

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2015

What Can The LRRC Do For You?

By **Brian Sieczkowski**
LRRC President

There is a famous line in John F Kennedy's Inaugural Address: "Ask not what your country can do for you but ask what you can do for your country." To riff on that thought, do not ask what your running club can do for you but tell us! Tell us what you want out of your running club, and tell us how you would like to be involved. You can tell us right now, on the 2015 LRRC Member Survey:

<https://www.surveymonkey.com/s/G3KCX8G>

Please fill out our survey. It's just ten questions and will only take a minute or two. More importantly, it gives you a chance to tell us what you want and need from the LRRC. Feedback from our members can only help us improve, grow, and increase Club engagement. What do you want to hear about at Club meetings? What do you want to read about in this newsletter? How can we improve the Rock Run 8K and Capital City Classic 10K races? Would you like to be more

involved in the Club and in what capacity? Now is the time to make your voice heard. Fill it out today and pass the link on to any running friends you have in the area. We'd like to hear from members and non-members alike. Actually, I like to think of local runners who are not in the LRRC as "future members" and hearing from them will help make that happen.

The most recent report received from our brand new membership chair Melissa Myers Hendricks listed 163 total LRRC members. Let's work together to increase that. Quick shout out to Colin Hall and Rodney Paine who have referred friends to the LRRC in the last few weeks. Normally I would not suggest following Rodney's lead on anything, but this is an exception. Refer your friends to LRRC, and bring them to a Club race or meeting. As an incentive, I would like to make one bold guarantee: if we can reach 300 total members while I am Club president, Imari Dellimore will shave his head.

There is another important way to make your voice heard and that is through advocacy on behalf of the running community to local, state and even federal government bodies. We all

enjoy the River Trail, pedestrian bridges and bike lanes on roads. These projects rely on government approval and funding. They also rely on people like us to let our elected officials to know what we want. Now if you are like me, you've just read that and thought, "Great, I'd love to help out, but how?" Well, a good first step is to attend the July LRRC meeting! Our guest speaker will be Mason Ellis, president of the Bicycle Advocacy of Central Arkansas (BACA). Local cyclists have done much of the work of getting projects approved that have greatly benefitted runners as well. We will learn from Mason what the future holds for the River Trail loop as well as other items of interest and how we can help bring about that change. I would love to impress Mason with a large crowd of runners on July 20th. We will be meeting in the upstairs party room at US Pizza once again. Show up anytime between 6:00 and 6:30 p.m. to order food and socialize with your fellow runners. Club announcements and our speaker will then begin at 6:30. If

(See LRRC And You on Page 5)

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 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

July Meeting

July 20, 2015

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

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

**Mason Ellis, President
Bicycle Advocacy of Central Arkansas**

GOTR Planning For Fall 2015 Season

**By Jenny Paul, Council Director
Girls on the Run of Central Arkansas**

We are thrilled to be in the final stages of planning for the fall 2015 season of Girls on the Run. We are expanding to more sites and still need a few more coaches. Specifically, if you are available any weekday afternoons from 2:30 until 4:00, you could really be helpful. In an effort to make the program accessible to as many girls as possible, several of our teams meet immediately after school on the campus of their elementary school. This relieves parents of an extra transportation step, but it is sometimes difficult to find coaches available at this time. No previous running experience is required to be a coach. You simply have to be enthusiastic about helping girls recognize the power within themselves.

If you cannot coach, I hope you can make plans to be involved in the Girls on the Run in other ways. We have a

growing number of one time volunteer opportunities, and we will need several volunteers at our end of the season celebratory GOTR 5K on the afternoon of Sunday, November 22.

For numerous reasons, we have recently made the decision to host only a fall season each year. We have had fantastic coaches during our first four seasons, and we understand that coaching two seasons per year is a large ó almost overwhelming ó volunteer commitment. Hopefully, this effort will help us hold on to the incredible coaches we have had as well as help recruit others. Furthermore, we have had multiple inquiries from interested sites, and operating two seasons each year makes it nearly impossible to meet these demands. During The spring we will now be able to focus on fundraising, sharing our mission and planning new sites. We anticipate rapid growth over the next few years and are very excited about all the girls in our community that will have the opportunity to complete the curriculum.

As always, if you have any friends or family members that are third, fourth or fifth grade girls please encourage them to learn more about Girls on the Run. We work to help each girl become more joyful, healthy and confident and are committed to providing an exceptional experience for each of our participants. We have teams at the following schools: Jefferson Elementary, Pulaski Heights Elementary, Holy Souls School, Forest Heights STEM Academy and Hill Farm Elementary. We will have teams at the following non-school sites: Little Rock Racquet Club, Whetstone Boys and Girls Club, and the Hillary Rodham Clinton Children's Library. These teams are comprised of girls from schools all over the community. You can also check our website and social media sites for days/times of practices and for announcements about additional teams.

