

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March/April 2015

## Local P. I. Searches For President Norfolk

Hello runners, I'm Maak Mibedd, a private investigator under the employ of a Mr. Jeff Maher and a Mr. Brian Sieczkowski (Sieczkowski - is that a real name?) to find LRRC president Nickolas Norfolk. They have asked me to update LRRC members on our findings. My partner, April August, has discovered that two articles for this newsletter were confiscated by Russian hackers on their way to a Ms. Linda House for publication. These letters contain some very important

information such as Grand Prix standings and PRs by certain members and reveal top level speakers at Club meetings. It's obvious that Mr. Putin is in awe of the members of LRRC and your condition and training schedule.

Back to our search for president Norfolk. There is no wonder president Norfolk is keeping a low profile with the Russians on his trail. While interviewing some of president Norfolk's closest associates, we were told that Mr. Norfolk

knows a lot about this state's ultra and trail running courses. One close associate said there was no way Nick could be found if he were on the trails whether it be by Russians, Mormons or pigeons. Another close ally said Nick knows Arkansas trails better than John Russell knows a hamburger.

Bill Torrey at Rock City Running now has access to a drone that will be used for races and marking courses and such. Mr. Torrey is working on the permit to make this a search tool as well. With all the clout Mr. Torrey has with local government I'm sure this won't take long to happen.

My associate, April, is no fool (although some of our clients are) and she is pretty sure that everything will be back to normal by the end of the month. She is so sure in fact that she has told Mr. Maher and Mr. Sieczkowski that we will not accept a fee for this job. I tried to explain to her that we don't do pro bono work. That's volunteering, and when a person says yes even halfheartedly they will be asked to do it over and over again.

How can anyone live like that!

## Congratulations

Congratulations to **David Meroney** for being named the 2014 RRCA Outstanding State Representative for the Southern Region. He joins the ranks of other Club members and/or Arkansans who have also received the honor. They are:

- 1985- Al Becken of Texas, who is a Club member and long-time supporter of running in Arkansas
- 1991- David Samuel, an LRRC member from Pearcy
- 1997- Don Still of Hope, long-time director of the Watermelon 5K
- 1998- Scott Cristopher, formerly of Arkadelphia, who currently lives in London, England, but received the honor while living in Louisiana.

## Remaining Grand Prix Schedule

- May 2 ó Toad Suck Daze 10K a@ 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 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

April  
Meeting

April 20, 2015

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

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

Andrea Sayers

# Girls On The Run Open 5K Is May 16

By Jenny Paul, Executive Director  
Girls on the Run

With the recent arrival of springtime weather, it's become acutely obvious that the Girls on the Run of Central Arkansas 5K will be here soon and our GOTR participants are almost ready to take on their final challenge of the season. We hope for warm-but not hot-temperatures for the run and the celebration on May 16, 2015. We also hope that many of you will be able to join us either as a running buddy for one of our participants, a community runner in our open 5K, a volunteer or a member of the LRRC cheer station.

The GOTR 5K will be at Two Rivers Park which, as you all certainly know, is beautiful in the springtime. The flat, loop course is certified and is perfect for a PR (right, Colin Hall?). We welcome those of you looking to race a 5K as well as anyone who just wants to get a few feel-good miles for the day. Being a part of the GOTR 5K is a great way to learn more about the organization and to see our incredible girls in action.

## New Members

By Sarah Olney  
LRRC Membership Chairman

**Sidney Bold** joined the Roadrunners after running for two years. She is a financial analyst and her favorite race distance is the 15K. She runs 6-10 miles during the week and also enjoys being active in Crossfit.

**Carl Rice** averages 25-30 miles during the week at an 8-9 minute pace per mile. His PR for the 5K, his favorite race distance, is 24:11. His occupation is in real estate management/Uhaul dealer and is also interested in yoga and art.

**Joe van den Heuvel** is a contract analyst and runner of 30 years and counting. His PR in the ½ Marathon is 1:51 and he runs weekly mileage of 20-25 miles at a nine minute pace.

