

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2013

Changing The Climate

By Nicholas Norfolk
LRRRC President

Last summer was one not to be forgotten. I'm no meteorologist and I don't need to be to appreciate the mild summer we had. There were days that were tough to get out and run while others one could hardly wait because the weather was nice.

No one wants to pass up good weather even if it's a rest day. The change in the weather may be brief as next summer may be worse than last summer. I hope this is not the case. I may have to resort to cutting my hair.

I should have asked Greg Dee what causes the change and when does it affect our climate. I can deduce that if the pattern continues and factors that influence our climate fluctuate, it will do the same.

What's the climate of our Club? At one time we may have been the hottest Club around. Has the atmosphere changed? Are we experiencing a mild season? If so, is it coming to an end?

This is my last time writing a message for the summer of 2013. September 22 is when the autumnal equinox happens signaling the end of summer. For most people Labor Day weekend is the unofficial end. Cooler temperatures and longer days will be here soon.

For the Club, I want you to tuck the darker days away. Let them go. I want to create a positive atmosphere and have brighter days. I love to see people coming to the meetings and sharing stories, advice, or catching up with each other. If you come for the cake, I totally understand.

At the last meeting, we had good attendance. The Saline County Striders joined us as well as some members I've never seen at a meeting. Maybe this cake thing is a good thing? Oh, it's good. I had a piece last time. Delish!

Gary Taylor talked to us about effective training. Picking a few top races to do and using others either as a measuring stick or fun races is something I took away from it. The other highlight was I have been doing it all wrong. I knew that before, but when you continue to hear it, it starts to irk you.

If you want a different result, change is inevitable. It's long overdue for me to modify the climate of my training. Gary went on to explain periodization and training to peak instead of settling for average or even worse, injury.

I mentioned at the meeting that I wanted to set up committees. We are getting contacted often about events in our running community and I want us to be able to help in any way that we can. It's time to spread the love.

The committees that I will start with are membership, race, volunteering, and fun. The Membership Committee will be responsible for recruitment and retention. They'll do this by coordinating membership drives and helping publicize the Club.

The Race Committee will oversee any races we put on (i.e. Capital City Classic 10K, Rock Run 8K, and All-Comers Track Meet). We have race directors that are dependable and knowledgeable, but let's back them up when they need it.

The Volunteering Committee will round up volunteers for anything that we have going on. We have already committed to Race for the Cure (October 19) and 3 Bridges Marathon (December

28). There are other events that come along and projects that we can do to help not only our running community but our community as a whole.

Last, but certainly not least, is our Fun Committee. That's not an acronym for anything, but feel free to create your own backronym if you choose to. Initially, they'll be in charge of the Christmas party. I've asked Christine Meroney to take the lead on the party, but she is not in this alone. I have some other ideas for this committee, but I'll let them unleash their imaginations.

If you're interested in any of the committees, please e-mail me at president@littlerockroadrunners.com. I truly believe that smart people ask for help. All I can do is create a climate of possibility. We'll rise to it!

As we weather the storm of being average, I'll leave you with a quote from Benjamin Franklin and an interpretation that I like from Sir Ken Robinson.

(See Change on Page 6)

September Meeting

Monday, September 16, 2013

U.S. Pizza - Hillcrest
2710 Kavanaugh

6 p.m. to eat
6:30 speaker

Bill Coffelt
Pike's Peak Marathon



Motivational speakers tell of the obstacles and adversity they have overcome to achieve their success. Most didn't have the platform to describe it before it happened nor the moxie to predict it in advance. Well, I do. Everyone wants to tell us the things that will go wrong and what we can't do. There's one in every crowd that thinks he is the first to think of the one thing that will be our downfall. I didn't go to race director school, but I played with the kids that did. The Race Team hasn't directed any marathons, but we've run 300 and even paid attention to the details during some of them. We also know the right people. So, expect the best. The only reason it hasn't been done before is that everyone else thought it was impossible. It's not. Be the one who will be able to say with a clear conscience when it's done that you knew all along what was happening before it did.

The 3 Bridges Marathon opened the Friday morning of Memorial Day weekend and sold out in 77 hours and two minutes. I know because I watched as September LRRC meeting speaker and 30-time Pikes Peak Marathon finisher Bill Coffelt jumped in at number 199 with seconds to spare. Other than Race Team shirts upon which we splurged with money we did not yet have, nothing was spent to promote this event. Old-school word-of-mouth and new age social media lit a wildfire that blew up my email for three days. As the cap approached the halfway mark in less than 30 hours, 3B26 Mania ensued. We tested the Mac's Race Timing Services instant notification system while at Rock City Running's grand opening and noted a one second delay, give or take. The Marathon Maniacs, 50 States Club, and MarathonGuide.com had been notified immediately upon the top secret opening of registration, but the nationwide crowd that had waited so patiently for months were left stunned, with only 31 runners from 18 states making the field.

