

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2014

## Cold Weather Running Presents Challenges

By **Nicholas L. Norfolk**  
LRRC President

With the temperature plummeting on a few days in January, we had to bundle up if we decided to brave the cold and run outside. At least we have an option to run outside during the winter. Up north retreating indoors is the only way.

What we consider being hard core and determined is a day Northerners would run in shorts. When is it too cold to run outside? With the weather being as unpredictable as usual, I don't think Punxsutawney Phil will be much help this year. We'd all love to have an early spring, so I'm hoping he doesn't see his shadow this time on Groundhog Day. Regardless, we'll just have to make it work.

Thanks to our past president Steven Preston and his wife Barbara for hosting the Hilly Chili. Presto mapped three and six-mile routes around his neighborhood. The day wasn't as chilly as it usually is during this time of year. It was actually a pleasant day. I remember wearing shorts, but once the sun went down that resulted in me wishing I had worn jeans.

We had a nice variety of chili and fixings, but Dan Belanger had the best marketing strategy. I think everyone tried his and I think Polansky took a gallon home. Dan informed me it was made with the finest ingredients. I told him I'd try it as long as he wasn't up to his Wisconsinite ways by adding Limburger cheese to it. I tried it and thankfully there was no foul play involved.

At our January meeting, Joe Milligan presented interesting information about the Grand Prix Iron Runners. I

consider Joe to be the authority on Iron Runners since he's been one nine consecutive times. The numbers and statistics are staggering.

I tend to think being an Iron Runner is a balance of insanity and dedication. Joe called all 65 Iron Runners his comrades in arms.

Almost every club has had at least one Iron Runner. We've had twelve, which is the most by any club, but it's easier for a central Arkansan to do it as most of the races are centrally located. I'm certainly not saying completing it is easy because it's not.

The Iron Birds are Nick Alsbrook [2006], Dan Belanger [2006-07], Moniqueca Christensen [2011], James Erwin [2011], Angela Gattin (née Gaines) [2008], Jeff Maher [2009], David Meroney [2011], Nicholas Norfolk [2011], Carl Northcutt [2006-07], Don Preston [2011], Andrea Sieczkowski (née Murphy) [2007], and Bradley Thomas [2011]. There, I can call them insane because I'm one, too.

Chris Olson, the race director of the [Russ Vegas Half Marathon](#), gave away a free entry into the race. The race is on Saturday, April 26 in Russellville. Kelly Kreth won when he guessed the closest number of registered participants. He guessed 467 and at the time there were 537.

To help make the race a success, Chris has received a large amount of support from the city of Russellville. The race benefits the Arkansas Children's Hospital and Pope County Circle of Friends.

This month we'll have [Jeff Glasbrenner](#) as our speaker. His story is one that can inspire and motivate anyone. Unfortunate things happen and we are taught to make the best of every situation.

Jeff has championed and embodied his role as a mentor and motivator. He refused to allow an accident, which left him an amputee, render him helpless.

Jeff has a huge heart and an aura about himself that is radiating. "While the accident claimed my right leg, it couldn't take away my heart," says Jeff. Join us on the 17<sup>th</sup> for a remarkable story about Jeff and his family.

The beginning of the year commences a new season of the Grand Prix Series. Let me welcome all of you Birds to the Series. Some have flown with the Birds for a while and others are new to the flock. I know many of you. For those that I don't know, I look forward to meeting you. Again, welcome to the team.

Right out of the gate, there are races on back-to-back-to-back weekends. This month there will be three races in the Series. With the exception of August, it'll be the only month that has three races.

(See Norfolk on Page 2)

### February Meeting

Monday, February 17, 2014

U. S. Pizza - Hillcrest  
2710 Kavanugh

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

Jeff Glasbrenner  
Paralympian

# GOTR Have Excitement And Fun On The Way

**By Jenny Paul, Executive Director  
Girls On The Run**

There are so many things to be excited about at Girls on the Run right now. With so many different projects gearing up, I am having a difficult time developing any sort of theme for this entry. So, let's just stick with "excitement" as the permeating idea. We are just so excited about GOTR and all of the fun things it has in store!

Our spring Girls on the Run season doesn't kick off for another month, but we are busy with preparations. While there are many components to operating a non-profit organization, our focus is - and will always be - on the girls served. Currently we are recruiting participants for the spring season.

We are also moving forward with plans for the first GOTR 5K that is open to community runners. Spring is always a busy racing time of year, but we hope to see lots of Birds volunteer for or running in this fun event! There will be a timed 5K for anyone wanting to take advantage of a flat course and lots of family activities to do post-run. The GOTR girls will start a little after the timed 5K giving everyone the opportunity to witness the transformational impact that completing this distance can have on our girls.

Program Coordinator Sarah Olney and I just returned from GOTR Summit in San Antonio where we had the opportunity to learn from GOTRI leaders and older GOTR councils. This organization is unique in that each council operates independently which allows leaders to make decisions and plans that best fit the circumstances of that particular council and its

supporters. Partnerships with organizations like the LRRC are important for ensuring strong connections within our community.

