

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2014

## New Races And Familiar Courses

By **Nicholas L. Norfolk**  
LRRC President

School has started, cooler temperatures are coming (I hope), and we are about to begin the fall season. There are new races in our area that many will be excited to try. However, there are the tried and true races many will run because it's a part of your routine.

Little Rock Marathon training has commenced and many are coming off their Tupelo Half Marathon and Marathon highs and lows. You're either looking for redemption or you're ready to kick it up a notch.

Since the [Chile Pepper XC Festival](#) is on the same weekend as Arkansas Traveller, some of you will miss it because you're running, pacing, or volunteering. I have a solution for you: the [Minuteman XC 5K](#) on September 6.

It is a new race that's the brainchild of Bill Torrey. For those that remember the days of Orange Crush, it'll be a bit nostalgic. For those of us that don't, think of it as the Chile Pepper of the South.

This year it happens to be on his and Linda House's birthday. If you're there, then be sure to wish them a Happy Birthday.

The Minuteman XC 5K will be at Western Hills, and it features an open event as well as races for middle and high school runners. It gives cross country teams another meet, and being located in Little Rock makes it easy for them to get to.

Another Club member, Colin Hall, has a race he's organizing for the second year. [Fighting Red 5K](#) will take place on September 13 at Cooks Landing. The course will be very familiar to you. You'll

run over the Big Dam Bridge turnaround and come back.

The race benefits and raises awareness for blood cancer. You'll be able to get swabbed and added to the National Bone Marrow Donor registry. If you can't make it to the race, sign up to be a virtual runner and still support the cause.

Unfortunately another race happens that day and it's not possible to do both. People say everything is better with bacon and someone took that and literally ran with it. In addition to activities, the [Little Rock Bacon Fest](#) will include a 5K. I wonder if they'll have bacon at the aid stations.

On September 19, the RRCA celebrates the ninth Annual RUN@WORK Day and the third Annual RUN@School Day, a nationwide fitness effort to get people moving. For more information about this program, click [here](#).

The only Grand Prix race of the month will be the following weekend on September 20 in Benton. The [Arkansas 20K](#) is a state championship and the Saline County Striders provide a very hospitable atmosphere.

If you're looking for a shorter distance, then the [Country Run 5K](#) debuts in Little Rock at War Memorial Stadium. Throw on your wildest country getup and mosey on down to the start line for a couple of miles of down-home country fun, followed by a shindig full of refreshments, games, and country charm.

If you're feeling like a beast, which I know many of you are, then another new race, [MEMS 5K](#) takes place later at 5 p.m. The race benefits [The September Fund](#), which was established as a living memorial to the brave police, fire and EMT workers who perished on September 11, 2001.

Any first-year college bound student who is the son or daughter of a firefighter, police officer or emergency medical technician and who lives in any state in which The Corey and Jay Show is broadcast on an affiliate radio station during the year of application, may apply.

We don't have any races in Little Rock on the last weekend in September, but the Big Dam Bridge 100 is that weekend. Some of you enjoy cycling just as much as running and will probably take part in the tour.

If you want to race instead, then check out the [Great 5K Pumpkin Run](#) in Lonoke. Much like the Watermelon 5K, you get to come away with a pumpkin.

Tia Stone was our speaker at our August meeting. She told us her story and how she became known as the [Arkansas Running Mom](#). She's presently runs for the Cabot Cruisers, but has plans to start a running club in Searcy. September is going to be a great month. Bring on the cooler temperatures!

### September Meeting

Monday, September 15, 2014

U. S. Pizza - Hillcrest  
2710 Kavanugh

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

Anglea "Sassy" Gattin  
Yoga for the Road

# GOTR Also Gives Confidence To Girls' Parents

By Jenny Paul, Executive Director  
Girls on the Run

It's here! It's finally here! The fall 2014 Girls on the Run season has arrived!

Next week all of our teams will hold their first practices. Teams meet twice weekly for approximately 1½ hours and cover a variety of subjects. Each practice has a specific topic that the girls and their coaches explore through interactive discussions and running games. Throughout the season the girls practice positive self-talk, standing up for themselves and others, introspection, and teamwork. They also develop and execute a community impact project toward the end of the season.

