

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2016

Words From The President: Layer For Winter Runs

By Mark Ferguson
LRRR President

It was 37 degrees and overcast as I was getting dressed for my morning run. It has been so long since I had to think about what to wear. Usually it is a no-brainer, shorts and singlet or short sleeve shirt. Now I was contemplating whether to wear tights and a long sleeve shirt or compression shorts, long socks and a long sleeve shirt. So many combinations to choose from and not sure which one to go with.

I don't like to be too cold, but I definitely don't like to be too hot. I would rather be too cold than too hot. Nothing worse than a few miles in to your run and you realize you are overdressed. If you have dressed in layers, no big deal, just peel off a layer and tie it around your waist and keep running. Unfortunately, when I am overdressed, it leaves me in a precarious situation. I am a one layer guy and I am usually wearing tights when I get overheated. Not much I can do about that. Tights are nice when it is cold, but high 30s warming up to mid-40s is too warm for me to wear tights. Luckily today was a shorter run so I didn't have enough miles to get overheated.

If you are one of those runners that keeps a daily running log, now is the time to review last year's logs and see what type of clothing you wore on some of your winter runs. Most of you write an in depth review of each run including the temperature, wind speed, sunny or overcast and if it was wet or dry. Reviewing your logs can be very insightful while you plan what to wear for your next run. A little drizzle can make for a much colder run once you are soaked. A mid 30s run with no wind and a bright sky

can feel much warmer than a mid-40s overcast and windy run.

You will have to be your own judge concerning what to wear. Everyone's body reacts differently while they are exercising. There have been days when I should have worn warmer clothes. After a few minutes I thought I would warm up, but I never did. Wearing too few clothes can get you in trouble if the temperature drops during your run.

Many of you remember the Little Rock Marathon from a few years ago. If I remember correctly, the race started in the low 60s and within a few hours the temperature had dropped to high 30s and it was raining. This was the year the marathon was cancelled, I mean re-routed.

This was one of my worst marathons. I was so cold by the time I had finished. My hands were numb, my feet were numb and I was soaking wet. I contemplated what to wear knowing that the temperature would drop drastically, but I didn't want to run half of the race overdressed. I took my chances that I could handle whatever Mother Nature could bring.

I think Mother Nature won that battle.

Be prepared when you go on your next run. For the next few months, we might not have to think too hard on what our wardrobe will be. For most of us it will be long tights, long sleeve shirt, hat and gloves. For some of you diehards, your wardrobe might be similar to what you wore on your summer runs, just add a hat and gloves and you are out the door, rain sleet, or snow.

Make sure to join us for the Christmas Party at Diamond Bear Brewery on December 3 at 6:30 p.m. for some drinks and eats. Come hash it up with your

running buddies wearing their non-running attire.

Happy Running, Mark

New Members

Diana Marriott of Little Rock, who has been a runner for 20 years and averages 10-20 miles each week.

Blaine Orth of Maumelle is a civil engineer who has been a runner (on and off) for 30 years. He finished a half-marathon in two hours and a full marathon in 4:40, both in 2016. When he's not running, his four-year-old keeps him busy.

December Meeting
is
Club Christmas Party

December 3, 2016
6:30 p.m.

Diamond Bear Brewery
600 N. Broadway
North Little Rock

Pick Your Injury: Achilles Tendonitis

By Mark Ferguson
LRRRC President

Any time you see *õitisõ* at the end of the word, it means there is inflammation in that area. Achilles Tendonitis is inflammation of the Achilles tendon. There is very little blood flow to the Achilles area due to the distance from the heart so the healing process for this type of injury is often slow.

Symptoms of Achilles Tendonitis

Achilles Tendonitis is a dull pain at the back of the lower leg just above the heel at the Achilles tendon. The Achilles tendon is the thick band of tissue that attaches the calf muscles to the heel bone. Runners who suffer from Achilles Tendonitis complain of swelling and pain close to the heel, which is usually sharp and incapacitating.

