

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2014

Elections, RRCA Convention And You!

By Nicholas L. Norfolk
LRRC President

I'd like to thank everyone for bearing with me for what I have regarded as my trial year as president. My first term is ending this month, and I am pleased with the progress.

The board has provided the support needed to make a number of my goals and aspirations attainable. Since elections are this month, it's possible that I may have new members on the board. Regardless, I'm confident in our ability to push the LRRC to the next level.

Being a new president, one of my goals was to learn more about the Road Runners Club of America (RRCA). Reading information on a website was not sufficient. The RRCA has hosted an Annual Convention since 1958. This year I attended the 56th Annual RRCA Convention held in Spokane, WA, on May 1-4.

It was the second time I've attended an Annual RRCA Convention. I had the pleasure of going last year when the convention was in Albuquerque, NM. I personally think each club should send, at the minimum, one delegate. The information learned is invaluable.

As the RRCA website states, "The RRCA Convention is a great opportunity for running club leaders, race directors, running industry professionals, RRCA Certified Coaches, sponsors, runners, and more to come together to share information, best practices, and contribute to the national mission of the RRCA to promote running locally as a sport and healthy lifestyle choice."

I went last year because I had hoped it would prepare me to be a good president. I was not disappointed. Club

leaders from across the country shared information about how they managed their clubs, directed races, and developed programs to uphold their missions as running clubs.

I had ideas before attending. The convention enabled me to bounce my ideas off others and learn from their experiences. Both years I've returned revitalized and refreshed.

I think I recall them saying the attendance was the largest ever at a convention. With over 300 attendees spanning from all corners of the country, we embarked on a weekend of learning and fun.

The welcome reception on Thursday was relaxing and inviting. I hadn't seen many of the people since last year. I communicated with many of them via email and social media. I look forward to making a better effort to visit them before the next convention.

The first session on Friday commenced with everyone's favorite topic, insurance. Though not willing to admit it, several clubs, officers, and members may think insurance is the sole purpose and duty of the RRCA.

Ask around and it wouldn't surprise me if someone said, "Oh, the RRCA is where we get our insurance from." And? "That's it, isn't it?" If that were true, they'd be an insurance company.

The insurance session was meant to inform and educate the clubs on the details of our insurance. Our insurance provider, Star Insurance, led the session. What I took away from it was not all insurance is equal. There is a reason other insurance is cheaper.

Don't assume anything. Check and confirm that you're covered. If you're

unclear, then ask. Just because your club or race is covered it doesn't necessarily mean the runners or volunteers are covered. What may be preconceived as coverage could be nothing more than a false sense of security. The RRCA does a good job of being our advocate and making sure we are protected.

The breakout sessions included topics such as: Keeping Events Safe, Coaching for Ultrarunners, Complying with the ADA, Club Governance, and a host of others.

Each presenter was well versed in their topic and they created a dialogue that sparked questions. I enjoyed the session about social media because it provided me with the opportunity to share what I know to others eager to use it in their clubs and events.

All three speakers had something in common. They were all Olympians. That's not the only thing they had in common, all three were connected to

(See **You** on Page 4)

June Meeting

Monday, June 16, 2014

U. S. Pizza - Hillcrest
2710 Kavanugh

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

Drew Pickens
Massage Therapist

GOTR Finishes Season With 5K , Mallory's Mile

By Jenny Paul, Executive Director
Girls on the Run of Central Arkansas

Wow. Another Girls on the Run season has come to a close. The GOTR 5K and Mallory's Mile on May 17 were more

National Running Day

The Little Rock Marathon, along with Go! Running and Rock City Running, will host National Running Day on June 4 at 6 a.m. in Murray Park at the pavilion entrance.

Held annually on the first Wednesday in June, National Running Day is a grassroots, collaborative effort of leaders in the running industry to promote running/walking as a healthy, easy and accessible form of exercise.

The run/walk will not be timed and any distance is acceptable. The event is free, but registration is required. Commemorative National Running Day stickers will be given out that morning. Online registration is available at:

<https://runsignup.com/Race/AR/LittleRock/NationalRunningDay>

For more information visit www.littlerockmarathon.com or contact Erin Taylor at erin@gorunning.com.

Go! Mile

The Go! Mile is Arkansas' only competitive and truly all family-friendly mile race series. Runners and spectators can enjoy a series of seven exciting heats of the First Mile (novice runners), Men's and Women's Races (four heats), the Elite Mile (competitive), and the Mini Mile for kids nine and under.

The Go! Mile is the only mile race in central Arkansas and is a flat, PR fast course. It is the 2014 RRCA National One Mile Championship.

The First Mile is the first heat of the day and is just for new and novice runners! It is sponsored by the Governor's Council on Fitness, and will give newbie runners the chance to truly experience a short, manageable race experience developed just for them. There will be lots of encouragement all the way, and a finisher's towel awarded at the end to remember the first mile for the rest of their life.