In addition to these animated and important discussions, each girl trains to complete a 5K run/walk at the end of the season. This season's GOTR 5K is planned for Sunday, November 23 at 3 p.m. The location has not been decided for certain, but I will be sure to share that information with you next month. For now, though, just put the GOTR 5K on your calendar for November 23 at 3 p.m. The fall 5K does not have an open, community run, but our girls could never have too many cheerleaders and we could never have too many volunteers.

We will need all the typical race volunteers but have one large need unique to our event. Each girl completes the 5K with a Running Buddy – an adult volunteer or family member who accompanies the girl throughout her run and offers her encouragement and motivation. We may need several Running Buddies for this season's 5K, so please consider joining in the fun. I can't think of a better way to stretch your legs after running up and down the mountain at Spa 10K on Saturday, November 22.

I'm looking forward to giving you all an update next month once things are in full swing. Nothing pleases me more than to share some of our best experiences with our earliest supporters. Thanks again, Birds!

It is always wonderful and encouraging to get positive feedback from our participants and from their parents. Often compliments are during a conversation or a quick email exchange. However, occasionally we are given a gift of a written expression of how Girls on the Run has made an impact. Here, a parent shares his observations of how this program has been a part of his daughter's growth over the last year.

**“Last fall my nine-year-old arts and crafts-oriented, comfort zone-dependent, couch potato and I attended an informational meeting about Girls on the Run. Her mother and I had never heard of the program, but we were curious. We liked the idea of potentially getting our daughter interested in running, as this is an activity we both enjoy. At the informational meeting, Coach Jenny discussed how the program ‘has something for every girl,’ and while I cannot speak for**

**every girl, it has had much more than something for our daughter.**

**Last year was clearly the best school year of our daughter's life. A lot was related to a bond she developed with her fourth grade teacher, but so much credit is due to Girls on the Run. Our daughter has always been bright and creative, but was reluctant to show these sides of herself to anyone outside the family. Shy would be an accurate description. During the course of her two seasons with Girls on the Run last year, her mother and I observed our girl on the run become confident and secure. New situations or challenges seemed to be less anxiety-provoking compared to previous years. She became confident in herself and we distinctly observed this in her peer relationships. She no longer seemed to be as concerned with what others may or may not be thinking about her. She was relaxed enough to openly show and receive affection.**

**The program is not about running. Our girl on the run has not taken off to become an aspiring athlete. Competition may be something with which she is never fully comfortable, but she is comfortable with herself. As a man watching his little girl grow into a bigger one – all too soon for my own comfort – I feel a little more secure myself thanks to Girls on the Run.”**

## Condolences

Former RRCA State Director David Samuel wrote recently: “Cecil Earp, 81, a great Arkansas running legend and member of the Arkansas Roadrunners Hall of Fame passed away August 8. He was a great friend who I ran many miles with during the last 30 years. I will miss seeing his smiling face at future races.” The Little Rock Roadrunners extends its condolences to Cecil's family.

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### Board Members

Nicholas L. Norfolk	President	517-7345
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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)

# Minuteman Cross Country 5K Will Be September 6

By **Bill Torrey**  
Race Director

On September 6 the Arkansas Army National Guard, along with Little Rock Parks and Recreation, Rock City Running and Go! Running, are proud to bring the National Guard 5K and two-mile race to Central Arkansas. The event will take place at Western Hills Park located about two miles west of the University of

Arkansas at Little Rock at Colonel Glenn Road and Western Hills Avenue.

The cross country event will have an open division that will begin at 7:30 a.m. There will be separate races for high school boys and girls. Two-mile races for the junior high boys and girls will follow.

The tentative schedule is as follows:

7:30 a.m. 6 Open men and women  
8:15 a.m. 6 High school boys  
8:45 a.m. 6 High school girls  
9:15 a.m. 6 Junior high boys (2 mile)  
9:45 a.m. 6 Junior high girls (2 mile)  
10:45 a.m. 6 Christian School League (2 mile)

The cost for the event is \$25 for the open race and \$30 day of race. The runners for the open race can register online at [arkansasrunner.com](http://arkansasrunner.com). Schools will pay \$50 per team with a maximum of \$200. All schools must register at [arkansasrunner.com](http://arkansasrunner.com). There will be no day of race registration for the school teams. On-line registration will close at midnight September 4. All races will be chip timed.

