

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2016

## Happy Trails, From The Outgoing LRRC President

By Brian Sieczkowski  
LRRC President

Can it be June already? Hard to believe another LRRC Year has gone by and with it my term as President is coming to a close. I enjoyed serving as the Club's leader for these 12 months but am also happy to turn over some of the work to incoming President Mark Ferguson as well. Maybe it will slow him down a bit!

Special note: Our June Club meeting will be held on the **fourth** Monday of the month of June 27<sup>th</sup>. This is a slight change from the normal third Monday so be sure to program the date into your cell phone calendar or write on a sticky note on your car's dashboard, pending your personal tech level. It should be an interesting meeting as Paul Turner has agreed to speak on his experiences this month traveling to many of the national parks in the southwestern United States. Come and hear about the trails and scene at the Grand Canyon, Zion, Bryce Canyon, etc., etc. Definitely some bucket list destinations that all outdoor enthusiasts need to visit.

The June meeting will also feature our annual LRRC elections. We have three open positions this year: Membership chair, secretary, and president-elect. Melissa Hendricks has been nominated to continue in membership and Colin Hall is the president-elect nominee. Since there is only one nominee for each of those two offices, it should be a pretty easy decision. There is not technically a nominee for the open secretary job so Bill Simpson is stuck with that role for another term. The fact that no one else volunteered for the job is, I think, a Club-wide endorsement of Bill's performance.

The Club treasurer job is not open until next year; however, Jeff Maher would like to step down at this time after many tireless years at the post. With an off-election year vacancy it is the task of the LRRC Board of Directors to appoint a replacement. Luckily, we have found just the runner for the job of Brent Corbitt. Jeff will stay in the role until he has gotten Brent up to speed on the Club's finances to allow for a seamless transition.

Hey, let's get some actual running in the column though. The temperature will be going up so the race distances are heading down. Two big events highlight the month for the Grand Prix Series of the Arkansas 2M in Benton on June 11<sup>th</sup> and the Go! Mile in Little Rock on June 18<sup>th</sup>. The Go! Mile is one my favorite races of the year. LRRC will have the tent out again on the Clinton Presidential Library grounds. Feel free to drop off your gear back under the Bird Canopy while running in your heat, then hang out with your fellow Club members and watch the rest of the action.

To hold myself accountable to a 2016 running goal from way back in our January newsletter I will re-state that it is my intention to run sub-4:38.9 at the Go! Mile. That time is, of course, Imari Dellimore's current 35-39 age group record for the race. Rock on.

Looking ahead, I hope we can hold another All-Comers Track Meet sometime this summer. I wanted to get that down earlier in the term but it's getting harder to schedule things with the glut of races that we currently have on a weekly basis. So, the track meet is something I will just have to dump onto Ferguson's inbox as I ride off into the sunset.

Before I go though, let me leave you with one rant that just came to mind

(I'm a lame duck so no consequences, right?) Okay, there are TOO MANY RACES! It really seems like every possible charity holds a 5K sometime between April and October within a 30 minute drive of Little Rock. I'm not criticizing fundraising for charity, but often times these groups are not runners themselves and care more about the net money brought in rather than the quality of the event for the runners. Entry fees go up; money put into the race goes down.

And do not even get me started on the national, for-profit companies that fly into town with their Mud Runs and half marathons and often pick the same weekend as an established race. The sum total is that long standing, well-run races put on by local running organizations are getting crowded out of the market. Local resources like the River Trail are getting saturated with events. Volunteers are being over-extended. Sponsors are harder to come by. We've already seen the Bona Dea trails closed to events in Russellville, and I worry that eventually something

(See Happy Trails on page 4)

### June Meeting

June 27, 2016

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

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

Paul Turner  
National Parks in the Southwest U. S.

# GOTR Hosting “Carry Our Confidence” June 23 at ESSE Purse Museum

By Jennie Paul, Executive Director  
Girls on the Run

Plan to do a morning run or maybe take a day off of running on Thursday, June 23 because you will want to be certain that your evening is free. Girls on the Run is hosting our first ever Carry Our Confidence event at ESSE Purse Museum. You can enjoy tasty food and drinks with fantastic company at one of the coolest venues in town – and all of this is to raise money for Girls on the Run of Central Arkansas as we plan for our biggest season yet!