The Causes

Tight calves are usually the culprit. Tight lower legs put an enormous amount of strain on the Achilles tendon. Through

multiple months of heavy training, this overuse injury develops and sets in. Unsupportive footwear can also cause this tendon to become inflamed. As with most running injuries, a quick increase in volume or intensity is one of the leading causes of Achilles Tendonitis.

Treatment

As with most injuries, the first step is **RICE**.

Rest ó Avoid repetitive stress on the tendon

Ice ó To reduce pain and swelling, apply ice to the tendon for up to 30 minutes at a time and avoid any heat

Compression ó Wrap your ankle with an elastic bandage or sleeve to restrict swelling. Be careful not to wrap too tight as this will cause swelling in the foot

Elevation ó Place a pillow under your ankle when sitting or lying down to prevent further swelling. Try to keep your foot elevated above the level of your heart.

If additional pain relief is needed, over the counter non-steroidal anti-inflammatory medication (NSAIDs), aspirin, ibuprofen, naproxyn, and acetaminophen can help.

Stretching will also help to temporarily relieve the symptoms, and aids such as orthotics, heel lifts, and highly structured shoes might be short term solutions.

Active Release Technique, a movement based treatment for soft tissue injuries that helps to break up scar tissue and restore normal function, might also be an option. Long term, stretching and strengthening the lower legs will pay dividends in eliminating Achilles Tendonitis. Calf raises, single-leg dead lifts, and single-leg squats will help. Keep a close watch on your training. As they always say, *õDonõ do too much, too hard, or too quickly.õ*

Happy Running!

Grand Prix Races

2016

December 10 - **CASA Half Marathon at Pine Bluff**

2017

January 22 – **One Hour Track Run at Pottsville**

February 4 – **River Trail 15K at North Little Rock**

February 11 ó Valentine's Day 5K at Russellville

February 19 ó Run the Line Half Marathon at Texarkana

March 11 – **Chase Race 2 Mile at Conway**

March 18 ó Spring Fling 5K at Cabot

April 1 ó Capita City Classic 10K at Little Rock

May 6 ó Toad Suck 10K at Conway

June 10 ó Arkansas Runner 2 Mile at Benton

June 17 – **Go! Mile at Little Rock**

August 5 – **White River 4 Mile Classic at Batesville**

August 12 ó Watermelon 5K at Hope

September 2 – **ARK 5K Classic at North Little Rock**

September 9 – **Minuteman Cross Country 5K at Little Rock**

September 16 ó Arkansas 20K at Benton

September 30 ó Paint Downtown Pink 5K at Fort Smith

October 14 – **Breakaway 10K at Searcy**

November 4 – **Mid South Marathon at Wynne**

November 18 ó Spa 10K at Hot Springs

December 9 – **CASA Half Marathon at Pine Bluff**

Bolded races are championships

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Races That Hurt The Most Are The Most Rewarding

By Emily Harbour

Several weeks prior to my first Spa City race experience, the subject of the race came up amongst my regular running group (because despite spending countless hours together on the road, the conversation always turns back to running, right?). We discussed who was registered, what our goals were for the race, and strategies for the course. Unusually enough for me, I did not register for this event on a whim the night before, but actually planned in advance to participate. It was one of the only two grand prix races left, both of which I needed to log my ten for the year.

However, having never run the course before, I had no idea what to expect as far as a respectable time. The veterans of the summit run warned me that it was brutal, but assured me that it was all downhill after mile three. Despite having completed the NYC marathon two weeks

prior and suffering minor calf pain following 26.2, I had taken my training easy since then and felt rested entering the 10K. The accounts from my friends didn't worry me too much & I think of myself as fairly strong on hills (after all, I ran cross-country in Montana where they actually have mountains!). And even though I knew the big hill at mile three would hurt, it would all be downhill from there.

Or so they said!

The first mile of the race felt great, as it often does. I had a pace in mind that I wanted to keep and was able to hold it well without going out too fast.

