

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2016

Training In The Summer Heat

**By Mark Ferguson
LRRC President**

As I was pounding the pavement in what seemed to be the hottest day of the 2016 summer (actually it was, for at least one day anyway, it was the first day of summer), I thought I need to write my column for the July newsletter. With this being my first column, I wasn't sure what I would write about. As I was trying to get my mind off of how hot it was, I thought, what a great topic to write my column about: training in the heat.

Most of us love summer time as it is the end of the school year, beginning of vacations, spending afternoons at the pool, and, of course, getting up very early in the morning to get the miles in before it gets too hot.

I hear stories about Roadrunners beginning their runs between 4 a.m. and 5 a.m. in order to beat the heat and still make it to work on time. There is something special about the early hours of the morning. Everything is quiet, peaceful, and Whitesnake says "In the still of the night." There really is something special about getting your morning run in before the sun rises. This rarely happens with my training though.

I am not much of an early morning runner except for Saturday races and Sunday long runs. The bulk of my runs are usually completed during the hottest part of the day, either at lunchtime or shortly after work in the evenings. Hence the reason for my column's topic this month, Training in the Heat.

You might be thinking, "Wow, Mark is more of a loon than I thought," and maybe you are correct, but not for this reason. Let me explain. Completing your daily runs during the heat of the day

is actually good for you. Running in the heat builds your endurance and makes you faster. If you start out in the spring and you continue to run on a regular basis as the scorching summer arrives, your body will acclimate to the rise in temperature. Although it is still hot, you have been training your body to deal with the warmer weather. It is definitely worth it when you toe the line at upcoming summer and fall races.

If you haven't been running regularly at this stage of the summer, don't decide to go for your first run

Board Changes

**By Mark Ferguson
LRRC President**

As our past president, Brian Sieczkowski, mentioned in the June newsletter, there are some changes that will take effect beginning this month. I wanted to thank Brian for his leadership over this past year. New member enrollment is up and the Roadrunners were able to be more involved in community events during his tenure. We will continue to be a presence in the upcoming year as well.

Brian will remain on the board as past president. I will take over the helm as president. Colin Hall will become president-elect. Bill Simpson will remain as secretary. Brent Corbitt will become the treasurer but Jeff Maher will stay on a bit to show Brent the ropes. Melissa Hendricks will remain in charge of memberships. Gary Taylor, Bill Torrey and Linda House will remain as at-large board members.

tomorrow at noon. Start early in the morning and only for a short distance. Steadily increase your distance as your body acclimates to the increase in temps. Make sure you are hydrated prior to beginning your run as you will definitely be losing a lot of fluid as your body perspires to cool off.

Not only will your body be conditioned to running in warmer weather, you will be very surprised at how well you perform when fall arrives. Gutting it out during the dog days of summer will definitely pay off, even sooner than you think. Although it doesn't seem like it is worth it, I think it is. Sometimes I enjoy hot runs as opposed to colder runs. And if you don't like hot runs, just wait a few months and it will be cooler.

If you decide that running outside during the summer months is not for you, then there is always the treadmill. I am sure you can find one in an air conditioned environment in your neck of the woods. Whichever method you choose, I am sure either will keep you in tip top shape for whatever race is on your fall schedule.

July Meeting

July 18, 2016

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

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

Rock City Running
"Three types of feet
and the difference in shoes"

Several Ways To Support GOTR; Season Begins Soon

By Jenny Paul, Executive Director
Girls on the Run

You know that feeling when your friends talk about a great race experience that you didn't make it to so you take mental note to mark your calendars early to be sure you don't miss it next year? The same rules apply when you miss fundraiser events for your favorite charity so go ahead and pencil in Carry Our Confidence (an awareness and funds development event for Girls on the Run of Central Arkansas) into your June 2017 calendars.

On Thursday, June 23 over 70 guests enjoyed an evening out at ESSE Purse Museum and came together to support our local GOTR council. Several LRRC members attended as guests, and some Birds were event volunteers. We raised approximately \$3,500 to put toward our biggest season yet and introduced several new people to our mission and vision. Guests listened to special stories from a GOTR coach and a GOTR parent that gave a glimpse into the impact that GOTR has had on them and their team or daughter, respectively. I shared some fundamentals about Girls on the Run programming, and our lively and passionate emcee, G Dennis, told how she fell in love with the organization. It was truly a special night, and we look forward to working with ESSE for future events!