Since our establishment in 2013, Girls on the Run of Central Arkansas has strived daily to move toward our vision of a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Every practice, every 5K, every conversation with a girl is an opportunity to help her more fully understand all that she is capable of accomplishing. Our coaches, volunteers, staff and supporters are encouraged to approach GOTR activities with intentionality and purpose.

The most surprising effect of our establishment has been that this program reaches far beyond the participants. Undoubtedly, completing a GOTR season has a meaningful and lasting impact on our girls, but we also hear countless stories about how Girls on the Run has changed the lives of coaches, parents, running buddies, donors and others within the community. Whether giving time or financial support, you are inspiring girls to be healthy and confident with whom they are.

Confidence grows as you recognize your gifts, share them with others and witness the impact. At Girls on the Run, we know that when everyone shares their talents and skills, we grow as individuals and as a community. Come celebrate the unique ways that you can or already do contribute to Girls on the Run of

Central Arkansas at Carry Our Confidence on June 23, 2016, 6-8 p.m. at ESSE Purse Museum, 1510 Main Street, Little Rock. Tickets are \$20 and can be bought online through our website [www.gotrcentralark.org](http://www.gotrcentralark.org) until noon on the day of the event or at the door for \$25.

## New, Renewed Members

By Melissa Hendricks  
Membership Chairman

Welcome to LRRC members who recently joined or renewed their membership.

### New members

- Neil Carter of Cabot has been a runner for 10 years and enjoys trail running.
- Terry Denton of North Little Rock is a welder. He has been running for three years.
- Davis Fleming of Little Rock is a medical student at the University of Arkansas for Medical Sciences.

### Renewals

- Eleanor Kennedy of Little Rock is retired and says a 10K is her favorite running distance.
- Becky Matthews of Little Rock enjoys cooking, playing Mah Jongg, gardening and running. She is interested in increasing her distance endurance.
- Bethany Mooney of Sherwood

## 2016 Grand Prix Races

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

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### Board Members

Brian Sieczkowski	President	766-3004
Mark Ferguson	President-Elect	816-838-5450
Bill Simpson	Secretary	539-0578
Jeff Maher	Treasurer	680-6710
Nicholas Norfolk	Past President	786-6323
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)

# Thirteen Questions With Imari Dellimore

*Part Twelve of our Q & A Series features none other than Imari Dellimore. Imari grew up on the island of Barbados, came to the USA for college at Duke University and naturally settled in Little Rock. Recently, The Runaround sat down with Imari for our longest interview to date. Enjoy the Baker's Dozen of hard hitting questions.*

## **The Runaround: How did you first start running?**

**Imari Dellimore:** I started running at about age 29. Me and a buddy at work got in the habit of mountain bike riding on weekends. Then he got the bright idea to sign us up for an xterra triathlon. We started running to prepare for that event. I still remember being unable to walk up the stairs the next day after our first morning run. But I was hooked!!!

## **RA: What is a typical training week like for you now?**

**ID:** Right now I am not training for any major race or goal. I am taking something of a break from running while I adjust to some changes life has thrust upon me. I try to run about 30 minutes or so each day for stress relief and to maintain what's left of my fitness (not much).

## **RA: Do you do any cross training or strength training to supplement your running?**

**ID:** I am naturally a pretty scrawny build so I am a big believer in cross training to build strength and reduce injury. I do yoga at Barefoot Studio and take advantage of the light weights at the onsite Verizon Gym for cross training. It works well for me.

## **RA: What is the running scene like in Barbados?**

**ID:** Barbados has a decent running scene. Funny but true story: In my high school graduating class were not one but two future Olympic athletes for Barbados. I thought I sucked at track and field, but it

turned out that unbeknownst to me this was because I was comparing myself to what turned out to be our most outstanding generation of athletes since independence in 1966. As far as long distance running, there is the annual Barbados Marathon which is well attended and is on my bucket list. Remember I didn't pick up running till well after college, so I was never a runner while residing in Barbados.

