

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2014

Finishing Strong

By Nicholas L. Norfolk
LRRR President

This will be the 12th letter that I've written since I became president of the Club. You'd think they would get easier as time went on, but ask any president before me and they'd more than likely agree it doesn't. For me, this one has been the hardest.

This time of the year I always think back to my aunt that passed away right before I really went crazy with running. Her birthday is on April 1. She wanted nothing more than for me to be happy in whatever I was doing.

In fact, it was her that I used as motivation to do 50 races in 2011. I'm not big on conveying my feelings, which I consider to be a character flaw in most men; however, each step I take on the road or trail is with her in mind.

When I thought about seriously being president of the Club, it was after consulting with her that I agreed to do it. I'm currently serving as the Club's president and president-elect. June 30 of this year will be the end of my first term.

I can already say that I'm happy with what the Club has been able to accomplish thus far. As more plans and ideas come to fruition, it will only get better. I've set some things in motion that should have positive dividends.

From what I was told, last year was the first time a president-elect has had to become president early. Our bylaws weren't prepared to handle such a thing. The president-elect moves up, which leaves a seat vacant. Where your current president would default to serving as a past president on the board, there is now an additional vacancy.

I felt the measures we took worked. And we may never have a situation like that again. Now, it gets interesting. What happens if your current president/president-elect steps down? Our bylaws don't address order of succession. If I had to guess, I'd say the next officer in line would be treasurer, which is Jeff Maher.

I'm not sure how it all plays out, but it will work itself out. I don't know how to make this official, but I wanted you to hear it from me first. I, Nicholas L. Norfolk, would like to resign from my position as president of the Little Rock Roadrunners Club.

I'll finish my term in June and still be around to help out. Frankly I miss being able to come to meetings and just sit there and converse with others. Every club has a turning point, and this may be ours.

I don't feel like my work is done, but I think this needs to happen in order for the Club to grow. I have seen the passion in our members and your next president is already there.

Rest assured that we are good on speakers until our first meeting on January 19, 2015. I've kept pretty good records and documented almost everything. I would've liked for someone to have served as my president-elect to show them the ropes. That didn't happen, but it's not a deal breaker.

I set out to be more than a runner, which is why I wanted to be president to begin with. Running isn't the easiest thing to do, but once you get started, get a support group, and a plan, it's then just a matter of being consistent and determined.

Being one that wants to affect change in the running community is an

entirely different battle. The legend Bill Torrey has been at it for years and I commend and admire him for his heart. If you haven't told him thank you for all he has done, please do so when you see him.

Our editor, Linda House, has been the editor for this newsletter longer than I've been living. She was doing it back in the day when typewriters were as common as smartphones.

I can't thank them or the rest of the board enough for listening to my crazy ideas and tolerating my eagerness to make our running community better or where I think it should be.

Sarah Olney has had to learn a new membership management system that I think has moved us into this decade in terms of organizing and having our membership records available.

Jeff Maher has been one that I've talked to almost weekly. He's our treasurer, but he's so much more than that. I think he'll do well in the capacity as

(See Thanks on Page 4)

April Meeting

Monday, April 21, 2014

U. S. Pizza - Hillcrest
2710 Kavanugh

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

Steve Hughes
Four-time Finisher
50 States Marathon Club

Girls On The Run Are Preparing For May 17 5K

By Jenny Paul, Executive Director
Girls on the Run

What an exciting time at Girls on the Run, and we want you to be part of it! Our spring season is in full swing, and the girls are preparing for their big 5K run on May 17! Through energetic discussions and activities, GOTR participants have been busy investigating their own values and have also been conditioning their hearts, legs and minds for the challenge of a 5K.

New Members

By Sarah Olney
LRRRC Membership Chairman

Nick Nelson has been running for 15 years and prefers to race the half marathon distance. He is in the military and also enjoys riding motorcycles, shooting, and watching sports. He is interested in meeting fellow Birds to join him on his 30 miles during the week at an eight-minute pace.

