

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2015

## LRRC Christmas Party This Saturday At Lost Forty

By Brian Sieczkowski  
LRRC President

How is it December already? We are in the thick of the holiday season and 2016 is just around the corner. Continuing a long standing LRRC tradition, there will be no formal speaker meeting this month, but instead the annual Club Christmas Party. This year we are trying out a whole new venue: Lost Forty Brewery. Please join us Saturday, December 5<sup>th</sup> from 6-8 p.m. All ages are welcome and there will be free appetizers to snack on with a cash bar. Ugliest sweater wins a pair of LRRC socks.

### 2015 Grand Prix Season Concludes at CASA Half Marathon on December 12<sup>th</sup>

One week after our Christmas-Fest will be the CASA Half Marathon in Pine Bluff. CASA is the 2015 Arkansas State Championship Half Marathon this year as well as the year's Grand Prix Finale. With 19 races down and only one to go, much has been decided in the season's standings. It was a good year for LRRC as we've clinched first overall for male teams and second among female squads. Mark Ferguson repeats as individual champ while Brent Corbitt and I completed the top three sweep for LRRC men. In Grand Masters, Ron Mitchell and Mark Lacey ran so well they've moved right up to the top three in Masters. Lacey, along with Rodney Paine and Colin Hall have run all 19 GP races so far and need just to finish the CASA Half to complete the Iron Season. It's going to be much harder now though, I'm afraid, as

they now must also deal with the infamous *Runaround Jinx*.

Second overall is an impressive feat for our LRRC women as the team has been beset by injuries all year long. It hasn't dampened the team spirit though and 2016 could be a big bounce back year for many on the team. Tracy Tungac, our December Q&A subject, has been one of the best runners in the state, winning five of the seven Grand Prix races she has entered on the year. If we can get Tracy to at least ten GP events in 2016, she'd be a favorite for the overall title (no pressure Tracy, and now you have the *Runaround Jinx* to overcome as well).

### 2016 Grand Prix Schedule Is Set

As the 2015 GP Season comes to a close, the start of 2016 is just around the corner. You can find the 20-race schedule in this newsletter, in fact. One new addition for 2016 is the Minuteman XC 5K. This is great opportunity for all Arkansas RRCA Running Clubs. I plan to have LRRC lead the way in setting up a Running Club Village at Western Hills Park during the Minuteman Festival. We will have our Club tent out there again and will be contacting other clubs to set up theirs as well. It will be a great way to get the runners of all clubs together and to let the high school runners and their families see the thriving post-school club running scene in Arkansas. It should also keep more of the open race runners around to watch the high school teams compete. It's just a win-win situation for all involved. LRRC will need plenty of volunteers for the race and to help with the Running

Club Village so keep the date in mind going forward (September 10<sup>th</sup>).

### Put Your 2016 Running Goals in Print

Runners are an eclectic bunch. From talking to a wide swath of the running population, however, a common bond is that everyone has a goal for their running, of one kind or another. Often, of those I talk to, their goal is to set a PR at a particular race distance or win an age group award. However, others who don't race at all also have goals: to run at least four times every week; to lose five pounds; to run farther than they ever have or to average 40 miles per week for the year.

Once you've decided on a running goal, the next step is to put it in writing. Just this small, simple act increases the odds that you will accomplish your goal by 42%. This is true; I read it on the internet somewhere. Anecdotally, I can attest that writing down your goals really does help, especially if you share them with others to make yourself accountable. And so, I will list my own 2016 running goals in next month's LRRC newsletter. I invite you all to email your own goals and I will list them publicly as well. Just email me your goals at [president@littlerockroadrunners.com](mailto:president@littlerockroadrunners.com) and we will set them down in writing. And like magic, you are 42% more likely to achieve them. Well, maybe it's not quite that easy, but having the goals down will help you keep focused and motivated throughout the year. Please get your emails to me by December 21<sup>st</sup>.

*LRRC Christmas Party at Lost 40 Brewery, 501 Byrd St., Dec. 5<sup>th</sup>, 6-8 p.m.*

# Girls On The Run Holds Their Biggest 5K Ever

By Jenny Paul, Executive Director  
Girls on the Run

Happy December, Roadrunners! This month comes with its own excitement and activity, but at Girls on the Run, December brings a brief rest. After holding our biggest ever GOTR 5K on the Sunday before Thanksgiving, we have all enjoyed reveling in the great things that happened this season.