My vast race directing experience of two races totaling 6.2 miles (which may have been a smidge short), taught me many things. The most important is that going it alone is a nightmare and it takes a team operating as equals to make it our legacy. Three key areas for any race are logistics, volunteers, and sponsorships. Logistics includes parking and transportation. If runners follow instructions and behave themselves, they will be gazing in wild wonder at the magnificence of the Two Rivers Bridge's lights well before dawn on race morning. As for volunteers, every major running club in Central Arkansas has committed en masse. With school just back in session, we have just begun recruiting student groups yearning for easy service credit hours.

Sponsorship is a secret code word for race expenses not covered by the runner entry fee. I lovingly cradled the race

entry fees check (yes, I said check of singular, as race companies send them every two weeks) for mere moments before depositing and hoping that the next six months would be as easy as that minute was. For sponsorships as it turns out, upper-middle class healthy adults doing what they love isn't an easy philanthropic draw. How it works though, is that companies promote their products and services with the attention and goodwill generated by a sport that promotes activity, fitness, and healthy lifestyles. A blessed community of runners return that investment ten-fold upon society with the positive influence they have on everyone in their circle of influence of family, friends, and coworkers, and the world is a happier place. So ask not what your marathon can do for you or ask what you can do for your marathon. You can:

1. Follow instructions, arrive early, carpool from home, and calmly and courteously use the ample parking and professional shuttle services on your journey to the starting line. In other words, act at least as good as you did the first day of kindergarten.

2. Volunteer or send us one volunteer to volunteer3b26@gmail.com. If every runner brings one, we will have too many, which is the right number to have. Wear your mittens.

Reserve your company's sponsorship at run3b26@live.com. Benefits include a Facebook spotlight to over 300 followers and a coveted spot on the 2014 Race Shirt of the Year. One lucky winner claims the medals, awards, and the biggest spot on the shirt. Remember, you'll only get one chance to support the fastest inaugural sellout in marathon history.

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Little Rock's Dirtiest 5K Is October 26

Registration is now open for the 11th Annual Mud Run to be held October 26 at Two Rivers Park. Affectionately called *Little Rock's Dirtiest 5K*, the Mud Run is a project of Little Rock Parks & Recreation.

"We started the Mud Run to introduce people to the sport of running who would have never considered it before," said Geneva Hampton, the race CIC (that is "mud-ese" for Chick in Charge, aka race organizer). "It is the funniest race I have ever seen and it's a great change of pace from the typical road race."

The Mud Run is a combination of the Macy's Thanksgiving Day Parade, a Razorback Football Game and the Olympics, with a little running thrown in," according to Hampton.

"We don't have barbed wire. We won't make you crawl through flames and we definitely won't make you climb through anything with electrical current. The only thing we take serious is the mud," she said. "The point is not to finish fast, but finish with style."

"Since it is right around Halloween, we give everyone an extra opportunity to wear their old Halloween costumes," said Hampton. "About 90% of our participants dress in some sort of costume. We have had everything from Oompa Loompas to three men in a tub. It gets very elaborate and very competitive."

According to Hampton, the biggest competition on race day is not winning the race, but for the "other" awards handed out. Competition categories in addition to the top three overall winners are: cleanest, dirtiest, best costume, best performance in the mud put ó to mention just a few.

As always, the Mud Run is an affordable family fun event that is all about getting in the mud, with a little running mixed in.

So here is the down & dirty: Participants can run, walk, skip, trot, or cavort through the 5K course, which winds through scenic Two Rivers Park. You will have to overcome an "obstacle" (started in 2005 "cause just romping through the mud wasn't a big enough challenge) and then finish with a spectacular frolic through our world-renowned 300-foot mud pit (affectionately known as "The Pit") filled with rich Arkansas mud.

- No crossing fire pits of doom.
- No barbed wire.
- No electricity.
- JUST MUD!

The Mud Run is sponsored KSSN 96FM, Sync Weekly, Windstream Communications and Little Rock Convention & Visitors Bureau.

For more information, visit www.mudrun.org or call 371-4639.

