

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2016

LRRC Will Be Bowling, Watching TV, And Going To The Movies

By Brian Sieczkowski
LRRC President

January is gone, the first Grand Prix race is in the books, and the Little Rock Roadrunners Club has a series of fun events coming up. Don't let the headline fool you, they are all even running related.

First up in February is the River Trail 15K in North Little Rock on the sixth of the month. The River Trail 15K is hosted by the Arkansas RRCA, which is really just a collection of the running clubs across the state. So, consider it your LRRC duty to run or help out if you can. To sign up, visit rivertrail15k.com; to volunteer, contact race director Erik Heller -erik@gearheadoutfitters.com.

Following the 15K, the Arkansas RRCA will host the [Award Ceremony for the 2015 Grand Prix Series](#) at the St. Vincent Hospital Auditorium in Little Rock.

One week later on February 13 is the Valentine's Day 5K in Russellville. The race is moving from the Bona Dea Trails to the roads around the Arkansas Tech University campus. Recent flooding has damaged one of the bridges in Bona Dea necessitating the change though there is also word that the Army Corps of Engineers will not allow future races at the Bona Dea Wildlife Sanctuary. This change in policy comes after a running clinic held a race at Bona Dea without formal permission and without properly cleaning up afterwards.

I'd hate to see all races banned from the area; the Valentine's Day 5K has

been run there for 20 years and has become a February tradition for many across the state. Personally, it is a race I always look forward to, having run it eleven times out of the past twelve years. A big part of the appeal of the race for me is running on the Bona Dea Trails; the venue really sets it apart from the bevy of local 5K road races

Hopefully, once the flood damages are repaired, the Corps will allow long-standing events that have taken care of the grounds like the Valentine's Day 5K to return to Bona Dea. And no matter where you run, whether in a race or solo training, remember to leave our running paths clean.

After the Valentine's Day 5K, head back to town and get ready to attend the [LRRC Watch Party for the US Olympic Marathon Trials](#) at Professor Bowl in Little Rock. The Olympic Marathon Trials will decide which three men and women represent the USA in the Rio Olympic Marathon this summer. For the first time in history, NBC will broadcast it live. Coverage starts at noon on Saturday, February 13th.

LRRC has reserved the party room at Professor Bowl for our own Watch Party. You can order food and drinks from the Alley Snack Bar and cheer for your favorite marathon runner to make it to Rio. Professor Bowl will also have TV capability on the lanes so you can even bowl a few games while watching the race if you should so desire.

Monday, February 15th will be our next [Club Meeting](#). With the Christmas Party and Hilly Chili Event, it has been

awhile since we've had a formal meeting. It will be good to be back at U.S. Pizza in Hillcrest. Our featured speaker for February is Mary Wells, registered dietitian/nutritionist (and former LRRC president). Mary will speak specifically on the growing market of supplements. Widely used and little regulated, there is probably much you don't know about supplements. Luckily, Mary will give us an overview of this market and answer questions on their usage.

Looking ahead to March, LRRC will be co-hosting a special showing of the documentary film *Run Free: The True Story of Caballo Blanco* at the Ron Robinson Theater on March 19 at 6 p.m. The film chronicles runner Micah True, first made famous by the Christopher McDougall book, *Born to Run*. This is a one-night-only showing as the filmmakers are traveling to cities across the country for individual screenings.

If you've never been to the Ron Robinson theatre, it is located in the River Market and a neat viewing experience worth the price of admission itself.

The biggest LRRC event of the year - [The Capital City Classic 10K](#) - will be April 2nd at Two Rivers Park. This event is so big, however, that I can only tease it here. Full details will be forthcoming in the March *Runaround*. I can feel the anticipation building!

Until then, keep running and I hope to see you all at the 15K, the US Marathon Trials Watch Party at Professor Bowl and at U.S. Pizza for the February meeting.

Eight Questions With Ginea Qualls

Ginea Qualls is a former president and membership chair of the Little Rock Roadrunners Club. As her mother is Barbie Hildebrand, Ginea has been on the road running scene since before she could walk. Recently, the Runaround caught up with the LRRC past president. Below is the full transcript:

Runaround: When did you first start running?

Ginea Qualls: That is a tricky question. I ran my first race when I was five, but didn't really get into running until 2001.

