

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB



November 2013

November Brings Thoughts Of Holiday Running

By Nicholas L. Norfolk
LRRRC President

When I think of November, typical thoughts come to mind about the holiday season, which will be at the forefront of our minds whether we want to think about it or not. Thanksgiving sometimes gets lost in the Christmas decorations that become ubiquitous at this time of year.

My thoughts then become infused with running. Leaves changing color become more appealing on runs. Cool air entering my lungs breathes fresh thoughts into my mind and body. No more breathing in the yucky, humid air or debating if I should take extra water just in case.

Dressing in layers and wrapping myself in my Sylamore hoodie every chance I get becomes a daily endeavor. Speaking of Sylamore, I need to remember to register on the first. It will sell out and that's not a scare tactic to boost registration numbers. I digress.

Running is as ingrained into November as is Black Friday or for you millennials, Cyber Monday. In the past few years, running events have been added in central Arkansas and surrounding areas.

On November 16, you have your choice of two races that will appease the trail and ultra runner in you. Bona Dea is the location for the Valentine's Day 5K, but on this day it will serve as the course for the [Bona Dea 50K](#). The [Arkansas Ultra Running Association](#) uses it as the fastest 50K course in the state. Take your lawn chair, blanket, or whatever other goodies, since you'll pass them quite a few times.

If you don't feel like driving to Russelleville, wake up late, prefer to sleep in, or want to hit the trail, then make your way to Pinnacle Mountain for [Race The Base](#). This is the second year for [Arkansas Outside](#) to put on the race. It is chip-timed and this year there will be a kid's race on the Kingfisher Trail.

A week later runners and walkers will have an opportunity to participate in a familiar race. The [Spa 10K/5K](#) has been going on for over 30 years. Since, it's a championship race in the Grand Prix Series; it should be a nice ending to the season.

The [Spa Pacers](#) are the gracious hosts and it goes without saying that they make you feel at home in their city. I urge you to go like Johnny B. Goode as you take in the fall colors seen on the route. The Quapaw-Prospect Historic District and West Mountain are always a pleasure on the eyes, but not necessarily on the legs.

The annual Arkansas RRCA awards ceremony will be held at noon at the Arlington Hotel. The meeting will be held in the Spruce Room on the seventh floor. It's a nice way to culminate the Grand Prix season. Many of you will be making plans on how you're going to take the 2014 season by storm, if you haven't already.

A few days later will be Thanksgiving. You know what that means. Pumpkin pie, turkey, dressing, and oodles and oodles of massive amounts of food that could feed a legion will be on the menu. Well, that, too, but I'm thinking about The Go!bbler. [Go! Running](#) filled a void with [The Go!bbler Turkey Trot](#) when they provided an avenue for Little Rock

runners to join other runners across the country with this Thanksgiving themed tradition.

The run begins at 8 a.m. leaving you with plenty of time to get home and finish cooking or to eat and watch football, another Thanksgiving staple. This course is a hybrid of road, track, and trail, making it all the more enjoyable for some. All that is asked is that you bring a canned good or a non-perishable food item. Costumes are optional, but gobbles of fun are required.

If that wasn't enough, the [Saline County Striders](#) challenge you to run off your Thanksgiving indulgence. Head out to Benton to run around Sunset Lake all day, if you'd like. The [6/12/24 Hour Endurance Run](#) is a nice change of pace from the madness that Black Friday encourages.

Obviously there is more as our running calendar continues to grow exponentially. Marathoners have a chance to run in Wynne at the [Midsouth](#)

(See November on Page 4)

November Meeting

Monday, November 18, 2013

U.S. Pizza - Hillcrest
2710 Kavanaugh

6 p.m. to eat
6:30 speaker

Devin Shirley, Founder
Krav Fit
Techniques to Ward Off Attackers



Having been zapped of my creative energy by the next big thing of which I have been banned of writing, I took a hiatus last month. With only November's column standing between me and the December preview column of the aforementioned unmentionable event, I needed an unlikely hero to enter Brock Hime.

Let's get two things straight: 1) I like Brock a lot. My latest passion is the noon to six shift on Saturday holding down the couch at Rock City Running. Our variations of the high five and the occasional mildly off-color joke disguise the age differential of approximately half or twice depending on from whom you start.

