

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2016

Get Ready For The Rock Run 8K

By **Brian Sieczkowski**
LRRC President

It is May, Little Rock Roadrunners. That means the weather is getting a little warmer and the summer short race season is not far away. But first! We have one last order of spring business and that, my friends, is the Rock Run 8K.

To whet your racing appetite, I present one man's pieced together history of a local 8K:

The Rock Run was created in 1982 to serve as the **10K** distance for the new Arkansas Grand Prix Series. For that year, it was called the First Run 10K (often referred to as the Riverfest 10K as it was on Memorial Day weekend and tied into Little Rock's popular festival of that name). LRRC Member Randy Taylor was instrumental in the creation and direction of the race.

In 1983, the distance was shortened to 8K as the Grand Prix wanted to expand into Hot Springs and include the Spa 10K. The Little Rock race had a switch in presenting sponsors and changed its name along with the new distance; thereby the "River Run 8K" was born. The River Run 8K continued in the Grand Prix on Memorial Day weekend with a downtown course for the rest of the 1980s. In 1990, the name officially changed to the "Rock Run 8K".

The race course was later changed from downtown Little Rock to a flat route along the river in the Murray Park area. The Rock Run 8K continued to cruise along and was included in the Grand Prix Series every year until 2002, the final year of its original run. For the rest of the initial decade of the 2000s, the Rock

Run 8K did not exist. It would take the demise of another race to finally bring the Rock Run back.

So, jump ahead to 2008 ó Hendrix College announced that the Orange Crush XC Festival would no longer be run due to loss of their course due to campus development. I was bummed that it was replaced by another 5K on the Grand Prix calendar as we already had plenty of those. From patching together the GP Archives for the Arkansas RRCA website, I was aware of the Rock Run 8K though I had not run in it since I hadn't moved to Arkansas until 2003.

I knew Steve Hollowell had race directed the Rock Run at some point, and so began to pester him to revive it to fill the 8K hole in the GP schedule. Steve was not exactly looking for another race to direct as he was then RD of Dino Dash 5K for the Museum of Discovery and the Rollin on the River 5K for Easter Seals (probably among others, I don't really remember). Anyway, I changed tactics and suggested that he just add three kilometers to one of these races and, lo-and-behold, we would have ourselves an 8K.

Steve couldn't argue with my math, but the organizations were content with their races as they were. My intermittent pestering of Hollowell went on for the better part of a year until he mentioned that Easter Seals might be interested in putting on a new 8K in addition to their Rollin on the River 5K. Even better, I thought, as we can call this new race the "Rock Run 8K" and hold it back in Murray Park, effectively reviving a staple of the early Grand Prix years.

The drawback, however, was that now we had to re-start an 8K race from

scratch and get it into the Grand Prix Series. Luckily, my wife Andrea was the Arkansas RRCA State Rep at that time and was just as eager to see an 8K option back in the Series. We had already started the Arkansas RRCA Event Club to take over management of the River Trail 15K the previous year so it wasn't hard to add the Rock Run to that organization's umbrella and ensure inclusion in the GP Series for 2010. Another bonus was that Easter Seals handled many of the logistics and they were road race experienced from Rollin on the River.

Thus, the Rock Run 8K was back and this year will mark the seventh running since the re-birth and 28th running total dating back in 1982. The LRRC got involved with the race in 2011. Andrea and I were planning to team up Gary Taylor to start a one-mile road race and also put that event under the Arkansas RRCA Event Club umbrella for Grand Prix inclusion and insurance purposes. It was a lot for the Arkansas RRCA to be responsible for, and I was president of the

(See 8K on page 3)

May Meeting

May 16, 2016

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

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

Dr. Jason Beck
Nutrition

Esse Purse Museum Will Host Adult Girls On The Run

By Jenny Paul, Executive Director
Girls on the Run

Happy May, Roadrunners! It's been a busy spring at Girls on the Run of Central Arkansas, and I am looking forward to the 2016 GOTR season this fall when we see the fruits of our current labors.