As mentioned above and in previous *Runaround* articles, the fall 2015 season was our biggest yet! We had over 100 girls on eight teams in Pulaski and Saline Counties. Three of our eight teams operated out of community facilities: the Hillary Rodham Clinton Children's Library and Learning Center, the Little Rock Racquet Club and Whetstone Boys and Girls Club. We hosted repeat seasons at Forest Heights STEM Academy, Hill Farm Elementary (Saline Co.), Holy Souls School, Jefferson Elementary and Pulaski Heights Elementary.

We had 35 registered coaches this season, and I could not be any more grateful for the way these magnificent women poured their time and energy into their teams. Our coaches have varied professional backgrounds and range in age from 16 to 60 (older is welcome). It is amazing to see the connections that these women make with their teams and with each other. Many coaches report that they get more out of GOTR than they give, and we look forward to having these coaches return and be joined by new coaches in future seasons.

A new component to GOTR this season was our shoe program that allowed us to offer high quality running shoes to all of our girls. Because of a close relationship between GOTR and ASICS, our council had the opportunity to purchase some ASICS models at reduced cost. Families were given the option of ordering one pair of ASICS for their girl, and we asked for those that were able, to please make a donation to the council when placing their shoe request so that we could continue this program during future seasons. Over forty percent of our girls requested shoes, and almost half of those orders were accompanied by a donation. We are so pleased by this response and hope to grow our shoe program in the future.

The Board of Directors of Girls on the Run of Central Arkansas recently decided to host only one season of programming per year. This means we will not host a GOTR season in the spring of 2016. Instead we will focus on sharing our story and the stories of our girls, raise funds to support anticipated growth and further develop our plans for territory expansion while preserving program integrity. With a motivated and committed base of people who have been touched by Girls on the Run, we have great momentum and great power. We are excited about this new change and the promise it brings to our council.

Thank you again to all of you who have supported Girls on the Run in any way. Several LRRC members have made financial contributions, some have been coaches or 5K volunteers, and others have helped by learning more and telling

their friends about GOTR. Every contribution makes an impact, and we are so grateful for everyone who has given any part of themselves to Girls on the Run. Next month, I plan to give you some important dates for GOTR in 2016 and hope to have a participant or parent story to share with you.

Contact me any time with questions about Girls on the Run at [jenny.paul@girlsontherun.org](mailto:jenny.paul@girlsontherun.org) or [501-615-5733](tel:501-615-5733). Please check us out on Facebook, Instagram and Twitter. There are new photos of the GOTR 5K added daily.

## New Members

The Little Rock Roadrunners welcomes these new or renewed members to the Club.

**Joseph Poole** of Bryant is a new member who joined on November 20. He enjoys fly fishing, camping and spending time with family. He runs 20-30 miles a week.

**Chet Howland** of Little Rock is a new member who joined on November 15. He has been a runner for 15 years and is originally from North Carolina. He once organized a 5K run with 2,250 feet of elevation gain ó a course he calls "sadistic."

**Whitney Wistrand** of Little Rock joined October 28. She enjoys playing sports, water and snow skiing, riding horses and hiking, in addition to running. She likes to run about 20 miles a week.

**Kimberly Morton** and **Terje Stoneman**, both of Little Rock, renewed their membership on October 30.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, POBox 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 Editor Linda House at: [lhouse48@gmail.com](mailto:lhouse48@gmail.com).

### Board Members

Brian Sieczkowski	President	766-3004
Mark Ferguson	President-Elect	816-838-5450
Bill Simpson	Secretary	539-0578
Jeff Maher	Treasurer	680-6710
Nicholas Norfolk	Past President	786-6323
Melissa Hendricks	Membership	766-0086
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)

# Ten Questions With Tracy Tungac

*Tracy Tungac, a native Ohioan, 2:57 marathoner, and LRRC Grand Prix runner, recently sat down with The Runaround for Ten Questions. Below is the full transcript.*

**The Runaround: When did you first start running?**

**Tracy Tungac:** I started running when I was 12, seventh grade cross country.

**RA: What was the experience and training like, running for your school team?**

**TT:** I ran in cross country and track in middle school and high school for the Marlinton Dukes, in Alliance, Ohio. We were a division two school, and we had a pretty good team. Our cross country team made it to state three of the four years I ran. I loved it, loved my team and my coaches. I don't remember our training to be anything crazy hard, I definitely train harder now than I did back then. I decided not to run in college, although I did red-shirt my freshman year. I don't regret it, had I continued to compete back then, I may not still love it as much as I do now!