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

**ID:** My favorite running route starts at my house in the Heights. After a couple of miles warm up through the Heights I head down Kavanaugh, through Knoop Park (with a pause on the bench at the overlook to view the sunrise over Little Rock) then back up to the house. Usually it's about 8-9 miles depending on how long and winding I choose to make the warm up.

## **RA: Looking back on your storied running career, what do you consider to be your best race?**

**ID:** I feel best about the Soaring Wings race back in 2011. I was second place overall male after fighting off a challenge from the legendary John Pankey and James Bressette. The 1:16:55 was not my best half marathon time, but my best half marathon race by far. I kept up with them on the hill leading to the finish and then used my younger faster legs to take full advantage of the downhill to open up a gap and clinch second place.

## **RA: Now the other side of the coin, what was your worst ever race and what did you learn from the experience?**

**ID:** I remember a Toad Suck 10K where I was vying with my friend and fellow triathlete Maxwell Sawyer in 2012, I believe. Now Max was always a phenomenal athlete and normally bested me. But I was in the best shape of my life and found myself leading in the final half mile of that race. Then we rounded the

turn to approach the track that marked the finish, the crowds of 30+ minute 5Kers thronged onto the course and we both found ourselves dodging and weaving on that final approach. I got excited and gassed it waaaay too early. I was dying half way around the track. Max had an easy time running me down in the last 200m. Never was that overconfident again. Never count my competition out before the finish line, and above all never go too early. It was a rookie mistake and I felt so disappointed in myself. I had him!!! I had him damn it.

## **RA: What advice do you have for beginning runners?**

**ID:** Start easy. Slowly run, walking 2-3 miles every other day is how I started. But the key to making a lifestyle of running is to run with a partner, a friend, a group and, of course, join an active running club. Running should be fun and woven into your social network this way it truly becomes a lifestyle and a lifelong habit that will yield benefits in health, friendships and funny stories to tell at dinner parties!

## **RA: Do you have any tips for fellow Masters runners on how to slow time's inevitable decline?**

**ID:** What is this decline of which you speak? But seriously, cross training is more important as you get older.

## **RA: What temperature do you consider to be "jacket-weather" for running?**

**ID:** LOL! I warm up with a jacket when it's below 40 degrees these days. Maybe it's the old age getting to these old bones. [Interviewer note: more like 70 degrees.]

## **RA: Will you ever resume your quest for a sub three-hour marathon?**

**ID:** Probably not.

## **RA: Do you think Rey is the daughter of Luke Skywalker?**

(See 13 ?s on Page 5)

# Spotlight Race of the Month -- Rock Run 8K

By Christine Ferguson

At the beginning of the year Brian requested goals to be published in the January newsletter. At that time I was still recovering from an injury. My workouts were slowly progressing from a nine minute walk/one minute run to an eight minute walk/two minute run and so on. To keep myself from overdoing it I set a goal to train smart and be prepared for the summer 5Ks. The Rock Run 8K kicks off the summer racing season and would be my first Grand Prix race of the season.

Racing always makes me nervous and not knowing how I would do increased my anxiety level. Luckily my nerves sent me straight to the restroom when we arrived helping me avoid the long line. Then I was off for a warm up. When I returned familiar faces were starting to gather. Not having been at a Grand Prix race since last August it was fun catching up with friends. Second to not being able to run, not seeing running friends was one of the hardest parts about being injured.

When race time came around I was feeling a little better and reminded myself that there were no expectations. I decided I would just run how I felt. At mile one I peeked at my watch and saw that I was at a 7:31 pace which was better than I had expected. Worried that I wouldn't be able to maintain that, I backed off a bit for mile two.