Allison Overton is a research coordinator who has been running for three years. She runs 15 miles during the week at a 10:30 pace per mile. Her PRs are 28:35, 1:04 and 2:14 for the 5K, 10K, and half marathon, respectively.

Theresa Crowson is new to running but has already accomplished her first half marathon in February. She averages 20 miles for a week at a 12-minute per mile pace.

Ixchel Palencia enjoys racing the two-mile distance. She is excited to meet new Club members for runs and her hobbies include walking, hiking, and anything outdoors.

Sonya Green started running two years ago and her favorite race distance is the 10K and half marathon. She is interested in meeting someone for evening runs and her pace per mile is 10:35 with a PR of 2:44 for the half marathon.

Jami Fluker has been running for two years and she prefers to race the one mile distance. She is interested in meeting other Club members for runs during the week and her other hobby is basketball.

Dustin and Mandy Crabill have both been running for two years and enjoy racing every other month. Their hobbies are traveling, mountain biking, hiking, and participating in water sports.

Sara Bowling joined the Roadrunners after running for two years. She currently runs 18-20 miles during a training week and has a 37 minute PR for the 5K. She works part-time at UAMS and also enjoys walking, reading, and playing with her pets.

Karen and Greg Helmbeck have both been running periodically for the last 20 years. **Karen** is a yoga instructor and her favorite race is the half marathon with a PR of two hours.

(See **New Members** on Page 3)

As most of you know, the Little Rock Roadrunners have been an important supporter of this Council even before our formal establishment. I am not alone in my hopes to continue a close relationship between the two organizations, and one of the first ways to solidify this partnership is to have a great showing of LRRRC members at the GOTR 5K.

Steve Hollowell is serving as race director for this flat, fast 5K at Two Rivers Park on May 17. The timed race will begin at 9 a.m., and we will offer unique age group and overall awards. The untimed GOTR participant 5K will take off after the open race which will allow those finishing the community race to cheer for the GOTR girls as they finish. The excitement and enthusiasm of our girls as they cross the finish line is contagious and is sure to keep you inspired long after the festivities.

We will also offer a one mile family friendly run/walk that will begin shortly after the GOTR participant 5K. This event is dedicated to celebrating Mallory Milton who passed away in the fall of last year. Mallory's family is committed to maintaining her legacy as one of love and a genuine connection to others. Her sweet spirit and ability to captivate anyone in her presence will be celebrated during this event.

If you are not interested in running in any of these (sure to be) fabulous events, you can still be involved! Plenty of volunteers are needed to cover standard race duties as well as the fun activities before the start and after everyone has crossed the finish line. Before the race, we will need help with temporary hair color and face painting. Afterward we will have a photo booth and activities that will keep the party going.

Be sure to bring your friends and your families! There will really be something for everyone. Race registration is already online. You can find it from our website www.gotrcentralark.org. Volunteer registration will be open soon.

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.

Board Members

Nicholas L. Norfolk	President	517-7345
John Russell	Secretary	952-7182
Jeff Maher	Treasurer	680-6710
Brian Sieczkowski	Past President	766-3004
Sarah Olney	Membership	615-3344
Michael Harmon	At Large Member	960-6963
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969 (h) 590-9139 (c)

Plyometrics For Runners Plus A Workout

By Heather Iacobacci-Miller
ISSA Certified Fitness Trainer
RRCA Certified Running Coach

As a runner, I am always looking for ways to safeguard myself from injuries, ideal strength training workouts, and ways to improve my overall performance. It's not always easy to incorporate the necessary cross-training into running, especially when you itch to get out and run, run for fun.

Believe it or not, there are other ways to enhance your running other than simply by running. Plyometric exercises are an excellent way to increase both power and strength.

Intro to Plyometrics

Plyometrics (or Plyo), also known as jump training, can help athletes improve balance, speed, power, stamina, and agility. Plyo can be especially good for distance runners who tend to primarily use slow-twitch muscle fibers, which enable lower intensity and higher endurance because they take longer to fatigue. Plyo exercises, however, engage fast-twitch muscle fibers, which are the most powerful, but also lowest in endurance, fatiguing quickly.