We are launching our campaign to secure corporate sponsors for both the spring season and the GOTR 5K. If you have any ideas, please share them. The GOTR Board of Directors is a hard-working, creative collection of people who continually impress me with their ideas and their community connections, but ideas for sponsors with a mission congruent with ours are always welcome.

The Little Rock Marathon weekend will also launch our SoleMates fundraising campaign where adults raise funds for our council while participating in athletic events. Please consider supporting our SoleMates as they take on new running challenges. We will share their stories in the weeks leading up to the Little Rock Marathon. With a runner in each of Sunday's events (10K, half-marathon, and marathon) we hope to be a reminder that every person's goals are unique. Each of our SoleMates is stretching themselves and pushing their limits in preparation for their goal race. It has been inspiring to hear updates on their progress as they get ready to face their own challenges.

There are more great ideas brewing including ways for you to support our council with gear and accessories. As always, we welcome volunteers regardless of the amount of time you can offer. You can complete the volunteer interest form on our website or you can email me directly at [jenny.paul@girlsontherun.org](mailto:jenny.paul@girlsontherun.org).

Also, be sure to check out our website for updates at [www.gotrcentralark.org](http://www.gotrcentralark.org) and follow us on Facebook (Girls on the Run of Central Arkansas) and Twitter @gotrcentralark. We will share updates on registration over the next month and will even have a few practices before next month's newsletter.

## Norfolk (Continued from Page 1)

The Club kicked off the Series with a good turnout at the One Hour Track Run with 20 Birds. Congratulations to Zoe and Mackenzie Ferguson for participating in their first Grand Prix race.

At the time of this writing, our Grand Prix team totals 58. My initial goal was 60, which we will reach soon. If we hit 75, I'd be ecstatic! It's going to be a great season. To the "Fearless 58," run strong and have fun out there! Be Fearless!

As you may be aware, our membership is now yearly. Unless you happened to pay for multiple years while it was available, your membership ended on December 31. If you need to join or renew, you can do it [online](#), mail in the [form](#), sign up at a membership drive, or at a meeting.

Please be on the lookout for communication about the Club. In addition to meetings, there are other events and opportunities for our members. Information will be posted on our website, Facebook, and Twitter. If there is ever a question, feel free to contact me via any social medium or you can call.

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### Board Members

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# Iron Runners - Who, What And Why They Are

By Joe Milligan, Iron Runner

*(Editor's Note: Joe Milligan is a member of an elite group of runners – Grand Prix Series Iron Runners. He presented a very professional PowerPoint show at the January LRRC meeting. There were five subjects: what is involved in becoming an Iron Runner; what motivated some of the Iron Runners; statistics; a year-by-year account of each Iron Season, and a few inspirational stories about some of the Iron Runners.)*

A lot of publicity has not been given to the Iron Runners. The first year they were actually recognized with a plaque at the Grand Prix awards ceremony was 2004. The Grand Prix online archives does have a year to year picture of most of the iron runners. The 2005 class of which I was a member was the first to have their picture posted on the Grand Prix web site.

If your goal this year is to run in every Grand Prix race, then let's think a minute about what you'll be getting yourself into and some things that you will need to take into consideration.

The three most important things I think need to be considered are: the monetary cost, the intangibles, and the races themselves.

Something that most people don't anticipate upfront is the cost involved. The cost will include race fees, gasoline to and from the race, possible hotels stays and meals. From a cost perspective, here is one example: 2013 Iron Runners Jennifer Feeney and Summer Cox. Jennifer and Summer drove to each race from Van Buren. If you calculate the mileage from Google Maps it amounts to 5,353 miles and 86 hours of driving time. At \$3.20 a gallon, that amounts to a little over \$600. They spent about \$560 on race entry fees, about \$320 on hotels and an estimated \$100 on meals. All that totaled up to about \$1,600. Since there were two of them, they were able to share some of that cost, including the gas and hotel costs.

If you live in Central Arkansas and drove each morning to the race (I don't recommend that) by yourself, you will probably spend around \$1,000. If you go up the night before for the three longest distances (Fort Smith, Texarkana, Fayetteville), you will probably end up spending about \$1,300. A cheaper alternative is to hitch a ride to each race, or share the costs with another runner, as Summer and Jennifer did, or share the cost with several other runners, or a combination of each of those.

The dollar cost in itself is not that much, in my opinion. The real cost is in the amount of time spent driving to and from races. For Jennifer and Summer it amounted to about 86 hours of sitting in a car. Think about it. That's over three and a half days. If you don't go up the day before you will be leaving home at 3 or 4 o'clock in the morning and sometimes may not get back home until late that afternoon. The cost in dollars as well in your time has to be considered.

Besides the cost, there are the intangibles such as family, work, potential travel problems, injury, sickness, and life in general issues that come up. Brian Yeager from Batesville planned his 2011 Iron season from the beginning but anticipated

that conflicts would come up with his children's own athletic schedules. Mike Bonnette, who ran in 74 consecutive Grand Prix races, said that a big part of the challenge to him was not just the travel time and cost, but also fitting in enough rest to avoid injury.

