

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2014

Cooler Temps, Challenging Races, And Good Causes

By Nicholas L. Norfolk
LRRRC President

The first weekend in October provides a snapshot for what to expect going forward in our running community. Three big running events take place on the first weekend of the month.

Grand Prixers will have their attention focused in Northwest Arkansas this month. First, the [Chile Pepper Cross Country \(XC\) Festival](#) happens in Fayetteville. The Open 10K is a RRCA South Region Championship race this year.

Although it is XC season, there aren't many opportunities for non-students to run in XC events. Even when there are, not many participate. Chile Pepper has to be the largest open XC race in the state.

The Minuteman XC 5K and the Wampus Cat XC 5K were the two most recent open races. If you take the number of finishers for both of the aforementioned races and double it, then the Chile Pepper will still have more. The organizers have added an open 5K for those wanting to run a shorter distance.

Another popular event during the first weekend in October is the [Susan G. Komen Race for the Cure](#). Around 40,000 women will paint the town pink. If you want to run in the competitive 5K, don't forget it starts 30 minutes prior to the walk.

For those that need a little more than the usual 5K/10K, the [Arkansas Traveller 100](#) starts on October 4 and finishes on October 5. Many Birds will be pacing and volunteering, if not running

the entire race. It is a RRCA South Region Championship race this year as well.

We follow up the next week (11th) with [Angel One 5K](#), [Paws on the Pavement 5K](#), and [Heroes Against Hunger 5K](#). I would say make a 15K out of it, but it's not possible. Each race starts at 8 a.m. You can't run them all, but being that they're all for good causes; you could option to be a virtual runner and still support.

On the 18th the only Little Rock race is [Walk Now for Autism Speaks 5K](#). However, the last Grand Prix race of the month happens in Ft. Smith. The [Survivors Challenge 10K](#) is hosted by the Western Arkansas Runners. Watch out for Survivor's Hill!

We end the month with the [Mud Run](#) at Two Rivers Park. It's a dirty run, but someone has to do it, eh? That weekend if you're not taking a mud bath, my money is on you being in Conway for the [Soaring Wings Half Marathon](#).

The popularity of the Soaring Wings Half Marathon has grown allowing the race organizers to add a full marathon next year. As many of you are aware, it has been a Grand Prix race for the majority of its existence. This is a well-run (no pun intended) race and this year it serves as the Arkansas RRCA State Championship. Even though it's not in the Grand Prix, it's one that many Grand Prixers will run because it's a fun race to do and the weather is always nice. I need to find out their secret.

Angela o'Sassy o' Gattin told us at the September meeting how yoga is more than a cross training activity for her. It's her passion and part of her lifestyle. She

told us how she began, and how she has progressed to doing it full-time and loving it.

Our next speaker is Lisa Gunnoe. I remember meeting her at my first Big Rock Mystery Run a few years ago. She's been a friend ever since and is always one to inspire, give out smiles, and much needed hugs. She's going to tell us about the [Team RWB](#) chapter that recently formed in central Arkansas. I'll see you then.

October Meeting

Monday, October 20, 2014

U. S. Pizza - Hillcrest
2710 Kavanaugh

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

Lisa Gunnoe
Team RWB -
Central Arkansas

Girls On The Run 5K Is Sunday, November 23

By Jenny Paul, Executive Director
Girls on the Run

With more girls this season than ever before, it is an exciting time to be a part of Girls on the Run!

Planning. Planning. Planning. Planning. If you know me, you'll know that I am not an extensive planner in my personal life. I often decide on races the day before and running routes on the way out the door. I am often standing in my kitchen staring at an empty refrigerator when I should already be putting plated food on the table for my kids. I pack in lots, but rarely plan anything. I find satisfaction being in the moment and have often used that as a way to justify not planning ahead.

But now it's like I can't stop the planning: the GOTR 5K, next season, expansion, recruitment, promotions. It's planning, planning all the time! And I love it! Everything we are planning is all because this community has embraced Girls on the Run. I am so thankful to have all these plans ahead and hope that you will each find a way that you can join us!

Joining Team RWB Improves Veterans' Lives

By Lisa Gunnoe

Team Red, White and Blue (Team RWB), a 501(c)3 with the mission of enriching the lives of America's veterans by connecting them to their community through physical and social activity, recently conducted a study to determine the impact their organization is having on its members.

The survey results were clear and compelling. A significant majority of members across all categories (veteran, active duty and civilian) reported living better lives since joining the organization. Participants indicated improved health (physical, mental and emotional), more meaningful relationships, and a stronger sense of purpose.

"We are incredibly proud of these survey results. Over 4,000 members responded, so it gave us tremendous insight into our organization," said Mike Erwin, Team Red, White and Blue's Founder and Chairman. "The responses clearly indicate that Team RWB is a positive force for veterans, those that support them and our communities."

We are finding that result here in Arkansas as we come together for events and service projects. Come join the team whatever your pace/goal/mileage. If you love other workout means please come share them with Team RWB Central Arkansas.

The GOTR 5K is planned for Sunday, November 23, 2014, at 3 p.m. The run will start on the River Trail near Murray Park Pavilion #2. We are not hosting an open run this fall (look for that in the spring), but you are still needed. We need volunteers. We need running buddies. We need cheerleaders. Our girls are currently in the middle part of their season and are working hard to prepare for this event. You know how empowering the completion of a running goal can be. Make plans to be there to witness these girls as they recognize their limitless potential.

