

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2014

Summer Break Is Almost Over

By Nicholas L. Norfolk
LRRC President

We've been lucky to have some days when the heat wasn't unbearable. I'm not sure if the polar vortex is to blame, but I'll take it. Hot summers make for great training and once the fall returns, it's like being a new runner again.

We got a summer break from the Grand Prix Series during the month of July. If the heat and humidity were not challenging, the first race back is one that adds hills and a finish line that you can see for almost a mile to the mix.

The male and female Grand Prix teams return to action in the lead and I don't think either of them are looking to relinquish their position.

The [White River 4-Mile Classic](#), hosted by the White River Roadrunners, is a good indicator of how your summer training has been going. The residents of Batesville are benevolent enough to aim their sprinklers at the road for any runners that want a quick splash.

Sometimes there is a misting tent at the finish line. If that doesn't cool you to your desired temperature, I can almost guarantee there will be watermelon from Cave City. I will not begin to debate about whether Cave City or Hope watermelons are better. That's up to you.

The Saturday following the White River 4-Mile Classic (August 9) is the [Watermelon 5K](#). It's one of the flattest 5K courses in the Grand Prix and every finisher gets a watermelon. It's tough to pass that up.

The Melonvine Striders have an array of door prizes and the awards are what I call functional. You already have plenty of T-shirts and medals. I'm curious what they'll have this year.

Another cool post-race amenity is access to the pool. Hop in the pool to cool off and then grab some cold watermelon to cool off more.

In the event you want to truly test your mettle or you can't get enough watermelon, then Cave City has their watermelon festival on the same day. It's like the battle for melon supremacy. While you're up there, run the [Bethany Project Melon Dash 5K](#).

I know you can't be in two places at once, and luckily for you, the race is in the evening. There were a few people that captured what is being called the double melon last year.

You may want to carpool for this adventure. If any Birds do both, we'll reimburse you for your registration for the Bethany Project Melon Dash 5K. I have all, but dared you now.

That covers the first two Saturdays in August. There is no Grand Prix race during the third Saturday, but there are a few options. Geyer Springs First Baptist Church will be hosting the [Run with the Son 5K](#) on the third Saturday, August 16.

Joel and Jennifer Schmidt attended our July meeting to bring us information on this year's race. They talked about how it's allowed them to donate money every year to Shepherding His Flock Orphan Ministry.

With the ministry expanding its focus, they're adding [Second Chance Ranch Youth Home](#) as a beneficiary this year. With that addition, the race is supporting children in both Pulaski and Saline County.

The fourth Saturday, August 23, our friends at Easter Seals Arkansas are having their [Rollin' on the River](#) event at

the Clinton Library. It features a 5K and 2K Family Fun Walk.

In August we get a fifth Saturday. What better way to end it than with a Grand Prix race? The [Arkansas 5K Classic](#) will be held in North Little Rock by our neighbors across the river, Arkansas Running Klub.

I'm sure some will be heading down to Mississippi for the Tupelo Marathon the following day. Arkansas customarily has a pretty nice contingent that invades the birthplace of Elvis. Uh-huh! Whatever you decide to do for Labor Day weekend, have fun, be safe, and enjoy it.

Fellow Bird and Mom Squad member Jenny Paul spoke to the group about [Girls on the Run of Central Arkansas](#). The Club has been supportive of their effort from the beginning. It was good to hear about the success and know the Club was able to help them make a difference in the lives of the girls and their families.

(See Summer on Page 2)

August Meeting

Monday, August 18, 2014

U. S. Pizza - Hillcrest
2710 Kavanaugh

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

Tia Stone
Mom on the Run

Girls On The Run Coaches Complete Training

By Jenny Paul
Executive Director Girls on the Run

At Girls on the Run of Central Arkansas, we've certainly enjoyed the unseasonably cool summer but are looking forward to the time of year when these temperatures are the norm. We are anticipating the months when the fall GOTR season is in full swing. The time when our girls are beginning to feel like a team and have noticeably progressed in their training cannot get here fast enough.

