

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2015

## Survey Says ... Feedback From Members; News From The LRRC Board Meeting

By Brian Sieczkowski  
LRRC President

Thank you to all Club members who took the time to fill out our 2015 LRRC Survey. At press time we've heard back from 20 Roadrunners, ranging from newbies to 10+ year veterans of the Club. I'll share some of responses and suggestions from the survey in the second half of this column (subtle foreshadowing, no?). First up is a recap of the July LRRC Board Meeting.

The Board met prior to the general Club meeting on July 20<sup>th</sup>. This marked our first formal meeting since the new board took office this summer and I was very pleased with the insight and enthusiasm each member brought to the table. First topic on the docket was to review and revamp our Club's registration system. We voted to make a few changes to the way you sign up and renew your membership.

Club membership will now last a full 12 months from the day you sign up; it will no longer automatically expire on

December 31<sup>st</sup>. Previously, if you signed up for the LRRC, you paid \$20 for the rest of that calendar year no matter when you signed up. Thus, if you registered on September 1<sup>st</sup>, you were charged \$20 for four months of membership, then had to renew on January 1. Going forward, if you sign up for the LRRC on September 1<sup>st</sup>, you pay \$20 for a full 12 months. No renewal will be needed until you've been in the Club for a full year, and all renewals will last 12 months as well. This ensures that all new members get full value with the LRRC right off the bat.

Not only that, but we've made this new pricing plan retroactive. I went through our online roster and manually updated everyone who signed up this year for a full 12 month membership. For example, if you signed up this past May, you are good until May of 2016. You won't hear from us about renewing your membership at the end of the year unless you registered/renewed in January. One further item related to registration: you now have the option to sign up for multiple years at a discounted rate. Next

time you renew, you'll be able to choose between one year at \$20, two years at \$36, or three years at \$45.

Next the Board discussed the results of the LRRC Membership Survey. I'll now share an overview of your responses and how we hope to put your plans into action. For Club meetings, we received multiple requests for speakers to talk about running injuries, improving your training to get faster, nutrition for runners and personal stories from runners. Good news on that front. I've already talked with potential speakers on the injury and training topics, so you'll hear from local sports medicine and running coaches in the months ahead.

Survey respondents were unanimous in their interest in Club group runs and special events. The Board discussed replacing a normal speaker meeting with a special group run/cookout or potluck. We will wait until the weather cools off a little bit so look for that in

(See Survey Says on Page 2)

## Remaining Grand Prix Schedule

August 1 ó White River 4 Mile Classic @ Batesville\*  
August 8 ó Watermelon 5K @ Hope  
September 5 ó ARK 5K Classic @ North Little Rock  
September 19 ó Arkansas 20K @ Benton  
October 3 ó Chile Pepper XC 10K @ Fayetteville\*  
October 17 ó SurvivorsøChallenge 10K @ Fort Smith  
November 7 ó Midsouth Marathon @ Wynne\*  
November 21 ó Spa 10K @ Hot Springs  
December 12 ó CASA Half Marathon @ Pine Bluff\*

\*Championship races

*August  
Meeting*

August 17, 2015

U. S. Pizza - Hillcrest  
2710 Kavanaugh, Little Rock

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

Sarah Stagg, Physical Therapist  
Prevention & Rehab of Running Injuries

# Survey Says ... (Continued from Page 1)

September or October. We also discussed organizing periodic group runs around town. Not another weekly staple like the LRRC Tuesday track workout, but something on a different day and time every few weeks. Maybe early morning group runs on a Saturday or Sunday, meeting in the River Market or at the Two Rivers Bridge. One thing that was apparent from the survey feedback is that there is no one good time for everybody to meet so we'll try to change things up to give as many different members a chance to be involved as possible.