The second mile also went smoothly, although at this point I began to realize that I had overdressed. On one of the first truly cold mornings we've had this winter I was too much of a sissy to take off my long-sleeved shirt and gloves prior to the start, and was now regretting it. Somewhere between mile two and three

I began to feel the incline, and by mile 2.5, I wanted it to stop. This hill was no joke & my legs were burning and my lungs felt (and surely sounded) so out of shape! It was hard to believe I was so winded at a distance less than a 5K when I had just successfully completed a marathon! My pace slowed by at least a minute per mile and one of my strongest opponents passed me by. I fought a mental battle with my mind and convinced it that I did not need to walk, repeating the words *almost there* in my head.

Finally I reached what seemed to be the end of the climb and sure enough, my watch beeped, indicating I had reached mile three. As the surface leveled out I took a minute to catch my breath and then began working on regaining my pre-Mt. Everest pace. Just as I was getting back into the groove of a comfortable pace, I realized that the climb wasn't over. Another hill was in front of me, shorter than the last but every bit as steep, and the *out-of-shape* sensation returned.

Finally, after struggling up the last bit of incline (which I will point out came to an end at mile four rather than three), it really was ALL downhill! I know many runners don't enjoy downhill running, but I find it enjoyable in most cases. It felt so good to release the tension that had built in my legs over the last two miles, and it was a scenic ride down to boot.

I am happy to report that I ran the last two miles at my usual 5K pace and had a strong finish. Although a challenging race, I feel sometimes it is those that hurt the most that are the most rewarding. As always, I am happy for the opportunity these events provide to get together with the running community to give and receive encouragement and congratulations. I had a great time from start to finish (and the best time after the finish while consuming the free pizza and beer)!

This is a great event that I will likely participate in again & maybe by next year I'll forget just how challenging it was and mistakenly tell others the same as was told to me. *It's all downhill after mile three!*

March, April 2017 Race Calendar

March 2017

- 4: Little Rock 5K/10K/Kids Marathon 1M. Call 501-371-4639.
- 5: Little Rock Marathon. Call 501-371-4639.
- 11: Alma Dog Run 5K. Call 479-414-1929.
- 11: St. Patrick's Day 4M at Kansas City, MO. Call 816-272-8383.
- 11: Chase Race & Paws 2M/1M at Conway. (2M is **GPS SC**) Call 501-514-4370.
- 18: Spring Fling 5K at Cabot. **GPS**.
- 18: River Valley Endurance Half Marathon/5K at Fort Smith. Call 479-650-6182.
- 25: Miles for Multiple Sclerosis 5K at Conway. Call 501-837-6043.
- 25: Hunger Run 5K at Clinton. Call 843-214-0765.

April 2017

- 1: Capital City Classic 10K at Little Rock. **GPS**. Call 501-231-3730.
- 1: Super Heroes for Autism 5K/1M at Fort Smith. Call 479-459-0645.
- 1: Down and Dirty 5K/1M at Fayetteville. Call 479-616-3299.
- 8: I Love LK 5K at Hot Springs. Call 870-833-2332.
- 8: Downtown Dash 5K/10K/1K at Little Rock. Call 501-375-5557.
- 8: Run for a Vet 5K/1M at Van Buren. Call 479-806-0444.
- 15: Avilla Christian Academy Easter 5K at Alexander. Call 501-920-7210.
- 15: Soar With the Owls 5K/10K/1M at Fayetteville. Call 479-650-9053.
- 22: Rocket 5K at Little Rock. Call 501-664-4625.
- 22: Root Rocket 5K at Fayetteville. Call 479-200-3844.
- 22: Fly Like An Eagle 5K at Vilonia. Call 501-743-9431.
- 22: Yale to Oark 10K/2M at Oark. Call 479-292-3353.
- 22: BV Memorial 5K+1 at Jacksonville. Call 501-837-7055.
- 29: Panther Prowl 5K at Little Rock. Call 501-247-4996.
- 29: BSA 5K at El Dorado. Call 870-866-7855.
- 29: Mary Jane Moix Memorial 5K at Conway. Call 501-327-2255.

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. Contact the editor at lhouse48@gmail.com if you know of a race that should be listed in the calendar.

