

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2013

Fall Back In Love With Running

By Nicholas L. Norfolk
LRRC President

Each season marks a change in how we run. Winter months are cold and sometimes we get the pleasure of running on ice. The treadmill becomes a last resort unless we dare run in the cold. Extra layers of clothing trap in the heat. Gloves, hats, and tights become a necessity during these frigid months. Occasionally, a break in the weather makes it the perfect temperature for running.

We spring into action when the flowers start blooming. If a spring race was a goal, the winter months probably weren't ideal for training. However, it may be rewarding if you were devout in sticking to your schedule. Hearing the birds chirping and warmer weather is a good way to add a spring to your step.

The Arkansas Grand Prix Series is in full swing at this time. Everyone is excited to rekindle the healthy competition that ended in November. The likelihood of slipping on ice has subsided, but the possibility of seeing snakes on the trail returns.

The River Trail 15K, now directed by Erik Heller, is situated during a nice time of year for spring races. A place that is very familiar to us is the stage for one of the few 15Ks in the state. After the race, the Grand Prix awards are given out for the previous year's winners.

During the summer, the heat forces us to pay close attention to hydration and nutrition. Shorter races seem more appealing because no one wants to run in 100-degree temperatures for a long period of time. The lack of shade on the River Trail prompts us to get out earlier in hopes of avoiding the sun for as long as possible. Similar to the

winter months, retreating to the treadmill may be an option. The nostalgia of winter toys with our imagination.

It's the fall that has a special place. The autumnal equinox signifies a change in the temperature and shorter days. To morning runners this is great, but evening runners would much rather it be summer. The race calendar explodes and finding a race is easier than selecting one.

If I polled most runners in our area, I'm sure they would tell me they were training for one of three races. Can you guess which ones? You know because you're getting ready for them. First off, I'm not talking about ultra runners. Those trail birds stay ready. They run half marathons in the middle of the week and marathons as tune ups or as "easy" days.

The first one is the [Soaring Wings Half Marathon](#). It's a popular race for good reason. I once said it was one of the best regional half marathons. As evidenced by selling out, I'm not the only person that feels this way. As runners, we enjoy the atmosphere of a race that feels like we were thought of in the organization of the race. Add a good cause to it and make it a state championship, and it's hard to turn down. Soaring Wings Half Marathon is often used as a goal race or as training for the [St. Jude Marathon](#).

As a result, the first weekend in December is almost sacred in the Mid-South. If you haven't done the race, I bet you know someone who has. It's been a first-time race for many and I doubt it will change any time soon. Aside from the race itself, Memphis can be the backdrop for fun. Limping around Beale Street is part of the experience. If it's not a goal race, I can guarantee the next race is.

One of the benefits of living in "The Rock" is we don't have to travel to do what has become the marquee marathon in the state. Boasting its huge medals and celebratory themes, people come from everywhere to say they have one of the [Little Rock Marathon](#) trinkets. Officially it's a spring race, but to prepare properly one must put in work in the fall.

Living in Arkansas, we never know what the weather is going to hand us regardless of the season. Some hope for the best. I've gotten to the point where I plan for the worst. We adapt and literally put our best foot forward.

Running might as well be considered a relationship. Dr. Phil may classify it as a dysfunctional dependency. We have good times and bad times just as seasons change. Our love/hate relationship is just how it goes. We complain as we do in winter or summer about the weather, but in the end we know we'll stay together.

(See Nicholas on Page 2)

October Meeting Monday, October 21, 2013

U.S. Pizza - Hillcrest
2710 Kavanaugh

6 p.m. to eat
6:30 speaker

Dr. Sarah Hays
Elite Chiropractic

"Injury Prevention, Treatment
and Recovery"

LRRC Grand Prix Racing Report

By Brian Sieczkowski

October is upon us! For the Grand Prix, that means crunch time. There are just four races left, but as three of these are Championship Races there can be no coasting to the finish line. In the team competition, the LRRC Men have a much more solid hold on the top spot than the scoreboard presently indicates. Each team drops their four lowest scores for the year end score. After the next race of the Chile Pepper 10K of we get to drop a zero, i.e. we drop nothing, while other teams will drop actual race scores, maybe 14 or 16 points. Don't worry about the math, gentlemen, just know that if we can crush up some Pepper this weekend, our current three point lead will jump up near 20.

