

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2016

You Can Help Run The Little Rock Roadrunners

By **Brian Sieczkowski**
LRRC President

Hello Roadrunners ó April is here and that means it is time to start thinking about the next **LRRC Year**. For those that have not memorized our [Club's Bylaws](#), please allow me to copy/paste.

Article VI, Section C – Terms of Office - A year of service for determining terms of office shall be from July 1 through June 30 (the öLRRC yearö).

Now, I know what you are thinking. You are thinking that copy/pasting from the bylaws is probably the most boring way to get a column done. However, I am going somewhere with this and it is going to require some more bylaws quoting, such as:

Section D – Elections – Annual Meeting in June

In the spring of each year, the LRRC shall run a notice in the newsletter and on the website announcing the board of directors positions that are open for nominations that year. All Club members in good standing may submit nominations. Nominations must be received in writing (letter or email) to the current LRRC president and secretary at least 30 days prior to the June LRRC meeting by the close of business on the 30th day before the meeting.

If you are still reading, then you are exactly the sort of Club member that would be a great candidate for a position on the board of directors, or at least to nominate someone else. You probably

now want to know what positions are open this year for nominations. Fortunately, I do have that information for you and it will require some further bylaws copy/pasting:

Article VI: Management and Government - Section A – Board of Directors

Secretary: The term of secretary shall be two years. Election of a new secretary will be held in even-numbered years. Duties of the secretary include recording and keeping accurate minutes of all board meetings of the LRRC and sending a copy of these minutes to the board of directors, in a timely manner, prior to the next meeting.

Membership Chairperson: The term of membership chairperson shall be two years. Election of a new membership chairperson will be held in even-numbered years. Duties of the membership chairperson include collecting new membership applications, adding new members to the LRRC roster, mailing a welcome packet to new members, contacting current members when their membership is set to expire, and initiating membership drives to attract new members.

President-Elect: The term of president-elect shall be one year. Election of a new president-elect will be held every year. The president-elect shall assume the duties of president in case of his/her absence or resignation. The president-elect automatically succeeds to the office of president after one year.

Aha, now we are getting some practical information. Three board positions are open for election this year:

secretary, membership chairperson and president-elect. The secretary and membership chairperson roles are two year terms; the president-elect gig is for one year but automatically upgrades to president for one more year of service.

For example, Mark Ferguson was voted in as president-elect last July and has served on the board of directors this year in that capacity. Basically, he has been my Padawan-learner. This July my term as president is finished and Mark will be automatically öupgradedö to that role.

If you are interested in any of the three roles outlined above, or if you would like to suggest a name of a fellow Club member, simply email us at nomination@littlerockroadrunners.com by the end of May.

If more than one person is interested in any of the positions then we hold elections at the June LRRC meeting.

April Meeting

April 18, 2016

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

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

Gary Taylor
Race Day Preparation

Girls On The Run Are Planning More Fun For 2016

By Jenny Paul, Executive Director
Girls on the Run

Girls on the Run of Central Arkansas is planning so many fun things for the rest of 2016. We hope you'll join us for one or more of our events or activities!

As many of you already know, we decided to hold only a fall GOTR season in an effort to focus on expansion and planning for our future during the spring and summer months. There are several new projects in the works, and we couldn't be more excited about the coming months and years for GOTR!

Recently, one of our veteran coaches and I completed T3 training in Dallas where we became certified to train our local coaches in a new, engaging GOTR coach certification that will make delivery of the amazing GOTR curriculum even more effective than before. I honestly cannot think of a word to describe the quality of coaches we have had in our past five seasons. Every adjective that comes to mind doesn't quite capture their collective greatness: fantastic, incredible, extraordinary. None of those do our coaches justice. The interesting thing, though, is that it's not their personal attributes or accomplishments that make them special; they are special because every day they showed up for their teams and gave their very best.