The Mini-Mile is a fun half mile run for kids nine and under. Special toys serve as their award.

High-energy atmosphere races go off every 15 minutes. The course is spectator friendly with clear views of the whole mile race. The start and finish are right next to each other so you can move from the starter's gun to the finish line in minutes.

Excitement and speed build, as we end the heats with the fast race of the day of the Elite Race. Prize money is awarded to the top three male and female finishers so the race is indeed competitive.

fun than we had ever imagined. Then our final meetings of the season offered one last opportunity for the teams and coaches to share their thoughts about the season and enjoy each other's company.

By all measures this season was overwhelmingly successful. We expanded to serve girls on three different teams and were especially proud to offer a team to girls from all over the city. The team hosted at the Little Rock Racquet Club included girls from five different schools in the area. Jefferson Elementary and Pulaski Heights Elementary both hosted teams as well. Advantages of school-based teams are that the girls can come immediately from school and they get to complete the program with others that they will see regularly. All the participants were delightful and seemed to have enjoyed their experiences.

We have gotten great feedback from Girls on the Run participants and their families. It is thrilling to hear stories of such young girls recognizing their limitless potential through running. As you all are aware, setting and achieving your running goals translates to all other areas of life.

We are in the final stages of planning for the fall 2014 season of Girls on the Run. Our intentions are to expand to hosting at least five different teams. If you are interested in coaching or volunteering in any other capacity, please contact me by phone (501-615-5733) or email (jenny.paul@girlsontherun.org).

Also, if you know of any rising third, fourth or fifth grade girls that might be interested in participating in Girls on the Run, please direct them to our website (www.gotrcentralark.org), social media (Facebook or Twitter @gotrcentralark) or to the personal contact methods listed above. We will host an informational meeting in early July for anyone who would like to learn more and will share registration details in next month's update.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month's issue. Send articles to Linda House, Editor, at lhouse48@gmail.com.

Board Members

Nicholas L. Norfolk	President	517-7345
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Jeff Maher	Treasurer	680-6710
Brian Sieczkowski	Past President	766-3004
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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)

Race Results From East To West And In Between

Boston (4/20)

Alison Acott	4:17:49
Tina Coutu	4:25:38

Nike Half Marathon (4/27)

Alison Acott	1:57:30
Jenn Hill	2:14:13

Toad Suck 10K (5/3)

Sarah Olney	42:27
Andrea Sieczkowski	43:40
Tammy Helmick	44:22
Jenny Wilkes	44:54
Nicole Hobbs	47:39
Mary Wells	48:54
Theresa Crowson	53:10
Melissa Henricks	53:11
Carol Torrey	58:07
Ginea Qualls	58:38
Marliese Kerr	1:11:59
Letty Hardee	1:13:20
Katie McManners	1:24:06
Mark Ferguson	33:38
Bryan Sieczkowski	35:50
Ron Mitchell	37:14
Erik Heller	38:14
Caleb Ault	38:18
Jeffery Zern	38:56
Joey Gieringer	39:14
Justin Vanlandingham	41:58
Colin Hall	42:02
Mark Lacy	42:13
Nick Rule	43:08
Greg Dee	43:33
Greg Helmbeck	45:08
Jacob Wells	45:15
Mike Maulden	46:46
Bill Torrey	48:31
James Tuite	49:56
Joe Milligan	54:59
Ron Sanders	1:03:04

Peace Love 5K (5/3)

Brenda Stallings	35:19
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MacArthur Park 5K (5/9)

Kristen Sterba	28:26
Mark Ferguson	16:40
Gary Taylor	19:07
Colin Hall	21:00
Rodney Payne	21:56
E.F. Jennings	23:01

PATH Run to Stop Traffick 5K (5/10)

Jacob Wells	23:18
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Girls on the Run 5K (5/17)

Jacob Wells	21:27
David Meroney	22:51

Bay To Breakers 12K (5/18)

John Russell	2:31:0
Polly Russell	2:31:0

Rock-N-Stroll 5K (5/24)

Amy Pritchard	28:05
Jerrell Luyet	34:40

Easter Seals Rock Run 8K (5/24)