Plyo training is based on research evidence that shows the stretch-shortening cycle prompts the stretch reflex of muscle and improves muscle power. It is the eccentric stretching (loading) followed by concentric shortening (contracting) of the muscle. The faster and greater the load, the more powerful the reflex and subsequent contraction.

One study found that runners who incorporated plyo workouts into their training plan were able to run 25 percent less mileage than the run-only group, but still improved their reactive leg strength and jumping power. This goes back to learning to recruit the fast-twitch muscle fibers that are responsible for explosive strength.

Simply put, plyometric training can help runners better **maximize muscle recruitment**, which can lead to **increased running economy**. The more muscles you recruit, the more oxygen you use, thus

lowering your running economy. But if you can learn to maximize muscle recruitment, you will use fewer muscles, thus lowering your oxygen use.

According to Dr. Jason Karp, coach and exercise physiologist, "Increasing the rate at which muscles can produce force helps improve how oxygen is used to maintain any given speed. It's really about exploiting the elastic properties of muscles and tendons and how they utilize elastic energy."

Not only can plyo help increase power and speed, it can help runners do so with fewer miles on the road which, for many of us, can help lower the risks of injury.

Plyometrics workouts are not just for runners or other athletes, they are great fat-burning workouts because they engage several muscle groups simultaneously. You will elevate your heart rate, engage muscles, thus kicking up your calorie burn. Even better? Plyo workouts are short, so they're ideal for those who are short on time but looking for an efficient, effective workout.

Caveats

There are a few caveats about plyometric workouts, however. Because of the rapid stretching of the muscle fibers, plyo exercises can cause injuries if you do not take precautions.

First, it is crucial that you always warm up, increasing your body temperature and loosening your muscles, preparing them for the workload.

Second, it is important that you perform the exercises properly with good form.

Third, if you're new to working out and/or plyo training and do not have adequate strength, it is important to ease

into the training beginning with easier or modified versions of exercises. This is when having a trainer, coach, or physical therapist is beneficial.

Plyo Workout

Begin your workout with a 10-minute warm up that includes dynamic moves (examples: high knee pulls, butt kicks, jumping jacks, side to side lunges, knee repeaters, and squats) to warm up your muscles. Always end your workout with a 5-10 minute cool down that includes stretching.

You will do each exercise for the indicated time followed by an equal rest, then move to the next exercise. After completing all seven exercises, rest 60 seconds before moving to the next round.

Round 1: 10 seconds work, 10 seconds rest

Round 2: 20 seconds work, 20 seconds rest

Round 3: 30 seconds work, 30 seconds rest

Round 4: 20 seconds work, 20 seconds rest

Round 5: 10 seconds work, 10 seconds rest

Plie Jacks
Alternating Split Jumps
Lateral Skates
Squat Jumps
Lateral Hops
Tuck Jumps
Plyo Jacks

Sources: Running Competitor, WebMD, and *Runner's World*

New Members (Continued from Page 2)

Greg is a retired auto body shop owner and loves to race the one-mile. He has PRs of 17:10 for the 5K and 3:23 for the marathon.

Mary Ann Lipin recently joined the Club after running for 24 years. Her

mileage depends on what her kids allow but can range from 15-25 miles during the week. She prefers the half marathon distance and her other interests include triathlons, hiking, and anything outdoors with her kids.

Epic Marathon Medal Makes Suffering Worthwhile

By Colin Hall

On March 2nd, I got up not knowing what to expect with the 2014 Little Rock Marathon.

In 2013 I trained really hard for the St. Jude's Memphis Marathon. You see I have been doing lots of work with blood cancer the past two years, so this was a race I really wanted to run. However, this race was just not meant to be as it was cancelled due to ice. I gave my medal away and went into December depression. I had never trained so hard for anything in my life. I was pretty bummed and took the rest of December off (except for one 5K).

Arkansas Blue Cross & Blue Shield pays for my entry fee for the Little Rock Marathon, so I thought "Why not? I will do one more full marathon."

I trained pretty hard in January and February along with Crossfit. I was very excited that my parents might be there to make the race. Unfortunately, weather trapped them in Jonesboro.

