

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2016

Sock Review By One Of The Fast Guys

By Mark Ferguson
LRRR President

Clothing, how we all have a favorite pair of shorts, a favorite shirt, a perfect fitting bra, (well some of you might, but I do not), a favorite hat or visor, and, of course, a favorite pair of shoes. Some of you might even have a favorite pair of socks or multiple favorite pairs of socks depending on what shoes you are wearing or if you are running on trails or on the roads. Some of you even wear the socks that separate your toes so they don't get blisters. I have never worn this type, probably never will. They just seem weird to me.

I have worn Feetures, Adidas, Newton, Pearl Izumi, Thorlos, the Sock Guy, and a few other brands over the last hand full of years. I like the low-cut version in all of these brands but I do wear a full length compression Feetures when I need extra support.

I have not really been a fan of thinner socks as they just never felt that good in my shoes. They seemed like my feet didn't fill my shoes. Maybe I have been wearing shoes that are too big all these years. However, my favorite day in and day out socks have become the Experia from Thorlos. Solid black to be more specific. I have enjoyed wearing these socks because they have a little bit of padding in the heel and in the forefoot, but fit snugly in the midfoot. The midfoot material is thin and very breathable but a little thicker everywhere else. The forefoot and the heel don't seem to breathe as well though. I made the decision to have a little extra padding to help with the pounding of the daily grind and this sock seemed to help fill my shoes so my feet didn't slide around. I have a

fairly narrow foot so that may explain why I like a little thicker sock.

These Experia socks seem to fit me just right. I wear them all year round, but during the summer they become soggy pieces of sweat-filled nastiness. Yes, nastiness is a term. These socks breathe well but seem to hold a lot of moisture while sloshing in your shoes at every step. I have just become accustomed to this during the summer months, not thinking that there were any other options. I finish my run and then I have to ring my socks out. On really bad days, I have stopped mid-run and rung them out hoping this would help.

Over the last six months I have been nursing a sore ankle due to tendonitis in the posterior tibia tendon in my right ankle. I was taping it for a while and this seemed to help support it and keep it from hurting. Unfortunately though, this caused other tendons in my foot to hurt. Kind of like a car, you fix one problem and create another. However, I did notice that when I wore my Feetures full length compression socks, my foot didn't hurt as much and seemed to keep the tendons in place better. Maybe I am on to something.

What a great idea, full length compression socks in the summer in Arkansas. If I had a sweat-filled nastiness with the Experias, what would the compression socks be like. I was pleasantly surprised, it wasn't too bad, but it wasn't ideal. I thought there had to be a company out there that made shorter compression socks, similar in length to the ones that cyclists wear. This is the length that would be ideal for me.

I started with Feetures. They do have a crew length sock but it didn't have the compression I was looking for. It is a

good sock, but not the perfect one I was looking for. On to the next option, CEP. I purchased a couple pairs of the CEP Dynamic Short Compression socks. These socks hit me about 4 inches above the ankle. Just high enough to help with the tendon and just enough compression to keep everything tight. A very thin sock with no padding. Very different than my Experias but I like it. It is becoming my unexpected go to sock. If you are looking for a short compression, you might give these a try.

Enough about socks.

There are two Grand Prix races during the month of August. August 6 is the White River 4 Mile Classic in Batesville and the Watermelon 5K in Hope on August 13. Both races are championship races so make sure you make plans to run one or both of them. Let's make sure we have plenty of Birds representing.

Until next month, Mark.

August Meeting

August 15, 2016

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

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

Team RWB Enriches The Lives Of Veterans

By Lisa Gunnoe
Chapter Captain
Team RWB, Central Arkansas

On Saturday, June 11 Team RWB Central AR hosted a beginning trail running clinic. Our goal was to take the concerns and fear out of the idea of trail running for the average road runner, or beginning runner. We had 25 participants, six mentors and a very hot Saturday at the amphitheater at Gulpha Gorge in Hot Springs AR. We are looking for opportunities to keep those attendees engaged. If you can lead a trail run at Burns Park or Camp Robinson please let us know.

July 4th started for many with The Eagle Charge which is a four or seven mile run sponsored by Wal-Mart, hosted by Team RWB in over 180 locations across the nation and in a few military bases around the world.

Saturday, July 16, Black Men Run/Black Girls Run hosted a Unity Run in Little Rock. This run highlighted what we, the running community, do best. We come together regardless of

differences because we are focusing on what we have in common. It was a brilliant idea, a special morning, and a possible answer to many problems of division, which is focusing on what we have in common. Hats off to these organizations for such a thoughtful and meaningful event. Thank you for involving all the running community around Arkansas including Team RWB Central Arkansas.

New to our program: We are hosting a Team RWB run rotating through the different communities with consistent activities in the coming months.

August will take us to the LRAFB in Jacksonville.

September we will join Black Men Run again at the Clinton Library.

October will take us to Conway.

As these dates get closer find the exact date, time and location on our Facebook group page.