December 2016

- 3: Speedy Santa 5K at Benton. Call 501-517-7393.
- 3: Jingle Bell Jog 5K at Fayetteville. Call 479-530-8084.
- 3: White River Christmas Half Marathon/Relay at Batesville. Call 501-554-5211.
- 3: St. Jude Memphis Marathon/Half/10K/5K/1M. Call 800-565-5112.
- 3: Jingle Bell 5K/1M at Little Rock. Call 501-664-4591.
- 3: Devilø Den Trail 3M/5M/9M at West Fork. Call 479-879-7003.
- 3: Raid the Rock Trail 20K at Little Rock. Call 501-993-1993.
- 10: CASA Half Marathon at Pine Bluff. **GPS**. Call 870-556-0660.
- 10: Jingle Bell 5K/1M at Springdale. Call 501-646-4591.
- 10: Ugly Sweater 5K/1M at Hot Springs. Call 501-760-8060.
- 10: The Green 5K at DeQueen. Call 870-784-2867.
- 10: Lake Alma Trail 3.8M/7.6M at Alma. Call 479-561-2379.
- 10: Yule Run 5K at Greenwood. Call 479-996-6357.
- 10: Ugly Sweater 5K at Jonesboro. Call 870-613-1273.
- 10: Lottie Moon 5K at Batesville. Call 870-613-1273.
- 10: Run Run Rudolph 5K at Rose Bud. Call 501-556-5885.
- 10: Santaø Elves Obstacle Assault 1M at Sallisaw, OK. all 918-385-1755.
- 11: Run Like Youøve Been Stung 5K at Maumelle. Call 501-851-9700.
- 17: Three Bridges Marathon at Little Rock. Call 501-231-3730.
- 17: Mt. Nebo Bench Trail 4M at Dardanelle. Call 479-477-2522.

January 2017

- 1: New Yearø Day Hangover Half Marathon at Malvern. Call 501-732-0313.
- 1: Black Eyed Pea New Yearø 5K/10K at Fayetteville. Call 479-790-6491.
- 14: Frozen Toes Trail 15K at Fayetteville. Call 479-444-3463.
- 14: Day of the Undead Zombie 5K at Magnolia. Call 870-299-3812.
- 21: Davidø Trail 50K/25K/7K at Mountain Home. Call 870-404-8363.
- 21: Ameliaø Gift 5K at Greenwood. Call 479-461-9625.
- 22: One Hour Track Run at Pottsville. **GPS SC**.
- 28: Village Creek Trail 10K/25K at Wynne. Call 870-208-6523.

February 2017

- 4: Freezin for a Reason 10K/5K at Conway. Call 501-450-0512.
- 4: River Trail 15K at North Little Rock. **GPS SC**.
- 11: Mississippi River Marathon/Half/5K at Lake Village. Call 501-650-3400.
- 11: Heart of the Ozarks Half Marathon/10K/Relay at West Plains, MO. Call 417-293-3554.
- 11: Never Give Up 5K at Horatio. Call 870-832-4763.
- 11: Valentineø Day 5K at Russellville. **GPS**.
- 12: Fort Smith Marathon/Half/Relay. Call 479-719-3730.
- 19: Run the Line Half Marathon at Texarkana. **GPS**.
- 25: The Beat Goes On 5K at Benton. Call 501-776-6746.
- 25: Run with the Knights 5K at Van Buren. Call 479-208-1948.
- 26: Great Amazing Race 1.5M at Little Rock. Call 513-518-0528.

Birthdays

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

- 1 - Steve Hollowell
- 2 - Karen Knudsen
- 4 - Scott Freeman
- 5 - Ron Hay
- 7 - Jim Gorman
- 8 - Matt Olney
- 10 - Carl Rice
- 12 - Ron Sanders Jr.
- 13 - Laura Brown
- 13 - Randy Taylor
- 14 - Jeff Weidauer
- 15 - Chris Attig
- 15 - Melanie Smith
- 17 - Emmitt Lewis
- 17 - Andreas Bradley
- 18 - Mark Ferguson
- 18 - Robert Holmes
- 21 - Noelle Coughlan
- 22 - Will Henry
- 22 - Bethany Mooney
- 23 - Chet Howland
- 26 - Tom Barron
- 28 - Kelly Kreth
- 29 - Jeff Day
- 30 - Terry Denton

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

Girls On The Run Has Successful 2016 Season

By Jenny Paul, Executive Director
Girls on the Run

December. An exciting time in many ways, but at Girls on the Run, it's our time to wrap up all the business from the season that ended just before Thanksgiving and take a deep breath before diving into the new year.