The open race will be five-year age groups for men and women. The high school and junior high races will have team awards two deep and individual awards for the top 20 in each division.

All participants will receive a finisher's medal and a T-shirt. There will be food and drinks after each event.

School coaches can contact Steve Oury at [soury@bryantschools.org](mailto:soury@bryantschools.org). All open runners can contact Bill Torrey at [bill.torrey@rockcityrunning.com](mailto:bill.torrey@rockcityrunning.com).

## Team RWB Is Now Official

By **Lisa Gunnoe**

Central Arkansas was recently notified that it is now an official Team Red, White and Blue community. This means that we spent months proving ourselves with consistent veteran interactions to be a solid part of veterans' lives. We did share a moment of excitement, and then the weight of the responsibility started to settle in.

With the following talented leadership team in place we are up to the challenge:

James Honeycutt - Athletic Director, [james.honeycutt@teamrwb.org](mailto:james.honeycutt@teamrwb.org)  
Ronnie Spivey - Community Outreach Director, [ronnie.spivey@teamrwb.org](mailto:ronnie.spivey@teamrwb.org)  
Mike Mason - Veterans Outreach Director, [mike.mason@teamrwb.org](mailto:mike.mason@teamrwb.org)  
Zach Williams - Social Director, [zach.williams@teamrwb.org](mailto:zach.williams@teamrwb.org)  
Lisa Gunnoe - Chapter Captain, [lisa.gunnoe@teamrwb.org](mailto:lisa.gunnoe@teamrwb.org)

Ultimately, the aim of Team RWB's community-building program is to bring veterans together with civilians in a way that enables them to establish authentic friendships.

Interested in softball? We have a team at Camp Robinson. Contact James Honeycutt for details. We will have a 9/11 moving tribute memorial on September 11. Check our Facebook group for details.

## Running Calendar (Continued from Page 4)

- 27: UA Cossatot Colt Bolt 5K at DeQueen. Call 870-584-4471.
- 27: Color Me First Robotics 5K at Mountain Home. Call 870-421-2429.
- 27: Redleg 5K at Ozark. Call 479-667-3758.
- 27: DASH to Remember 5K at Pea Ridge. Call 479-656-3513.
- 27: American Legion Auxiliary 5K at Beebe. Call 501-288-2446.
- 27: CompACT Family 5K at Hot Springs. Call 501-262-1660.
- 27: Race to the Rock 5K at Arkadelphia. Call 903-293-0641.
- 27: Festville Run to the Ville 5K at Jacksonville. Call 501-982-0818.
- 27: Jefferson County 5K at Pine Bluff. Call 870-536-0920.
- 27: Heart & Sole 5K/Half Marathon/Relay at Jonesboro.
- 27: Fuzz Fest 5K at Springdale. Call 479-750-8526.
- 27: Run for ALS 2M at Bentonville. Call 479-621-8700.
- 27: Run for the Family 5K at Hot Springs. Call 501-262-1660.
- 27: Running Out of Time 5K at Mountain Home. Call 870-425-3689.
- 27: Conquer the Climb 5K at Sherwood. Call 501-231-4320.

## New Members

By **Sarah Olney**  
Membership Chairman

**Jamie and Robert Wittrock** are new to Little Rock and interested in meeting fellow Club members for group runs. Jamie is a teacher who has recently taken time off from running, but her goal is to begin training for the Little Rock Marathon. Robert is a resident at Children's Hospital who has been running for two years, and enjoys racing the 5K, 10K, and half marathon with his wife.

**Bill Nelson** is a supervisor in the FDA, who has been running for over 35 years. He does not race frequently, but has a goal of completing a marathon and racing more. He swims three days during the week and is also a swim referee.