Since my most recent update to you, we have had a successful fundraiser at Red Mango. I know several Birds stopped by for a yogurt, smoothie or juice on the last Saturday of July, and I'd like to thank all of you that made the time to go. Red Mango was generous with their donation, and we raised enough to offset the cost of one girl's entire GOTR tuition!

Program registration has also opened since my last entry. We have had some registrations at each site, and one team, Holy Souls School, filled very quickly. It's exciting to see Girls on the Run gain interest and momentum in the community. There are still openings at other sites including Jefferson Elementary, the Little Rock Racquet Club, Pulaski Academy, and Pulaski Heights Elementary so be sure to share the program with any 3rd, 4th, and 5th grade girls you know. It is truly a program for every girl regardless of previous athletic experience.

Equally as exciting is the completion of our coach training. For two nights all of the new coaches for this season learned about the history of Girls on the Run, gained a better understanding of the development and execution of the program, and made important personal connections with one another. We have several new coaches this season and have retained strong coaches from previous seasons. In fact, I will not be coaching this season as I focus on my role as Director, and feel confident leaving the delivery of the program to this qualified group of women.

Several members of the Roadrunners have been and are currently involved with Girls on the Run. I am hesitant to list names for fear of making an oversight, but would like to remind everyone of some of the Birds that have made great contributions to GOTR already. The GOTR Board President, Mary Wells, is an irreplaceable leader. If you've ever met Mary you can understand the confident and thoughtful quality to her position. Other Roadrunners that serve on the GOTR Board are Betsy Meacham and Matt Olney. Each member of the Board of Directors makes significant contributions, and I have more confidence in this group of individuals than I ever imagined possible.

Sarah Olney is our Program Coordinator who plans new sites and spearheads recruitment. Her actual efforts are more varied and challenging than her title indicates, and she also serves as a coach for the Jefferson team. Amy Pritchard, a LRRC member, will be serving as the head coach at Pulaski Heights Elementary during her second season as head coach, and we have had several LRRC members volunteer in other ways.

You can be involved as a volunteer this season in many different capacities. We will be packing coach boxes on August 20 and snack boxes during the last week in August. Also, mark your calendars for Sunday, November 23. Our end of the season 5K celebration is planned for that afternoon. You can serve as a running buddy or simply cheer on our brave girls as they unleash their limitless potential by completing the GOTR 5K.

New Member

Cam Walton joined the Little Rock Roadrunners in July and is interested in meeting other Club members to run during the week. His weekly mileage is 20 and runs at an 8:20 pace per mile. He is a technical support representative and enjoys traveling, shooting, and anything outdoors

Summer (Continued from Page 1)

Speaking of the Mom Squad, I'm calling all members out. However you all communicate, please send out your cryptic message to the sleeper cells throughout the city. Our next speaker, Tia Stone, is someone that surely you've seen if you are running in the Grand Prix or if you frequent local races.

[Arkansas Runner Mom](#), her blog, inspires other moms that are running races and their households. I met Tia a while back, but really connected with her at the RRCA Coaching Certification about year ago.

I look forward to what she has to say and hope many of our Mom Squad members will be in attendance. I wanted her to speak because I felt like you all not only would support her, but would fully understand her journey as a mom on the run.

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

| | | |
|---------------------|-----------------|------------------------------|
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| Bill Torrey | At Large Member | 231-3730 |
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National Guard 5K Will Be September 6

By **Bill Torrey**
Race Director

On September 6 the Arkansas Army National Guard, along with Little Rock Parks and Recreation, Rock City Running and Go! Running, are proud to bring the National Guard 5K and two-mile race to Central Arkansas. The event will take place at Western Hills Park located about two miles west of the University of Arkansas at Little Rock at Colonel Glenn Road and Western Hills Avenue.

The cross country event will have an open division that will begin at 7:30 a.m. There will be separate races for high school boys and girls. Two-mile races for the junior high boys and girls will follow.

UALR will possibly host a dual meet with another college so start times might need to be adjusted based on their participation. Final start times will be posted two weeks in advance.