For faithful readers, you've heard it several times already, but I always hate to pass up the opportunity to share a brief description of Girls on the Run with new birds. First, it is a running program in the sense that we run at every practice and that the crowning achievement of the season is a 5K. However, the Girls on the Run curriculum reaches far beyond physical fitness. At every practice, our participants, 8-11 year old girls in the community, work with their coaches and teammates to discuss topics that are important for living a balanced, healthy life. The season begins with topics that help the girls develop a stronger sense of identity and understand how the choices they make on a daily basis can influence how they view and experience the world. The girls then have several practices that focus on peer relationships and get to practice strategies for effective communication. Finally, as the season comes to a close, the topics shift toward community and each team designs and executes a project that makes a positive difference. Throughout the season, workouts are woven throughout the curriculum that support the discussion topic of the day while simultaneously physically preparing the girls to complete the GOTR 5K at the end of the season.

The 2016 Girls on the Run season culminated with the GOTR 5K on the afternoon of Sunday, November 20. The weather was perfect and spirits were high as nearly 200 girls and

their adult running buddies completed the 3.1 mile run/walk along the River Trail and the Big Dam Bridge. Several Roadrunners volunteered or came to cheer as girls from 15 teams in Pulaski and Saline counties completed the goal they had been working toward for 10 weeks. Here's a great idea for an icebreaker at the LRRC Christmas party on Saturday: Instead of the old "run any good races lately?" or "training for anything?" try leading off with "were you one of the Roadrunners that went to the GOTR 5K?" You'll strike conversation gold. Promise.

We have been very fortunate with the amount of support that the central Arkansas community has provided and have been able to offer this program at a reduced cost or at no cost to any girl that has requested it. Historically, about a third of our participants received a full tuition waiver and another one-third paid a portion of the full price (which is \$150 or less than \$5 and includes the 5K experience). I have not yet calculated our scholarship rates from 2016, but, assuming the figures are consistent with past seasons approximately \$12,000 in scholarships were provided. The Roadrunners Board of Directors agreed to renew a grant to our Council that will help us continue to make this opportunity available to girls in our community regardless of their family's financial status. If you are considering individual end of year giving, please remember Girls on the Run of Central Arkansas. Every gift of any size makes a large impact in an organization our size. Gotrcentralark.org. It feels good not to be scrooge-y.

Furthermore, if you would like to be involved in Girls on the Run as a coach or other regular volunteer, please contact me at jenny.paul@girlsontherun.org. We will begin planning for the 2017 season which begins in September early next year!

Happy Holidays, Birds!

Central Arkansas Team RWB Is An Official Chapter

By Lisa Gunnoe, Chapter Captain
Team RWB, Central Arkansas

This time of year always brings contemplation, nothing new about that this year. We at Team RWB Central Arkansas are gratefully celebrating our new status as we move from a community to a chapter. What does this mean? It means we are consistent, we show up, we are here for our communities in Central Arkansas. We received the good news on November 18, 2016. It has taken us a few years to get here but we are sure our steady growth will be a sign of steady commitment for the future.

Upcoming Events:

December 10, 2016, 8 a.m.

Casa Half Marathon, Pine Bluff

<http://www.casahalfmarathon.org/>

It appears that there is race day registration but be there early to

register

December 17, 2016

Wreaths Across America, Little Rock National Cemetery, 2523 Confederate Blvd., Little Rock, 11 a.m.

POT: Jeff Beason jeff.beason@teamrwb.org

Jacob Wells 3 Bridges Marathon, 7 a.m.

<http://3bridgesmarathon.com/>

There is no race day registration so make sure and get signed up. Team RWB members will be with Conway Running Club at their water stop for this marathon.

If you have access to the Little Rock Air Force Base and would like to run/workout with Team RWB contact Michael Kumiyama for details. Michael.kumiyama@teamrwb.org

Merry Christmas!