# 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](mailto:house48@gmail.com)

## September 2014

- 6: 9/11 Memorial 5K at Lavaca.
- 6: Band on the Run 5K at Batesville. Call 870-307-9783.
- 6: Run for Recovery/Wellness 5K/1M at Benton. Call 501-416-2170.
- 6: Farmington Stampede 5K/1M at Farmington, AR. Call 479-267-2664.
- 6: Minuteman 5K XC at Little Rock. Call 501-231-3730.
- 6: Boys & Girls Club Shining Stars 1M/5K/10K at Alma. Call 479-632-2070.
- 6: 4H Rainbow 5K/Kids Dash at Mt Ida. Call 870-867-2311.
- 6: Race to Remember 5K at Fort Smith. Call 479-461-7993.
- 6: Sheep Dog Military Physical Fitness 3M at Little Rock. Call 501-712-5514, ext. 2.
- 6: HSPF 5K at Hot Springs. Call 501-844-6888.
- 6: Keep Our Women Safe 5K at Jonesboro. Call 870-277-8326.
- 11: Four States Flattest 5K at Neosho, MO. Call 417-455-9999.
- 13: Fighting Red 5K: A Race to End Blood Cancer at North Little Rock. Call 501-231-5713.
- 13: Winslow Half Marathon. Call 479-634-7451.
- 13: Every Soul Matters 5K at Vilonia. Call 501-796-3047.
- 13: Afterglow 5K at Batesville. Call 870-793-2378.
- 13: Kendraø Voice: Race to Be Heard 5K/10K at Ozark. Call 479-209-0207.
- 13: Cavanaugh Thumperthon 5K a Walnut Ridge. Call 870-886-4007.
- 13: Girl Scout 5K Color Run at Clarksville. Call 479-719-8010.
- 13: Amanda Woodman Memorial 5K Color Run at Texarkana. Call 903-792-1030.
- 13: RBRS: Paw Pacer 5K/1M at Bentonville. Call 479-464-7275.
- 13: Angels on the Run 5K at Arkadelphia. Call 870-403-2006.
- 13: Arkansas Zombie Challenge at Hector. Call 479-880-1195.
- 13: Bacon Fest 5K at Little Rock. Call 501-372-8341.
- 13: Fight Back 5K/1M at Nashville. Call 870-557-7762.
- 13: East End Sizzler 5K at Hensley. Call 501-888-3522.
- 13: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
- 14: The Plaza 10K at Kansas City MO. Call 816-529-5860.
- 20: Arkansas 20K at Benton. Call 501-517-7393.
- 20: Miles for Mito 5K at Conway. Call 501-733-6967.
- 20: Red Rock 5K at Las Vegas, NV. Call 702-659-9889.
- 20: Spirit Challenge 5K at Fayetteville. Call 479-530-8084.
- 20: MEMS 5K at Little Rock. Call 501-605-2654.
- 20: Log A Load for Kids 5K at Warren. Call 870-820-2487.
- 20: Ding Dong Days 5K at Dumas. Call 870-263-4748, ext. 2660.
- 20: Country Run XC 5K at Little Rock. Call 501-371-4639.
- 20: Pi Beta Phi Benefiting Childrenø Literacy 5K at Fayetteville. Call 901-326-4947.
- 20: The Mother K 5K at Council Grove, KS. Call 620-200-4740.
- 20: Conway High School XC Open 5K. Call 501-730-1979.
- 21: Omaha Marathon/1M at Omaha, NE. Call 845-247-7275.
- 27: Paint Downtown Pink 5K at Fort Smith. Call 479-650-0766.
- 27: Hills and Hollows Half Marathon/5K at Valmeyer, IL. Call 402-598-9178.
- 27: On Our Way 5K at Clarksville. Call 479-754-6869.
- 27: Trojan Run for Haiti 5K/1M at Washburn, MO. Call 417-721-1373.
- 27: Fight Like a Kid 5K at Heber Springs. Call 501-270-2360.
- 27: Tailwaggers 5K at Siloam Springs. Call 479-238-3612.
- 27: Great Pumpkin 5K/1M at Lonoke. Call 501-590-0441.

# 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](mailto:olney71@gmail.com) or call her a 615-3344 if the information is incorrect.

- 1 - Linda Ault
- 2 - Oscar Pearce
- 6 - Linda K. House
- 6 ó Bill Torrey
- 6 ó Sybil Taylor
- 6 - Glenda Williams
- 9 - Karen Helmbeck
- 11 - Bill Simpson
- 12 - Brenda Stallings
- 12 - Adam Donell
- 13 - Carl Carter
- 14 - Sara Bowling
- 17 - Hobbit Singleton
- 18 - Jason Miller
- 21 - James Titus
- 22 - Chris George
- 23 - David McClanahan
- 25 - David Meroney
- 28 - Danny Williams
- 29 - Rickey Hudson

## 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](mailto:chrlypytn@gmail.com)