2) However, I was not a believer. Worse than that, I was a doubter. As one who doesn't use over-used clichés, I won't

BQ Was Run At Chicago

By Dr. Keith Cooper

I am a relatively new and "quiet" member of LRRC, but have been running around our town for years. I just had the awesome opportunity to run in the Chicago Marathon. I was proud to see the Little Rock Marathon crowd at the expo. I think a couple of other local people may have run in the race but it was such a huge crowd I never really saw anyone that I recognized. All factors came together to make this a really memorable race. Security was evident everywhere but not imposing. We all felt very safe, the weather was PERFECT and the city turned out in force!

After running the Little Rock Marathon last spring and being a little disappointed at hitting the wall during this, my first full marathon attempt, I trained really hard all summer for Chicago. I logged many, many miles on our incredible river trails and utilized advice from folks at Go! Running (whether they realized it or not) and was ecstatic at my 21-minute improvement from my Little Rock time of 3:41, to finish Chicago with a 3:20 time which will qualify a middle-aged guy like me for Boston (with five minutes to spare)! Even though I just missed the sign up for what I'm sure will be a memorable 2014 Boston Marathon, I'll be there in 2015! Matt Fitzgerald's book "The New Rules of Marathon Nutrition" was a great resource that I'm convinced made a big difference for me.

Thanks for listening to my self-indulgence, but I'm still on a high after such an incredible once in a lifetime weekend!

mention the one about, "If I was a betting man I'd bet on Brock, but if I did and if I was, I wouldn't have it so to speak. But all I could see and hear was what was on the surface of the statistics, the opinions, the tradition. What I couldn't see was what was inside Brock, inside his head and inside his heart. I also didn't see what was going on day-by-day, a one-man revolution inspired by one other man, Jimmy, the believer.

Brock's blog on his experience is a special read: <http://brockhime100.tumblr.com/post/63961267199/2013-arkansas-traveller-100> It tells the story of his believer, his inspiration, his instigator. The other seven billion people in the world were saying, "No way!" At least they would have if they were fully informed and spoke English. Meanwhile, Brock and Jimmy were living the dream, beginning with Jimmy belittling Brock's 15 mile warm-up runs, and ending with Jimmy crewing Brock to an epic victory at the Arkansas Traveller 100.

I ran a marathon that same day. Two of us joked that we could combine our efforts and double them just to reach the distance, which doesn't even begin to conceive the inconceivable. The body is capable of so much more than the mind will let it believe. We slow down and eventually stop only because our mind and our doubters tell us to. When we stop listening to both, we exceed our perceived limitations in pursuit of our real ones. Even after 18 hours and 100 miles, Brock has yet to find his.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month's issue. Send articles to Linda House, Editor, at lhouse48@gmail.com.

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First Season Of Girls On The Run Is Halfway Over

By Jenny Paul, Executive Director
Girls On The Run

This first season of Girls on the Run is over halfway gone, and things are going better than we could have imagined. As I have mentioned in previous articles, the number of registrants was unexpectedly high, and the response so far has been overwhelmingly positive.

As a coach, it is gratifying to see what each child is gaining from this experience. Since the beginning of the season, the participants have become more confident in themselves and are working beautifully in groups.

I am resistant to refer to the program as "one size fits all" because it fits each girl differently, and I believe that the individual participants, as well as how they are uniquely impacted by Girls on the Run, should be celebrated. Some girls will benefit most from the interpersonal skill development. Others are mastering positive self-talk, and for some it may be their first experience as part of a team - especially an athletically-based one.

At our most recent practice, a mock 5K, some girls chose to run in groups while others preferred to conquer the distance on their own. They developed a better understanding of pace and mastered the important technique of setting small goals within the larger one to create more manageable tasks. All

of the girls completed at least 2.5 miles and should be ready for the end of the season challenge in just four weeks.

As the 5K date draws near, the anticipation is undoubtedly building. The girls are more comfortable with one another and are gaining confidence in their running. What an exciting time to be a part of Girls on the Run!

You can still be involved in this season by volunteering or by cheering for our 19 brave girls during their 5K debuts on November 23 at 9 a.m. at the Big Dam Bridge. To volunteer please complete a volunteer interest form under the "Get Involved" tab on our website www.gotcentralark.org. If you are unable to volunteer, please consider just coming out to cheer the girls as they are running.

Also, if you are interested at all in coaching for next season (Spring 2014), you can also complete a volunteer interest form as above, but please indicate that you are interested in coaching. Head coaches are asked to coach each practice (2 X 1½ hour practices per week), but assistant coaches can work part time by sharing time obligations with other assistant coaches.

