

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2016

## Capital City Classic 10K Is Just Around The Corner

By Brian Sieczkowski  
LRRC President

March is upon us. Days are getting longer. Frigidly cold runs are no longer common. And the Capital City Classic 10K is just one month away. That's when you know winter is really gone. Being out at Two Rivers Park with a view of tree-covered bluffs along the Arkansas River, everything seems green and alive again on Cap City Day.

This year, the Capital City Classic will be run on April 2, 2016, which marks the 37<sup>th</sup> year of the CCC 10K and it has been the flagship race of the Little Rock Roadrunners Club throughout almost our entire existence. Proceeds from this race fund a lot of what we do as a Club throughout the year, so run it if you can. If you can't run it, consider volunteering at the race instead. You can sign yourself up today, right now in fact. If you aren't signed up, I insist that you do so before continuing this column.

<https://runsignup.com/Race/AR/LittleRock/CapitalCityClassic10K>

If you aren't up for a 10K, then please consider doing your Club a great service by volunteering at our fine race. Heck, you could even both run and volunteer in some capacity. For those willing to answer the volunteer call, please email Race Director Bill Torrey at [bjtorrey@sbcglobal.net](mailto:bjtorrey@sbcglobal.net)

By running or volunteering at the CCC 10K, you are joining tens of thousands of runners who have participated in the rich history of the race dating all the way back to 1980 when the race was known as the Diet Pepsi 10K and the course was in downtown Little Rock. Marty Liquori ran 30:05 for the inaugural

victory while Joyce Taylor was the top female finisher in 39:58.

In 1981, the Diet was dropped as the race was called the Pepsi Challenge 10,000 and was won by Ric Rojas (30:11) and Francie Larreau (33:31). The Little Rock Roadrunners Club continued to administer the race under the Pepsi sponsorship for the next 13 years and the race attracted thousands of runners including elites such as Bill Rodgers and Anne Audain.

The Pepsi 10K was annually the largest road race in the state as well as Arkansas's biggest participatory sporting event. After the 1992 running, Pepsi dropped its sponsorship and the LRRC recruited Golden Eagle Distributors to step in as the new presenting sponsor in time for the 1993 race. Since Golden Eagle primarily distributed products for Anheuser-Busch, the race switched names to the "Bud Run 10K". This sponsorship ended after the 1997 running and though the Club was able to line up new sponsorship from St. Vincent's Infirmary, a permanent name was needed. After much debate and several official votes, the Club decided on the name "Capital City Classic 10K".

The name has stuck and the race lived on. Eventually, the race course was moved from downtown Little Rock to Two Rivers Park on the west side of town, resulting in a nearly hill-free course. Bill Torrey has served as Race Director for over 20 years. Prior to Torrey, other famous RDs of the CCC include Bill "The Duck" Harrell and Linda House.

In 1980, 10K was the most popular road racing distance. Thirty-six years later and your friendly local 10Ks are getting squeezed out of the racing

scene by the rise of Run of the Mill 5Ks and a boom in the Half and Full Marathon distances. The 10Ks that are left are often saddled with a companion 5K fun run or even a half marathon to draw out more participants. More participants are great in theory, but often the quality of the racing experience suffers as events try to be "everything to everyone." But hey, we at the LRRC just want to put on a 10K race. It happens to be a very flat and fast course as an added bonus!

So, get out to Two Rivers Park on April 2<sup>nd</sup>. Run or volunteer, or both. Stick around afterwards for food and beverages. If you must leave, please be mindful that some runners may still be completing the race on the very roads you are driving away on. Drive slow, yield to anyone on foot, stay in the proper lane. Thanks in advance, we want everyone to have a positive experience at the Capital City Classic.

## March Meeting

March 21, 2016

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

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

Johnny Beckworth  
Snap Fitness

Core Strengthening for Runners

# Team RWB Activities For Central Arkansas

By Lisa Gunnoe  
Chapter Captain  
Team RWB, Central Arkansas

Team RWB is now 100,000 members strong! Our mission is to enrich the lives of America's veterans by connecting them to their communities through physical and social activities.

