

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2015

Don't You Just Love Running?

By Nicholas L. Norfolk
LRRC President

The Club was busy last month. Thanks to everyone who participated in events. I want to send a special thank you to the Fergusons for hosting the Hilly Chili.

We had the Half-Hour Track Run for the first-time. A representative from Swiftwick joined the Club for the run and had some samples. Since both male and female teams took first place, I'd say it was a good idea.

We're thinking about bringing back the All-Comers Track Meet. I'm interested in hearing your thoughts. Please email me at president@littlerockroadrunners.com.

This month we have two Grand Prix races on back-to-back weekends. The [River Trail 15K](#) is on the 7th and the [Valentine's Day 5K](#) is on the 14th. It'll truly be a Valentine's Day 5K. Don't forget about the Sweetheart Division.

After the River Trail 15K awards, the Grand Prix Awards will take place at [Creegen's Irish Pub](#) at noon. It was only a matter of time before David found an avenue for people to partake in adult beverages.

We have our first Club meeting of the year on February 16th. Tom and Hobbit Singleton from the Little Rock Marathon Training Group will be our speakers. With the race only a few weeks away from our meeting, they'll talk about pre-race jitters and answer any questions about the race.

Race Director Chris Olson from the Russ Vegas Half Marathon will also be there to talk about his race. Last year it was a huge success. This year he's planning to add to it. The race committee has added a 5K, which is a glow run, and other festivities the night before the race.

Others have contacted me about coming by. Angie Copple from Peace, Love, & 5K, Debby Linton from Downtown Dash 10K/5K, and Jeff Beason from Arkansas Run for the Fallen are on the agenda. I look forward to hearing about their races. If you have any questions, this will be the time to ask them.

After the bipolar weather from last year's Little Rock Marathon, the race directors and everyone else is hoping the weather isn't as epic as it was last year. Get your pirate gear (who really has this?) and take the new course for a spin.

The marathon and 5K are sold out. You still have time to ponder about doing the 10K or half marathon. In addition to the new courses, the post-race celebration will be immediately following the race. Raid the River Market with a block party!

Grand Prix Schedule

February 7 ó River Trail 15K @ North Little Rock*
February 14 ó Valentine's Day 5K @ Russellville
March 7 ó Chase Race 2 Mile @ Conway*
March 21 ó Spring Fling 5K @ Cabot*
March 29 ó Hogeeye Half Marathon @ Fayetteville
April 4 ó Capital City Classic 10K @ Little Rock
May 2 ó Toad Suck Daze 10K @ Conway*
May 30 ó Rock Run 8K @ Little Rock
June 13 ó Arkansas Runner 2 Mile @ Benton
June 20 ó Go! Mile @ North Little Rock*
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 Survivors Challenge 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

February Meeting

February 16, 2015

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

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

Tom & Hobbit Singleton
Little Rock Marathon Training Group

Girls On The Run Start Training In Mid-February

By Jenny Paul, Executive Director
Girls On The Run

February. Oh, February. It's usually thought of as cold and grey with a little chocolate thrown in at the middle of the month. BUT now February also means the start of a Girls on the Run spring season, and with that comes a lot of excitement.

Our coaches will all complete a two day coach training the first week of February where they will learn about the history of Girls on the Run, the intentions of the programming, and the details of the curriculum. All of our coaches are volunteers, and we have some fantastic, accomplished women leading our teams this season. Their energy and enthusiasm are sure to warm up this otherwise dull month.

Instead of a classic shoebox covered in construction paper hearts, our Valentine boxes are large bins filled with everything the coaches need to bring the GOTR curriculum to

Team RWB

By Lisa Gunnoe, Chapter Captain
Team RWB Central Arkansas

The cold and dark of winter kind of put a damper on our runs. Thankfully spring is on the way! Already the days are a bit longer, though there is a long way to go till the days are long and hot.

We have a few new members of our leadership team. Jeff Beason, is the Athletic Director, jeff.beason@teamrwb.org and CJ Johnson is our new Community Outreach Director, cj.johnson@teamrwb.org. Thank you both for stepping forward to fill these leadership roles. We thank David Burgess and James Honeycutt for serving us well. We wish them good luck with their new endeavors (moving and school).

With our new leadership team we will be putting together our calendar for both athletic and social events.

Veteran Ambassador Program

Whether you're an active duty service member or an honorably discharged veteran, Team RWB needs your help to spread the word about our mission. We believe that consistent exercise is the most under-prescribed response to counter the symptoms of Post-Traumatic Stress (PTSD) and Traumatic Brain Injury (TBI). Running, triathlons, and Crossfit are all proven ways to increase physical, psychological, and social health, so if you are a veteran or active duty service member, please sign up with Team RWB and be sure to check the "Veteran Box." We look forward to you joining us, feeling the esprit de corps of being a member of Team RWB, and making a difference in the future of our country.

<http://www.teamrwb.org/get-involved/join-the-team>

IT'S OUR TURN!

life. The first week of the month we will also be busy gathering supplies for each practice and packing boxes for each team. At each practice the girls do fun activities that explore the day's topic. Throughout the season, the discussions cover important concepts that help participants better understand themselves, value relationships and teamwork and understand how we connect with and shape their community. We explore these topics in a variety of ways including physical activities, conversations and games.

