

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2016

LRRC 2016 - Year Of The Bird

By Brian Sieczkowski
LRRC President

2016 ó A new year is upon us. It is a new Leap Year at that. We all get an extra day of running in 2016. The change in the calendar is always a good time to access where you are at and set goals to guide you in the upcoming year. The first step in achieving any goal is to write it down. The second step is to share it with others in order to hold yourself accountable.

Several brave LRRC members have emailed me their personal running goals for 2016 for publication in this *Runaround* issue. Without further ado, they are:

Jay Jennings

1. Run at least half the Grand Prix races
2. Reclaim my 2013 Age Group title at the Go! Mile (after the truly fast runners have placed in Masters/Grand Masters categories)
3. BQ in the fall

Colin Hall

1. Run injury free
2. Run multiple PRs
3. To have fun

Tracy Tungac

1. Run 1:22-1:23 at the LR Half
2. Run a full marathon next fall, sub 2:55

Homer Mason

1. Sub 10:30 at Chase Race
2. Sub 17 at Spring Fling
3. Sub 35 at Capital City
4. Sub 4:45 at Go! Mile
5. Sub 3-hour marathon
6. Sub 1:20 at CASA Half

Lydia Mason

1. Sub 13 for 2 miles
2. Sub 21 at the Hunger Run 5K
3. Sub 44 at Capital City
4. Sub 6 at the Go! Mile
5. Sub 1:38 for a half marathon

Christine Ferguson

1. Train smart and be prepared for the summer 5K season
2. Run a PR at the CASA Half Marathon

Mark Ferguson

1. Sub 4:40 at the Go! Mile
2. Sub 2:40 at either the LR or Boston Marathon

Imari Dellimore

1. Beat Brian Sieczkowski in at least one race
2. Promptly retire

Bill Simpson

1. Place in my Grand Prix Age Group
2. Sub 2:55 and finish in the top 5% at the Boston Marathon
3. Stay healthy

Rodney Paine

1. Stay injury free
2. PR at any distance

Brian Sieczkowski

1. Sub 10 minutes for 2 miles
2. Sub 4:38.9 at the Go! Mile (Dellimore's AG record)
3. Sub 34 for 10K
4. Beat Mark Ferguson at a race longer than 2 miles

And there you have it. Should be interesting to look back on this list at the end of the year and see how everyone

did. If you are not listed above, but would like to share your running goals with the Universe, simply email your list to briansieczkowski@gmail.com and I will include them in next month's newsletter.

Upcoming Events:

As it is now January, many of you may need to renew the old Club Membership. Please don't delay! You can now renew online for up to three years at a time and get a discount for your commitment. Go to www.littlerockroadrunners.com and click the registration link. The system we now use to send up emails with the newsletter and upcoming events will only go out to active memberships so keep your status current to ensure you don't miss out on any important news.

You'll also need to have your membership up-to-date if you plan on running for the LRRC in the 2016 Grand Prix Series and let me say that I hope you do. Every single one of you, I am hoping to have you join our racing team. You may only run one or two races, you may place at the bottom of your age group, but you can only help, and never hurt, the LRRC in the team competition. Think about it. Then sign up for 2016 at www.arkrrca.com today!

Before the racing season kicks off, the LRRC will once again hold a **Hilly Chili Run**. For those unfamiliar, this involves a chili potluck and a fun run of variable length which features significant elevation changes. I recommend running first, then eating chili, but you are free to decide upon whatever order suits you best. The details:

Where ó Imari Dellimore's House, 2423 North University Ave.

Nine Questions With Brian Sieczkowski

Brian Sieczkowski, current President of the LRRC, may have forgotten to find a subject for this month's Q&A and then realized the column was already due several days previous and had to quickly interview himself. Below is the full transcript:

The Runaround: When did you first start running?

BS: Well, I did run track in the 9th and 10th grade. My main race was the 800 meters but I ran the 1600 pretty regularly as well. I didn't run a step outside of practice or meets unless it was in practice for another sport. After sophomore year, I didn't really run again until I was in graduate school, a gap of seven years or so.

RA: What was the experience and training like, running for your school team?