About Little Rock Parks & Recreation

Little Rock Parks and Recreation oversees 57 developed parks and twelve undeveloped parks totaling over 6,100 acres. In addition, the Little Rock Parks & Recreation offers a wide-range of youth and adult recreational and sports leagues, after-school and summer playground programs for children ages 6-15, outdoor recreation, therapeutic recreation

and programs for seniors. Funds raised will continue to support parks and recreational programs for all ages. For more information about Little Rock Parks & Recreation please visit www.lrpr.org.

Ross Bolding In Alsaska

By Linda House, Editor

I am on the email list of Seth Brower (seth.brower@trackforlife.com). A recent email told about Texas VS The World at Texas State University at San Marcos, TX, on October 5-6. It is an all-comers meet that uses USATF Competition age classification. Proceeds from the meet benefit the Wounded Warrior Project and Lions KidSight Foundation.

Club member Ross Bolding has won all sorts of masters awards in this type of races so I immediately thought that this would be of interest to him and forwarded him the email. The following are the emails that we sent back and forth:

Ross: Thank you so much for thinking of me.

Unfortunately, or fortunately, I am in Alaska and plan on being here till probably June, so I am going to have to miss this one. It looks like it would be a fun meet. Hope your running is going great. See you at the races.

Linda: It is about to be September so does that mean that you are in Alaska until June 2014? I was about to be envious of you being in Alaska now while it is so hot here in Arkansas but I don't like cold weather so I definitely would not want to be in Alaska throughout the winter. Seems like it would adversely affect your running.

Ross: Linda, you know I am retired, but a friend who is the personnel director at a school district here in Alaska contacted me two weeks ago and told me that one of his principals had a medical emergency and asked me if I would come up and run the school for the year. After finding out what they are paying now, I decided to take on the challenge. I have worked in Alaska two other times, and I love it.

It does adversely affect my running, but I have run here at 38 below and made it okay. The footing is treacherous and I have to be really careful, but I can run outside. Also, we have treadmills, and I can run the hallways, so I stay in reasonable shape. And truthfully, I have not had a good running year mentally. I put so much into it last year that it kinda burned me out. I really need to just not take my watch and do some runs just because. I have been running a good bit on the tundra the last two weeks, but just taking it easy and enjoying the scenery.

We have a cross country team and I run with the kids some. It was pretty funny the other day when they had a time trial. They had been "taking it easy" on me since I am old. Then at the time trial, I killed them. Got a good laugh out of that.

Paul's Without Pause Perennial Pitch For Paws On The Pavement

By Paul Ward, LRRC Old Fart*

The annual Paws on the Pavement races are back at Murray Park this year after last year being at Wildwood Park. This year the 5K race, 1-mile family and pet fun walk, and *CARE-nival* will be September 7. The 5K starts at 8 a.m., the 1 mile fun walk starts after the 5K is finished. The race benefits Central Arkansas Rescue Effort for Animals (CARE), a local nonprofit organization with a three-fold mission.

CARE rescues animals destined for death from local shelters and places them with foster families, and eventually, with forever families.

Second, CARE sponsors spay/neuter clinics where low income pet owners can have their pets sterilized and vaccinated at a reduced cost. CARE also partners with local vets to issue sterilization vouchers for low income pet owners.

Third, CARE sponsors *Paws in the Prison*, a program where rescued animals are matched with screened Arkansas

prison inmates. The inmates live with and train the animals until the animals are ready for adoption. This benefits both the animals and the prisoners. The animals become more adoptable because of their obedience training and the interaction and training has caused positive effects on the inmates. I have heard prison officials speak highly of the program for its effect on inmate behavior.

You can register online by visiting www.careforanimals.org. Put your browser on the special events tab at the top, then click on the Paws on the Pavement link.

Being at Murray Park, you know the course will be flat and there should be a breeze, either at your back or in your face, or both! Our own Bill Torrey is the race director. I hope you will participate.

**LRRC Conflict of Interest regulations require disclosure of the conjugal connection between the author and the president of CARE.*

Girls On The Run Report

By Jenny Paul

It's finally SEPTEMBER! We at Girls on the Run have been waiting for this month for what seems like an eternity because our very first team is set to start their season on September 3. We've got a great mix of fourth and fifth grade girls registered who are sure to bring energy and enthusiasm to every lesson. As the coaches, Sarah Olney and I will lead this team through a 12-week, 24-lesson curriculum that runs September 3 through November 23.