Then there are the races themselves. Twenty races over the course of 11 months may not seem like a lot, but the races each year include a marathon, two half marathons, a 20K, a 15K, several 10Ks, an 8K, a 4-mile run, several 5Ks, and a two-mile and one-mile run. Some of them are scheduled over the course of several consecutive weekends. This year the first four races are on consecutive weekends.

I've found over the years that runners don't always want anyone to know they are trying to become Iron Runners because of the fear of jinxing themselves. But there are always a couple of indicators during the year that will tell you if they are serious. Last year it was who was left after the first four races, since they were on consecutive weekends, as they are this year. The second indicator last year was the Hogeys Marathon. And the final indicator last year, in my opinion, was the Chili Pepper run. If they completed that race and all the previous ones that year, they were definitely shooting to run in all of them.

This year there are only two indicators: who is left after the first four races, and then after the Midsouth Marathon. Based on the research I have done, 20 people ran their first marathon the year they became Iron Runners. If you think about it, completing all 20 of these races would be a daunting task for someone who has never run anything longer than a 5K. But surprisingly enough, there have been quite a few Iron Runners that have done exactly that. In perspective, even if you are not a novice runner, no one should look at running in every Grand Prix race as an easy goal. But if you are planning to do it this year, because of the spaces between the races, this year would be a good year to be an Iron Runner.

So why are there runners that accept the challenge of becoming an Iron Runner? It seems everyone has their own particular reasons. After speaking with numerous Iron men and women, the overall reasons pretty much comes down to wanting to accomplish something that few do each year and something they can look back on with pride. It is also an attainable goal and there is recognition for attaining it. And finally, it's what I call the mystique of becoming a Grand Prix Iron Runner. I've found that runners are attracted to it for reasons they can't fully explain or completely comprehend. And this applies mostly to new Grand Prix runners. Jennifer Fenney told me that she did it because she thought it would be something cool to do. It's interesting to note that a significant number of the 65 Iron Runners had never previously participated in the Grand Prix and some had never even run in an organized race before. Some runners have actually put this on their bucket list of things they would like to do. For most Iron Runners, it's a one shot and done deal but if you look at the list of Iron Runners, most of them are still running

## Iron Runners (Continued from Page 3)

today. Probably 50 of the 65 Iron Runners are still running in the Grand Prix. Individually, all 65 runners who have earned Iron Runner awards have their own motivation for doing it. And I've found that they pretty much will fall into four categories:

- Self Motivated
- Motivated by doing something few have done before
- Motivated by a friend
- Motivated by a family member

The first category is what I call Self Motivated. Some, like Eugene Atha, Jim Miller and me, are self-motivated because we just like to run and running in all the Grand Prix races has gotten to be just a normal thing. If there is such a thing!

The second category is being motivated by something that few in the Grand Prix have done. For some it gets even more specific. In 2006 Carol Nash decided to try for Iron when she noticed that there had never been an Iron Woman. In 2009 Patti and Brice Hammerstein decided to try it when they noticed there were no husband and wife Iron Runners. In 2010 Rob Young talked his son Jonathan into it because there had never been a father and son Iron Runner.

The third category is being motivated by a friend. Take for example Jennifer Feeny from Alma who talked her best friend Summer Cox from Van Buren to commit to it along with her, knowing that neither one of them would want to be the one who caused the other not to make it. Just to show you how far that motivation can go, Summer was seven months pregnant when she ran the Spa 10K last year. This list also includes White River Roadrunner Carol Earles who made a pact with Sheila Cantrell and Ann McCaa to become Iron Women in 2006. In 2008 good friends Charles Gattin and Angela Gaines, celebrated completing their Iron season by getting married. (I don't know if that was a condition for them to get married or not).

The last category is those who were motivated by another family member. This list includes Elise Atha who Eugene talked into running in every race in 2012, John Miller and his twin brother Jim in 2011, Moniqueca Christenson who actually tricked her son Bradley into it in 2012. In 2010 Rob Young told his son Jonathan that he needed a ride to the One Hour Track Run and that since he was there, he might as well run and he continued that theme for the next 19 races.

But as far as motivating another family member, the cake has to go to Gideon Drake who, after completing an Iron season in 2011, not only enticed his dad Joshua but also his little seven-year-old sister Hope to both complete an Iron season in 2012.

So who are these 65 Iron Runners? Here are some general facts about these runners, by the numbers:

93 Iron Runner awards given out since 2004

74 is the age of the oldest Iron Runner (accomplished by two men, Carl Northcutt and Rusty Hinges)

65 total runners who have completed Iron seasons

36 of those are men and 26 have been women

23 runners become Iron Runners without ever having run in a Grand Prix race before

15 runners completed Iron seasons with a family member  
 13 runners (all male) have done it multiple times  
 10 began and completed their Iron season with a friend  
 7 years old was the youngest Iron Runner (Hope Drake)  
 3 father and son Iron men and youth runners  
 2 father and daughter combinations  
 1 mother and son  
 1 married couple  
 1 set of brothers

There are 10 years of Iron Runners and each one of the years has unique personalities to them. As I mentioned, 2004 was the first year that the Iron men were actually acknowledged and presented a plaque. They were Bill Witt, Dan Belanger and Dale Burns. Their average age was 60, which is the oldest average age of any class. Incidentally, in 2004 there were 182 total Grand Prix runners; 99 of those were men. To give you a little perspective on that total, in 2013 there were approximately 458 Grand Prix Runners. That just gives you an idea of how much the Grand Prix has grown over the last 10 years.