RA: What will happen first: you beat your mom in a race or your daughter Savannah beats you?

GQ: I suspect, Savannah will beat me first. My mom retired from running two years ago, which sucks ... I miss having her at races. I really wanted to beat her, but I guess all I can try to do is beat her times, which I think is dang near impossible.

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

GQ: Long run Saturday, 8-10 miles, Monday easy 3-4, Tuesday track, then Wednesday 3-4 miles. Some weeks I only get three runs in. It is hard to balance work, home life and being a mom at times. I really hope to be more consistent and add in a Friday or a Sunday run soon.

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

GQ: Wow, hard question. I guess Mid-South Marathon

2007. I did lots of consistent and hard training. I ran track once a week, a longer tempo run mid-week and then a long run every weekend. I ran with people faster than me at that time as well. I always tried to hang with them for the first 20 minutes before slowing down to my pace.

RA: What was your worst race ever and what did you learn from it, if anything?

GQ: Hmm, PW. Maybe this year's One Hour Track Run. I think a couple factors played into the failure. 1. I ate lunch around 1 p.m., my stomach was not happy. At one point I thought about vomiting just to see if it would help. 2. I ran really hard at the track Tuesday, then I didn't run again until Sunday, dead legs. I've found I do better in races if I can run a few easy miles the day before.

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

GQ: My Tuckers route. I start from the SVI Family practice clinic at the corner of Rodney Parham and Cantrell ... my route takes me through PV which offers a lot of hills.

RA: What is your favorite Arkansas race?

GQ: Use to be the Dam Night Run, but after years of poor management, I don't like it as much. I guess it's a tossup between Go! Mile and the Batesville 4-mile.

RA: What advice do you have for beginning runners?

GQ: Start slow, invest in decent running shoes and find people to run with.

RA: Unlike Imari Dellimore, you ran the One Hour Track Run instead of attending a Lulemon fashion show. There isn't actually a question here, I just wanted to mention why Dellimore was unable to make the first 2016 Grand Prix race.

GQ: HA ð no comment.

2016 Grand Prix Races

February 6 - River Trail 15K at North Little Rock

February 13 - Valentine's Day 5K at Russellville

February 21 - Run the Line Half Marathon at Texarkana

March 12 - Chase Race 2M at Conway

March 19 - Spring Fling 5K at Cabot

April 2 - Capital City Classic 10K at Little Rock

April 10 - Hogeys 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.

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Ross Bolding Back In The Hunt For M70 Records

By Ross Bolding

Hope you are doing well and that your running is going great. I am doing wonderfully and enjoying being retired, at least temporarily. You asked me to keep you posted on how my running was coming, so here goes.

When I got back from Alaska last May after being gone for two years, I was 25 pounds overweight, fat and sluggish. I was hardly able to run at all there because of the ice on the ground from late September through May and was really out of shape. I started to lose the weight and run a little, but it was a slow go. I went to the Go Mile in June, telling myself that if I could not break seven minutes I might as well give up. So I ran hard and ran a 6:51. Boy, I was at a low ebb. But, I was determined to get better, and by October was able to run a 21:01 5K at the Ding Dong Days in Dumas. I ran Chili Pepper in 44:44, slowest 10K ever, but I have kept plugging, and little by little I am getting in shape.

I turned 70 on January 12. Sunday I drove down to Pottsville for the One Hour Track Run. My goal for this year was to run seven miles at sub-seven minute pace at age 70. Pretty lofty goal, but doable, I thought. So I went out aggressively, thinking I had a chance to do so and an outside chance at the national M70 age group one hour run record. I went through the one mile in 6:47 and was on my way. Here are some splits, as compared with the M70 Arkansas state records:

<u>State Records</u>	<u>My Splits</u>
1 Mile - 7:36	6:47
2 Miles - 13:36	13:35
5K - 21:40	21:20
8K - 36:53	34:43
10K - 43:29	43:17
12K - 1:02:11	51:52

And 6 seven miles in 48:57, breaking the seven-minute-mile pace for seven miles. Old People Power! Unfortunately, I have been having a few stomach issues and had to go lean on the

fence and barf soon after that, and lost over three minutes, effectively doing away with my shot at the national record. I finished with about 8.1 miles, and though disappointed at the distance it was still a great day.

