

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2016

## Words From The President

**By Mark Ferguson  
LRRC President**

Being only a few days from November as I write this month's column, summer is still hanging on. I heard on the radio that Christmas is only eight weeks away. Wow. Time flies when you are having fun and also when your Cubbies are in the World Series. Maybe this is the year that Cubs fans don't have to repeat the proverbial "There's always next year."

With only eight weeks from Christmas, that means Thanksgiving is less than four weeks away. Many of us will be participating in all kinds of Turkey Trots on Thanksgiving Day. Turkey Trots range in distances. Most are 5ks, just long enough to get you out of bed and exercise in anticipation of eating 3,000 calories later in the day. To make you feel more justified of eating those 3,000 calories, there are half-marathons, eight miles, 10Ks, and everything in between.

The Turkey Trot Tradition goes back to 1896, when America's first Thanksgiving Day race was held in Buffalo, NY. The YMCA Turkey Trot celebrates its 121<sup>st</sup> anniversary this year, the oldest footrace in America 6 five months older than the more famous Boston Marathon. The 8K race sells out with a field of 14,000 participants.

Everything is bigger in Texas. The Capital One Bank Dallas YMCA Turkey Trot is the largest in the U.S. with an expected turnout of 40,000 participants for the eight-mile and 5K events. This race even set the Guinness World Record for the "largest gathering of people dressed as turkeys" in 2011.

The Fifth Third Turkey Trot in Detroit has more than 20,000 participants

that participate in the 10K. Not only is there a 10K, there is also a 5K that begin at separate times. Needing to burn more calories for the afternoon pecan pie indulgence, participate in both races known as the Drumstick Double. The 10K begins at 7:30 and the 5K begins at 8:30.

The Atlanta Half Marathon runs past Atlanta's landmarks including Centennial Olympic Park, Oakland Cemetery, with a start and finish under the Olympic Rings. The Atlanta Track Club hosts the race that has more than 12,000 participants.

Run to Feed the Hungry in Sacramento, CA, has more than 28,500 participants in the 10K and 5K races with

## Vera Lloyd Turkey Trot 5K Is November 19

Vera Lloyd Presbyterian Family Services invites you to be part of the fifth annual Turkey Trot 5K and one mile fun run for kids in Monticello on Saturday, November 19. The race starts at 9 a.m. with a fast, flat course and is followed by a one mile run for kids and an awards ceremony

Medals will be awarded for overall runners and walkers and the following age groups: 0-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 and over for males and females.

All funds raised from the event are invested in caring for youth in foster care at Vera Lloyd Presbyterian Family Services' children's home.

the goal of raising \$150,000 for the local food banks.

The Manchester Road Race in Connecticut began in 1927 with just 12 racers, but has become a New England Thanksgiving Day tradition with a sold out field of 15,000 participants that complete the 4.748 mile course. However, this Turkey Trot includes an elite field that share a purse worth nearly \$50,000. More than 30,000 spectators line the course to cheer on the participants.

If you do not want to have a destination Turkey Trot, participate in one of the local races in your area. If you are in Little Rock on Thanksgiving Day, take part in the Go!bbler Turkey Trot at Go!Running at 8 a.m.. This is a free race that benefits the Arkansas Foodbank. Simply bring a canned food or a cash donation. Distances range from three, four, or 6.5-mile routes which include road, track or trail.

Happy Running, Mark

## November Meeting

November 21, 2016

Whole Hog Cafe  
12111 W. Markham

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

Lisa Duke  
Orangetheory Fitness

# Team RWB: Veteran Outreach To Physical Fitness

**By Lisa Gunnoe, Chapter Captain  
Team RWB, Central Arkansas**

*Team Red, White & Blue is rooted in the belief that the best way to support veterans is by spending time with them, listening to them, and supporting them in personal and meaningful ways*

Ultimately, the aim of Team RWB’s community-building programs is to bring veterans together with civilians citizens in a way that enables them to establish authentic friendships. – Team RWB “[real stories](#)” page  
History of Veterans Day

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day.