In 2005 there were six: Jim Miller, Greg Bourns, James Barber, Jacob P. Wells, Dale Burns, and myself. This was the second year in a row for Dale.

It was in 2006 that being an Iron man really began to take off when 12 runners completed all 17 races that year. They were Jim Miller, Chad Sanders, Dale Burns, Carole Nash, Ann McCaa, Sheila Cantrell, Erin Combs, Nick Alsbrook, Carl Northcutt, Dan Belanger, Carol Earles, and myself.

The first year the number of Grand Prix participants exceeded 200 runners with 89 women and 122 men competing was 2006. The 17 races in 2006 was the lowest number of Grand Prix races held since 1993 when there were 13.

In 2007, with 20 races again scheduled, the number of Iron Runners dropped to seven: Frank Massingill, Dan Belanger, Laura Prince (who at 12 was the youngest Iron person at that time), Carl Northcutt, Rob Young, future RRCA Rep Andrea Murphy, (who would later marry past Roadrunner President Brian Sieczkowski), and myself. The number of Grand Prix runners increased quite a bit in 2007 with a total of 267 runners.

The number of Iron runners dropped again to six in 2008 but that may have been because there were 22 Grand Prix races that year. The six Iron Runners that year included myself, Curtis Davis, Charles Gattin, Angela Gaines, Virginia Anderson, and Mike Bonnette (This would be the first of three consecutive Iron seasons for Mike). I know of at least five others who had planned to be Ironmen in 2008 but didn't make it for one reason or another.

A memorable year for a number of reasons was 2009. It was the first year where the women Grand Prix runners outnumbered the men. There were 196 female runners and 191 male runners. The total number of runners in 2009 (386), was 160 more than in 2008. But even with the higher numbers, only 12 runners completed all 20 races. Those 12 included some notable runners: Jesse (is awesome) Garrett, Jeff Maher (who is on the Governor's Council on Physical Fitness), home girl Jennifer Liles-Dorris, Brice Hammerstein and his wife Patti, the first year for Eugene Atha, Gabrielle Peoples, Mike Bonnette, Karen Hayes,

## Iron Runners (Continued from Page 4)

Jackie Clinton John Harrison, and myself. The five female runners tied the previous high set in 2006 and is still a record.

We continued with double digits with 12 again in 2010. This class included myself, Andi Stracner (who, incidentally, completed the 2013 Arkansas Traveler 100), ARK member R.C. Fason, Gideon Drake (who at 10 became the youngest male Iron man), Jonathan Young, Mary French, Jonathan's dad Rob Young, Mike Bonnette, Eugene Atha, Debbie Kelley, Marla Wiggins, and John Miller. A little side note to 2010, it was the second year in a row and the last, so far, where the women Grand Prix runners outnumbered the men. They led the men 209 to 206 in 2010.

The highest total for any single year when 17 runners completed all 20 races was 2011. They were led by the three Drakes, Hope, Josh and Gideon, and also included James Erwin, home boy Brian Yeager, current LRRC President Nicholas Norfolk, future RRCA Rep David Meroney, Jim Miller and his brother John Miller (the only brother combination to become Iron Men, and twins at that), John Hunnicutt, Don Preston (father of former Roadrunner President Steven Preston), Jill Davis, and Eugene Atha and his daughter Alise, and Moniqueca Christensen and her son Bradley Thomas, and myself. This by far is the largest class, but also the youngest class averaging 37 years old. (That average was helped because of seven-year-old Hope Drake). A record 421 runners competed in Grand Prix races in 2011.

Although 2012 was a good year, the number of Iron Runners dropped to eight. They were led by former long-time RRCA State Rep. Kim Howard, Jim and John Miller, Eugene Atha, myself and the three ladies: Mary Joe Brinkman, Lorna Armstrong and Pam McGill. Again there were a record number of Grand Prix runners with a total of 456.

Last year 516 runners signed up for the Grand Prix (the most ever), but only 458 actually ran in one of the Grand Prix races. Ten runners completed all 20 races. Led by Eugene Atha who completed his 100<sup>th</sup> consecutive Grand Prix race at the Spa 10K, it also included my son Greg, John Hunnicutt, a very pregnant Summer Cox, her best friend Jennifer Feeney, Eva Bailey, R.C. Fason, and Jim Miller (who has run in 62 consecutive Grand Prix races), Rusty Hinges and myself.