**RA: How did you come to Arkansas and what is your training like now?**

**TT:** I moved to Arkansas in 2008. I had been living in Destin, Florida, for three years and was ready to get away, so I moved here with a friend. Right now my training consists 40-45 miles a week, running six days and resting one. I usually do some sort of speed work three days a week. Speed work consists of intervals, fartleks, tempo runs, and hill workouts.

**RA: What do you consider to be your best ever race and what do you believe lead to your success that day?**

**TT:** I believe my best race was the Columbus Marathon in 2013. I feel that I trained really hard, thanks to my coach, Cezar Terlea. I did a variety of workouts and lots of hill workouts. I think I was also mentally prepared and the weather was perfect that day, 30 degrees at the start!

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

**TT:** I enjoy the river trail, although I don't get to run it very often.

**RA: What is your favorite Arkansas race?**

**TT:** I don't think I have one favorite. I really enjoy the Go! Mile, the Spa 10K, and the CASA Half Marathon.

**RA: Do you do any cross-training?**

**TT:** I don't typically do any cross-training unless I'm injured.

**RA: What running goals do you have for 2016?**

**TT:** I plan to run the Little Rock Half Marathon again next year, hoping to drop a few minutes and run a 1:22 or 1:23. I also plan to run a full marathon next fall, hoping to run a sub 2:55.

**RA: What advice do you have for beginning runners?**

**TT:** Good shoes are well worth the money. Start out slow, it's going to be hard, if it were easy then everyone would do it! Always listen to your body, and enjoy your rest days!

**RA: You had several sub-three marathon attempts before everything clicked. Do you have any advice for experienced runners, such as Imari Dellimore, who are still looking to improve their marathon training and get under three hours for the first time?**

**TT:** I believe that high mile training is not always beneficial; the most I've ever run in one week is 70 miles. I think it is important to find race fuel that works for you; it took me 10 marathons to get it right. Find someone to hold you accountable for the hard workouts. Find a good race course to run a sub three (Little Rock is not that course, ha ha, I've tried five times!) Most importantly, have fun and enjoy it!

## 2016 Grand Prix Series

**January 12 - One Hour Track Run at Russellville**

**February 6 - River Trail 15K at North Little Rock**

February 13 - Valentine's Day 5K at Russellville

February 21 - Run the Line Half Marathon at Texarkana

**March 12 - Chase Race 2M at Conway**

March 19 - Spring Fling 5K at Cabot

**April 2 - Capital City Classic 10K at Little Rock**

**April 10 - Hogeeye Marathon at Fayetteville**

May 14 - Rock Run 8K at Little Rock

June 11 - Arkansas Runner 2M at Benton

**June 18 - Go! Mile at Little Rock**

**August 6 - White River 4M Classic at Batesville**

**August 13 - Watermelon 5K at Hope**

September 3 - ARK 5K Classic at North Little Rock

**September 10 - Minuteman XC 5K at Little Rock**

September 17 - Arkansas 20K at Benton

October 15 - Survivors Challenge 10K at Fort Smith

November 12 - Breakaway 10K at Searcy

November 19 - Spa 10K at Hot Springs

**December 1 - CASA Half Marathon at Pine Bluff**

State Championship Races in Boldface type

# November Spotlight Race: MidSouth Marathon

By Colin Hall

The MidSouth Marathon was a very unforgettable experience. I am not the biggest of full Marathon fans, but I wanted to do it to keep the õironõ season going and to pay tribute to Jacob.

I grabbed my High Five #R4J headband and my Run Like Jacob bracelet and headed out to Wynne with mixed emotions.

I really had no idea what to expect. I have always heard about the rolling hills of Wynne and the murmurings of a boring and windy turn around course.

Rodney Paine and I trained long runs at a fairly slow 8:40-8:50 pace. I had a feeling when the adrenaline of the race kicked in we would go faster. I found myself pacing off Emily Harbour early on around eight minutes per mile.

The wind was definitely apparent starting off, but not overly unbearable.

There were several high five stations along the way and you could

completely feel the spirit of Jacob enveloping the race.