The tentative schedule is as follows:

- 7:30 a.m. ó Open men and women
- 8:15 a.m. ó High school boys
- 8:45 a.m. ó High school girls
- 9:15 a.m. ó Junior high boys (2 mile)
- 9:45 a.m. ó Junior high girls (2 mile)
- 10:45 a.m. ó Christian School League (2 mile)

The cost for the event is \$25 for the open race and \$30 day of race. The runners for the open race can register on-line at arkansasrunner.com. Schools will pay \$50 per team with a maximum of \$200. All schools must register at arkansasrunner.com. There will be no day of race registration for the school teams. On-line registration will close at midnight September 4. All races will be chip timed.

The open race will be five-year age groups for men and women. The high school and junior high races will have team awards two deep and individual awards for the top 20 in each division.

All participants will receive a finisher's medal. All runners will get a T-shirt and there will be food and drinks after each event.

School coaches can contact Steve Oury at soury@bryantschools.org. All open runners can contact Bill Torrey at bill.torrey@rockcityrunning.com.

Independence Day Runs

By **David Samuel**

I have always enjoying running on Independence Day every year on vacation and then eating a good lunch. Thankfully, I recovered from my recent health issues in time to continue this personal tradition. While we were on vacation in Oregon this year I ran in the Mollalla Freedom 5K. I actually won my age division (70+) in 34:35. Please don't ask how many old runners were in that group. Hope you had a great 4th!!!

| YEAR | RACE NAME & DISTANCE | TIME | CITY |
|------|---|---------|-----------------------|
| 1979 | 10 th Peachtree 10K | 47:37 | Atlanta, Georgia |
| 1980 | Freedom 10 | 38:39 | Winfield, Kansas |
| 1981 | Freedom 10K | 38:47 | Winfield, Kansas |
| 1982 | Freedom 10K | 38:06 | Winfield, Kansas |
| 1983 | Freedom 10K | 40:42 | Winfield, Kansas |
| 1984 | Freedom 5K | 18:04 | El Dorado |
| 1986 | Freedom 5K | 18:27 | Benton |
| 1987 | Freedom 5K | 19:08 | Benton |
| 1988 | Freedom 5K | 19:11 | Benton |
| 1989 | Freedom 5 | 19:54 | Benton |
| 1991 | Freedom 5K | 19:58 | Benton |
| 1995 | Freedom 5K | 21:16 | Benton |
| 2000 | 24 th Firecracker Fast 5K | 23:14 | Little Rock |
| 2001 | 25 th Firecracker Fast 5K | 22:18 | Little Rock |
| 2002 | 26 th Firecracker Fast 5K | 22:58 | Little Rock |
| 2003 | Independence Day 10K | 58:20 | Jackson Hole, Wyoming |
| 2004 | Independence Day 10K | 54:05 | Powers, Oregon |
| 2005 | Run for the Pies 5K | 25:22 | Carnation, Oregon |
| 2006 | 30 th Firecracker Fast 5K | 25:52 | Little Rock |
| 2007 | 40 th Chuckanut Foot Race 7M | 1:19:17 | Seattle, Washington |
| 2009 | Runner Stumbles 10K | 1:11:41 | Suncadia, Washington |
| 2010 | Runner Stumbles 10K | 1:03:54 | Suncadia, Washington |
| 2011 | Deputy Gallegos Memorial 5K | 31:03 | Manson, Washington |
| 2012 | Deputy Gallegos Memorial 5K | 32:40 | Manson, Washington |
| 2013 | 33 rd Lander Half-Marathon | 3:12:51 | Lander, Wyoming |
| 2014 | Mollalla Freedom 5K | 34:35 | Mollalla, Oregon |

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 lhouse48@gmail.com

August 2014

- 15: Solomon Simpson Memorial Twilight 5K at Fayetteville. Call 479-225-0539.
- 16: Milk Run 5K at Little Rock. Call 501-350-2353.
- 16: Run with the Son 5K/1M at Little Rock. Call 501-722-3722.
- 16: Back to School 5K at Bryant. Call 501-943-0423.
- 16: Cheer Time Tiger Run 5K at West Helena. Call 870-842-0070.
- 23: Tiger Pride 5K at Bentonville. Call 218-353-1323.
- 23: St. Jude Fayetteville 10K. Call 870-273-3323.
- 23: Fight Back 5K at Bentonville. Call 479-461-3403.
- 23: Rollinø On the River 5K at Little Rock. Call 501-227-3700.
- 23: Adam Brown Road Mile at Pearcy. Call 501282-3481.
- 23: Sprinting for Dub 5K at El Dorado. Call 870-312-0723.
- 30: ARK 5K at North Little Rock. (GPS SC) Call 501-519-0185.
- 30: 4 the Youth Day 4K at Little Rock. Call 501-960-4723.