On April 25, we held our 2016 coaches interest meeting where returning coaches and those curious about coaching for the first time got together to share their stories and learn more about Girls on the Run. Rock City Running was a gracious host, and, as usual, GOTR drew a group of passionate people who know the value of sharing their time with others. We expect to add several new sites this year so it's the perfect time for those that have been interested to get involved. We've never needed you more! If you are interested in coaching a GOTR team this fall please contact me at jenny.paul@girlsontherun.org. Teams meet twice weekly for about 1½ hours at a time from late August until mid-November. Practice days and times vary per site.

Looking forward, be sure to make plans to attend an adult only GOTR event at ESSE Purse Museum on the evening of June 23, 2016. Tickets will be on sale soon and will include admission into the ESSE purse museum as well as fantastic food and drink. ESSE is the only purse museum in the United States and one of only three in the world. Set in a sleek and modern space in SOMA district, the displays tell the nation's history through the purses and possessions women have carried with them through the decades. As GOTR board President and former LRRC President Mary Wells says "I love Little Rock, but it doesn't feel like Little Rock." So, what I am promising you is a cosmopolitan evening while surrounded by caring and loving people all in support of a worthy cause. No way you want to

miss this! Check our website and social media pages for more details as the event gets closer.

We will announce summer work days when we will prepare coach boxes and get supplies ready for the season very soon. This is a fantastic way to help further the mission of empowering young girls to be joyful, healthy and confident even if you cannot commit to coaching. If you have any other questions about Girls on the Run programming or ways you can support our mission, please contact me at the above email or at 501-615-5733. You can also check out our website www.gotrcentralark.org or our Facebook, Twitter or Instagram.

New, Renewed Members

By Melissa Hendricks
Membership Chairman

Little Rock Roadrunners Club welcomes new members and renewed members!

- Joe Cordi of Little Rock
- Sandi Cordi of Little Rock
- Carl Rice of Jacksonville, who is returning to racing after recovering from a training injury in December 2013.
- Desi Tuey of Sherwood, a software developer, is a veteran of the Conquer the Gauntlet race, where he has won his age division for four years.
- Jeff Weidauer of Little Rock is a vice president of marketing and runs about 15 miles a week. He also rides his road bike and mountain bike.

2016 Grand Prix Races

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

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Linda House	At Large Member	565-4969 (h) 590-9139 (c)

Spotlight Race Of The Month - The Boston Marathon

By Don Morgan

My Boston Marathon experience was pretty amazing. The hype leading up to the race, the expo, the people, the anticipation, everything and everybody was focused on this event. The whole city was buzzing about the race, talking about it everywhere I went. The race itself was impressive. Getting 30,000 runners from downtown Boston and lined up in starting order at the start line in Hopkinton on time was nothing short of a miracle. Everything went off without a hitch though, like a well-oiled machine.

The race course itself was not exactly what I expected. I thought more of the race was in the city, but actually only the last couple of miles were. Once we left Hopkinton, we were just on a rural two-lane highway, winding downhill like a freight train passing town by town. The downhill was more significant than I expected and the pace was fast. My corral was just one car of the train all running the same speed. As far as I could see ahead of me was a train of multicolored shirts snaking its way down the highway. There was no slowing down or speeding up, it was like a treadmill and the pace was set for three hours and 20 minutes.

The first five miles were done, right on pace and time for a Gu. By this time I could really feel the heat and the sweat was starting to pour. I was already thinking that this pace was probably not wise, but hey, this is the Boston freaking marathon, so go for it. Each town we roll through is like running through a stadium. The people are wall to wall and yelling at the top of their lungs. I can hear the towns well before I can see them. My mile splits are gradually slowing with each mile now and by mile 10 it was time to switch to plan B. My new goal was three hours and 30 minutes. Time for another Gu and the next town.

