

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2015

Celebrate LRRC History In November

By Brian Sieczkowski
LRRC President

Thank you to all Club members who came out to our October special events. We had a good crew of volunteers helping run the start and finish lines at the Race for the Cure 5K. Dan Belanger ran the grill at the UALR XC Meet Tailgate Party. Best of all, the LRRC made a real difference at our Keep Arkansas Beautiful Litter Pick-up event along the Rock Creek Trail. It was hard work, but we pulled over 50 large trash bags of litter from the area around the trail and creek. That doesn't include several large items such as an old vacuum cleaner, a tire and a full sized trash can. Yes, someone littered a trash can.

November brings the MidSouth Marathon and Spa 10K, the 18th and 19th Grand Prix races of the year. Our men's Grand Prix team has officially wrapped up the season title while the women are on track to finish second. Not an easy feat considering the numerous injuries that have befallen the female Birds this year. Perhaps the greatest drama will be if LRRC members Rodney Paine, Colin Hal, and Mark Lacey can finish get through the last three Grand Prix races to make it 20-for-20 on the year and earn the Iron Man designation.

In a change from past Novembers, the Arkansas RRCA Annual Awards ceremony will not be held after the Spa 10K in Hot Springs this year. Instead, the ceremony and statewide meeting of RRCA Clubs will follow the season's final Grand Prix race, the CASA Half Marathon, in Pine Bluff on December 12th.

You can find more information on the Arkansas RRCA Awards on the Grand

Prix website ó www.arkrrca.com or by searching it on Facebook.

On the non-Grand Prix side of things, Little Rock has a couple of running events to check out in November. The Race the Base 4M will be at Pinnacle Mountain State Park on the 14th. The course combines grass, paved pathway and single track of the Base Trail around Pinnacle in a short and sweet four miles. On Thanksgiving morning, Go! Running will hold their Turkey Trot once again. Not a timed race, but a fun run, the Go!bbler won't cost you anything except a canned food donation for Arkansas Food Bank. Route options range from three to 6.5 miles and also feature a variety of surfaces: road, Allsop trail and even a short stretch on the Scott Field track. Speaking of track, look for an LRRC Mini-Meet on a Tuesday night this month. The date is not set as of this writing as it will

depend on the schedule of the high school football playoffs and resulting track availability. The plan is to have a Tuesday night Two Mile race on the track featuring two heats based on estimated time and then divide up into teams for a 4 x 400 meter relay. Look for more information on that in the next few weeks.

November's theme will be **The History of the Little Rock Roadrunners Club**. All month I'll post old *Runaround* articles and pictures on the LRRC Blog and our Club Facebook Page. At our monthly Club-wide meeting on Monday, November 16th at Hillcrest U.S. Pizza Charley and Lou Peyton will speak on the early days of the LRRC and local running scene in 1977 when our Club was founded. It should be a very interesting topic and a good way to celebrate our 38 years as a Club.

November Meeting

November 16, 2015

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

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

Charley & Lou Peyton

History of the
Little Rock Roadrunners Club

Congratulations

Melissa Hendricks, the LRRC Membership Chairman who works as director of development at Vera Lloyd Presbyterian Family Services, asked us to mention the fourth annual Turkey Trot 5K and one mile fun run for kids that is sponsored by her employer on November 21 at 9 a.m. at Monticello. All funds raised help boys and girls in foster care who live at the Vera Lloyd children's home in Monticello. You can register as a virtual participant or walker/runner at VLTurkeyTrot.com. For more information visit VeraLloyd.org.

We would like to congratulate Melissa for being named Outstanding Fundraising Professional by *Inviting Arkansas* magazine.

Girls On The Run 5K Is November 22

**By Jenny Paul, Executive Director
Girls on the Run**

November! The most exciting time of year at Girls on the Run is finally here!

On Sunday, November 22 at 2:30 p.m. all of this season's Girls on the Run participants will complete the GOTR 5K celebratory run/walk. For the twelve weeks leading up to the big event, our participants work hard to prepare physically and emotionally for this challenge. All eight teams 3rd-5th grade girls have met twice weekly to discuss and learn about important things like how to be a good friend, the components of effective communication and the strength that comes from staying true to yourself.

