

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2015

## Mi Casa Es Su Casa! Welcome To The Bird House!

By Nicholas L. Norfolk  
LRRR President

December has come and gone for the most part. It's time to start year 38 of the Club. Years of stories and miles of smiles have taken place since. A new chapter will begin thanks to Brian Sieczkowski. He returns as the Head Bird after my term is up on June 30<sup>th</sup>.

He'll be only the second president to serve non-consecutive terms, as he was the president in 2010 when I joined the Club. Steve Hollowell was the last president to do it. He came back for a third term.

I'll tell you now, I won't be adding to that prestigious list. I was mentally prepared for three consecutive terms. I will gladly finish my service as past president and be a regular member again.

The [Hilly Chili](#) is a traditional event, and it'll be taking place at the Fergusons' abode. This year it will take the place of our January meeting.

We are grateful to the Fergusons for welcoming us in their home. If Mark is making chili, then it's going to be hot,

since he was on fire last year with his MVP year.

I didn't check, but I'd say he had one of the fastest, if not the fastest, Iron seasons to date. To cap that off, he won the 3 Bridges Marathon. We don't have MVPs, but he knows he's the real MVP.

The event will take place on Sunday, January 11<sup>th</sup> at 3 p.m. The address is 56 Valley Estates, Little Rock, AR 72212. It is off Hinson Road and Valley Estates Drive directly across from Jennifer Street in Marlowe Manor.

If you're not familiar with what the Hilly Chili is, it's a hilly run that meets a chili potluck. Break out your best chili recipes and bring it to Casa de Ferguson. If you're not a chili person, then bring a side. Last year the cornbread was a hit.

There will be a four and six-mile route designed by the Fergusons. Show up at 3 p.m. to bring your food and mingle before the run, which starts at 3:30 p.m.

It seems like the Grand Prix just ended because it did. There is no month long break this year. It will soon be starting again on Sunday, January 25<sup>th</sup> with the [One Hour Track Run](#).

To help prepare people for the race, the Club is having a [Half-Hour Track Run](#) during the normal Tuesday track workout on January 13<sup>th</sup>.

January isn't usually a big month of racing, but there are a few races around. The Arkansas Running Klub's [Winter Series](#) starts on January 3<sup>rd</sup> and runs every Saturday in different locations. Also in January is the [MLK 5K](#), which happens on the 17<sup>th</sup>.

The Club will be having a membership drive at Rock City Running on Saturday, January 24<sup>th</sup>. Why not kick it off right before the Grand Prix starts and during the last time the Little Rock Marathon Training Group will be at the Rock City Running?

We'll need volunteers to work the table and setup. Please contact Sarah Olney via email ([olney71@gmail.com](mailto:olney71@gmail.com)) or by phone (501-615-3344) if you're interested in helping out.

Here is to a year of taking risks, reaching goals, and being awesome while doing it.

## Half Hour Track Run

By Brian Sieczkowski

Join the LRRR Tuesday speed workout on January 13<sup>th</sup> for our first ever "Half Hour Track Run". Be ready to go at 5:30 p.m. on the Catholic High School track to see how many laps you can complete in 30 minutes.

This is a low-key, free event in which you are responsible for counting

your own laps. Bill Torrey is bringing the big clock and Jim Barton will have the measuring wheel to record your final, partial trip around the oval.

This is a great tempo workout and excellent preparation for the One Hour Track Run that kicks off the Grand Prix season on the 25<sup>th</sup> in Danville.

See you there!

*January Meeting*

Sunday, January 11

Hilly Chili Run/Potluck  
at  
The Fergusons' Home  
56 Valley Estates

3 p.m. deliver food  
3:30 p.m. Run 4 or 6 miles

# Girls On The Run Registration Begins January 26

By Jenny Paul, Executive  
Girls on the Run

At the risk of sounding like white noise: How on earth is it already 2015?! Twenty fourteen was an exciting year for all of us at Girls on the Run, and this New Year promises to be even better!

January will be busy as Sarah Olney, Mary Wells and I go to GOTR Summit in San Diego later this month. This is an annual meeting of GOTR leaders from all parts of the country, and we are looking forward to meeting so many others that are working to bring out the best in all girls. The learning opportunities are nearly overwhelming, but having a shared common goal with so many is inspirational and invigorating.

Registration for the spring season also opens this month. Online registration opens January 26, 2015, at 6 a.m. This spring we plan to operate seven sites which includes expansion to Saline County. We could still use a few more coaches for some of our Little Rock-based teams, so if you have any interest and a schedule that could accommodate one or two 90 minute practices per week right after school dismissal, please contact me as soon as possible. I can promise you, you won't regret a decision to coach.

## New Members

By Sarah Olney  
Membership Chairman

**Christy Smith** is returning to running after a several month hiatus. She prefers the 10K and half marathon distance and had a busy year of racing last year. She enjoys most outdoor activities and loves to try new food and wines.