**Aaditya Verma** is interested in the Club's weekly running groups. She averages nine miles during the week at a nine minute mile pace. She is a resident physician and also enjoys hip hop music, dancing, and video games.

**Ryan Johnson** currently averages 40 miles during the week at a 7:45 pace and is interested in racing and training with the Club. He is an energy engineer and enjoys sports and most things outdoors. He has accomplished PRs of 4:16 in the mile and 15:28 in the 5K while running at Harding.

If you would rather volunteer than run that day, we will need several general volunteers and some volunteers to work a cheer station for the girls along the course. The Hot Legs have worked a water stop/cheer station for us at the last few 5Ks and it's been a great experience for them and for us. Our hope is to have several different local running clubs represented. The Saline County Striders will also host a cheer station along the course. Those that know me, know I'm not one for smack talk, but we CAN'T let them beat us. I mean, I'm sure that you all want our Club to be well represented and to also serve as models of healthy lifestyles for children in our community.

Jeff Maher will lead the coordination efforts of the LRRC cheer station. I purposefully did not include recruitment efforts in his job description because I do not expect him to have to recruit one single person. I believe that at least four of you will call him immediately after reading the entire *Runaround* to beg him to be a part of it.

A Girls on the Run 5K is unlike any other. The energy is unmatched, and the spirit of our GOTR girls is contagious. You can get your face painted. You can color your hair. You can cheer. You can run. You can cheer while you run. There is nothing like seeing those girls come across the finish line. It's both a spectacle and an intimate experience taking all the fun and energy of a party and pairing it with the celebration of each girl and her unique achievement. The GOTR 5K isn't simply a 3.1 mile run. It is the crowning achievement of a long season of growth for our girls as individuals and as teams.

We hope to see you at Two Rivers Park on May 16, 2015. The GOTR 5K race will begin at 9 a.m., but you should come early to enjoy the pre-run activities and soak up that good GOTR energy. We will be looking for you!

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)

## Team RWB

By Lisa Gunnoe, Chapter Captain  
Team RWB Central Arkansas

As the weekend of the Little Rock Marathon approaches, we are looking forward to meeting fellow team members (Eagles) from across the country. We enjoy a pre-race dinner to bring us all together. Last year we met fellow Eagles from across the country during our dinner.

The month of April 2014 brought tornadoes with great destruction to Arkansas. Those Eagles that we met last year, from California, Texas, Florida, Georgia rallied their home communities to put together care packages to send to Arkansas for those in need. This is the power of relationships, connections, and demonstrates the generosity of Team RWB members and runners in general.

As we meet once again for the pre-race dinner, we will be reminded, with gratitude, of those connections made last year.

Member Kevin Davis of Conway has been chosen to attend Triathlon Athletic Camp in Austin, TX. He will learn sport and leadership from some of the best triathletes. Congratulations to Kevin for being picked to represent Arkansas at Tri Camp. We look forward to what he has to teach us when he gets back.

### Upcoming activities:

You don't have to be a Team RWB member to come join us. Membership is free so hey, why not!

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

### March

Women Run Arkansas Clinic - Begins first week in March goes through May in many local communities.

Walking and running groups. Free clinic, the only fee would be for graduation 5K May 9, 2015.

14 - Outreach with Veteran Outreach Center Ministries in Searcy (all day)

21-22 - Arkansas Run for the Fallen at Little Rock

28 - Run as One. This is a joint effort between three veterans organizations to remember and bring awareness to the 22 suicides a day by combat vets from Afghanistan and Iraq. It's not a race. The funds raised go to the organizations, Team Red White & Blue, Team Rubicon, and The Mission Continues.

Each area hosts one of these runs so many will be happening across the country and on a few military bases overseas.

Our event is in Conway at Tucker Creek Walking Trail, 275 Salem Rd,

Our event is a group walk/run/ride/ of two distances of a one mile and a three mile. There will also be a small program. The activities begin at 9 a.m. on March 28.