I would like to finish by briefly talking about a few Iron Runners who have been an inspiration to me and, in my opinion, are inspirations to anyone aspiring to become a Grand Prix Iron Runner. There are a number of them in that total of 65, but here is my list:

**Dan Belanger** was one of the original three Ironmen back in 2004. He was also an Ironman in 2006 and 2007, becoming one of the few to become a three-time Ironman. Most people don't know this, but Dan also narrowly missed becoming an Ironman in 2009 when he only missed one race. He actually didn't miss that race, he just didn't complete it. That race was the dreaded Midsouth Marathon, held on a day when it was hot and the wind was blowing in your face about 50 miles an hour. Dan was not the only runner that day to have problems. That race was the only race in the last nine years that I didn't think I

was going to finish. I think it took me almost 5½ hours. Dan also takes credit for saving me from being disqualified at the Midsouth Marathon in 2007. That year was the first time that the race used chip timing. It was about three minutes before race time and as I talked with Dan he noticed that I didn't have a chip. I had completely forgotten about picking up my chip. I raced to the registration table about 100 yards away, got my chip and returned just as the race was starting. He never misses a chance to kid me about that. Thanks, Dan.

The second inspiring Iron Runner is **Eugene Atha**, someone I've gotten to know pretty well over the last five years, since we have been involved in every one of the last 100 races. Just by running in the last 100 consecutive Grand Prix races, he serves as an inspiration to any potential Iron Runner. Not only is Eugene a very competitive and consistently good runner, he goes about it without a lot of fanfare and he has also gotten many others involved in being an Iron Runner and the Grand Prix. In my mind, Eugene epitomizes what an Iron Runner is.

It always amazes me what people can accomplish if they set their minds to it and there are many Iron Runners who persevered to make their Iron seasons a success. One of those runners was **Mary French**. Mary was from the small town of Perry, and worked as a counselor at the Morrilton Intermediate School. In 2010, without having run in a single Grand Prix race, she showed up at the One Hour Track Run in Russellville and continued to run in every Grand Prix race that year. Mary finished as the last or close to the last female in almost every race she ran. It took her over eight hours to run the Hogeey Marathon. But Mary was a committed lady and no matter how long it took, she was not a quitter. It was one of the things she learned from being a breast cancer survivor. Mary was not only a runner, but also participated in triathlons and bike races. On June 4, 2011, she was doing what she loved by riding a bicycle in the Ranch Ride, which benefits the Soaring Wings Ranch. During the ride, she lost control of her bike and was tragically killed when she ran into a police car that was stopped while directing traffic. Mary's spirit will live on and will always serve as an inspiration to other Iron Runners and to anyone who aspires to live life to the fullest.

Finally, there are those inspirational ones who inspire and motivate just by being crazy. Believe me there are a number of them among that total of 65. Several come to mind, including Jacob Wells, Dan Belanger, and John Hunnicutt, but the craziest one, in my opinion, is someone whose name is synonymous with crazy, **Nicholas Norfolk**. Nicholas has only been a runner about four years, but he has come a long way in that time. Nicholas is the only person I know of that has admitted to participating in the Beachbody Insanity program. I don't know if that experience has made him the man he is or not, but it may have contributed to his craziness. There is something about that word insanity that just pulls Nicholas in. But, as he will tell you, insanity is contagious. In 2012 he not only ran in all 20 Grand Prix races, the insanity of that rolled over into an additional 30 other races that year. Just think about it, 52 weeks in a year, 50 races, that's taking insanity to a whole new level. It makes you wonder what he was doing on those other two weekends. Nicholas inspires

# Tips For Squeezing In Strength Training

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

I think by now most runners have heard of the many benefits of strength training. Strength training is important for injury prevention, it can help prevent or correct muscle imbalances, build up the fast twitch muscles and help you become a stronger runner.

Now, if I said to you, "You've got 45 minutes to get in a workout of your choice: run or weight training. Choose now. What would you choose?" I'm guessing most of you would go with the run.

We all have our own reasons for running. Let's face it, lifting weights inside a gym or in your home pales in comparison to the fresh air of an outside run.

Most of us are strapped for time. We work, we fit in our running, we might have to care for our kids, and we might even have more than one paying gig. So when time is tight, we go for the workout we love (or maybe feel as if we NEED).

As a fitness trainer, I am a huge advocate of strength training. As a runner, I know that it can be difficult to find the time to fit it in though. As someone who has a full-time day job along with my fitness training business, I know that sometimes getting in any workout is a chore.

When it comes to runners and weight training, I know runners are going to want to stick to their running schedule, whether it's a race prep schedule with set speed work days and long run days, or just your typical *I-run-Monday-Wednesday-Thursday-Saturday* type of thing.

You don't have to spend hours in the gym to get results with strength training. Repeat that line please. In most cases, all you need is about 30 minutes, and you can get in a solid weight workout.

I suggest splitting out the running and lifting into a two-a-day workout so you do have adequate energy for each workout. Get your run in first thing in the morning then do the weight session at lunch or after work. As I mentioned, all you need is about 30 minutes.

- Opt for two days of full-body workouts. Do one on a non-run day and the other on a short run day (as an example).
- Split out muscle groups into two or three sessions (e.g., Day 1: legs, back, shoulders. Day 2: biceps, triceps, chest). They'll typically last about 20-30 minutes, or as short as 15 if you're going with two muscle groups (e.g., biceps and triceps).
- Opt for three days of full-body circuits where you do one exercise for each muscle group for 8-10 reps, 3-4 times through. Those typically take about 30 minutes

from start to finish. These are great for keeping your heart rate elevated.

