

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2014

We Want You But The Club Needs You

By Nicholas L. Norfolk
LRRC President

I'd like to start off this letter by clarifying that I'm not resigning. If you read my letter from last month there was a little April Fool's joke about me stepping down. Some of what was mentioned was true, but I'm still here and will be for at least one more term.

It was a year ago that I first addressed the Club as your president in the newsletter. I talked about the Club being in a transition period and on the rise. Although it's been a year, we are still transitioning and becoming a better Club. The Club shall continue to be on the rise.

I don't ever want the Club to hit a plateau. The Club can always be better at fulfilling our mission and duty to our members and community. If we're performing average in some aspect of the Club, let's get better. If we're good, let's become great.

We should be thinking about how this can be accomplished. How do we find ways to take the next step? Is it in programming, events, or leadership?

What are some of the new programs that we can develop to empower our members and community? What events can help us modify the way we interact with one another? What roles do our leaders play in our Club's day-to-day operation?

All are questions I ponder often, and each time I challenge myself to address them differently. I challenge you to think about them and let me know your ideas. Feel free to send me an email.

Maybe I should send everyone a survey because I seriously doubt only a few would send an email. Who uses email these days? If I don't hear from many by

the next newsletter (June 1), then I will send out a survey.

Not many presidents get the luxury of serving more than one term. I can imagine that once you feel you have the hang of it, it's time to pass the torch. However, it could be more like throwing the torch as far away as possible and being glad you no longer are responsible for it.

I'm laughing because it wouldn't surprise me if people thought of being the president or serving on the Board as a type of misfortune. I don't think of it that way. I look at it as an honor to serve you. I'm not saying it doesn't have its tests. The tests are like training for a race.

You may have the plan in place, but some days are easier than others. Sometimes you aren't as motivated, but each day is a small victory that should be celebrated.

There are days when you feel like you've given all that you can. As with running, you get out of it what you put into it. Progress, not perfection, applies to more than running.

Next month on June 16 we will elect officers. I'm hoping we actually have an election. Maybe last year people were too excited to nominate someone or themselves. That's what it was. This year I'd like to see interest among the flock. Being hesitant is normal. You may think you're not ready. That is a normal reaction. You may think you're not qualified. Why not? Having a passion to see your Club and community become better is the only prerequisite.

As the title states, "We Want You, But The Club Needs You." It's true. Our next great leaders are among you. Who will it be? I'll be nominating people.

Will you? The official call to action is as follows:

All Club members in good standing may submit nominations. Nominations must be received in writing (letter or email) to the current LRRC President and Secretary at least 30 days prior to the June LRRC meeting by the close of business on the 30th day before the meeting.

Nominations are thereafter closed unless no nominations are received. If no nominations are timely received for any position, then the Board of Directors as a whole may nominate a person for that Board position. The President will contact all potential nominees to verify that they are interested in the position. Verified nominees will be listed on the LRRC website prior to the June meeting.

Open Positions:
President-Elect
Secretary
Membership Chairperson
At Large Members (3)

May Meeting

Monday, May 19, 2014

U. S. Pizza - Hillcrest
2710 Kavanugh

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

Ryan Westin
Youngest Finisher
50 States Marathon Club

Girls On The Run 5K Is May 17 At 9 a.m.

By Jenny Paul, Executive Director
Girls on the Run

May 17, 2014, at 9 a.m. That's really all I want you to remember. I'm not at all suggesting you ignore the rest of my article. Read it. I'm sure I'll come up with some great stuff. My fingers could dance across the keyboard weaving prose that rivals Faulkner, but the results would be a distraction from my simple message: Put a big "X" over whatever is on your calendar for the morning of May 17 and write "GOTR 5K" in big, bold letters.

So I've decided to keep it simple with a description of the events planned for that day. A lot of things advertise themselves as having universal appeal, but in the case of this GOTR 5K, there really is something for everybody.

Before any running events begin, we will be busy "happy-go hair" and getting energized with music and chants led by the Girls on the Run. Anyone is welcome to join in on the pre-race activities, but there will also be plenty of time and space for those that are more interested in a standard warm up. As a matter of fact, I would love for some of our girls to see a more serious warm up regimen not because I think it is appropriate for them right now but because I want them to know what is "out there" and that, as runners, we feel we can be comfortable warming up in a way that feels right for us even if our friends do things differently.

The community 5K will start at 9 a.m. With a flat, fast course around the scenic loop at Two Rivers Park the miles are sure to pass quickly. Unique awards will be given to overall winners and those that place in five-year age groups.