The first week of practices are set for the middle of the month with the very first team meeting on Sunday, February 15th. We have teams open at seven different locations, and some are near capacity already. If you know a third, fourth or fifth grade girl at Holy Souls School, Jefferson Elementary, Pulaski Heights Elementary, Meadowcliff Elementary or Forest Heights STEM Academy encourage them to register today. We also have a team at the Little Rock Racquet Club open to any girl in the community and a team at Hill Farm Elementary in Saline County. Our friends in the Saline County Striders were instrumental in helping us expand to include their area, so if you see Chris Hall or any other Striders please pass on a thank you.

As you can see, we have several opportunities for anyone looking to brighten up their February. Please contact me (jenny.paul@girlsontherun.org) or Sarah Olney (sarah.olney@girlsontherun.org) any time. Another LRRC Roadrunner, Mary Wells, is the Chair of the Board of Directors for Girls on the Run of Central Arkansas, and several other LRRC members are volunteers and donors. The GOTR-LRRC ties are strong and deep, and we invite you to be a part of this meaningful relationship.

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

Board Members

Nicholas L. Norfolk	President	786-6323
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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)

New Members

By Sarah Olney Membership Chairman

Jeff Byers is a new Club member who prefers racing the half marathon. His PR for the half is 1:44. He has been running for two years and averages 10-15 miles at a seven to eight-minute pace.

Joel Felland recently joined the Roadrunners after running for one year. He prefers to race the 5K distance and averages an eight minute pace on his three-mile runs.

Sarah Stanley has been running for three years and averages 15-20 miles during the week. She is a paralegal who enjoys racing frequently at the 5K, 10K, and half marathon distances. She is interested in meeting other Club members to run during the week.

Andrew McGilvray is an IT programmer/analyst and triathlete who is interested in meeting other Club members to run during the week. He runs 10-30 miles during the week at an eight-minute pace. His PRs are 44:02, 1:39:05, and 3:32:28 for the 10K, half marathon, and marathon, respectively.

Steven and Jennifer Booth are new members who prefer the half marathon distance. Steven has a PR of 1:45 for his favorite distance.

Richard Bailey is new to running and has recently joined the Grand Prix Series. He is also a triathlete, paper pusher, and runs a weekly distance of approximately 10-15 miles.

Jonathan Aram prefers the marathon distance with a PR of 3:05. He works for the Arkansas Department of Health with interests of church, neighborhood association, volunteering, public health and organic food.

Dennis and Julianne Delong have two children and are happy to make new running friends. They both enjoy running one or two marathons during the year. **Julianne** is a computer programmer and logs 15 miles during the week at an 11:30 pace per mile. **Dennis** runs 15 miles

during the week at a nine-minute pace and works in IT security.

Alyssa Frisby is a sales coordinator and has been running for 15 years. Her favorite race distances are the 5K and 10K with PRs of 21:30 and 47:30, respectively. She will volunteer as a Girls on the Run coach for the spring season.

Josephine Ambruzs and Steve Roberts moved to Little Rock in 2012 and recently joined the Roadrunners. **Steve** is a DJ/business owner and a new runner who also enjoys basketball, hiking, and scuba diving. **Josephine** is a physician who runs five to ten miles during the week

at a nine-minute pace. Her other interests are rowing, hiking, and scuba diving.

James Melnick joined the Club because he wants to stay active and to promote running in Little Rock. His weekly mileage is 25 miles with PRs of 3:22, 16:52, and 4:37 in the marathon, 5K and one-mile distances. His other interests are sports, art, languages, and travel.

More new members

Melody Brown

Xiaowei Xu

Shauna and Jeff Wood

Running Calendar (Continued from Page 4)

- 21: Spring Fling 5K at Cabot. (GPS SC)
- 21: I Love LK 5K at Hot Springs. Call 870-833-2332.
- 22: Arkansas Run for the Fallen 5K at Little Rock. Call
- 28: Bridge & Dam Half Marathon/10K at Lake Ozark, MO. Call 573-746-6002.
- 28: Clinton Hunger Run 5K. Call 843-214-0665.
- 28: Zooma Women's Half Marathon/10K/5K at Austin, TX. Call 303-579-7287.
- 28: Omega Prostate Cancer Awareness 5K at Little Rock. Call 501-240-9138.
- 28: RunBentonville Half Marathon/5K at Bentonville. Call 479-464-7275.
- 28: Crawford County 4H Clover 5K at Alma. Call 479-474-5286.
- 29: Hogeeye Marathon/Half Marathon (GPS)/Relays at Fayetteville. Call 479-530-8432.