**Karen Knuedsen** explains "Over this past year I have become more and more enthusiastic about running. I would like to belong to a group for an exchange of support of a healthy fit lifestyle." She runs 15-20 miles during the week at a 10-11 min/mile pace. She races at least once per month and has a PR of 30 minutes for the 5K.

**Emily Averill** is a registered nurse with interests of cooking, bicycling, and nature. She has been running five years with an average weekly distance of 20 miles at an 8-9 minute pace/mile. Her favorite distance is the half marathon with a PR of 1:47.

**Nicole Hobbs** recently joined the Roadrunners to add to her communities she supports. She enjoys racing, competes in the Grand Prix Series, and prefers the 5K and half marathon distance.

**Rachel Hendrix** is a graduate student, who loves to race any distance. She has been running since 2009 and is interested in running with others at a similar 8:40 pace per mile. Her marathon PR is 3:53 and other interests include triathlons and science.

The spring season will begin the third week of February. Our girls and their coaches will meet twice weekly for uplifting lessons and training until the end of the season celebratory 5K on May 16. Each practice holds the promise of a new discovery and is sure to provide a healthy, fun experience for the participants and the coaches.

Finally, we will need running buddies and volunteers for our spring GOTR 5K which will also include a community run. The run will be the morning of May 16 (most likely at Two Rivers Park, but wait on confirmation for that part), and we expect the whole flock of LRRC birds to be there. With so many opportunities to be involved, there is simply no reason not to come. The atmosphere is incredible and the excitement is contagious. It really doesn't get much better than a GOTR 5K day!

Finally, thank you to LRRC and its members for all of your support. There were lots of Birds at the fall GOTR 5K over the BDB, and we appreciated seeing each one of you. Because so many GOTR leaders are rooted in LRRC, your support feels even more meaningful and important. When I moved to Little Rock (the first time) in 2001, I was welcomed to LRRC by June Barron and Barbie Hildebrand. They introduced me to the Grand Prix and to other runners in the Club and the community. It wasn't until I became involved with LRRC that I felt like I was part of anything real here in Little Rock. Without my running foundation with LRRC, I would guess that my time here in 2001-2005 would have felt less important. It's funny to say that since I completed medical school and met my husband during that time, but the Roadrunners became a consistent part of my village at a time when so many things were unsure. When we decided to move back to Little Rock in 2010, I already knew a group that would welcome me. I just never anticipated you would be such an encouraging source of support during this (unanticipated but incredibly rewarding) endeavor. Thank you again!

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
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)

# 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)

## January 2015

- 10: Village Creek 10K/25K at Wynne. Call 870-208-6523.
- 10: ARK Winter Series. Call 501-519-0185.
- 10: Western Arkansas Ballet Tutu 5K at Fort Smith. Call 918-839-4785.
- 24: Chillingøfor Childrenø 5K at Magnolia. Call 870-949-0793.
- 25: One Hour Track Run at Danville. (GPS SC)

## February 2015

- 7: River Trail 15K at North Little Rock. (GPS SC)
- 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)
- 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.

## March 2015

- 1: Little Rock Marathon/Half Marathon/10K. Call 501-371-4639.
- 7: Chase Race & Paws 2M/1M at Conway. 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: Chase Race 2 Mile at Conway. (GPS SC)

# Team RWB

By Lisa Gunnoe, Chapter Captain  
Team RWB Central Arkansas

With the New Year one always reflects on the past accomplishments while setting new goals for the future. We at Team RWB Central Arkansas are very excited about what the New Year will bring. We look forward to adding cycling groups, yoga and functional fitness to our list of weekly consistent activities.

We are partnering with other local, veterans organizations. We look forward to volunteering in their events to raise awareness and help our veteran community. March 22, 2015, Arkansas Run For The Fallen is hosting a 5K as the culminating event for a relay run from Russellville to Little Rock. Details here:

<http://www.arkansasrunforthefallen.org/registration.php> It is requested that one can run a 10 minute mile pace so this 5K will be a group run. Enter by March 6<sup>th</sup> to receive a T-shirt.

As of yet we donø have a Team RWB Central Arkansas weekly run in Little Rock. The Little Rock Roadrunners has invited us to join them at their weekly run at Catholic High at 5:30 p.m. Tuesday nights. Thank you LRRC! We sure appreciate you!

In 2015 we look forward to growth, work, volunteering, sweating and many miles.

Join the Team: <http://www.teamrwb.org/>

# Birthdays

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

- 5 - Mary Ann Lipin
  - 7 - Bill Diamond
  - 9 - Sara Claycomb
  - 16 - Caleb Ault
  - 18 - Martha Ray Sartor
  - 20 - Aaron Williams
  - 21 - Richard Johnson
  - 21 - Bill Rahn
- 13: Cow Paddy 5K/1K at Fayetteville. Call 479-790-0700.
  - 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.
  - 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.
  - 21: Spring Fling 5K at Cabot. (GPS SC)

## 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)