Three more long miles and I am at the half way point, one hour 43 minutes. I'm already thinking, hey, I can walk in from here and finish and get my medal. Mile 14, the kissing girls of Wellesley,

they did not disappoint. I've never seen so many pretty girls begging for kisses and I'm thinking I have the worst cotton mouth in the history of cotton mouth at this point. I'm way too old for them anyway, so I just take it all in visually and journey on.

Mile 15 and another Gu. My pace is slowing even more now and there is nothing I can do about. The Gu doesn't seem to be giving me any energy now and only provides an unexpected nauseous feeling. I'm now coming into the up hills of Newton. I'm thinking, dang I wish I had on my orange Fates, because that would be cool wearing my Newtons through Newton in the Boston marathon! But then the nausea reminds me that pretty much nothing feels cool right now. I push hard on the hills, and it's really all I have left.

Mile 18, I stop and walk. It is the only way to get relief. I got real light headed, staggered and almost fell. It is time to seriously regroup or I may not finish and get my medal. I walked for probably a half mile. I was in the death march now. New goal, just finish!

Mile 20.5, I'm at the base of Heartbreak Hill. I've got nothing for it. It's not an impressive hill at all, but I can barely manage level ground at this point, so I walk all the way up it, my head hung low. It's downhill to the finish now and I realize I have a new goal. I can still finish under four hours if I just maintain a 10 minute per mile pace.

Mile 25, I'm passing the Citgo sign at Fenway Park. I'm getting back into the city. I'm still trying to run, but about a quarter mile at a time is all I can manage without getting nauseous.

I'm getting super close now, a right on Hereford Street and its only a few blocks to Boylston street. The roar of the crowd is deafening! Left turn on Boylston, less than a half mile to go, I can see the finish! The crowd is so loud, taking that left turn and now knowing I'm gonna finish the Boston Marathon is a top ten life experience. My adrenaline is pumping and I can suddenly run again! I

crossed the finish line in three hours 51 minutes! My legs hate me, my stomach hates me, my feet hate me, but I have my medal around my neck and I have finally run and finished the Boston Marathon!!!

LRRC Members at the Boston Marathon:

Mark Ferguson 6 2:50:31
Bill Simpson 6 2:54:59
Keith Cooper 6 3:16:51
Don Morgan 6 3:51:38

8K (Continued from Page 1)

LRRC at that time, so the change was nice and smooth. LRRC and Easter Seals have been teaming up ever since. That is why all LRRC members will save \$3 off the race entry fee and why I need a few of you to volunteer on May 14th. We have the race registration synced with our Club page so as long as your membership is current, the discount will be automatic. There it is, the history of a local race that you didn't know you needed to know and how it saved you a few bucks.

To sign up for the Rock Run, click here: <https://runsignup.com/Race/AR/LittleRock/EasterSealsRockRun8k>

To volunteer 6 we need: Race Morning Packet Pickup and Registration (you can do this job and still run the race); Course Marshal; Water Stop Workers 6 simply email me at briansieczkowski@gmail.com

Eight Questions With Linda House

Linda House is the long time editor of The Runaround, race volunteer extraordinaire, and the subject of this month's Club Member Q&A session.

The Runaround: How/when did you first start running?

Linda House: I grew up in a time before computers and video games when kids played outside from daylight until dark. Our front yard was the local baseball diamond. Once when I was very young we were visiting relatives in Cabot. My father's cousin was going to slop the hogs. We didn't know what that meant but was sure that it was something important that we should see. On the path to the hog pen my little bare foot almost stepped right into the mouth of a coiled Cottonmouth. I can assure you that there is not a Kenyan around who could have beaten me back to the house.

