

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2015

Get Involved With The LRRC In October

By Brian Sieczkowski
LRRC President

There will be no regular LRRC meeting at US Pizza this month. Instead, we have a bevy of different ways for you to connect with the Club and give back to our local running community. August and September were about you: preventing running injuries and improving your training. October will be about the looking outward. Here are four ways you can get involved in the next three weeks:

Saturday, October 10th – The Little Rock Roadrunners Club will be working the Race for the Cure starting corrals/finish line for the competitive 5K Run. This is the 500 or so runners who are chip timed, eligible for awards, and in general want the real road race experience. The mass participation non-timed run/walk starts 30 minutes later and fortunately LRRC does not have to handle any of the logistics with that part of the event as it includes over 20,000 people.

- **When:** We need volunteers who can work from 6:15-8:15 a.m. on race morning
- **Where:** Show up at the intersection of Capitol Avenue and Arch Street (one block west of Broadway) in downtown Little Rock – look for Bill Torrey or people wearing LRRC shirts
- **What:** Just do whatever Bill Torrey tells you. Basically, LRRC makes sure everyone in the competitive start is lined up appropriately before the race and things run smooth at the finish line
- **Why:** You'll appreciate race volunteers that much more after working one yourself. You'll

have fun with your fellow Roadrunners. You'll help us spread the good word of the Bird to the masses.

- **What do I wear:** How about an LRRC T-shirt? There will be a lot of runners who currently only do one event per year and that is Race for the Cure. These are prime candidates to join the LRRC and get more involved themselves.
- **How:** If you are able/willing to volunteer for the LRRC at Race for the Cure, just email Bill Torrey at bjtorrey@sbcglobal.net
- **Saturday, October 17th** – This one is officially a party! LRRC is hosting a tailgate party at the [UALR Trojan Cross Country Invitational](#). We are runners, so it only makes sense that we would tailgate at an XC race rather than some football game, am I right? UALR is not afraid to schedule in-state competition so expect to see Arkansas State, UCA, UAPB, and Harding out there among others. We will set up the LRRC tailgate tent, haul out a grill and cook up some food for the meet. Please come out and support our local college teams, I would love to have Little Rock develop the reputation as a great town to hold a meet in terms of local support and race day atmosphere. Eugene, Oregon is "Track Town," let's make Little Rock "XC City."
- **When:** The college women run a 5K at 10 a.m., followed by the college men at 10:45
- **Where:** Rebsamen Golf Course
- **What:** Eat, drink, and be merry. And watch a Division I Collegiate XC Meet
- **Why:** From top to bottom this is the fastest race in Little Rock all

year. Plus it is filled with Arkansas kids who deserve our support

- **What do I wear:** LRRC Shirts, tie-dye preferably
- **What else:** Hey, since the race is at Rebsamen and starts at 10 a.m., you can do a long (or short) run along the River Trail, and then refuel at the LRRC Tailgate Party.

Sunday, October 18th – The LRRC will be hosting a litter pickup event along the Rock Creek Trail in west Little Rock as part of the [Great Arkansas Cleanup](#). The Rock Creek Trail was profiled in last month's Runaround, running between Bowman Road and Pride Valley Drive along Rock Creek in west Little Rock. This month we'll do our part to make the trail a better place for all users by getting out there and picking up the litter and trash that has accumulated. The Keep Arkansas Beautiful organization will provide us with trash bags, gloves and reachers.

- **When:** 2 p.m. You are welcome to stay as long or as short as you want. Our official time frame is 2-4 p.m.
- **Where:** Meet at the Bowman Curve Shopping Center. Specifically, behind the building that houses the Baptist Health Therapy Center (200 N. Bowman Rd. The eastern trailhead is located here.
- **What:** Picking up litter
- **Why:** To Keep Arkansas Beautiful
- **What do I wear:** Old shoes (old running shoes if you want to get a couple miles in and pickup

(See **Get Involved** on Page 3)

Race Recap – Minuteman Cross Country 5K

By Brian Sieczkowski
LRRRC President

September's LRRRC Spotlight Race of the Month was none other than the Minuteman 5K held at Western Hills Park. The second year event is really five different races: the Open 5K that anyone can run, the high school boys 5K, the high school girls 5K, the junior high boys 2M, and the junior high girls 2M. Run on the grass of Western Hills Park, the Minuteman is a true Cross Country Festival, combining an open race and school team competition in the same vein as the Chile Pepper in Fayetteville and the former Orange Crush of Conway.