We look forward to seeing some birds join the GOTR family over the coming months!!

Please contact me with any questions at jenny.paul@girlsontherun.org or 501-615-5733.

2014 Grand Prix Races

State RRCA Director David Meroney has announced the schedule for the 2014 Grand Prix Series. It is as follows:

February 1 -	*River Trail 15K, North Little Rock
February 8 -	Valentine's Day 5K, Russellville
February 16 -	Run the Line Half Marathon, Texarkana
March 8 -	*Chase Race 2 Mile, Conway
March 22 -	Spring Fling 5K, Cabot
April 5 -	*Capital City Classic 10K, Little Rock
May 3 -	Toad Suck Daze 10K, Conway
May 24 -	Rock Run 8K, Little Rock
June 14 -	*Go! Mile, Little Rock
June 21 -	ArkansasRunner 2 Mile, Benton
August 2 -	*White River 4 Mile Classic, Batesville
August 9 -	Watermelon 5K, Hope
August 30 -	*ARK 5K, North Little Rock
September 20 -	*Arkansas 20K, Benton
October 4 -	*Chile Pepper XC 10K, Fayetteville
October 18 -	Survivors Challenge 10K, Fort Smith
November 1 -	*Midsouth Marathon, Wynne
November 22 -	Spa 10K, Hot Springs
December 13 -	CASA Half Marathon, Pine Bluff

*State Championship

Calendar (Continued from Page 5)

- 23: Turkey Trot 5K at Siloam Springs. Call 479-524-5779.
- 23: White River Marathon/Half/5K for Kenya at Cotter. Call 870-404-8363.
- 23: SolesForSouls 5K/2K at Rogers. Call 479-721-8986.
- 23: Lavaca Arrows Turkey Trot 5K. Call 479-883-7750.
- 23: NWA St. Jude Give Thanks 5K Walk at Springdale. Call 901-373-5051.
- 23: Angel Tree Fall Haul 5K at Arkadelphia. Call 870-464-7415.
- 23: Race for Grace 5K at Harrison. Call 870-416-2071.
- 23: Poker Run/Walk 5K at Clarksville.
- 23: Snowman Dash 5K at Ozark. Call 479-209-6208.
- 23: GOTR 5K/10K at Bentonville. Call 479-621-1692.
- 28: The GO!bbler 3M/4M/6M at Little Rock. Call 501-663-6800.
- 28: Mercy Thanksgiving Day Turkey 5K/10K at Fort Chaffee. Call 479-314-7400.
- 28: Gallop for Gravy 5K at Alpena. Call 870-688-8251.
- 28: Fitright Racing Turkey Trot 4M/2M at Monroe, LA. Call 318-232-2213.
- 29: Sunset Challenge 24 Hour Endurance Run at Benton. Call 501-517-7393.
- 30: Sunset Challenge 6/12 Hour Endurance Run at Benton. Call 501-517-7393.
- 30: Positive Pace 5K at Waldron. Call 479-637-3218.
- 30: Great Duck Race 5K/10K at Stuttgart. Call 870-673-1602.

National RRCA Awards Due By December 31

Since 1971, the RRCA has been honoring dedicated individuals for their service to the running community through the RRCA Hall of Fame and the National Running Awards. Detailed information about the award categories along with selection criteria and the online nomination form can be found at www.rrca.org/services/national-running-awards/. To nominate a deserving individual simply follow the instructions on the online nomination form, print a copy for your records, and click the submit button. Email or mail newsletter copies as instructed in the online form. The RRCA will provide a \$400 travel stipend and one complementary ticket for each award winner to the 2014 RRCA National Running Awards Banquet that will be held in Spokane, Washington on May 3, 2014.

The nomination deadline is 5 p.m. Eastern on December 31, 2013. The period of performance for the individual being nominated is January 1 - December 31, 2013 for all awards except the Hall of Fame and Browning Ross awards which are lifetime achievement awards. All nominations are forwarded to the appropriate selection panels tasked with selecting the final award recipients. Individuals interested in serving on one of the award selection panels should email Andy Smith at programs@rrca.org.

To nominate a deserving individual for an award, [review the Award Categories and Selection Criteria Information on our website](#). Then complete the online nomination form during the nomination period. Award winners are chosen by a volunteer selection panel from the nominations submitted for each award category. The RRCA awards selection panels are a great opportunity to get involved with the organization at the national level. For more information about serving on a selection panel email programs@rrca.org

Condolences

The Little Rock Roadrunners Club extends its condolences to Harold Hays over the October 3 death of his father, Leonard Hays. Please keep Harold and his family in your thoughts and prayers.