If you are interested in becoming a GOTR coach please consider coming to our coach info night at Rock City Running on April 25 at 6:30 p.m. There is no commitment, so swing by to learn a little more and meet some of our veteran coaches. The season runs from the end of August until the weekend before Thanksgiving, and teams meet twice weekly for an hour and a half. Head coaches need to attend both practices per week, and assistant coaches can choose to coach once or twice weekly.

There is no ötypeö that makes a great GOTR coach. Our coaches come from a variety of backgrounds, range in age from 16 to over 60, and spend their free time and professional lives in many different ways. If you have an interest in helping girls in our community recognize the limitless potential already within, GOTR could be a great fit for you. Check us out!

We have also been busy working on new community partnership packets. We have multiple sponsorship levels for businesses or organizations interested in directly supporting our programming financially, and we have numerous and varied of other ways to support the organization. We would love for local businesses to offer discounts or other perks to our coaches or volunteers. Small businesses can benefit from increased exposure and support our council with benefit days, weeks or months where a portion of their proceeds from a specific time period are donated to GOTR. We will need volunteer groups when we prepare coach materials before the start of the season, and the GOTR 5K in November requires scores of volunteers. I'll send our more details about these other ways you can help GOTR grow this year as our needs become better defined.

Finally, we are planning a fundraiser event for the evening of June 23 at ESSE Purse Museum. The ESSE Purse Museum shows the evolution of the twentieth century American woman through the bags she carried and their contents. This innovative narrative of women's history is the ideal setting for a GOTR event that celebrates the achievements of our past seasons and showcases all the exciting things in store for Girls on the Run of Central Arkansas. Look for more specifics about this event in upcoming issues of The Runaround. We look forward to seeing you there!

As always, thank you for reading and to LRRC for its continued support. If you have any questions or comments please call or email me: Jenny Paul, 501-615-5733, or jenny.paul@girlsontherun.org.

2016 Grand Prix Races

April 2 - Capital City Classic 10K at Little Rock

April 10 - Hogeye Marathon at Fayetteville

May 14 - Rock Run 8K at Little Rock

June 11 - Arkansas Runner 2M at Benton

June 18 - Go! Mile at Little Rock

August 6 - White River 4M Classic at Batesville

August 13 - Watermelon 5K at Hope

September 3 - ARK 5K Classic at North Little Rock

September 10 - Minuteman XC 5K at Little Rock

September 17 - Arkansas 20K at Benton

October 15 - Survivors Challenge 10K at Fort Smith

November 12 - Breakaway 10K at Searcy

November 19 - Spa 10K at Hot Springs

December 10 - CASA Half Marathon at Pine Bluff

State Championship Races in Bold type

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

| | | |
|-------------------|-----------------|------------------------------|
| 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) |

Team RWB - Why Do You Wear The Eagle?

By Lisa Gunnoe
Chapter Captain
Team RWB, Central Arkansas

After spending a weekend in Tampa, FL, with 30 other Team RWB leaders from around the country I walked away with a deeper sense of the good we do, can do, and are doing on a daily basis.

Our veterans separate/retire from the military and lose a sense of family they have known during their whole service careers. Many of these men and women find jobs in towns that aren't their home town, thus not having roots or a sense of community they are returning home to.

With Team RWB we give these volunteer warriors that sense of family or community they no longer have. We give them that home by connecting them to the civilians in their communities through physical fitness activities and social gatherings. These interactions are changing lives as veterans and civilians alike lose weight, get healthier, challenge themselves to personal growth goals and form valuable relationships.

With the improvement of the life of one family member that improves the whole family, then the whole neighborhood. To be part of something with this purpose and passion is life changing in all the good ways. Team RWB is all inclusive to civilians and veterans of any war, era, injured or not. There is no fee to join Team RWB, no fundraising requirements and veterans get a free Nike shirt with a small shipping fee.