GOTR participants and their running buddies will begin running at 9:05 a.m. As you may recall from previous entries, each girl has an adult running buddy that stays with her throughout the entire run. Running buddies may be family members, friends or volunteers. Remember that our girls are 8-11 years old. They have worked hard for months preparing for this day. They are doing a 5K. They deserve a personal cheerleader the entire way.

Five minutes after the GOTR girls and running buddies take off, Mallory's Mile will begin. This one-mile family run is in memory of Mallory Milton who unexpectedly passed away last fall just months before her 5th birthday. Her family is committed to celebrating her life and ensuring that her legacy be one of love and light.

All of the events begin at the same place, but staggered start times and the fact that the mile course follows a different path will minimize congestion and allow for a stellar cheering section for the GOTR participants as they complete the crowning achievement of their season.

If you're sidelined with injury or even just if your training plans do not include a 5K, you are still welcome to join in the fun. We will have face painting, kid's activities

and a photo booth open to everyone after the running events. LRRC's own Greg Dee will be the master of ceremonies and will ensure we all have a great time.

As you all know, every race is dependent on volunteers, and while we have amazing leaders in Steve Hollowell and Mary Wells, we need several more volunteers that morning. Pre, during, and post-run positions are available, and you can sign up as a volunteer for the 5K through our website.

I plan on seeing a flock of birds on May 17, 2014, at 9 a.m. at Two Rivers Park. Run. Volunteer. Cheer. Just be there.

New Members

By Sarah Olney
Membership Chairman

Adam Donell, an electrician, joined our Club to meet other members for week day runs. He is a Black Hawk pilot in the Army National Guard and enjoys carpentry.

Holly Frein has been running for three years and has a goal to run a half marathon. She is a public relations specialist who enjoys 3-6 mile runs during the week and prefers the 10K distance.

David McClanahan started running over the last year. He built up to 30-35 miles while training for the Little Rock half marathon and averages an 8:20 pace. Other than running, his interests are hiking, cycling, and kayaking.

Amanda Wilson, an accountant, joined the Roadrunners after running for a few months. She has a PR of 34 minutes for the 5K and 1:14 for a 10K and is currently running 8-10 miles during the week.

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 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)

Race Results From April Races

Capitol City Classic 10K

Leah Thorvilson	35:34
Sunnie Butcher-Keller	41:27
Sarah Olney	41:41
Jenny Paul	42:32
Jenny Wilkes	43:13
Tammy Helmick	44:34
Bethany Mooney	45:40
Nicole Hobbs	46:46
Tina Coutu	47:31
Mary Wells	48:22
April Wultz	49:06
Alison Acott	50:39
Ginea Qualls	50:39
Melissa Hendricks	53:30
Mary Ann Lipin	54:27
Angela Nguyen	57:27
Carol Torrey	57:49
Lalita Flagg	1:00:07
Sheila Galatowitsch	1:00:26
Melody Brown	1:07:26
Michele Lucas	1:09:09
Stacey Mitchell	1:12:47
Sara Bowling	1:19:25
Mark Ferguson	33:53
Brian Sieczkowski	36:07
Jeffery Zern	38:25
Caleb Ault	38:34
Joey Gieringer	38:46
Eric Heller	40:08
Keith Cooper	41:14
Ricky Martinez	41:18
Justin Van Landingham	42:00
Colin Hall	42:06
Nick Rule	42:33
Mark Lacey	42:37
Steven Preston	42:59
Rodney Paine	42:59
Chris Hall	43:43
Jason Auger	44:29
Greg Helmbeck	44:52
Bill Rahn	45:02
Greg Dee	45:20
Mike Maulden	45:26
Tyrone Robinson	49:37
James McManners	53:58
Joe Milligan	54:45
Skip Smith	59:37
Troy Duke	1:01:45
Bill Dobbins	1:03:22
Steven Ulrich	1:03:41
Dan Belanger	1:05:10
Roger Thompson	1:08:02
Charlie Hoag	1:08:25

Rocket 5K

Sandy Cordi	29:34
Sonya Green	37:28
Joe Cordi	23:47
Greg Luyet	40:43

German Heritage Festival 5K

Lisa Luyet	25:12
Dan Belanger	29:33

Gulf Coast Half Marathon

Bill Dobbins	2:23:30
--------------	---------

Boston Marathon

Jenny Wilkes	3:35:09
Courtney Allison	3:52:11
Alison Acott	4:17:09
Tina Coutu	4:25:38