BS: I liked being on a team, hanging out in the van with my schoolmates while we waited hours for our event at meets. This was in Nebraska and it was often cold and windy so we just sat in the van until 10 minutes before our start time and then immediately returned after finishing. I didn't take it too seriously; it was just something to do after school and an occasional reason to get out of a couple afternoon classes if we had an away meet.

I really do not remember much of the training from our high school team. It was overall pretty minimal. I really think the longest I ever ran without stopping while in school was three miles. We did interval workouts twice a week if there was no meet, one day of hill repeats and then an easy day or two that consisted of one mile warm up, one mile easy and one mile cool down. It was basically a "run the least possible amount" type program way back before *Runner's World* made that a monthly feature.

RA: How did you come to Arkansas and what is your training like now?

BS: I moved to Arkansas in 2003. I finished PT school in Iowa and moved here for a job that May. My training now is to try to be consistent with about 60-70 miles a week, running on my lunch break at work more often than not. Most Tuesday evenings I hit the LRRC track workout and on Sunday mornings I'll do a 15-18 mile long run. Most other days, I'm just doing a comfortable pace with maybe a tempo on Thursday if I don't have a race and I feel good.

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

BS: Probably the 2010 One Hour Track, which is funny because I pretty much hate that race. I was coming back from a stress fracture that year and it was taking a lot longer to get back than I wanted. So, I had low expectations that day and started out a little easy. I think that is probably what allowed me to gradually pick up the tempo and pass others who had gone out too hard in the early miles. Five of us ended up in a lead pack with only a minute left in the race or so. There are never that many runners in the lead pack so close to the finish in local races so it was pretty exciting to be a part of it.

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

BS: For a long run, I like to run from Cook's Landing, a big loop through Burns Park, then up to Fort Roots and through Emerald Park before returning on the River Trail for about 17 miles. For regular runs, I like running in Maumelle, there are so many trails that go in so many different directions that you can run them every day and never cover the same route.

RA: What is your favorite Arkansas race?

BS: My favorite is the Chile Pepper XC Festival. Honorable mention to the Go! Mile, the River Trail 15K, and the Valentine's-Day 5K.

RA: Do you do any cross-training?

BS: No.

RA: What advice do you have for beginning runners?

BS: The most important facet of training is consistency. That means you have to stay uninjured. It's better to run a workout at 90% and recover for your run the next day than to hurt yourself to set a training run "PR." Build gradually and you can improve for 10 years or more. At races, don't go out too fast. You can beat a lot of people that are in better shape than you by holding back in the first part of a race and finishing with even splits.

RA: Did you get Imari Dellimore to agree to host the 2016 Hilly Chilly Run at his house solely to force him to actually show up for a Club event?

BS: Well, if there is anyone who could possibly miss an event that was held in his own home, it would be Dellimore. I've told him he doesn't even have to run, he can just sit there and eat chilly. So, I think the odds are somewhat good that he will be in attendance.

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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December Spotlight Race - CASA Half Marathon

By Mark Lacey

The CASA half-marathon, number 20 on the AR RRCA Grand Prix list, the race I'd been waiting for all year, finally arrived. I had made it, 19 down, one more to go! Some of my running friends (yes, I have non-running friends too) started mentioning the "Iron" word a few races earlier, but I tried to down-play the whole idea, not wanting to jinx myself. But now I was at the last race. Thursday night I picked up my bib at Go! Running and it all started to sink in, I was going to Iron!

I checked the weather the night before the race. The forecast for rain was high and that it was to be rather warm.

Early Saturday morning, my race carpool buddy, Steve Booth, came over and off we went. As dawn broke, I saw quite a bit of red in the sky and remember the old refrain, "red in the morning, sailors take warning," but it would take more than poor weather to keep me from running this last race of the year.

I had run this race the previous year, so I knew the venue and the course. I knew it was relatively flat and conducive for a PR. But, man was it warm. We got

our obligatory Iron photo and lined up for the start. As we were waiting to start, I was talking with Colin Hall and told him I wanted to "average" around a seven min/mile pace. Unfortunately, Colin heard "go out" at a seven min/mile pace.

The race started and Colin and I let the surge go by and we settled into our pace. But by mile three, I noticed that Colin was pushing the pace a bit, but thought "good for him." I tried to dial it down to something I could sustain for the duration. Did I mention that it was warm? By mile seven, I realized that I wasn't going to PR and that the best I could do was end in a good position. Around mile eight, Caleb Ault flew past me and Colin was still ahead of me. I tried not to obsess that Colin was in front of me. It was motivation enough that Colin had beaten me on the Survivor's Challenge 10K in October.