We also received helpful feedback on our newsletter. The Q&A with Mark from last month was well received and will continue with a different Club member each month. Members also requested to read race reports. In response, we will pick a Spotlight Race each month. You'll be able to read a recap of the Spotlight Race and we'll post the names and times of every LRRC member who ran in it. Rodney Paine kicks off this feature with his report on the Firecracker 5K. In August, the spotlight race will be the White River 4 Mile Classic and in September it will be the Minuteman XC 5K. If you plan to run either of those races and wouldn't mind writing up a report for our newsletter, please let me know.

There was also interest a Club sponsored track meet. Eighty percent of respondents stated they would be interested in participating in a meet. The Board plans to address this in two ways. First, we will periodically hold "Mini-Meets" on Tuesday evenings in conjunction with our weekly speed workout. Instead

## Team RWB

**By Lisa Gunnoe, Chapter Captain  
Team RWB Central Arkansas**

With the heat of summer comes the excitement of multi-sport.

Team RWB Central Arkansas participated in the 2<sup>nd</sup> annual Firecracker Tri in Russellville on the 4<sup>th</sup> of July. Watching first time triathletes complete their first event is inspiring to say the least.

July 5<sup>th</sup> found Team RWB in Conway running an annual Four and/or 10 mile run. Summer means a climb up Pinnacle Mountain on July 12<sup>th</sup>.

These activities bring us together, help us develop meaningful relationships. A simple daily training run is a good example of what Team RWB is all about. Quoted from Ronnie's Facebook post:

During my run I met a disabled vet. He was sitting in his driveway watching his wife do yard work. He had retired SFC Army on his hat. I stopped running and went and shook his hand. I could tell I caught him off guard. He told me a little about his story. He had no clue what team RWB was about. I kindly thanked him again and turned around to head back to my son in

of a typical interval workout like 12 x 400 meter reps, we'll warm up, run one individual event track race (anywhere from 1M to 5K), jog a couple laps for recovery, and then finish off with a 4 x 400 meter relay just for fun. Look for these special Tuesday Twilight Mini-Meets every month or two, starting this fall. In addition, the Board would like to hold at least one or more larger meets on a Saturday morning. There will be multiple events where you can choose to run anything from 200 meters on up. We'll have more information on those as further planning takes shape.

Next we discussed the Club's flagship race, the Capital City Classic 10K. Most survey results on the CCC were positive feedback on the course and the organization of the race. Several expressed the parking situation and traffic on the course in the last mile as areas for improvement. We have looked into the possibility of moving the last mile from the park road to the loop trail. There is a small dirt/gravel strip that connects the north end of the loop trail to the road near the park entrance. If this can be paved it would be a good way to keep the current course mostly intact but also be traffic free once back in Two Rivers Park. We'll contact the county on the feasibility of this plan and let you know.

Miscellaneous feedback from the survey indicated we need to do a better job at making new members feel part of the group at races, meetings and Club functions. I agree and was very happy to have Club members Rodney Paine and Colin Hall serving as our official door greeters at the July meeting. We recognized several new members there and hope to see even more at our August meeting.

Thanks to all of you who filled out the survey. Remember you can send feedback, suggestions, or complaints all year long. The best way to reach me is via email at [briansieczkowski@gmail.com](mailto:briansieczkowski@gmail.com) or find me at our next Club meeting.

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Brian Sieczkowski	President	766-3004
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Bill Simpson	Secretary	539-0578
Jeff Maher	Treasurer	680-6710
Nicholas Norfolk	Past President	786-6323
Melissa Hendricks	Membership	615-3344
Gary Taylor	At Large Member	813-7158
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969 (h) 590-9139 (c)

# Nine Questions With Melissa Hendricks

*Part Two of our Q & A Series features Melissa Hendricks, new LRRC Membership Chair. Recently, The Runaround sat down with Melissa for Nine Questions, thus breaking Mark Ferguson's record of Eight Questions from last month. That's right Melissa, you have broken one of Ferg's records.*

**The Runaround: Tell us about yourself. How did you get started with the LRRC?**

**Melissa Hendricks:** I've been a member of the LRRC for two years. I first came to meetings to promote the Museum of Discovery's Dino Dash and the Fighting Red 5K. I am the Director of Development for Vera Lloyd Presbyterian Family Services, which has its executive offices in Little Rock and its children's home in Monticello. Vera Lloyd hosts an annual Turkey Trot 5K in Monticello. This year, it will take place on Saturday, November 21, at 9 a.m. If you like to travel for 5Ks or have friends in southeast Arkansas, come out or encourage your friends to come to the Turkey Trot 5K on November 21.