Dropping scores should help out our women's team even more as they have three zeroes that we need to get off the board. The LRRC women currently sit in fifth place overall, but I could see a jump up to third place by the end of the year as long

October Races (Continued from Page 4)

- 19: Cossatot River Half Marathon Trail Run at Wickes. Call 870-385-2201.
- 19: Goshen Gallop 5K/10K. Call 479-427-8160.
- 19: Race for the Cure at Little Rock. Call 501-202-4399.
- 19: Race to the Rock 5K at Arkadelphia. Call 870-210-5353.
- 19: Pioneer Wilderness Challenge at Harrison. Call 870-391-3225.
- 19: Color Vibe 5K at Fort Smith. Call 435-554-0134.
- 19: Designer Genes 5K at Springdale. Call 501-242-1929.

Nicholas (Continued from Page 1)

We work at it daily, not giving up. We invest the necessary time to make it work regardless of the season. We realize that we don't want to be without it and having it in our lives means more than not having it there. That may mean a treadmill session in atypical conditions. People say that when you run a lot you may be running from something. I like to think that I'm running for something.

For those crazies, a long-distance love affair is what you're flirting with if you aren't already courting it. It's okay to admit that it has you and probably won't let you go. Ever been injured and you were moping around? Psst! You're in love with running.

Remember how it felt when you first started running? It was in the honeymoon phase that you made numerous plans. You thought about where you wanted to go, what you wanted to do, and where you'd be in a couple of years. What has changed?

I'm sometimes asked what was my best race or run. My answer is I don't know because my best run or race hasn't happened yet.

as we get a complement of three female finishers at Chile Pepper, the Soaring Wings Half Marathon, and the Spa 10K.

October Grand Prix Preview:

Chile Pepper 10K XC of October 4th of 7:30 AM of Fayetteville

The Grand Prix's one and only cross country race, this is an experience you don't want to miss. The course runs through Agri Park for 2½ laps around fields, through the woods, and past a big crowd of spectators. There is nothing else in the Grand Prix remotely like the Pepper, so do whatever you have to in order to make the drive to Fayetteville this weekend.

Survivors' Challenge 10K of October 19th of Fort Smith

This is the lone non-Championship race left on the calendar. Check your personal score on the overall and age group leader boards: if you currently have less than five non-Championship Race scores, this is a great chance to gain some points. If you already have five solid non-Championship scores, then this race is not all that important. The LRRC Men do not need to worry about this race team-wise, though like I said, it could be a great way for individuals to raise their Age Group scores. The women's team could probably pick up a few points with three finishers at this race but it is unlikely to affect the overall picture at this point.

Soaring Wings Half Marathon of October 26th of Conway

The SW Half is another Championship Race and a must-do for both teams. **Important: This race is currently SOLD OUT. If you are not signed up and would like to run the Soaring Wings Half Marathon, email the race director at info@swhalf.com and state that you are a Grand Prix runner and you will get special clearance to enter. Please do this sooner rather than later.**

Good luck and enjoy the cooler temps!

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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That Four-Letter Word: R - E - S - T

By Brenda Stallings

The four letter word that no runner wants to hear from their doctor. When you're on the injured reserve list you feel like a leper among runners and you feel like an imposter among walkers. So where does an injured runner belong?

As runners, we call ourselves crackheads, fanatics, and maniacs as a complement to our running endeavors. We wake up at 3:50 a.m., 4 a.m., and 4:30 a.m. to meet with other fanatics, maniacs and crackheads to run before the sun rises and without thinking that anything is out of the norm. We probably complete more by 8 a.m. than we actually accomplish at work from 8 a.m. to 5 p.m.