Western Hills Park is the result of the closure of Western Hills Golf Course, back in 2007. Other than a small public garden, the park is largely undeveloped since the changeover, making it a great venue for a cross country race. There is talk about connecting the Western Hills and Hindman Parks via running/biking trail along the adjacent Fourche Creek which could then tie into the Coleman Creek trail on the UALR campus and the Rock Creek trail in Boyle Park. The potential for a Burns Park-like green space in south Little Rock is an exciting proposition for the metro area and something I hope to see come to pass.

Excuse me for the park/trail development tangent; let's get back to some Minutemen recapping. Going into the race, I had two personal goals: to break 17 minutes and to win the race. I've never set winning a race as a goal before. For 99% of the population, there is always someone faster that could reasonably show up and beat you while treating the race as a light tempo run. Basically, my thought is, don't set your personal goal on something that you don't ultimately have control over. However, I did win this race in the inaugural running last year and I knew that Mark Ferguson was kind enough to be out of town, so I was keyed up to score a repeat if possible.

On the starting line, it was nice to feel a slight chill in the air. Still far from glove-weather, it was a refreshing break in the heat we've been dealing with since June. Bill Torrey fired the gun and we were off. Soon enough I found myself running stride for stride at the front of the pack with a young guy who had run for Lake Hamilton and Arkansas State. To be honest, I felt pretty comfortable right away that I could win. Usually the people who finish ahead of me at a race are way ahead early in the first mile; I like my chances if the race stays close.

I noticed the kid's breathing was becoming more labored as we finished the opening kilometer; the course then enters the Loop section which is about a mile long and is run twice. Now, maybe this guy is just a heavy breather like David H. Williams and still had a lot left in the tank, but with a little downhill section coming up, I figured time to surge and get clear. And that is what I did.

At the first mile marker I had a about a two second lead and started shifting focus to my other goal of breaking 17 minutes. The course is great because it is so far removed from roadways and traffic but it also meant that I was going to be on my own for the last two miles of the race with only Torrey in the

golf cart pace vehicle for company. At the end of the first loop, Jim Barton was on hand to direct runners and crack wise. Finishing mile two I realized that my pace was slipping a bit and that I was entering that specific world of pain unique to the final mile of a 5K. Not a great combo as it was now going to take some work to finish under 17.

Since I was repeating the Loop for a second time, I now had runners in front of me on their first go round. This helped as I then had a series of targets to shoot for. Catch this person; now pass the next, and so on. Passing by course marshal Barton for the second time, I knew there was only about a quarter mile to go and I would break 17 minutes so long as I didn't fall down. The final straightaway was a welcome sight as I was happy to achieve both goals I had set out for that morning.

The icing on the cake was getting to hang around afterwards and watch the high school races. Take the enthusiasm in the air at a local road race, crank the dial up to 11 and you've got the atmosphere for the school races. There were about 1,000 kids running between the four races and most had parents, siblings and classmates on hand to cheer them on. Not only that, but due to the team component of cross country every place matters from the top on down. Suddenly the battle between two freshmen from rival schools for 20th place could mean the difference in their school winning the race, or settling for second.

If you've never attended a high school or collegiate XC meet as a spectator, I highly recommend it. Nothing beats the atmosphere and camaraderie on display and it will not fail to motivate you for your own running. It was also fun to see kids that you recognize from local road races running for their school teams. Toler Freyaldehoven, who won the high school boys 5K, has competed in Grand Prix races such as the Chase Race and Watermelon 5K just this year. Gary and Erin Taylor's youngest

(See XC 5K on Page 4)

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.

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Ten Questions With Manfred and Sheila Galatowitsch

This month The Runaround interviewed two Club members: Manfred and Sheila Galatowitsch. The Galatowitsches have been LRRC members since November of 2013.

Runaround: Tell us a little about yourselves - where are you from, how long have you been in Arkansas?

Galatowitsches: Manfred emigrated to the U.S. from Germany when he was a boy and settled with his family in Denver. Sheila is a native Arkansan who moved to Denver in 1981 after graduating from ASU. We moved to Little Rock in 2012 to be closer to Sheila's parents. When we moved here, we didn't know anyone and didn't know where to run. Thank goodness for the Little Rock Marathon Training Group and all the runners we've met here in Arkansas. We feel fortunate to be a part of the Arkansas running community.