<http://www.gotrcentralark.org/race/92-girls-on-the-run-5K>

Next season is fast approaching as well, and we need coaches. As we anticipate expansion every season, our number of coaches will also increase. Anyone with a passion for empowering youth is encouraged to join one of our informational meetings planned for later this fall (date TBA). Practices are held twice per week for 1.5 hours at a time during the season. The spring season typically runs mid-February through mid-May.

<https://www.raceplanner.com/register/index/EHM080S21IDTICS>

Also, we are still recruiting new sites for next spring. If you or any of your friends are associated with a school or organization that is interested in hosting a GOTR team, we would love to hear about it! It is always exciting when people that are familiar with the program can help introduce it to the potential participants. <https://www.raceplanner.com/register/index/girls-on-the-run-central-arkansas-2014-site-application>

Participant registration for next season will open early 2015, but we are happy to answer any questions about programming and expansion plans any time. As always, please contact me with any questions at jenny.paul@girlsontherun.org

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)

Condolences

The Little Rock Roadrunners Club extends its condolences to Carl Carter over the recent death of his mother, Beverly Carter. Please keep Carl and his family in your thoughts and prayers.

Condolences

The Little Rock Roadrunners Club extends its condolences to Karen Hayes over the death of her husband, Bobby J. Hayes, on September 29. Please keep Karen and her family in your thoughts and prayers.

New Members

Tess and Becky Peterson both started running within the last year and are interested in meeting Club members for scheduled runs.

Tess enjoys racing the 5K and 10K and has a PR of 14:30 for two miles. Her other interests include photography, cooking, rock climbing, folk dancing, and snow skiing.

Becky races occasionally and prefers the 5K distance with a PR of 27:30. She enjoys snow skiing, dancing, and rock climbing.

Calendar (Continued from Page 4)

- 8:** Race the Base 4M Trail Run at Pinnacle Mountain. Call 501-681-2801.
- 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.
- 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 6Stacheö Dash 5K at El Dorado. Call 870-814-8405.
- 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.
- 27:** Don Gammie Turkey Trot 5K/1M at Eureka Springs. Call 479-236-0701.
- 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.

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.
- 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.
- 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.

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.
- 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 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

October 2014

- 25: Soaring Wings Half Marathon/Relay at Conway. Call 501-849-2253.
- 25: Mud Run 5K at Little Rock. Call 501-371-4639.
- 25: Cash Dash 5K at Heber Springs. Call 501-470-5999.
- 25: Reddie Steady Letø Get Sweaty 5K at Arkadelphia. Call 870-230-5189.
- 25: Lake Chicot Fall Festival at Lake Village.
- 25: Summit Stampede 5K at Van Buren. Call 479-650-0509.
- 25: Run Forest Run 5K at Gurdon. Call 501-554-4194.
- 25: Goshen Gallop 5K/10K.
- 25: Sandy Beach 5K Purple Run at Camden. Call 870-807-4426.
- 25: Big Bluff Challenge 5K at Bull Shoals. Call 870-425-7677.
- 25: Color Dash 5K at Jonesboro. Call 870-253-3838.
- 31: Halloween Monster Dash 5K/1M at Fayetteville. Call 4790-521-7766.

November 2014

- 1: Midsouth Marathon at Wynne. (GPS SC). Call 870-238-4610.
- 1: Nashville Ultra 50K/60K/70K/50M at Nashville, TN. Call 615-445-5077.
- 1: Highrock Hop Trail 5M/10M at Batesville. Call 870-307-8922.
- 1: Making Strides Against Breast Cancer 5K at Rogers. Call 479-246-0002.
- 1: Dash for Dogs 5K/10k at Charleston. Call 479-965-3591.
- 1: Lewis and Clark Ozark Adventure 7M/2M at Fayetteville. Call 479-521-7766.
- 1: Worldø Highest Hill 5M at Poteau, OK. Call 918-658-0478.
- 1: Harvest 5K at Russellville. Call 479-692-1511.
- 1: Day of the Dead 5K at Dardanelle. Call 479-299-3972.
- 1: Mountainstache 5K at Mountainburg. Call 479-369-2146.
- 1: Catch the Beat 5K at Russellville. Call 479-967-2255.
- 1: Speed the Word 5K at Fort Smith. Call 918-264-5514.
- 1: Roman Road 5K/1M at Greers Ferry. Call 501-940-0340.
- 1: Run for 2 5K at Conway. Call 501-658-6833.
- 1: Redskin Dash 5K at Pocahontas. Call 870-378-1522.
- 1: Aspired 5K at Little Rock. Call 501-350-9128.
- 1: The Hunger Run 5K at Mountain Home. Call 870-421-2227.
- 1: Anytime Fitness 5K Pumpkin Run at Camden. Call 870-836-7100.
- 1: Hope for Haiti 5K at Lavaca. Call 479-462-1550.
- 2: DRC Half Marathon/5K at Dallas, TX.
- 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: Veteranø 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.

Birthdays

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

- 1 - John Russell
- 4 - Jeff Maher
- 4 - Sonny Rhodes
- 6 - Stacy Mitchell
- 11 - Jason Auer
- 11 - Roger Thompson
- 12 - Rick Shelton
- 15 - Benjamin Dannemann
- 16 - Alise Steadman
- 20 - Sonya Green
- 22 - Sandy Cordi
- 22 - Nick Nelson
- 25 - Dan Belanger
- 25 - Wendi Holzknicht
- 26 - Heidi Strock
- 29 - Bob Marston

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