **No Name 5K** in Danville. For the men, Joel Perez finished first in 18:46 and David Samuel in 32:44.

On **January 26th** was the **Polar Bear 5K** in Pine Bluff. For the men, Joey Gieringer finished in 19:02. For the women, Cymber Gieringer finished in 22:25.

On **February 2nd** was the **River Trail 15K** in Little Rock. For the men, Mark Ferguson finished in 52:25, Imari Dellimore in 54:43, Bill Simpson in 57:21, Dan Meredith in 57:37, Joel Perez in 58:25, Scott Sander in 58:55, Joey Gieringer in 1:00:22, Chris Ho in 1:03:40, David Williams in 1:04:10, William Diamond in 1:04:21, Chris Hall in 1:06:06, Steven Preston in 1:06:53, Greg Massanelli in 1:07:20, Carl Carter in 1:07:28, Jacob Wells in 1:07:38, Jon Honeywell in 1:08:06, Bill Torrey in 1:08:12, Mike Maulden in 1:09:10, E.F. Jennings in 1:11:35, Rodney Paine in 1:11:50, Greg Helmbeck in 1:12:33, William Fletcher in 1:13:40, Brian Polansky in 1:15:22, Bryan Jones in 1:16:08, Mark Wilson in 1:16:37, T.D. Johnson in 1:18:06, Bill Crow in 1:18:46, David Conrad in 1:22:06, Troy Duke in 1:25:06, Michael Harmon in 1:28:01, Joe Milligan in 1:30:20, Skip Smith in 1:33:25, Ron Sanders Jr. in 1:38:58, Kenny Worley in 1:40:19, Courtney Little in 1:43:12, Dan Belanger in 1:44:56, Ryan Rainwater in 1:46:31, Roger Thompson in 1:49:51, and David Samuel in 1:52:45. For the women, Leah Thorvilson finished in 59:11, Tracy Tungac in 59:40, Tammy Helmick in 1:07:09, Tina Coutu in 1:12:05, Abigail Ethington in 1:21:35, Ashley Honeywill in 1:21:53, Karen Halbert in 1:28:24, Carla Miller in 1:46:31, and Kaston Searles in 2:07:18.

On **February 9th** was the **Valentine's Day 5K** in Russellville. For the men, Imari Dellimore finished first in 16:55, Brian Sieczkowski in 18:02, Joel Perez in 18:04, Dan Meredith in 18:29, Joey Gieringer in 18:35, Steven Preston in 19:47, David Williams in 20:10, Chris Hall in 20:11, Mark Hagemeyer in 20:12, Mark Ferguson in 20:21, Carl Carter in 21:00, Greg Massanelli in 21:20, E.F. Jennings in 22:19, William Fletcher in 22:58, David Conrad in 25:36, Roy Hayward in 25:52, Joe Milligan in 26:04, and David Samuel in 31:11. For the women, Lindsay Petruk finished in 22:00, Cymber Gieringer in 22:51, Jenny Paul in 23:35, Karen Halbert in 27:04, Kristen Sterba in 28:22, and Mary Hayward in 54:30.

On **February 16th** was the **Van Davis Memorial 5K** in Hot Springs. For the men, Bill Torrey finished in 22:02, Harold Hays in 24:22, Keith McCain in 25:51, and Jim Yamanaka in 34:26. For the women, Carol Torrey finished in 29:43.

On **February 17th** was the **Run the Line Half Marathon** in Texarkana. For

the men, Joel Perez finished in 1:26:11, Ricky Martinez in 1:28:21, Mark Hagemeyer in 1:33:19, Carl Carter in 1:37:24, Greg Massanelli in 1:37:28, Mike Maulden in 1:40:32, Jacob Wells in 1:44:54, Joe Milligan in 2:10:44, Kenny Worley in 2:15:49, Ryan Rainwater in 2:20:34, David Meroney in 2:25:29, John Russell in 2:33:22, and David Samuel in 3:02:48. For the women, Leah Thorvilson finished first in 1:24:58, Tracy Tungac in 1:25:11, Tammy Helmick in 1:36:47, Cymber Gieringer in 1:48:18, Ashley Honeywell in 1:57:31, Becky Humes in 2:10:47, and Christine Meroney in 2:25:29.

On **February 23rd** was the **Bowen 5K**. For the men, Bill Rahn finished in 18:57, Mark Wilson in 20:07, and Courtney Little in 27:08. For the women, Jenny Wilkes finished first in 18:31, and Shelli Chupik in 19:27.

If I have left anyone out or you would like me to list a race that I might otherwise miss, please email me at jenny.wilkes.llm@gmail.com

Calendar (Continued from Page 6)

