

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May/June 2015

Good Times Ahead For The Little Rock Roadrunners

By Brian Sieczkowski
LRRC President-Elect

Hello fellow Roadrunners! I'm filling in for President Norfolk this month in hammering out the old *Runaround* column. Next month, I'll be taking over the job full time as Nicholas and I switch roles: he gets the wizened-sage job of Past-President and I happily re-assume the duties of LRRC Prez. It's been four years since my first term ended (I guess that makes me the Grover Cleveland of the LRRC) and this experience, enhanced by the benefit of hindsight, will hopefully help me in doing the best I can for the Club. That's good, because it can be intimidating to attempt to grow and strengthen an already illustrious and inspiring group of people.

To get through this year, I will need the assistance of each Club member. We can accomplish so much more collectively as a Club than as individual runners. First and foremost, let's reach out to the community and convert the non-Roadrunners to our flock. Many runners want to join a running club, but

need the push of a friend or co-worker to make that first step. I didn't sign up until I heard a talk on the Club given by a young Bill Torrey, way back in 2004. Just kidding about that, Bill Torrey was not young in 2004. It did take his push to get me in the Club though and I had been doing group runs in the Little Rock area for nearly a year at that point. Let's all go out and get one new member this year. I'm no math major, but I believe it would double the size of the Club if we could pull that off.

Additionally, the Little Rock Roadrunners can do more for our community. The Club supports Girls on the Run and Easter Seals (the 2015 Rock Run brought in \$8,000, by the way) just to name two but let's continue to expand our reach and give back to the Little Rock area. I'd like to see the Club adopt a local roadway, or maybe a section of the River Trail. The LRRC can offer resources for new runners and help with high school track meets. The Minutemen XC Festival last September was a great way to bring old and young runners together and I would like to see LRRC have an even bigger presence there. Twenty years

down the road, I hope to read an article in this newsletter by a new President who remembers first hearing about the Little Rock Roadrunners while they were at a high school meet or through GOTR.

This can be an exciting and fun year for the LRRC. Our Board of Directors will be a good blend of experienced veterans and new officers. Nicholas L. Norfolk will continue to serve in the Past President role. Mark Ferguson has agreed to become our new President-Elect. Boston Billy Simpson is another first time Board member, as he moves into the vacant Club Secretary slot. Jeff Maher will maintain his job as LRRC Treasurer while also continuing to store Club equipment in his garage. Melissa Myers Hendricks is another Board newbie, taking over the Membership Chair duties. Newsletter Editor Linda House and CCC 10K RD Bill Torrey will retain two of the At-Large Board positions. Gary Taylor has agreed to fill the final At-Large spot. As a small sample of the Club at large, the Board represents a wide range of

(See Good Times on Page 2)

Remaining Grand Prix Schedule

June 13 ó Arkansas Runner 2 Mile @ Benton
June 20 ó Go! Mile @ 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

June
Meeting

June 15, 2015

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

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

Wesley Brown

GOTR In Need Of Coaches For Anticipated Growth

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

There are so many things to report from GOTR since our last update. We have both completed a season and made large progress planning the next.

The spring 2015 participants, their running buddies and several members of the community completed the GOTR 5K and/or Mallory's Mile on May 16, 2015. A GOTR 5K is always a unique experience, but this year we invited the runners from the River City Ministries 5K to join us when their course was flooded. Ken McSpadden of Mac's Race Timing Services was willing to think creatively and simultaneously timed two events that shared a start and finish line. We appreciate the flexibility of our volunteers and participants as we hosted the River City guests. We embraced the opportunity to share GOTR with some new friends and to learn more about the work that RCM does every day.

Our GOTR participants did a fantastic job, and we had some of the most enthusiastic volunteers and running buddies we could ever hope for. Several LRRC members shared their Saturday morning with us. THANK YOU to all that came.

As we plan for the fall season, we are anticipating growth. The program's reputation is spreading, and more girls and their families are interested. However, we need more passionate, caring coaches to accommodate that growth. While I recognize that my audience is comprised of members of a running club, it is important to share that you don't have to be a certain

type of runner to be a coach. In fact, you don't have to be a runner at all. The only prerequisite is that you feel compelled to help girls understand the power within themselves. You simply need to believe in the importance in making time for these girls and delivering a curriculum that is proven to help bring out their best. An added bonus is that as runners, you all understand the power that comes from running accomplishments.