In the weeks between publication of this article and the GOTR 5K, each of our teams will collaborate to design and execute unique community impact projects. Each team chooses their cause and decides in which way they would like to help that cause. In years past, teams have chosen to beautify their school campuses with clean-up efforts, raise funds for Arkansas Children's Hospital, provide relief to tornado victims and help animals in our community. We have had teams design anti-bullying posters, construct and decorate birdhouses for local parks, and provide cheerful cards and decorations to elderly residents in a rehab facility where one girl visited her grandfather regularly. Their ideas and projects are personalized and genuine. Each team leaves a unique mark on their community.

You can check out this season's impact projects at the GOTR 5K on November 22. We plan to have a display that outlines each team's projects and hope that you will stop by since you are definitely, absolutely, have-it-on-the-calendar-already planning to be there.

The pre-race activities will begin at 1 p.m. on Sunday, November 22 at Murray Park near Pavilion 2. We need volunteers to help with set up, working the kids' activities and clean up. We also need volunteer Running Buddies that can escort a girl throughout the entire 5K. The run begins and finishes on the River Trail near Pavilion 2. Some of our girls have family members or family friends that will be their Running Buddies, but others prefer to have a volunteer Buddy. With more participants than ever before, our volunteer Buddy needs may be bigger than in previous seasons. You can sign up as a general volunteer or Running Buddy at

<https://www.raceplanner.com/register/index/fall-2015-volunteer-registration-gotr-5k>

If you are unable or not interested in volunteering for the GOTR 5K, we ask you to please come check us out anyway. Nothing makes the girls feel better than to be cheered on along the course. As runners, you surely recognize the boost you get from cheerleaders along the way. Imagine how encouraging you could be to one of our amazing girls on her way to reaching her goal. We welcome spectators anywhere along the course that starts on the River Trail near Murray Pavilion 2 and runs to and

over the Big Dam Bridge. Once the runners reach the North Little Rock side of the BDB, they will immediately turn around and retrace their steps back to where they began. With this out and back course, you have the opportunity to cheer for our girls twice!

If you have any questions about the event or volunteering, please contact me at jenny.paul@girlsontherun.org or 501-615-5733. We have enjoyed the support of several LRRC birds and the LRRC organization. Your resources and time are very much appreciated!

New Members

**By Melissa Hendricks
Membership Chairman**

Welcome to new members and members who have renewed in the past month! They are:

- Don Morgan of Little Rock, who has been a runner for 12 years and also enjoys hunting, fishing, golf, canoeing, camping and going to the lake.
- William Fletcher of Little Rock, who says his favorite distance for races is either a half marathon or full marathon.
- Brad and Hayley Byington of Little Rock, who are both in the U.S. Air Force.

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Board Members

Brian Sieczkowski	President	766-3004
Mark Ferguson	President-Elect	816-838-5450
Bill Simpson	Secretary	539-0578
Jeff Maher	Treasurer	680-6710
Nicholas Norfolk	Past President	786-6323
Melissa Hendricks	Membership	766-0086
Gary Taylor	At Large Member	813-7158
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969 (h) 590-9139 (c)

Ten Questions With Gary Taylor

Part Five of our Q&A Series features another new LRRC Board Member, Gary Taylor. Gary grew up in England (the country, not the town in Arkansas), was a star runner for the Razorbacks, and is now proprietor of Go! Running. Recently, The Runaround sat down with Gary for a wide-ranging interview.

The Runaround: How did you first start running?

Gary Taylor: I began in competitive swimming at the age of nine. I started getting pretty good and at 12 years old my coach told me that I needed to do cross training in order to get better. He took my team out for a run one day, I finished way ahead of everyone else, and the coach was having a hard time keeping up!! A short time later we had a cross country race at my high school. I was a freshman but finished second overall and the teachers thought I'd cheated!!

I swam for awhile more but soon transitioned over to running as I started having more success with it. That was when I was 13, so next year I will have been running and racing for 40 years!!

RA: What brought you from England to the University of Arkansas?

GT: I really had no intention of ever coming to the States. I had many scholarship offers but I had a great set up in England, with sponsors, coaching, etc. Then an injury when I was 18 made me take a look at life and a friend of mine who had just finished his first year at Arkansas suggested I try it for a year or two.

So in 1982 I came to Arkansas with intention of staying for a max of two years then heading back to the UK. I'm obviously bad at planning because 33 years later I'm still here!! I got caught up in the team spirit, loved the people, met Erin, and never looked back.