**RA: How did you first start running?**

**MH:** I had to run a mile in high school PE class. I started running regularly, more or less, after college. I ran my first 5K with my father. We ran the Minuteman 5K together at Camp Robinson. I won my age division, but I didn't beat my father. I ran the first leg of the Little Rock Marathon seven years ago just a few days after recovering from bronchitis. That experience led me to take a few years off of running. I started running again as part of the Women Run Arkansas clinic in Hillcrest and helped Jeanne Puelma, clinic director, with the advanced running group last year.

**RA: What is a typical week like for you, running-wise?**

**MH:** Some weeks I run in Hillcrest, from my house on Spruce to Spokes and back. Some weeks, I meet another LRRC member, Lea Nondorf, and run along the river trail. Sometimes, depending on weather, I run

on a treadmill at the gym. I try to pack my running shoes and run when I'm out of town for work or fun. I'm not the most dedicated Grand Prix runner, so I maybe run three to 10 miles a week.

**RA: What is your favorite running route in the Little Rock area?**

**MH:** I like leaving my house, running along Kavanaugh Boulevard, getting back to my house and getting in the shower, all in much less time than it takes to go the gym, finish a fitness class and drive home.

**RA: You have been active in the Grand Prix Series the past few years, which GP race do you most look forward to?**

**MH:** I am in my second year of being in the Grand Prix Series. I did 10 races last year and have completed eight races this year. So far, I like the Chase Race best because even if I won't place, my dog has won a trophy when we run in the one-mile dog run. And that's really my trophy, right?

**RA: What advice would you share with new runners, or those looking to start running?**

I would recommend going to Fleet Feet or another specialty running store and

getting a good pair of shoes and socks. I think it's best to look for running routes near your house so you're more likely to run. And maybe find a group of friends that will run with you or keep you accountable when you first start being more active. I like running with my twin sister, Melody, or Lea, since we keep about the same pace. Although Lea is definitely outpacing me at the races!

**RA: Do you do any cross training, or any other activities to supplement running?**

**MH:** I think I mostly cross train and then run some. I ride my Orbea road bike, do Pilates and a variety of fitness classes.

**RA: You recently took over duties as the LRRC Membership Chair; what is your vision for the Club in that area for the next year?**

**MH:** I'd like more members to engage in Club activities. I'd like to see more people at meetings and see the Club hosts group runs. I'd also like new shirts so we can recognize LRRC members at races.

**RA: In your opinion, when will Imari Dellimore make his 2015 racing debut?**

**MH:** Who?

## News From David Samuel

I have always enjoyed running on Independence Day every year on vacation. Thankfully, I was able to continue this personal tradition while on vacation in South Dakota. I ran in the 37<sup>th</sup> annual Belle Fourche Rodeo Run 10K. I placed third in my age division (70+) in 1:18:36. Please don't ask how many old runners were in that group. There were 44 finishers in the 10K and 93 in the 5K. I have now run in seven states (Georgia, Kansas, Arkansas, Wyoming, Oregon, Washington and South Dakota) on the Fourth of July. Following the race we enjoyed the Black Hills Roundup parade

and the 96<sup>th</sup> annual Black Hills Roundup Rodeo. It was a good one.

Hope you had a great Independence Day!