Heads up for Triathlon: Kevin ([kevin.davis@teamrwb.org](mailto:kevin.davis@teamrwb.org)) will be putting together a beginning training plan with instruction in preparation for the Firecracker Triathlon in Russellville, July 4, 2016. Email Kevin for details.

Anyone have any triathlon gear they are selling to trade up? Please contact Kevin. He has a list of needed supplies, including kit, maybe we can help you sell your gear to a veteran.

### Weekly Fitness Activities

#### Little Rock Air Force Base

Monday & Friday at 5 a.m. at the base fitness center  
Saturday & off base contact Michael  
[michael.@kumiyamateamrwb.org](mailto:michael.@kumiyamateamrwb.org)

#### Searcy

Tuesday & Thursday - various times and places mostly 4 p.m. at Berryhill Park.  
Contact Lisa [lisa.gunnoe@teamrwb.org](mailto:lisa.gunnoe@teamrwb.org)  
Wednesday, 11 a.m. at Berryhill Park

#### Conway

Tuesday and Thursday at 5 a.m. from Conway Regional Fitness Center.  
Contact: [Jackie.stone@teamrwb.org](mailto:Jackie.stone@teamrwb.org)

#### Little Rock

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

#### Little Rock Marathon Carb Loading Dinner

Mellow Mushroom & 16103 Chenal Pkwy, Ste. 900 Little Rock AR, 72223

We will have fellow Team RWB members from around the country join us for this fun time.

#### Arkansas Run for the Fallen

Sunday, March 20<sup>th</sup> at 2 p.m.  
<http://www.arkansasrunforthefallen.org/tshirts.php>

To ensure that you get a shirt you must register by March 4<sup>th</sup>. This 5K requires a pace of about 10 minute miles as everyone entered runs in a group.

## 2016 Grand Prix Races

- 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 25<sup>th</sup> of the month for publication in the next month's issue. Send articles to Editor Linda House at: [lhouse48@gmail.com](mailto:lhouse48@gmail.com).

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# Ten Questions With Brent Corbitt

*Part Seven of our Q & A Series features LRRC Member Brent Corbitt. Brent grew up in western Canada and ran collegiately for the Arkansas-Little Rock Trojans. Recently, The Runaround sat down with Brent for a wide-ranging interview.*

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

**Brent Corbitt:** Growing up we were able to start running track in third grade. It wasn't anything too serious, just some small track meets in the spring with other elementary schools. I think I did alright the first couple years, and then in fifth grade my competitiveness kicked in and I decided to start "training," which mainly consisted of running to and from school a lot. And no it wasn't five miles and uphill both ways! Think it was maybe 1/4 mile. Anyway, I ended up winning the city championship for my grade in the 400m. From that point on I was hooked and got more and more serious with my running until eventually by the time I hit 11th grade, I was only running and had given up all other sports.

## **RA: How did you go from the wilds of Western Canada to running collegiately at UALR?**

**BC:** University athletics aren't nearly as competitive in Canada as they are down here. So in pretty much every sport, the majority of top high school athletes in Canada head south after high school to compete in the NCAA. I had run some pretty good times in high school - 1:57 for 800 and the equivalents of about a 4:15 mile and 9:15 two-mile, but they weren't fast enough to get me much of a scholarship to the larger Division 1 schools where I hoped to go. However, I did receive a few scholarship offers from smaller Division 1 schools. I went on some visits and UALR seemed to clearly be the best fit. UALR was definitely not near the top of my list when I started the recruiting process, but it ended up working out really well and I definitely feel it was one of the best choices I have made in my life.

## **RA: What was your training like in college?**

**BC:** I had come from a low volume-high intensity program in high school (rarely ran more than 25 miles a week), so it took me a couple years to slowly build up my mileage. But by my last few years I would regularly run 75-100 miles a week for most of cross country season and throughout the winter. The focus was mostly on strength with lots of tempo runs, fartleks, hills, longer interval workouts and a solid long run each week (typically 16-18 miles). Then in the spring I would transition to trying to run fast over the shorter track distances (mainly ran the 1500m), so I would drop my mileage down to around 60 miles a week and focus more on the faster track.

