

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2015

Goodbye Summer Heat, Hello Cross Country Season

By **Brian Sieczkowski**
LRRC President

Rejoice ó August is over! September is here and cooler temps are ahead. As a Nebraska transplant, I don't think that I will ever completely acclimatize to summers in the South. That said, after 12 years in the Natural State I may have figured out a thing or two. Earth-shattering tip #1: if you force yourself to run outside instead of on the treadmill in an air conditioned gym, you will actually get a lot better at adapting to high heat and humidity. For eleven years, I went with the treadmill route and just tried to survive the summer months. This year I decided to tackle the heat head on, so most days at noon I have spent my lunch hour under the hot sun, running in the parks and neighborhoods around Baptist Medical Center. As an added bonus, BHMC sits atop a large hill so all of these midday runs have ended with a mile or two of climbing. Not only am I handling the heat better but the hills too. Turns out treadmills are pretty flat, especially when you never raise the incline above 0%. I credit these lunch runs as the main reason I was able to knock 30 seconds off my time at the hot and hilly 4 Mile Classic in Batesville this August compared to 2014.

The toughest part of this scheme is to survive the first few weeks when it gets really hot. If you can force yourself to get out there and get your run in, then the rest of the summer is doable. Earth-shattering tip #2: if you overdress before the summer heat peaks, you'll be ready for the worst of the worst. I really did want to take the hot weather head on this year, so for a few weeks in June, and then sporadically thereafter, I wore a long-sleeved tech shirt and pants on some of my lunch time runs. This felt so terrible that when the worst of the heat hit in July and August, sensible running attire actually made me feel cooler than I had while overdressed in June. If you try this next summer, be prepared for some odd looks. That's okay. You'll get the last laugh as you knock 45 seconds off last year's time at the Watermelon 5K. (Yep, I did that. That's brag #2 if you are keeping tally at home.) Just so my tips outnumber my race brags, here is one last earth-shattering piece of advice: don't worry about your pace if you try to run outside in the summer, long-sleeves or no. You will run slower on almost every training run that you do in August vs what you could do in April. You will run slower than you could on a treadmill in the air conditioning too. That's okay, the effort

is there and you are facing a greater training stimulus from the environment even if your pace per mile isn't up to your normal standard.

Fall is great for running not just due to the cooler temps, but also because it means cross country season is here! LRRC is planning several fun social events in conjunction with local cross country festivals. First up on September 12th is the Minuteman 5K at Western Hills Park. This festival is now in its second year and features an open race that anyone is welcome (and encouraged!) to run, followed by high school and junior high races. We will have our new LRRC tent up in the team village at the race site so come out, run the 5K and then celebrate afterwards as we cheer on the next generation of local runners. If you aren't up for the run but would like to volunteer, please contact Bill Torrey.

In October, it is the college runners' turn. Chile Pepper is October 3rd on the Razorback home course in Fayetteville. This is a Grand Prix race

(See Summer Heat on Page 2)

September Meeting

September 21, 2015

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

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

Aaron Batey, UALR Head Coach
Cross Country and Distance Running

Remaining Grand Prix Schedule

September 5 ó ARK 5K Classic @ North Little Rock
September 19 ó Arkansas 20K @ Benton
October 3 ó Chile Pepper XC 10K @ Fayetteville*
October 17 ó Survivors' Challenge 10K @ Fort Smith
November 7 ó Midsouth Marathon @ Wynne*
November 21 ó Spa 10K @ Hot Springs
December 12 ó CASA Half Marathon @ Pine Bluff*

*Championship races

Summer Heat (Continued from Page 1)

once again so we'll plan carpools/caravans as the date gets closer. The hardest part of running the Pepper 10K is getting from the parking lot to the starting area and storing your bag while you run. LRRC is hoping to make that a little easier in 2015 by bringing the Club tent to Northwest Arkansas as well. Look for the Roadrunner logo and drop your bag and warm up shoes off under our tent while you take care of the 10K. Stick around a bit afterwards for the college and high school races.

Two weeks later, UALR is hosting their annual XC invitational at Rebsamen Golf Course. On Saturday, October 17th, the college women run at 10 a.m. followed by the college men's race at 11 a.m. Plans are being hammered out to hold an LRRC group run in the Murray Park area that morning and then head over to Rebsamen for some spectating. We'll have more concrete plans in next month's newsletter. Whether you make the group run that morning or not, please join our Club tailgate party for the college races. I'd love to see a big crowd out there supporting Little Rock's XC team and all the hard working student-athletes. The LRRC tent will be on hand and we will plan to have some refreshments too.