Free, no requirements? What is the catch? We want you to show up! Wear the Eagle (Nike shirt). If we don't offer activities you are interested in help us develop those activities. This is your community! <http://www.teamrwb.org/the-team/chapters>

Trail Running 101 – One Day Clinic

We are gauging the interest of a Trail Running 101 clinic for Team RWB. One has to be a Team RWB member to attend. Team RWB is free to join and no fundraising requirements.

June 11, 2016 at Gulpha Gorge ó Hot Springs National Park

Please indicate if you are interested. Only indicate you are going if you can, in fact go. We want to invest in this but we have to be sure of a minimum number.

<https://www.facebook.com/events/1713627288924239/>

Hold the date!

July 4th 2016 Monday
Firecracker Challenge Triathlon
300M Swim ó 13 Mile Ride ó 2 Mile Run
Pleasant View Park ó Russellville
All proceeds benefit Team RWB

Stolen from Jeff Beason's Blog:
<http://runninginthebarado.blogspot.com/>

Jeff's thoughts on Arkansas Run for the Fallen, pre-run:

This will be the fifth year that we have made the journey, but only the third time I have gone the full distance. Each year I have become more and more involved. After so much time looking and reading about these heroes, getting to know these Gold Star Families and hearing stories of their lives, I feel like I know many of them. (A Gold Star Family is a family that has lost a family member in the service of the country.)

The most amazing part to me is the strength and resolve the families show. I cannot imagine having men in uniform knocking on my door to say "We regret to inform you" – Yet these mothers, wives, brothers and sisters have taken the moment of horror and turned it around. Instead of letting that moment define who they are, they let it drive them to become better people by using it to honor their loved one.

I've known people who have let a major loss in their life define their existence; everything suddenly revolves around that loss. Their life becomes a story of woe and despair due to it. Pity becomes a way of living to them.

On the opposite end of the spectrum are these Gold Star families. It seems their loss, while painful, is turned

into a positive. The military offers Bronze and Silver Stars for gallantry, but I never understood why there was no Gold Star offered. That is until I learned what a Gold Star Family is and got to know several of them. Their bravery in the face of loss is one of the greatest acts of courage I have seen.

Weekly Workout Opportunities

This is not a complete list of activities in which our Eagles participate. Check out the Facebook group for more events!

Little Rock Air Force Base

Mon/Thur/Fri at 1700: Run at Fitness Center

Tue at 1700: Speed Training at Track
Contact [Michael Kumiyama](mailto:Michael.Kumiyama@teamrwb.org) for more info at michael.kumiyama@teamrwb.org

Conway

Sun 1430: Swim at Hendrix College pool
Contact [Kevin Davis](mailto:Kevin.Davis@teamrwb.org) for more info at kevin.davis@teamrwb.org

Little Rock

Tue 1830: Run at Clinton Library (Hosted by Black Men Run)

Contact [Kyle Hicks](mailto:Kyle.Hicks@teamrwb.org) for more info at kyle.hicks@teamrwb.org

Searcy

Tue 1600: Run/Walk at Berryhill Park Bike Path

Wed 1000: Walk/Ride at Berryhill Park Bike Path

Contact [Lisa Gunnoe](mailto:Lisa.Gunnoe@teamrwb.org) for more info at lisa.gunnoe@teamrwb.org

Nine Questions With Bill Torrey

In honor of Capital City Classic month, we interviewed the Man himself: Race Director Bill Torrey. Bill is a native New Yorker, a past president of the LRRC and long time Board member. Mr. Torrey is also the owner of Rock City Running.

The Runaround: How/when did you first start running?

Bill Torrey: My running started in Atlanta, GA. I had just moved there from Florida and was working as a bartender at a Steak and Ale. This was a new restaurant and everyone was trying to get to know one another. I was talking to one of the waitresses when she told me she ran six miles a day and was training for the Peachtree Road Race on July 4th. The running boom was taking off and I decided to give it a try. I decided to try and run two miles near my apartment. Atlanta is like Little Rock in that there are plenty of hills. I had to walk two hills to get back to my apartment and it was then that I decided to keep running till I could get up those hills. Once I did that I decided to train for my first race. The first one was the Peachtree Road Race and even then it was close to 12,000 runners. Today it has almost 40,000 runners.