### April

11 of RussVegas Half at Russellville

25 - Grand re-opening of the Veterans Museum in Vilonia

### Volunteers needed for Arkansas Run for the Fallen

3-4 for registration; 3-4 for water station; 6-10 or all hands on deck - set up and take down and 3 - Present Fallen Heroes Memorial

One on one veteran engagement - If you know of a veteran who just isn't going to come out for a run, ride, etc. please just take them to coffee, go for a walk, sit on a park bench. Some veterans just aren't going to participate in group activities.

•The willingness with which our young people are likely to serve ... shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation. • of George Washington

The previous information was written for the March newsletter. The following was written for April newsletter:

## Ross Bolding

This is the latest on Club member Ross Bolding, a resident of South Arkansas who is currently living in Alaska.

Editor: I was just working on the Upcoming Races Calendar for the newsletter. Saw one listed for May 2 in Nashville, TN, called the Nashville Masters Outdoor Track Classic and it made me think of you. Are you still in Alaska or back in Arkansas? With all of the ice and snow we have had I thought I was in Alaska.

Ross: I am still in Alaska. This might be my last year, but I'm not sure yet. I always wanted to run in the Nashville Masters meet, but it never worked out. Oh, well, maybe next year. I will be 70 next January, and I am really thinking of coming on home and trying to get ready to take a crack at all the over 70 records. Most of them are pretty soft, although Henry Hawk ran, I believe, a 1:08 15K at 70.

Incidentally, you had more snow than we did last year and this year. Hope things are going well for you and all the Arkies. I miss all of you, but the pay is great here and I do enjoy that.

## Team RWB

March turned out to epically cold! Whew are we glad spring has sprung. The first weekend found us freezing at the Little Rock Marathon. I'm sure many runners are starting to recognize the Team RWB red shirt with eagle. It was a pleasure to see such representation for Team RWB.

We will be out strong at the RussVegas Half Marathon on April 11. April 25<sup>th</sup> will find us in Vilonia for the grand re-opening of the Vilonia Veterans Museum. Follow our Facebook page to find details

Memorial Day weekend in May we will be hosting the next WOD with Warriors for those who love Cross-fit. It is free to participate unless a T-shirt is desired. These details will also be on our Facebook page.

# A Rookie Report On Athens-Big Fork Trail Marathon

By Bruce A. Wood

Wow! Now that is what I call a trail run. As you can tell from the title, this was my first time running, or should I say hiking the Athens-Big Fork Trail race. I had heard about it for the first time a couple of years ago on a posting on the AURA website. Everyone was talking about how challenging the ABF was and what a fun and difficult time (if those two descriptors can go together) this race was.

I asked what ABF stood for and that's when I started researching into probably the most challenging trail marathon in the country. I wasn't disappointed in the effort it took just to finish the race. Like most of those new to trail running or this race I was cautious when I read the race's website description and words of caution about trying to do this race. I had a few trail runs under my belt and wanted to try ABF since it wasn't too far from home and had heard all the tales from other runners.

The first try on the original race day was not disappointing. Even though it was weathered out (great call by the race director) I was pleased to know we could at least experience running up the first mountain pass and get to run on some fire roads. With all the rain, the waterfalls that were created and the rushing creeks were outstanding scenery, which made the "fun run" a great experience. I had never been on the Athens-Big Fork trail before and at least experiencing part of the trail gave me some confidence, but at the same time I was thinking to myself "I have to do 15 more of these mountain passes, man this is going to hurt", and it did.