RA: For the record, how do you pronounce your last name?

Gs: Ga-LA-toe-witch but we answer to anything.

RA: How did you each start running?

Gs: Each of us took up running in middle age. Manfred started running in the '90s after playing youth, collegiate and adult league soccer and coaching boys' competitive soccer. He ran his first marathon, the Rock Creek Marathon in the foothills of Boulder County, Colorado, in 1992 at age 44. He followed that up in 1993 by completing the Denver International Marathon. Sheila was motivated to run her first marathon in 2005 at age 46. Now that we are retired, running has become a big part of our lives and an activity that we have in common. Our goal now is to keep running for as long as we can.

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

Gs: Three to four weekday runs in the

neighborhood or on the River Trail and one long run on the weekend with the Little Rock Marathon Training Group.

RA: Do you supplement your running with any other fitness activities or cross training?

Gs: Sheila does yoga and some weight training and hikes, and Manfred claims that grocery shopping and cooking are his cross training activities.

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

Gs: We love running anywhere downtown, from the Arts Center, the Capitol or River Market. But our favorite route is in the 'hood on Hinson and Rahling Road. Honk if you see us.

RA: What is your favorite Arkansas race?

Gs: We are participating in the Grand Prix for the first time this year and just now learning about all the great races in Arkansas. The Grand Prix has been a lot of fun and we have enjoyed seeing different parts of the state and meeting other Grand Prix runners. Haven't yet decided which our favorite race is.

RA: What is your favorite race outside of Arkansas?

Gs: Well, for sentimental reasons, it would have to be the San Diego Marathon. In 2011, on our actual 29th wedding anniversary, we ran the race together (usually Manfred is way ahead of Sheila) and wore our wedding photo on the back of our shirts with the caption, "Anniversary Run - 29 years - 26.2 miles together." We got so many wonderful comments from other runners. It made for a memorable day.

RA: What advice would you give to new runners?

Gs: Sign up for a race with a distance you feel comfortable running. That will

motivate you to train. Then just enjoy it. Run the pace that's right for you.

RA: Do you agree with Imari Dellimore's recent assertion that 70 degrees and sunny constitutes "jacket weather" for running?

Gs: No.

RA: Correct.

Get Involved

(Continued from Page 1)

along the western end of the trail). If you have waders and are looking for a chance to break them out, consider this an invitation to do so. If we have a few people in waders, they can clear closer to the creek while the rest of us concentrate on drier ground.

- **What else:** Bring your kids! The trail is far removed from any roads for the entire eastern half. Plenty of room for younger ones to pitch in along the scenic Rock Creek greenway.

Right now until October 9th - Here's something you can do right now, on your own to advocate for more and better pedestrian and bicycle pathways in our community. The [Arkansas State Bicycle and Pedestrian Plan](#) is soliciting feedback from residents. You can read the entire report on the Get Involved section of their website, or just skip straight to their contact and [Give Your Input](#) on what you are interested in or concerned about in terms of local and statewide trails for running and biking. Are you eager for work to start on the [Southwest Trail](#) from Little Rock, through Saline County and onto Hot Springs? Let them know. Want to see the River Trail finally completed in the Dillard's area? The Rock Creek Trail connected to Boyle and Wildwood Parks? Again, click on the Give Your Input link and [Give Your Input](#). Remember, feedback is only open until October 9th, so don't delay!

Girls On The Run

By Jennie Paul, Executive Director
Girls on the Run

Hi Birds! It's been a few months since you've had a Girls on the Run update, and we have lots to report.

The fall 2015 GOTR season kicked off the first week of September, and all eight teams have been practicing for four weeks already. Our enthusiastic and skilled coaches are doing a fantastic job leading their teams through practice, and the girls are having more fun than ever! Several parents have commented that their girls are enjoying themselves and learning a lot. Workouts have already reached 40 minutes of running/walking so the girls are on track to be well prepared for the end of the season GOTR 5K on Sunday, November 22.

Girls on the Run is the only national program of its kind, and while the curriculum is standardized, the different personalities of the participants and coaches make each team unique. At Girls on the Run we work to develop multiple aspects of health including physical, emotional, social and mental health. The curriculum is designed to encourage 8-11 year-old girls to think for themselves and learn how to recognize their own strengths. During workouts, each girl sets individual goals and learns to readjust those goals in response to her past performances. Through interactive games, participants work together to discover the best ways to function as team, and each team will develop and execute a community impact project. We pack a lot of amazing things into one season, and hope that you will consider being involved with the GOTR council in some capacity.