RA: What was the Little Rock road running scene like when you first moved here way, way, way back in the day?

BT: I moved to Little Rock in September of 1983. I was still in the restaurant business and just moved from Baton Rouge, LA. I was the General Manager of El Chico on Breckenridge. Little Rock had a strong group of runners and we would meet at 5:30 in morning at Cantrell and Foxcroft for an eight-mile run. It was here that I was introduced to the fact that the runners in the area worked each year towards running The Dallas Marathon. The *Arkansas Gazette* at the time had a writer named Paul Johnson who wrote weekly articles about running. Randy Taylor also wrote articles for the paper. A couple of things are different from that time and now. One, the runners were very focused on seeing how fast they could run a marathon. The goal was

always Boston and everyone worked real hard to try and qualify. The other was, the majority of runners were male, about 70-75 percent. Today women are 60 percent of most marathons and half marathons.

RA: You are not one to brag about times you ran when, but would you be so kind as to mention a few of your PRs?

BT: I look back on my first marathon as a true adventure. I drove to Dallas by myself not knowing very many people or much about the course. I ran that first marathon in 2:52 and at that time my qualifying time for Boston was 2:50 but I wasn't really thinking much about that as I was just running. The next day I loaded the truck with food and ate my way back to Little Rock. I did get my PR for the marathon down to 2:43:30 at Dallas in 1987. I also have run 34:45 for the 10K and 16:19 for the 5K. I have also run a 50 miler on the road in 6:30.

RA: What do you consider to be your best ever race and what do you think lead to your success that day?

BT: While my PR for the marathon was 2:43 I also ran Boston that year in 2:44 and consider that my best race. I was so focused on trying to run as fast as I could that some of the race was a blur because I wanted to PR. I had spent months running 60-70 mile weeks and doing speed work with other fast runners. I do remember two things to this day, first the women of Wellesley College were allowed on the street and there was only room for two runners together and the noise was unreal. The other was passing Dick Hoyt around mile 20. The energy field around him and his son Ricky still gives me goose bumps today. It gave me the energy to finish strong.

RA: Now the other side of the coin - what would you call your worst race and what did you learn from it?

BT: I am not sure I what my worse race was. I was never really satisfied with my times and always thought I could have done better. I did learn a lot in my second marathon. It was The New York Marathon

in 1984 and I had trained like crazy doing almost 12 weeks between 80 and 90 miles a week. While I was born there it had been awhile since I had been back. My roommate, Clarence Trice, and I decided to see the city and walked all around Manhattan. We sampled at least six different cheesecakes during our travels and spent way too many hours on our feet. The other was the weather; it is still consider the hottest NYC Marathon on record with 75 degrees and 95 percent humidity. I was 1:22 at the half but finished in 3:03 and laid on the ground for over an hour trying to get my body to settle down. They took 200 people to the hospital and I believe there was even one death. I learned there are factors you can control and others you can't and you need to adjust for what is presented to you.

RA: In addition to running, you've also directed a race or two. How did you first get into the RD role and what about the job has kept your interest all these years?

BT: What is now Capital City Classic was once the Pepsi 10K in downtown Little Rock. Back in the mid-80s there wasn't chip timing so everything was done manually and it could take two hours to get results. I decided to volunteer to do results and see if I could get them faster. I think I was able to get the age group and overall done in about 45 minutes. Now that would seem a lifetime but back then that was fast for a large race. I got involved with Red Cross and directed their Turkey Day 5K for 12 years. During that time other people approached me about being race director for their run. This year will be my 24th for Capital City Classic. I think what has kept me involved is hearing the stories people tell after their race or run. It makes me feel good to know that they have enjoyed the event.

