

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2014

Fun, Fall And Cranberry Sauce

By Nicholas L. Norfolk
LRRC President

Nothing says fall like Daylight Saving Time. The days will get shorter and many will be hitting the road in the dark. It's one of the last signs that fall is truly here.

Safety is always a concern when running. November is the month set aside to increase safety awareness. Check local running stores for promotions centered around safety this month.

[Nathan Sports](#) suggests that you be visible, hydrate, and be prepared for emergencies. Last year, we had [Krav Fit](#) instructors join us to talk about self-defense and being aware of our surroundings.

The RRCA has a list of [general running safety tips](#). Take time to look at their [Run Smart: Run Safe](#) campaign and share it on your social media networks.

November begins on a Saturday, which means we'll get five weekends of races. The [Midsouth Marathon](#) in Wynne kicks it all off on the 1st. In addition to being part of the Grand Prix, it is part of the [Stearns Race Timing Sprint and Endurance Running & Walking Series](#) as well.

It's a course loved by as many as there are those that loathe it. The Muckas Running Club took it over for the first time last year and is excited to host it again.

It's the last Grand Prix state championship and although both teams are in good positions to clinch the titles, there will be Birds flying high in "The City with a Smile."

If you're looking for a race in Little Rock, then the [Aspired 5K](#) is the one for you. It takes place at Two Rivers Park.

On the 8th the American Lung Association is putting on the [Lung Force 5K](#) across the river at the Northshore Business Park. Team RWB of Central Arkansas mentioned at our last meeting that the [Veteran's Museum 5K](#) in Vilonia will be on that day.

If you want something a little more challenging or want to hit the trails, then Arkansas Outside has their event, [Race The Base](#), at Pinnacle Mountain. It's a four-mile race that uses the Base Trail. Kids get a less technical course as they peruse around the evenly paved Kingfisher Trail for their one-mile race.

Across the river we go for the [Get Your Rear in Gear 5K](#). It is held at Burns Park on the 15th. Use it as a tune-up for the Spa 10K in Hot Springs the following weekend (22nd).

Typically the culmination of the Grand Prix season, it's the penultimate event this year as the [CASA Half Marathon](#) is the last race of the season. The Arkansas RRCA Awards will still happen after the [Spa 10K/5K](#). If you haven't [voted](#), you have until midnight November 1st. It doesn't take long at all.

David Meroney has posted an update to the State Rep [blog](#). It has information about the Arkansas RRCA awards as well as race updates starting with the Arkansas 20K through the Survivors' Challenge 10K.

The [Girls on the Run of Central Arkansas](#) will have their [Fall GOTR 5K](#) the next day on the 23rd at the Big Dam Bridge. They'd love to have the support of the Birds as the girls end their season on a high note.

Go! Running's Go!bblor has become a Thanksgiving tradition in our area. Grab your canned goods, which will

be donated to the Arkansas Foodbank, get your costume, and gobble up some miles.

It'll be fun, they said. It will, but I highly advise against taking a stroller on anything except for the three-mile route. Strollers and trails in Allsopp don't play well together.

There is not a race happening in Little Rock on the 30th, but don't worry. Our friends in Saline County will have their [Endurance Run](#) ready to go. You choose your poison, I mean distance. Run for 6, 12, or 24 hours. A shorter option would be the [Great 10K/5K Duck Race](#) in Stuttgart.

We have one of our very own, Bill Dobbins, speaking to us this month at

(See **Fun** on Page 2)

November Meeting

Monday, November 17

U. S. Pizza - Hillcrest
2710 Kavanaugh

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

Bill Dobbins
Tie Dyed Trail Grub
and Race Catering

'Just A Training Run' Becomes A Half Marathon PR

By David McClanahan

I had planned to run the Soaring Wings Half-Marathon as part of the training program for my first full marathon in November. It happened to fall on a week when the training plan called for a 12-mile long run, and hey, what's one extra mile? Of course long runs are supposed to be easy runs, not race pace runs, but then I've never been one to follow the rules. My concession to running easy was to line up with the 1:50 pace group instead of the 1:45.

