

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2014

## A Missed Opportunity ...

**By Nicholas L. Norfolk**  
**LRRC President**

The end of the year is a time when I usually look back on the year and reflect as I prepare to take on the upcoming year. This year has been a different type of year for me in many regards.

The title of this column foreshadows my reluctance to act on things when I should have. Good intentions are just that, good intentions. We could intend to train better, run faster, or race less.

I have done all of three. Goals have to be much more than something that's said, but an action to follow through with. Racing less sounds easy, but with the array of cool races out there it becomes more difficult.

Of course an injury can alter your schedule. At that point, you won't be racing or possibly running at all. After the injury, the thought of re-injuring yourself creeps into your mind. That's doubt telling you a comeback is impossible. A missed opportunity...

Life happens, and before you know it you're like me. You're missing group runs, and running on the River Trail alone as if you're the protagonist in "The Loneliness of a Long Distance Runner."

The community that once was a breath of fresh air for me began to not feel the same. In no way was it a representation of the people, but it was me that changed. One of my friends said I had become corporate. I was no longer a person that thrived on my next run or race. Running was no longer a place of solace.

Instead, I was planning the next meeting, or more like the meeting that was six months away. I wanted to cultivate relationships and be better. My runs consisted of me thinking about the Club, and what I could do for the Club. I became obsessed.

One of the issues I have is the way I communicate with people. I'm not confrontational, and I'd rather take it all upon myself rather than create opposition. I typically treat people the way I want to be treated, but sometimes that can be hurtful or perceived as being hurtful.

This time last year, I was writing about how the Club would finish the year strong, and take the momentum into the New Year. I hope that is not the case this year. Let's not take "this" into next year.

When I took over as president, I was full of life. I wanted to take the Club to new levels and heights. I wanted nothing more than to be a catalyst for the LRRC to rise from the ashes like a phoenix. We are Birds. We are supposed to soar!

It's similar to how I feel about politicians that genuinely want to do better. They realize that, just maybe, others might not care as much as they do. Or, the process by which to make those changes are draining, and in the end, it is easier to go through the motions. Change is inevitable, however, doing it alone is not advantageous.

Instead of expressing my feelings, I began to slack hoping that it would get so bad that someone would say something. I can't expect others to be like me. Maybe the ways things have been done in the past remain the same because it's what people want.

I love writing, and yet I'm writing this letter in mid-December, when I normally would have been doing it in mid-November. I have answers to questions now like why after people have been president they disappear.

It's daunting, and the sacrifice may be too great. As I have said, I am a servant leader. I know it's a sacrifice, but I have allowed it to strip away why I did it in the first place. What I set out to do has become a missed opportunity.

There is more. I lost a good friend when Jacob Wells passed away. And, I have not dealt with it well. I didn't let anyone in. I didn't mourn with the running community. I stepped further away. I didn't know what to do.

I hope my callous actions didn't make anyone think I didn't care. No, I wasn't posting on Facebook daily, and when I did post something it took so much for me to post it.

I didn't go to the Pre-Run, and as I was on my way to the memorial service, I began to cry driving. I've never wanted anyone to see me like that. I've always viewed crying as a weakness. Like I wasn't man enough to contain my emotions. So, I watched the ceremony from afar. A missed opportunity...

I heard about Larry Mabry passing away. I didn't know him personally, but I remember reading about him before I became president. I heard others talk about him and I wanted to meet him. I chatted with Harold Hays, and he told me he was in West Virginia, but wasn't doing well. That was two years ago.

I never made the trip, and he died before I was able to meet him. That

## Girls On The Run

By Jenny Paul, Executive Director  
Girls on the Run

We have wrapped up another highly successful season of Girls on the Run! Our end of the season 5K celebration was on a rainy Sunday afternoon, but our spirits certainly were not dampened. The rain cleared just in time for the GOTR participants and their running buddies to complete the end of the season run. This season we had 70 girls enrolled in the program which is over 250% more than we had just two seasons prior!