However, when an injury sidelines us, it's hard to stay at home and rest. What do you do when you wake up at 3:50 a.m. and you can't and shouldn't run? What do you do on Saturday when all of your friends are running their long runs? What do you do when you still eat like you're running 40 miles per week but you're not running 40 miles?

It's tough to be injured; it's a test mentally and physically. The doctors tell you what you need to do - REST. You really don't want to listen. You want to be healed immediately and you just want to get back on the pavement and run.

Life is a test and we live and learn. I hate resting but it's a necessary evil to my recovery. Sometimes, I pass the test and sometimes I fail miserably. This is a personal account of my life as an injured runner.

Rest is that four-letter word.

New Member

Steve Unger has been running for 14 years and is currently logging 25-35 weekly miles at an 8:15 pace. He has earned a 3:36 PR for the marathon distance. He ran in college with PRs of 4:18 for the mile and 16:03 for a 5K and is excited and looking forward to getting back to my old form.

Girls On The Run Response Is Overwhelming

By Jenny Paul

Yaaaaay! I am finally able to report to you from the middle of a Girls on the Run season! We had an overwhelmingly positive response at our first site, Pulaski Heights Elementary, and have a very full team. In fact, we actually had to add a coaching position to accommodate our larger team.

During these first few weeks, the girls are becoming more familiar with the program, themselves, and each other. Each practice, the girls participate in discussions about different topics that have, so far, been focused on self-exploration. Next month, we will explore how to build good peer relationships, and in November we will investigate how every person has an obligation to make a positive impact on their community.

As the workout portions of each practice become longer and more challenging, the girls are learning to keep moving forward regardless of their speed. As runners, you can certainly appreciate the importance of learning your pace and recognize the implications with learning that at such a young age.

Running as a metaphor for life is not a new concept, but I challenge you to find a more relevant and accurate comparison. Girls on the Run participants are learning about the transformational and restorative effects of this exercise and how to make healthy choices before leaving elementary school!

Please consider supporting the girls in our community with your time and talents. We need volunteers for our end of the season 5K celebration on November 23 where nineteen 4th and 5th grade girls will run across the Big Dam Bridge. You can help with water stops, happy hair coloring, face painting,

set up and clean up, or just cheering along the course. Also, each girl is accompanied by an adult Running Buddy for the entire course, and there are still spots open!

Just fill out a volunteer registration form on our website www.gotcentralark.org or contact me directly at jenny.paul@girlsontherun.org or 501-615-5733.

Congratulations

Congratulations to Leah Thorvilson on being named the director of athletic development at UALR. Leah competed in cross country and track and field at UALR in 1999-2002 and was twice named All-South Central Region. Leah, a native of Robbinsdale, Minn., led UALR to a Sun Belt title in cross country in 2002. She finished 11th at the 2002 NCAA South Central Regional championships, still the top finish for a UALR runner. Locally, Leah is a four-time winner of the Little Rock Marathon and competed in the 2012 Olympic Trials.

Condolences

The Little Rock Roadrunners Club extends its condolences to Fletcher Smith over the September 16 death of his father, Fletcher B. Smith. Please keep Fletcher and his family in your thoughts and prayers.