RA: What was training like under John McDonnell as a Razorback?

GT: Looking back at it now it was an honor, but at the time we just knew he was an incredible driver, motivator, and a great father figure for all of us. There were no

secret or special workouts, no magic race plans, and certainly no cheating of any kind - it was just lots of very hard, honest work.

John's philosophy was that the fastest guy at the end of a race was the strongest guy so we worked to be strong; uphill mile repeats, 20x400's with every other one uphill, Sunday 14-18 mile runs, 80-100 mile weeks. The joke was that John's magic race strategy was "go out hard, pick it up in the middle, and run the last mile all out!!"

RA: Jumping ahead to present day, what is a typical training week like for you now?

GT: Well I'm 52, so while I can still move along ok I just can't recover like I used to, either energy wise or physically. That means I usually don't run more than three days in a row and around five days week. I try to let how I feel dictate my pace unless I'm training for something specific. So my regular runs are between 5-10 miles, pace ranging from 6:30 to 7:30, and about 35-40 miles a week.

I also walk a lot, almost every day, mainly walking our dogs on the Ouachita Trail or other road trail somewhere, incorporate this as part of my training and use it as a long cool down after a run or as a substitute for a run if my legs don't feel right that day. I really believe that walking is great injury prevention (because most of us runners only run or drive!!!).

RA: Do you have a favorite running route in the Little Rock area?

GT: I usually end up starting at Two Rivers Bridge and running to and around Two Rivers Park. We are so lucky to have that place to run. However, I spend a lot of time off the black top and run the horse trails in the park - especially when Cami, my dog, is with me!

When I have the time, I love running the roads and trails out by Sylvia and Winona for long runs in the winter.

RA: Looking back from your early days up to the present, what would you consider your best race? How about your

favorite race, if different?

GT: I think one of my best track races was at the Cork City Sports meet in Ireland in 1988. I wanted a fast time in the Mile because there were some big names in the race but we came through the bell in 3:01. I got mad, took the lead, and went for it. I held on until the end but got passed by Steve Spivey and finished in 3:57.1 which ultimately was one of my fastest times.

My favorite race was going home in 1992 to run the London Marathon. It was like a homecoming as I still knew a lot of the Elite guys in the race and I heard a ton of people I knew cheering. I also set my marathon PR there, 2:28:19, and it was the last time my mother got to see me run. Great memories.

RA: What is one quick tip you have for beginning runners?

GT: Learn to love running, don't just slog away trying to do more and go faster. So, just take it easy, walk-run at first to avoid injuries and to prevent getting burned out. Then run with others and go to some cool running places and just enjoy the experience.

RA: What advice do you have for long time runners looking to get faster?

GT: Change things up. We all get locked into our patterns and routines. Too many long time runners just throw more distance at a goal and hope to get faster. Instead, mix it up with faster intervals, uphill intervals for strength and better running form, race-pace tempo runs, and learn to insert appropriate rest and recovery into your plan (oh yes, have a plan!!!). In short, mix it up and balance quality versus quantity.

RA: Imari Dellimore turned 40 years old on October 30th. In your opinion, should this cause Mark Ferguson to worry that his Go! Mile Masters Record of 4:46 is in jeopardy in 2016?

GT: Wow nothing like putting me on the spot!! Well we haven't seen Imari at the mile for a few years (dig, dig) so in that respect it's safe!!! Hopefully Imari will

October Spotlight Race - Chile Pepper XC 10K

By Jonathan Aram

The Chili Pepper 10K was the most fun I have had in several years! Hordes of runners, savory, free food and a strong showing by the Roadrunners are just a few of the reasons I will certainly be signing up again next year.

It was still dark when I got to the course at 6:15. I picked up my packet, ran one lap around the course, and lined up for the start at 7:30. The start line is probably 50 meters wide, stretching

across the flat, grassy corner of the U of A Experimental Farm where the race begins and ends. The 10K course is two full laps and one half lap around the perimeter of the farm. Cross country spikes are a huge asset as the course is slippery and has a lot of sharp turns.

I did not go to the Chili Pepper expecting to set a personal record. After the starting gun went off, I settled in with a group of three excellent runners, one of whom was Homer Mason, and stuck with them for the next 36 minutes. Participants

in the Chili Pepper Open 10K range in age from 10 to 70 and there are many excellent runners from OK, TX, TN and MO in addition to AR. Homer and I ðyo-yoðdö a few times during the race until he pulled ahead and beat me by six seconds in the last minute. I made a personal record which I attribute to my cross country spikes, the cool weather and running with several excellent pacers.

