

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2013

Transitioning: We Are On Our Way

By Nicholas L. Norfolk

It is with deep regret that I inform you that Becky Humes has decided to resign as president. I know this was an extremely tough decision for her to make. When asked was I ready to step up, I was hesitant to respond. "It is not July 1, yet." "I don't think I'm ready." "Are you sure I can do this?" "Am I sure I can do this?" All of these thoughts flooded my brain.

None of it mattered because I could not stand back and allow our president to be forced to stay because of my unpreparedness. Take care of yourself and do not worry, Becky. Put the weight of the Club on my shoulders and I will carry the load. I have no doubt she would have done the same for me.

Just like that, our beloved Club is now in a transition period. Handing over the reins can be tricky. Ever the optimist, instead of being a time of uncertainty, I believe the Club will seize the moment and make the best of it.

This time is about more than being a successor and assuming duties of president. Some are accepting of change while others frown upon the mere mentioning of it. I can assure you that I'm not here to change the world, as you know it. There will not be any empty promises about a seamless change either.

I'm prepared to embrace my position, as I was when I aspired to be president almost a year ago. The only difference is it shall happen a little sooner than planned, but I welcome the challenge.

I will be the thirty-first president of the Little Rock Roadrunners. My hope is not to tarnish anyone's legacy.

By the same token, please do not look at me as an indictment of the past or

criticism of any of my predecessors. They have been in my shoes and for that I hold them in high regard. Their leadership and guidance is the reason the Club remains today. It is now my responsibility to carry the torch.

The reign of Nicholas "The Great" is upon you! Hopefully, by the end of the term you won't be referring to me as Nicholas "The Terrible." We are in this together. No one can do it alone, which is why I need your help.

I would like to have open, honest communication between us. Feel free to tell me what you think about our Club and how we can improve. We cannot grow as a Club if we do not address issues and concerns. Not doing anything will not magically fix the problems. We have a great running community and I believe we can be the Club we all want to be.

I have a few housekeeping announcements. The Club will continue to meet during its regularly scheduled meeting time, which is the third Monday of the month at 6:30 p.m. The location is the party room at U.S. Pizza Company in Hillcrest (2710 Kavanaugh). Get accustomed to it, since we will be there from May 2013 until June 2014.

Our Annual Meeting will be June 17. "Any nominations for office must be received in writing (letter or e-mail) to the current President and Secretary at least 30 days prior to the June meeting," as stated in the Bylaws.

Please don't forget to come to the May 20 meeting. Tori Green will share her story as we pay tribute to the ladies of Women Run Arkansas. Many of us may have forgotten what it was like to begin our relationship with running. Tori will give us a fresh perspective on the

commencement of a lifelong journey that is now forever part of her life.

We are an evolving Club. We will not settle for mediocrity nor will we be complacent. This will be a year of purpose. I am committed to serving as your president and ushering in a new, positive era.

Bring your ideas, challenge me, and hold me accountable because I will do the same. If you skipped to the last paragraph, the gist of this letter is to let you know we are a Club on the rise. We are going to make it happen! Remember, we are on our way!

8K Volunteers

Volunteers for the Easter Seals Rock Run 8K should check in at the registration area in Murray Park at 6:30 a.m. on race morning May 25th. The race begins at 7:30 a.m. Easter Seals will have an orientation closer to the event.

May Meeting

Monday, May 20, 2013

U.S. Pizza - Hillcrest
2710 Kavanaugh

6 p.m. to eat
6:30 p.m. speaker

Tori Green
Women Run Arkansas



This month's rerun is in celebration of the coldest Toad Suck 10K on record, my sequel as a race director in April, and the arrival of another wonderful hot Arkansas summer:

Volumes of scientific research have been written on the mysteries of human communication, none of which I've read, but my guess is that they describe the various levels of interaction and how they evolve over the course of relationships. The first level is the most superficial level, sometimes referred to as *small talk*. The most common example of small talk is discussing the weather. Where I grew up, the vernacular was, "Hot enough for ya?" That was until one year when a local resident had his checkbook stolen, after which for years it was, "It's hotter than Charles Campbell's checks." Behavioral scientists and country musicians alike mock us for talking only about the weather, and yet we continue to do it.

What separates us from less sophisticated life forms, such as non-runners, is that the weather has practical application beyond serving as a safe substitute for meaningful conversation. In a real-life application of Friedrich Nietzsche's, "What doesn't kill us makes us stronger," the impact can be measured in terms of seconds per mile per degree of heat. I always give myself double credit in the running log when it's over 95. Nietzsche went insane at the age of 44, perhaps from running in the heat.