I got up fairly early to take the dogs out and have my customary oatmeal, banana, coffee, and OJ pre-race meal. I slapped my chip and 1292 bib on, which was much better than my 666 bib number in 2012! I wasn't really sure how to dress. I heard it would be cold, hot, icy, rain. I went with pants and was happy to sport my new Little Rock Roadrunners tank top. After finding parking, I decided that it was too cold out for just a tank top and the removable sleeves. I changed into a long sleeve Under Armour shirt and grabbed my Tough Mudder hat (thank God I grabbed it).

I chugged some water and a granola bar and got to my Corral E.

The wind was gusting and I was really cold and wishing I had brought gloves. My wave finally started at 8:15. I felt pretty good most of the way despite the rainy nasty weather. I was on a pretty good eight-minute pace. I felt good going up Capital and got a kick out of my friend Richard Vaughn dressed as Professor Xavier. Richard is a very inspirational guy that has done over 115 races in a wheelchair.

At the Arkansas Arts Center (mile 7) I saw my best friend Brad Phelps and his wife Crystal. Brad and I have a Top Gun 80s obsession. I promptly told him he could be my "wingman" anytime and we high fived as he videoed me with his iPhone.

The part I dreaded was coming up "the Hillcrest hill of death!" Ironically, this is where I train daily. I managed to make it up the hill without stopping (first time ever). I was sad to see fewer Hillcrestians cheering this year due to the weather. At about the top of Kavanaugh my hips started cussing at me. I found humor in the Black Girl Run crew "Preserve Your Sexy" shirts and told them that yes indeed you must keep that preserved!

Starting down Lookout hill, I looked over and noticed Jeffrey Glasbrenner (below-the-knee amputee). I told him how much I enjoyed his talk at Little Rock Roadrunners and how inspirational he was. He told me thanks and said I was looking good! This gave me more motivation!

The hardest part of the Little Rock Marathon for me is Riverfront Drive. I always feel like I am in super slow motion like in the Matrix. You see people on the other side who have already looped around and you think "Oh God, I have a long way to go." I was really in pain about this time and started slowing down. I saw several signs along the way about Event under caution or something, but really thought nothing of it. At this point it was getting REALLY COLD. I could not feel my hands or bend my fingers and was really wishing for gloves or a snuggie!

At mile 24 I heard a policeman get on his loudspeaker and I heard something about race cancelled rerouting to Walmart to pick you up. I had my ear phones in jamming to Eye of the Tiger so I wasn't sure if he meant me or everyone. I thought to myself, "I am two miles away; there is no way I am stopping." I put my earphones back in and trudged on.

Dillard's hill is always tough, but I knew I was close. I really wanted to do the race in 3:30-3:45 range, but knew that

was not attainable now. My goal was to just get under four hours.

As I got closer I could hear the crowd roaring and started to sprint as fast as I could. There was a mushy couple in front of me holding hands that I managed to dodge.

I made it through in 3:58.

I have only done two other full marathons. I started running in 2011 and did my hometown Jonesboro's 2011 marathon in August. It was near 100 degrees and many people went to the ER. It took me over five hours.

I ran 2012 Little Rock full in 4:50.

I got my HUGE medal and my very wet photo. After that, I went straight to the car. As soon as I went to my car freezing rain came down. I put my heaters on full blast and went home.

My hands finally defrosted and I got to answer texts from people who were wondering how it went.

One of my friends asked me if I got to finish. I told him that I did and was sad that some people didn't get too.

2014 was indeed EPIC. I feel like this was a good full on which to end.

The 2.5 pound bling bling bling medal made it all worthwhile.

Thanks (Continued from Page 1)

president as long as he has the support that's needed to hold the position.

John Russell came on later in my term to make sure everyone knew where the flock was running. I don't care what people say, seeing their name in the race results can bring a smile to your face unless you're not happy about the result, but that's another story.

Then, there is Michael Harmon, who I usually refer to as Harmondo. A few of us, mainly Brian Sieczkowski, give him a hard time for running for another club in the Grand Prix, but I hope he knows his input and experience on the board is invaluable.