RA: Now let's discuss the Tuesday Speed Workout Group. What is your favorite interval session to run - or to make others run?

BT: Our Tuesday night track run is a

Nine Questions With Bill Torrey (Continued from Page 4)

great opportunity for people to learn how to train harder and faster. We have been doing this since the mid 80s at Scott Field, CAC, and now Catholic High School. It is open to everyone and starts at 5:30 p.m. My favorite workout is the ladder, we do a 400 meter, 800 meter, 1200 meter, we then go back down 1200, 800, 400. We take a 200 meter recovery between each one. I like this because you can try and maintain the same pace at each distance going up and then try to improve on the way down from the first set.

RA: What advice do you have for new runners?

BT: I tell new runners that consistency is the key to improving. You need to run four days a week and make it a routine. You will find that after a couple of months you will do it automatically. Another key is finding a group to run with. One of things that has been great is the different groups that have formed to help new

people get started. Women Can Run Clinic, Hot Legs Club and Black Women Run will help get you started. You can see that all looked like it was only for women but men can find running partners also. The Little Rock Marathon Training Group has been a great tool in helping people succeed. A special thanks to Tom and Hobbit for all they have done for this.

RA: What advice do you have for veteran runners (e.g. Imari Dellimore) who are in need of some direction in their running?

BT: Veteran runners also benefit from running with others. I have seen Brian Sieczkowski become one of the top runners in the state because of his hard work but also running with other people that wanted to train like him. For those that want to be faster you have to run faster, train faster, regardless of your speed you have to learn to maximize your skill set. I think one of the hardest things to do for veteran runners is taking some down time. I know people will laugh hearing that from me but when you are

running well you don't want to stop. I think twice during the year we should take a week and cut back on the mileage and give our bodies a chance to recover. I also think at the end of our racing season (it is almost never over) we even take two weeks off or scale way back on the mileage. If you play any sports all out you are going to get hurt, it is how you react to the injury as to how long it will take to recover.

Little Rock and the state of Arkansas have a great running community. Everyone is always ready to help another runner or new runner. For me it is the greatest sport and I always enjoy watching people run or get started running/walking.

New Members

**By Melissa Hendricks
Membership Chairman**

The Little Rock Roadrunners welcomes these new or renewed members to the Club.

Renewed members

Ted Holder of Little Rock
Emily Harbour of Little Rock
Mary Wells of Little Rock
Haylee Hooper of Conway
Sonny Rhodes of North Little Rock

New members

Joe Van Den Heuvel of Little Rock is a contract analyst. He's been running off and on for 30 years.

Rhonda Burgos of Jacksonville, is an accountant. Running is a new adventure for her.

Jeremy Swearingen of Little Rock, is employed as an attorney.

Hillary Davis of Little Rock is an analyst at Stephens Inc. She runs 60-75 miles a week and would like to be more involved in the running and triathlon community in central Arkansas.

Tanya, Scott and William Freeman of Mayflower

Running Calendar (Continued from Page 6)

- 30:** Butterfly Swamp 5K at Little Rock. Call 501-766-1315.
- 30:** Life's An Uphill Run 5K/1M at Van Buren Call 479-474-9401.
- 30:** Toad Suck Daze 10K/5K at Conway. Call 501-329-5623.
- 30:** House of Praise 5K/1K at Russellville. Call 479-970-7243.
- 30:** Dragon Fire 5K at Texarkana, AR. Call 903-826-2412.
- 30:** Celebration 5K a Pine Bluff. Call 870-536-0920.
- 30:** Caddo River Fest 5K at Glenwood. Call 870-356-2912.
- 30:** Move Your Feet Move the Gospel 5K/10K/1M at Crossett. Call 870-500-2540.
- 30:** Rexfest 5K/1M at Little Rock. Call 501-350-2954.
- 30:** Stroke Awareness 5K at Damascus. Call 501-294-9516.