Our teams meet twice weekly for 12 weeks. The season begins in early September and we historically have held our end of the season celebration GOTR 5K on the weekend before Thanksgiving. Some of our dates are not finalized, but this fall's schedule will be similar. Most of our teams meet right after school, but our non-school based sites meet a little later. We have intentions to add another of these which would create a need for more coaches from 4:30-6:00. The meeting days for these teams are still undecided so if you are interested contact me TODAY.

Being a GOTR coach is a meaningful experience. We often joke that we get more out of it than the girls do except that's not really a joke. I am always careful not to make promises that I can't keep, but I promise you that coaching a GOTR team will be a good and important experience. If you are considering it at all, please let me know as soon as possible.

Understanding that we have new LRRC members all the time, I regret that I do not repeatedly provide an in depth description into Girls on the Run and our programming. Our mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. I have written a column in *The Runaround* for over two years do from before the start of our very first season until now as we are planning for our fifth. Looking back through those articles will give you a sense of the journey we have been on together.

Please contact me, Jenny Paul, any time at jenny.paul@girlsontherun.org or 501-615-5733.

New Member

By Melissa Hendricks

Join me in welcoming Ron Hay of Cabot as our latest new member of Little Rock Roadrunners. Ron is retired from the United States Air Force. He's been running for 20 years and generally averages about 25 miles a week. He's also a cyclist and enjoys hiking. His favorite race distances are half marathons and marathons.

Good Times (Continued from Page 1)

backgrounds, occupations, viewpoints, and running experiences. And just like the Club at large, this varied assortment can accomplish so much more together. Remember, you don't have to be on the Board to be involved and make a huge impact with the Club. Watch this space in the months to come for ways that you can be involved. I'm looking forward to working with all of you in the year ahead.

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)

Boston Volunteers Were Positive and Encouraging

By Andrea Sieczkowski

The Boston Marathon is steeped in tradition, having been run annually since 1897. While the course has undergone only minor tweaks over the years and the actual act of running from Hopkinton into Boston hasn't changed much, many of the race details have been overhauled since I first ran the race in 2008.

The qualifying standards are stricter now and the race sells out nearly as soon as registration opens. In 2007, I qualified for Boston at the MidSouth Marathon in November. For the past few years, and likely into the future, the Boston Marathon will sell out two months before MidSouth is even run. You can still qualify for Boston at a fall race, but it will mostly likely be an 18-month wait before you actually toe the line in Hopkinton.

Another change is that the qualifying time needed to gain entry to Boston is no longer set in stone. Gone are the days of crossing a marathon finish line only seconds under your BQ time (as I did in 2007) and celebrating immediately. If demand exceeds supply in the small registration window then Boston entries are given to those who exceeded their BQ time by the greatest margin, not just who signed up the minute registration opened. For the last few years, this has meant you had to run at least a minute faster than your standard to get yourself an entry. When I signed up for the 2015 race in September, I immediately received an email that said I would find out in October if I actually got to go. I couldn't believe I would have to wait a whole month! Luckily, I got an email two days later telling me that I was unofficially in. (They still needed some time to verify my BQ.) In October I received an official acceptance card in the mail. Training began and I geared up for my second Boston experience.

When it comes to marathons, I always have more than one goal. There are just too many variables to have just one. If everything went perfectly, my goal

was a 3:15. My secondary goal was to PR which meant running faster than 3:19:16.

I traveled to Boston with my husband Brian and our two sons on the Saturday before the race. The weather forecasts were not looking good. It was supposed to be in the 40s and raining. While I didn't love the sound of that, I was okay with it. We had a cold, wet winter here in Arkansas and I had done my share of training runs in similar conditions. I was most worried about the wind. Boston is a point to point course and they were calling for 20 mph winds with 38 mph gusts from the east. That kind of head wind for 26.2 miles had me more than a little nervous. Brian assured me that it probably wouldn't be that bad since they usually measure those things at the airport which happens to be right on Boston Harbor. Conditions would most likely be calmer further inland. I hoped he was right.

On the morning of the race, I encountered more changes to the Boston experience. Due to the bombing in 2013, there is no longer gear check at the athletes' village. My options were to check gear in Boston Common or leave everything in the hotel. I chose to skip gear check. The hardest part was going out into a strange city alone while I left my phone behind. It was worse in theory than in actual practice though. Once I set out from the hotel, the excitement of the day took over and I didn't really think about being without a phone. I met up with another Arkansas runner, Whitney Hall, and we caught the bus and were on our way. It was cold and the weather was the topic of conversation on the bus. Everyone agreed that the rain was inevitable and we all just hoped it wouldn't start until after we were running. The thought of standing around cold and wet at the athletes' village or the start corrals was not appealing. It started raining while we were on the bus and the collective groan was actually pretty funny. The rain stopped just before we arrived in Hopkinton.