If you haven't perused littlerockroadrunners.com lately, give it a whirl. We're updating the site, bit by bit to provide more resources for the local running community. The [Local Running Routes page](#) is a work in progress, but now contains up-to-date

information on many of the common areas to run in the Little Rock metro. I like to think the page will be a handy resource for beginning runners or those new to town but also introduce even a seasoned veteran to a run route they've never tried before. More is definitely to come, but if you have a favorite route you don't see on our site, shoot me an email and I'll get it added.

We've also been updating the [Group Runs page](#), deleting some that no longer meet and adding a few new ones. If you regularly meet with a group of runners and wouldn't mind potential new members, email the details and we'll get it on the site.

On the [LRRC Gear page](#), we now have an online store. You can select various Roadrunner merchandise and order via computer. Depending on the item, we'll either mail it to you or arrange a local pick-up location.

One feature being resurrected on the website is the [LRRC Blog](#). I'll post the newsletter articles on that platform each month to give members a non-PDF option. I know it can be difficult to read PDFs on mobile devices so now you have another way to get your LRRC while on the go. Look for occasional blog-only content there as well. [An LRRC Blog post last week featured an update on the extension of the Rock Creek Trail](#). For now, the trail is growing one short section at a time but there is hope that the trail will eventually span from UALR to Wildwood Park and beyond. This would provide an excellent ten mile stretch of trail connecting Little Rock north and south, as well as east and west, and providing a real alternative to motor vehicles as the only means of transportation in some of the city's busiest areas.

Construction Update On The Rock Creek Trail

By **Brian Sieczkowski**
LRRC President

One of the city's lesser known running paths ó the Rock Creek Trail in west Little Rock ó is growing. For the past decade, the Rock Creek Trail has provided 1.5 miles of shaded respite from the roads for runners and cyclists between Bowman Road and Loyola/Parkway Place Drive (within the Chenal Parkway median across from Kohl's). While serving as a nice traffic-free strip in car-heavy west Little Rock, the path's relatively meager length (when compared to the River Trail, at least) has kept it from being a larger destination for recreation. Now, the Rock Creek Trail is growing a bit to the west, in the first step of what will hopefully one day provide a long stretch of greenway trail linking the furthest western reaches of the city with midtown Little Rock.

First, the current construction: work is finishing up on an extension of the Rock Creek Trail within the Chenal Parkway median. Scheduled to be completed this summer, the extension will add over a third of a mile onto the trail, taking it from Loyola Drive to Pride Valley Drive (across from Parkway Village). This new section will be contained entirely within the Chenal Parkway median, running adjacent to, and crossing over, Rock Creek. A low water concrete bridge spanning Rock Creek on the eastern

end of this new section is complete and asphalt will be laid down on the rest of the new trail soon. Users will have to cross Loyola Drive to continue on the new Rock Creek Trail section, but the city does plan to beef up the pedestrian crosswalks in that area.

(See **Rock Creek Trail** on Page 3)

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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
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Melissa Hendricks	Membership	766-0086
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Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969 (h) 590-9139 (c)

Eleven Questions With Bill Simpson

Part Three of our Q & A Series features another new LRRC Board Member – Club Secretary Bill Simpson. Bill ran collegiately for the Georgia Tech Yellow Jackets and is locally known as “Big City Bill” after running Chicago, New York City and Boston as his first three marathons. Recently, The Runaround sat down with Bill for an intense and often combative interview.

The Runaround: How did you first start running?

Bill Simpson: I grew up playing soccer and, like many people, ran as conditioning for another sport. Turns out I was better at running than soccer (no surprise if you have seen me play soccer) and was recruited to join my high school XC team. Though I probably initially joined the XC team more because I thought I could excel individually, I quickly fell in love with the team aspect of the sport. It didn't hurt that I had an extremely good coach who I still consider a close friend and mentor.

RA: What was it like running for Georgia Tech?

BS: You mean what was it like constantly being injured at Georgia Tech? It was actually pretty cool. I met Jimmy Carter in the Athletic Association training room (where I spent a lot of my time). When I called to tell my dad about the experience, he responded “Billy, you know Carter was a Democrat, right?” In all seriousness, I didn't compete much. However, I got to hang out with a lot of talented athletes including Olympians.