I did time myself for a 20K during a long run recently, just cruising at 7:36 pace on a 15 miler, and got a time of 1:33.12, which compares favorably with the M70 state record of 1:43:53. I am looking forward to another exciting year of running. I hope to be able to do several national championship races, and I think I

will point toward the national record M70 in the mile. The current longstanding record is 5:37, and that will take some doing from an old codger, but I believe it is possible. I have a young man who has agreed to do some training runs with me with a view to the record, so it should be fun. I will keep you updated as the year progresses.

I do love hearing from my friends in Little Rock, so if you don't mind, please put me on your email list for the newsletter.

January Spotlight Race Results: One Hour Track Run

Name	Distance in Miles	Name	Distance in Miles
Brian Sieczkowski	10.24	Cyber Gieringer	6.79
Mark Ferguson	10.14	Chris Attig	6.70
Jonathan Aram	9.98	Ginea Qualls	6.63
Brian Sites	9.53	Joseph Poole	6.47
Ron Mitchell	9.44	Bryan Kilgo	6.43
Joey Gieringer	9.41	Joe Milligan	6.17
Sarah Olney	8.70	Roy Hayward	6.13
Mark Lacey	8.52	Jayne Butts-Hall	6.06
Tammy Hemick	8.23	Sheila Galatowitsch	5.84
Nicole Hobbs	8.11	David Conrad	4.98
Chris Hall	7.82	Karen Halbert	4.98
Jim Barton	7.78	David Samuel	4.93
Steven Booth	7.48	Karen Knudsen	4.82
Rachel Hendrix	7.36	Mackenzie Ferguson	4.06
Russ Vines	7.09	Jenifer Booth	3.20
Bill Crow	6.91	Mary Hayward	3.03
Manfred Galatowitsch	6.88		

LRRC Grand Prix Team Members in **Bold type**

LRRC Helps To Support Girls On The Run

**By Jenny Paul
Executive Director
Girls on the Run**

There are so many exciting things coming up for Girls on the Run in 2016, and we hope you will be a part of what is sure to be our best year yet! In the March edition of *The Runaround*, I should be able to share more specifics like dates, times and locations, but, for now, I'll share general ideas of what we have in store.

As many of you know, the Board of Directors voted to move to one season of GOTR programming per calendar year. Beginning this year we will only host a fall season of Girls on the Run. This change is exciting for several reasons and brings the promise of growth that surpasses our original rates of adding two new teams per season/four new teams per calendar year.

Quality program delivery has been our primary focus during our

previous five seasons, and ensuring that the Girls on the Run curriculum is intentionally and thoughtfully delivered to all of our teams will always be the motivation for each of the council's projects and initiatives. Support from individuals and groups like the Little Rock Roadrunners Club has allowed us to remain financially healthy while offering full scholarships to 30% of our participants and partial scholarships to over 20% of our girls. In order to fulfill the requests for new sites and maintain our ability to offer partial and full needs-based scholarships, it is important that we turn more attention to fundraising at this time.

We hope to offer fun events during the spring and summer for girls to try some "GOTRized" activities and would love to offer some adult activities that incorporate elements of the curriculum as well. Past and prospective coaches will be invited to a meet and greet where those

with experience can share some of their favorite stories and their challenges from past seasons with those who are interested in being involved as a coach. Additionally, we will have one-time volunteer opportunities where you can help assemble coach boxes for the season and put together snack boxes for teams. Keep an eye out for specific dates and times for these events and for announcements about our fall season.

We are so grateful for the Little Rock Roadrunners. Girls on the Run of Central Arkansas has enjoyed support from the birds since our establishment, and we are so proud of our affiliation with this running club. Contact me any time with questions about GOTR ó jenny.paul@girlsontherun.org or 501-615-5733.

Go Birds!

Team RWB Makes A Difference In Our Country

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

Veteran Ambassador Program

Whether you're an active duty service member or an honorably discharged veteran, Team RWB needs your help to spread the word about our mission. We believe that consistent exercise is the most under-prescribed response to counter the symptoms of Post-Traumatic Stress (PTSD) and Traumatic Brain Injury (TBI).

But don't just take our word for it ó below is a link to just a few Team RWB wounded veteran athletes who have found physical fitness to be transformative in their struggles with PTSD and TBI (insomnia, headaches, depression).