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The Board of the Arkansas Spa Pacers supports the proposal to name the Outstanding Club President Award the Buzz Wilson Outstanding Club President Award. Buzz Wilson contributed significantly to both the Spa Pacers and the Arkansas RRCA organization for many years. He was an outstanding club president, race director, and a great supporter of the RRCA. Buzz received the

# Firecracker 5K Not Typical

## July 4th Race

By Rodney Paine

It wasn't your typical July 4<sup>th</sup> Fleet Feet Sports Easy Runner Firecracker 5K. It was overcast, which was a welcomed change from the typical unrelenting Sun that shines brightly during this storied event. With just about five minutes from the start the heavens burst with a pleasant steady drizzle that cooled off temps enough for everyone to have a less temp intensive race than is the norm for the mostly downhill course.

I look forward to this race each year because it is a reminder of just how great of a country we get to live in. Thank you for all of the great volunteers that help out with this race, including Noelle and Sean Coughlan, who were at the finish line handing out congratulations and of course the coveted firecrackers. The top 50 male and top 50 female gun time finishers receive firecracker awards for their achievement.

My favorite part is flying down Kavanagh Blvd. and Van Buren and then getting to test my running mettle by running up Zoo Hill which is actually on Zoo Drive and runs along the front entrance of the Little Rock Zoo.

The Birds had a great turnout with over forty participants this year. Runners and times are:

Gary Taylor	17:09
Joey Gieringer	17:29
Tracy Tungac	17:38
Peter Zargari	18:28
Caleb Ault	18:49
Chris Ho	19:11
Emily Harbour	19:52
Alberto Basilio	20:04
Nicole Hobbs	20:10
Rodney Paine	20:37
Nick Rule	20:53
Ted Holder	20:59
Bill Rahn	21:21
Huri Romero	21:39
Nathan Lucas	21:44
Bryan Kilgo	21:45

Steven Booth	21:47
Randy Taylor	22:31
E.F. Jennings	22:52
Bill Torrey	23:22
Lea Nondorf	24:00
Joe Van Den Heuvel	24:30
Cymer Gieringer	24:50
Tina Ho	24:56
Chris Heller	25:08
Jon Parham	25:24
Joe Milligan	26:32
Shea Pickens	26:39
Alexa Coughlan	27:17
Allister Whitfield	27:31
Sidney Bold	27:34
Roy Hayward	27:52
Dan Belanger	28:19
Joel Lynch	28:48
Stacy Mitchell	28:54
Mark Coolican	29:10
Jayne Butts-Hall	30:51
Onat Tungac	31:05
Marliese Kerr	34:27
Lou Peyton	37:27
Libby Taylor	58:37

## RWB (Continued from Page 2)

his stroller. Upon him seeing the back of my shirt, he read "Enriching the lives of American veterans." He said young man. I turned around to see tears running down his cheeks. He wanted to know what my shirt meant. I stood there talking to him as he wiped tears away. He wanted me to thank each one who wears the eagle, from the bottom of his heart. It was truly humbling to be able to affect his life in the positive. After another hand shake he pulled me in for a hug and thanked me for honoring him and his many lost brothers. #eagleup

We don't have plans finalized for August's social. Please visit our Facebook page to find details. Have a great summer.

## New Members

By Melissa Hendricks  
Membership Chairman

We are proud to report that the LRRC has 171 members. Welcome to new members and members who have renewed in the past month.

They are:

- **Claire Carothers** of Sheridan, who is employed as a railroad conductor. She is from Louisiana and is interested in walking in 5Ks in the area. Her hobbies include playing piano, cooking, cycling and fly fishing. She wants to ramp up her workouts and meet new friends with similar interests.
  - **Bobby Gragston** of Haughton, La., who is a physical therapist. He ran his best 5K in 19:54 and also participates in triathlons.
  - **Jason Simmons** of Little Rock who works at the US Pizza in Hillcrest where we host our club meetings. Jason visited with our treasurer, Jeff Maher, after last month's meeting. He is a runner and now, a new member of the LRRC.
  - **Brian Sites**, a veteran runner and a weekly distance of 50 miles. He is interested in being part of group or club runs. He also cycles and hikes and likes to go camping. He has recently moved to Little Rock.
  - **Belinda White**, who also recently moved to Little Rock. She has run in half marathons and has crossed the finish line for one marathon. She would like to find other runners or walkers at an 11 or 12 minute pace to run or walk together.
- We also appreciate Roadrunners who have renewed their membership in the past month.
- They are:
- **Imari Dellimore** of Little Rock, who is employed as an engineer. He has been running for eight years and keeps up a seven minute pace during the 30 to 50 miles he runs each week.
  - **Bill and Carol Torrey** of Little Rock, long-time club members and owners of the Rock City running store.

## 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)

### August 2015

- 1: White River 4 Mile Classic at Batesville. (**GPS SC**). Call 501-554-5211.
- 1: The Milk Run 5K at Little Rock. Call 501-350-2353.
- 1: Alex Socking Sarcoma 5K at Pine Bluff. Call 870-489-7501.
- 1: Peach Festival 4M at Clarksville. Call 479-754-4510.
- 1: Decatur BBQ 2K/5K/10K. Call 479-790-5774.
- 5: Russellville Glo Run 5K. Call 479-280-8143.
- 8: Watermelon 5K at Hope. (**GPS**) Call 870-777-1917.
- 8: The Bethany Projectø Melon Dash 5K at Cave City. Call 870-834-5315.
- 8: Run for the Grapes 5K/1M at Tontitown. Call 479-957-8442.
- 14: Splash & Dash SwimRun at Fayetteville. Call 479-444-3463.
- 15: Squirrel Run SIDS Awareness 5K at Gillett. Call 870-830-2245.
- 15: Run with the Son 5K at Little Rock. Call 501-455-3474.
- 15: Fight Back 5K/1M at Bentonville. Call 479-461-3403.
- 16: The Eureka 10K/5K/1M at Eureka Springs. Call 479-521-7766.
- 22: Miracle Mud Run at Longview, TX. Call 903-239-1241.
- 22: Easter Seals Rollinø on the River 5K at Little Rock. Call 501-227-3706.
- 22: Beastmode 5K at Benton. Call 501-269-1662.
- 22: Adam Brown Road Mile at Percy. Call 501-282-3481.
- 29: 4H Splash of Color 5K at Mt. Ida. Call 870-867-2311.
- 29: Afterglow 5K at Batesville. Call 870-793-2378.
- 29: St. Jude Fayetteville 10K. Call 870-273-3323.

### September 2015

- 5: ARK 5K Classic at North Little Rock. (**GPS**). Call 501-519-0185.
- 5: Ozarka College Mammoth Spring 5K.. Call 870-688-2994.
- 7: The Jubilant Feet 5K at Prairie Grove. Call 501-258-6836.
- 12: NWA Rocks Purple 2M at Little Rock. Call 479-270-2425.
- 12: Minuteman 5K at Little Rock. Call 501-231-3730.
- 12: Band on the Run 5K at Batesville. Call 870-307-9783.
- 12: Farmington Stampede 5K/1M. Call 479-267-2664.
- 12: Every Soul Matters 5K at Vilonia. Call 479-970-6076.
- 12: Kendraø Voice: Race to be Heard 5K/10K at Ozark. Call 479-883-9477.
- 12: Cash Dash 5K/1K at Heber Springs. Call 501-470-5999.
- 12: Winslow Half Marathon. Call 479-466-4125.
- 12: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
- 12: Marion County Single Parent Scholarship 5K at Yellville. Call 870-449-7155.
- 12: Atrial Fibrillation Awareness Day 5K at North Little Rock. Call 501-552-3245.
- 12: Gravetteø Glow Run 2M. Call 479-263-7421.
- 12: Fight Back 5K at Nashville. Call 870-557-7762.
- 12: Paws at the Beach 5K at Heber Springs. Call 501-470-5999.
- 19: Conquer Chiari Walk Across America 5K at Springdale. Call 479-790-3245.
- 19: Stomp Out Epilepsy SUDEP Awareness 5K at Van Buren. Call 479-216-4327.
- 19: Arkansas 20K at Benton. (**GPS**) Call 501-517-7393.
- 19: BGMC 5K/1M at Batesville. Call 870-793-7447.