[LRRC Members at the Chile Pepper XC 10K \(GP team in bold\):](#)

Mark Ferguson - 33:33
 Brian Sieczkowski - 34:22
 Homer Mason - 36:32
 Jonathan Aram - 36:39
 Gary Taylor - 37:10
 Mark Lacey - 40:51
 Colin Hall - 42:39
 Lydia Felland - 44:44
 Nicole Hobbs - 45:00
 Rodney Paine - 45:48
 Chris Hall - 45:56
 Steven Booth - 47:57
 Rachel Hendrix - 50:37
 Manfred Galatowitsch - 53:11
 Melissa Hendricks - 54:57
 Joel Felland - 59:00
 Tess Peterson - 59:01
 Joe Milligan - 59:34
 Jayme Butts-Hall - 1:02:08
 Sheila Galatowitsch - 1:02:45
 Karen Knudsen - 1:06:52
 David Samuel - 1:19:15

Team RWB

By Lisa Gunnoe, Chapter Captain
 Team RWB, Central Arkansas

Upcoming Events:

November 7, 2015 6 Vilonia Veterans Museum 5K 6 10 a.m., 53 North Mt. Olive, Vilonia AR. All proceeds help fund the Museum and its programs.

Sunday, November 8, - WOD with Warriors Functional Fitness Group, workout and fundraiser, free workout, donations accepted. Tucker Creek Trail, 275 Salem Rd., Conway, AR 72034

<https://www.eventbrite.com/e/wod-with-warriors-team-rwb-central-arkansas-tickets-19158652044>

T-shirts must be ordered from the Team RWB store. They will not be available at the event: <http://trwb.myshopify.com/collections/apparel/products/2015-wod-shirt>

From Susan Wade – Yoga Director:

Good morning Eagles! Veterans Yoga Project gave me the opportunity to grow my practice with their training in San Antonio, and now I am ready to share that with my Arkansas family. During Veterans Gratitude Week, I will be hosting some donation-only based classes. Donations will go to Veterans Yoga Project to benefit other veterans with the same opportunity I was given and more (retreats, yoga blocks, mats, etc.)

I am considering an outdoor class at Hearts and Hooves in Sherwood and an indoor class at Big Rock Yoga in Little Rock. I invite you to take the time to comment days and times that work best for you. I'd like to get as many Eagles as possible involved. For the outdoor class, I am shooting for November 13th.

Jeff Beason just returned from Team RWB Trail Running Camp at Camp Eagle on the Nueces River in TX. He was coached by elite trail runners and leaders. He will be setting up some clinics in the upcoming months. Stay tuned for details.

Weekly Fitness Activities:

Run/Walk:

Meet Brad Byington at the Catholic High track Tuesdays and Thursdays at 5:30 p.m. for a workout. Tuesday is by invitation of the Little Rock Roadrunners for which we greatly appreciate. Thank you Little Rock Roadrunners for your support.

Yoga:

Big Rock Yoga with Susan 5:30 Wednesday evenings, 7:30 Saturday mornings.