**Whereas** the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and

**Whereas** it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and

prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and

**Whereas** the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

WOD With Warriors is our largest November team event on November 12 at 9 a.m. at Anytime Fitness, 7403 Cantrell Rd, Little Rock.

We have weekly fitness events in a few communities around Central Arkansas. We would love it if you, yes you, would host a fitness event. Hiking, climbing, cycling, strength training, and, yes, running.

The best way to keep up with these workouts is to come on over to our Facebook group page. <https://www.facebook.com/groups/TeamRWBCentralArkansas/>

## Pick Your Injury: Runner’s Knee

Runner’s Knee is a common term used to describe several conditions that cause pain around the knee. These conditions are anterior knee pain syndrome, patellofemoral malalignment, chondromalacia patella, and iliotibial band syndrome.

According to the Harvard Medical School, runner’s knee is more common in women than in men, particularly in women of middle age. Overweight individuals are more prone to the disorder.

### Symptoms of Runners Knee

A dull, aching pain behind the knee or around the knee. You may feel this pain when walking, climbing stairs, squatting, kneeling, running, sitting down or standing up, or sitting for a long time with your knee bent. Other symptoms include swelling and popping or grinding in the knee. Iliotibial band syndrome causes pain on the outside of the knee which is where the iliotibial band connects to the tibia.

### Treatment

As with most injuries, the first step is **RICE**.

**Rest** ó Avoid repetitive stress on the knee

**Ice** ó To reduce pain and swelling, apply ice to the knee for up to 30 minutes at a time and avoid any heat to the knee

**Compression** ó Wrap your knee with an elastic bandage or sleeve to restrict swelling. Be careful not to wrap too tight as this will cause swelling below the knee.

**Elevation** ó Place a pillow under your knee when sitting or lying down to prevent further swelling. Try to keep your foot elevated above the knee and the knee above the level of your heart.

If additional pain relief is needed, over the counter non-steroidal anti-inflammatory medication (NSAIDs), aspirin, ibuprofen, naproxyn, and acetaminophen can help.

Be sure to consult your doctor if swelling remains after a few days. Additional medication may be prescribed along with physical therapy and certain exercises that will strengthen your knee and allow for a full range of motion.

Happy Running!

The Runaround is published electronically each month by the Little Rock Roadrunners Club, POBox 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month’s issue. Send articles to Editor Linda House at: [lhouse48@gmail.com](mailto:lhouse48@gmail.com).

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# Dreaded 20K At Benton - Oh, Those Lovely Hills

By Nick Rule

Hello fellow Roadrunners! What follows is my account of race #15 of the Grand Prix Series on September 17<sup>th</sup>, 2016, in Benton, AR – the dreaded Arkansas 20K! I say that only because I dread this race (worst bonk ever last year) and the hot and humid weather we usually get for it not because it's a bad race. Actually, it's a great barometer of one's fitness coming out of the summer 5K season and always provides a challenge for runners of all ability levels. This year the Saline County Striders concocted a new course to test us that started and ended in the newly developing Bernard Holland Park near the interstate.

I toyed with the idea of a complete race recap but thought that instead, I would just write about my experiences, so here goes. In an effort to combat the heat we've gotten over the last few years the start time was moved to 7 a.m., and that payed off as it stayed overcast for most of the morning, lessening the effects of the high humidity.

After another stirring rendition of the national anthem with Michael Harmon standing resolutely at attention we were off! The first two miles were a gradual climb into the heart of the city of Benton. As we all watched Mark Ferguson pull away in the first couple of miles I could barely hold a fast pace under eight minutes, and then came the hills. Oh, those lovely hills! Up one, down another as I went by City Hall, the Benton Police station and a Benton Fire station where Jeffery Grove took a pit stop and still had a fast time.