- Set up your workouts as supersets or trisets. With a superset you do two exercises back-to-back for a set number of reps then repeat for a set number of rounds (e.g., biceps curls followed by chest press. Do each exercise for eight reps, do three sets before moving to the next superset). A triset is the same as a superset only using three exercises. These workouts will go very quickly and also keep your heart rate elevated.

With these tips, strength training and running can both stay on your schedule.

## New Members

By Sarah Olney  
Membership Chairman

**James and Toga Tuite** have both been running for 20 years. **Toga**, a speech therapist, has not been racing frequently but enjoys the 5K distance. **James** is a military pilot and averages 20 miles during the week at an 8:30 pace. He prefers the half marathon distance with a PR of 1:41. His other interests are skiing and hiking.

**Greg Luyet** has been running for eight years. While he does not race frequently, he does prefer the 5K, 10K and half marathon distances. He is a Catholic priest that also enjoys reading, genealogy, and travel.

**Sarena Crowe** loves to race and enjoys all distances. She has accomplished a 19:00 PR in the 5K. She is a photographer and enjoys photography, hiking, climbing, canoeing, kayaking, camping, and drinking wine.

**Hannah Gordon** started running 2½ years ago and now runs 20-30 miles at an 8-9 minute pace. She is a health researcher and has PRs of 3:51 in the marathon and 1:47 in the half marathon.

**Steven Ulrich** has recently started back training on the treadmill. He hopes to begin running outdoors in the spring. His other interests are photography, hiking, and home improvement projects.

**Kristen Hughes** started running two years ago and averages 20 miles at nine minute per mile pace. She is a veterinarian and is also involved with Crossfit.

**Leon Lants** has been running for 10 years and averages 30 miles at an eight minute pace. He is an equity trader and his favorite race distance is the 10K.

**Benjamin Dannemann** is an engineer who began running three years ago and averages 45 miles during the week. He prefers the 5K and half marathon distances and has PRs of 17:30 and 1:22.

# Race Results From January Races

By John Russell  
Racing News Editor

Race results for January races.

## Allen's New Year's Double

### New Year's Eve Full Marathon

Joey Gieringer	3:31
Cyber Gieringer	4:26
David Meroney	5:14
Michael Harmon	5:17

### New Year's Day Full Marathon

Cyber Gieringer	3:38
David Meroney	5:43

### New Year's Day Half Marathon

Joey Gieringer	1:29 (2 <sup>nd</sup> overall)
Michael Harmon	2:34

## Mt. Nebo Bench Trail 4M

Dan Belanger	45:26
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## Athens Big Fork Marathon Marathon

Cyber Gieringer	9:06
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## Athens Big Fork 17-miler

David Samuel	7:38
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## Athens Big Fork Miscellaneous

Melissa Henshaw ó 12 miles	4:00
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## Fit 4 Life 25K Train Run

Tom Singleton	3:33
Nicole Hobbs	3:40
Karen Call	4:16
Nicholas Norfolk	6:36

## Mississippi Blues Marathon

David Meroney	5:30
Andrea Sieczkowski	3:32
Jenny Wilkes	3:50

## Mississippi Blues Half Marathon

Zaachary Wilson	2:43
Brenda Stallings	2:45

## Disney Full Marathon

Caleb Ault	3:33 (Goofy)
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## Disney Half Marathon

Caleb Ault	3:02 (Goofy)
Linda Ault	3:02

## Frozen Gnome 50K

Jen Freilino	6:53 (2 <sup>nd</sup> in age)
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## Mobile Marathon

Jacob Wells	3:24
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## San Diego 50 & Trail Marathon

Lisa Luyet	
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## Chevron Houston Half Marathon

Leah Thorvilson	1:15
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## Swamp Stomper 50K

Jason Auer	6:32
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## Louisiana Marathon

Jenny Wilkes	3:49
Tina Coutu	3:50
Chris Hall	3:54
Carl Carter	4:03
Alison Acott	4:07
David Meroney	5:02
Skip Fletcher	5:29
Bill Dobbins	5:41
Patti Hammerstein	6:07

## Louisiana Half Marathon

Brenda Stallings	2:40
Heidi Strock	3:19

## Louisiana 5K

Alison Acott	28:57
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## One Hour Track Run

### Laps

Mark Ferguson	41 (1 <sup>st</sup> male)
Leah Thorvilson	41 (1 <sup>st</sup> female)
Imari Dellimore	40 (2 <sup>nd</sup> male)
Benjamin Dannemann	38 (3 <sup>rd</sup> male)
Joey Gieringer	36
Andrea Sieczkowski	33 (2 <sup>nd</sup> female)
Sarah Olney	33 (3 <sup>rd</sup> female)
Jenny Paul	33
Chris Hall	32
Jenny Wilkes	32
Tammy Helmick	31
Greg Helmbeck	31
Nicole Hobbs	30
Bethany Mooney	30
Bill Crow	29
Jacob Wells	29
David Meroney	28
Greg Yarbrough	28
William Fletcher	28
Roy Hayward	27
Joe Milligan	26
Cyber Gieringer	26
Carol Torrey	23
Patti Hammerstein	23
Michael Harmon	21
David Samuel	20
Brent Corbitt	16
Ricky Martinez	16
Heidi Strock	16
Brenda Stallings	13
Melissa Sawyer	12

## White River Roadrunners Are A Busy Club

Greetings fellow runners, from your friends at White River Roadrunners in Batesville! We are a busy little group, with about 60 memberships with more than a quarter of those couples or family memberships. That's 75 adults 140 runners in all.

