

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2014

## 'Twas The Night For Running

By Nicholas L. Norfolk  
LRRRC President

Having a holiday at the beginning of the month doesn't leave much to look forward to as the month creeps along. People are thrilled about the commencing of a new month, but with less than a week into it, excitement falters. In the running community, we have a few events that help push us along.

We all look forward to the Firecracker Fast 5K whether it's to run in it, cheer others on, or to enjoy the festivities after the race. With the temperature being cooler, times were faster this year. I wish I could promise the temperature would remain cool, but I'd be lying if I did.

In an effort to make conditions more favorable, races in July are later in the day. This year a new race, [Nike 5K Fun Run](#), takes place at the Promenade on Friday, July 11. The race benefits the [Boys and Girls Club of Central Arkansas](#). It will start at 7 p.m. and a post-race party at The Tavern Sports Bar and Grill will follow. Little Rock Marathon Training Group runners are familiar with that part of Little Rock as one of the dreaded runs at Rahling Road is not far away.

The only other race I can remember being in the area was the RunWILD 5K. It was organized by Wildwood for the Arts. If you're not aware, it was a point-to-point course that started at the Promenade and finished at Wildwood Park for the Arts.

I'm sure there will be a few Birds in attendance and more the following day at the [Full Moon 50K/25K](#). This race is the official kickoff for the [Arkansas Ultra Running Association](#) (AURA) [Ultra Trail Series](#). It was a race that began as a fun

run and although it remains to be fun to run, it has grown to the point where race director Susy Sturgeon has had to make it an official race. That didn't deter anyone from signing up. I think it may have encouraged more to run it. Close to 325 people finished either the 25K or 50K last year. If everyone who signed up finishes this year, then there will be 400 total runners. Let the party begin!

Full Moon has the distinction of being the race where many road runners have decided to test the trail for the first time. Others add the title of ultramarathoner to their running resume. It's a good thing the woods can't talk.

Susy has added cool swag (shirts and finisher's awards) for race participants. Since the party goes into the early morning hours, breakfast will be brought back to the mix. However, the big news is chip timing. I can only imagine how many volunteers were stoked about having that luxury.

It's too late to register, but feel free to come out and volunteer or party. The 50K starts at 7 p.m. and the 25K at 8 p.m. Proceeds from the race benefit [World Services for the Blind](#).

The following Saturday (July 19) is the [Twilight 5K](#) held at Murray Park. Last year the race was cancelled, but leave it to Bill Torrey to find a way to make it happen this year. It starts at 7 p.m. and the tagline is "Run from the Sun." I wouldn't be worried about the sun; it's surviving the humidity that's a real challenge.

In previous years the Club has used the race as an opportunity to hangout and a membership drive. I look forward to seeing many Birds out there. If I can find my Frisbee that glows in the dark, then I'll bring it. It'll be fun.

Although [That Dam Night Run 5K](#) is no longer a Grand Prix race, it wouldn't be July without running it for some. Head on down to Clark County to Arkadelphia on Saturday, July 26.

Running across the dam is cool, but it's getting hit with the water from the water canon or the endless amount of watermelon that I particularly enjoy. The race starts at 8 p.m., but humidity doesn't care what time it is. You'll enjoy the refreshing water amenities, too!

Have a great month! I'll see many of you at races and others at the next meeting. It's Monday, July 21. Same place (U.S. Pizza @ Hillcrest) and same time (6:30 p.m.). Our very own Jenny Paul will be speaking about Girls on the Run of Central Arkansas.

### July Meeting

Monday, July 21, 2014

U. S. Pizza - Hillcrest  
2710 Kavanaugh

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

Jenny Paul  
Executive Director  
Girls On The Run

# Girls On The Run Council Continues To Grow

By Jenny Paul, Executive Director  
Girls on the Run

With a little over a year since our establishment, it's important to celebrate and recognize how far this Girls on the Run council has come in such a short period of time.

This time last year, we had just introduced this program to you all and to the community. We were gearing up for our first season and couldn't be certain how things would unfold. We believed in a curriculum we had not yet seen in practice and trusted that this organization would be well received.

Today, I can honestly say that I could not be more thrilled with how well our first two seasons went. We began our program at one school, Pulaski Heights Elementary, during our fall 2013 season. As a large team of 19 girls, this first GOTR team taught the other coaches and me so much. They were a beautiful blend of personalities, and each girl brought a unique perspective to our discussions. We, as leaders, welcomed new opportunities and challenges and were convinced, by the end of the season, that our hard work was worthwhile.

Positive feedback trickled in from parents. Spontaneous post-season encounters of the coaches and participants led to shared smiles and hugs. We were beginning to see the impact of our work and to catch a glimpse of the potential we have in this community.