In any given summer, training in the heat is the weight training equivalent of increased resistance and, thus, greater training benefit. Kim Howard, former Arkansas RRCA state representative, and the fastest man from Mineral Springs, Arkansas, told me that as he was leaving work at noon for a run one summer, he was warned that it wasn't healthy to run in this heat. He informed the naysayer that, "It's also not healthy to be that fat!" Fall racing season is the reward for months of Arkansas heat. This was never more extreme than the August 3rd (2010) track workout that topped out at 108 and Labor Day weekend's Tupelo Marathon, with a starting low of 53.

Well, that's enough about the weather. By now, we know each other well enough to move on to the next level of communication in our relationship.

Race directors should rule the world. Imagine if they were given the complete authority to balance the budgets, allocate the resources, deploy the workforce, enforce the rules and regulations, arbitrate the disputes, reward the accomplishments, mete the punishments, keep score, and be responsible for ensuring and sometimes limiting our fun for our own good. Think of those you know who are and have been Arkansas race directors: Bill Torrey, Bill Bullock, Bob Taylor, Mike Prince, Pete Ireland, Tom Aspel, Ken McSpadden, and while technically not race directors, are there any two more

inspirational leaders than Hobbit and Tom and their crackhead revolution?

There is not a more respected, beloved, kind-hearted, sacrificial group in society. In this imaginary world, there is no democracy and no runner's bill of rights. Freedom of speech is great, but you just don't complain publicly about a race until you have put one on yourself, i.e. have earned membership in the ruling class of race directors. Not only are their decisions final, but there is no appeals process, and they can deny entry into their future events. Race directors would all be empowered with the sacred race director code of "my race, my rules." If they want to start the race when there is lightning, the common folk have no say, just the option to go home. If they want to go three deep on age group trophies to allow more profit for their charity of choice, those to whom that kind of thing is important can pick another race. And as for the quantity and frequency of facilities on the course, here's your chance to learn a new skill.

At the end of the day, runners judge the race directors not by the efficiency and effectiveness of the operations of the race, but by whether the course was spot-on what the Garmin's said and by the pizza/runner ratio. Also, every race director is held solely responsible for the weather at their event, so thank goodness we are allowed to talk about it. The bottom line is that they miss the race, so that the rest of us don't have to.

This month's shout-out: Rock City Running. Grand opening May 25, 2013, Colony West Shopping Center, 10300 N. Rodney Parham Road. Be there.

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Girls On The Run

By Jenny Paul

This update comes to you from North Carolina just after Sarah Olney and I have completed Girls on the Run leadership training. We learned so much during our time with both national council representatives and women working to establish councils in other cities across the country. It was exciting to learn a deeper history of Girls on the Run and to see how being a part of a well-established national organization will help ensure our local success.

The courage to take any chance comes from knowing that you have support. From the application process to leaving my family for training, I drew strength from the confidence I have in Little Rock runners. During our time in Charlotte, Sarah and I both were

overwhelmed with a sense of contentment and optimism. We are certain that this is the right time for Girls on the Run in Little Rock.

Meeting with others who are in similar stages in council development was invaluable. We shared successes and struggles, and, sometimes, could offer solutions to one another. It was interesting to see how each council has unique strengths and weaknesses. We were proud to share that our greatest asset is the Little Rock running community. From organizing and attending events to honor Boston to showing Leah love at Tales of the South, we show up.

Your first chance to show up for the Girls is Thursday, May 16 at Go! Running. They will be hosting their regular prediction run on our behalf. The

event will be at 6:00 p.m. ó just like usual. The routes will be 3, 4, and 5 ½ miles ó just like usual. No watches or Garmin's allowed ó just like usual. This time, though, guesses will be \$5 each. Go! Running will provide a fabulous award to the female and male whose prediction was closest to their actual running time.

In addition to running predictions, Polly Russell has agreed to make a T-shirt lap quilt for one lucky raffle winner. Chances to win will be sold for \$2 each or three for \$5. There are no limits to the number of chances you can buy, and the winner can negotiate a discount on a larger sized quilt if desired.

This event is not only the first official fundraiser for the Girls on the Run of Central Arkansas but promises to be a blast. We know we'll see you there!