September 2014

- 1: Jubilant Feet 5K/1M at Prairie Grove. Call 479-601-4032.
- 6: 9/11 Memorial 5K at Lavaca. Call
- 6: Band on the Run 5K at Batesville. Call 870-307-9783.
- 6: Run for Recovery 5K/1M at Benton. Call 501-303-3260.
- 6: Farmington Stampede 5K/1M at Farmington, AR. Call 479-267-2664.
- 6: Arkansas Army National Guard 5K XC at Little Rock. Call 501-231-3730.
- 6: Boys & Girls Club Shining Stars 1M/5K/10K at Alma. Call 479-632-2070.
- 6: 4H Rainbow 5K/Kids Dash at Mt Ida. Call 870-867-2311.
- 6: Race to Remember 5K at Fort Smith. Call 479-461-7993.
- 6: Sheep Dog Military Physical Fitness 3M at Little Rock. Call 501-712-5514, ext. 2.
- 11: Four States Flattest 5K at Neosho, MO. Call 417-455-9999.
- 13: Fighting Red 5K: A Race to End Blood Cancer at North Little Rock. Call 501-231-5713.
- 13: Winslow Half Marathon. Call 479-634-7451.
- 13: Every Soul Matters 5K at Vilonia. Call 501-796-3047.
- 13: Afterglow 5K at Batesville. Call 870-793-2378.
- 13: Kendraø Voice: Race to Be Heard 5K/10K at Ozark. Call 479-209-0207.
- 13: Cavanaugh Thumperthon 5K a Walnut Ridge. Call 870-886-4007.
- 13: Girl Scout 5K Color Run at Clarksville. Call 479-719-8010.
- 13: Amanda Woodman Memorial 5K Color Run at Texarkana. Call 903-792-1030.
- 13: RBRS: Paw Pacer 5K/1M at Bentonville. Call 479-464-7275.
- 13: Angels on the Run 5K at Arkadelphia. Call 870-403-2006.
- 13: Arkansas Zombie Challenge at Hector. Call 479-880-1195.
- 13: Bacon Fest 5K at Little Rock. Call 501-372-8341.
- 13: Fight Back 5K/1M at Nashville. Call 870-557-7762.
- 14: The Plaza 10K at Kansas City MO. Call 816-529-5860.
- 20: Arkansas 20K at Benton. Call 501-517-7393.
- 20: Miles for Mito 5K at Conway. Call 501-733-6967.
- 20: Red Rock 5K at Las Vegas, NV. Call 702-659-9889.
- 20: Spirit Challenge 5K at Fayetteville. Call 479-530-8084.
- 20: MEMS 5K at Little Rock. Call 501-605-2654.
- 20: Log A Load for Kids 5K at Warren. Call 870-820-2487.
- 20: Ding Dong Days 5K at Dumas. Call 870-263-4748, ext. 2660.

Birthdays

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

- 2 - Roosevelt Barnett
- 2 - Libby Taylor
- 3 - Allison Overton
- 3 - Sunnie Butcher-Keller
- 4 - Tammy Helmick
- 5 - Toga Tuite
- 6 - Deborah Linton
- 6 - Brad Newman
- 9 - Joey Gieringer
- 10 - Manfred Galatowitsch
- 12 - Craig S. Lair
- 13 - Lori Sattler
- 15 - Chris Heller
- 16 - Michele Lucas
- 18 - Kevin Groustra
- 18 - Michele Lucas
- 18 - Ron Mitchell
- 19 - Shaunta Hudson
- 19 - David Samuel
- 21 - Julie Barton
- 21 - Craig Wurtz
- 22 - John Gentry
- 25 - Greg Helmbeck
- 27 - Danielle Hud
- 27 - Bill Ruck
- 29 - Marty Sullivan
- 30 - Kenny Worley

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