We expanded during our spring 2014 season by adding teams at Jefferson Elementary and the Little Rock Racquet Club to the established team at PHE. New coaches joined the effort and brought a fresh energy and new ideas to program delivery. During this more recent season, the teams were intentionally kept smaller to facilitate more intimate discussions. Each team faced unique challenges and enjoyed special victories. For the first time, we had a team comprised of girls from various schools, and we hosted our inaugural community run and Mallory's Mile at our end of the season 5K celebration.

These first two seasons were filled with incredible "firsts," but even more exciting than novelty is the anticipation of what can happen through our council in the coming years. Families have shared moving and emotional stories about what their girls gained from Girls on the Run. Some describe a new courage to try new things or stand up for themselves, and others tell about their girl seeing herself as an athlete for the first time. We have been encouraged by their feedback and are more convinced than ever of the good things that come from Girls on the Run.

We have received unimaginable interest from people hoping to coach and, as a result, are making plans to expand to at least five teams this fall. If you or anyone you know is interested in getting involved with Girls on the Run as a volunteer, participant, or supporter please contact me at [jenny.paul@girlsontherun.org](mailto:jenny.paul@girlsontherun.org).

## Jenny Paul Will Speak At July Club Meeting

Jenny Paul, Executive Director of Girls on the Run of Central Arkansas, will be the speaker at the July 21 meeting of the Little Rock Roadrunners Club.

As a pediatrician, Jenny recognizes that girls often look to others for validation; a situation which frequently leads to unhealthy behaviors. Now, her passion for helping girls develop magnanimity and a strong sense of self respect as they transition into adolescence has become her purpose.

As a mother to three young daughters Jenny is personally motivated to ensure success, growth, and sustainability of the central Arkansas council. A runner for over 20 years, she has experienced the confidence and empowerment that running can release.

She believes that these three roles of pediatrician, mother, and runner have both inspired and prepared her for leadership in Girls on the Run. Jenny welcomes the responsibility, and she could not be more thrilled with this opportunity for her community.

Little Rock Roadrunners Club meetings are held on the third Monday of each month at U.S. Pizza in Hillcrest, 2710 Kavanaugh Blvd. The meeting starts at 6:30 p.m. in the upstairs party room but come at 6 p.m. to order food and beverages.

Members and prospective members are encouraged to attend to learn about the latest in the local running community and to be updated on Club events and plans.

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### Board Members

Nicholas L. Norfolk	President	517-7345
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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)

# The Motivation To Run

By Tara Caudle

With all of the social media outlets that are available, I am constantly inundated with well-intentioned quotes regarding one's motivation for running, fitness, a healthy lifestyle, you name it; nothing is sacred. Yesterday I saw a post on Instagram by a nationally-recognized fitness author, speaker, and DVD-creator that included a fancy graphic stating, "You are off to great places! Today is your day! Your mountain is waiting, so get on your way!" This quote is attributed to "can you guess? Dr. Seuss.

I really wish that I could tell you that I jump out of bed every morning, skip into my bathroom, turn the light on, look into my mirror and quote something fabulous to get excited about walking out the door for a run at 4:30 a.m.; unfortunately, I cannot. My motivation to run has always originated from some other, much less noble, place within.

As a child, I do not think I ran anywhere; I was extremely overweight, and I rode my bicycle to visit with friends in the neighborhood. By the time I reached high school, thanks to mandatory weigh-ins that my mother dragged me to each week, I'd lost some weight; running *still* didn't seem very appealing but boys did, and the boys' baseball team practiced at the same time the girls' track team practiced. My friend Lynde, tall, lean, and really fast, invited me to "try out" for the girls' track team during my sophomore year because they needed someone to run the mile; apparently all of the fast girls

wanted to run shorter distances, so I was a shoo-in.

There was a dashing young man, a senior pitcher (I was a mere sophomore), who lived in my neighborhood; I estimated that if I played my cards right, I might be able to finagle a ride home with him every now and then and garner some attention. As I'm sure you can imagine, a glorious, albeit short, romance ensued and then he went off to some Texas junior college to play baseball and try to become famous; in exchange, I ran in circles around a track, got sunburned and hung out at district track meets on Saturdays.

During those grueling, hot, late afternoon track practices, there was a lot more than running going on. Two of our team members were sisters, only one year apart in age, named Katy and Mary; their father would later coach our girls' soccer team using a book someone passed to him. Mary would sneak off into the woods during workouts to make out with her boyfriend and then hop back in as if she'd not missed a single lap; Katy would talk about her latest adventures in self-tanning (there were not good results back then, I can promise you); Lynde would share details of her brother's letters from boot camp training at Fort Hood; and poor Coach Albers tried to teach us whatever she could.

My inevitable track stardom was cut short by injury and I would not again pick up running until I was in college while, once again, watching the boys; I wouldn't run another race until the fall of 2003. But when I reflect on my

experiences in high school track, I now know that I enjoyed the running because I enjoyed the community it provided. I enjoyed listening to those crazy girls, and riding on that hot bus with them to track meets, and later being rewarded with them at a Whataburger in some small Texas town.