Mark Ferguson	27:13
Ron Mitchell	29:31
Caleb Ault	30:17
Gary Taylor	30:21
Jeffery Zern	30:23
Joey Gieringer	30:41
Leah Thorvilson	31:03
Collin Hall	33:35
Jenny Paul	34:38
Rodney Payne	34:43
Justin Vanlandingham	35:25
Jon Honeywell	35:27
Nick Rule	35:41
Jenny Wilkes	35:58
Greg Sorenson	36:24
Mike Maulden	26:29
Nicole Hobbs	26:39
Joe Cordi	26:50
Mark Lacey	37:22
Greg Helmbeck	37:33
Cortney Allison	37:37
E.F. Jennings	37:44
Scott Wall	37:54
Jim Barton	37:39
Tina Coutu	39:02
Bill Torrey	39:15
Skip Fletcher	39:59
Mary Wells	40:01
Ginea Qualls	41:46
Melissa Hendricks	44:08
Joe Milligan	44:26
Carol Torrey	47:42
Patti Hammerstein	51:53
Theresa Crowson	53:46
Jayne Butts-Hall	1:02:08

New Members

By Sarah Olney
LRRC Membership Chairman

Jacque Winters joined the Roadrunners this month after moving back to Little Rock from Tennessee. She runs 30 miles during the week and has run an impressive 3:05 for a marathon. She prefers the 10K and marathon distance and is interested in meeting other Club members during the week.

Jason Tipton and **Lea Nondorf** both started running five years ago and recently joined the Birds to meet new running buddies during the week. **Jason**, a GIS analyst, runs a nine-minute mile on training runs and also enjoys backpacking, biking, and swimming. **Lea**, a geologist, prefers to race the 5K, 8K, 10K, and 15K and her other hobbies are hiking and swimming.

Grand Prix Series

June is the month for the two shortest Grand Prix Series races. Besides the Go! Mile that is described on page two, the ArkansasRunner Two-mile race will be held at 7:30 a.m. in downtown Benton on June 21.

Feeling Fit: A Great State Of Mind!

"The Little Rock Roadrunners Club has been quietly distributing gently used running shoes to a growing number of our clients here at ASH. Pairing up the running community with our clientele, many of whom come to us with very little in the way of clothing, is a win and win and the program continues to be a great success. The dreamers among us have wondered if an exercise and wellness program might develop out this shoe donation program - with so many of our clients sporting like-new athletic footwear, who knows what we might be able to accomplish!"

**By Rebecca Spohn, Ph.D.
Clinical Program Director
Forensic Services
Arkansas State Hospital**

The paragraph quoted above came from our fall 2013 Arkansas State

Hospital newsletter. At the time that this article was written, none of us knew how close we might be to realizing our dream of better physical health for our clients on the Forensic Units! Next month we will be kicking off our first official exercise program with our Forensic clients.

This initial program will run eight weeks, and will promote physical fitness through structured Recreation Staff-led exercises and nutrition education. Clients participating will be tracking their progress in various areas, and will be rewarded for their efforts -- not to mention receiving the internal rewards of stress reduction and self-esteem enhancement that can come from taking on this fitness challenge and adopting positive lifestyle changes.

As an indigent care facility, the clients we serve typically do not have adequate clothing at all, much less the athletic footwear necessary for vigorous

exercise. We are in need of gently used running, walking or cross-training shoes for donation to our program participants. Both men's and women's shoes would be appreciated.

It is our hope that this eight-week program will be merely a beginning -- both a beginning to a new way of living for our clients, and a beginning for the Forensic Units in our efforts to institute physical fitness as an integral part of our recovery program. If our progress thus far is any indication, we should continue to dream big!

Please drop off shoes at Murray Park for National Running Day!! NRD 2014 is on June 4th, starts at 6 a.m., and is FREE!!

Donate your old shoes and then sign up to run and a chance to win free shoes from Rock City Running and Go! Running!!

You (Continued from Page 1)

Arkansas in some way. Bernard Lagat set the current American Record for the indoor mile (3:49.89) in Fayetteville on February 11, 2005.

[Bloomsday](#) founder Don Kardong has a unique connection. Back when the Arkansas Pikes Peak Marathon Society was sending out busloads of participants, he tagged along and wrote about his experience in *Hills, Haws & Ho Chi Minh*.

Deena Kastor's connection is the easiest. Had I given all three names initially, she would have been the one most known. If you saw *Spirit of the Marathon*, you saw her win the 2005 Chicago Marathon. That was less than a year after she won the bronze medal in the 2004 Athens Olympics in the marathon distance.

Before either of those great achievements, she was a 10-time All-American and a seven-time SEC title winner at the University of Arkansas. If no one in the audience was aware of this

information, David and Christine made sure they knew by yelling "Woo Pig Sookie!" when she was introduced as the speaker for the National Running Awards Banquet.

Speaking of the banquet, our very own Jeff Glasbrenner was awarded the RRCA Runner of the Year - Challenged Athlete. This is the second consecutive year a Bird has won. Ross Bolding was the RRCA Runner of the Year ó Masters Male.

Other presentations were made such as Chattanooga being selected as the Outstanding Runner Friendly Community. I hope Little Rock will be in

the running for this honor next year, but we first have to submit paperwork to be designated as a Runner Friendly Community.