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

**BC:** Well there is no typical week anymore. I'm very inconsistent. I can go months where I barely run, such as in the summer when I'm not a big fan on running in the heat and humidity. But the last few years I have ramped up my running a lot over the winter and run some races from February to May. When I am training more seriously (maybe about 4-5 months of the year), I will normally run somewhere between 60-80 miles a week with one harder day on Friday or Saturday (tempo run, longer interval workout or race), a moderate run or fartlek mid-week, and a long run of about 15-17 miles on Sunday. I rarely get on the track or do any hard interval work anymore.

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

**BC:** No. In my competitive days, I would do some strength training, but not anymore. I love to run, so I find time around work and family to get in runs, but I don't enjoy strength training so I don't bother. And I've always hated cross training. Even when I was injured and should have been cross training, I couldn't bring myself to do it. Same goes

with the treadmill. I need to be outside and moving!

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

**BC:** Favorite place would definitely be Two Rivers Park, especially in the fall. It's a quick drive from where I live out in West Little Rock, and is a lot quieter than some of the other spots along the River Trail, although not nearly as quiet as before Two Rivers Bridge was built.

## **RA: What has been your best race, in your opinion?**

**BC:** I don't think it was necessarily my best race, but my most memorable would be the 2004 Canadian Cross Country Championships. I had been out of college for about a year and a half and was at the point where I was about to give up competitive running as I had been struggling with some injuries. I ran a few low key road races that fall and suddenly things were clicking and I felt like I was in good shape, so thought I would jump in the race and see what I could do. My expectations weren't high, but I ended up ninth in a strong field running a 30:50 10K in tough conditions (Canada in December). It also ended up qualifying me for the 2005 World Cross Country Championships, which was the first (and only) time I got to represent Canada.

## **RA: What was your worst race, and how did things go wrong?**

**BC:** The most recent one that comes to mind is that 5K UALR Cross Country race we ran about 3-4 years ago. It was early September and around 100 degrees and the heat just killed me. I think I dealt with the heat fine in my younger days, but now I really suffer in it. Sure it has more to do with my decreased fitness than it does increased age! I think I barely broke 19:00, although I still somehow beat a handful of college kids.

## **RA: What is one quick tip you would give to new runners?**

# Spotlight Race Of The Month - River Trail 15K

By Bill Simpson

The River Trail 15K has long been a highlight of the Grand Prix schedule. This year race director Erik Heller and his team of volunteers continued the standard of excellence delivering on every detail including, most importantly for a February race, the weather. Yet my race expectations were tempered even with the very flat course and near perfect conditions, so I commenced negotiating with other runners to just enjoy the race and conservatively pace to run 59:59. With that in mind, a gentleman's agreement was made that whoever dropped much below 6:27/mile would be subject to the ridicule and public shaming of those trailing behind.

After the gun went off and we settled into a pace that was closer to 6:20/mi those around me seemed jovial and pretty talkative. After two miles, though, it became evident that Brent Corbitt was just too competitive and impatient, so the pace started to creep up and I started to heckle the clearly faster runners from behind. Mile 3 whizzed by in 6:08 and Heller and I were already 10-15 seconds behind fellow slow race conspirators Corbitt and Ryan Lawrence. By mile four and five the typical mid-race doubts started to creep in, but my pace continued to quicken and the gap behind Corbitt and Lawrence continued to grow. One of my favorite elements to the RT 15K is running back with the seas of people coming out cheering you on and thus I was able to settle in just over 6:00 pace with all of the encouragement.

As we approached the soccer fields, I heard the finish line crowd cheering and immediately wondered how someone was already finishing when I still had a mile to go. Little did I know, the cheers I was hearing were actually for the second place finish and the winner had finished a few minutes even earlier in a course record time almost 10 minutes faster than I would finish. With the finish line within earshot and almost within view, the conservative start and my competitive

nature helped to propel me to a very negative split. Mile nine blurred past in about 5:45 and I started to believe I could finish under 57 minutes. With a third of a mile to go, I fought through some pain and passed Lawrence coming down the finishing stretch. However, the usual welcomed sight of the Mac's Race Timing blow up arch was perplexing since the finish line arch was as deprived for air as my brain was deprived of oxygen. Amusingly the arch had deflated when someone accidentally unplugged the compressor. With the bonus adventure of hurdling, ducking and dodging the finish line arch (I am totally embellishing a rather benign occurrence), I finished in 57:07 well ahead of my goal for the day and a few seconds faster than my PR for the course.