Email me at jenny.paul@girlsontherun.org or call me anytime at 501-615-5733.

Race Calendar (Continued from Page 5)

- 12: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
- 12: Marion County Single parent Scholarship 5K at Yellville. Call 870-449-7155.
- 19: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
- 19: BGMC 5K/1M at Batesville. Call 870-793-7447.
- 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: Larry's 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. Cal 501-676-6166.

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: lhhouse48@gmail.com.

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Eight Questions With Mark Ferguson

Mark Ferguson is a competitive Masters runner, the overall winner of the last two Arkansas Grand Prix Series titles, and the LRRC President-Elect. Recently The Runaround sat down with Mark for a Q&A session.

The Runaround: Hello Mark, describe for our readers how you first started running.

Mark Ferguson: I grew up playing soccer and was always in great shape from running around the field. I ran track in seventh and eighth grade. I ran the one mile and two mile events. I hated running circles on the track so much that I didn't want anything to do with track in ninth grade. I then picked up running after college when I had become fat and lazy from being burned out with soccer. Christine and I were dating and she asked me to go for a run with her and her friend. Not sure how far we went, but it was a whole lot better than the time she asked me to go swim laps at the pool with her. I knew then that I would rather die on a track running circles than drown in a pool from doing laps.

RA: What is a typical training week for you now?

Ferg: My typical week is around 55-60 miles. Long on Sunday (16-20), 7-10 Monday through Thursday, 4-6 on Friday, usually a race on Saturday. I have been spotted on the track for a Tuesday speed workout session at least twice in the last year. I don't have a typical plan like most people. I just go run. Some days I turn my runs into a tempo run and other days I just run at whatever pace

I feel like that day. I always will incorporate hilly routes into at least two or three of my runs each week. I think the hills build stamina and speed.

RA: Do you do any cross training, core workouts, or strength training?

Ferg: I don't do much cross training. A few years ago I started cycling two to three days a week, but haven't ridden much over the last year. I usually do an upper body workout twice a week with free weights and a universal gym.

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

Ferg: One of my favorite running routes in Little Rock is an out and back starting at BDB north and running up and around Ft. Roots. This route is flat, has some downhills and has just enough climb to get your legs screaming at you. I also like the out and back from Two Rivers bridge to the Arboretum that is near Pinnacle. Not necessarily my favorite route, but I have many great memories over the last few years where at times there were six to eight of us prodding each other as we ran. It would never fail that the last few miles would turn into a slugfest of who wanted to gut it out or who was happy just putting in the miles. Many Sunday runs have been made on this route from the time that Josh Holt would drop to a 6:15 pace from the bathrooms at Two Rivers back to Two Rivers parking lot or the time that Justin Radke was offered a water bottle from a stranger because he

looked like he needed it more than she did. Great times.

RA: What has been your best race, in your opinion?

Ferg: In my opinion, my best race was the Arkansas 20K in 2010. This was my first official race in a few years and my first race in Arkansas. I ended up coming in fourth overall and I was so excited. I had no idea how I would run and I was very surprised with my results. The race reminded me of all the excitement that comes with spectators, water stops, timing chips, barricades, and the smell of Bengay at the starting line. It is fun running, but it is really fun racing.

RA: Okay, life is not all roses, so what would you call your worst race? Did you gain any new insight on training or racing from that experience?

Ferg: My worst race is a tie between the 2013 and 2014 Hope Watermelon 5K and the 2002 Chicago Marathon. I was coming off six weeks of not running in 2013 due to plantar fasciitis in both feet and it was a miserable race. I thought I was going to die between miles two and three. The 2014 race wasn't much better. I felt my left hamstring pop between miles two and three. This put me on the injury list until November. In 2002 when I was training for Chicago I was having a problem with my right foot. After not reaching my goal of qualifying for Boston, I stopped running for about nine months due to a stress fracture

Team RWB Central Arkansas

By Lisa Gunnoe, Chapter Captain
Team RWB Central Arkansas

We believe in the power of community and through that community we can enrich the lives of America's veterans through physical fitness and social activities. We help veterans connect with their communities through these activities. All are welcome - civilian and veteran.

We are looking for cycling leaders, running leaders, functional fitness leaders and strength training leaders willing to host weekly fitness workouts (where you already work out if its available to public) during the time you already work out. We would like you to let us know that schedule so we can put it out there inviting Team RWB members to join in. Many times we want to work out; we just don't have an accountability partner. One has to be a member of Team RWB and there is no charge.