Not that I had ever kept up with the 1:45 more than a few miles, I've just always started with them. My usual finish time for a half has always been 1:50 and up with one exception of 1:48, so even running with the 1:50 pacer was breaking the easy run rule, but I justified it by telling myself I could fall off the 1:50 pacer the way I usually did the 1:45 group. It'd still be an easy run, really.

But something about standing in a start corral always starts adrenaline singing in my veins, and this time was no exception. As the corrals moved up I came within a few feet of the 1:45 pace sign and all thoughts of training dropped by the wayside with the throwaway layers the racers were shedding. This was a race, and that pace sign was singing its siren song. That I knew it would lead me onto the rocks didn't matter. I would follow it anyway. When our corral was released I shot off with the rest.

The 1:45 pace group was larger than I'm used to, 20 people or more, and we moved smoothly through the first mile before turning onto the Tucker Creek trail. The narrowness of the trail kept the runners tightly packed through mile two and there wasn't much chance to drop back, without elbowing for a hole, even if I'd wanted to. Mile three came and went and the group was still rolling along, me along with them, then we came to the climb up Country Club to College. It started as a gradual hill just across the bridge that got steeper and harder with every step, but I train on hills and I refused to join the people being pulled out of the pack by this one. I dug in and pushed up the hill, telling myself I could hang with the pacer to the top then back off, my competitive streak satisfied.

Ten of us made it to the top, still close enough to the pacer to hear the pacer's congratulations for making the climb. It felt good being one of them, but hill had taken its toll, I was finally ready to slow down. The course had other ideas.

When you climb a hill, you must descend it eventually, but usually not all at once. The climb up had been steep, the descent was steeper. It was easily the steepest stretch of road I've ever tried to run on. I was a third of the way down and fighting to keep it slow was so rough I finally just decided to go with it. I shortened my stride and picked up my turnover, speeding down the slope in more of a controlled fall than a run. I shot ahead of the pace group and sheer momentum carried me 50 yards into the flats before I finally slowed down.

The pace group caught up with me as I neared McGee Center. "Take a good look," the pacer said, "that's your goal. Keep it fixed in your mind for the next eight miles." It took a few

seconds for my brain to switch gears and do the math. Eight out of thirteen had I missed the four mile flag? I looked around and sure enough, just ahead of us, there was the five mile marker.

Had I been running an 8:00 pace for five miles? I looked at my Garmin to confirm and sure enough I had an average pace of 8:01. I washed down an energy gel and merged back into the pace group, now only eight people strong and vowed to hang with them to mile six.

Mile six came and went almost unnoticed, then mile seven, and mile eight.

Along the way we lost more of the pace group one at a time, but there were still five of us when we started up yet another hill somewhere in mile nine. Only two people stayed with the pacer up that hill, and I wasn't one of them. I could still see them 25 yards back but I was no longer really with the group. Even once we reached flatter road, I was still losing ground. At mile ten it was 50 yards, at mile eleven it was over 100.

I started to slow down even more then. I wasn't really with the pacer anymore, it was time to own it and just finish the race. Then I looked at my Garmin, 1:30 with just two miles to go; even at my usual 9:00 pace I could still break 1:50 with time to spare, something I'd only ever done once before. Could I beat 1:48, my previous PR? I spotted the 1:45 pacer turning a corner in the distance and picked the pace back up.

Each time I turned a corner, I looked ahead for the pacer, sometimes I saw him, but more times I didn't. I wouldn't spare the energy to do a serious search. I just focused my attention on keeping my breathing slow and my pace steady. I lost track of where I was, making turns when the volunteers pointed the way and missing the 12 mile marker completely. Then I rounded one more corner and found myself back on College looking down the

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Workout Of The Day For Team RWB

By Lisa Gunnoe, Chapter Captain
Team RWB Central Arkansas

Thank you Little Rock Roadrunners for the pleasure of teaching and preaching what we love best □the mission of Team RWB and our progress and projects here in Central Arkansas.

Group runs are now located in Searcy, Conway and Little Rock. Please come out and run, fly the eagle, and wear your Team RWB shirt on Tuesday nights at the Catholic High Track. Thank you Jeff Maher for making that happen.

