

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2014

Little Rock Marathon Should Be A State Holiday

By Nicholas L. Norfolk
LRRC President

Patriots Day is considered a national holiday by runners although not because it commemorates the start of the American Revolutionary War. Like Bostonians, runners think of it as Marathon Monday since it's the same day as the Boston Marathon.

Runners from across the country migrate to Boston to take part in this monumental event that has become the unicorn, dream race, or must-do race for many runners. While those in Massachusetts, Maine, and Wisconsin get a day off work or school, runners in other states wish they could do the same.

I'm sure every runner knows of someone that has participated in the Boston Marathon. The day of the race people tune in to one of the few televised running events in the country.

The commentating is nowhere near its best, but I'm content on just being able to watch it. If you don't tell my boss, I won't tell yours. Shhh!

Right on cue, after the elites finish, the feed is almost instantly terminated. The broadcast ends as the stories of perseverance, dedication, and triumph take to the streets. It's time for the non-elite, semi-ordinary runners to run.

If the entire race were televised, runners and supporters of the sport would watch it. The rest of the population may not be so apt to; they are not as invested as we are.

Like many other races, Boston is just as much home for us as the Little Rock Marathon is for Arkansans.

Every state has a race that is held in high regard as the Boston Marathon is for all runners. In Arkansas, I'd have to say the Little Rock Marathon holds this honor.

It's not the oldest marathon in the state; however, it has become the most coveted for runners across the country, especially those that are in love with the bling.

The genesis of the hubcap medal was 2006. The theme that year was "Big and Bodacious." The race hasn't looked back since.

The tag line is "Come for the medal, stay for the party." The medal seems to get bigger every year. At some point, the medals may require a wagon or dolly to be carried away in.

If it's such a big event and numerous Arkansans participate in the weekend in some capacity, how come we can't get the day off for the race? To stay consistent with Boston, it can be the Monday after the race.

The day after the race allows for extra time to bask in the moment. Whether that's good or bad, I'm only interested in the day off. You can go to the after party and not worry about going to work the next day.

I think it's better than calling in sick. Sick? Some may be sick of walking, stairs, or raised curbs. Having the day is good for you, your employer, and your family.

It could be used as a recovery day. Sleep in, watch a little television, heal, lounge around, and look at your new ~~weapon~~ medal with pride.

Don't be surprised if I'm passing around a petition at the next meeting. You know you'd sign it.

Get Well Wishes

The Little Rock Roadrunners Club extends "Get Well Soon" wishes to David Samuel. In a recent email David said, "My streak of running all of the Little Rock Marathons has been broken. Although I had registered and trained to complete #12, it is not going to happen. I had a laparoscopic appendectomy Tuesday, February 25 at Mercy Hospital in Hot Springs. I will be off the roads for about a month."

David, hope that means that we will see you at the Capital City Classic 10K on April 5.

March Meeting

Monday, March 17, 2014

U. S. Pizza - Hillcrest
2710 Kavanaugh

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

Lori Dather
Ultra Runner/Nutritionist

GOTR Ready To Start Second Season

By Jenny Paul, Executive Director
Girls on the Run

The past several months have been busy with preparations for the spring season of Girls on the Run. We have been planning and organizing, recruiting and promoting and sometimes praying and finger crossing. And, since this is as public a forum as I have, I would like to take this opportunity to thank everyone who has poured

New Members

Ron and Stacy Mitchell have both been running for 10 years and recently had a new baby. **Ron** is an IT Manager and runs 20-30 miles during the week at a 7-8 minute pace. **Stacy**, a physical therapist, runs 20-25 miles at an 11 minute pace. They enjoy hiking, being outdoors, and spending time with their two children.

Brandon Jeffus is a teacher who is interested in meeting members for group runs. He runs 20-60 miles depending on his goals/season at a 6:30-7:30 pace. He has accomplished a 5K in 17:28, a half marathon in 1:21, and a marathon in 3:05.

Haley and Kevin Groustra, both physical therapists, recently joined the Birds. **Haley** runs 10 miles during the week at a 12 minute pace and other interests are biking, reading, and going to the beach. **Kevin** has been running for 20 years and trains at a nine minute pace. They have a son, **William**, who is also a runner and he enjoys ultimate Frisbee and disc golf.

Laps For Limbs 5K

When it comes to life after amputation, only people who have experienced amputation truly know what it's like. **ABLE** (Amputees Beyond Life's Expectations) is an organization that was formed to provide support to amputees by using an ambassador program consisting of other amputees. The network of ambassadors is on call to answer questions, provide guidance and support, or to just listen.