(See Race Calendar on Page 6)

## Birthdays

The following is a list of Club members and spouses who were born during the month of July. Contact Melissa Hendricks at [mmyers1\\_98@yahoo.com](mailto:mmyers1_98@yahoo.com) or call her at 766-0086 if the information is incorrect.

- 1 - Keith Cooper
- 2 - Libby Taylor
- 4 - Tammy Helmick
- 5 - Toga Tuite
- 6 - Brad Newman
- 9 - Rachel Hendrix
- 9 - Matthew Davis
- 9 - Joey Gieringer
- 10 - Manfred Galatowitsch
- 14 - Jeff Wood
- 15 - Chris Heller
- 18 - Kevin Groustra
- 18 - Ron Mitchell
- 18 - Lucas Michele
- 19 - David Samuel
- 22 - Allister Whitfield
- 25 - Alexis Sanghera
- 25 - Christy Smith
- 27 - Bill Ruck
- 29 - Onat Tungac

## Congratulations

Please congratulate Craig Lair on being elected chief executive officer at the Rose Law Firm.

### 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)

## Race Calendar (Continued from Page 5)

- 19: Amanda Fussell Woodman Memorial Color 5K at Texarkana. Call 903-793-1030.
- 19: Oark FFA 5K. Call 479-746-1272.
- 19: Miles for Mito 5K at Conway. Call 501-733-6967.
- 19: Special Olympics Spirit Challenge 5K/10K at Fayetteville. Call 479-571-8786.
- 19: On Our Way 5K at Clarksville. Call 479-754-6869.
- 19: Larryø Run for CF 5K/8M at Bentonville. Call 479-372-7329.
- 19: Color Out Cancer 5K at Glenwood. Call 870-356-2121.
- 19: Catch the Beat 5K at Russellville. Call 479-967-2255.
- 20: Race 13.1 Little Rock. Call 615-202-4230
- 25: The Fighting Red 5K at North Little Rock. Call 501-231-5713.
- 26: Paint Downtown Pink 5K. at Fort Smith. Call 479-650-0766.
- 26: Hills ad Hollows Half Marathon/5K at Valmeyer, IL. Call 402-598-9178.
- 26: St. Jude 5K at Bentonville. Call 901-373-5051.
- 26: Leg It for the Library 2M at Choctaw. Call 501-745-2100.
- 26: Tailwaggers Trail 5K/1M at Siloam Springs. Call 479-238-3612.
- 26: The Great Pumpkin 5K/1M at Lonoke. Call 501-676-6166.
- 26: Eat Run Repeat Virtual 5K at Little Rock. Call 501-529-3393
- 26: Fight Like A Kid 5K at Heber Springs. Call 501-270-2360
- 26: Ozark Memories Day 5K at Dover. Call 479-331-2633.