Fun could be had from the planned social events, participating in the morning group runs, making new friends, exploring the city, or running in the famous Bloomsday Run on Sunday. I wonder how many of you have run a 12K, and of that number, I wonder how many have run one with 50,000 other people.

Next year the convention will be in Des Moines, IA, on April 22-26. It will coincide with the [Drake Relays](#) and the [Hy-Vee Road Races](#).

Calendar (Continued from Page 5)

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
- 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.
- 10: Eureka 10K/5K at Eureka Springs. Call 479-521-7766.

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

June 2014

- 7: Circle of Friends Glow 5K at El Dorado. Call 870-918-3382.
- 7: Chaffee Crossing Historic District 5K at Fort Smith. Call 479-434-6774.
- 7: Relay for Life 5K at Sheridan. Call 870-484-2351.
- 7: Hallelujah 5K at Greers Ferry. Call 501-206-7209.
- 7: Circle of Friends Glow 5K at El Dorado. Call 870-918-3382.
- 7: Cheetah Chase 5K at Little Rock. Call 501-661-7208.
- 7: Tread Lightly 5K at Fayetteville. Call 479-713-0930.
- 7: Van Buren County Library 2M at Clinton. Call 501-745-2100.
- 7: Briley Faithø 3K at Bryant. Call 501-722-2868.
- 7: Striding for Brantley 5K at Imboden.
- 7: Mt. Magazine 15K at Havana. Call 479-857-4527.
- 7: Girl Scout 5K Color Run at Clarksville. Call 479-719-8010.
- 7: Rat Race 5K at Green Forest. Call 870-480-3439.
- 14: Go! Mile at North Little Rock. (GPS SC) Call 501-663-6800.
- 14: Race to Remember 5K at North Little Rock. Call 501-766-5433.
- 14: Pink Tomato 5K at Warren. Call 870-226-5225.
- 14: Honor and Duty 5K at Fort Smith. Call 47-784-8185.
- 14: Wellfest 5K at Siloam Springs. Call 479-549-3141.
- 14: Insomniac 2M at Rogers. Call 262-880-8242.
- 14: Ice Cream Social 5K/1M at Berryville. Call 870-423-3139.
- 21: ArkansasRunner 2M at Benton. (GPS) Call 501-517-7393.
- 21: The Cancer Challenge 10K/5K/1M at Bentonville. Call 479-273-3172.
- 21: Tripp Zane 5K at Harrison. Call 870-754-0339.
- 21: Splatter Me Colorful 5K Glow Run at Van Buren. Call 479-474-1498.
- 21: Oil Run 5K at Smackover. Call 870-862-5121.
- 21: Wild Blackberry 5K/1M at Chester. Call 858-361-3430.
- 28: Brickfest 5K at Malvern. Call 501-844-9051.
- 28: Pudding Cup 5K/10K at Benton. Call 501-615-1090.
- 28: B-Fit 5K at Bryant. Call 501-416-6396.
- 28: River City 5K at North Little Rock. Call 501-786-7811.
- 28: Arrow 5K at Lavaca. Call 479-883-7750.

July 2014

- 4: Firecracker Fast 5K at Little Rock. Call 501-221-0017.
- 4: Run for Veterans 4M at Fayetteville. Call 479-957-8442.
- 4: FreedomFest 5K at Greenwood. Call 479-996-6357.
- 4: Freedom from Blindness 5K/10K at Lockesburg. Call 479-234-1676.
- 4: Veterans Freedom 5K at Bryant. Call 501-943-0423.
- 4: Freedom Run 5K at New Blaine. Call 479-264-6153.
- 5: Vandervoort 4th of July Picnic 5K at Vandervoort. Call 870-582-2328.
- 12: Full mOOn 50K/25K at Perryville. Call 501-837-3104
- 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.

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 or call her a 615-3344 if the information is incorrect.

- 1 - Gary Taylor
- 1 - Karen Halbert
- 2 - Rodney Paine
- 2 - Zsuzsanna Diamond
- 3 - Kristen Hughes
- 3 - Jimmy Helmick
- 3 - Mic White
- 4 - Karl Kullander
- 7 - Mark Lacey
- 9 - Jeffery Chatelain
- 11 - David Qualls
- 11 - Mike Davis
- 12 - Troy Wells
- 14 - Jean Capehart
- 15 - Mark Cato
- 16 - Anton Janik
- 21 - Nicholas Norfolk
- 23 - Tom Singleton
- 24 - Karen Call
- 26 - William Groustra
- 26 - Donna Duerr
- 27 - Michel Harmon
- 28 - Dow Stough
- 28 - Roy Hayward
- 29 - Brian Sieczkowski
- 30 - Mary Struthers
- 30 - Karen Zimmerman

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