We are already planning our end of the season celebratory GOTR 5K on the afternoon of Sunday, November 22. The run will begin at 2:30 p.m. but the festivities will start at 1 p.m. The location will be announced as soon as it is finalized. Each girl completes the 5K run/walk with a running buddy (think personal supporter and cheerleader that accompanies her throughout the entire run.) This is a very special and meaningful way to support the council and our girls. Some girls will have a friend or family member as a running buddy, but several of our girls need volunteers just like you. All volunteer running buddies are required to be 18 years old and have a background check through our council. If you are interested in being a running buddy at the GOTR 5K please contact me as soon as possible at jenny.paul@girlsontherun.org.

If you are not interested in or unable to be a running buddy for one of our girls, please consider being a volunteer. We will need help preparing for the 5K and during the event. With fun activities for the kids, face painting, special snacks and cheer stations to staff we need as many volunteers as possible. It may possibly be the most uplifting one time volunteer opportunity you'll ever have. Volunteer sign-ups will be featured on our social media and in the next GOTR update in *The Runaround*. As always, you can contact me, Jenny Paul, Executive Director, Girls on the Run of Central Arkansas at jenny.paul@girlsontherun.org or 501-615-5733.

Team RWB (Continued from Page 6)

November 7, 2015 Vilonia Veteran's Museum is holding their annual 5K. This is a fundraiser for the museum. You can register here: http://www.veteransmuseumvilonia.com/Museum_of_Veterans_and_Military_History_-_News_and_Events.html

Have a safe and happy October as you enjoy the season change and cooler weather.

New Members

Welcome to new members!

They are:

- Genny and Mike Bureson of Maumelle. Ginny runs about 40 miles a week and Mike runs about 10 miles a week.
- Stacey Glascock of Alexander. She runs 15-20 miles a week and also enjoys archery.
- Ginny Blankenship of Little Rock. She has been running for about six months and also enjoys swimming, tennis and racquetball.
- Hunter Gibbs and Kelly Allison, both of Little Rock. He is a resident physician and she is a medical student. They've been runners for more than 15 years and typically run 10-20 miles a week.

We also appreciate Roadrunners who have renewed their membership in the past month. They are:

- Jeffrey Zern of Little Rock, an accountant, who runs about 40 miles a week.
- Ginea Qualls of Little Rock
- Homer Mason of Witts Springs

XC 5K (Continued from Page 2)

son Keiran took second place with a 16:11 clocking. All in all, I highly recommend the Minuteman 5K for all Roadrunners next year. Don't be scared of the grass, it's a great time.

Little Rock Roadrunners at the Minuteman Open 5K:

Brian Sieczkowski - 16:49
 Ryan Lawrence - 17:49
 Keith Cooper 6 20:01
 Alberto Basilio 6 21:07
 Sarah Olney 6 21:37
 Chris Hall 6 23:13
 Randy Taylor 6 25:04
 Katie Lynch - 25:23
 Mary Ann Lipin 6 26:09
 Joel Lynch 6 27:26
 Michael Harmon 6 29:51
 Dan Belanger 6 30:08
 Jayme Butts-Hall 6 31:15
 Johnny Angell 6 35:11