My first official race was the Women's Road Run in 1981. Paul Johnson wrote a column about running called *The Gallomping Gourmand* for the *Arkansas Gazette*. One of the articles was about a race for women only. The article included a picture of the logo that was to be on the shirt. I thought that the shirt was going to be so neat that I decided I would "practice" running and then enter the race so I could get one of the shirts. As you can guess I never did practice but ran the race anyway. (You would think that someone who was 32 years old would know better.) I was sore afterwards and decided not to waste that effort so I continued to run.

I let a friend convince me that I did not need to run in a marathon but I should come to the marathon training runs for the fun of it. Just tell me why I would do all that training and not run the marathon. I ran Dallas White Rock four times in the late 80s and Houston in 1990. This was the same friend who also talked me into running trails but I have never run an Ultra.

RA: What was the Little Rock Roadrunners Club like when you first joined?

LH: As best I remember the Club membership was larger. At one time I think there was well over 300 members. What I remember most was the fun runs. There weren't as many organized races so the Club gathered at different locations around town and ran together. One or two members would even go out and set out water and paper cups at spots along the route that we were going to run.

RA: What is your favorite race to run?

LH: The ARK 5K Classic, because I have done all of them. The early sponsor was Twin City Bank. Their logo was a bee so the race was the TC Bee 5K. As the bank changed ownership the race became the Mercantile 5K, FirstStar 5K, etc. until the Arkansas Running Klub (ARK) renamed it the ARK 5K Classic, a name they could stick with each year as sponsors changed. The race is held on Labor Day weekend. The first race was on or about September 6th which is my birthday so I renamed the race "My Birthday Run" and I've participated every year since. I say "participate" because I go to the starting line and run across the finish line. What happens in between isn't very pretty but I'm still running (in my mind).

RA: What is your favorite race to volunteer at?

LH: I should probably just say "all of them" and let it go at that. When you start naming names you might forget one but there are a few that I can't resist mentioning. I was the director of the last two Pepsi 10K races, now known as the Capitol City Classic. I take some of the credit for Bill Torrey's notoriety as the king of race directors because I told him that if he would take over as race director I would be his assistant and we have

been working races together ever since. One of the big ones is the Little Rock Marathon. Bill, along with executive directors Gina Pharis and Geneva Lamm, began the Marathon in 2003. Bill, of course, thought I should be involved so I have worked the Marathon ever since.

Another race that I have been associated with since the beginning is the Arkansas Traveller 100. Two of the LRRCA founders, Lou and Charley Peyton, began this race in 1991 and directed it for the first ten years before turning over the reins to Chrissy and Stan Ferguson in 2001. The Peytons built a strong foundation and the Fergusons continued the process, making it into the high rise event it is today. Sadly, this is Chrissy and Stan's last year but I expect that the new director will continue to make the race grow. I plan to be there if he needs me.

June 18 will be the sixth running of the Go! Mile which was begun by Gary and Erin Taylor, owners of the Go! Running store, in 2011. This race has been in existence for a short time but is such a quality event that it was chosen as the RRCA National Championship race for the mile distance.

RA: What advice do you have for beginning runners?

LH: There are many Club members who are more qualified to answer this than me. But as the Nike slogan says, "Just Do It!" Paul Johnson once wrote about starting at one telephone pole and running to the next one then walking to the next one and so on until he had completed a mile. As his endurance grew he would start at one pole and run to the second one until he was running the entire mile.

I started running on a high school track because I knew that four laps in the inside lane was a mile. My problem was that as I began running more miles I couldn't remember how many laps I had done so I began in the inside lane and moved to the next lane to help me keep

Team RWB Triathlon Camp Is A Life Refining Catalyst

**By Michael Kumiyama
Co-Chapter Captain
Team RWB Central Arkansas**

How do we measure success? As a self-proclaimed experienced runner, I have slowly moved from what I would have classified myself as one who has morphed from the top of the beginner class to the ranks of the bottom of the elites. Through the tutelage of my running coach, dietitian adjustments, and numerous amounts of Arkansas hills my body has never been stronger. I have completed numerous races spanning many states in just about all categories such as; 5Ks, 10Ks, 15Ks, half marathons and full marathons. I have developed running relationship and acquired many bibs and medals, but I have been craving something more.