After a cold wait in the Athletes Village pen at Hopkinton, my corral was

called to the start. The trek to the start line is long, over half a mile. It is an interesting journey because you are walking down neighborhood streets and families are in their front yards yet there are barricades up, race volunteers and thousands of runners. Several of the houses had water and Gatorade as well as safety pins, Vaseline and other random things runners might need as well as wonderful words of encouragement and welcome.

Security was tight getting into the corrals. My bib was checked more times than I could count. I made it into my corral with about 10 minutes until our wave start. I was freezing. My feet were completely numb. The wind was cold but it certainly didn't feel like the 20 mph wind that was projected. With about eight minutes to go, the rain started again. It was miserable. Each fat drop felt like ice. Next thing I knew, we were told there was a minute to go. Adrenaline took over. The gun went off and so did we. I honestly remember very little about the course. I never warmed up. The temperature felt colder the longer I was out there. My hands got so cold that I couldn't get my Gu open so I didn't have any nutrition after mile 15. I quit taking water after mile 20 because I no longer had the dexterity to grab onto a cup. With the rain and cold though, I don't think the lack of nutrition or hydration was a factor at all. I actually wanted to quit simply because of the cold. Running wise, I felt fine.

The crowds were good despite the conditions so you have to love the locals for that! From the Newton Hills on, the course was packed. I just put my head down and ran trying to feed off the energy of the crowd. As I turned onto Boylston the finish line came into view and the sound of the crowd was deafening. I was actually able to smile and enjoy this a little bit. Once I crossed the line, however, I was cold and ready to get out of there. We had over a half mile walk back to Boston Common where the gear check was. Even though I didn't check any gear, I still had to go there to catch the subway

Summer With Team RWB Central Arkansas

By Lisa Gunnoe, Chapter Captain
Team RWB Central Arkansas

Event Spotlight

WOD with Warriors

This year's Team RWB Central Arkansas WOD with Warriors was a great success. About 12 members met at the Tucker Creek Walking Trail in Conway to participate in the 21 Guns Workout. A 21 Gun Salute is the nation's highest display of honor, appropriately reserved for our fallen troops on Memorial Day. Our WOD replicated this, to honor our nation's warriors of past, present, and future. The 21 minute workout and 21 repetitions signified 21-gun salute, and the five exercises are one for each branch of the military.

Member Spotlight: Jackie Stone

Chances are if you run or cycle in Conway, you know Jackie Stone. She is a pillar of the community and can often be found sporting her eagle gear at group workouts and running club meetings. Jackie has been an integral part in the organization of many Team RWB events locally, including our recent (and extremely successful) Run as One. A few weeks ago Jackie received the Cheryl Potter Award from the Women Run Arkansas organization. The award is presented to an athlete that demonstrates strength, vision, passion, and commitment to women through exercise. Congratulations, Jackie!

Friday, June 5 - 2-7 p.m.

Veterans Outreach Cookout
Lightle Senior Center
2200 E Moore Avenue, Searcy, AR

Sunday, June 7 - 8 a.m.

Awesome Wassom Cool/Kooky Costume 5K
118 MSgt Dan Wassom Road, LRAFB
Open only to those with ability to access base.

Saturday, June 20 - 9 a.m.

Arkansas Freedom Fun Adventure Series - Hike
Two Rivers Bridge & Park
6900 Two Rivers Road, Little Rock, AR
Picnic to follow.

Saturday, July 4

Virtual Team RWB Firecracker Race

Saturday, July 4

Firecracker Challenge Tri
Russellville, AR
Proceeds from this event support Team RWB.

Running Calendar (Continued from Page 5)

- 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.
- 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 Rollin' on the River 5K at Little Rock. Call 501-227-3706.
- 29:** St. Jude Fayetteville 10K. Call 870-273-3323.

Boston (Continued from Page 3)

back to our hotel. The Redline T train was warm and it felt really good to sit down. I only had two stops to my hotel and the station was in the courtyard so I only had to walk a few feet to get inside. Once in my room, I had some delayed emotion and cried a little bit. I had actually run a great race. My time of 3:16:11 was a three-minute PR! Brian knows me so well that after giving me a hug and congratulating me, he asked what I wanted from Starbucks and was out the door. He really is the best! I got into the bath immediately and felt 1,000 times better

instantly. With dry clothes and coffee I was as good as new.