One particular moment that stands out was getting hurdle advice from Derrick Adkins, a gold medalist in the 400 hurdles, while a teammate and I were practicing for the steeple chase. Derrick probably felt pity on us because we looked so pathetically uncoordinated, but it's rare that you can be taught first-hand from the best in the world at anything. That's just one example. Running at GT was certainly a character building experience as I was in over my head, but the camaraderie and exposure to athletes with world class talent and work ethic were incredible. Too bad none of that rubbed off on me, but at least now I can tell people I lettered in a varsity sport at a D1 school. They don't have to know I usually finished near the back of the pack. (Nobody reads this, right?)

RA: What is a typical training week for you now that you rapidly approaching middle age?

BS: It's inconsistent at best. When I'm healthy and moderately motivated, my weekly mileage ranges from 40-75 miles. I do a lot of miles at 7-7:30 pace and try to work in occasional intervals, fartleks or tempo runs. I'm also pretty bad about “fast finishing” every run unless I have someone to keep me in check. We called that the campus kick in college.

RA: Do you do any strength training or cross training to supplement your running?

BS: I used to do circuit training and I loved it (or at least loved how it

made me feel). I can't get motivated to do that stuff on my own, though, and the group I used to workout with sort of disbanded.

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

BS: Tough question. I run mostly from the Two Rivers Bridge or on the hills in my hood. It's not exciting, but it's hard to beat the seven-mile route across the 2RB and around the big field in Two Rivers Park at dusk. Or if I'm going long in the morning, I like to do the loop from 2RB, up Allsopp to Kavanaugh, downtown, across the Clinton Bridge and back via NLR and the BDB.

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

BS: Probably my first marathon which was Chicago three years ago. For a rookie, I think I ran it smartly, negative splitting almost every 5K. I ended up running 2:56 or seven minutes faster than my goal that day.

RA: What has been your worst race, and what did you learn from it?

BS: Any of those summer evening races. I don't do well with heat. That being said, I did beat Imari Dellimore in one such race. (He'll claim he doesn't remember.) As for what I have learned from those races or don't do them.

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

BS: Find some reliable people to run with, but steer clear of Brian Sieczkowski!

Rock Creek Trail (Continued from Page 2)

Once complete, the total trail length will be between 1.75 and two miles one-way.

Future plans: though there are not any immediate works in progress, the end goal is to continue extending the Rock Creek Trail in both directions. Rock Creek itself travels within the Chenal Parkway median for another half mile to the west before passing under the street near Wellington Hills Road. From there, the creek continues west behind the Chenal Kroger and eventually terminates near the Chenal Promenade Shopping Center. Plans call for the Rock Creek Trail to run adjacent to the creek in this area and then continue along Denny Road to Wildwood Park. From there, the trail could be extended all the way to the Section 13 Park along Garrison Road to tie into the city's

(See **Rock Creek Trail** on Page 6)

RA: Other than that you defeated Imari Dellimore by over three seconds at the 2010 BDB Twilight 5K, do you even remember who he is? If so, when do you expect him to make his 2015 racing debut

BS: I had forgotten about him until another one of his selfies popped up on my Facebook feed. My guess is Imari will avoid the Grand Prix and stick to the Lulumon 5Ks until Ferg breaks a hip or something. Who am I to talk, though?

Team RWB

By Lisa Gunnoe, Chapter Captain
Team RWB Central Arkansas

Volunteer Opportunities:

Great Arkansas Cleanup at Greerø Ferry Lake at Laceyø Narrows Marina, in Higden on Saturday September 12 at 9 a.m.

Arkansas Traveller 100 at Lake Sylvia on October 3-4. Aid stations, volunteer positions throughout race, pacing.

Soaring Wings Half and Marathon on October 24 at Conway is looking for volunteers for a water stop.

Join Susan Wade for Yoga. öCome move and breathe with me!ö Meet at Big Rock Yoga on Tuesdays at 6 p.m., Wednesdays at 5:30 a.m. and Thursdays at 7 p.m. The first class is free. We have mats, towels, blocks, and straps.

Interesting stories were told at the Southeast Leadership Summit of Team RWB in Atlanta, GA, recently. During one session of the summit those attending were asked what brought them to Team RWB. Every level of military participation, civilian, military families was represented in that meeting. Every reason from looking for community, desiring to get fit, feeling called to serve was given for joining Team RWB. What stood out to me the most was the military warriors desire to still serve. So many of them have served in combat, separated from the military but still feel deep in their souls that they havenø done enough for their country so they continue to give. It was very humbling and inspiring to hear these warriors, who volunteered to give all say they havenø given enough.