We now turn our attention to the fast approaching spring season. We have intentions of expanding to include a team from Saline County as well as adding another team here in Little Rock. With growth comes a need for more coaches and volunteers. If you are at all interested in coaching Girls on the Run, please contact me as soon as possible ([jenny.paul@girlsontherun.org](mailto:jenny.paul@girlsontherun.org) or 501-615-5733). We have assistant and head coach needs. Our meeting times vary by location, and the spring season will run from the third week of February through mid-May. We need enthusiastic coaches that are ready to help 8-11 year old girls reach their fullest potential. No coaching experience or particular athletic abilities required!

If you know of any 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> grade girls that might be interested in participating please point them in our direction. Registration opens at 06:00 on Monday, January 26 and teams fill in the order registrations are received. Anyone can learn more by following us on social media (Facebook, Twitter, Instagram @gotrcentralark) or by checking out our website: [www.gotrcentralark.org](http://www.gotrcentralark.org). Several photos from our fall 5K have recently been posted. Looking through those is a great way to get an idea of just how much fun a GOTR 5K can be. We hope to see you at the next one!

## Opportunity (Continued from Page 1)

hurt in a different way. It reminded me of good intentions that never became reality. I heard stories of him running Pikes Peak from Bill Coffelt, and The Duck told me how his hugs always made you feel better. A missed opportunity...

There were other missed opportunities for me this year. That's why I hope I can move on. One lesson the year taught me is though changing the world may be great, no change happens alone. I shouldn't treat others the way I want to be treated because I can be harsh and callous at times. I should strive for compassion.

For anyone I may have let down, hurt, or been callous to, I apologize. I've been known to say that being sorry doesn't change anything. It doesn't, but sometimes it needs to be said. With that, I'm sorry for the disappointment. My apology was to myself as much as it was to anyone reading this. Channeling my inner phoenix my goal is put this to rest and rise from the ashes better than before.

## New Members

By Sarah Olney  
Membership Chairman

**Shelley Westmoreland** joined the Birds after running for 23 years. She averages 20-25 miles at a 7-8 minute pace per mile. Her PR for the 5K is 18:49 while in college and more recently has run a 20:47 for the 5K distance. When Shelley is not running, she enjoys reading and traveling.

**Tammy Russell** defines herself as a "new runner" and she recently joined the Roadrunners to meet other Club members for group runs. She is self-employed and other interests are reading, horse racing, and watching high school football.

**Ron Sanders, Jr** has been running for 10 years and averages 20-30 miles during the week at a 12 minute per mile pace. He does not race frequently but enjoys the half marathon and marathon distance with a PR of 4:34 at the Oklahoma City Memorial Marathon. He is a pediatric critical care physician and also enjoys chess and his wonderful wife.

### More new members

Millicent Garrett  
Justin Garrett  
Susan Campbell  
Mike Mueller  
Fallon James

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### 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)

# LRRC Teams Cap Championship Grand Prix Seasons At CASA Half Marathon

The longest season in Arkansas Grand Prix history came to a close December 13 at Pine Bluff, with fitting results for both Little Rock Roadrunners Club teams. For the LRRC Men, the CASA Half Marathon in Pine Bluff was won in dominate fashion, with a sweep of the top three overall spots and another four guys among the top 25 finishers. The men were similarly in control all season long, winning 19 of the 20 Grand Prix races to claim the male team title by a large margin.

The LRRC Women completed the Club's sweep at CASA by relying on depth and displacers, a formula they have followed throughout 2014 to re-claim the female Grand Prix team title. The LRRC women were led by the resurgent "Mom Squad," which vowed to atone for 2013's fifth place finish.

Mark Ferguson also capped the year in fitting fashion, by setting a new PR of 1:14:42 to win the CASA Half. It was Mark's 12<sup>th</sup> Grand Prix victory on the year, more than enough to win the individual title. Imari Dellimore and Brian Sieczkowski took second and third overall for the 2014 season, giving LRRC a sweep of the top three spots in the male competition. Ron Mitchell ended the season fourth overall and atop the Masters leaderboard. Jenny Paul ends the season in second place overall among female runners, while Tammy Helmick won the Masters division.