Looking forward, we still have several needs for our fall season and beyond. We are currently seeking GOTR coaches for the fall 2016 season. We have had tremendous interest from schools and local community centers, but we simply cannot meet these requests without more coaches. If you have any interest in coaching, please contact me as soon as possible (info below). I honestly believe that coaching/becoming involved with GOTR has been one of the most meaningful experiences of my life and want to share that with as many people as I can.

Coaches are required to attend a full-morning coach training on August 6th and then lead (or co-lead) two 90-minute practices weekly for 12 weeks. Our GOTR season begins the last week of August and runs until the GOTR 5K on the afternoon of

November 20. We deliver a standardized curriculum that coaches are expected to follow, but a coach's personality always shines through. It is truly a great balance of structure and genuine, personal interaction. I WOULD LOVE TO TALK TO YOU ABOUT COACHING!

For those who would like to support Girls on the Run but cannot commit to coaching there are many other ways to be involved. As we grow we will need more Running Buddies at each GOTR 5K. Running Buddies are assigned to a GOTR girl and help her get through her run/walk in a supportive and enthusiastic way. Other one-time volunteer opportunities include helping prepare materials for the season at coach box prep parties on August 17 from 10 a.m.-2 p.m. and August 20 time TBA. We also need general volunteers for the GOTR 5K with a variety of available tasks.

Another meaningful way to support the council and our participants is by charitable giving. We are an all-volunteer organization that strives to deliver quality programming to girls throughout our community. Girls on the Run offers an established curriculum that is updated and evaluated regularly and is delivered by trained, effective coaches. The content is age appropriate, relevant and FUN, while enhancing social, psychological and physical competencies to successfully navigate life experiences. GOTR is unique in the truest sense, and it is important that it is accessible to girls from any background. Please consider financially supporting Girls on the Run with a single gift or by making a commitment for a recurring donation (available online beginning July 1st). A \$12.50 donation once monthly would support a girl's entire GOTR experience.

If you can think of any other ways you would like to help grow Girls on the Run in central Arkansas please call or email me anytime at 501-615-5733 or jenny.paul@girlsontherun.org.

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

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Board Members

Mark Ferguson	President	816-838-5450
Colin Hall	President-Elect	231-5713
Bill Simpson	Secretary	539-0578
Brent Corbitt	Treasurer	860-1700
Brian Sieczkowski	President	766-3004
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)

Ten Questions Answered By The Running Doctor

1. Is it ever OK to Bandit a race?

Running Dr.: No, never. If you want to run the race, pay the entry fee just like all the other participants. If the race is sold out, oh well, you missed your chance and there is always next year's race.

2. Is it OK to yell and make hand gestures at a motorist that cuts you off in a crosswalk?

Running Dr.: Always, unless you are jay-running.

3. Is it OK for females to run without a shirt covering their sports bra?

Running Dr.: Sure, as long as nothing is hanging out.

4. Is it OK for males to run without a shirt?

Running Dr.: Sure, as long as nothing is hanging out.

5. Is it against running ethics to cut your running partners off by running tangents during group training runs?

Running Dr.: If this person is doing it on purpose to gain an advantage, then no, never OK on a training run. If this person is struggling and just wants to slow the pace down, then it's OK.

6. Is it OK to accept water from some unknown elderly lady while on a long run?

Running Dr.: Yes, because the only reason she would offer you her water bottle is because you look like you are struggling and you need the water more than she does.

7. Is it ever OK to leave your running partners while on a training run?

Running Dr.: It depends. Once you verify that your running buddy is OK and doesn't need medical assistance, feel free to continue on if they urge you to do so.

8. How many miles should you run without stopping?

Running Dr.: It varies from runner to runner. Stop when your body tells you to stop.

9. Body Glide is an anti-chafing roll-on balm that prevents blisters and chafing. They make a men's version and a women's version. Do men and women really need gender specific chafing ointments or is this just a ploy to sell more roll on anti-chafing balm?

Running Dr.: There really is a difference. The women's version is enriched with

vitamins and moisturizers to help retain moisture. The men's version excludes the vitamins and moisturizers. I guess men already have enough vitamins and are full of moisture.

10. What should I do when I run past smokers that are hogging up the sidewalk?

Running Dr.: Start coughing very loudly at least 10-15 yards before you reach them. Clear the smoke filled air by waving your arms violently like you are swatting a swarm of killer bees. Shake your head as you run past them. They might get the hint.