Through Team RWB, I was given the opportunity of a lifetime. I was selected to participate in their annual triathlon camp. I had done a sprint triathlon a few years back while stationed in South Korea and it was a very

rewarding experience but I was unsure of what to expect. I had many different emotional feelings about this camp as I was not sure what I was getting myself into. But no amount of training would prepare me for this experience.

At first I was very worried that my body was not ready, but once I arrived at camp that was not the case. Throughout the training and education I did not have a physical epiphany, my legs never found their Zen nor did I reach a physical euphoria. Instead, I found what was really missing in my reason from running and competing. One word is what I found: *ōWhyō*. Why do I run, train, and diet? Why do I; week after week, pound the pavement, suffer physical exhaustion, deal and cope with body injuries, and most important, why do I keep going?

Before camp the answer to this question was easy. It was for me. I have realized that this was very simple, but never did I recognize that it was also very selfish. After my experience at camp, I now have a different answer. My *ōWhyō* is now for my brothers and sisters in arms,

the fallen, the POWs and MIAs, the people that cannot but want to. My *ōWhyō*, just as my body, has morphed into something different and more defined. I look back and ponder about what I have learned from camp and I have realized that my *ōWhyō* is much larger the me. Some have asked me and I say that this was not a *ōlife changingō* experience but more of a *ōlife refiningō* catalyst.

Team RWB has given me my new reason for why I do what I do. I do this for those who need help to find the strength to overcome their own vulnerabilities! I do this to inspire because I am inspired! I do this for the flag! I do this for all Eagles! I do this for all Americans! Swim, run, bike. I can, I have and so can you!

We are so grateful to have Michael Kumiyama join our team as co-chapter captain. He brings to the table leadership skills from many years in the Air Force, and his passion for the mission of Team RWB. – Lisa Gunnoe

Eight Questions

(Continued from Page 4)

count. I was getting in more mileage but I figured that would just be to my benefit.

RA: How long have you been Editor of *The Runaround* and how did you first take on the job?

LH: I have been the editor since July 1984 except for a two-year hiatus from July 1987 to June 1989. I took over the job from Paul Johnson (mentioned above). His wife told me that Paul kind of held his breath until I said yes and got the first edition published. In those days, as now, you had to keep the job or find your own replacement. The late John Woodruff, also a *Gazette* reporter as well as a LRRC member and long-time personal friend, complimented me on what he thought a good job I was doing editing the newsletter. When I asked him if he

thought I was really doing a good job or if he just did not want me to ask him to take over as editor he said, *ōA little of both.ō*

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

LH: The beauty of running is that all you have to do is put on comfortable clothes and shoes and walk out the door. For that reason my answer would be the streets in my neighborhood. But runners in this area are blessed to have great places to run like the River Trail on both sides of the Arkansas River, Two Rivers Park, Burns Park, etc.

RA: Since Imari Dellimore has retired from competitive racing, would you be interested in mentoring him to be the state's next great Race Volunteer?

LH: I'm sorry to hear that Imari has decided to retire from racing because in his day he was a good runner. I remember being at the finish line many times when he would be the first one to cross. But I guess it is hard to be competitive when you have people like Mark Ferguson and Brian Sieczkowski who now continue to beat you to the finish line.