- 14:** Hogeye Marathon (**GPS SC**), Half, Relays at Fayetteville. Call 479-530-8432.
- 14:** Be Her Freedom 5K at Conway. Call 501-450-0710.
- 19:** Glow Run 5K at Rogers. Call 479-621-0385.
- 19:** Kids Run Arkansas 1M/3M at Conway. Call 501-450-9292.
- 20:** Dash for a Difference 5K at Bryant. Call 501-653-5120.
- 20:** Tour de Paul 5K at Little Rock. Call 501-552-2387.
- 20:** Stardaze 5K at Star City. Call 870-628-4714.
- 20:** Boring As Crap Half Marathon at Batesville. Call 870-834-3875.
- 20:** Half As Boring 10K at Batesville. Call 870-834-3875.
- 20:** Alma Partners Club 5K Dog Run. Call 479-632-1953.
- 20:** German Heritage Festival 5K at Stuttgart. Call 870-672-1425.
- 20:** Dash4Cash 5K/1M at Fayetteville. Call 479-599-9053.
- 20:** Project Compassion Run 5K at Fort Smith. Call 479-462-1440.
- 20:** Carole Hilmer 5K at Holiday Island. Call 479-253-5986.
- 20:** Vilonia K-Life 5K. Call 501-743-9431.
- 20:** Color on the Hill 5K at Lead Hill. Call 479-225-0248.
- 20:** Earth Day 5K at Fort Smith. Call 479-646-7225.
- 20:** Ozarks 5K at Clarksville. Call 479-979-1421.
- 20:** Primal Challenge 4M at Fayetteville. Call 479-200-7718.
- 20:** AIM 5K at Bentonville. Call 501-960-7784.
- 20:** Center Valley Elementary 5K at Russellville. Call 479-968-4540.

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

March 2013

- 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.
- 16: Boy Scouts of America Fundraising 5K at El Dorado. Call 870-866-7855.
- 16: Celts òNö Kilts XC 5K at Ft. Smith. Call 479-650-6894.
- 23: Spring Fling 5K at Cabot. (GPS) Call 501-779-2479.
- 23: Omega Prostate Cancer Awareness 5K at Little Rock. Call 501-240-9138.
- 23: Road Runner 5K at Stephens. Call 870-947-0084.
- 23: Super Friends 5K at Fayetteville. Call 479-747-8626.
- 23: Jackrabbit 5K at Bentonville. Call 479-254-0329.
- 23: Fayetteville 5K Poker Run. Call 479-966-2516.
- 30: MANA Spring Fling 5K at Fayetteville. Call 479-571-6780.
- 30: Hunger Run 5K at Clinton. Call 501-253-4444.
- 30: Never Give Up Never Give In 5K at Horatio. Call 870-584-2148.
- 30: Care to Run 5K for AR Childrenø Hospital at Harrison. Call 870-688-0642.
- 30: Paws and Claws 5M/2M at Huntsville. Call 479-738-1355.
- 30: Raising Hope 4 Haiti 5K at Ft. Smith. Call 479-221-4421.
- 30: Burr Oak 5K at Sulphur Springs. Call 479-298-3809.
- 30: Warrior Foundation 5K/10K at Cotter. Call 870-404-5870.

April 2013

- 6: Capital City Classic 10K at Little Rock. (GPS) Call 501-231-3730.
- 6: Kidfest Superhero 5K/1M at Conway. Call 501-328-3347.
- 6: Bentonville Half Marathon, Relay, 5K. Call 479-464-7275.
- 6: One Less 5K at DeQueen. Call 501-739-1821.
- 6: Band on the Run 5K at Batesville. Call 870-793-2464.
- 6: 2013 Graduation Fundraiser at Ozark. Call 479-209-4043
- 6: Larry Hutton Memorial 5K at Sherwood. Call 501-833-3568.
- 6: Chi Omega Run for a Wish 5K at Jonesboro. Call 870-530-2232.
- 6: Get Fishy at Bass, AR 5K. Call 870-434-5362.
- 6: Panther Pride 5K at Magnet Cove. Call 501-337-9131.
- 6: CASA 5K/1M at Searcy. Call 501-230-9255.
- 6: Project Graduation 5K at Pocahontas. Call 870-378-4901.
- 6: Walk Like Madd 5K (walk only) at Lowell. Call 479-644-1139.
- 13: Run for the Park 5K/10K at Mountain Home. Call 870-424-7275.
- 13: RAYn or Shine 5K/1M at Maumelle. Call 501-519-1746.
- 13: Great Lakes 5K at El Dorado. Call 870-315-5399.
- 13: Hogskin County Festival 5K at Hampton. Call 870-798-2207.
- 13: Bison Stampede 5K/1K at Rogers. Call 479-903-0480.
- 13: Mission Run Ozarks 5K/10K/Half Marathon at Mtn. View. Call 870-365-9407.
- 13: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
- 13: Hoof It for Heifer 20K Trail Run at Morrilton. Call 501-327-7929.
- 13: Go! 5K/10K for Autism Research at Monticello. Call 870-8250-2552.
- 13: Cooper Cancer Crushers 5K at Paris. Call 479-847-5119.
- 13: MC Single Parent Scholarship 5K at Yellville. Call 870-449-4681.
- 13: Book It! Downtown 5K/1M at Clarksville. Call 479-754-3135.
- 13: Peace, Love and 5K/1M at Benton. Call 501-776-0691.
- 13: Miles for Mutts a Purrfect Race 5K at Fort Smith. Call 479-719-5385.

Birthdays

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

- 1 - Karen Irico
- 1 - Patrick Dent
- 5 - Tracy Tugnac
- 7 - Gregory Sorenson
- 10 - Erik Heller
- 11 - Kimberly Pietropola
- 14 - Andrea Sieczkowski
- 14 - Chris Hall
- 15 - Greg Yarbrough
- 20 - Joshua Stevens
- 21 - Allison Burba-Horgan
- 21 - Patti Hammerstein
- 23 - Susan Russell
- 25 - Renee Worley
- 28 - Felicia Rowe
- 29 - Billy Bird
- 30 - Melissa Sawyer
- 31 - Brian Cornett

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