Running, triathlons, and functional fitness are all proven ways to increase physical, psychological, and social health, so if you are a veteran or

active duty service member, please [sign up](#) with Team RWB and be sure to check the "Veteran Box."

We look forward to you joining us, feeling the esprit de corps of being a member of Team RWB, and making a difference in the future of our country.

IT'S OUR TURN!

<http://www.teamrwb.org/our-impact/real-stories>

Join the Team: <http://www.teamrwb.org/the-team/chapters>

Events and Activities

Saturday, February 13, 2016 ó 3 p.m.
Altitude Trampoline Park ó Little Rock

Friday, March 4, 2016 ó 6 p.m. Little Rock
Marathon dinner ó Mellow Mushroom

Weekly Fitness Activities

Searcy:

Tuesday & Thursday various times and places mostly 4 p.m. Berryhill Park
Contact: lisa.gunnoe@teamrwb.org
Wednesday, 11 a.m. Berryhill Park

Conway:

Tuesday & Thursday at 5 a.m. from Conway Regional Fitness Center
Contact: jackie.stone@teamrwb.org

Little Rock:

Tuesday evening 5:30 p.m. at Catholic High School (Thank you Little Rock Roadrunners.)
Contact: chris.attig@teamrwb.org

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

February 2016

- 6: Freezinøfor a Reason 5K/10K at Conway. Call 501-450-0512.
- 6: River Trail 15K at North Little Rock. **GPS SC.**
- 13: Mississippi River Marathon/Half/5K at Lake Village. Call 662-721-7779.
- 13: Mardi Gras Mambo at Baton Rouge, LA. Call 225-382-3571.
- 13: Valentineø Day 5K at Russellville. **GPS.** Call 479-857-4527.
- 13: Tucker Out Rucker 5K at Fayetteville. Call 479-466-8493.
- 13: The Lovely Lap 5K at Hackett. Call 479-638-0015.
- 14: Fort Smith Marathon/Half/Relay. Call 479-314-5061.
- 14: The Great Amazing Race 1M at Little Rock. Call 513-518-0528.
- 16: Louisiana Marathon/Half/Quarter/1.2M at Baton Rouge. Call 888-786-2001.
- 20: Van Davis Memorial 5K at Hot Springs. Call 501-760-4129.
- 20: Chillinø on the Creek 5K at Harrison. Call 870-577-2400.
- 20: Small Town Love Runs Deep 5K at Prescott. Call 870-292-9926.
- 21: Run the Line Half Marathon/10K/5K at Texarkana, AR-TX. **GPS.** Call 903-792-7186.
- 27: The Beat Goes On 5K at Benton. Call 501-776-6746.
- 27: Run with the Knights 5K at Van Buren. Call 479-208-1948.
- 27: Home Run 5K at Malvern. Call 501-844-0075.

March 2016

- 5: Little Rockers Kids Marathon 1M. Call 501-371-4639.
- 5: Little Rock 5K/10K. Call 501-371-4639.
- 6: Little Rock Marathon/Half Marathon. Call 501-371-4639.
- 11: Cow Paddy 5K at Fayetteville. Call 479-790-0700.
- 12: Fight Back 5K/1M at Rogers. Call 479-422-8156.
- 12: Trojan Trot 2M at Hot Springs. Call 501-922-8332.
- 12: PCLS Rock -nøRead for Literacy 10K/5K/1K at Russellville. Call 479-968-4368.
- 12: Race for the Beat 5K/1M at Jonesboro. Call 870-273-6910
- 12: Chase Race & Paws 2M/1M at Conway. **GPS SC.** Call 501-514-4370.
- 19: River Valley Endurance 5K/Half Marathon at Fort Smith. Call 479-675-2610.
- 19: I Love LK 5K at Hot Springs. Call 870-833-2332.
- 19: IAFF 2855 Flap Jack 5K at Siloam Springs. Call 314-495-2800.
- 19: Victorian Classic 10K/2M at Eureka Springs. Call 479-981-3065.
- 19: My School Color Run 5K at Beebe. Call 501-454-3216.
- 19: Heroes Ruck Challenge 15.3M at Little Rock. Call 501-712-5514.
- 19: Spring Fling 5K at Cabot. **GPS.** Call 501-779-2479.
- 26: MLK 5K at Little Rock. Call 501-231-3730.
- 26: Iron Pig Festival 5K/1M at Fayetteville. Call 479-521-7766.
- 26: Highrock Hop Trail 5M/10M at Batesville. Call 870-307-8922.
- 26: Hunger Run 5K at Clinton. Call 843-214-0665.