The actual day of the race, the weather was perfect. It was clear, cold, and sunny. It started in the upper 20s, but by the time most of the racers had finished it was in the mid-50s. You couldn't ask for better conditions. The trail was marked very well and the creek crossings were wet, but the trail was dry. When the race started, it was nice to warm up on the road from community center and fire road before you entered the trail. The first mountain pass was

easy compared to what lie ahead. I knew from the trail description that the last three mountain passes were the steepest, but I definitely underestimated the effort it was to try to keep a good walking/running momentum up and down these scenic, but steep trails. Crossing the Blaylock Creek was scenic and I felt good. The last three mountain passes were the steepest and to me the most technical. It was challenging to say the least to climb up as well as keeping your footing as you were going downhill. I spent almost as much effort going up as I did going down because of the loose rock and the steep sections.

The views were awesome and by the time I hit the turnaround I felt good but now knew what I was in for going back. Only eight more mountain passes to go to the finish, oh boy. I started counting each mountain crossing and kept my eye out on the trail markings trying not to focus on my burning quads. The down hills hurt as much as the uphill as you were sometimes literally jumping down the mountain. When I finished, I swore I would never do this again but of course after a few minutes of rest and nutrition I was contemplating what kind of training I could do to get ready for this race ... maybe take the stairs more.

Now the best saved for the last. What a great race put on by the new race director Brady Paddock. I can't thank him enough for stepping up and taking over

the race. I had heard that the past race director who started this race years ago was stepping aside and it was questionable if this race was even going to be held again. First of all, thanks to David Samuel for creating the race; and to Steve Appleton and his team for keeping the race going these past years. I had heard from previous participants it could be challenging to keep on the trail and you had to pay careful attention to the trail marking so not to get off the trail. All I can say was thanks to Brady and his team. I never once felt like I did not know which way to go. The trail markings were outstanding and you could tell a lot of work went into clearing and making sure the trail was safe and runner friendly. The aid station volunteers were awesome and their words of encouragement as well as seeing them you knew you weren't lost or off the trail was even more encouraging. The Big Fork community center and all the volunteers were very hospitable and plenty of snacks of baked cookies, brownies, and sandwiches waited for you at the end of the race.

Thanks to Nataleigh Marley for her help organizing and doing the T-shirt order. Of course I had to get one, and anyone completing this race can say they have accomplished one of the hardest trail marathons in the country. The T-shirt states the "Hardest Trail Marathon East of the Rockies." I think next year it could just say "Hardest Trail Marathon Period."

## Upcoming Races

- 2: Lamar Color Run 5K. Call 479-774-4709.
- 2: Butterfly Swamp 5K at Little Rock. Call 501-776-1315.
- 2: Walk for Life 5K/10K at Texarkana, TX-AR. Call 903-748-4578.
- 2: Root Rocket 5K at Fayetteville. Call 479-200-3844.
- 2: Lei Lei's 5K at Fort Smith. Call 479-414-8892.
- 2: God Run 5K Changing Lives for Eternity at Mena. Call 870-557-9165.
- 2: Heather Ridley-Fleeman Battle for Hope 10K/5K at Bentonville. Call 479-361-5847.
- 2: Rexfest 5K at Little Rock. Call 501-225-6774.
- 2: Whistlestop Festival 5K/1M at Ashdown. Call 903-824-5273.
- 3: Roller Coaster 10K/5K - Six Flags St. Louis at Eureka, MO. Call 434-951-8572.

