

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2014

## An Even Better Year Is Planned For Club In 2014

By Nicholas L. Norfolk  
LRRC President

Excitement is in the air for the New Year. As we pontificate on the highs and lows of 2013, the New Year has endless probabilities and possibilities. It's a new beginning. It can be a chance to remedy the setbacks and shortcomings of the previous year or we can pretend it never happened. It's your choice on how you move forward. Farfetched, ambitious goals and resolutions are proclaimed. These are a few effects caused by a new year.

Well, that's not congruent with my plans. The Club has been moving forward and we will continue to do so. Not every idea I've had has been as successful as I've wanted it to be. However, of the 15 goals I charged myself with, 12 have been accomplished. I remain optimistic and I'm positive the second half of this term will garner more progress.

My resolution is the same from whence I became your president. The focus has become more polished and specific, but that's the only major modification. We will continue to honor the past while appreciating the present and preparing for the future.

The weather prevented us from having the booth and membership drive at the Jingle Bell Run/Walk, but it didn't stop us from the Little Rock Marathon Training Group and Christmas on the Run event at Rock City Running. Thanks to our membership chair, Sarah Olney, for making it happen. It was good to see Club members and I think everyone enjoyed the snacks and beverages after a long run. Be on the lookout for the Club being visible this year.

It was great to see everyone at the Christmas party. Thanks to Christine and David Meroney for their preparations and making the event a success. You may have missed a great time and awesome cheese dip from David. Plans are being made for next year as you read this.

If you were unable to make it to the Christmas party, we have another opportunity for the Club to fellowship with each other this month. We are having the Hilly Chili on the 12<sup>th</sup>. Past president Steven Preston will be our host. His address is 7 Gravelle Drive in Little Rock. In case you don't know what the Hilly Chili is, it's a fun run. Presto is mapping out three and six-mile routes. The run begins at 2 p.m., but if you don't want to run, show up at 3 p.m. for the chili and post-run fun.

There will be a variety of chili brought by members. Break out your cookbooks and secret recipes. I'm curious to see who will have the best chili. Please spare us by not using the Merciless Pepper of Quetzalacatenango. Homer from *The Simpsons* couldn't take it and I'm sure none of us can either.

You all bring the chili and the Club will provide the fixings and beverages. Cornbread is welcome, too. Jeff Maher says he's bringing his famous jalapeño cornbread. The recipe is a secret because Cock of the Walk won't tell him what's in it.

The last thing that was on the December calendar for the Club was volunteering at the Inaugural 3 Bridges Marathon. Thanks to everyone that came out. I saw a few adorning their LRRC singlets and hoodies at the race. I love when members show their Club pride. Congratulations on all that ran. I know

there were a ton of PRs and firsts. Keep it up, Birds!

The 2014 Speaker Series will feature people in our community, some you know and some you don't, which do what they do well. They will inspire you and others will be able to help you reach your goals. This month we have Joe Milligan speaking on the 20<sup>th</sup>. He'll be honoring us with his journey as a seven-time Grand Prix Iron Runner. All previous Grand Prix Iron Runners are invited and will be recognized for their accomplishments.

The race director for the Inaugural [Russ Vegas Half Marathon & Relay](#) on April 26, 2014, will be in attendance to tell us about the new race, answer questions, and to give away an entry to the first year event.

(See **Better Year** on Page 3)

### January Meeting

Monday, January 20, 2014

U. S. Pizza - Hillcrest  
2710 Kavanaugh

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

Joe Milligan, Iron Runner

Chris Olson, Race Director  
Russ Vegas Half Marathon



THANK you to everyone for making the dream of the Arkansas River Trailø 3 Bridges Marathon a reality! Over 200 volunteers, countless spectators, and the best race partners in the business supported the 400 runners from 28 states. The positive feedback continues to pour in via every source imaginable. A short article is all I can muster, but please share our success on our Facebook page.

As I write, I have spent the past 30 hours doing my favorite things - sleeping, running (on our course), and spending time with my kids and Jaynie. My son Gabe had his first experience at a water stop and got some hard-earned service hours for school ø so the added bonus for me on race day was to share it with my son. He even gave me an idea for a logistical improvement. (øHey dad, why not put a sign at the finish with an arrow reminding them of the location of the bag drop pickup? They are cold and delirious.ø)

From day one, Bill Torrey said we were crazy, and he was right, but I suspect he also knew that with this running community and this course in this state, there was no way it could be anything other than a success.