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

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

November 2015

- 5: Whirlwind Night 5K at Russellville. Call 479-968-1599
- 7: Midsouth Marathon (GPS SC) and Half at Wynne. Call 870-208-6523.
- 7: On a Mission 5K at Heber Springs. Call 501-362-8118.
- 7: River Valley Half Marathon/10K/5K at Fort Smith. Call 479-649-8815.
- 7: Kessler Trail 10K/20K at Fayetteville. Call 479-274-8903.
- 7: Color Run 5K at Little Rock. Call 501-371-4639.
- 7: Worldø Highest Hill 5M at Poteau, OK. Call 918-658-0478.
- 7: Heroes for the Human Race 5K/1K at Russellville. Call 479-967-2255.
- 7: Veteranø Museum 5K at Vilonia. Call 501-796-4895.
- 7: The Hunger Run 5K at Mountain Home. Call 870-404-9686.
- 7: Save the Ritz 5K at Malvern. Call 501-732-0313.
- 7: Anytime Fitness Pumpkin 5K at Camden. Call 870-836-7100.
- 7: Great American Smokeout Cold Turkey Trot 5K at Texarkana. Call 870-642-8937.
- 7: Rise Above and Wak It Off 5K at Clarksville. Call 479-214-1589.
- 7: Mike Barret Memorial Color 5K at Junction City. Call 870-924-4576.
- 7: Fox Trot 5K at Fox. Call 870-615-2195.
- 8: Fayetteville Half Marathon. Call 479-521-7766.
- 14: Reindeer Run for Reading 5K at Bryant. Call 501-410-4676.
- 14: Veterans Memorial 5K at Fayetteville. Call 479-713-0611.
- 14: Fitchallenge 5K at Hope. Call 903-277-7000.
- 14: Race the Base Pinnacle Mountain Trail 4M at Little Rock. Call 501-681-2801.
- 14: Breakaway 10K at Searcy. Call 501-230-3997.
- 14: Hillbilly Hustle 5K at Ozark. Call 479-508-8203.
- 14: UCA Color Run 5K at Conway. Call 501-838-2812.
- 14: Reindeer Run for Reading 5K at Bryant. Call 573-692-4600.
- 14: Run/Walk the Plank With Pirates 10K at Batesville. Call 870-668-6079.
- 14: Bona Dea 50K at Russellville. Call 479-857-4527.
- 15: Special Olympics Spirit Challenge 5K/10K at Fayetteville. Call 479-530-8084.
- 21: Spa Running Festival 5K, 10K (GPS) and Summit2 Challenge Half Marathon at Hot Springs. Call 501-276-8870.
- 21: White River Marathon for Kenya at Cotter. Call 870-404-8363.
- 21: Turkey Trot 5K/1M at Monticello. Call 501-666-8195.
- 21: GOTR 5K/10K at Bentonville. Call 479-936-1540.
- 21: Race for Grace 5K at Harrison. Call 870-416-2071.
- 21: RATA Dual Terrain 4M/1M at Fayetteville. Call 901-301-3688.
- 21: Rattler Baseball Turkey Trot 5K at Murfreesboro. Call 870-285-4095.
- 21: GFWC Century League 5K at Morrilton. Call 501-208-7992.
- 22: GOTR 5K at Little Rock. Call 501-615-5733.
- 22: Run for the Parks 2.5M/4.5M/8.5M at Fayetteville. Call 479-444-3463.
- 26: Turkey Trot 5K at Conway. Call 501-327-5087.
- 26: Gallop for Gravy 5K at Alpena. Call 870-688-8251.
- 26: Thanksgiving Day Run for Hunger 5K at Magnolia. Call 870-234-4343.
- 26: Thanksgiving Day Turkey 5K/10K at Fort Smith. Call 479-314-7400.
- 26: Go!bblor Turkey Trot 3M/4M/6.5M at Little Rock. Call 501-663-6800.
- 27: Sunset 24 Hour Challenge at Benton. Call 501-517-7393.

Birthdays

The following is a list of Club members and spouses who were born during October. Contact Melissa Hendricks at mmyers1_98@yahoo.com or 766-0086 if the information is incorrect.

- 1 - Sarah Stanley
- 6 - Colin Hall
- 8 - Alberto Basilio
- 8 - Bill Crow
- 11 - Richard Johnson
- 11 - Helen Jones
- 13 - Penny Dodson
- 22 - Josephine Ambruzs
- 22 - Jayme Butts-Hall
- 22 - Julianne Delong
- 25 - E.F. Jennings

- 28: Great Duck Race 10K/5K at Stuttgart. Call 870-673-1602.
- 28: Mo-Town Shuffle 5K/1M at Morrilton. Call 479-970-7243.
- 28: Sunset 6/12 Hour Challenge at Benton. Call 501-517-7393.
- 28: Ariana Blasara Run to Remember 5K at Fort Smith. Call 479-783-1171.

Taylor (Continued from Page 3)

come out to the mile this year and show us how fast he really is!

RA: Speaking of the Go! Mile, is there any information you have to share to start the buzz building towards the race's sixth running in June 2016?

GT: Weøll be at the Clinton Library again for sure. I hope we can get more teams to attend like LRRC did with their tents and build on that Team Village atmosphere. The kidsørace will be more exciting as we hope to make their experience more like the other races.

I canø give all our secrets away, but rest assured weøll do everything we can to make it a first class, fun event for the whole family and participants of ALL abilities!!