Go! Mile Race Recap

By Mackenzie Ferguson

The Go! Mile is a fun race for all ages encouraging everyone, old or young, to get on the Go! and start running. Whenever running a race, it is fun to see family and friends cross the finish line. The heats make that possible. You can see a variety of different race levels cross the finish line, from the elite runners to only the first milers and everything in between.

After running the Go! Mile you are exhausted and hot. They have great recovery snacks, such as, watermelon, caramelized nuts, granola bars, apples,

and oranges. They also have Gatorade and water.

Your running club can set up tents in the grass around the finish line. It is a good way to relax and socialize before and after the race. They have DJs talking and announcing fun activities that are happening around the race site that are fun for friends and family.

Another perk of the Go! Mile is that they have a smaller Mini Mile for the kids which is half a mile. You can see all of the kids finish and go and congratulate them.

All-around, the Go! Mile is a fun event for family and friends of all ages.

New, Renewed Members

We are proud to report that the LRRRC has 185 members. Welcome to the following new and renewed members.

- Andreas Bradley of Jacksonville
- Jerry Wilson of Little Rock
- Dawn Fisk of Little Rock
- Bobby Gragston of Little Rock
- Rodney Paine of Little Rock

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. Send information on upcoming races to the editor of The Runaround at lhouse48@gmail.com.

- 2: RiverDawgs 5K at Clarksville. Call 479-774-3612.
- 4: Run for Vets 4M at Fayetteville. Call 479-445-4331.
- 4: Firecracker Fast 5K at Little Rock. Call 901-301-1786.
- 4: Freedom from Blindness 5K/10K at Lockesburg. Call 479-234-1676.
- 4: Freedom Fest 5K at Greenwood. Call 479-996-6357.
- 4: Firecracker 5K at Lake Village. Call 501-650-3400.
- 9: Heat in the Street 2M at Arkadelphia. Call 870-464-7415
- 9: Brent Morrison Memorial 5K at Fort Smith. Call 501-318-4446.
- 23: River City 5K at North Little Rock. Call 501-376-6694.
- 23: Full mOOn 50K/25K at Perryville. Call 501-837-3104.
- 23: Peach Festival 4M at Clarksville. Ca.; 479-754-4568.
- 30: Shoes, Socks & Skivvies 5K at Mountain Home. Call 870-424-5708.

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
- 13: Run for the Grapes 5K/1M at Tontitown. Call 479-361-262.
- 13: Watermelon 5K at Hope. **GPS SC**. Call 870-877-1917.
- 14: Eureka Running Festival 10K/5K/1M at Eureka Springs. Call 479-521-7766.
- 20: Running for a Playground 5K/1K at Dardanelle. Call 479-967-3699.
- 20: Flames 5K at North Little Rock. Call 870-489-6614.
- 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.

September 2016

- 3: ARK 5K Classic at North Little Rock. **GPS**. Call 501-519-0185.
- 3: FFA 5K at Oark. Call 479-292-3353.
- 3: Run the Ridge 5K/10K/1M at Clarksville. Call 501-514-0603.
- 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: Glow Run 5K at Yellville. Call 870-449-7155.
- 10: Race to Be Heart 5K/10K at Ozark. Call 479-209-0207.
- 10: Minuteman XC 5K at Little Rock. **GPS SC**. Call 501-231-3730.
- 10: Lavaca 9/11 Memorial 5K. Call 479-462-9629.
- 10: A Safe Place to Run 5K/10K at Fayetteville. Call 479-282-4144.
- 10: Race to the Fair 5K/1M at Rison. Call 901-373-5051.
- 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: Winslow Half Marathon 5K. Call 501-837-3599.
- 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 501-373-5051
- 17: Race for Recovery 5K at Fort Smith. Call 479-785-4083.
- 17: On Our Way 5K at Clarksville. Call 479-774-4041.
- 24: Great 5K/1M Pumpkin Run at Lonoke. Call 501-590-0441.

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.

- 3 - Brian Sites
- 7 - Alexa Coughlan
- 7 - Ricky Martinez
- 10 - Jeff Bost
- 11 - Bill Harrell
- 12 - Christopher Miller
- 14 - Mike Maulden
- 14 - Hayley Byington
- 15 - Edward Najar
- 22 - Brett Corbitt
- 24 - June Barron
- 31 - Joe Milligan
- 31 - David Samuel

Condolences

The Little Rock Roadrunners Club extends its condolences to Greg Massanelli over the recent death of his father, Caesar Edward Massanelli on June 19. Please keep Greg and his family in your thoughts and prayers.

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