Fly Like an Eagle 5K

Greg Helmbeck	21:21
---------------	-------

Tour De Paul 5K

Keith Cooper	20:07
Mic White	21:20
Kristen Hughes	27:43
Sonya Green	30:42
Lou Peyton	40:34

RussVegas Half Marathon

Rodney Paine	1:38:04
Caleb Ault	1:39:55
Jacob Wells	1:41:55
Theresa Crowson	1:56:36
Manfred Galatowitsch	2:02:57
Jean Block	2:21:51
Brenda Stallings	2:44:30
Christy Smith	2:59:13
Sara Bowling	3:00:51

Helping Hand 5K

Michael Harmon	27:44
----------------	-------

St. Louis Marathon

Andrea Sieczkowski	3:30
--------------------	------

May Grand Prix Races

There are two Grand Prix Series races scheduled during the month of May. The Toad Suck Daze 10K will be held Saturday, May 3 at Conway. There will also be a 5K that is run simultaneously.

The Rock Run 8K will be Saturday, May 24 at Murray Park in Little Rock. The 8K is a LRRC-sponsored race so Club members receive a discount that is automatically applied upon entry. The discount is not given on race day.

Election Of Officers

The annual LRRC Board elections will be June 16. The president-elect and three at large members are chosen annually. The membership chairman and secretary are chosen in even-numbered years. The treasurer's position is the only position on the Board that is not open this year because it is chosen in odd years. Send nominations to Club President Nicholas Norfolk at nnorfolk@ualr.edu.

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 lhouse48@gmail.com

May 2014

- 2: Butterfield Trailblazer 5K at Fayetteville. Call 479-409-5025.
- 2-3: Outback in the Ozarks 200-mile relay at Eureka Springs. Call 479-387-0987.
- 3: Toad Suck Daze 10K at Conway. (GPS) Call 501-329-5623.
- 3: Peace, Love and 5K/1M at Benton. Call 501-776-0691.
- 3: Cardboard Boat Regatta 5K Run at Wister, OK. Call 918-635-0338.
- 3: Law Day 5K at Jonesboro. Call 800-967-9224, ext. 6318.
- 3: Skeet Grenweige Memorial 5K at Scranton. Call 479-438-3049.
- 3: Lei Leiø 5K at Fort Smith. Call 479-414-8892.
- 3: Lifeø an Uphill Run 5K/1M at Van Buren. Call 479-474-9401.
- 3: Chamber of Commerce 5K/10K at Marion. Call 870-739-6041.
- 3: Primal Challenge 4M at Fayetteville. Call 479-200-7718.
- 3: Heather Ridley-Fleeman Battle for Hope 10K/5K at Bentonville. Call 479-361-5847.
- 3: Bison Stampede 5K at Rogers. Call 479-903-0480.
- 3: MCSPS Run for Fun 5K at Yellville. Call 870-449-7155.
- 3: Trot to the Top 5K/10K/Kids Dash at Atchison, KS. Call 913-367-4948.
- 3: Praying for Gracie 5K at Beebe. Call 501-605-2864.
- 3: Walk/Run for Life 5K at Texarkana, TX. Call 903-748-4578.
- 3: Royal Runs for Kids 5K at Pottsville. Call 479-886-2995.
- 3: Race to Stop Traffick at Searcy. Call 214-455-6699.
- 3: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 3: Law Day 5K at Jonesboro. Call 615-568-0033.
- 3: Move to the Baxter Beat 5K/10K./1M at Mountain Home. Call 870-424-5556.
- 3: Crawfish Crawl 5K/10K at Arkadelphia. Call 870-246-5542.
- 3: Pink Out 5K at Harrison. Call 870-404-3269.
- 3: Rexfest 4M at Little Rock. Cal 501-804-1741.
- 4: Divas Half Marathon/5K at Branson. Call 800-733-7089.
- 9: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 10: Root Rocket Run 5K at Fayetteville. Call 479-2000-3844.
- 10: Las Vegas 5K at Las Vegas, NV. Call 702-659-9889.
- 10: Larry Hutton Memorial 5K at Sherwood. Call 501-833-3568.
- 10: Women Can Run 5K at Conway. Call 5091-908-5096.
- 10: Journey Youth 5K at Clarksville. Call 479-209-0795.
- 10: PATH Run to Stop Traffick 5K at Little Rock. Call 501-231-8743.
- 10: Great Cross Country 4M at Little Rock. Call 501-336-5959.
- 10: For the Long Run 5K at Gillett. Call 870-830-1790.
- 10: Whistlestop Half Marathon/10K at Ashdown. Call 903-826-9694.
- 10: Peace, Love and Goodwill 5K at Little Rock. Call 501-372-5100.
- 10: Yell Fest 4M at Dardanelle. Call 479-229-3328.
- 10: Cystic Fibrosis 5K at Paragould. Call 870-450-6148.
- 10: BBM Motherø Day Color Run 5K/1K at Russellville. Call 479-970-5212.
- 10: Fort Lincoln Freedom Fest 5K at DeValls Bluff. Call 870-830-6463.
- 10: Warrior Dash 5K at Amity. Call 312-262-6099.
- 10: Straight from the Driveway 5K at Hermitage. Call 870-918-6276.
- 11: Kendrick Fincher Hydration for Life Duathlon/5K at Rogers. Call 479-960-9960.
- 17: Twin Lakes Civitan 5K at Norfolk. Call 870-421-1825.