The Trailbird's Report

By Nicholas L. Norfolk

When trailbirds get the chance they have been seen flying through the woods as they go off-road to enjoy trails. Trailbirds ran, volunteered, or cheered at the [Ouachita Trail 50](#) in April. Some decided to up the ante with the 50 miles while others decided 50K was plenty. With 53 finishers for the 50-miler and almost double that for the 50K, the OT50 is a popular event for experienced and novice trail runners. Congratulations to all finishers! [Results](#)

After climbing Pinnacle in a race, why not go ahead and ascend Mt. Magazine? On May 11, 2013, Paul Turner puts on the last event in the AURA [Ultra Trail Series](#). It is a good way to experience

the trails at the highest point in Arkansas. I call it PT's Revenge, but the name hasn't stuck just yet.

The entire run is around 18 miles, but as mentioned on the website, there are bail-out options in case you don't want to feel PT's entire wrath. The race starts at 8 a.m. and carpooling is encouraged. Visit the [website](#) or contact PT for more information.

Also in May is [3 Days to 100K](#). Held May 17-19 in Tulsa, OK, it is a race that sparks your interest, especially if you don't have anything on your schedule. I know of at least one trailbird that will be joining in for this inaugural race. Enjoy!

Looking ahead, [National Trails Day](#) is June 1. I always love being on trails in some capacity, but since this day

is reserved for those that feel the same way, I will make sure this trailbird gets his wings dirty.

If you feel like racing, [War Eagle Trail Races](#) at Hobbs State Park is that day. Choose between 10K, 25K, and 50K. No, it's not the same day as [The Catsmacker](#). That is on the following Saturday, June 8. Why do just one? Do both this year!

If you are purely a road runner, this trail talk may be nauseating to you. No worries; National Running Day is June 5. Roadrunners, trailbirds, treadmill birds, dirty birds, jailbirds, etc. all come together to celebrate the sport we love. It doesn't matter the terrain, we are all runners!

*The LRRC Grand Prix Racing Report***April: Metacognitive And Introspective Incoherence**

By Brian Sieczkowski

When those bombs went off, there were runners who, after finishing a marathon, kept running for another two miles to the hospital to donate blood. So here's what I know. These maniacs may have tried to make life bad for the people of Boston, but all they can ever do is show just how good those people are. - Stephen Colbert

Initially, I did not want to write a column this month. Watching the coverage of the Boston Marathon bombing suddenly made the Arkansas Grand Prix Series seem unimportant. The memory of the injured and dying on Boylston Street clearly overshadows news of age groups points at the Hogeye Marathon. I soon decided to wait a month and resume Grand Prix news in the May column. My feelings evolved though, and I realized that this would be the easy way out. Kick the can down the road, and then come back in a month as if nothing happened. Then, predictably, I overcompensated for my initial hesitation by inflating the importance of all things Grand Prix: Of course we will talk about age group points at Hogeye! If we don't, the terrorists will have won! They will have torn apart our way of life! Then, knee jerk, it runs through my head that this is an even easier way out - not only am I justifying my column but trumpeting it as some sort of patriotic duty.

Eventually, I've settled somewhere in the middle of these two extremes.

As I write this on April 18th, we do not know who is guilty of the Boston Marathon bombing or why they did it. I don't know if it ultimately matters. What matters now is our response. Watching the footage on race day, I had an instant desire to be there, to help somehow. We can donate money or participate in a Run for Boston. We can change our Facebook profile pic to let the victims know we are thinking of them. That's all fine and good, and certainly the victims and the city of Boston can use our support, but I really think the best thing I can do is just try to be a better person.

I don't want to act like I've got it all figured out because I know that I don't, but I think the answer to the evil of a few must be the good of the many. This column is certainly not part of that good, but there are good people on our teams and I want to continue to acknowledge them. And I won't even make fun of Imari Dellimore this month, even though he truly deserves it for having his shoe come untied TWICE in the CCC 10K.