Our end of the season celebratory 5K run is scheduled for November 23 at 9 a.m. at the Big Dam Bridge. So, unless you're representing the LRRC Birds in Hot Springs, please make plans to come. This event is for GOTR participants and their running buddies only, but we will count on volunteers, with both traditional and nontraditional responsibilities, to make this event a success.

Set up and break down of tables and equipment are standard tasks of putting on any running event, but with the Girls on the Run 5K, volunteers can also help with Happy Hair (adding bright colors to the participants' hair before the race), with Face Painting, and by being a Running Buddy (running with and encouraging a participant during the entire run). We will also need volunteers to pass out water and refreshments to the runners on the course and after the run. And, of course, we will need cheerleaders. Lots and lots and LOTS of cheerleaders! Imagine the excitement these girls will be experiencing as they complete their first 5K at the ages of 10 and 11. Now think about how much impact scores of cheering fans could have.

Sign up to volunteer for GOTR under the "Get Involved" tab on our website (www.gotcentralark.org). If you can't commit to any responsibilities please still try to come out and cheer on the course. Every supporter will make a difference!

Looking forward, we will soon be asking volunteer coaches for our spring season. Our growth will depend on several variables including participant interest, funding and volunteer resources. Coaches meet with teams twice weekly for about 1½ hours throughout a 12-week season. Traditionally, teams meet immediately after school on a school campus, but we will likely have at least one team at an off school site that would also have different hours. If you have any interest in coaching, please contact me or fill out a volunteer interest form and please indicate your interest in coaching. From what I understand, coaches are often as significantly impacted as the girls. Witnessing positive transformational changes at such a critical age has the potential to be life changing for any adults involved.

Look for my personal commentary on the coaching experience in next month's newsletter.

Condolences

The Little Rock Roadrunners Club extends its condolences to Bill Harrell over the August 28 death of his mother, Winnie Harrell. Please keep Bill 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 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

September 2013

- 7: Panther Foundation 5K at Benton. Call 501-303-2154.
- 7: Sara Low Memorial 5K at Batesville. (GPS) Call 870-307-9850.
- 7: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
- 7: Razorback Greenway 5K a Bentonville. Call 479-464-7275.
- 7: Running of the Elk 5K/15M at Ponca. Call 870-861-5890.
- 7: Running to the Fair 5K at Camden. Call 870-818-4006.
- 7: Rock and Glow 5K at Fort Smith. Call 479-430-8835.
- 7: Paws on the Pavement 5K at Little Rock. Call 501-603-2273.
- 7: Klay County Fair 5K at Piggott. Call 870-476-9752.
- 7: Trinity Platinum Buffalo 5K at Fort Smith. Call 479-650-1522.
- 7: Patriot Day 5K at Memphis, TN. Call 901-220-6284.
- 13: YMCA Night Flight 5K/1M at North Little Rock. Call 501-590-1637.
- 14: Fight Like a Kid 5K/10K at Heber Springs. Call 501-270-2360.
- 14: Express Neon 5K at Fort Smith. Call 214-926-4825.
- 14: Cavanaugh Thumperthon 5K at Walnut Ridge. Call 870-886-4007.
- 14: Housing for African Orphans 5K at Harrison. Call 870-416-0943.
- 14: Recovery Run/Wellness Walk 5K/1M at Benton. Call 501-416-2170.
- 14: Ozark Trail Festival 5K/10K at Heber Springs. Call 501-270-2360.
- 14: Letø Glow for a Run 5K at Atlanta, TX. Call 903-733-6727.
- 14: Winslow Half Marathon/5K. Call 214-394-1475.
- 14: Every Soul Matters 5K at Vilonia. Call 501-796-3047.
- 14: Kendraø Voice: Race to be Heard at Ozark. Call 479-883-9477.
- 14: Run to Remember 5K at Bull Shoals. Call 870-421-3301.
- 14: East End Sizzler 5K. Call 501-888-3522.
- 14: Cancer Schmancer 5K Sufferfest at Fort Smith. Call 918-839-4785.
- 14: Terminator Leg 5K at Clarksville. Call 479-647-8209.
- 17: SAU Tech Varmit 5K at Camden. Call 870574-4712.
- 21: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
- 21: Pink Up the Pace for a Cure 5K at Conway. Call 501-450-9292, ext. 307.
- 21: Marvell Academy5K at Marvell. Call 870-842-0070.
- 21: Dash to Remember 5K at Pea Ridge. Call 479-656-3513.
- 21: Dash for Dogs 5K/10K at Charleston. Call 479-965-3591.
- 21: Move to the Baxter Beat 5K/10K/1M at Mountain Home. Call 870-405-3566.
- 21: Larryø Run for CF 5K/1M at Rogers. Call 479-372-7329.
- 21: Afterglow 5K at Batesville. Call 870-793-2378.
- 21: Rotary Conquer the Climb 5K at Sherwood. Call 501-231-4320.
- 21: Friendship Pediatric Services 5K at Marshall. Call 870-448-5976.
- 21: Splatter Me Colorful 5K Glow Run at Van Buren. Call 479-461-7769.
- 21: Freedom Run 5K/1M at Rison. Call 870-325-6990.
- 28: Hindman Park 5K at Little Rock. Call 501-231-3730.
- 28: Great 5K Pumpkin Run at Lonoke. Call 501-590-0441.
- 28: Bost 5K at Russellville. Call 479967-3335.
- 28: Color for CASA 2K at Benton. Call 501-303-5703.
- 28: Paint Downtown Pink 5K at Fort Smith. Call 479-650-0766.
- 28: Cash Dash 5K at Heber Springs. Call 501-691-4701.
- 28: Ozark Run for a Reason Chocolate 5K at Ozark. Call 479-209-1899.