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.

Birthdays

The following is a list of Club members and spouses who were born in February. Contact Melissa Hendricks at mmvers1_98@yahoo.com or 766-0086 if the information is incorrect.

- 4 - Joe Milligan
- 6 - Charlie Hoag
- 10 - Mary Heller
- 11 - Steven Booth
- 12 - William Fletcher
- 13 - Alison Acott
- 13 - Charles Peyton
- 16 - Chris Brown
- 17 - Tina Coutu
- 23 - Melissa Hendricks
- 24 - Cymber Gieringer
- 24 - Helen Jones
- 27 - Belinda Harrell

February Meeting

February 15, 2016

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

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

Mary Wells
Registered Dietician/Nutritionist

Growing Market of Supplements

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

New Members And Renewals

By Melissa Hendricks, Membership Chairman

Little Rock Roadrunners Club welcomes new members and renewed members.

New members

Chris Attig of Little Rock, an attorney who runs about 30 miles a week and also enjoys hunting, riding his motorcycle and gardening

Laura and Chuck Brown of Little Rock, who also like play tennis and participate in other outdoor sports

Brent Corbitt of Little Rock
Will Henry of Little Rock, a UAMS medical student who runs about 60 miles week and also enjoys disc golf, hiking, cycling and studying. He says he is trying to survive the next four years of medical school.

Charlie Hoag of Little Rock has been running for more than four decades, keeping it at 45 miles a week

Pennie and Emmett Lewis of Hunter. Emmett is a farmer. He ran when he was in the National Guard, but now runs for fun and wants to complete his

first half-marathon with his wife, who is a dedicated runner.

Elizabeth and Christopher Miller of Little Rock

Maisy Jane, Mallory Ann, Alise and Tim Steadman of Maumelle. Maisy Jane, 2, and Mallory, 1, are beginning their running careers early. Alise says they chase each other around the living room and run away from their father at the grocery store.

Renewed members

Jonathan Aram of Little Rock
Alberto Basilio of Little Rock
Dan Belanger of Little Rock
Jennifer and Steven Booth of Little Rock
Jayme Butts-Hall of Alexander
Jeff Byers of Little Rock
David Conrad of Little Rock
Alexa, Noelle and Sean Coughlan of Little Rock

Donna Duerr of Roland
Alyssa Frisby of Little Rock
Cymber and Joey Gieringer of Pine Bluff
Karen Halbert of Little Rock
Chris Hall of Alexander
Mary and Roy Hayward of North Little Rock

Tammy and Jimmy Helmick of Roland
Melissa Hendricks of Little Rock
Nicole Hobbs of Little Rock
Robert Holmes of Little Rock

E.F. Jennings of Little Rock
Kelly Kreth of Little Rock
Mark Lacey of Little Rock
Laura Lamps of Little Rock
Jeff Maher of Little Rock

Bob Marston of Roland
Drake Martin of Holly Grove
Ricky Martinez of Little Rock
David McClanahan of Jacksonville
Stacy and Ron Mitchell of Little Rock

Brad Newman of Little Rock
Sarah and Matt Olney of Little Rock
Lou and Charles Peyton of Little Rock
Bill Rahn of North Little Rock

Bill Ruck of Little Rock
Nick Rule of Little Rock

Ann Scoggins of North Little Rock
Gary Taylor of Little Rock
Toga and James Tuite of Little Rock
Paul Ward of Little Rock
Greg Yarbrough of Little Rock

Running Calendar (Continued from Page 5)

- 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.
- 9: Helping Hand Walk/Run/Wheel 5K/2M at North Little Rock. Call 501-791-3331.
- 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.
- 10: Hogeeye Marathon/Half Marathon/Relays/5K at Fayetteville. **GPS SC.** Call 479-530-8432.
- 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.
- 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.
- 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.
- 30: Butterfly Swamp 5K at Little Rock. Call 501-766-1315.