In 2005 I met Tom and Hobbit Singleton, through the Little Rock Marathon Training group; Tom introduced me to Mary Wells at a marathon training meeting; Mary invited me to Karen Call's Full Moon group run where I met several other lovely ladies that I could barely keep up with, including Sarah Olney; Mary and Sarah encouraged me to participate in my first Grand Prix Series and introduced me to the Little Rock Roadrunners Club, and the rest is history.

My motivation to run doesn't come from the prophetic words of Ralph Waldo Emerson, John Bingham or even Dr. Seuss; my motivation is born from a desire to be in community with those who accept me as a person who runs, not only as a runner. I am motivated by my fear of Rock City Running's Bill Torrey on Tuesday nights at the LRRC Track Workout; I am motivated by the treats after the Thursday Night Meet-Up at Go! Running; I am motivated by all of the friendly faces I see on Saturday mornings with the Little Rock Marathon Training Group, and countless race experiences throughout the year. I am motivated to be me, running with you.

(Find me at <http://www.runningnreading.com>)

## Team RWB: Veterans Outreach to Physical Fitness

By Lisa Gunnoe

Team Red, White & Blue is rooted in the belief that the best way to support veterans is by spending time with them, listening to them, and supporting them in personal and meaningful ways.

Ultimately, the aim of Team RWB's community-building program is to bring veterans together with civilian

citizens in a way that enables them to establish authentic friendships.

In Arkansas Team RWB has a program; Fit Guard. Our Guardsmen need to get fit, keep fit and pass fitness exams. Sometimes all a guardsman needs is a workout buddy, so we are trying to team up a guardsman with a Team RWB member to provide that workout buddy for

running, cross-fit, other physical fitness activities to help keep the guardsmen in shape.

All are welcome to join us and there is no cost. The more who are involved the more we can reach out to our veterans. Contact [www.teamrwb.org](http://www.teamrwb.org) or get more information at <http://www.teamrwb.org/our-impact/real-stories>

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

## July 2014

- 12: Full mOOn 50K/25K at Perryville. Call 501-837-3104.
- 12: Peachfest 5K at Guy. Call 501-472-0943.
- 12: Heat in the Street 2M at Arkadelphia. Call 870-464-7415.
- 12: Walker Family 5K at Paragould. Call 870-243-3829.
- 19: Davis 5K at Mena. Call 479-394-5770.
- 19: Hillbilly 5K at Ozark. Call 479-209-4043.
- 19: Twilight 5K at Little Rock. Call 501-231-3730.
- 19: Running for the Kids 5K at Searcy. Call 501-230-3697.
- 19: Autism Involves Me 5K at Bentonville. Call 501-960-7784.
- 26: That Dam Night Run 5K at Arkadelphia. Call 870-464-7415.
- 26: Racing for Pitches 5K at Bryant. Call 501-251-5353.
- 26: Texarkana Officers Down 5K at Texarkana, TX. Call 903-293-5841.
- 26: Peach Festival 4M at Clarksville. Call 479-754-9152.

## August 2014

- 2: White River 4 Mile Classic at Batesville. (GPS SC). Call 870-307-7663.
- 2: Equestrian Zone Trot 5K/1K at Russellville. Call 479-970-8351.
- 2: Firefly 5K at Mountain Home. Call 870-404-6804.
- 6: Cyclone Glo Run 5K at Russellville. Call 479-857-6388.
- 9: Watermelon 5K at Hope. (GPS). Call 870-777-1917.
- 9: Fight Back 5K at Bentonville. Call 479-461-3403.
- 9: Run for the Grapes at Tontitown. Call 479-544-2100.
- 10: Eureka 10K/5K at Eureka Springs. Call 479-521-7766.
- 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: RollinøOn the River 5K at Little Rock. Call 501-227-3700.
- 30: ARK 5K at North Little Rock. (GPS SC) Call 501-519-0185.

## September 2014

- 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: Building Leader Boys & Girls Club Color Run 5K/10K at Alma. Call 479-632-2070.
- 11: Four States Flattest 5K at Neosho, MO. Call 417-455-9999.

# Birthdays

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

- 5 - Xavier Rutledge
- 7 - Alexa Coughlan
- 7 - Ricky Martinez
- 8 - Sarena Crowe
- 9 - Tara Caudle
- 11 - Bill Harrell
- 12 - Steven Preston
- 14 - Mike Maulden
- 16 - Letty Hardee
- 17 - Kristen Sterba
- 21 - Leah Pearce
- 22 - Brent Corbitt
- 22 - Jason Tipton
- 25 - April Wurtz
- 26 - Jennifer Hill

# New Member

Homer Mason runs an average of 35 miles during the week at a 7:30 pace. He enjoys racing all distances with PRs of 18:18 for the 5K and 36:44 for the 10K. The Rutledge family joined the Roadrunners this month with Estelle, Jessica, Xavier, and Rodney all beginning to run over the last two years.

## 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)