Did I mention we're busy? With that small core of runners in our community, we have our own free scoring race series (no fee, we just tally results and present year-end trophies for extra incentive to support our races and runners). In 2013, we had 14 races in the series, but that's only a fraction of the local races available. In these tight economic times, Batesville organizations are turning to fitness to raise funds, and our small city held 20 races last year, most drawing at least 50 participants. That's a lot of commitment and community impact from our runners.

Our club puts a lot of the feet on the ground in those races, but we also provide course volunteers, promotional support, and coaching and recruitment. Our members also offer significant leadership and coaching support for the annual Women Run Arkansas clinic, which continues to expand, creating new fitness habits and changing lives.

Four of our members became certified RRCA coaches in August through the training program in Little Rock. We hope to provide more focused and refined support through clinics, presentations and training programs drawing on the knowledge of these coaches this year.

You may know a few of the White River Roadrunners quite well through the Grand Prix series. Our Ken McSpadden provides race timing for much of the series, and is usually timing at least one race somewhere on any other weekend. Betsy Tucker broke two state Grand Masters records and was Arkansas RRCA Masters Runner of the Year in 2011, while just learning how to run in her mid-50s. Rusty Hinges just finished an Iron Runner year in 2013 at 74. Brian Yeager, who started running in 2009, completed the Ironman in Betsy's big year, even though he broke his foot early in the season and had to hobble one race in a cast and surgical boot. Past president Jennifer Dorris is a busy Grand Prix competitor and outgoing sort. She is also a dedicated nurse who stopped her 2013 Hour Run to assist everyone's friend, Patti Hammerstein, in distress. Those are our kind of folks.

Bruce Oakley is 2014 club president and cheerleader in chief. He is one of our four certified coaches, along with his wife, Suzy. They are active fundraisers for the Crohn's and Colitis Foundation of America (Bruce has Crohn's) and co-directors of the Women Run Arkansas-Batesville clinic. Suzy began running in earnest in 2011 and has since lost 50 pounds and finished a half marathon where she raised \$3,500 to fight Crohn's through the CCFA Team Challenge program.

As you can see, our members are big on giving back. A look at just a few T-shirts from 2013 Batesville events shows Race 4 a Face against family violence, Bethany Project Melon Dash (children of moms who died young), Sprint for Seniors (Agency on Aging), Out of the Darkness suicide prevention walk, Literacy Project Kids Triathlon, Penguin Run for Special

Olympics, March of Dimes 5K, Sara Low 5K (9/11 victim), Christmas Half Marathon (needy families).

This year, our club will continue to give back in support of those races again, with renewed emphasis on targeted clinics or presentations (perhaps for seniors, college students, schoolchildren, and injury recovery), individual coaching and more online information. We also are looking to step out a bit with an increased Grand Prix profile. Bruce has been running since 1972 and sees himself as a much better runner than administrator. He's hoping to lead by example at a dozen Grand Prix races this year, pulling along men's and women's teams more often than in past years. The men formed a team at only four events last year, and the women were quite competitive on any given weekend but lagged in the yearly scoring with fewer events than other clubs.

Our club race in the Grand Prix is the venerable White River Classic, now the 4-Mile but first run in 1979 as a 10K. It's the first weekend in August and you'll remember it for the summer heat and our hills.

If you'd like to get to know us better, you can find us at <http://www.wrroadrunners.org>. Read our archive of "On the Road" columns, where we tell our tales. We wish you luck, we'll see you on the road, and we'll look for you at the awards stand and hospitality table!

## Downtown Dash 10K/5K

Last year, the Junior League of Little Rock (JLLR) researched possible sources of additional revenue to fund its community projects. Based on that research, it was recommended to the membership that the JLLR create a fundraising run/walk in 2014. Membership approved the additional event and a committee was created to plan the Downtown Dash 10K/5K.

In planning this event, the JLLR race committee reached out to the local running community that has provided overwhelming assistance and support. JLLR has also retained Start2Finish as a race consultant. As the name suggests, the family-friendly 10K and 5K races will take place in downtown Little Rock. The race route will give participants the chance to run by historic JLLR landmarks and sites of JLLR programs. Overall and top-three finisher and age group awards will be given, and participants will have the opportunity to purchase an upgraded tech T-shirt and perks tent tickets for exclusive access to the JLLR building facilities and private after-race activities.

The inaugural Downtown Dash 10K/5K will be Saturday, March 15, 2014, starting at 8 a.m. Online registration is available now through March 13, 2014, at [www.jllr.org/downtowndash](http://www.jllr.org/downtowndash). Mail-in registrations must be postmarked by March 7, 2014. On-site race day registration will also be available.

For more information visit [www.jllr.org/downtowndash](http://www.jllr.org/downtowndash). For all other inquiries, contact the JLLR at [jllr10k@jllr.org](mailto:jllr10k@jllr.org).