### October 2015

- 2: The Mud Run ó Little Rockø Dirtiest 5K. Call 501-371-4639.
- 3: Chile Pepper XC 10K at Fayetteville. **(GPS SC)**
- 3: Walk Now for Autism Speaks 5K at Little Rock. Call 501-574-2555.
- 3: Purple for a Purpose 5K at Springdale. Call 479-936-4002.
- 3: HoofinøIt for 4H at Yellville. Call 870-449-6349.
- 3: Dash for the Dogs 5K/10K at Charleston. Call 479-965-3591.
- 3: Benton Panther 5K. Call 501-303-2154.
- 3: The Green Run 5K at DeQueen. Call 870-784-2867.
- 9: Outback in the Ozarks 200M/65M Relay at Eureka Springs. Call 479-387-0987.
- 10: Operation Christmas Child 10K/5K at El Dorado. Call 870-862-4264.
- 10: Hero Half Marathon at Fayetteville. Call 479-530-9906.
- 10: Light the Night 10K/5K at Van Buren. Call 479-474-4410.
- 10: FSM 5K at Cabot. Call 501-843-5291.
- 10: John Brewster Memorial 5K/1K at Scranton. Call 479-252-6617.
- 10: Race for the Cure at Little Rock. Call 501-202-4399.
- 10: Run for a Reason Chocolate 5K at Ozark. Call 479-209-1899.
- 10: Arkansas Zombie Challenge 5K at Hector. Call 479-880-1195
- 17: Hudsonø Monster of a 5K at Benton. Call 870-818-7102.
- 17: SurvivorsøChallenge 10K at Fort Smith. **(GPS)** Call 479-424-1812
- 17: Running for Cover 5K at Malvern. Call 501-844-1286.
- 17: Razorback Run 15K/5K at Fayetteville. Call 479-530-8432.
- 17: Paws for a Cause 5K/1M Color Run at Clarksville. Call 479-705-2630.
- 17: Goshen Gallop 5K/10K. Call 479-466-8493.
- 17: WRMC 5K at Batesville. Call 870-262-6168.
- 17: Corner Store Country Run 5K at Little Rock. Call 210-569-6937.
- 17: Roller Coaster Magic Springs 10K/5K at Hot Springs. Call 434-951-8572.
- 17: ArkannSalsa 5K/1M at Springdale. Call 479-236-2786.
- 17: Red Leg 5K at Ozark. Call 479-667-3758.
- 17: Catch the Beat 5K at Russellville. Call 479-967-2255.
- 17: 2M Run to Defeat ALS at Bentonville. Call 479-621-8700.
- 17: D.A.S.H. to Remember 5K/1M at Pea Ridge. Call 479-656-3513.

## Samuel (Continued from Page 3)

Outstanding Club President award in 1994 and the Arkansas Spirit award in 1996.

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The 30<sup>th</sup> running of the Adam Brown Road Mile, originally known as the Owens Road Mile, will be run August 22 at Hempwallace, AR.

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Brent Allen Morrison was shot and killed while on a run in Fort Smith July 11. Brent and wife Dianne were very active in the Arkansas Spa Pacers before moving to Fort Smith a couple of years ago. They became active in the Western Arkansas Runners Club. The Western Arkansas group organized the Brent Morrison Memorial Run/walk that was held July 18.

Police arrested John Suleski, 24, in connection with the shooting. He faces charges of first degree murder and unlawful discharge of a firearm within city limits. Suleski is a staff sergeant in the 188<sup>th</sup> Wing of the Arkansas Air National Guard, serving as a photojournalist in the public affairs office. He has been a member of the 188<sup>th</sup> for about a year and had previously served in the Marine Corps.

- 17: Trick or Treat Glow Run 5K at Camden. Call 870-833-0673.
- 24: Soaring Wings Marathon/Half Marathon/Relays at Conway. Call 501-849-2253.
- 24: Lewis & Clark Ozark Adventure Dash 7M/2M at Fayetteville. Call 479-521-7766.
- 24: Big Bluff Challenge 5K/10K at Lakeview. Call 870-425-7677.
- 24: Lafayette County Fall 5K at Stamps. Call 719-210-4544.
- 24: Sparks Stampede 5K at Van Buren. Call 479-650-0509.
- 31: Halloween Monster Dash 5K/1M at Fayetteville. Call 479-521-7766.
- 31: Breathe Deep Fayetteville 5K. Call 479-461-4356.
- 31: Coyote Challenge Trail 5K/10K/16K at Mountainburg. Call 479-369-2469.
- 31: Trick or Trot 5K/Half Mile at El Dorado. Call 870-881-9015.