Our next Central Arkansas event:

About “Armistice” — Veterans Day WOD - WOD with Warriors

On the 11th hour of the 11th day of the 11th month of 1918, armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War. This Armistice Day was later re-named Veterans Day.

At exactly 11 a.m., each November 11th a color guard, made up of members from each of the military branches, renders honors to America’s war dead during a ceremony at the Tomb of the Unknowns in Arlington National Cemetery.

√ The 11-based rep scheme represents the rich history of Veterans Day.

√ The two-minutes of rest/reflection represents this moment of silence at the tomb of the unknowns.

√ The first round of work represents Veterans of wars past, and the second round of work represents Veterans of present and future wars.

Modified versions of classic military exercises are meant to help connect Veterans and the greater community to connect after the accomplishment of shared hardship during this WOD.

You can sign up for this free workout, tailored for your fitness level at:

<https://www.eventbrite.com/e/wod-with-warriors-armistice-crossfit-north-little-rock-tickets-13676828763?ref=ebapi>

If you would like a T-shirt order it at:

<http://www.teamrwb.org/get-involved/wear-the-eagle#!/WOD-with-Warriors-Armistice-Tee/p/29433266/category=5843209>

Donations can be made on site as well. For questions contact Lisa Gunnoe at lisa.gunnoe@teamrwb.org or call 501-284-9223.

Fun (Continued from Page 1)

our [meeting](#) on the 17th. He’ll be talking about his new take on eating on the run with his new startup, [Tie Dyed Trail Grub and Race Catering](#).

This will be the last meeting until February as we have our Christmas Party in December. It’s on one of the easiest dates to remember, December 13th or 12/13/14.

It’s going to be at the Capitol Hill Building on West Fourth Street. It’s north of the State Capitol. Let me know if you need further directions.

In January we’re planning the Hilly Chili. We haven’t nailed down a date, but we should have it secured by the time the December newsletter goes out.

Training (Continued from Page 2)

monster hill, and there, still only 100 yards ahead, was the 1:45 pace sign.

This time I didn’t even try to fight gravity; I just focused on keeping my feet under me and let the hill feed my speed. I flew down the slope and it felt like I barely slowed when I reached the bottom, covering the last half mile like I was running a 5K.

And then I was there, turning into the finishing chute in time to see the pacer cross the line and crossing it myself at 1:45:38, beating my old PR by two full minutes.

I was supposed to be taking it easy, following a plan, training for a marathon. But then I’ve never been one to follow the rules.

Girls On the Run 5K Is Sunday, November 23

By Jenny Paul
Executive Director
Girls on the Run

The Girls on the Run end of season 5K is only a few weeks away! Scheduled to begin at 3 p.m. on November 23, 2014, this event is unlike any other. Our participants and their running buddies will run along the river trail near Pavilion 2 at Murray Park to the Big Dam Bridge. They will cross the Big Dam Bridge, turn around just as they get to the North Little Rock side and then return to where they started.

This course mirrors the girls' accomplishments this season. The season began with the girls getting to know one another and themselves better, just as the first portion of this run has short, rolling hills that help them find their pace.

The next part of the run leads the girls and their buddies up the BDB and correlates with the lessons where the girls began to explore the challenges that can be brought up when dealing with their

peers. However, after making it up the ascent the girls get to enjoy the gentle decline to Cook's landing. This serves as a reminder that intentionally working at communication with our friends and family will pay off with smoother interactions and a shared satisfaction.

As the girls turn around and head back over the bridge, they will again be faced with a climb that may remind them of the work they put into planning and carrying out their team specific community projects. The final descent mirrors those last lessons before the race when they can reflect on their experiences as a team. After exiting the bridge, our girls and their buddies will have approximately half a mile to soak up the final steps of this momentous run. It is my personal wish that each girl is keenly aware of every detail of those moments before and after crossing the finish line.

I hope that every one of you will make plans to be at the GOTR 5K as a volunteer, a running buddy or a cheerleader. You all know the power that can be found in achieving challenging goals. How could you not want to

witness this transformation in these incredible girls?