Running, cycling, yoga, fitness, brings us all together from every background, to a common place of support and love. Thank you to the LRRC for your support of Team RWB Central Arkansas. An thank you for the invitation to join the Tuesday night track workouts at Catholic High.

We have a few virtual activities we roll over from month to month. On **#WearTheEagleWednesday** we wear our Team RWB shirt (fly the eagle) while doing our workout. We also police the area where we start our workout for litter, leaving it cleaner than we found it. Anyone is welcome to join us and post pictures on our Facebook group page.

Spa 10K Is In Top 10 Parks Events

In case you donø subscribe to *Runner's World* magazine (and you arenø on Facebook), David Samuel with the Spa Pacers wanted everyone to know that the Spa Running Festival has been named as one of the top ten running events that are held in the countryø 58 national parks.

This yearø Festival is on November 21 and includes the Spa 10K, which is part of the Grand Prix Series, and the Summit2 Challenge Half Marathon.

Other events in the top 10 were:

- Bryce Canyon Half Marathon and 5K in Utah
- Crater Lake Rims Marathon, Half Marathon and 6.7 miler in Oregon
- Jackson Hole Marathon in Wyoming
- Great Smoky Mountains Half Marathon in Townsend, TN
- Moab 55K/33K in Utah
- MDI YMCA Acadia Hlaf Marathon and 10K in Acadia, Maine
- Saguaro National Park 8-miler in Tucson, AZ
- Volcano Rain Forest Half Marathon, 10K and 5K on the Big Island of Hawaii
- Towpath Marathon, Half Marathon, and 10K in Cuyahoga Valley National Park in Ohio.

New Members

By Melissa Hendricks
Membership Chairman

Little Rock Roadrunners Club welcomes the following new members and renewed members:

- **Jim Gorman** of North Little Rock joined on August 17
- **Irving Kuo** of North Little Rock joined on August 12
- **Jim and Julie Barton** renewed their membership on August 7
- **David Samuel** of Mount Ida renewed his membership on July 31. David has been a runner for 38 years and also enjoys hiking.
- **Melanie Smith** of Little Rock joined on August 3. She recently moved here from California, but she is originally from South Africa. Just a hintö her name is pronounced öMel-on-ie.ö

Razorback Spirit Run

Friday September 11th KARK Channel 4 is teaming up with Rock City Running and Go! Running to have a Razorback Spirit Run the morning before the Little Rock Razorback football game.

The three-mile fun run/walk starts in the parking lot of War Memorial Stadium at 5:30 a.m. and ends on the field inside the Stadium. This will be during the live KARK morning show that is on site. There is no entry fee, no timing, no awards ö just fun!

There will be prizes including Razorback football tickets, Stevie Wonder tickets, WWE tickets, Beats headphones, a pair of running shoes from Rock City Running ... and more!

For more information contact Greg Yarbrough, KARK/FOX 16 Managing Editor at 501-340-4488; Bill Torrey at Rock City Running, 501-231-3730 or Gary Taylor at Go! Running, 501-663-6800.

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 Andy's 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