April Grand Prix Review

GP Race #6 - Capital City Classic 10K - Little Rock - April 6th

You gotta love the CCC 10K. Seriously, you do, it is in the fine print of the LRRC membership disclaimer. It is our own race, you know, and a fundraiser for everything we hope to

accomplish as a Club each year. April 6th was a fine Saturday morning in Two Rivers Park, snug between the lumbering Arkansas River and the unassuming Little Maumelle. The trees on the Walton Heights bluff, the western terminus of the Ouachita Mountain foothills, springing forth in green glory! Caught amid this merry scene was a proficient, almost callous, performance by the LRRC men: 1-2-3-4 finished T-Rich, JJ, Dellimore and Tarzan, all in the LRRC Angry Bird singlet. Before a single runner from any other club had finished the race, the battle for the top spot was over. But the LRRC men were not through as there were impressive performances yet to be had. Tricky Ricky needs a new nickname; let's call him P-tricky Ricky because he is somehow a flying reptile, but mostly because his initials need to be P.R. Next came VanLandHam, Hags, Sores, Nick Rulez!, G-Helms, the Treasurer, JayJen, B-Rugg, Dr. Polansky, Bargs and D-Con. It was easy to field a big and impressive team at the CCC 10K, but that would not be the case one week later - (foreboding!!!)

The women's team competition was won by a team comprised of LRRC members! Unfortunately, it was LRRC members who compete for AURA in the 2013 GP Series. That's okay, though; nice to see our Club members running well regardless of the jersey they wear. Shout out to Tracy Tungac for a big PR! (Come back Tracy! We forgive you!) That said, our scrappy LRRC women's team had a great race as well. Sarah Olney, called out in last month's column, actually signed up for the GP and threw down a 43:17 to lead the LRRC women. T-Helms was rock solid great as usual, and Mary Wells is the latest of the LRRC Mom Squad to return to the roads; Jen-nay, Eskey, and C-Torrey also brought glory to the LRRC.

GP Race #7 - Hogeye Marathon - Fayetteville - April 14th

As impressive as men's team finished at Cap City, I am actually more proud of our boys at Hogeye. One week before the race, LRRC had not a soul signed up to run 26.2 miles in Fayetteville. As I was begging, coaxing, cajoling, pleading, even threatening everyone on the roster to run it, I figured I was obligated to do it myself. T-Rich, in a weak moment, agreed to run as well. Two down, two to go but the situation was getting dire. Well, if you can't find an LRRC member to run the Hogeye Marathon, why not find someone who is running the Hogeye Marathon to be an LRRC member? And so Jeff Maher knew someone who knew someone who knew someone who knew **Kevin Birdwell and Dyron Hamlin**: two guys who just happened to be biking from Little Rock to Fayetteville the day before the race and then running the full 26.2 miles. Clearly, these two are crazy enough to be Birds so we quickly welcomed them into our Club and team (more than five days before the race, thank you

Grand Prix (Continued from Page 4)

very much nosy other Clubs!). At the same time, Dellimore had convinced Shannon McFarland to run for the LRRC. Nicholas Norfolk previously had agreed to run Hogeye if we had three and needed a fourth but decided, ðWTH, I am running this thing regardless ó Go Birdsó (not a direct quote). The LRRC Hogeye team went from 0 to 6 in a matter of two days and believe me, it was a collaborative effort. Did I mention that this motley crew not only fielded a team at the Hogeye Marathon, but won the whole thing? I know that I didn't, but now I have!

Big shout out to Jay Jennings, who was ready to switch from the half to the full at the last minute if we needed him despite not being trained for the distance. Another big shout out to Jen-nay, who was ready to run/walk/crawl 26.2 miles if we could find another two women to round out a female squad. Turned out we did not, so the women will be dropping that score at the end of the year.

Did You Know?

I was doing the GP scoring for the CCC 10K and realized that Mary Wells

is now a Masters runner. Yeesh, the thought makes me feel old! Probably not as old as it makes Mary feel, but still.

Runner of the Month

Just the guy who was the overall winner of both April Grand Prix races ó Mr. Tim Richard. 32:47 at Cap City and 2:38 at the Hogeye Marathon, nice. The source of Timmy's powers? Well, he did not wash his LRRC racing singlet in the eight days between Capital City and Hogeye. Hopefully he is not superstitious or there is going to be a rank odor at the front of the Toad Suck pack.

Running Calendar (Continued from Page 6)

- 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.
- 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: Charlie's Angels 5K at Nashville, AR. Call 870-845-8704.
- 15: Wild About Africa 5K at Searcy. Call 501-388-1944.
- 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.
- 22: Guardian Angel 5K at Paris. Call 479-963-3300.
- 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.
- 20: Full mOOOn 50K/25K at Perryville. Call 501-837-3104.

Sarah Olney Watch

She signed up (but only after I promised to donate \$20 to Girls on the Run if she did) so we are changing this to the!