April 2015

- 4: Capital City Classic 10K at Little Rock. Call 501-231-3730.
- 4: Run for a Veteran 5K/1M at Van Buren. Call 479-806-0444.
- 4: Stride To Prevent Suicide 5K/1M at Searcy. Call 501-278-4357.
- 4: Hopyy Trails 5K at Clarksville. Call 479-970-2153.
- 4: Raul Turrieta Run at Me Bro Memorial 5K/1M at Mountain Home. Call 870-424-9090.
- 11: German Heritage Festival 5K at Stuttgart. Call 870-672-1425.
- 11: Russ Vegas Half Marathon at Russellville. Call 479-970-4394.
- 11: Talimena Half Marathon/Relay at Mena. Call 479-234-3253
- 11: 1040 Tax Run 5K at Batesville. Call 870-612*7613.
- 11: The Coyote Challenge Trail 5K/10K/16K at Mountainburg. Call 479-369-2469.
- 11: Panther Pride 5K at Yellville. Call 479-965-6563.
- 11: Down & Dirty 5K at Fayetteville. Call 708-334-8109.
- 11: Miles for Mutts 5K at Fort Smith. Call 479-783-4395.
- 11: Stephens RoadRunner 5K at Stephens. Call 870-947-0084.
- 11: The Jackrabbit 5K at Bentonville. Call 479-685-6193.
- 11: Mission in the Ozarks Marathon/Half/5K at Mountain View. Call 870-365-9407.
- 11: Colors of the Spectrum 2M at Melbourne. Call 870-243-3829.

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

February 2015

- 7: River Trail 15K at North Little Rock. (GPS SC)
- 7: Freezin for a Reason 5K/10K at Conway. Call 501-450-0512.
- 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.
- 14: Valentineø Day 5K at Russellville. (GPS) Call 479-857-4527.
- 14: Heart of the Ozarks Half Marathon/10K/Relays at West Plains, MO. Call 417-293-3554.
- 14: Mississippi River Marathon at Lake Village. Call 662-721-7779.
- 14: Saline County Relay for Life 5K at Benton. Call 501-515-3062.
- 14: The Devil Made Me Do It 5K at Jacksonville. Call 501-772-4562.
- 15: Run the Line Half Marathon at Texarkana, AR-TX. Call 903-792-7186.
- 21: The Beat Goes On 5K at Benton. Call 501-776-6746.
- 21: Eagle 5K/10K at Avilla. Call 501-416-0224.
- 21: Never Give Up, Never Give In 5K at Horatio. Call 870-832-4763.
- 21: Fruit Loop 5K at Hope. Call 870-7034617.
- 21: Dash and Splash Fast 5K at Russellville. Call 479-968-6489.
- 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.
- 28: Penguin 5K/10K at Batesville. Call 870-834-4944.
- 28: Mission Poland 5K at Conway. Call 501-317-8987.

March 2015

- 1: Little Rock Marathon/Half Marathon/10K. Call 501-371-4639.
- 7: Chase Race & Paws 2M/1M at Conway. (GPS SC) Call 501-514-4370.
- 7: Sombrero Beach 15K/10K/5K at Marathon, FL. Call 305-289-9868.
- 7: AHS 1994 Memorial Scholarship 5K/1K at Fort Smith. Call 479-226-9625.
- 7: Get Your Rear in Gear 5K at North Little Rock. Call 501-609-5855.
- 7: Beer & Bagel Off Road 4M at Fayetteville. Call 402-547-3993.
- 7: Junior League Reach Out and Run 5K/10K at Fort Smith. Call 479-462-2366.
- 7: Adam Brown Shamrock 5K at Percy. Call 501-538-3546.
- 7: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 13: Cow Paddy 5K/1K at Fayetteville. Call 479-790-0700.
- 13: Ephesians 1:5K at Russellville. Call 479-264-2562.
- 14: Peace, Love 5K at Benton. Call 501-776-0691.
- 14: River Valley Endurance 5K/Half Marathon at Fort Smith. Call 479-675-2610.
- 14: Trojan Trot 2M at Hot Springs. Call 501-624-3372, ext. 1008.
- 14: Blood, Sweat, Tears 5K at Amity. Call 870-356-3612, ext. 262.
- 14: JLLR Downtown Dash 10K/5K at Little Rock. Call 501-375-5557.
- 14: Spud to Stud 5K/1M at Siloam Springs. Call 479-549-5062.
- 14: Diamonds Sprint 1M at Malvern. Call 501-732-0313.
- 14: SuperHero Dash Bash 5K at Paragould. Call 501-944-4563.
- 14: St. Patø Paces 5K at Batesville. Call 870-307-8849.
- 15: Seabrook Lucky Trail Marathon/Half/Relay at Seabrook, TX. Call 832-221-4955.
- 21: Victorian Classic 10K/2M at Eureka Springs. Call 479-981-3065.

(See **Running Calendar** on Page 3)

Birthdays

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

- 4 - Joe Milligan
- 6 - Charlie Hoag
- 10 - Mary Heller
- 11 - Steven Booth
- 12 - Dennis Delong
- 13 - Alison Acott
- 16 - Chris Ho
- 17 - Tina Coutu
- 23 - Melissa Hendricks
- 24 - Cymber Gieringer
- 24 - Helen Jones
- 27 - Belinda Harrell

Congratulations

Congratulations to Bill and Carol Torrey on the birth of their first grandchild. Isabella was born Saturday, January 31 at 2 p.m. Guess this little girl will have every opportunity to learn about race directing and running from one of the best.

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