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

October 2015

- 3: Chile Pepper XC 10K at Fayetteville. (GPS SC)
- 3: Walk Now for Autism Speaks 5K at Little Rock. Call 501-574-2555.
- 3: Purple for a Purpose 5K at Springdale. Call 479-936-4002.
- 3: Hoofinøft for 4H at Yellville. Call 870-449-6349.
- 3: Dash for the Dogs 5K/10K at Charleston. Call 479-965-3591.
- 3: Benton Panther 5K. Call 501-303-2154.
- 3: The Green Run 5K at DeQueen. Call 870-784-2867.
- 3: Red, White & Blue Colorful 5K at Van Buren. Call 479-883-3207.
- 3: Angel One 5K at Little Rock. Call 501-364-1244.
- 3: Arkansas Marathon/Half/10K/5K at Booneville. Call 479-849-5855.
- 3: Dirt Road Dash 5K at Sparkman. Call 870-784-2152.
- 3: Micah Rine Wildcat Legacy 5K/1M at Searcy. Call 501-230-3997.
- 3: Peace, Love and Run 5K at Jacksonville. Call 501-944-0713.
- 3: Owlfest 5K at McGehee. Call 870-460-2136.
- 3: Conquer the Climb 5K at Sherwood. Call 501-231-4320.
- 3: Timberfest 5K/2K at Sheridan. Call 870-942-3021.
- 3: Kiwanis Zombie 3K at Bauxite. Call 501-658-7069.
- 3-4: The Arkansas Traveller 100 at Lake Sylvia. Call 501-472-9162.
- 9: Outback in the Ozarks 200M/65M Relay at Eureka Springs. Call 479-387-0987.
- 9: Out of the Darkness 5K/10K/1M at Mountain Home. Call 870-736-2000.
- 10: Operation Christmas Child 10K/5K at El Dorado. Call 870-862-4264.
- 10: Hero Half Marathon at Fayetteville. Call 479-530-9906.
- 10: Light the Way 10K/1M at Van Buren. Call 479-474-4410.
- 10: FSM 5K at Cabot. Call 501-843-5291.
- 10: John Brewster Memorial 5K/1K at Scranton. Call 479-252-6617.
- 10: Race for the Cure at Little Rock. Call 501-202-4399.
- 10: Run for a Reason Chocolate 5K at Ozark. Call 479-209-1899.
- 10: Arkansas Zombie Challenge 5K at Hector. Call 479-880-1195.
- 10: Lizard Licked 5K at Dardanelle. Call 479-857-3633.
- 10: Ding Dong Days 5K a Dumas. Call 870-377-1112.
- 10: Turkey Trot 5K at Yellville. Call 870-449-4676.
- 10: Color Me First 5K/1K at Mountain Home. Call 870-405-9848.
- 10: Arktoberfest 5K at Arkadelphia. Call 870-464-7415.
- 10: Mountainstache 5K at Mountainburg. Call 479-369-2146.
- 10: Gentry Booster Club 5K. Call 479-233-2333.
- 10: Fall Fest Freedom 5K at Prescott. Call 870-887-2101.
- 10: Home Town Crawfordsville 5K. Call 870-494-5947.
- 17: Running for Cover 5K at Malvern. Call 501-844-1286.
- 17: Hudsonø Monster of a 5K at Benton. Call 870-818-7102.
- 17: SurvivorsøChallenge 10K at Fort Smith. (GPS) Call 479-424-1812
- 17: Razorback Run 15K/5K at Fayetteville. Call 479-530-8432.
- 17: Goshen Gallop 5K/10K. Call 479-466-8493.
- 17: WRMC Run the Wave 5K at Batesville. Call 870-262-1161.
- 17: Corner Store Country Run 5K at Little Rock. Call 210-569-6937.
- 17: Roller Coaster Magic Springs 10K/5K at Hot Springs. Call 434-951-8572.
- 17: ArkanSalsa 5K/1M at Springdale. Call 479-236-2786.
- 17: Red Leg 5K at Ozark. Call 479-667-3758.

(See **Running Calendar** on Page 6)

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 - Becky Matthews
- 4 - Jeff Maher
- 4 - Sonny Rhodes
- 6 - Ryan Johnson
- 6 - Stacy Mitchell
- 11 - Karen Kueh
- 16 - Alise Steadman
- 18 - Bobby Gragston
- 18 - Roger Thompson
- 21 - Kelly Allison
- 22 - Sandy Cordi
- 25 - Dan Belanger
- 26 - Heidi Strock
- 29 - Sidney Bold
- 29 - Bob Marston
- 30 - Imari Dellimore

Condolences

The Little Rock Roadrunners Club extends its condolences to Rodney Paine over the death August 31 of his mother, Betty Jean Paine. Please keep Rodney and his family in your thoughts and prayers.