The great conditions and great overall race were conducive to many fast races and the highlight was sharing in everyone else's excitement after all of our fast times. Great job to those who put on the event and congrats to so many of you who had great races.

Side note: After beating Ryan Lawrence by a whopping four seconds at the RT 15K, Lawrence came back and beat me by a measly seven minutes or so at the Sylamore Trail 25K. I agree to call it a tie for the year so far. Deal?

LRRRC Members at the River Trail 15K (Grand Prix Team Members in **bold**):

**Brian Sieczkowski** 53:43  
**Mark Ferguson** 53:58  
**Jonathan Aram** 55:21  
**Homer Mason** 55:21  
**Brent Corbitt** 56:26  
**Bill Simpson** 57:07  
**Ryan Lawrence** 57:12  
**Ron Mitchell** 57:33  
**Will Henry** 58:18  
**Brian Sites** 59:23  
 Joey Gieringer 59:51  
 Caleb Ault 1:02:22  
**Simon Sanghera** 1:02:58  
 Keith Cooper 1:04:33  
**Jenny Paul** 1:04:40  
**Mark Lacey** 1:04:45  
**Sarah Olney** 1:05:45  
**Nick Rule** 1:06:07  
 Nicole Hobbs 1:06:09

**Colin Hall** 1:06:45  
**Emily Harbour** 1:07:07  
**Sunnie Butcher-Keller** 1:08:49  
**Tammy Helmick** 1:08:59  
**Lydia Mason** 1:10:32  
 Chris Hall 1:10:58  
**Stephen Booth** 1:13:05  
**Rachel Hendrix** 1:16:19  
**Russ Vines** 1:17:07  
**E. F. Jennings** 1:17:37  
**Alison Acott** 1:18:34  
**Jeff Maher** 1:19:16  
**Manfred Galatowitsch** 1:19:19  
**Joel Felland** 1:19:43  
 Chris Heller 1:20:29  
 Jeff Bost 1:21:45  
**Alise Steadman** 1:22:36  
**Tim Steadman** 1:22:36  
 Bill Crow 1:22:37  
 Cymber Gierenger 1:22:54  
 Joe Milligan 1:33:17  
 Jayme Butts-Hall 1:36:34  
 Stacy Mitchell 1:38:54  
**Sheila Galatowitsch** 1:41:29  
 Robert Destefano 1:42:54  
 Kelley Destefano 2:00:41  
 Karen Knudsen 2:01:03  
 David Samuel 2:08:24

## Ten ?s (Continued from Page 3)

**BC:** Just have fun with it and enjoy it. If it is something you enjoy and become passionate about, then you will be much more likely to stick with it.

**RA:** Imari Dellimore boasted that he would have a grand re-emergence in the 2016 Grand Prix Series, yet has not shown up for any of the first four races. With 16 races left this year, bookmakers in Las Vegas have updated the over/under on Imari Dellimore GP race finishes to one. How would you bet?

**BC:** Well, a bit of research shows that he hasn't run a GP race since the Spa 10K in 2014. That's 25 straight races where he's been a DNS. Maybe that means he's due to finally run one, but betting he will run two out of the next 16 races after a zero for 25 streak doesn't seem like the smart bet. So, I would definitely take the under!

# 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)

## March 2016

- 5: Little Rockers Kids Marathon 1M. Call 501-371-4639.
- 5: Little Rock 5K/10K. Call 501-371-4639.
- 5: Beer & Bagel Off Road 4M at Springdale. Call 402-398-9807.
- 5: Pancake Day 5K at Texarkana, TX. Call 903-280-6288.
- 6: Little Rock Marathon/Half Marathon. Call 501-371-4639.
- 11: Cow Paddy 5K at Fayetteville. Call 479-790-0700.
- 11: Leprechaun Light Run 5K at Heber Springs. Call 719-859-4546.
- 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.
- 12: Falls Branch/Dame Mountain 10K at Lake Catherine. Call 501-815-2382.
- 12: St. Patø Paces 5K at Batesville. Call 870-307-4440.
- 12: Daffodil Festival 5K at Camden. Call 870-836-
- 12: Pi Day 5K at Cabot. Call 501-940-4150
- 12: HSC JBR Glow Run 5K at Malvern. Call 501-467-2703.
- 12: Paula Headley 5K at McCrory. Call 870-318-5823.
- 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.
- 19: Old Military Road Trail Marathon/Half at Talihina, OK. Call 918-658-0478.
- 19: Searcy County Chocolate Roll Festival 5K at Marshall. Call 870-504-1355.
- 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.
- 26: Arkansas Heritage 5K/2K at De Valls Bluff. Call 870-581-7702.
- 26: After Prom 5K at Hector. Call 479-280-2265.