Our teams succeeded this year, not due to a few fast runners, but thanks to the overall depth of runners of all speeds. There was a great camaraderie on the LRRC Grand Prix teams all season long, with runners volunteering to travel all over the state in order to race *for the team*, recruit a fellow runner to compete *for the team*, to earn some points *for the team*. We were on a mission starting at the One Hour Track Run last January, and our season was a success thanks to the desire of so many to go out and compete for the Roadrunners and not just themselves.

The team spirit was especially pronounced, especially important, over the last four months of the year as our running community was rocked with tragedy upon tragedy. It is times like these that we rely on each other the most. Thank you to all who ran on the team, and who ran *for the team*. We truly can and do make each other better. For those Club members who did not run in the Grand Prix Series in 2014, I strongly urge you to consider joining next year. It's a great way to maximize your LRRC membership, meet new people, see new places, run new races and overall have fun with the rest of this great, crazy group of runners.

Here's to 2015!

## Team RWB Is More Than A Running Club

By Lisa Gunnoe, Chapter Captain  
Team RWB Central Arkansas

Team RWB isn't just a running club! There is cycling, yoga, climbing, hiking, Tri, functional fitness (CrossFit). Not only that, lets add leadership development.

Team RWB has a number of fitness camps across the country: trail running camp, surf camp, yoga camp, climbing camp, and functional fitness camp. These camps are held on the national level and veteran registration is free. Some veterans can apply for a scholarship to have travel expenses covered as well.

Along with the basics of the sport, leadership training is taught and encouraged at these camps. The expectation is to grow leadership skills then have the attending Team RWB members take lessons learned in sport and leadership back to their individual communities. These camps are opened to anyone interested, civilian or veteran.

As camps become available information will be found at [www.teamrwb.org](http://www.teamrwb.org)

To become a member:

<http://www.teamrwb.org/get-involved/join-the-team>

As this is written a few days before Thanksgiving my thoughts turn to gratitude. We couldn't do what we do without the running clubs in Arkansas, the yoga studios and the CrossFit boxes. We couldn't do what we do without civilians who have a servant heart toward our veterans. Team RWB's motto is *"It's our turn."* It is our turn and the people of Arkansas are stepping up to the challenge.

Thank you, Central Arkansas, for supporting Team RWB

# Founding Fathers Of The Spa 10K

By David Samuel

My research on my favorite Arkansas Road Race, the SPA 10K, continues.

I recently discovered that Randy Taylor, Eric Jackson, and Paul Johnson actually created the SPA 10K one day over lunch in early 1982.

Randy was the President of The Athletic Congress (TAC), now USATF, at the time and the Arkansas Grand Prix coordinator. Eric Jackson was and still is the General Manager of the Oaklawn Jockey Club. The first two SPA 10Ks (1982 and 1983) started at Oaklawn Park. Paul Johnson wrote a weekly column for the *Arkansas Gazette* at that time called "The Galloping Gourmand."

I received the attached article from Randy after he found out that I had been looking for historical info on the SPA 10K. Much of the following is from that article. Thanks Randy for your service to the Arkansas running community for the last 35 years! Note that Randy finished fifth in the first SPA 10K with a time of 32:54. I had time to visit with him at the Brickfest 5K this summer. At age 66, he placed in the masters division with a time of 23:26 (7:34/mi) in spite of the heat. Randy continues to maintain the Arkansas road race records for us.

A total of 542 men and 169 women finished the 1982 SPA 10K held in mild temperatures and under foggy skies with slightly damp streets.

This year, the 33rd running of the SPA 10K, there were 204 men and 278 women in the 10K. Note the change in gender numbers.

Another 141 men and 254 women ran and walked the SPA 5K. Including the SPA Squirt children's run this year, the total number of runners and walkers participating on November 22, 2014, was 1,074.