The Laps for Limbs 5K will be held March 22 from 2-6 p.m. at Bishop Park in Bryant. It will raise funds needed to help aid those amputees that need questions answered. Many times those new patients don't know what questions to ask. That's where **ABLE** comes in. Ambassadors share experiences, stories, and helpful tips to which only another amputee can relate.

Through March 15 registration that does not include a shirt is free. Registration with a shirt is \$20. Register online at www.getmeregistered.com/LapsForLimbs. For more information call 501-655-1878.

so much of themselves into getting ready for this season of expansion. The GOTR board members have exceeded their duties and we have several very committed volunteers, but today I'd like to specifically recognize LRRC's own Sarah Olney and Mary Wells for their commitment to the Girls on the Run mission and vision for their unending willingness to keep thinking of new ways to see challenges.

But here we are, ready to start the second season of Girls on the Run. Actually, the chances are high that as you read this entry, there is a GOTR practice going on. We will be operating six practices a week on five different days. Jefferson Elementary and Pulaski Heights Elementary Schools are both hosting teams this season, and we have a team based out of the Little Rock Racquet Club that will serve members from a variety of area schools.

We are all looking forward to the Girls on the Run 5K on May 17, 2014, at 9 a.m. at Two Rivers Park. Just like the Girls on the Run program is more than a running program, the Girls on the Run 5K will be more than a 5K. In addition to a fast 5K community race, we are planning an event for the entire family with lots of games and other activities. There will also be a shorter distance run of approximately one mile for all ages that will be stroller and dog friendly. We hope to see strong LRRC representation at the race with Birds either running or volunteering or simply cheering. We hope that this event will be a great way to introduce Girls on the Run to people in the community and help promote our mission of inspiring girls to be joyful, healthy and confident.

Thank you again for the LRRC's continued support of GOTR. It is an honor to have an association with such an outstanding group, and we look forward to working together more in the future.

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
John Russell	Secretary	952-7182
Jeff Maher	Treasurer	680-6710
Brian Siczkowski	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)

Race Results From February Races

By John Russell
Racing News Editor

River Trail 15K

Mark Ferguson	51:52
Leah Thorvilson	53:59
Imari Delimore	55:34
Brent Corbitt	56:40
Brian Sieczkowski	58:09
Erik Heller	1:00:31
Ricky Martinez	1:04:31
Steven Preston	1:05:09
Sarah Olney	1:06:25
Nick Rule	1:06:49
Greg Sorenson	1:07:01
Chris Hall	1:07:21
Jenny Wilkes	1:07:59
Rodney Paine	1:09:22
Mark Lacey	1:09:44
Bethany Mooney	1:30:32
Heather Jacobacci-Miller	1:10:45
Tammy Helmick	1:11:11
Mike Maulden	1:11:29
E.F Jennings	1:11:59
Nicole Hobbs	1:12:17
Greg Helmbeck	1:12:30
Hanna Goron	1:13:34
Carl Carter	1:26:23
Mary Wells	1:26:26
Danny Williams	1:17:57
Bill Crow	1:18:48
Greg Yarbrough	1:23:23
Mary Struthers	1:22:24
Jason Miller	1:23:11
Roy Hayward	1:28:01
Misty Brown	1:28:06
Joe Milligan	1:28:54
Tyrone Robinson	1:32:12
Skip Smith	1:36:59
Marty Sullivan	1:37:12
Traci Morehead	1:38:03
Dan Belanger	1:40:28
Melissa Henshaw	1:43:08
Charlie Hoag	1:44:31
Michelle Lucas	1:46:19
Paula Cigainero	1:58:59
David Samuel	2:10:48

Rock and Roll New Orleans Half Marathon

Bill Dobbins	2:44
Anton Janik	2:51

Freezin for a Reason

Roger Thompson	1:07:33
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Mississippi River Marathon

Paula Cigainero	5:21:53
Jacob Wells	3:44:56
Christine Meroney	5:51:02
Jon Honeywell	4:15:33