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 lhouse48@gmail.com

October 2013

- 5: Walk Now for Autism Speaks 5K at Little Rock. Call 501-951-0115.
- 5: Chile Pepper Cross Country 10K at Fayetteville. (GPS SC) Call 479-530-5954.
- 5: Dirt Road Dash 5K at Sparkman. Call 870-784-2152.
- 5: RunFor2 5K at Conway. Call 405-996-0225.
- 5: USRCø Caring for Kidneys 5K at Paragould. Call 870-336-4025.
- 5: Arkansas Marathon/10K/2K at Booneville. Call 479-675-2666.
- 5: Fighting Red 5K to End Blood Cancer at Little Rock. Call 501-231-5713.
- 5: WRMC 5K at Batesville. Call 870-262-6168.
- 5: BBQ Bash 5K at Bismarck. Call 501-865-4543.
- 5: Run United 5K at Conway. Call 501-327-5087.
- 5: Zooming for Zeb 5K at Bentonville. Call 479-659-1764.
- 5: Kids Run Arkansas 5K/1M at Clarksville. Call 479-979-1400.
- 5: Color Me for Kids 5K at Fort Smith. Call 479-788-4365.
- 5: Angel One 5K at Little Rock. Call 501-230-9276.
- 5: Lions Club 5K at Russellville. Call 479-747-0767.
- 5: Greyhound 5K at West Memphis. Call 870-733-6764.
- 5: Run for Your Lives 5K at Pottsville. Call 479-886-5864.
- 5: Highrfill Hay Daze 5K. Call 479-524-1364
- 5: A Mile In My Shoes 5K at Ozark. Call 479-806-3309.
- 5: Gator 5K Glow Run at Ashdown. Call 501-340-1462.
- 5: Micah Rine Wildcat Legacy 5K at Searcy. Call 501-230-3997.
- 5: Camo Color 5K at Spiro, OK. Call 918-774-3760.
- 5: Duck N Run 5K at Newport. Call 870-834-3532.
- 12: John Brewster Memorial 5K at Scranton. Call 479-774-9186.
- 12: Run Walk Roll Against Bullying 5K/1M at Jonesboro. Call 870-336-2784.
- 12: Bison Stampede 5K at Carlisle. Call 501-416-4438.
- 12: Early Dam Run5K at DeQueen. Call 870-642-2446.
- 12: Barnabas House Monster Dash 5K at Little Rock.
- 12: Run for Literacy 5K/1M at Fort Smith. Call 479-784-0412.
- 12: Operation Christmas Child 10K/5K at El Dorado. Call 870-862-4264.
- 12: FSM 5K for Cancer Awareness at Cabot. Call 501-843-5291.
- 12: Hometown Crawfordsville 5K. Call 870-635-0161.
- 12: Turkey Trot 5K at Yellville. Call 870-405-9245.
- 12: HSU Homecoming 5K at Arkadelphia. Call 870-230-5200.
- 12: 4-H Run for the Clovers 5K at Mt. Ida. Call 870-557-9165.
- 12: Green & Gold 5K at Russellville. Call 479-968-0278.
- 12: Arkansas Zombie Challenge 5K at Hector. Call 479-880-1195.
- 12: Life Is Good 5K at Wynne. Call 870-238-4329.
- 12: Trojan Trot 2M at Hot Springs. Call 501-624-3372.
- 12: Wiggins Cabin 5K at Crossett. Call 870-510-5168.
- 12: Never Give Up 5K at Russellville. Call 501-212-7873.
- 13: Fall Fun Run 5K/1M at Gentry. Call 479-736-2601, ext. 3301.
- 18: Out of the Darkness 5K at Mountain Home. Call 423-368-2395.
- 19: SurvivorsøChallenge 10K at Fort Smith. (GPS) Call 479-650-9894.
- 19: Making Strides Memphis 5K at Memphis, TN. Call 901-725-8638.
- 19: On Our Way 5K at Clarksville. Call 479-754-6869.
- 19: Run Helen Run 5K at Russellville. Call 479-857-5455.

Birthdays

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

- 1 - Gail Northcutt
- 1 - John Russell
- 3 - Betty Preston
- 4 - Jeff Maher
- 7 - Bonita Samuel
- 9 - Yao Kondo
- 9 - Wendy Lair
- 12 - Shellie Thompson
- 16 - Becky Spohn
- 18 - Roger Thompson
- 18 - Freddy Hudson
- 22 - Sandy Cordi
- 24 - Dough Nguyen
- 25 - Dan Belanger
- 25 - Kelly Newberg
- 25 - Tori Green
- 26 Heidi Strock
- 29 - Bob Marston
- 30 - Imari Dellimore
- 31 - Mike Holland

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