Many girls will have family or friends as running buddies, but several will rely on GOTR volunteers to escort and encourage them throughout their effort. If you are interested in being a running buddy please register at <https://www.raceplanner.com/register/index/673RDBFOAFOMCTM>

We also need other volunteers to ensure this event is wildly successful. We need face painters and people to "happy" hair (spray temporary color) as well as people to help serve refreshments and walk marshal the course. Check out all volunteer roles and register at <https://www.raceplanner.com/register/index/U22NGVF3ZEQ8FX3>

Go! Running and Hot Legs Running Club are working water stops. I know how competitive the birds can be. Let's make sure our Club is well represented. Let these girls know that the Birds have love for them too.

And as always, contact me at jenny.paul@girlsontherun.org or 501-615-5733 with any GOTR questions.

Running Calendar for December, January, February

December 2014

- 6: St. Jude Marathon/Half/5K/1M/Relays at Memphis, TN. Call 800-565-5112.
- 6: Run With Rudolph 5K at Springdale. Call 203-832-7711.
- 6: \$5 5K/10K/25K at Star City. Call 870-628-4714.
- 6: Speedy Santa 5K at Benton. Call 501-778-2271.
- 6: Run Home for Habitat for Humanity 5K at Fort Smith. Call 479-782-8255.
- 6: Helping Our Heroes Christmas 5K Challenge at Little Rock. Call 501-712-5514, ext. 2.
- 6: Jingle Bell 5K/1M at Little Rock. Call 501-664-4591.
- 13: Crawford County Optimist Elf 5K/1M at Van Buren. Call 918-208-9237.
- 13: CASA Half Marathon at Pine Bluff. (GPS) Call 870-540-4911.
- 13: Yule Run 5K at Greenwood. Call 479-996-6357.
- 13: Epic 5K Miles for Missions at Springdale. Call 479-751-4459
- 13: Ugly Christmas Sweater 5K at Prescott. Call 870-397-3266.
- 13: Jingle Bell 5K/1M at Hot Springs. Call 501-664-4591.
- 14: Jingle Bell 5K/1M at Fayetteville. Call 501-664-4591.
- 20: Jingle Bell Jog 5K and Reindeer Relays at Fayetteville. Call 479-530-8084.
- 20: Mt. Nebo Bench Trail 4M at Dardanelle. Call 479-477-0909.

January 2015

- 1: Mac & Michelle's New Year's Day Prediction 3.8M at Batesville. Call 870-307-9850.

- 3: Racin in the New Year 5K at Conway. Call 501-329-8102.
- 10: Village Creek 10K/25K at Wynne. Call 870-208-6523.
- 24: Chillin' for Children's 5K at Magnolia. Call 870-949-0793.

February 2015

- 8: Fort Smith Marathon/Half Marathon/Relays at Fort Smith. Call 479-650-6894.
- 14: Van Davis Memorial 5K at Hot Springs. Call 501-760-4206.
- 14: Run 4 the Stars 5K at Fort Smith. Call 479-652-6684.
- 21: Mardi Gras Mambo 10K/15K/1M at Baton Rouge, LA. Call 225-382-3596.
- 28: Little Rockers Kids Marathon. Call 501-371-4639.
- 28: Little Rock Marathon 5K. Call 501-371-4639.

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 Andy's 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