## Grand Prix Series

- January 26 - \*One Hour Track Run at Danville
- February 1 - \*River Trail 15K, North Little Rock
- February 8 - Valentineø Day 5K, Russellville
- February 16 - Run the Line Half Marathon, Texarkana
- March 8 - \*Chase Race 2 Mile, Conway
- March 22 - Spring Fling 5K, Cabot
- April 5 - \*Capital City Classic 10K, Little Rock
- May 3 - Toad Suck Daze 10K, Conway
- May 24 - Rock Run 8K, Little Rock
- June 14 - \*Go! Mile, Little Rock
- June 21 - ArkansasRunner 2 Mile, Benton
- August 2 ø - \*White River 4 Mile Classic, Batesville
- August 9 - Watermelon 5K, Hope
- August 30 - \*ARK 5K, North Little Rock
- September 20 - \*Arkansas 20K, Benton
- October 4 - \*Chile Pepper XC 10K, Fayetteville
- October 18 - SurvivorsøChallenge 10K, Fort Smith
- November 1 - \*Midsouth Marathon, Wynne
- November 22 - Spa 10K, Hot Springs
- December 13 - CASA Half Marathon, Pine Bluff

\*Championship races

Happy New Year to everyone ø it is my favorite holiday as we get to relive the past yearø accomplishments and roll forward the running log to another year, with new hopes and dreams.

## ARK Winter Series

The Arkansas Running Klub (ARK) will sponsor its annual Winter Series during the month of January. There are four aided runs of 5K, 10K, or Half Marathon distances. They arenø official races with awards but a clock and refreshments will be available at the finish.

The entry fee is \$15 for all four runs, or \$10 for ARK members. Everyone will receive a special gift for registration.

All runs start at 8 a.m. at the following locations:

January 4 ø River Market Pavilion

January 11 ø Little Rock Murray Park Pavilion 7

January 18 ø Maumelle Lake Willastein

January 25 ø Burns Park Trail Run, parking area on Arlene Laman Drive near 1-40 overpass

If you have questions or wish to volunteer, contact Rosemary Rogers at 517-3909, Kirk Riley at 519-0185, Bob Taylor at 551-0979, or Patti Hammerstein at 209-483-9559.

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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)

# Girls On The Run Will Expand In 2014

By Jenny Paul, Executive Director  
Girls on the Run

While many have only recently begun planning their resolutions for the New Year, we have been working out details for Girls on the Run 2014 operations for several weeks already. With a successful fall season as a base, we are planning to offer more sites during the spring.

After such a positive experience at Pulaski Heights Elementary last fall, we will continue with another team at PHE this spring. Also, because we cannot be in every school immediately, we will offer at least one non-school based team this upcoming season. Any girl in the area, aged 8-11, will be eligible.

With the spring season kicking off during the last week of February, registration for the spring season is planned to open in late January, so if you know any 8-11 year old girls that might be interested contact me or check our website/Facebook/Twitter regularly for details and updates. Most teams will be limited to 15 girls and are limited to the first girls that register.

As we grow, there will be a larger need for volunteers. There are many ways for you to be involved, but at this time, our most pressing need is coaches for the spring season. While being a runner is not a requirement for being a coach, it is certainly an asset that all of you possess. We need coaches of all ages with a variety of life experiences. Anyone who is passionate about our mission of inspiring girls to be joyful, healthy and confident is qualified. There are full time (twice weekly) and part time (once weekly) coaching opportunities. Also, for those that cannot make those time commitments but may have more flexible schedules, there is a constant need for substitute coaches.

## Better Year (Continued from Page 1)

The [2014 Grand Prix](#) season kicks off this month with the One Hour Track Run on January 26 in Danville. If you haven't signed up for the Series, you can do so [online](#) or by mailing in the [form](#). In order to be eligible for the Grand Prix Series, remember you have to be a dues paying member of an Arkansas RRCA club.