May 2016

- 1:** Roller Coaster 10K/5K at Eureka, MO. Call 434-951-8572.
- 1:** Fayetteville 5K Poker Run. Call 479-966-2516.
- 6:** MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 7:** KidSource Strides for Slides 5K at Little Rock. Call 501-231-5418.
- 7:** Peace Love Goodwill 5K/10K at Little Rock. Call 501-372-5100.
- 7:** Lei Lei's 5K/1M at Fort Smith. Call 479-414-8892.
- 7:** Women Can Run 5K at Conway. Call 501-908-5096.
- 7:** Law Day 5K/10K at Jonesboro. Call 501-650-3658.
- 7:** Run for Life 5K/10K at Texarkana, TX. Call 903-748-3408.
- 7:** Maggie House Hustle 5K/1M at Charleston. Call 479-209-0702.
- 7:** Peach Festival 5K/1M at Nashville. Call 870-557-0747.
- 7:** Race to Remember 5K at Little Rock. Call 501-0529-8505.

Spotlight Race Of The Month - Chase Race 2-Mile

By Alise Steadman

I used to think that people who woke up early to run miles and miles in all sorts of weather were a bit crazy. And maybe they are. I consider myself one of those crazy people now, and it's all because of the Chase Race. Years ago my father told me about a race where people could bring their pets and race with them. That particular year, he told me about seeing someone run with a llama. I knew runners were crazy then and half-heartedly told him I would like to see the llama. When the next year came around and with my feet to the fire I decided that if I was going to see that llama, I might as well run. So the day of the race I ran. And to my amazement I ran the entire time.

The Chase Race is more than an opportunity to run with your pets. It's also the two-mile Arkansas State RRCA Championship Race. The two mile race is the perfect distance for anyone wanting to try their first race, as well as for seasoned

runners looking to test their speed. The course changed again this year, and is more of an out and back instead of weaving through downtown or a neighborhood as in previous years. I liked the change; it seemed to go by quicker.

There's also a pet costume contest and a chance to adopt loving companions from the local animal shelter. The food is usually yummy. The proceeds go to Children's Hospital and the Conway Animal Shelter. You see countless people showing off their beloved fur babies, and some even in costume. Have I sold you on this race yet?!

This year's two-mile race was big for me. After having two children back to back, and not enjoying running while pregnant, I'd been missing out on running and the excitement of races for a while. My youngest is now a year and a half, and I've gotten to a point where I can consistently begin to run again thanks to my husband and father who make it a

point to spend time with the girls so I can go run.

I'd been wondering if I would ever enjoy running again and if I would ever get close to my pre-pregnancy times. I got my answer at this year's race by breaking 15 minutes and finishing at 14:53. A PR! I can't tell you how much I enjoy this race and, as silly as it sounds, am thankful that someone brought a llama that year. I don't think it's been back since, but if it hadn't been there I'm not sure I would have stumbled on to this amazing sport!

LRRC Members at the Chase Race (Grand Prix Team Members in **Bold**)

| | |
|-----------------------------|----------------|
| Brian Sieczkowski | 10:04.2 |
| Brent Corbitt | 10:17.1 |
| Mark Ferguson | 10:21.5 |
| Jonathan Aram | 10:25.2 |
| Homer Mason | 10:33.8 |
| Ryan Lawrence | 10:51.4 |
| Will Henry | 11:07.9 |
| Ron Mitchell | 11:08.5 |
| Brian Sites | 11:16.8 |
| Simon Sanghera | 11:40.8 |
| Caleb Ault | 11:51.7 |
| Colin Hall | 12:08.9 |
| Nicole Hobbs | 12:19.7 |
| Jenny Paul | 12:32.2 |
| Ricky Martinez | 12:33.9 |
| Sarah Olney | 12:36.7 |
| Joel Felland | 12:51.6 |
| Emily Harbour | 13:00.8 |
| Steven Booth | 13:16.6 |
| Jim Gorman | 13:18.1 |
| Lydia Mason | 13:22.5 |
| Tammy Helmick | 13:43.0 |
| Rachel Hendrix | 14:14.6 |
| Alise Steadman | 14:53.1 |
| Bill Crow | 14:58.7 |
| Mary Wells | 15:00.2 |
| Manfred Galatowitsch | 15:49.1 |
| Greg Yarbrough | 15:59.2 |
| Tess Peterson | 16:30.2 |
| Joe Milligan | 17:17.0 |
| Bill Torrey | 17:20.0 |
| Roy Hayward | 17:44.6 |
| Jayne Butts-Hall | 17:55.1 |
| Dan Belanger | 18:02.3 |
| Sheila Galatowitsch | 18:08.2 |
| Mary Hayward | 36:41.2 |