# 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](mailto:house48@gmail.com).

## February 2014

- 8: Eyes Over Emma 5K at Lockesburg. Call 870-784-2897.
- 8: 90 Minutes of Cadron at Conway. Call 870-246-6686.
- 8: Valentineø Day 5K at Russellville. (GPS SC)
- 8: Jack-n-Back Half Marathon at Hot Springs. Call 501-620-4520.
- 8: The Lovely Lap 5K at Hackett. Call 479-638-0015.
- 8: Mississippi River Marathon/Half Marathon at Lake Village. Call 662-721-7779.
- 15: Van Davis Memorial 5K at Hot Springs. Call 501-760-4240.
- 15: Eagle Run 10K/5K/1M at Alexander. Call 501-416-0224.
- 15: Happily Ever After 5K at Booneville. Call 479-206-0494.
- 15: Run With the Wind 25K at Sarcoxie, MO. Call 417-396-0993.
- 15: Donø Stop Believeø5K/10K at Conway. Call 501-730-1979.
- 15: Special Olympics AR/Polar Plunge 5K at Russellville. Call 479-970-9378.
- 15: Running to the Beat of 4H 5K at Alma. Call 479-474-5286.
- 16: Run the Line Half Marathon at Texarkana, AR-TX. (GPS) Call 903-792-7186
- 22: The Beat Goes On 5K at Benton. Call 501-776-6764.
- 22: Never Give Up-Never Give In 5K at Horatio. Call 870-832-4763.
- 22: Sanctuary Polar Bear Plunge 5K at Harrison. Call 417-337-2289.
- 22: Penguin Run 5K/10K at Batesville. Call 870-307-8230.
- 22: Fruit Loop 5K at Hope. Call 870-299-1971.
- 22: Kidø Run Around the Lake Half Mile at Fort Smith. Call 479-452-3993.

## March 2014

- 1: Florida Keys Sombrero Beach Run at Marathon, FL. Call 305-289-9868.
- 1: Run 4 the Stars 5K at Fort Smith. Call 479-652-6684.
- 2: Smile Train 5K at Bartlett, TN. Call 901-388-9883.
- 2: Little Rock Marathon/Half/10K. Call 501-918-5321.
- 8: Chase Race 3M/Paws 1M at Conway. (GPS SC) Call 501-514-4370.
- 8: Friendship 5K at Benton. Call 501-847-9711.
- 8: ATOD Like a Boss 5K at Walnut Ridge. Call 870-378-2058.
- 8: Walk for the Children 2K at Hot Springs. Call 501-620-9511.
- 8: Reach Out and Run 5K/10K at Fort Smith. Call 479-739-7705.
- 8: Luck of the Clover 5K at Arkadelphia. Call 870-246-2281.
- 8: Poker Run 5K at Fayetteville. Call 479-966-2516.
- 8: Victorian Classic 10K at Eureka Springs. Call 479-253-6545.
- 8: FX 5K at Fayetteville. Call 330-317-5573.
- 14: Cow Paddy Run 5K/1K at Fayetteville. Call 509-670-7188.
- 15: Thin Mint Spring 5K at Pine Bluff. Call 501-758-1020.
- 15: Hunger Run 5K at Clinton. Call 501-253-4444.
- 15: Diamonds Sprint Marathon/Final Mile at Malvern. Call 501-732-0313.
- 15: River Valley Endurance 5K/Half Marathon at Fort Smith. Call 479-675-2610.
- 15: Longview Half Marathon/5K at Longview, TX. Call 903-241-8077.
- 15: Faí a Long, Long Way to Run 5K at Hot Springs. Call 501-909-5909.
- 15: Downtown Dash 10K/5K at Little Rock. Call 501-375-5557.
- 15: Talimena Half Marathon/Relay at Mena. Call 479-234-3253.
- 15: Cooper Park Downtown Dash 5K at Mountain Home. Call 870-424-7275.
- 15: Glowing Bulldog Blitz at Quitman. Call 870-230-2832.
- 15: Health Expo 5K at Bryant. Call 501-416-6396.
- 15: Healthy UAM 5K at Monticello. Call 870-460-1538.
- 16: Spa City Trail 4.6M at Hot Springs. Call 870-246-6686.

# Birthdays

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

- 4 - Joe Milligan
- 6 - Charlie Hoag
- 9 - Betsy Meacham
- 10 - Mary Heller
- 12 - Mira Lelovic
- 12 - Susan Conrad
- 13 - Allison Acott
- 21 - Jenny Wilkes
- 21 - Polly Russell
- 23 - Melissa Hendricks
- 24 - Helen Jones

## Iron (Continued from Page 5)

me, not only because heø a crazy runner like the rest of us Iron Runners, but because he doesnø do anything half way.

To sum all this up, I consider all the runners who have completed Iron seasons over the past 10 years as comrades in arms. We have endured the same pain, experienced the same miles of each race and enjoyed that same feeling of accomplishment when it was all done. I am proud to forever be part of a select circle that knows the passion, drive, dedication and yes, insanity, it takes to become a Grand Prix Iron Runner.

### 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)