If you need to join or renew your LRRC membership, click [here](#). If you need any help or have any issues, please do not hesitate to let me know. I'll have a computer handy at the Hilly Chili and our meeting in case you want to join or renew then.

I thought 2013 was a great year for the Club, but I have big plans to make 2014 the best one yet.

Also, the Girls on the Run spring 5K will be May 17. This run is different than the fall 5K because it is open to community runners as well as GOTR participants. LRRC's own Steve Hollowell is serving as race director, and the event will be unlike any other 5K you've ever run. Mark it on your calendars NOW!

Finally, I would like to thank the LRRC board and members for the continued support of the Central Arkansas Council of Girls on the Run. When renewing your LRRC membership, you may notice the option to make a donation to GOTR. Every donation has a direct impact on the youth in the community. The Roadrunners have already made an incredible impact on our young council, and I look forward to the continuation of a close relationship in the future. As always, you can contact me anytime at [jenny.paul@girlsontherun.org](mailto:jenny.paul@girlsontherun.org) or through our Facebook page: Girls on the Run of Central Arkansas. You can also follow us on twitter @gotrcentralark.

## Calendar (Continued from Page 5)

- 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: Every Child Every Chance Everyday 5K at Alma. Call 479-221-1908.
- 15: Longview Half Marathon/5K at Longview, TX. Call 903-241-8077.
- 15: Faith a Long, Long Way to Run 5K at Hot Springs. Call 501-909-5909.
- 15: Downtown Day 10K/5K at Little Rock. Call 501-375-5557.
- 15: Talimena Half Marathon/Relay at Mena. Call 479-234-3253.
- 22: Spring Fling 5K at Cabot. (GPS)
- 22: Red, White and Blue Color Run 5K at Fort Smith. Call 479-883-3207.
- 22: Centurion Mud Challenge at Springfield, MO.
- 29: Fight for Air Climb at Little Rock. Call 501-975-0758.
- 29: Omega Prostate Cancer Awareness 5K at Little Rock. Call 501-240-9138.
- 29: Color Me Rad 5K at North Little Rock. Call 501-444-9669.
- 29: Vike Hike Half Marathon 5K at Poteau, OK. Call 918-721-3922.
- 29-30: Hogeys Marathon/Half/Relays/5K at Fayetteville. Call 479-445-9251.

# Race Results From December, Including 3B26

By John Russell  
LRRC Racing News Editor

I have a follow-up report from last month's race results. David Samuels ran two races: 1:12 at the Spa 10K and the River Valley 10K in 1:09.

## Casa Half Maraton

Leah Thorvilson blistered the course in 1:15 (first female and her second fastest half marathon). Mark Ferguson was first overall male in 1:16. Other female finishers were Nicole Hobbs in 1:38; Alison Acott in 1:54; Cymber Geiringer in 1:58; Christine Meroney in 2:18, and Brenda Stallings in 2:36.

Other male finishers were Joey Geiringer in 1:26; Jacob Wells in 1:37; Bill Rahn in 1:37; David Meroney in 1:48; Chris Hall in 1:52; and Skip Smith in 2:26.

## Honolulu Marathon

Paula Cigainero braved the heat of the day and finished her race in 7:31.

## Baton Rouge Beach Marathon

Chris Hall finished in 4:08.

## Light Up the Night 5K

Leah Thorvilson finished in 19:39. Other females were Nicole Hobbs in 21:49; Lindsey Petruck in 22:22; Karen Halbert in 27:57, and mother and daughter Ginea and Savannah Qualls in 45:54.

Male runners were David Conrad in 27:55 and Dan Belanger in 30:33.

## Great Duck Race 5K

Ginea Qualls ran a blistering 23:26.

## Great Duck Race 10K

Leah Thorvilson led the pack with a tidy 36:12.

Alison Acott came in with a 50:21.

Dan Belanger led the Little Rock men with a 1:01.

## Sunset Challenge 24 Hour Run

Cymber Geiringer put in 65 miles.

## Sunset Challenge 12 Hour Run

David Meroney logged 47 miles.

## Sunset Challenge 6 Hour Run

Jenny Wilkes led the women with 38 miles. She was followed by Jen Freilino with 35 miles; Christine Merony ran 37 miles and Anna Gonzales ran 25 miles.