November (Continued from Page 1)

[Marathon Championship](#) and in Cotter at the [White River Marathon for Kenya](#). In the event you are craving a 25 or 50-miler, the [Hillbilly Half a Hunnerd](#) is awaiting

Apart from the races, our Club meeting will be on the November 18. November is National Runner Safety Month. I know we have plenty of reflective gear or blinking lights. I went for something different inviting [Krav Fit](#) to our meeting.

I look forward to seeing everyone there as we have our last Club meeting of the year. You get a break from the formality in December with the Christmas Party. Be careful, I may have an agenda at the Christmas Party. I'm kidding or am I?

RRCA National Running Award Categories

RRCA DISTANCE RUNNING HALL OF FAME: Inducts individuals that have dedicated themselves to the sport of distance running.

BROWNING ROSS SPIRIT OF THE RRCA: Honors a club member who is an unsung hero and champions the RRCA at the local and/or national level.

OUTSTANDING CLUB PRESIDENT OF THE YEAR IN HONOR OF SCOTT HAMILTON: Honors an outstanding RRCA club president for the year.

ROAD RUNNERS OF THE YEAR AWARD: Honors top male and female open, masters U.S. runners with outstanding records of distance racing performance during the year. Honors one outstanding physically challenged Athlete of the Year (male or female).

EXCELLENCE IN JOURNALISM IN HONOR OF JERRY LITTLE:

1. Outstanding Club Newsletter of the Year honors two club newsletters that demonstrate a variety of content, good presentation, informative and creative, and inclusive of the RRCA logo. One award will be given for a print newsletter and is open to any size club.
2. Outstanding Club Writer of the Year award honors a top club writer that is an unpaid running journalist.
3. Club/Event E-Newsletter of the Year recognizes the use of technology when communicating with members. It is open to any size club or event. The e-newsletter can be emailed to members or clearly posted on a website and should be in PDF, HTML, or another similar format. The e-newsletter should look like a newsletter and not simply be a page on a club website or a text email.
4. Journalistic Excellence honors a professional writer who has made a notable contribution to the literature of distance running.

OUTSTANDING VOLUNTEER OF THE YEAR IN HONOR OF ROD STEELE: Honors an outstanding volunteer (excluding the president) of a local club or event.

OUTSTANDING STATE REPRESENTATIVE OF THE YEAR IN HONOR OF AL BECKEN: Honors the outstanding service of an RRCA State Representative.

OUTSTANDING YOUTH PROGRAM DIRECTOR OF THE YEAR IN HONOR OF KURT STEINER: Honors a club member who is dedicated to promoting children's running and/or coordinating an outstanding children's running program.

OUTSTANDING BEGINNING RUNNING PROGRAM OF THE YEAR: Honors beginning running programs hosted by nonprofit clubs that engage new or returning runners to the sport, regardless of their gender.

RRCA ROAD RACE OF THE YEAR: Honors a nonprofit organized race that is safe, well-organized, promotes grassroots running by being locally owned, and promotes the mission of the RRCA.

OUTSTANDING WEBSITE AWARD: Honors a club with an outstanding website design and content. One website will be chosen from the nominations