While the conditions were harsh, they worked out pretty well for most of the Arkansans. There were a lot of PRs. My only regret is not being more present during the race to soak in the experience. I don't feel like I had a choice though with the weather. I can't say enough about the people of Boston and the surrounding areas. As miserable as the runners were, it had to be terrible standing around in those conditions. You would never guess though as the crowds were great and the volunteers were so positive and encouraging.

Condolences

The Little Rock Roadrunners Club extends its condolences to **Tammy Walther** over the death April 29 of her father, Phillip Wayne Hopkins. Please keep Tammy and her family in your thoughts and prayers.

Condolences

The Little Rock Roadrunners Club extends its condolences to **Larry Graham** over the recent death of his mother, Betty Brewer Rice. Please keep Larry and his family in your thoughts and prayers.

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. The LRRRC 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

June

- 6: Race to Remember ay North Little Rock. Call 501-529-8505.
- 6: Union County Glow for Children 5K at El Dorado. Call 501-364-7231.
- 6: Fort Smith Firefighter Hot Foot 5K/10K. Call 479-461-9084.
- 6: Gassville in the Park 5K. Call 870-421-4151.
- 6: Mt. Magazine 15K at Havana. Call 479-857-4527.
- 6: Runners for Warriors 5K at Warren. Call 870-718-3790.
- 6: Fusion Glo Run 5K at Cabot. Call 501-743-5452
- 6: RockinøAcross the River Color 5K at Calico Rock. Call 870-297-8533.
- 6: Cheetah Chase 5K at Little Rock. Call 901-301-1786.
- 6: Somchanh Southivong 10K at Fort Smith. Call 817-805-2563.
- 13: Arkansas Runner 2 Mile at Benton. (GPS) Call 501-246-0716.
- 13: Rotary 5K @ BRTC at Paragould. Call 870-239-0969.
- 13: Splatter Me Colorful Glow 5K at Van Buren. Call 479-474-1498.
- 13: Ice Cream Social 5K/1M at Berryville. Call 870-423-3139.
- 13: Daisy Dash 5K at Pangburn. Call 501-207-1840.
- 13: For the Love of Music Run 5K/10K at Russellville. Call 479-293-1597.
- 13: Pink Tomato Festival 5K at Warren. Call 870-820-2552.
- 19: Tour de Fun Fest 5K at Rogers. Call 479-200-7718.
- 20: GO! Mile at Little Rock. (GPS SC). Call 501-663-6800.
- 20: Pudding Cup 5K/10K/Fun Run at Benton. Call 501-615-1090.
- 20: Larry Hutton Memorial 5K at Sherwood. Call 501-590-8014.
- 20: Run for Valeria 5K at Danville. Call 479-622-3207.
- 20: Oil Run 5K at Smackover. Call 870-725-2907.
- 20: Smells Like Team Spirit 5K at Brinkley. Call 870-589-0163.
- 20: Featherhill 5K at Lavaca. Call 479-414-6857.
- 20: CASA Superhero 2M at Benton. Call 501-303-5703.
- 21: See Jane Run San Francisco Bay Half Marathon/5K at Alameda, CA. Call 415-839-9393.
- 27: Brickfest 5K at Malvern. Call 501-337-0007.
- 27: 5K at the LPGA at Rogers. Call 479-657-6401.
- 27: Honor and Duty 5K at Fort Smith. Call 479-242-5100.

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.
- 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

- 1: White River 4 Mile Classic at Batesville. (GPS SC)

Birthdays

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

May

- 1 - Mary Hayward
- 2 - Julie Rhodes
- 4 - Marliese Kerr
- 5 - Pennie Martin
- 6 - Joe Cordi
- 6 - Joel Felland
- 10 - Mei Song
- 12 - Lea Nondorf
- 14 - Drake Martin
- 15 - Richard Bailey
- 17 - Aaditya Verma
- 22 - Sarah Carter
- 26 - Tyrone Robinson

June

- 1 - Gary Taylor
- 2 - Rodney Paine
- 3 - Jimmy Helmick
- 7 - Mark Lacey
- 16 - Eleanor Kennedy
- 25 - Jonathan Aram
- 25 - Alyssa Frisby
- 26 - William Groustra
- 27 - Xiaowei Xu
- 28 - Roy Hayward
- 29 - Brian Sieczkowski

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