My favorite part of this race is when you start seeing the other runners. It is motivating to me to cheer them on. Somewhere between miles two and three Mark gave me a thumbs up and zipped past, followed by Brian and several other Birds. As I was calling out names and words of encouragement I realized I wasn't running hard enough if I had that much energy to cheer on others. I started to pick up the pace. As I approached the finish line Brian had his own words of encouragement: "BEAT THAT GUY!" That helped push me across the finish line.

In the past the Rock Run 8K was Memorial Day weekend with hot and

humid temperatures. To my surprise (and benefit) the race was a few weeks earlier. The earlier date led to an ideal climate. Even with what felt like a head wind going both directions, many runners had a fast race. Several friends shared they had a new PR at the end of the race. Not being one to look at my previous results prior to a race I had no idea how I did compared to last year. While writing this I peeked and was surprised that I beat my time from last year by two seconds. Something to celebrate, especially coming back from an injury.

My success at the Rock Run 8K and meeting my goal can be attributed to taking my time coming back to running, not pushing too hard, encouragement from others and, most importantly, the cool new Road Runners singlet that Bill Torrey ordered for the women. (Thank you Bill).

## Happy Trails

(Continued from Page 1)

similar could happen to the River Trail or Two Rivers Park if the race saturation reaches a breaking point and groups are not good stewards of the land.

Ahhh, feels good to get that out. I know, a running club president complaining about too many races, how crazy is that? Back on a positive note, it has been a blast serving as president this year, meeting new members and getting to know some of the old-timers better as well. I hope the Club is better off than when I started my term but if not then Mark Ferguson (or more likely, I suspect, his wife Christine) will just have to work super hard for the next 12 months!

Happy Trails!

Little Rock Roadrunners at the Rock Run 8K (**Grand Prix Team Members in Bold**):

<b>Mark Ferguson</b>	<b>26:56.7</b>
<b>Brian Sieczkowski</b>	<b>27:34.1</b>
<b>Homer Mason</b>	<b>28:36.7</b>
<b>Jonathan Aram</b>	<b>28:41.2</b>
<b>Brian Sites</b>	<b>29:07.2</b>
<b>Ron Mitchell</b>	<b>29:27.4</b>
Davis Fleming	29:45.9
<b>Gary Taylor</b>	<b>30:23.0</b>
<b>Ricky Martinez</b>	<b>31:07.5</b>
<b>Simon Sanghera</b>	<b>31:37.9</b>
<b>Mark Lacey</b>	<b>31:49.9</b>
<b>Colin Hall</b>	<b>32:09.3</b>
<b>Sarah Olney</b>	<b>33:51.5</b>
<b>Emily Harbour</b>	<b>34:22.5</b>
Don Morgan	35:01.5
Nicole Hobbs	35:31.1
Chris Hall	35:34.5
William Fletcher	35:40.2
<b>Jim Gorman</b>	<b>36:08.3</b>
<b>Tammy Helmick</b>	<b>36:22.3</b>
<b>Steven Booth</b>	<b>36:32.2</b>
<b>Desi Tuey</b>	<b>36:45.4</b>
<b>Christine Ferguson</b>	<b>36:54.8</b>
<b>Lydia Mason</b>	<b>37:11.9</b>
<b>Joseph Poole</b>	<b>37:27.8</b>
Bill Crow	39:43.5
<b>Rachel Hendrix</b>	<b>39:50.4</b>
Carl Rice	39:55.3
<b>Greg Yarbrough</b>	<b>40:09.1</b>
Bethany Mooney	40:15.5
Whitney Wistrand	40:29.3
<b>Bill Torrey</b>	<b>40:41.3</b>
Terry Denton	40:52.1
<b>Alise Steadman</b>	<b>40:56.3</b>
Chris Heller	41:51.9
<b>Mary Wells</b>	<b>42:03.1</b>
Carl Carter	42:51.8
Jeff Weidauer	42:54.5
Cyber Gieringer	43:11.8
<b>Manfred Galatowitsch</b>	<b>44:00.8</b>
Neil Carter	44:18.2
Brian Polansky	46:26.8
Joe Milligan	47:17.9
Jayne Butts-Hall	48:39.1
<b>Sheila Galatowitsch</b>	<b>49:25.2</b>
<b>Michael Maulden</b>	<b>53:28.3</b>
David Samuel	59:13.9