# 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)

## April 2015

- 17: Kids Run Arkansas 1M/3M at Conway. Call 501-450-9292.
- 17: Cherishing Children 5K/1M/400 yards at Rogers. Call 479-621-0385.
- 18: Alma Super Dog 5K/Half Marathon. Call 479-632-1953.
- 18: Fly Like An Eagle 5K at Vilonia. Call 501-743-9431.
- 18: Stardaze 5K at Star City. Call 870-628-4714.
- 18: Light It Up Blue 5K at Jonesboro. Call 870-932-5551.
- 18: Heroes for Hope 5K/10K at Conway. Call 501-328-3347.
- 18: Spring Fest 5K/1M at Fayetteville. Call 479-790-6491.
- 18: Light Up the Streets 5K Glo Run at Searcy. Call 501-268-4748.
- 18: Helping Hand 5K/2K at North Little Rock. Call 501-791-3331.
- 18: CHI St. Vincent 5K at Little Rock. Call 501-552-2380.
- 18: Moustache Dash 5K at Greenbrier. Call 501-733-1140.
- 18: Arkansas 10M Classic at Little Rock. Call 870-540-7616.
- 18: Panther Powder Run 5K/2M at Siloam Springs. Call 479-524-8152.
- 18: Color the Eagles 5K at Clarksville. Call 479-462-6603.
- 18: Eagle 5K/10K at Avilla. Call 501-416-0224.
- 18: Painted Path 5K at Beebe. Call 501-230-1035.
- 18: Stepping Up for Youth 5K at Clinton. Call 501-745-7004.
- 18: Fulbright 5K at Bentonville. Call 479-715-5830.
- 18: Move Your Feet Move the Gospel 5K/10K at Crossett. Call 870-500-2540.
- 25: BV Memorial 5K+1 at Jacksonville. Call 501-837-7055.
- 25: Catholic High Rocket 5K at Little Rock. Call 501-664-4625.
- 25: Jack N Back Half Marathon at Hot Springs. Call 501-620-4520.
- 25: Mojo 5K Color Run at Harrison. Call 870-577-2400.
- 25: That 80s Run 10K/5K/1M at Cottleville, MO. Call 636-9226 8277.
- 25: Better Days Ahead 5K at Mountain View. Call 870-269-9027.
- 25: Run With the Dogs 5K/1M at Benton. Call 501-351-0042.
- 25: Spring Fling Obstacle 5K/1M at Fort Smith. Call 479-452-1481.
- 25: ROTC Lions 5K at Fort Smith. Call 479-353-9539.
- 25: Beautiful Feet 5K/1M at Marshall, TX. Call 903-503-4846.
- 25: Fordyce on the Cottonbelt 5K. Call 870-313-1172.
- 25: Cabot JA Run for the Berries 5K. Call 501-681-3520.
- 25: Go! 5K/10K at Monticello. Call 870-820-2552.
- 25: Drew County Go & Glow Relay for Life 2M at Monticello. Call 870-820-2552.
- 25: BBM Color Run 5K at Russellville. Call 479-970-5212.
- 25: Caddo River Fest 5K at Glenwood. Call 870-356-2912.
- 26: Waterview Trail Run 5K/10K at Roland, AR. Call 501-249-9665.

## May 2015

- 1: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 2: Toad Suck Daze 10K (GPS SC)/5K at Conway. Call 501-329-5623.
- 2: Law Day 5K/10K at Jonesboro. Call 870-972-9224, ext. 6318.
- 2: Nashville Masters Outdoor Track Classic at Nashville, TN. Call 615-876-8293.
- 2: Charleston 5K. Call 479-209-0702.
- 2: The Battleground Mud Run 5K/5M at Wright City, MO. Call 314-569-3005, ext. 114.

(See Upcoming Races on Page 4)

# Birthdays

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

## March

- 1 - Karen Irico
- 3 - Tess Peterson
- 5 - Tracy Tungac
- 10 - Erik Heller
- 14 - Chris Hall
- 14 - Andrea Sieczkowski
- 15 - Greg Yarbrough
- 17 - James Tuite
- 20 - Sean Coughlan
- 23 - Stephen Van Devanter
- 25 - Tighe Keller
- 29 - Jennifer Booth

## April

- 1 - Emily Harbour
- 2 - Tim Steadman
- 5 - Lalita Flagg
- 5 - Sheila Galatowitsch
- 5 - Jacquie Winters
- 7 - Mary Wells
- 8 - Sarah Olney
- 10 - James Melnick
- 14 - Mike Metzler
- 15 - Haley Groustra
- 18 - Becky Peterson
- 20 - Andrew McGilvray
- 21 - Clay McDaniel
- 23 - Nicole Hobbs
- 26 - Rosana Diokno
- 30 - Leon Lants

## 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)