Team RWB's mission is to enrich the lives of America's veterans by connecting them to their communities through physical fitness and social activities. To achieve that mission we need people of all walks of life, backgrounds, in every community to join the team. So what does that look like, joining the team?

For some it means diving in finding leadership volunteer opportunities. For some it is inviting others to the run/ride/hike they are currently doing and helping make it become a weekly fitness activity that we can add to the calendar. There are many who joining means showing up, wearing the iconic Nike Eagle shirt to a race, event or even shopping. We ask that anyone find what works for them in order to be involved with joy. If it isn't fun it just isn't going to work! Please feel free to contact any of your Team RWB Central Arkansas leadership team to find out what it means to you, personally, to join the team.

Have a fun summer. Be Safe! And Eagle Up!

New, Renewed Members

The Little Rock RoadRunners welcomes these new or renewed members.

New members:

Christian Brack of Bryant
Jennifer Found of Little Rock
Christi and Zach Lewis of Little Rock
Neil Masangkay of Philadelphia, Penn.
Rachel Slotcavage of Philadelphia, Penn.
April Turner of Little Rock

Renewed members:

Jeff Day of North Little Rock
Julianne Dissinger of Little Rock

2016 Grand Prix Races

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.

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Celebrating Independence Day At Firecracker 5K

By Simon Sanghera

The Firecracker Fast 5K celebrated its 40th anniversary on the fourth of July and I thought there was no better time to join in with the other 1,446 finishing participants in this Little Rock running tradition. *Runner's World* magazine has called this one of the fastest in the country.

Being July in the Arkansas summer, a 7:30 a.m. start to this race was essential. However, it doesn't allow much time to warm up if you like to sleep in on the weekend. Therefore, my warm-up involved parking at the local supermarket and taking jog over a few blocks to the registration desk and back, then back again to the start line.

Performance analysis:

This was my first FF5K and I was pleased with my performance. At the start line, I was shoulder to shoulder with a training buddy in the same age group. He and I used each other to pace against and ran the first mile together through the Heights. Then the big drop in elevation occurred at Van Buren Street and he started to pull away by about twenty feet.

It felt so much more free to run down this hill I drive up three days a week. My long stride didn't appear to be working out my way and I was starting to wish that I had pre-run the course.

As Van Buren Street crossed Markham, turning into the flat section of Fair Park Blvd. I kept my friend within sight by about fifteen yards now, hoping that I could catch up on the long climb alongside the zoo. My concern from past participants' warnings about the zoo and the smells that sometimes emanate, I expected the same whilst running up the hill. Thankfully, my lungs only had to burn due to my heavy breathing and my olfactory system was not barraged by monkey poo. Halfway up the hill I passed my competitor, but had a feeling he had more for me. Staying in front around the last corner we came into one final descent. He overtook, just like on Van Buren but only five to ten yards away. I tried to keep my cool a little moment longer until engaging a kick, spurred on by a long line of spectators, I sprinted to leave all my effort on the course.

Running a mostly downhill course led to a personal record and one of

the coveted firecracker trophies given to the first 50 males and females. However, I have been half-jokingly advised by fellow Roadrunners that I now have two PRs.

1. A PR on a downhill course and
2. My fastest time on a level 5K course. So lesson learned is that I have to get my flat land 5K time to the same or better as my downhill 5K time.

My time was 17:58.9 for a 5:48 mile and first in the 35-39 age category.

Shaun Koehn was the overall winner in 16:04.7 for a 5:11 mile. The overall female winner was Elizabeth Gillette in 18:14.0 running a 5:51 mile.

The first male master was LRRC president Mark Ferguson in 16:15.4 running a 5:14 mile. Second place was a hot contest where Mark was pipped at the post by a tenth of a second by Lane Alexander of Mountain Home.

First female master was Jennifer Found who finished in 19:13.3 for a 6:12 mile. Special thanks to Fleet Feet Sports, Easy Runner for presenting this race.

Thanks also to Go! Running store for a local after party of tasty treats and music.

Pick Your Injury - Iliotibial Band (ITB)

By Mark Ferguson

None of us want to become injured, but unfortunately as runners, almost all of us get a hitch in the gitty-up at some point. One injury that is common in runners is Iliotibial Band (ITB) Impingement.

The ITB is a thick tendon that runs the length of and connects the tensor fascia lata muscle which starts on the outer side of the hip to the outer side of the tibia. It stretches from your hip to your knee. It also crosses two joints, the hip and the knee, or in the knee.

The Symptoms are Hip or knee pain, or both; specifically, pain on the outer side of the knee where the bone bumps out above the joint, or on the outer side of the hip.

The Causes are A small, fluid-filled sac called a bursa sits between the tendon and the outside of the femur near the knee. There is also a bursa at the hip joint. When the ITB is tight, it increases the tension on the outer sides of the hip and knee and then pinches these two sites and the bursa (one or both) swells. Over time, the bursa becomes big enough to cause pain every time you run.