For the men Chris Hall came in with 28 miles; Steven Preston was close behind with 27; Bill Dobbins came in with 22 miles; and Jacob Wells and Joey Geiringer crossed the line with 18 miles.

## Three Bridges Marathon (3B26)

Leah was the first overall female in 2:58. Other female finishers were: Sunni Butcher-Keller in 3:31; Jenny Wilkes in 3:46; Jen Freilino I 3:52; Jenny Paul in 3:56; Lisa Luyet in 4:01; Cymber Geiringer in 4:05; Alison Acott in 4:20; Kristin Sterba in 4:44; Susan Russell in 6:09; Heidi Strock in 7:13 and Helen Jones in 8:20.

The first male LRRC member to cross the finish line was Carl Carter in 3:45. Others were Nick Rule in 3:57; Chris Hall in 4:23; Steven Preston in 4:42; David Meroney in 4:54; Scott Wall in 4:57; Ricky Martinez in 5:10; Anton Janik in 5:11; Bill Dobbins in 5:21; Skip Smith in 5:31; Dan Belanger in 5:58; Zachary Wilson in 6:02; Bob Marston in 6:31 and Michael Harmon in 6:39.

# 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)

## January 2014

- 1: Mac & Michelleø Prediction Run 3.8M at Batesville. Call 870-793-2464.
- 1: Fleet Feet New Yearø Day 10K/4K at Fayetteville. Call 479-571-8786.
- 1: Commitment Day 5K at Bentonville. Call 479-426-7607.
- 4: ARK Winter Series.
- 4: Mount Nebo Bench Trail 4M at Dardanelle. Call 479-477-0909.
- 11: MLK 5K at North Little Rock. Call 501-231-3730.
- 11: Fit 4 Life 10K/25K at Wynne. Call 870-238-4610.
- 11: ARK Winter Series.
- 11: Special Olympics Benefit Polar 5K at Greenwood. Call 479-996-4119.
- 12: First Light Marathon/Half/Relays at Mobile, AL Call 251-438-2094.
- 18: No Name 5K at Danville. Call 479-622-3207.
- 18: ARK Winter Series.
- 18: Chilly Cheeks 10K at Camden. Call 870-836-6462.
- 18: NWA Mercy Family YMCA Tux on the Run 5K at Rogers. Call 479-273-9622.
- 25: ARK Winter Series.
- 25: Chillinøfor Childrenø Family 5K at Magnolia. Call 870-949-0793.
- 25: Polar Bear 5K at Pine Bluff. Call 870-550-1520.
- 26: One Hour Track Run at Danville. (GPS SC)

## February 2014

- 1: River Trail 15K at North Little Rock. (GPS SC)
- 1: Freezinøfor a Reason 10K/5K/2K at Conway. Call 501-472-7804.
- 1: Running for Heroes 5K at Magnolia. Call 903-559-4688.
- 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, AR. 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.
- 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: Bowen 5K at Little Rock.
- 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.

## March 2014

- 1: Florida Keys Sombrero Beach Run at Marathon, FL. Call 305-289-9868.
- 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.
- 14: Cow Paddy Run 5K/1K at Fayetteville. Call 509-670-7188.

# Birthdays

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

- 1 - Sunnie Butcher-Keller
- 2 - Fletcher Smith
- 5 - Bradley Kremers
- 7 - Bill Diamond
- 9 - Leah Thorvilson
- 16 - Caleb Ault
- 18 - Martha Ray Sartor
- 18 - Jeffrey Zern
- 20 - Marcus Pierce
- 21 - Richard Johnson
- 21 - Bill Rahn
- 22 - Jean Block
- 23 - Ellen Kreth
- 25 - Timothy Richard
- 25 - Ann Scroggins
- 26 - Brad Baltz
- 26 - Dan Hendricks

## Retreads

First Wednesday of the month  
11:30 a.m.  
Franke's Cafeteria  
11121 N. Rodney Parham Road  
(Market Place Shopping Center)  
Dutch Treat

**Cancelled for January 1, 2014**  
**Next meeting will be**  
**February 5, 2014**

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)