Finally around mile 12, I caught up with Colin. (Or did he feel sorry for the Survivor's Challenge and let me catch him?) Either that or he was playing the gentleman when he spoke some words of encouragement as I passed. Finally, the stadium grounds were in sight and I

remember thinking "Dear God, just let me finish!" And then into the stadium grounds and the final loop around the back of the stadium, blessed sight the beautiful Mac's Race Timing arch, I had finished! Seconds later in came Colin, little did he know how much motivation he gave me that day.

What a race, what a year of racing, so much fun and so many new friends, a beautiful mix of camaraderie and completion. I can't wait to do it again.

LRRC Members at the CASA Half:

Mark Ferguson	1:16:03.0
Brian Sieczkowski	1:19:53.5
Jonathan Aram	1:21:03.7
Gary Taylor	1:24:32.7
Tracy Tungac	1:24:33.0
Homer Mason	1:26:38.5
Chris Ho	1:28:45.2
Joey Gieringer	1:32:09.6
Caleb Ault	1:32:14.9
Mark Lacey	1:35:01.0
Erik Heller	1:35:13.4
Colin Hall	1:36:07.8
Don Morgan	1:36:36.8
Ted Holder	1:38:10.0
Nicole Hobbs	1:40:27.6
David McClanahan	1:41:03.7
Rodney Paine	1:41:08.5
Lydia Felland	1:42:02.6
Tammy Helmick	1:44:58.3
Ricky Martinez	1:52:19.6
Joe Van Den Heuvel	1:52:51.8
Chris Hall	1:54:20.4
Jeff Bost	1:56:14.9
Carl Carter	1:57:54.9
E. F. Jennings	1:59:27.3
Bill Crow	2:02:07.6
Steven Booth	2:02:24.1
Manfred Galatowitsch	2:04:58.9
Jon Parham	2:07:00.3
Alise Steadman	2:12:47.6
Joel Felland	2:12:58.8
Tess Peterson	2:12:59.9
Cyber Gieringer	2:18:16.4
Sonny Rhodes	2:20:51.6
Jayne Butts-Hall	2:24:15.7
Sheila Galatowitsch	2:27:28.6
Karen Knudsen	2:37:53.6
Joe Milligan	2:46:24.2

2016 (Continued from Page 1)

When and What ó Sunday, January 17th. Drop off your food anytime between 3:30 and 4 p.m. at the Casa de Dellimore. If you bring chili, a crock pot makes a fine vessel for keeping it warm during the run. You can also choose to bring a side dish or a dessert and that would be great. The running starts at 4 p.m., there will be several distances offered, likely four and six miles or thereabouts. Then we eat, simple as that.

In February, the LRRC will hold a **US Olympic Marathon Trials Watch Party**. The race to decide our country's marathon teams for Rio will be broadcast live on Saturday, February 13th and the coverage starts at noon. When we decide on a venue for this watch party, I will let you know (good idea to renew that membership if need be though, so you

don't miss out on this forthcoming announcement!)

Obit (Continued from Page 5)

continued to do local running races to have fun and so he could see his friends. He continued biking and many years rode the Big Dam Bridge and MS 150.

Karl's other passions were the stock market and beer drinking. He was insistent on his morning WSJ and CNBC time, and you could find him at the Dickson Street pub every Tuesday with his "old" friends solving the world's problems.

A celebration of life will be held in Fayetteville and Topeka, KS, at a later date. Arrangements are by Epting Funeral Home, Fayetteville.

Submitted by David Samuel

New Members

By **Melissa Hendricks**
Membership Chairman

We're excited to welcome new members and to thank members who renewed their membership in the last month! They are:

Renewals

- Trina Bright of Maumelle.
- Bill Crow of North Little Rock is a retired locomotive engineer who has been running and racing since the mid-1960s. He is also a cyclist and races in multi-sport events.
- Brad Newman of Little Rock.
- Steven Preston of Little Rock.