The first person I saw to loop around was the beast himself: Mark Ferguson.

Although many people do not like the turn-around loop course, I found it very inspiring to see people looping around. I tried to high five as many runners as I could.

I felt really strong at the half turn around and saw Mark Lacey in a pack of runners. I ran with them for a few miles until they surged ahead.

I felt really strong until the obligatory wall at mile 20. Sunnie Butcher-Keller was nice enough to run us in around mile 20. I didn't have much left in my legs. I even hit miles 24 and 25 at over nine minutes.

I struggled a bit at the end, but in the back of my mind I could hear Jacob encouraging me to keep going and I knew if I walked he would totally be giving me a hard time.

Crossing the line was a big relief and I definitely felt soreness in my legs that eventually went away. I was happy with my 3:36 PR. Luckily, it seems just about everyone PR'ed.

Congratulations to all those who finished and big ups to the Boston Qualifiers.

This was a fitting tribute to our friend Jacob.

P.S. Rodney Paine is not allowed to use Swiss army knives on timing chips anymore.

**LRRC Members at MidSouth (GP Team in bold):**

**Mark Ferguson - 2:43:19**

Chris Ho - 3:09:35

Erik Heller - 3:09:42

Don Morgan - 3:22:55

Caleb Ault - 3:23:29

**Mark Lacey - 3:25:56**

Nicole Hobbs - 3:30:06

**Emily Harbour - 3:33:19**

**Colin Hall - 3:36:19**

**Rodney Paine - 3:37:49**

William Fletcher - 3:45:42

**Tina Coutu - 3:48:09**

**Steven Booth - 4:07:39**

Chris Hall - 4:17:17

**Manfred Galatowitsch - 4:43:35**

Jayne Butts-Hall - 4:51:58

Karen Knudsen - 5:51:52

Joe Milligan - 5:55:11

Hazel Milligan - 6:30:09

## Running Calendar (Continued from Page 5)

- 20: Van Davis Memorial 5K at Hot Springs. Call 501-760-4129  
 21: Run the Line Half Marathon/10K/5K at Texarkana, AR-TX. GPS. Call 903-792-7186.  
 27: The Beat Goes On 5K at Benton. Call 501-776-6746.

### March 2016

- 5: Little Rockers Kids Marathon 1M. Call 501-371-4639.  
 5: Little Rock 5K/10K. Call 501-371-4639.  
 6: Little Rock Marathon/Half Marathon. Call 501-371-4639.  
 11: Cow Paddy 5K at Fayetteville. Call 479-790-0700.  
 12: Fight Back 5K/1M at Rogers. Call 479-422-8156.  
 12: Trojan Trot 2M at Hot Springs. Call 501-922-8332.  
 12: PCLS Rock n' Read for Literacy 10K/5K/1K at Russellville. Call 479-968-4368.  
 12: Race for the Beat 5K/1M at Jonesboro. Call 870-273-6910  
 12: Chase Race & Paws 2M GPS SC/1M at Conway. Call 501-514-4370.  
 19: Spring Fling 5K at Cabot GPS.  
 19: River Valley Endurance 5K/Half Marathon at Fort Smith. Call 479-675-2610.  
 19: I Love LK 5K at Hot Springs. Call 870-833-2332.  
 19: IAFF 2855 Flap Jack 5K at Siloam Springs. Call 314-495-2800.  
 26: Iron Pig Festival 5K/1M at Fayetteville. Call 479-521-7766.  
 26: Highrock Hop Trail 5M/10M at Batesville. Call 870-307-8922.  
 26: Hunger Run 5K at Clinton. Call 843-214-0665.

### 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

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 [lhouse48@gmail.com](mailto:lhouse48@gmail.com)