Running Calendar (Continued from Page 7)

- 16: Panther Powder Run 5K/2M at Siloam Springs. Call 479-220-8774.
- 16: 1040 Tax Run 5K at Batesville. Call 870-6126 0865.
- 17: Faith 5K/10K/1M at Russellville. Call 479-967-8031.
- 22: Run for the Berries 5K/1M at Cabot. Call 870-761-3423.
- 23: Peace, Love & 5K/1m at Benton. Call 501-776-0691.
- 23: Downtown Dash 5K/10K at Little Rock. Call 501-375-5557.
- 23: Fordyce on the Cotton Belt 5K. Call 870-313-1172.
- 23: 80s90s 5K at Conway. Call 501-569-8495.
- 23: BV Memorial 5K+1 at Jacksonville. Call 501-837-7055.
- 23: MHS JROTC 100th Anniversary 5K at Malvern. Call 501-332-7575.
- 23: Make the Journey 5K at Waldron. Call 479-207-3641.
- 23: MOJO Goblin 5K at Harrison. Call 870-577-2400.
- 23: Earth Day 5K at Helena-West Helena. Call 870-572-2352.
- 23: Wounded Warrior Project 5K at Harrison 870-577-2021.
- 23: Root Rocket 5K at Fayetteville. Call 479 409-8003.
- 23: RussVegas Half Marathon/5K/1M at Russellville. Call 479-970-4394.
- 23: MHS JROC 5K at Malvern. Call 501-332-7575.
- 29: Light the Night 5K at Russellville. Call 479-477-0664.
- 30: Run with the Dogs 5K/1M at Benton. Call 501-351-0042.
- 30: Child Abuse Awareness 5K at Pine Bluff Arsenal. Call 870-540-3779.
- 30: Hot Springs Quad 150 5K at Lake Catherine. Call 501-620-4141.
- 30: Miles for Mutts at Fort Smith. Call 479-783-4395.
- 30: Lafayette County Spring 5K at Buckner. Call 870-898-0354.