Treatment:

Stretch It Lie on your back and cross one ankle over the other knee so your legs resemble the number 4. Pull the bent leg up toward your chest. You'll feel the stretch in the outside of the hip. Hold for a few seconds and release. Repeat five times for both legs.

Roll It Lie on your side with the roller under your leg and roll it from your

hip to your knee, using your body weight to knead the area. The pressure will help loosen the tendon and fascia, almost like a self-massage. Do this at least once per day for several minutes. As your ITB loosens, the pain gradually gets better.

Editor's Note: Don't fall either. In case you haven't heard, on July 12 I fell at work and broke my hip, had a total replacement on the 13th and came home the 14th. I am on a walker and non-weight-bearing until September 2. That means my running career is over and the streak ends. I had participated in all of the ARK 5K Classic races but since it is scheduled for September 3 I guess I won't make it unless I can talk someone into entering in my name and letting me walk across the line on my walker. Or I can start a new streak next year.

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

August 2016

- 6: White River 4M Classic at Batesville. **GPS SC**. Call 501-554-5211
- 6: The Milk Run 5K at Little Rock. Call 501-350-2353.
- 6: Decatur 2K/5K/10K. Call 479-382-8632.
- 13: Watermelon 5K at Hope. **GPS SC**. Call 870-877-1917.
- 13: Run for the Grapes 5K/1M at Tontitown. Call 479-361-2612.
- 13: Melon Dash 5K at Cave City. Call 870-834-5315.
- 14: Eureka Running Festival 10K/5K/1M. Call 479-521-7766.
- 20: Running for a Playground 5K/1K at Dardanelle. Call 479-567-6061.
- 20: Flames 5K at North Little Rock. Call 870-489-6614.
- 20: Fiji Color 5K at Conway. Call 501-940-7049.
- 27: Run With The Flock 5K/1M at Little Rock. Call 501-804-2343.
- 27: Farmington Stampede 5K. Call 479-267-2664.
- 27: McClureø Fitness 5K at Benton. Call 501-269-1662.
- 27: Run for a Miracle 5K at Bella Vista. Call 479-586-1646.
- 27: Run to Defeat ALS 2M at Bentonville. Call 479-621-8700.
- 27: St. Jude Fayetteville 10K. Call 870-273-3323.
- 27: Easter Seals Rollinø on the River 5K at Little Rock. Call 501-227-3706.
- 27: Color Run for Color Guard 5K at Piggott. Call 870-634-6032.
- 27: Adam Brown Road Mile at Percy. Call 501-282-3481.

September 2016

- 3: ARK 5K Classic at North Little Rock. **GPS**. Call 501-412-4520.
- 3: FFA 5K at Oark. Call 479-292-3353.
- 3: Run the Ridge 5K/10K at Clarksville. Call 479-214-3588.
- 5: Cammack Village 5K/1M. Call 870-550-3645.
- 5: Run for a Childø Hunger 10K/5K/1M at Rogers. Call 479-246-0104.
- 10: Minuteman XC 5K at Little Rock. **GPS SC**. Call 501-231-3730.
- 10: Lavaca 9/11 Memorial 5K. Call 479-462-9629.
- 10: Winslow Half Marathon 5K. Call 501-837-3599.
- 10: Glow Run 5K at Yellville. Call 870-449-7155.
- 10: Race to Be Heard 5K/10K at Ozark. Call 479-209-0207.
- 10: A Safe Place to Run 5K/10K at Fayetteville. Call 479-282-4144.
- 10: Race to the Fair 5K/1M at Rison. Call 901-60604162.
- 10: Band on the Run 5K at Batesville. Call 870-307-9783.
- 10: Run to Remember 5K at Mountain Home. Call 870-425-6336.
- 10: South Logan County Color 5K at Booneville. Call 479-675-2666.
- 10: I Care 5K at Jonesboro. Call 501-376-4791.
- 17: Arkansas 20K at Benton. **GPS**. Call 501-246-0716.
- 17: Goshen Gallop 5K/10K. Call 479-466-8493.
- 17: St. Jude 5K at Little Rock. Call 901-373-5051.
- 17: Race for Recovery 5K at Fort Smith. Call 479-785-4083.
- 17: On Our Way 5K at Clarksville. Call 479-754-6869.

Birthdays

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

- 1 - Keith Cooper
- 2 - Libby Taylor
- 3 - Sunnie Butcher-Keller
- 4 - Tammy Helmick
- 5 - Aaron Batey
- 5 - Haylee Hooper
- 5 - Toga Tuite
- 6 - Brad Newman
- 7 - Russell Vines
- 8 - Ginea Qualls
- 8 - Maisy Jane Steadman
- 9 - Joey Gieringer
- 9 - Rachel Hendrix
- 10 - Manfred Galatowitsch
- 15 - Davis Fleming
- 15 - Chris Heller
- 18 - Ron Mitchell
- 18 - Kimberly Morton
- 19 - David Samuel
- 20 - Stacey Glascock
- 21 - Julie Barton
- 27 - Bill Ruck
- 28 - Paul Ward
- 29 - Mike Burleson

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