Brian agreed to serve as past president on the board when we had the

Race Results For March Races

Little Rock 5K

Kristen Hughes	26:03
Carl Carter	39:11
Alison Acott	31:10
Brenda Stallings	41:55
Kristen Sterba	47:32
Hobbit Singleton	1:13:02

Little Rock 10K

Mary Wells	51:08
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Little Rock Half Marathon

Brendon Taylor	1:31:13
Gray Taylor	1:33:11
Sarah Olney	1:37:09
Bill Diamond	1:37:10
Leon Lants	1:38:21
Greg Sorenson	1:39:25
Tammy Helmick	1:40:55
Rodney Paine	1:41:16
Heather Iacobacci-Miller	1:41:31
Greg Helmbeck	1:44:19
Nicole Hobbs	1:47:17
Hanna Gordon	1:47:59
John Martin	1:48:49
Courtney Allison	1:49:36
Chris Heller	2:07:25
Ricky Martinez	2:07:55
Ginea Qualls	2:15:40
Glorimar Toro-Davila	2:18:52
Skip Smith	2:48:59
Bill Torrey	3:49:29
Harold Hays	3:49:30
Bill Bulloch	3:49:31

I regret to say that so much went on with the **Little Rock Marathon** that I found it impossible to do justice to your times. Many were real some were not. So I am going to leave this race to the folks who want to look for themselves.

Chase Race 2-Mile

Imari Dellimore	10:23
Mark Ferguson	10:23
Brian Sieczkowski	10:35
Jeffery Zern	11:17
Joey Gieringer	11:49
Caleb Ault	12:13
Jason Vanlandingham	12:19
Ricky Martinez	12:20
Jenny Paul	12:40
Andrea Sieczkowski	12:41
John Honeywell	12:41

Rodney Paine	12:55
Jenny Wilkes	12:59
Greg Helmbeck	13:23
Nicole Hobbs	13:26
Jacob Wells	13:34
Bill Crow	14:22
Tina Coutu	14:34
Bill Torrey	15:07
Cyber Gieringer	15:31
Joe Milligan	16:07
Michael Harmon	16:46
Dan Belanger	16:54
Melissa Hendricks	16:57
Carol Torrey	17:29
Skip Smith	17:36
Luke Carter	19:27
Chole Carter	20:40
Carl Carter	20:42

DownTown 10K/5K

Amy Pritchard	58:52
Keith Cooper	42:23
Heather Iacobacci-Miller	46:27
Zachary Wilson	57:28
Brent Corbitt	36:01

Valentines Day 5K

Mark Ferguson	16:43
Imari Dellimore	16:48
Brian Sieczkowski	16:57
Leah Thorvilson	17:43
Ron Mitchell	18:24
Jeffrey Zern	18:26
Joey Gieringer	18:26
Rickey Martinez	20:51
Justin Vanlandingham	20:11
Andrea Sieczkowski	20:33
Jenny Wilkes	20:37
Chris Hall	20:38
Jon Honeywell	20:52
Collin Hall	20:57
Mark Lacey	21:07
Tammy Helmick	21:33
Greg Helbeck	21:37
Jacob Wells	21:55
Nicole Hobbs	22:27
David Meroney	23:11
Bill Crow	23:14
Bill Torrey	23:44
Christine Ferguson	24:05
Sarena Crowe	24:12
Alison Acott	24:53
Tim Steadman	25:10
Cyber Gieringer	25:17

Joe Milligan	26:14
Melissa Hendricks	26:38
Carol Torrey	28:08
Fletcher Smith	29:08
Ron Sanders	30:17
Patti Hammerstein	31:12
Alise Steadman	31:28
Charlie Hoag	31:42
Lalita Flagg	32:02
Christine Meroney	32:02
Jayne Butts-Hall	34:51
Melissa Sawyer	50:45