Sunney Butcher-Keller Watch

Saw SB-K not running at the CCC and she claimed some sort of back pain was preventing her from helping out our women's team. Then saw her running at the LRRC Tuesday Speed Work. SB-K is officially called out!

May Grand Prix Preview

Two races ó Toad Suck 10K in Conway on May 4th and the Rock Run 8K on May 25th in Little Rock. Hope to see you all at both!

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

May 2013

- 11: NLF Mud Run 5K at DeWitt. Call 870-94605485.
- 11: Move It for Diabetes 5K/10K at Mountain Home. Call 870-508-1765.
- 11: Healthy Kids Day 5K at Hot Springs. Call 501-623-8803.
- 11: Kendrick Fincher 5K at Rogers. Call 479-986-9960.
- 11: Warrior Dash 5K at Amity. Call 773-687-4595.
- 11: Boys and Girls Club 5K/1M at Van Buren. Call 479-474-9401.
- 11: A.R.K. 5K at Ft. Chaffee. Call 479-462-9629.
- 11: Root Rocket 5K at Fayetteville. Call 479-442-8718.
- 11: Family YMCA Health Kids Day 5K at Hot Springs. Call 501-623-8803.
- 11: Women Can Run/Walk 5K at Conway. Call 501-908-5096.
- 11: Go Girl Run Half Marathon/5K at Springfield, MO. Call 417-891-5214.
- 11: Helping Hand 5K/2K for Special Needs at North Little Rock. Call 501-791-3331.
- 11: Whistlestop Half Marathon/10K at Ashdown. Call 870-667-2122.
- 11: Shaw Elementary Color Fun Run 5K/1M at Springdale. Call 479-879-2454.
- 11: Later Gator 5K at Russellville. Call 479-968-1599.
- 18: Ft. Smith Firefighter Hot Foot 5K. Call 479-461-9084.
- 18: Run the Path for PATH 5K at Little Rock. Call 501-940-8922.
- 18: Wildcat Rumble 5K/1M at Bentonville. Call 479-426-2993.
- 18: Running for the Kids 5K at Searcy. Call 501-230-3697.
- 18: Relay for Life 5K at Greenwood. Call 479-214-0942.
- 18: Lupus Springers 5K at Hot Springs. Call 800-294-8878.
- 18: Great Cross Country 4M at Little Rock. Call 501-336-5959.
- 18: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-846-4181.
- 18: Magnolia Blossom Festival 5K at Magnolia. Call 870-562-3416.
- 18: Twin Lakes Civitan 5K at Norfolk. Call 870-405-4971.
- 18: Picklefest 5K/1M at Atkins. Call 479-641-7591.
- 18: Run for the Cross 5K/1M at Springdale. Call 479-841-3229.
- 18: Kidsource Therapy 5K at Benton. Call 501-304-3369.
- 18: Run for Garrett 5K at Ozark. Call 479-468-6111.
- 25: Diverse City 5K at Clarksville. Call 479-774-3487.
- 25: Portfest 5K at Newport. Call 870-523-3618.
- 25: Rock Run 8K at Little Rock. (GPS) Call 501-766-3004.
- 25: Table Rock Half Marathon/5K/1M at Branson, MO. Call 417-389-6260.
- 25: Gillett Heritage Days 5K. Call 870-830-6012.
- 26: Riverfest Rock-n-Stroll 5K at Little Rock. Call 501-255-3378.
- 27: ASN 5K/1M at Fayetteville. Call 479-927-4100.
- 31: Memorial Park Glow Run at Bentonville. Call 479-464-7275.

June 2013

- 1: Cheetah Chase 5K/1K at Little Rock. Call 501-661-7208.
- 1: FestVille 5K at Jacksonville. Call 501-982-4171.
- 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.

(See Running Calendar on Page 5)

Birthdays

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

- 1 - Mary Hayward
- 5 - Pennie Martin
- 6 - Brian Bell
- 06 - Joe Cordi
- 06 - Julie Howard
- 07 - Mark Hagemeyer
- 13 - Jerry Senn
- 16 - Kathryn Heller
- 18 - Bill Bulloch
- 19 - Jillian Janik
- 24 - Carol Torrey
- 24 - Anne Marie Crow
- 25 - Ashley Honeywell
- 27 - Scott Wall
- 30 - Wojciech Kopek

New Members

Anton Janik started running at the beginning of this year. His 5K race pace is approximately 9:45 per mile but hopes to move to a 10K soon. He is a tax attorney and also enjoys cooking, gardening and being outside.

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