September 2015

- 5: ARK 5K Classic at North Little Rock. (GPS) Call 501-519-0185.
 5: Ozarka College Mammoth Spring 5K. Call 870-688-2994.
 7: The Jubilant Feet 5K at Prairie Grove. Call 501-258-6836.
 12: NWA Rocks Purple 2M at Little Rock. Call 479-270-2425.
 12: Minuteman XC 5K at Little Rock. Call 501-231-3730.
 12: Band on the Run 5K at Batesville. Call 870-307-9783.
 12: Farmington Stampede 5K/1M. Call 479-267-2664.
 12: Every Soul Matters 5K at Vilonia. Call 479-970-6076.
 12: Kendra's Voice: Race to be Heard 5K/10K at Ozark. Call 479-883-9477.
 12: Cash Dash 5K/1K at Heber Springs. Call 501-470-5999.
 12: Winslow Half Marathon. Call 479-466-4125.
 12: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
 12: Marion County Single Parent Scholarship 5K at Yellville. Call 870-449-7155.
 12: Atrial Fibrillation Awareness Day 5K at North Little Rock. Call 501-552-3245.
 12: Gravette's Glow Run 2M. Call 479-263-7421.
 12: Fight Back 5K at Nashville. Call 870-557-7762.
 12: Paws at the Beach 5K at Heber Springs. Call 501-470-5999.
 12: Race to the Fair 5K/1M at Rison. Call 870-643-0150.
 12: Must Dash 5K at Clinton. Call 501-745-7004.
 12: The Mother K 5K at Council Grove, KS. Call 620-200-4740.
 12: Superhero Dash-N-Bash 1K at Little Rock. Call 501-364-2592.
 12: Run for Recovery 5K/1M at Benton. Call 501-303-3260.
 12: Hot Springs Fire Department 5K. Call 501-844-6888.
 19: Conquer Chiari Walk Across America 5K at Springdale. Call 479-790-3245.
 19: Stomp Out Epilepsy SUDEP Awareness 5K at Van Buren. Call 479-216-4327.
 19: Arkansas 20K at Benton. (GPS) Call 501-517-7393.
 19: BGMC 5K/1M at Batesville. Call 870-793-7447.
 19: Amanda Fussell Woodman Memorial Color 5K at Texarkana. Call 903-793-1030.
 19: Oak FFA 5K. Call 479-746-1272.
 19: Miles for Mito 5K at Conway. Call 501-733-6967.
 19: On Our Way 5K at Clarksville. Call 479-754-6869.
 19: Larry's Run for CF 5K/8M at Bentonville. Call 479-372-7329.
 19: Color Out Cancer 5K at Glenwood. Call 870-356-2121.
 19: Sizzler 5K at East End. Call 501-888-3522.
 19: KDPLiteracy Alive 5K at Fort Smith. Call 479-788-7902.
 19: Conquer the Gauntlet 4M at North Little Rock. Call 501-211-2110.
 19: UAAPS Trinity XC 5K at Fort Smith. Call 479-650-1522.
 19: Arkansas Officers Down 5K at Mountain Pine. Call 412-980-0085.
 20: Race 13.1 Little Rock. Call 615-202-4230
 25: The Fighting Red 5K at North Little Rock. Call 501-231-5713.
 26: Paint Downtown Pink 5K. at Fort Smith. Call 479-650-0766.
 26: Hills ad Hollows Half Marathon/5K at Valmeyer, IL. Call 402-598-9178.
 26: St. Jude 5K at Bentonville. Call 901-373-5051.
 26: Leg It for the Library 2M at Choctaw. Call 501-745-2100.
 26: Tailwaggers Trail 5K/1M at Siloam Springs. Call 479-238-3612.
 26: The Great Pumpkin 5K/1M at Lonoke. Call 501-676-6166.
 26: Eat Run Repeat Virtual 5K at Little Rock. Call 501-529-3393.
 26: Fight Like A Kid 5K at Heber Springs. Call 501-270-2360

Birthdays

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

- 6 - Linda House
- 6 - Bill Torrey
- 7 - Tami Roach
- 9 - Haley Wilson
- 11 - Bill Simpson
- 13 - Emily Averill
- 13 - Carl Carter
- 14 - Nick Rule
- 17 - Hobbit Singleton
- 23 - David McClanahan

Condolences

The Little Rock Roadrunners Club extends its condolences to Andrea Sieczkowski over the death August 22 of her mother, Shirley Jean Jones. Please keep Andrea and her family in your thoughts and prayers.

- 26: Ozark Memories Day 5K at Dover. Call 479-331-2633.
- 26: Give & Glow 5K at Walnut Ridge. Call 870-679-0672.
- 26: Jack Huntze XC Invitational 5K at Texarkana. Call 870-703-8590.
- 26: Barn Sale 5K at Camden. Call 870-836-6426.
- 29: Wildcat Road Mile at Searcy. Call 501-230-3997.

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

White River 4-Miler

By Rachel Hendrix

I woke up totally disoriented after only four hours of sleep. It took a few moments before I realized it was race morning. I immediately felt my stress hormones kick in and I began the process of getting ready. I'm not always great at planning or organization; I wasn't even sure where my shoes were that morning. I began making coffee and wandered around the kitchen looking for something that wouldn't make my stomach churn. Peanut butter toast. Perfect. Leaving 25 minutes later than planned caused me to put pedal to the metal (which is admittedly pitiful in my four-cylinder Hyundai) and evoked some NASCAR moves on the highway, but I managed to park in Batesville 30 minutes before the race.