Spring Fling 5K

Mark Ferguson	16:30
Brent Corbitt	16:56
Brian Sieczkowski	17:20
Ron Mitchell	18:15
Joey Gieringer	18:26
Caleb Ault	19:32
Jeffrey Zern	18:42
Ricky Martinez	19:30
Jenny Paul	19:53
Sarah Olney	20:12
Mark Lacey	20:22
Jon Honeywell	20:45
Colin Hall	20:46
Rodney Paine	20:55
Nick Rule	21:06
Jenny Wilkes	21:09
Greg Helmbeck	21:24
Bethany Mooney	21:25
Tammy Helmick	21:35
Nicole Hobbs	22:13
Mary Wells	22:43
Bill Torrey	22:46
Sarena Crowe	23:20
Tyrone Robinson	24:53
Joe Milligan	25:56
Linda Ault	26:11
Zachary oDaveo Wilson	26:15
Carol Torrey	27:54
Michael Harmon	29:07
Fletcher Smith	29:18
Patti Hammerstein	29:47
Paula Cigainero	30:28
Charlie Hoag	32:06

Styx n'stones trail race 30K

Lalita Flagg	5:55
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Sylamo 50K

Jen Freilino	7:36
Lisa Luyet	7:39

20K

Jen Freilino	3:02
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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

April 2014

- 4: Light the P.A.T.H. Glow Run 5K at Arkadelphia. Call 870-245-5539.
- 5: Capital City Classic 10K at Little Rock. (GPS SC) Call 501-231-3730.
- 5: Superheroes for Autism 5K/1M at Fort Smith. Call 479-225-0758.
- 5: Bentonville Running Festival Half Marathon/5K. Call 479-464-7275.
- 5: Colors of the Spectrum 5K at Melbourne. Call 870-243-3829.
- 5: Run for One 5K Obstacle Race at Conway. Call 501-352-2230.
- 5: ASUMH/PTK/Lamda Beta Superheroes 5K at Mtn. Home. Call 970-390-1906.
- 5: Panther Pride 5K at Malvern. Call 501-337-9131.
- 5: RoadRunner 5K at Stephens. Call 870-947-0084.
- 5: Sole2Sole 5K at Beebe. Call 501-288-2123.
- 5: Stride to Prevent Suicide 5K at Searcy. Call 507-278-4357.
- 5: Jackø Dino Charity 5K at Alma. Call 479-629-0579.
- 5: St. Jude Breakaway 5K at Fort Smith. Call 479-561-1144.
- 12: Rocket 5K at Little Rock. Call 501-773-3871.
- 12: Chasing Change 5K at Beebe. Call 501-827-1779.
- 12: Run WILD 5K at Little Rock. Call 501-821-7275.
- 12: Zooma Texas Womenø Half Marathon/10K/5K at Bastrop/Austin, TX.
- 12: 1040 Tax Run 5K at Batesville. Call 870-307-7663.
- 12: Cross the Pond 5K at Lavaca. Call 479-462-9629.
- 12: Run With the Dogs 5K at Benton. Call 501-351-0042.
- 12: Run for a Resident 10K/5K/1K at Fort Smith. Call 479-462-1440.
- 12: German Heritage 5K at Stuttgart. Call 870-672-1425.
- 12: Miles for Mutts a Purrfect Race 5K at Fort Smith. Call 479-719-6385.
- 12: Burning Rubber for Britnie 5K at Prescott. Call 870-703-7212.
- 12: Heart Walk/5K at Texarkana, TX Call 501-707-6593.
- 12: Carole Hilmer 5K at Holiday Island. Call 479-253-5986.
- 12: Go! For Autism Research 5K/10K at Monticello. Call 870-820-2552.
- 12: Hogskin County Festival 5K at Hampton. Call 870-798-2207.
- 12: Beyond Boundaries 5K at Ward. Call 720-201-2197.
- 12: River Run 5K at Ozark. Call 479-667-9940.
- 12: For the Love of Music, Run 5K at Russellville.
- 12: Pine Bluff Arsenal Child Abuse Awareness 5K at Pine Bluff. Call 870-540-3658.
- 12: The Colt Bolt 5K at DeQueen. Call 870-584-4471.
- 12: Jackrabbit 5K/Bunny Hop Half Mile at Bentonville. Call 479-685-6193.
- 12: Mission Run in the Ozarks 5K/10K/Half at Mountain View. Call 870-365-9407.
- 12: 4H Youth & Family 5K Trail Run/Walk at Little Rock. Call 501-821-4444.
- 13: Camp Barnabas Half Marathon/5K at Springfield, MO. Call 573-480-7556.
- 18: Kids Run Arkansas 3M/1M at Conway. Call 501-450-9292.
- 18: Cherishing Children 5K/1M at Rogers. Call 479-621-0385.
- 19: Alma Partners 5K Dog Run. Call 479-632-1953.
- 19: Heroes for Hope 10K/5K/1K at Conway. Call 501-328-3347.
- 19: Bunny Hop 5K at Clarksville. Call 479-652-7394.
- 19: Fly Like An Eagle 5K at Vilonia. Call 501-743-9431.
- 19: MANA Spring Fling 5K at Fayetteville. Call 479-571-6780.
- 19: St. Vincent Tour DePaul 5K at Little Rock. Call 501-552-3669.