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

April 2016

- 2: Capital City Classic 10K at Little Rock. **GPS SC**. Call 501-231-3730.
- 2: Super Heroes for Autism 5K/1M at Fort Smith. Call 479-459-0645.
- 2: Bridge and Dam Half Marathon/10K at Lake Ozark, MO. Call 573-746-6002.
- 2: Yale to Oark Throwback 10K at Oark. Call 479-292-3353.
- 2: Faulkner County Day School 5K at Conway. Call 501-329-0624.
- 2: Springfest 5K at Little Rock. Call 501-255-3378.
- 2: Run Bentonville Half Marathon/Relay/5K. Call 479-464-7275.
- 2: Stephens RoadRunner 5K. Call 870-947-0084.
- 2: Color Me Like Christ 5K at North Little Rock. Call 501-565-3855.
- 2: Super Heroes for Autism 5K/1M at Fort Smith. Call 479-459-0645.
- 2: Jackø Dino 5K at Alma. Call 479-629-0579
- 2: The Evangeline Color 1M at Jessieville. Call 479-747-9897.
- 2: Falls Branch/Dam Mountain 10K at Hot Springs. Call 501-815-2383.
- 2: Sole to Soul 5K at Beebe. Call 501-207-1939.
- 9: Run for a Veteran 5K/1M at Van Buren. Call 479-806-0444.
- 9: Heroes for Hope 1K/5K/10K at Conway. Call 501-328-3347.
- 9: Go for the City 5K/10K at Monticello. Call 870-820-2552.
- 9: Coyote Challenge Trail 5K/10K/16K at Mountainberg. Call 479-369-2469.
- 9: Omega Prostate Cancer Awareness 5K at Little Rock. Call 501-240-9138.
- 9: Fluff for Families 5K/1M at Fort Smith. Call 479-213-7154.
- 9: Thin Mint Sprint 5K at Malvern. Call 501-732-0312.
- 9: Hogskin County Festival 5K at Hampton. Call 870-818-3253
- 9: Never Give Up 5K at Horatio. Call 870-832-4763.
- 9: The Jackrabbit 5K at Bentonville. Call 479-254-0329.
- 9: St. Jude Charity Scholarship 5K at Jonesboro. Call 870-897-1775.
- 9: Hoof It For Heifer 20K at Morrilton. Call 501-730-1504.
- 9: Mission Run Ozarks Marathon/Half/5K at Mountain View. Call 870-365-9407.
- 10: Hogeys Marathon/Half Marathon/Relays/5K at Fayetteville. **GPS SC**. Call 479-530-8432.
- 15: Kids Run Arkansas 1M/3M at Conway. Call 501-450-9292.
- 15: Tax Day Stride ad Ride 5K/15M at Little Rock. Call 501-732-0313.
- 16: Fly Like an Eagle 5K at Vilonia. Call 501-743-9431.
- 16: Alma Super Dog Half Marathon/5K at Alma. Call 479-632-1953.
- 16: Color the Eagles 5K/1M at Clarksville. Call 479-979-1411.
- 16: Stardaze 5K at Star City. Call 870-628-4714.
- 16: Mary Jane Moix Memorial 5K at Conway. Call 501-472-6681.
- 16: Moustache Dash 5K at Greenbrier. Call 501-733-1140.
- 16: Rocket 5K at Little Rock. Call 501-664-4625.
- 16: German Heritage 5K at Stuttgart. Call 870-673-3180.
- 16: Painted Path 5K at Beebe. Call 501-882-3348.
- 16: Chipø Share It Forward 5K at Searcy. Call 501-268-3223.
- 16: Soar With the Owls 5K/10K/1M at Fayetteville. Call 479-650-9053.
- 16: The Call 5K at El Dorado. Call 870-918-3352.
- 16: Arkansas 10M Classic at Little Rock. Call 870-540-7616.
- 16: Beaver Fever 5K at Malvern. Call 501-844-6979.
- 16: Presidential 5K at Hope. Call 870-777-4455.

(See **Running Calendar** on Page 6 then Page 5)

Birthdays

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

- 1 - Emily Harbour
- 2 - Tim Steadman
- 5 - Sheila Galatowitsch
- 7 - Mary Wells
- 8 - Sarah Olney
- 13 - Alana Carpenter
- 14 - Brad Byington
- 14 - Jeremy Swearingen
- 21 - Clay McDaniel
- 23 - Nicole Hobbs
- 23 - Bryan Kilgo
- 26 - Rosana Diokno
- 30 - Genny Burleson
- 30 - David Conrad
- 30 - Leon Lants

Retreads

First Wednesday of the month
11:30 a.m.

Franke's Cafeteria
11121 N. Rodney Parham Road
(Market Place Shopping Center)
Dutch Treat

Wear something to show you are one of the gang -- shirt, hat, scarf, finisher medal, etc. Just show up and look for the Old Runners: Retreads. For more information contact Charley or Lou Peyton at 225-6609 or chrlypytn@gmail.com