### December 2015

- 5: St. Jude Memphis Marathon/Half/Relays/5K/1M. Call 800-565-5112.
- 5: Jingle Bell Jog 5K/Reindeer Fun Run at Fayetteville. Call 479-530-8084.
- 5: Harvest Run 5K/1M at Russellville. Call 479-692-1511.
- 5: Jingle Bell 5K/1M at Little Rock. Call 501-664-7242.
- 5: Devilø Den Trail 3M/9M at Fayetteville. Call 479-879-7003.
- 5: Speedy Santa 5K at Benton. Call 501-778-2271.
- 5: Santa Fun Run 5K at Rison. Call 870-818-0553.
- 5: Trot for Tots 5K at Texarkana, AR. Call 903-838-4341.
- 5: White River Christmas Half Marathon/Relay at Batesville. Call 501-554-5211.
- 5: Five Dollar 5K/10K/25K Trail Run at Star City. Call 870-628-4714.
- 12: CASA Half Marathon at Pine Bluff. (GPS SC) Call 870-540-4911.
- 12: NWA Jingle Bell 5K/1M at Springdale. Call 800-482-8858.
- 12: Frozen Feet 5K a5t Conway. Call 501-499-4674.
- 12: Lake Alma Trail 3.8M/7.6M at Alma. Call 479-561-2379.
- 12: Yule Run 5K at Greenwood. Call 479-996-6357.
- 12: Holiday Heart of Love 5K at Russellville. Call 479-968-1429.
- 19: Mt. Nebo Bench Trail 4M at Dardanelle. Call 479-477-0909.
- 19: 142<sup>nd</sup> Cross Cannon 5K at Fayetteville. Call 479-871-0021.

### January 2016

- 1: Mac & Michelleø Prediction Run 3.8M at Batesville. Call 870-307-9850.
- 1: Black Eyed Pea New Yearø 5K/10K at Fayetteville. Call 479-790-6491.
- 2: New Year Dash 5K at Clarksville. Call 800-405-4749.
- 9: Frozen Toes Trail 15K at Fayetteville. Call 479-444-3463.
- 9: Jockey Jog for ACH 5K at Hot Springs. Call 501-617-0668.
- 9: Western Arkansas Balletø ¼ Marathon/5K at Fort Smith. Call 479-785-0152.
- 9: ARK Winter Series. Call 501-519-0185.
- 12: One Hour Track Run at Russellville. GPS SC.
- 16: Davidø Trail Endurance 40K/25K/7K at Mountain Home. Call 870-404-8363.
- 16: No Name 5K at Danville. Call 479-622-3154.
- 16: Chilly Cheeks 10K at Camden. Call 870-836-6462.
- 16: ARK Winter Series. Call 501-519-0185.
- 23: Chillinøfor Childrenø 5K at Magnolia. Call 870-904-2301.
- 23: ARK Winter Series. Call 501-519-0185.
- 24: One Hour Run at Pottsville. Call 479-857-4527.
- 30: ARK Winter Series. Call 501-519-0185.
- 31: Six Leg 5K/1M at Texarkana, AR. Call 903-826-4278.

### February 2016

- 6: Freezinøfor a Reason 5K/10K at Conway. Call 501-450-0512.
- 6: River Trail 15K at North Little Rock. GPS SC.
- 13: Mississippi River Marathon/Half/5K at Lake Village. Call 662-721-7779.
- 13: Mardi Gras Mambo at Baton Rouge, LA. Call 225-382-3571.
- 13: Valentineø Day 5K at Russellville. GPS. Call 479-857-4527.
- 14: Fort Smith Marathon/Half/Relay. Call 479-314-5061.
- 16: Louisiana Marathon/Half/Quarter/1.2M at Baton Rouge. Call 888-786-2001.

## Birthdays

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

- 1 - Steve Hollowell
- 2 - Karen Knudsen
- 5 - Ron Hay
- 7 ó Jim Gorman
- 8 - Matt Olney
- 10 - Irving Kuo
- 10 - Carl Rice
- 11 - Claire Carothers
- 12 - Steve Roberts
- 12 - Ron Sanders
- 12 - Justin VanLandingham
- 15 - Melanie Smith
- 16 - Tom Zaloudek
- 18 - Mark Ferguson
- 19 - Belinda White
- 20 - Ginny Blankenship
- 20 - Troy Duke
- 21 - Noelle Coughlan
- 23 - Chet Howland
- 24 - Jenny Paul
- 26 - Tom Barron
- 28 - Kelly Kreth
- 29 - Jon Parham
- 31 - Jim Ryun

## New Tanks For LRRC Women

The LRRC is ordering new running tanks for women with the Club logo. It will be a gray, racerback, loose and very breathable tank. They will cost between \$25-30, but the price is not yet finalized.

We should have them ready to order by the January LRRC meeting.

Thanks to Sarah Olney, Mary Wells, Melissa Hendricks and Bill Torrey for their help in selecting and printing new shirts.

Watch your email for more information.