# 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](mailto:lhouse48@gmail.com)

## June 2016

- 3: Running for a Cure 5K at Mountain Home. Call 870-736-2000.
- 4: Take a Run at Hunger 5K at Little Rock. Call 501-626-9388.
- 4: Fayetteville Splash and Dash. Call 479-521-7766.
- 4: Arkansas Fusion Glo Run 5K at Cabot. Call 501-743-5452.
- 4: River Valley Heat 5K at Dardanelle. Call 479-264-6015.
- 4: Tooth or Dare 5K at Jonesboro. Call 870-931-6323.
- 4: CASA Superhero 5K at Arkadelphia. Call 870-464-7415.
- 4: Southwest Arkansas Classic 5K at Malvern. Call 501-844-5673.
- 4: Glow for Childrenø 5K at El Dorado. Call 479-747-1063.
- 4: Mt. Magazine 15K at Havana. Call 479-857-4527.
- 4: Running to Georgia 5K at Prescott. Call 501-240-7028.
- 11: Arkansas Runner 2M at Benton. **GPS**. Call 501-246-0716.
- 11: Hillbilly Haul 5K at Jasper. Call 870-754-6347.
- 11: Honor and Duty 5K at Fort Smith. Call 479-242-5100.
- 11: Paragould Rotary 5K. Call 870-239-0969.
- 11: Pink Tomato Festival 5K at Warren. Call 870-820-2552.
- 11: Thought Trot 1K at Mountain Home. Call 870-404-8235.
- 17: Tour de Fun Fest 5K at Rogers. Call 479-200-7718.
- 18: Pudding Cup 5K/10K at Benton. Call 501-615-1090.
- 18: FathersøDay 5K at Camden. Call 870-866-7673.
- 18: What is Your Why 5K at Dequeen. Call 870-557-6051.
- 18: Rat Race 5K at Green Forest. Call 870-480-3439.
- 18: Heroes for Life 5K Run/20M Cycle at Siloam Springs. Call 479-549-3322.
- 18: True Grit 5K at Fort Smith. Call 479-629-5998.
- 18: ARVets PTSD Awareness 5K at Little Rock. Call 501-246-5341.
- 18: Go! Mile at Little Rock. **GPS SC**. Call 501-663-6800.
- 18: Leslie Homecoming 5K. Call 501-757-0909.
- 18: Walk for Those Who Marched 5K/1M at North Little Rock. Call 870-499-7754.
- 18: Oil Run 5K at Smackover. Call 870-725-3051.
- 25: Brickfest 5K at Malvern. Call 501-332-1802.
- 25: Healthy Weight Runners 5K at Little Rock. Call 501-519-3863.
- 25: Insane Inflatable 5K at Little Rock. Call 501-240-0001.
- 26: Fairway 5K at Heber Springs. Call 501-206-7644.
- 26: 5K at the LPGA at Rogers. Call 479-715-6100.

## July 2016

- 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: 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.

# Birthdays

The following is a list of Club members and spouses who were born in June. Contact Melissa Hendricks at [mmyers1\\_98@yahoo.com](mailto:mmyers1_98@yahoo.com) or 766-0086 if the information is incorrect.

- 1 - Karen Halbert
- 1 - Gary Taylor
- 7 - Mark Lacey
- 8 - Trina Bright
- 16 - Eleanor Kennedy
- 21 - Tanya Freeman
- 22 - Hunter Gibbs
- 25 - Jonathan Aram
- 25 - Alyssa Frisby

## 13 ?s (Continued from Page 3)

**ID:** No. Rey is a Jedi of her own line. The force works in mysterious and unpredictable ways.

**RA:** **Dude, when is your next Grand Prix race?**

**ID:** I keep planning on racing again soon. But I cannot find the time with all the new duties and responsibilities I have in life now. I will shoot for the Arkansas 5K Classic on Sept 3<sup>rd</sup>.

### 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](mailto:chrlypytn@gmail.com)