November 2014

- 8: Turkey Trot 5K at Monticello. Call 501-666-8195.
- 8: River Valley 5K/10K/Half Marathon at Fort Smith. Call 479-649-8815.
- 8: Nutcracker Sugar Plum Color Run 5K at Russellville. Call 479-880-7112.
- 8: Veteran's Memorial 5K at Fayetteville. Call 479-871-7478.
- 8: The Color Run 5K at Little Rock. Call 855-662-6567.
- 8: Lung Force 5K at North Little Rock. Call 501-804-6947.
- 8: Veterans Museum 5K at Vilonia. Call 501-796-4895.
- 8: Have a Hart Turkey Trot 5K at Fairfield Bay. Call 501-884-7777.
- 8: The Well Done Run 5K at Searcy. Call 501-279-9900.
- 8: Mulberry 5K Turkey Run. Call 479-997-5022.
- 8: Race the Base 4M Trail Run at Pinnacle Mountain. Call 501-681-2801.
- 8: Race for a Reason 5K at Conway. Call 501-940-8218
- 8: Running Under the Mistletoe 5K at Texarkana, TX. Call 870-772-9948.
- 8: Wiggins Cabin Festival 5K at Crossett. Call 870-364-7788.
- 8: Nutcracker Sugarplum Color 5K/1K at Russellville. Call 479-880-7112.
- 9: Fayetteville Half Marathon/5K. Call 479-521-7799.
- 15: Heber Half Marathon/5K at Heber Springs. Call 615-974-2287.
- 15: Get Your Rear in Gear 5K at Little Rock. Call 501-609-5855.
- 15: Gobble All the Way 5K with Jackson County JA 5K. Call 870-503-1530.
- 15: Longview Half Marathon at Kansas City, MO. Call 816-569-4508.
- 15: Fallen Soldier 5K at Texarkana. Call 903-748-1015.
- 15: Breakaway 5K/10K at Searcy. Call 501-230-3997.
- 15: The Butterfly Race 5K at Springdale. Call 479-879-6212.
- 15: Follow the Crowd 5K at Fort Smith.
- 15: Reindeer Run for Reading-Grinch Chase 5K at Bryant. Call 501-366-5367.
- 15: The Give & Glow 5K at Walnut Ridge. Call 870-679-0672.
- 15: Gobble All the Way 5K at Newport. Call 870-972-1597.
- 15: Pow Wow Warrior Marathon at Texarkana, AR. Call 903-277-9392.
- 15: The Pie Run 5K/10K at Shreveport, LA. Call 832-515-8761
- 15: The Big Buck Trail 5K at Hot Springs. Call 501-617-7410.
- 15: Diamond Dash Color Splash 5K at Monticello. Call 870-367-4050.
- 16: Good Samaritan 5K at Greenwood. Call 479-252-8222.
- 22: Spa 10K at Hot Springs. (GPS) Call 501-276-8870.
- 22: White River Marathon for Kenya at Cotter. Call 870-404-8363.
- 22: Reindeer Run 5K at Clarksville. Call 479-518-2971.
- 22: St. Jude Give Thanks 5K Walk at Springdale. Call 901-373-5051.
- 22: GOTR 5K/10K at Bentonville. Call 479-903-4347.
- 22: Firefighters Stache Dash 5K at El Dorado. Call 870-814-8405.
- 22: Badgers Rally for a Cause 5K at Beebe. Call 501-882-5463.
- 22: Hillbilly Hustle 5K at Ozark. Call 479-209-0997.
- 22: USA Track & Field 2K/3K/4K/5K at Little Rock. Call 501-256-8443.
- 22: Race for Grace 5K at Harrison. Call 870-416-2071.
- 22: Gobble Wobble 5K at Fort Smith. Call 479-353-9539.
- 22: Momentum on Mission 5K at Van Buren. Call 479-922-2342.
- 22: Be Your Best Self 5K at Searcy. Call 501-230-6084.
- 27: Ward Parkway Thanksgiving Day 5K at Kansas City, MO. Call 816-399-5330.
- 27: Mercy Thanksgiving Day Turkey 5K/10K at Fort Smith. Call 479-650-1002.

Birthdays

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

- 4 - Misty Brown
- 6 - Colin Hall
- 8 - Bill Crow
- 11 - Mike Mueller
- 18 - Greg Luyet
- 18 - Steven Ulrich
- 21 - Heather Iacobacci-Miller
- 22 - Jayme Butts-Hall
- 23 - Hope Sharp
- 23 - Amanda Wilson
- 25 - E.F. Jennings
- 27 - Bunnie Wilkerson

Calendar

- 27: Don Gammie Turkey Trot 5K/1M at Eureka Springs. Call 479-236-0701.
- 27: NWA Turkey Trot 5K at Rogers. Call 479-466-9713.
- 28: Sunset 24 Hour Challenge at Benton. Call 501-517-7393.
- 28: Goblber Thanksgiving Day Turkey Trot 3/4/6.5 at Little Rock. Call 501-663-6800.
- 29: Sunset 6 & 12 Hour Challenge at Benton. Call 501-517-7393.
- 29: Great Duck Race 5K/10K at Stuttgart. Call 870-830-4609.

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