<http://www.teamrwb.org/the-team/chapters>

July 5th

It's not too late if you would like to join a fun, virtual run of four or 10 miles to celebrate Independence Day. One can register up to the 4th and still get a medal and T-shirt. This run can be run anytime that weekend though we are having a group run Sunday 6 a.m. at the Conway Regional Health & Fitness Center, 700 Salem Rd., Conway. If a T-shirt and medal are desired one can register here:

<http://www.teamrwbfirecrackerrace.com/pages/registration.php>

Dog Walks, Ice Cream Rides, Beer Runs, and Smore Hikes. We are trying to put a fun twist on fitness to encourage those who think working out is boring to come to a social/fitness event and have fun. Ideas are welcome: Email your ideas to Jeff Beason, Fitness Director: jeff.beason@teamrwb.org

Thank you to Little Rock Roadrunners for your support of Team RWB Central Arkansas. It takes community and you all have a part in that.

Mark Ferguson (Continued from Page 3)

and surgery on my foot. In all three instances I had been injured but was able to rebound. Moral of the story, take a break if you "week something and rest. You will come back stronger if you rest and don't get injured.

RA: What is one quick tip you would give to new runners?

Ferg: My advice to new runners, it doesn't matter how far or how fast you go, just get out there and put one foot in front of the other and go!

New Members

By Melissa Hendricks
Membership Chairman

We are proud to report that the LRRC has 166 members. We welcome several new members who have joined us since March this year. They are:

Peter Zargari
Sim and Alexis Sanghera
Allister Whitfield
Shea Pickens
Chris Brown
Matthew Davis and Alana and
Regan Carpenter
Becky Matthews
Eleanor Kennedy
Mark Coolican
Karen Kueh
Robert and Kelly DeStefano
Ron Hay
Tami Roach
Kurt Blankenship
Emily Harbour
Sarah Carter and Mike Testa
Ryan Johnson
Aaditya Verma
Joe Van Den Heuvel

We also appreciate Roadrunners who have recently renewed their memberships in the past few months. Thank you to:

Shea Pickens
Rodney Paine
Ted Holder

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

Ferg: I think Dellimore will make his 2015 racing debut at the ARK 5K. He seems to like that race. If not then, maybe he will hold off until the One Hour Track Run in 2016.

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

July

- 4: Fleet Feet Firecracker Fast 5K at Little Rock. Call 901-301-1786.
- 4: Freedom from Blindness 5K/190K at Lockesburg. Call 479-234-1676.
- 4: RiverDawgs 5K at Clarksville. Call 479-774-3612.
- 4: Vandervoort 4th of July Picnic 5K. Call 870-582-2328.
- 4: Freedomfest 5K at Greenwood. Call 479-996-6357.
- 4: Freedom 5K at Camden. Call 870-807-1468.
- 4: DeGray Lake Resort Freedom 5K at Bismarck. Call 501-865-5814.
- 4: Freedom Run 5K at New Blaine. Call 479-264-6153.
- 10: Nike 5K/1M at Little Rock. Call 501-821-5276
- 11: Cure HHT Team Arkansas Walk 5K at Amity. Call 410-357-9932.
- 12: See Jane Run Half Marathon/5K at Seattle, WA. Call 415-839-9393.
- 18: Autism Involves Me 5K/1M at Bentonville. Call 501-960-7784.
- 18: DNRC 5K/1K at Dardanelle. Call 479-229-4888.
- 25: That Dam Night Run 5K at Arkadelphia. Call 870-464-7415.
- 25: Full mOOOn 50K/25K at Perryville. Call 501-837-3104.
- 25: Insane Inflatable 5K at North Little Rock. Call 800-272-4785.

August 2015

- 1: White River 4 Mile Classic at Batesville. (GPS SC)
- 1: The Milk Run 5K at Little Rock. Call 501-350-2353.
- 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.
- 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 Rollinøon the River 5K at Little Rock. Call 501-227-3706.
- 22: Beastmode 5K at Benton. Call 501-269-1662.
- 29: St. Jude Fayetteville 10K. Call 870-273-3323.

September 2015

- 5: ARK 5K Classic at North Little Rock. (GPS)
- 7: The Jubilant Feet 5K at Prairie Grove. Call 501-258-6836.
- 8: NWA Rocks Purple 5K 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.

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 or call her at 766-0086 if the information is incorrect.

- 1 - Shauna Wood
- 4 - Regan Carpenter
- 7 - Ricky Martinez
- 11 - Bill Harrell
- 18 - Joe Van Den Heuvel
- 22 - Brent Corbitt
- 22 - Lou Peyton
- 22 - Jason Tipton
- 27 - Kurt Blankenship

LRRC And You

(Continued from Page 1)

youøve never been to a Club meeting before, or havenø been to one in awhile, I really encourage you to mark our July meeting on your calendar and join us.

Now if you read this far and you still havenø filled out an LRRC Membership Survey, the link again is: <https://www.surveymonkey.com/s/G3KCX8G>. We really do want to hear from you so stop reading this sentence even and click that link. Seriously, stop reading this column (unless you already completed the survey, in that case bravo for you) and send us your feedback. The column is done, so now you really have no excuse. Thanks!

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