**Mike Clark**, who said he'd never before been to Hot Springs, toured the major portion of the city in 29:59 to win the

1982 race. Clark, a former All-America cross-country star at the University of Arkansas, was never tested after the 1½ mile mark and finished far ahead of his nearest rival, Gary Taylor. Gary and his store Go!Running in Little Rock now provides Arkansas runners the RRCA National Championship for the mile.

The female winner was **Kim Burns** of Fifty-Six in a time of 35:09, one week after running a hard race in the New York City Marathon. I actually ran with Kim that day but she pulled away from me in the last mile around Whittington Park. I finished in 36:42 just missing the top 25 that day in 1982.

During the last ten years I have observed that the men's winning times in Arkansas road races have slowed considerably. What many of us ran in the 80s trying to just place in our ten-year age groups would win a lot of the races run today. Just compare the first 25 finishers in the first SPA 10K with the 33rd SPA 10K. In spite of the SPA 10K now going over West Mountain, the first course was not any faster. It was just as tough!

1982 winning men's time - 29:59

2014 winning men's time - 34:35

1982 winning women's time - 35:09

2014 winning women's time - 38:59

1982 25th place men's time - 36:29

2014 25th place men's time - 43:38

1982 25th place women's time - 48:54

2014 25th place women's time - 50:05

Note: these are all gun times since there were no timing chips in 1982.

## Calendar (Continued from Page 6)

- 13: Cow Paddy 5K/1K at Fayetteville. Call 479-790-0700.
- 14: Downtown Dash 10K/5K at Little Rock. Call 501-375-5557.
- 14: River Valley Endurance 5K/Half Marathon at Fort Smith. Call 479-675-2610.
- 14: Trojan Trot 2M at Hot Springs. Call 501-624-3372, ext. 1008.
- 14: Blood, Sweat, Tears 5K at Amity. Call 870-356-3612, ext. 262.
- 14: Downtown Dash 10K/5K
- 15: Seabrook Lucky Trail Marathon/Half/Relay at Seabrook, TX. Call 832-221-4955.
- 21: Victorian Classic 10K/2M at Eureka Springs. Call 479-981-3065.
- 28: Bridge & Dam Half Marathon/10K at Lake Ozark, MO. Call 573-746-6002.
- 28: Clinton Hunger Run 5K at Clinton, AR. Call 843-214-0665.
- 28: Zooma Women's Half Marathon/10K/5K at Austin, TX. Call 303-579-7287.
- 29: Hogeys Marathon/Half Marathon/Relays at Fayetteville. Call 479-530-8432.

## 2014 SPA 10K Top 25 Male

1	Mark Ferguson	Little Rock	41	M	1 Top 3	34:33.2	34:35.6	5:35/M
2	Imari Dellimore	Little Rock	24	M	2 Top 3	35:30.8	35:33.1	5:44/M
3	Bret O'Meara	Fayetteville	32	M	3 Top 3	36:50.2	36:52.1	5:56/M
4	Ron Mitchell	Little Rock	51	M	1 Masters	37:22.3	37:25.3	6:02/M
5	Phil Davison	Fayetteville	31	M	1 30-34	37:30.2	37:33.0	6:03/M
6	Ryan Lawrence	Little Rock	33	M	2 30-34	38:20.7	38:23.0	6:11/M
7	Joey Gieringer	Pine Bluff	35	M	1 35-39	39:14.7	39:17.3	6:20/M
8	Ryan Lee	Hot Springs	35	M	2 35-39	39:44.0	39:47.5	6:25/M
9	Alan Krenzelo		58	M	2 Masters	40:37.9	40:41.6	6:33/M
10	Jacob Mills	Russellville	14	M	1 10-14	41:08.6	41:12.6	6:38/M
11	Bruce Oakley	Batesville	55	M	3 Masters	41:21.5	41:24.5	6:40/M
12	Andrew Larey	Royal	16	M	1 15-19	41:24.0	41:26.2	6:41/M
13	Brooks Browning	Little Rock	36	M	3 35-39	41:30.7	41:32.9	6:42/M
14	Mark Lacey	Little Rock	49	M	1 45-49	41:38.2	41:41.3	6:43/M
15	Don Edge	Ozark	43	M	1 40-44	41:42.6	41:45.6	6:44/M
16	Keith Francis	Hot Springs	54	M	1 Grand M	42:05.2	42:09.6	6:47/M
17	Colin Hall	Little Rock	39	M	4 35-39	42:25.7	42:31.4	6:50/M
18	Alberto Basilio	Little Rock	32	M	3 30-34	42:49.4	42:51.4	6:54/M
19	David McCormick	Dardanell	60	M	2 Grand M	42:56.8	43:01.9	6:55/M
20	Billy Mills	Russellville	52	M	3 Grand M	42:57.7	43:01.9	6:56/M
21	Kyle Benton		31	M	4 30-34	43:08.4	43:14.1	6:57/M
22	Greg Massanelli	Little Rock	53	M	1 50-54	43:17.7	43:23.2	6:59/M
23	Kim Howard	Mineral Springs	53	M	2 50-54	43:28.5	43:33.0	7:01/M
24	Hunter Burney	Longview, TX	27	M	1 25-29	43:34.9	43:41.7	7:02/M
25	Austin Barber	Malvern	16	M	2 15-19	43:36.3	43:38.3	7:02/M