Birthdays

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

- 1 - Linda Ault
- 2 - Sean Terry
- 4 - Katherine McManners
- 6 - Linda House
- 6 - Bill Torrey
- 8 - Ken Bland
- 9 - Karen Helmbeck
- 9 - Eric Paul
- 11 - Bill Simpson
- 13 - Carl Carter
- 14 - Laura Lamps
- 14 - Nick Rule
- 15 - Katryn Kline
- 17 - Becky Humes
- 17 - Hobbit Singleton
- 23 - Joe Johnson
- 25 - David Meroney
- 28 - Ellie McDonough
- 29 - Glorimar Toro-Davila

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

Running Calendar

- 28: Heart & Sole 5K/Half Marathon at Jonesboro. Call 870-931-4044.
 28: Run for Every Chris 5K/10K at Fayetteville. Call 479-365-2140.
 28: Firefighters for the Cure/Hearts on Fire 5K at Conway. Call 501-514-0237.
 28: Redfield Loco 5K. Call 501-200-7117.
 28: Color in Motion at Little Rock. Call 801-633-8968.
 28: We've Got the Victory 5K at Joplin, MO. Call 417-621-1000.

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.
 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 Run 5K 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.
 13: Fall Fun Run 5K/1M at Gentry. Call 479-736-2601, ext. 3301.

Ross

(Continued from Page 3)

Anyway, I will be here for sure until June, and I am making the best of the situation. Spending winters in Alaska is one of the most rewarding things I have ever done. It is so pretty once you get over the hill from the village and all you can see is wilderness. I am at the little village of Kasigluk. We fly about 300 miles west of Anchorage on a jet, change to a ten-seater bush plane at Bethel, then fly on out to the village. No roads, no trees, but the people are wonderful, and it is always a great adventure to come out to the bush. Our kids play a lot of basketball, and have been roping me in on that.

I shopped for three days in Anchorage on the way out and mailed a year's worth of food out, so I am set up for the duration. Come on out and see us when it gets down to about 60 below. We will go for a run on the river. By the way, it is a wonderful sunny day here, temp is hovering at right about forty degrees.

Happy trails to you and everyone we know in running.

New Members

By Sarah Olney
 Membership Chairman

Lewis Parr runs 20 miles during the week at a 9:30 pace and has been running for 30 years. His favorite race, One Step 5K, was founded by his wife, Loral. She became his running partner 10 years ago and they continue to accomplish many running goals together. He works at Med Tech and has been married for 19 years.

Tyrone Robinson began running two years ago and his weekly mileage is 10 miles at an eight-minute pace. His favorite races are the half marathon and marathon because of the discipline they require. He is a truck driver and full-time student and also enjoys reading, playing basketball, and playing video games.

Zachary David Wilson ran the 440 yard dash in high school and now runs approximately 20-25 miles during the week at a 10-12 minute pace per mile. He is an attorney and his favorite race distance is the 10K.

Change

(Continued from Page 1)

øAll mankind is divided into three classes: Those that are immovable, those that are movable, and those that move.ø ø Benjamin Franklin

øImmovable people donø get it, donø want to get it, or they donø care anything about it. Movable people see the need for change and are prepared to listen to it. People who move make things happen. If we can encourage more people, that will be a movement. If the movement is strong enough, that is in the best sense of a word a revolution and thatø what we need.ø ø Sir Ken Robinson
 What kind of person are you and how will you factor into changing the climate?