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

November 2013

- 2: Bass Pro Shops Camo Color Run 2M at Springfield, MO. Call 417-891-5214.
- 2: Heroes for Kids 5K at Fayetteville. Call 479-644-1613.
- 2: On a Mission 5K at Heber Springs. Call 501-362-9070.
- 2: MidSouth Marathon/Half Marathon at Wynne. Call 870-238-4610.
- 2: Veritas Toga Trot 5K/10K at Texarkana, TX. Call 9003-278-9077.
- 2: Heart & Soul for RCS 5K at Pine Bluff. Call 870-541-7890.
- 2: Williamø Journey 5K at Bryant. Call 501-425-0649.
- 2: Amanda Fussell Memorial 5K Color Run at Texarkana, AR. Call 903-748-4342.
- 2: Kessler Trail Run at Fayetteville. Call 479-595-5759.
- 2: Costumes and Candy 5K at Poteau, OK. Call 918-635-0338.
- 2: Peace Love Run 5K for Special Olympics at Jacksonville. Call 501-944-0713.
- 2: The Color Run Little Rock 5K. Call 855-662-6567.
- 2: Toys for Tots Turkey Trot 5K at Paris. Call 479-979-8581.
- 2: Mountainstache 5K at Mountainburg. Call 479-369-2146.
- 2: Race for a Reason 5K at Conway. Call 479-936-4042.
- 2: ZolaFest 5K/1K at Russellville. Call 501-339-6769.
- 2: BBBS Zombie 5K at Batesville. Call 870-612-8888.
- 3: DRC Half Marathon/5K at Dallas, TX. Call 214-551-0016.
- 3: Bass Pro Shops Marathon/Relay/Half/5K at Springfield, MO. Call 417-891-5214.
- 3: Race Judicata 2013 at Fayetteville. Call 479-575-4573.
- 8: Kicking Up Hope for Hayden 5K at Magnolia. Call 870-831-0509.
- 9: River Valley Run Half Marathon/10K/5K at Fort Smith. Call 479-649-8815.
- 9: Veterans Memorial 5K at Fayetteville. Call 479-871-7478.
- 9: Catch the Beat 5K/1K at Russellville. Call 479-967-2255.
- 9: Fyrne Lake 10K Trail Run at Dyersburg, TN. Call 731-676-5556.
- 9: Worldø Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 9: Veterans Museum 5K at Vilonia. Call 501-796-4895.
- 9: Hillbilly Half A Hunnerd 50M/25M at Rogers. Call 479-426-7607.
- 9: Matthew J. England Memorial 5K at Gainesville, MO. Call 417-543-0827.
- 9: Breakaway 10K at Searcy. Call 501-230-3997.
- 9: Social Justice 5K at Little Rock. Call 501-975-8547.
- 15: Ephesians 1:5K Adoption Benefit Night Run at Russellville. Call 479-967-4923.
- 16: Reindeer Run for Reading 5K/1K at Bryant. Call 501-993-7737.
- 16: Heber Half Marathon at Heber Springs. Call 615-974-2287.
- 16: Trailblazer 5K at Pineville, MO. Call 417-223-4368.
- 16: Century League 5K at Morrilton. Call 479-264-4332.
- 16: NWA Jingle Bell 5K/1M at Fayetteville. Call 501-664-4591.
- 16: Have A HART Turkey Trot 5K at Fairfield Bay. Call 501-884-7777.
- 16: Relay for Life - Race for the Cure 5K at Clarksville. Call 479-647-8629.
- 16: Weøve Got the Victory 5K at Joplin, MO. Call 417-621-1000.
- 16: Running Under The Mistletoe 5K at Texarkana, TX. Call 903-314-6223.
- 16: Battle of the Ravine Color Bash 5K at Arkadelphia. Call 870-464-7415.
- 16: Race the Base Pinnacle Mtn. Trail 4M at Little Rock. Call 501-681-2801.
- 16: Delta 5K Classic at Brinkley. Call 870-734-2262.
- 16: Beta Sigma Phi 5K at Mena. Call 479-394-2194.
- 16: Run for the Rides 5K at Mountain Home.
- 16: NWA Jingle Bell 5K/1M at Fayetteville. Call 501-664-4591.
- 23: Spa 10K at Hot Springs. (GPS SC) Call 501-282-5617.

(See Calendar on Page 3)

Birthdays

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

- 2 - Bryan Hill
- 3 - Shirley Pence
- 8 - Bill Crow
- 10 - Alesa Davis
- 13 - Emil Mackey, Jr.
- 16 - Jay Walker
- 17 - Gary Criglow
- 18 - Lewis Parr
- 19 - Tom Zaloudek
- 21 - Lynn Senn
- 22 - Jayme Butts-Hall
- 25 - Bryan Green
- 25 - E.F. Jennings
- 27 - Timothy Wistrand
- 28 - Ashleigh Seybold
- 29 - Courtney Allison

Christmas Party

The Club Christmas Party will be Saturday, December 21 at 6:30 p.m. at the Capitol Hill Building (1600 W. Fourth St.)

Retreads

First Wednesday of the month
11:30 a.m.
Franke's Cafeteria
11121 N. Rodney Parham Road
(Market Place Shopping Center)
Dutch Treat

Wear something to show you are one of the gang -- shirt, hat, scarf, finisher medal, etc. Just show up and look for the Old Runners: Retreads. For more information contact Charley or Lou Peyton at 225-6609 or chrlypytn@gmail.com