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 (Continued from Page 5)

- 17: Catch the Beat 5K at Russellville. Call 479-967-2255.
- 17: 2M Run to Defeat ALS at Bentonville. Call 479-621-8700.
- 17: D.A.S.H. to Remember 5K/1M at Pea Ridge. Call 479-656-3513.
- 17: Trick or Treat Glow Run 5K at Camden. Call 870-833-0673.
- 17: Walk to End Alzheimer's 2M at Little Rock. Call 501-265-0027.
- 17: The Joshua Run 5K at Fayetteville. Call 501-278-9000.
- 17: A Safe Place to Run 5K/1K/1M at Fayetteville. Call 479-575-9471.
- 17: Stride Against Domestic Violence 5K at Magnolia. Call 870-235-1415.
- 17: Building Our Future 5K/1K at Russellville. Call 479-968-7819.
- 17: Aspire 5K at Little Rock. Call 501-350-9128.
- 17: UA Cossatot Colt Bolt Glow 5K at Nashville. Call 870-584-4471.
- 17: Well Done 5K at Searcy. Call 501-279-9900.
- 21: The Burpee Mile at Bentonville. Call 801-425-4730.
- 24: Soaring Wings Marathon/Half Marathon/Relays at Conway. Call 501-849-2253.
- 24: Lewis & Clark Ozark Adventure Dash 7M/2M at Fayetteville. Call 479-521-7766.
- 24: Big Bluff Challenge 5K/10K at Lakeview. Call 870-425-7677.
- 24: Lafayette County Fall 5K at Stamps. Call 719-210-4544.
- 24: Sparks Stampede 5K at Van Buren. Call 479-650-0509.
- 24: The Mud Run of Little Rock's Dirtiest 5K. Call 501-371-4639.
- 24: Monster Dash 5K at El Dorado. Call 501-681-3198.
- 24: Bison Stampede 5K at Carlisle. Call 501-416-4438.
- 24: Running for a Cure 10K/5K/1M at Mountain Home. Call 870-736-2000.
- 31: Halloween Monster Dash 5K/1M at Fayetteville. Call 479-521-7766.
- 31: Breathe Deep Fayetteville 5K. Call 479-461-4356.
- 31: Coyote Challenge Trail 5K/10K/16K at Mountainburg. Call 479-369-2469.
- 31: Trick or Trot 5K/Half Mile at El Dorado. Call 870-881-9015.
- 31: Downtown Fall Festival 5K/1K at Russellville. Call 479-477-0909.
- 31: MEMS 5K at Little Rock. Call 501-605-2654.
- 31: Step It Up 5K at Arkadelphia. Call 870-403-7941.
- 31: Run Forest Run 5K at Gurdon. Call 870-210-6151.
- 31: Paws 5K-9 at Wilburton, OK. Call 918-465-5544.
- 31: Halloween Family 5K/1M at Booneville. Call 479-675-7070.

November 2015

- 7: Midsouth Marathon at Wynne. (GPS SC)
- 7: North Mountain Challenge 5K at Hot Springs. Call 501-622-3498.
- 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: World's 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: Veteran's 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.
- 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.
- 15: Special Olympics Spirit Challenge 5K/10K at Fayetteville. Call 479-530-8084.

Team RWB

**By Lisa Gunnoe, Chapter Captain
Team RWB, Central Arkansas**

The Second Annual Old Glory Relay is presented by Microsoft and will be held over 60 days, starting in San Francisco on September 11 and ending in Washington, D.C. on November 8. Supported by the local communities along the course and by virtual supporters from across the nation, 59 teams will move Old Glory approximately 50 miles per day, for a total of nearly 3,540 miles traveled across the United States. Each day will begin with the American flag being unfurled and entrusted to the day's first runner and will end with the last runner folding the flag and storing it for safekeeping overnight. www.oldgloryrelay.org

Summer is over and so are the Conway weekly cycling events with Team RWB. A very special, heartfelt thank you goes to Jackie Stone for her efforts to organize these weekly opportunities.

Susan Wade and Jeff Beason have exciting adventures ahead as both head to their respective sport/leadership camps. Susan will be enjoying the breezes and vibe of Tampa, Florida, as she attends Yoga and Leadership Camp October 3-5. This is a great opportunity to make nationwide connections with other Team RWB community leaders.

Susan Wade has several opportunities each week for you all to join her in a yoga session. The first session is free of charge. Each session after that is \$5. Veterans can receive assistance with this fee if needed. Contact Susan at susan.wade@teamrwb.org

October 9-12 Jeff will be sweating it out on the Texas trails as he attends Team RWB Trail Running Camp at Camp Eagle on the Nueces River. Elite leaders in the trail running community are brought together to teach, train and mentor veterans and civilians. Team RWB provides this at no cost to veterans with a select number of veterans having travel expenses covered as well as camp expenses. Jeff can be contacted at jeff.beason@teamrwb.org