## 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: 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.
- 2: Color Me Like Christ 5K at North Little Rock. Call 501-565-3855.
- 2: Super Heroes for Autism 5K/1M at Fort Smith. Call 479-459-0645.
- 2: Jackø Dino 5K at Alma. Call 479-629-0579
- 2: The Evangeline Color 1M at Jessieville. Call 479-747-9897.

# Birthdays

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

- 1 - Karen Irico
- 2 - Zoe Ferguson
- 3 - Tess Peterson
- 3 - Brian Polansky
- 9 - Jim Barton
- 11 - MacKenzie Ferguson
- 13 - Ted Holder
- 14 - Chris Hall
- 14 - Andrea Sieczkowski
- 14 - Evan Valentine
- 15 - Greg Yarbrough
- 17 - James Tuite
- 20 - Sean Coughlan
- 23 - Stephen Van Devanter
- 25 - Tighe Keller
- 26 - Kelly DeStafano
- 27 - Samantha Beard
- 28 - Sim Sanghera
- 29 - Jennifer Booth

# New Renewals

- Linda and Caleb Ault of North Little Rock
- Mike Metzler of Little Rock
- Sunnie Butcher-Keller and Tighe Keller of Little Rock
- Tess Peterson of Pyatt
- Edward Najjar of Little Rock

## 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)

# Running Calendar

(Continued from Page 5)

- 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.
- 9: Hogskin County Festival 5K at Hampton. Call 870-818-3253
- 9: Never Give Up 5K at Horatio. Call 870-832-4763.
- 9: The Jackrabbit 5K at Bentonville. Call 479-254-0329.
- 9: St. Jude Charity Scholarship 5K at Jonesboro. Call 870-897-1775.
- 10: Hogeve Marathon/Half Marathon/Relays/5K at Fayetteville. **GPS SC.** Call 479-530-8432.
- 15: Kids Run Arkansas 1M/3M at Conway. Call 501-450-9292.
- 15: Tax Day Stride ad Ride 5K/15M at Little Rock. Call 501-732-0313.
- 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.
- 16: Soar With the Owls 5K/10K/1M at Fayetteville. Call 479-650-9053.
- 16: The Call 5K at El Dorado. Call 870-918-3352.
- 17: Faith 5K/10K/1M at Russellville. Call 479-967-8031.
- 22: Run for the Berries 5K/1M at Cabot. Call 870-761-3423.
- 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.
- 23: 80s90s 5K at Conway. Call 501-569-8495.
- 23: BV Memorial 5K+1 at Jacksonville. Call 501-837-7055.
- 23: MHS JROTC 100<sup>th</sup> Anniversary 5K at Malvern. Call 501-332-7575.
- 23: Make the Journey 5K at Waldron. Call 479-207-3641.
- 23: MOJO Goblin 5K at Harrison. Call 870-577-2400.
- 29: Light the Night 5K at Russellville. Call 479-477-0664.
- 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.
- 30: Lifeø An Uphill Run 5K/1M at Van Buren. Call 479-474-9401.
- 30: Toad Suck Daze 10K/5K at Conway. Call 501-329-5623.
- 30: House of Praise 5K/1K at Russellville. Call 479-970-7243.
- 30: Dragon Fire 5K at Texarkana, AR. Call 903-826-2412.
- 30: Celebration 5K a Pine Bluff. Call 870-536-0920.
- 30: Caddo River Fest 5K at Glenwood. Call 870-356-2912.