New members

- Aaron Batey and Marissa DeLaPaz are both from Little Rock. Aaron is a track coach and has been running for 12 years.
- Jeff Bost of Star City works in agricultural sales and has been running for more than 15 years. His favorite distances are 5Ks, 10Ks and half marathons.
- Laura Brown and Chuck Brown are both from Little Rock. Laura, Chuck's daughter, is a pre-kindergarten teacher in the Little Rock School District. Chuck works as a Quality/M & P Manager for AT&T. Chuck runs and plays tennis. Laura, a graduate of the University of Central Arkansas, enjoys outdoor activities, reading and her pets.
- Michael Hooper of Conway enjoys 5Ks, 10Ks and half marathons.
- Evan Valentine of White Hall is a legal research analyst who is new to running and has logging 18 to 20 miles a week.
- Russ Vines of North Little Rock is an engineering manager and has been an active runner for seven years. He has a goal of racing more often in 2016. He looks forward to meeting other runners as part of the LRRC.

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. The LRRC sponsors Sunday fun runs beginning at Andy's at Markham and Barrow at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor at house48@gmail.com

January 2016

- 9: Frozen Toes Trail 15K at Fayetteville. Call 479-444-3463.
 9: Jockey Jog for ACH 5K at Hot Springs. Call 501-617-0668.
 9: Western Arkansas Ballet's ¼ Marathon/5K at Fort Smith. Call 479-785-0152.
 9: ARK Winter Series. Call 501-519-0185.
 9: Village Creek 10K/25K Trail Run at Wynne. Call 870-208-6523.
 12: One Hour Track Run at Russellville. **GPS SC.**
 16: David's Trail Endurance 40K/25K/7K at Mountain Home. Call 870-404-8363.
 16: No Name 5K at Danville. Call 479-622-3154.
 16: Chilly Cheeks 10K at Camden. Call 870-836-6462.
 16: ARK Winter Series. Call 501-519-0185.
 23: Chillin' for Children's 5K at Magnolia. Call 870-904-2301.
 23: ARK Winter Series. Call 501-519-0185.
 24: One Hour Run at Pottsville. Call 479-857-4527.
 30: ARK Winter Series. Call 501-519-0185.
 31: Six Leg 5K/1M at Texarkana, AR. Call 903-826-4278.

February 2016

- 6: Freezin' for 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: Valentine's Day 5K at Russellville. **GPS.** Call 479-857-4527.
 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: Chillin' on the Creek 5K at Harrison. Call 870-577-2400.
 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.

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 n' Read 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. 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.

Running Calendar (Continued from Page 4)

- 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.
- 2: Yale to Oark Throwback 10K at Oark. Call 479-292-3353.
- 2: Run with the Dogs 5K/1M at Benton. Call 501-351-0042.
- 2: Faulkner County Day School 5K at Conway. Call 501-329-0624.
- 2: Springfest 5K at Little Rock. Call 501-255-3378.
- 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.
- 10: Hogeeye Marathon/Half Marathon/Relays/5K at Fayetteville. 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.
- 23: Peace, Love & 5K/1m at Benton. Call 501-776-0691.
- 23: Downtown Dash 5K/10K at Little Rock. Call 501-375-5557.
- 30: North Mountain Challenge 5K at Hot Springs. Call 501-622-3498.

Birthdays

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

- 10 - Huri Romero
- 16 - Caleb Ault
- 18 - Jeffrey Zern
- 19 - Chuck Brown
- 21 - Richard Johnson
- 21 - Bill Rahn
- 27 - Jeff Byers

Obituary

Karlton Kent Naylor, 78, of Fayetteville, passed away December 29, 2015. Karl was an avid runner for over 60 years and competed in every racing distance from 5K to marathons, often winning his age group. He ran the streets of Fayetteville for 30 years, usually in scanty shorts, no shirt and colorful shoes. He was once recognized in Walmart by a small boy who said to his Mom, "There's our runner." In his 50s he added biking and swimming to his athletic abilities and after a few years of training, became a world class triathlete. He competed in his age group on the USA team in world competitions from 1997-2012, ending his triathlon career placing second in Auckland, New Zealand.

After retiring from national and international competitions, he

(See Obit on Page 3)

2016 Grand Prix Schedule

January 12 - One Hour Track Run at Russellville

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 - Hogeeye 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 1 - CASA Half Marathon at Pine Bluff

State Championship Races in Boldface type

Retreads

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

Frankie'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