Birthdays

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

- 2 - Tim Steadman
- 3 - Donald Preston, Jr.
- 5 - Lalita Flagg
- 5 - Sheila Galatowitsch
- 7 - Mary Wells
- 8 - Sarah Olney
- 14 - Theresa Crowson
- 14 - Mike Metzler
- 15 - Haley Groustra
- 19 - William Dobbins
- 21 - Clay McDaniel
- 23 - Nicole Hobbs
- 30 - Leon Lants

Thanks (Continued from Page 4)

vacancy I mentioned above. He loves this Club and his knowledge of the intricacies of it is vital to its success.

There you have it. I told you this was going to be hard to write. No, I'm not crying and if I was I wouldn't tell you. Here is to finishing off this term strong and for the next chapter of the LRRC. Thanks again for all of your support. I do appreciate it.

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

- 19: Heroø Dash Half Mar./5K/10K/1M at Cape Girardeau, MO. Call 573-576-1428.
- 19: Spring Fest 5K at Fayetteville. Call 479-790-6491.
- 19: Fountain Lake 5K at Hot Springs. Call 678-477-6496.
- 19: Burr Oak 5K at Sulphur Springs. Call 501-701-1739.
- 19: Race for the Star 5K at Hot Springs. Call 678-477-6496.
- 19: Wounded Warrior Benefit 5K at Ozark. Call 479-508-3302.
- 26: Russ Vegas Half Marathon at Russellville. Call 479-970-4394.
- 26: BV Memorial 5K+1 at Jacksonville. Call 501-837-7055.
- 26: Helping Hand Walk Run or Wheel 5K. at North Little Rock. Call 501-791-3331.
- 26: MOJO 5K at Harrison. Call 870-577-2400.
- 26: Chasing Change 5K at Beebe. Call 501-827-1779.
- 26: Trumpet Trot 5K at Jonesboro. Call 870-307-9150.
- 26: Running for Recovery at Lavaca. Call 479-221-3186.
- 26: Miles for Missions 5K at Charleston. Call 479-667-7077.
- 26: Fordyce on the Cotton Belt 5K at Fordyce. Call 870-352-3107.
- 26: Springfest Grub Run 5K at Charleston. Call 479-209-0702.
- 26: Caddo River Fest 5K at Glenwood. Call 870-223-1606.
- 26: Move Your Feet, Move the Gospel 5K at Crossett. Call 870-500-2540.
- 26: Monaø 5K at Dover. Call 479-857-6226.
- 26: Lamar Warrior Color Run 5K at Lamar. Call 479-885-3115.
- 26: Miracle for Mayberry 5K at Muldrow, OK. Call 479-650-1619.
- 26: TCS MudTrek 5K at Texarkana. Call 870-779-1009.

May 2014

- 1: Power Puff Womenø Only 5K at Neosho, MO. Call 417-455-9999.
- 2: Butterfield Trailblazer 5K at Fayetteville. Call 479-409-5025.
- 2-3: Outback in the Ozarks 200-mile relay at Eureka Springs. Call 479-387-0987.