(See Calendar On Page 5)

Birthdays

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

- 1 - Mary Hayward
- 2 - Juli Rhodes
- 4 - Marliese Kerr
- 5 - Pennie Martin
- 6 - Joe Cordi
- 10 - Amy Pritchard
- 11 - Zachary Wilson
- 12 - Lea Nondorf
- 15 - Drake Martin
- 19 - Jillian Janik
- 29 - Jami Fluker

Condolences

The Little Rock Roadrunners Club extends its condolences to Betsy Meacham over the April 14 death of her father, Gerald Allen Meacham. Please keep Betsy and her 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

Running Calendar

- 17: Girls on the Run 5K at Little Rock. Call 501-615-5733.
- 17: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 17: Fort Smith Firefighter Hot Foot 5K at Fort Smith. Call 479-461-9084.
- 17: Because of the Brave 5K/1M at Poyen. Call 501-467-0761.
- 17: Hunka Hunka 5K at Monticello. Call 870-820-2552.
- 17: Magnolia Blossom Festival 5K at Magnolia. Call 870-918-2046.
- 17: Cornelia Fort 10K/50K/50K relat at Nashville, TN. Call 615-445-5077.
- 17: Drake Everett Walker 5K at Conway. Call 501-993-4148.
- 17: Wildcat Rumble 5K at Bentonville. Call 479-426-2993.
- 17: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-846-4181.
- 17: Run for a Brighter Future 5K at Melbourne. Call 870-291-7340.
- 17: One Less 5K/1M/.25M at DeQueen. Call 501-730-1821.
- 17: Junior Auxiliary Superhero 5K at Nashville. Call 870-200-3062.
- 17: River Valley Superhero 5K/1K at Russellville. Call 479-280-4987.
- 23: Making Trax Dinofest 5K Glow Run at Nashville. Call 501-257-7775.
- 24: Rock Run 8K at Little Rock. (GPS) Call 501-227-3907.
- 24: Come Fly With Me 5K at Decatur. Call 479-841-2518.
- 24: Riverfest Rock-n-Stroll 5K at Little Rock. Call 501-240-7405.
- 24: Community for a Cause 5K/1M at Pea Ridge. Call 479-531-2614.
- 24: CMN Miles for Miracles 5K/1K at Fort Smith. Call 479-847-5498.
- 24: Panther 5K at Clarksville. Call 479-214-0962.
- 24: Table Rock Half Marathon/5K at Branson, MO. Call 417-294-4775.
- 26: ASN Memorial Day 5K/10K/CF öMurphö at Fayetteville. Call 479-927-4100.
- 30: Team Tyler 5K at Nashville. Call 229-798-7533.
- 31: Lincoln Laek Trail 8K at Lincoln. Call 479-236-3985.
- 31: Everyday Superhero 5K/1M at Van Buren. Call 479-632-6382.
- 31: Central Arkansas Unity 5K at Conway. Call 501-733-6619.
- 31: Class of 2016 Glow Run 5K at Havana. Call 479-355-1502.
- 31: Run Between the Lines 5K/2K at North Little Rock. Call 501-412-7512
- 31: Mucka Mania 5K/10K at Wynne. Call 870-238-4610.

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.
- 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.
- 21: ArkansasRunner 2M at Benton. (GPS) Call 501-517-7393.
- 21: B-Fit 5K at Bryant. Call 501-416-6396.
- 21: The Cancer Challenge 10K/5K/1M at Bentonville. Call 479-273-3172.
- 21: Tripp Zane 5K at Harrison. Call 870-754-0339.
- 28: Brickfest 5K at Malvern. Call 501-844-9051.
- 28: Pudding Cup 5K/10K at Benton. Call 501-615-1090.