Run the Line Half Marathon

Mark Ferguson	1:16:03	(Overall Male)
Leah Thorvilson	1:19:39	(Overall Female)
Nicole Hobbs	1:44:10	
Jenny Wilkes	1:38:16	
Ricky Martinez	1:31:06	
Carl Carter	1:44:17	
Steven Preston	1:33:00	
Andrea Sieczkowski	1:35:10	
Alison Acott	1:54:03	
Marty Sullivan	2:26:28	
Brenda Stallings	2:35:20	
Jacob Wells	1:39:23	
Rodney Paine	1:42:00	
Tina Coutu	1:50:50	
Mark Lacey	1:41:03	
Patti Hammerstein	2:29:09	
Bill Crow	2:27:06	
Charlie Hoag	2:35:00	
Dan Belanger	2:49:46	
David Samuel	3:15:00	

Cowtown Half Marathon

Bill Dobbins	2:51:05
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Sylamore Trail 25K

Caleb Ault	2:35:57
Mary Wells	3:32:48
James McManners	4:32:45
Ginea Qualls	4:32:46

Sylamore Trail 50K

Joey Gieringer	6:33:47
Jen Freilino	7:20:31
Jon Honeywell	7:52:18
Tom Singleton	8:19:47
Lisa Luyet	8:39:30
Cyber Gieringer	9:26:25

Lovit 100K

Cyber Gieringer	19:54
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Grand Prix Races

There are four Grand Prix Series races on the race calendar for March and April. The Chase Race 2 Mile will be held at Conway on March 8, followed by the Valentine's Day 5K in Russellville on March 16 and the Spring Fling 5K at Cabot on March 22. The Valentine's Day 5K was originally scheduled for February 8 but was postponed because of inclement weather.

The LRRC will sponsor the Capital City Classic 10K on April 5. For more information call 501-231-3730. For more information on the Chase Race call 501-514-4370. Call 501-837-3921 for information on the Spring Fling.

Jack-n-Back

The Jack-n-Back Half Marathon at Hot Springs, originally scheduled for February 8, was cancelled due to weather but has been rescheduled to March 22 at 9 a.m. This is an out-and-back half marathon with over 3,000 feet of climbing on paved roads. For more information call 501-620-4520.

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

March 2014

- 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.
- 8: Habitat Home Run 5K at Conway. Call 501-513-3244.
- 8: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 8: Trojan 5K at Paris. Call 479-438-0210.
- 8: Race to the Rock 5K at Calico Rock. Call 870-297-6100.
- 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: Fai 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.
- 15: Phi Sig Special Olympics 5K at Conway. Call 501-253-4878.
- 15: River Valley 5K/Half Marathon at Fort Smith. Call 479-518-4074.
- 15: Celts -N Kilts XC 5K at Fort Smith. Call 479-650-6894.
- 16: Valentineø Day 5K at Russellville. Call (GPS SC).
- 16: Arkansas Run for the Fallen 5K at Little Rock. Call 501-987-4521.
- 16: Spa City Trail 4.6M at Hot Springs. Call 870-246-6686.
- 22: Spring Fling 5K at Cabot. (GPS). Call 501-837-3921.
- 22: Red, White and Blue Color Run 5K at Fort Smith. Call 479-883-3207.
- 22: Centurion Mud Challenge at Springfield, MO.
- 22: BSA 5K at El Dorado. Call 870-866-7855.
- 22: Iron Pig 5K /1M at Fayetteville. Call 479-521-7799.
- 22: Laps for Limbs Fun Run/Walk at Bryant. Call 501-655-1878.
- 22: Light Up the Street 5K Glo Run at Searcy. Call 501-268-4748.
- 22: Jack -nøBack Half Marathon at Hot Springs. Call 501-620-4520.
- 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: Vike Hike Half Marathon 5K at Poteau, OK. Call 918-721-3922.
- 29: Seneca 5K at Seneca, MO.
- 29: Haven Homes Race for Recovery 5K/1M at Texarkana, TX.
- 29: Splatter Me Colorful 5K at Fort Smith. Call 479-474-1498.
- 29: Color on the Hill 5K at Diamond City. Call 870-577-3848.
- 29-30: Hogeeye Marathon/Half/Relays/5K at Fayetteville. Call 479-445-9251.

Birthdays

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

- 1 - Karen Irico
- 7 - Greg Sorenson
- 9 - Jim Barton
- 11 - Dustin Crabill
- 13 - Brandon Jeffus
- 14 - Andrea Sieczkowski
- 14 - Chris Hall
- 15 - Greg Yarbrough
- 17 - James Tuite
- 20 - Sean Coughlan

Condolences

The Little Rock Roadrunners Club extends its condolences to Bill Bulloch over the February 11 death of his mother, Louise Bulloch. Please keep Bill and his family in your thoughts and prayers.

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