I would be glad to mentor Imari and, for that matter, anyone else who wants to learn about volunteering at races. Volunteering at races (as well as fundraisers for non *ōprofit* organizations) is a very rewarding experience because, as many of you have heard me say, *ōYou can't have a race without runners but you can't have one without the volunteers either.ō*

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

May 2016

- 6: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 7: KidSource Strides for Slides 5K at Little Rock. Call 501-231-5418.
- 7: Peace Love Goodwill 5K/10K/Half Marathon at Little Rock. Call 501-372-5100.
- 7: Lei Leiø 5K/1M at Fort Smith. Call 479-414-8892.
- 7: Women Can Run 5K at Conway. Call 501-908-5096.
- 7: Law Day 5K/10K at Jonesboro. Call 501-650-3658.
- 7: Run for Life 5K/10K at Texarkana, TX. Call 903-748-3408.
- 7: Maggie House Hustle 5K/1M at Charleston. Call 479-209-0702.
- 7: Peach Festival 5K/1M at Nashville. Call 870-557-0747.
- 7: Race to Remember at Little Rock. Call 501-529-8505.
- 7: Trinity Mud Trek 5K at Texarkana, TX. Call 870-779-1009.
- 7: Pioneer Day 5K at Melbourne. Call 870-291-7340.
- 7: Yell Fest 4M at Dardanelle. All 479-229-3328.
- 14: Replenish Water in Kenya 5K at Little Rock. Call 501-472-9811.
- 14: Rock Run 8K at Little Rock. **GPS**. Call 501-227-3709.
- 14: Boys & Girls Club Half Marathon at Malvern. Call 501-844-0075.
- 14: Race Against the Odds 5K at North Little Rock. Call 501-442-1564.
- 14: Everyday Superhero 5K/1M at Van Buren. Call 479-632-6382
- 14: Hydration for Life Duathlon/5K/1M at Rogers. Call 479-986-9960.
- 14: Panther Pride 5K Color Run at Malvern. Call 501-332-5881.
- 14: Fit Challenge 5K at Hope. Call 903-277-7000.
- 14: Straight from the Driveway 5K Glow Run at Hermitage. Call 501-247-5929.
- 21: Run Between the Lines 5K at North Little Rock. Call 501-454-1260.
- 21: Pump N Run Obstacle 2M/5K at Rogers. Call 479-530-6268.
- 21: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 21: Running for a Reason 5K at Norfork. Call 870-508-9777.
- 21: Mucka Mania 5K/10K at Wynne. Call 870-208-6523.
- 21: Speedy Skunk 5K/10K/1M at Prairie Grove. Call 479-466-6251.
- 21: Panther Prowl 5K at Little Rock. Call 501-247-4996.
- 21: Magnolia Blossom Festival 5K. Call 870-949-9035.
- 21: A-State Steelers 5K at Pine Bluff. Call 870-883-0901.
- 21: Light It Up Blue 5K at Jonesboro. Call 870-335-6568.
- 21: No Child Wet Behind 5K at Little Rock. Call 501-492-6644.
- 21: Because of the Brave 5K at Poyen. Call 501-467-6965.
- 21: Firefighter Hot Foot 5K/10K at Fort Smith. Call 479-461-9084.
- 21: Running for a Reason 5K at Norfork. Call 870-508-9777.
- 21: Mustang Color Run 5K at Perryville. Call 479-225-0249.
- 21: Daisy Dash 5K at Pangburn. Call 501-207-1840.
- 21: CVID 5K at Dover. Call 479-264-6917.
- 22: Ladies DU Fayetteville. Call 479-444-3463.
- 28: Riverfest Rock n Stroll 5K at Little Rock. Call 501-240-7405.
- 28: Eayo Stem 5K/1M at Forrest City. Call 423-930-5942.
- 30: Memorial Day 5K/10K/1K at Fayetteville. Call 479-225-5440.

Birthdays

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

- 1 - Mary Hayward
- 2 - Julie Rhodes
- 4 - Marliese Kerr
- 5 - Pennie Lewis
- 6 - Joe Cordi
- 6 - Joel Felland
- 10 - Mei Song
- 12 - Lea Tipton
- 14 - Drake Martin
- 15 - Richard Bailey
- 17 - Aaditya Verma
- 22 - Sarah Carter
- 26 - Tyrone Robinson

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