## 2014 SPA 10K Top 25 Female

1	Leah Thorilson	Little Rock	35	F	1 Top 3	38:56.1	38:59.2	6:17/M
2	Tia Stone	Searcy	35	F	2 Top 3	40:34.5	40:37.9	6:33/M
3	Tracy Tungac	Bryant	32	F	3 Top 3	41:53.5	41:56.7	6:45/M
4	Josie Carson	Royal	15	F	1 15-19	43:48.1	43:51.3	7:04/M
5	Sherre Sachar	Little Rock	27	F	1 25-29	44:37.1	44:45.2	7:12/M
6	Jenny Wilkes	Little Rock	31	F	1 30-34	44:44.9	44:51.7	7:13/M
7	Nicole Hobbs	Little Rock	29	F	2 25-29	45:22.3	45:28.7	7:19/M
8	Cortney Allison	Little Rock	48	F	1 Masters	46:04.3	46:13.7	7:26/M
9	Amy Crawley	Little Rock	24	F	1 20-24	46:18.3	46:33.4	7:28/M
10	Tammy Helmick	Roland	53	F	2 Masters	46:38.5	46:44.1	7:31/M
11	Randi Whittaker	Bryant	23	F	2 20-24	46:39.7	46:47.3	7:31/M
12	Caroline Nester	Hot Springs	21	F	3 20-24	47:14.4	47:22.5	7:37/M
13	K2 Richards	Grapevine, TX	45	F	3 Masters	47:24.6	47:37.0	7:39/M
14	Kathleen Rea	N. Little Rock	54	F	1 Grand M	47:28.8	47:35.2	7:39/M
15	Betsy Tucker	Batesville	58	F	2 Grand M	47:38.1	47:48.0	7:41/M
16	Tina Coutu	Little Rock	50	F	3 Grand M	48:13.0	48:22.0	7:47/M
17	Michelle Huff	Evening Shade	46	F	1 45-49	48:38.2	48:49.2	7:51/M
18	Tammy Walther	Little Rock	43	F	1 40-44	48:57.4	49:07.3	7:54/M
19	Amy Teague	Hot Springs	39	F	1 35-39	49:06.1	49:14.8	7:55/M
20	Lynn O'Neal	Bryant	50	F	1 50-54	49:20.9	49:29.1	7:57/M
21	Linda O'Connor		46	F	2 45-49	49:27.4	49:44.3	7:59/M
22	Christine Ferguson*		41	F	2 40-44	49:29.8	49:39.5	7:59/M
23	Valerie Clark	N. Little Rock	32	F	2 30-34	49:30.4	49:40.5	7:59/M
24	Kate Hamner	Hot Springs	31	F	3 30-34	49:46.6	49:55.1	8:02/M
25	April Wurtz	Little Rock	36	F	2 35-39	49:55.8	50:05.7	8:03/M