I had read the course description and knew miles two and four would contain the major uphill sections. For a

warm up I ran the last mile in reverse and it gave me a good sense of how long I would need to push myself at the end. My warm up had lasted a little longer than I anticipated and I quickly made my way back to the starting area to meet up with some of the Roadrunners. The weather seemed to be cooler than it had been, but I knew the heat would still be a factor by the end. I planned on hitting hard every downhill opportunity and just surviving the uphill sections, hoping the month of Tuesday track workouts would give me the edge to finish in 32 minutes.

My heart was racing as we lined up for start. Whenever there is no timing mat I become anxious about my position. I feel like I never self-seed correctly. Boom! We were off on the downhill start that I knew I would need to leverage to make up for those poor hill climbing abilities. I leaned forward and focused on a rapid turnover with short, quick steps.

Mile one was down before I knew it and my legs already began to feel like molasses on the long uphill in mile two. At this point Bill Torrey came by from behind me and I notice his nice, even tempo. I quickened my pace. I knew it wasn't enough to catch him, but that wasn't my intention. I felt inspired to give that extra effort. So I threw out my plan and worked hard to not lose ground to the women around me. I put some distance on them in mile three despite feeling fatigued and then channeled all of my focus into the last mile. I focused on efficient form until I was near where we started and tried to forget about both the pain and the heat that was starting to become oppressive. The very last effort utilized the steep downhill section we ran at the beginning. I pushed myself so hard I almost threw up before I made it, but I crossed the finish line in 31:55 and managed to snag second place in my age group by 50 seconds.

Overall it was a fun, interesting course that I hope to come back and race again next year!

Here's the list of Birds who ran:

Rock Creek Trail (Continued from Page 3)

proposed Three Trail Loop System as described in Chapter Five of the Parks and Recreation Department Master Plan.

Just as important, future plans will be to extend Rock Creek Trail to the east. To continue back into town, the Rock Creek Trail will need to pass under both Bowman Road and Markham Street in quick succession. Once south of Markham, Rock Creek runs between a commercial strip and the Birchwood neighborhood. There is even a small stretch of existing trail along Rock Creek in Birchwood Park that could be incorporated into the larger trail system. Beyond Birchwood, Rock Creek passes under Shackelford Road and I-430. Pedestrian trail under these two roads would provide a much needed safe crossing in this area. From there, the creek runs through the Pennbrook and Cloverhill neighborhoods without another road crossing until passing under John Barrow Road. The good news is that there is already existing trail along Rock Creek once you move east of Barrow that runs under I-630 and into Kanis Park. Kanis Park also contains trail along Rock Creek (due for a remodeling) and there is only a short section of Rock Creek without trail before you hit the paved paths within Boyle Park. While the trail within Boyle Park could also use some resurfacing, the hard part of clearing the area and laying the ground work is already done. From the southern end of Boyle Park it is not far to the Fourche Creek wetlands and the University of Arkansas - Little Rock campus where a link can be made to the growing Coleman Creek Trail (but that is a trail tale for another blog!).

Just the portion from Wildwood to Boyle Park would offer over ten miles for runners, walkers, and cyclists free of traffic. Just as importantly, it would help connect our city east and west, north and south, and offer safe passage through some of the Little Rock's busiest areas, providing a reasonable alternative to driving a car.

Check out the LRRC Facebook page for a photo album tour of the Rock Creek Trail from Bowman Curve in the east to the new construction in the west.

Mark Ferguson	21:45.9
Brian Sieczkowski	22:15.1
Ron Mitchell	23:48.3
Joey Gieringer	24:25.5
Chris Ho	25:34.2
Mark Lacey	26:04.4
Ricky Martinez	26:27.6
Clay McDaniel	26:41.3
Caleb Ault	26:51.8
Colin Hall	27:32.7
Rodney Paine	27:58.8
Nicole Hobbs	28:01.4
Steven Booth	29:46.9
Chris Hall	29:51.8
Bill Torrey	30:44.9
Rachel Hendrix	31:54.5
Bill Crow	33:08.9
Cyber Gieringer	33:53.1
Melissa Hendricks	35:32.7
Greg Yarbrough	36:26.3
Manfred Galatowitsch	36:35.1
Joe Milligan	38:00.1
Jacque Winters	39:16.8
Roy Hayward	40:53.5
Karen Knudsen	42:33.8
Sheila Galatowitsch	42:27.5
Jayne Butts-Hall	42:39.6
Mary Hayward	1:21:33