# 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](mailto:lhouse48@gmail.com)

## January 2015

- 1: Mac & Michelleø New Yearø Day Prediction 3.8M at Batesville. Call 870-307-9850.
- 1: Momentum on Mission 5K at Van Buren. Call 479-922-2342.
- 3: Racinø in the New Year 5K at Conway. Call 501-329-8102.
- 3: ARK Winter Series. Call 501-519-0185.
- 10: ARK Winter Series. Call 501-519-0185.
- 10: Village Creek 10K/25K at Wynne. Call 870-208-6523.
- 10: Western Arkansas Ballet Tutu 5K at Fort Smith. Call 918-839-4785.
- 17: ARK Winter Series. Call 501-519-0185.
- 17: Chilly Cheeks 10K at Camden. Call 870-836-6462.
- 17: MLK 5K at North Little Rock. Call 501-231-3730
- 24: Chillinø for Childrenø 5K at Magnolia. Call 870-949-0793.
- 24: ARK Winter Series. Call 501-519-0185.
- 24: Sooner State Games Trail 4M/8M/12M at Oklahoma City, OK. Call 405-815-7626.
- 25: One Hour Track Run at Danville. Call 479-857-4527.
- 31: Frostbite Family 5K at Rogers. Call 479-273-9622.

## February 2015

- 7: Freezin for a Reason 5K/10K at Conway. Call 501-450-0512.
- 8: Fort Smith Marathon/Half Marathon. Relays at Fort Smith. Call 479-650-6894.
- 14: Van Davis Memorial 5K at Hot Springs. Call 501-760-4206.
- 14: Heart of the Ozarks Half Marathon/10K/Relays at West Plains, MO. Call 417-293-3554.
- 14: Valentine Day 5K at Russellville. Call 479-857-4527.
- 14: Mississippi River Marathon at Lake Village. Call 662-721-7779.
- 14: Saline County Relay for Life 5K at Benton. Call 501-515-3062.
- 14: The Devil Made Me Do It 5K at Jacksonville, AR. Call 501-772-4562.
- 15: Run the Line Half Marathon at Texarkana, AR-TX. Call 903ø 792-7186.
- 21: Mardi Gras Mambo 10K/15K/1M at Baton Rouge. Call 225-382-3596.
- 21: Eagle 5K/10K at Avilla. Call 501-416-0224.
- 28: Little Rockers Kids Marathon. Call 501-371-4639.
- 28: Little Rock Marathon 5K. Call 501-371-4639.

## March 2015

- 1: Little Rock Marathon/Half Marathon/10K. Call 501-371-4639.
- 7: Chase Race & Paws 2M/1M at Conway. Call 501-514-4370.
- 7: Sombrero Beach 15K/10K/5K at Marathon, FL. Call 305-289-9868.
- 7: AHS 1994 Memorial Scholarship 5K/1K at Fort Smith. Call 479-226-9625.
- 7: Get Your Rear Gear 5K at Little Rock. Call 501-609-5855.
- 7: Beer & Bagel Off Road 4M at Fayetteville. Call 402-547-3993.
- 7: Reach Out and Run 5K/10K at Fort Smith. Call 479-462-2366.

# Birthdays

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

- 2 - Karen Knudsen
- 3 - Christopher Kline
- 8 - Matt Olney
- 10 - Lisa Luyet
- 12 - Lalita Flagg
- 12 - Ron Sanders Jr
- 13 - Randy Taylor
- 15 - John Gentry
- 16 - Estelle Rutledge
- 16 - Tom Zaloudek
- 18 - Robert Holmes
- 18 - Bill Nelson
- 19 - Holly Frein
- 20 - Troy Duke
- 21 - Noelle Coughlan
- 22 - Bethany Mooney
- 24 - Melody Brown
- 24 - Tammy Russell
- 26 - Tom Barron
- 28 - Kelly Kreth
- 29 - Jon Parham
- 31 - Hanna Gordon

## 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](mailto:chrlypytn@gmail.com)