The old course had that climb back into town in the second half of the race so it was some consolation that the new course punished you early and then was a little more manageable on the back half.

As we looped around the school I played yo-yo with Jenny Massanelli (you'd be proud Rodney), passing her on the downhills and then succumbing to gravity and her strong climbs on the uphill. I finally lost her going back through town and settled into a more

manageable pace with some guys in the over 50 crowd who were having a good race, like Don Still and the ubiquitous Kim Howard.

As we left downtown and headed back towards the park I got a false sense of security as we passed fairly close to the finish line only to hear my watch beep at the seven-mile mark. I then had that thought I'm sure most of us runners have had at some time which is "OMG!! I'm only a little over half way and I feel like s#\*%!ö

The next part of the course was a loop through a residential neighborhood that was relatively flat and gave one a breather of sorts, but at some point on that part of the course, or thereabouts, some runners got off course. It was an unfortunate development that didn't become evident until I passed Karl Lenser and Barrett Kerth and I knew something was wrong as they were both walking. A quick check to make sure they were OK revealed they had run an extra two miles or so off course and were throwing in the

towel. I guess when you're that fast you could still beat most of us even if you did get lost. Hopefully, it didn't cost anyone greatly in the points race.

For the home stretch we headed out to do a lap around Lake Sunset and as I hit the little downhill coming to the lake I passed "Runner Mom" Tia Stone climbing out towards the finish with a grimace on her face foretelling what was in store for the rest of us. Whew!!! That was a tough climb out and luckily it wasn't far to the finish and a snow cone!

As I peruse the final results, Grand Prix overall leader Brian Sieczkowski was absent which allowed Fergi to fill the gap and take first overall but I think Bøski has the title locked up. Tia Stone, with a second overall and first female, and Erik Heller with a strong third place finish, had a place on the podium

Thanks to the Saline County Striders for organizing the race and I think with time the new course and new park complex can develop into a good race venue.

## December Running Calendar

- 3: Jingle Bell Jog 5K at Fayetteville. Call 479-530-8084.
- 3: White River Christmas Half Marathon/Relay at Batesville. Call 501-554-5211.
- 3: Speedy Santa 5K at Benton. Call 501-517-7393.
- 3: St. Jude Memphis Marathon/Half/10K/5K/1M. Call 800-565-5112.
- 3: Jingle Bell 5K/1M at Little Rock. Call 501-664-4591.
- 3: Devil's Den Trail 3M/5M/9M at West Fork. Call 479-879-7003.
- 3: Color Out Cancer Holiday Hustle 5K at Glenwood. Call 870-356-2121.
- 3: Raid the Rock Trail 20K at Little Rock. Call 501-993-1993.
- 10: CASA Half Marathon at Pine Bluff. GPS SC. Call 870-556-0660.
- 10: Jingle Bell 5K/1M at Springdale. Call 501-664-4591.
- 10: Ugly Sweater Run 5K/1M at Hot Springs. Call 903-244-3505.
- 10: The Green 5K at DeQueen. Call 870-784-2867.
- 10: Lake Alma Trail 3.8M/7.6M at Alma. Call 479-561-2379.
- 10: Yule Run 5K at Greenwood. Call 479-996-6357.
- 17: Mt. Nebo Bench Trail 4M at Dardanelle. Call 479-477-0909.
- 17: Three Bridges Marathon at Little Rock. Call 501-231-3730.

## Remaining 2016 Grand Prix Races

November 12 - Breakaway 10K at Searcy

November 19 - Spa 10K at Hot Springs

**December 10 - CASA Half Marathon at Pine Bluff (State Championship)**

## 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. Contact the editor at lhouse48@gmail.com if you know of a race that should be listed in the calendar.

### November 2016

- 5: On a Mission 5K at Heber Springs. Call 501-362-8118.
- 5: MidSouth Marathon/Half Marathon at Wynne. Call 870-208-6523.
- 5: Have a Hart Turkey Trot at Fairfield Bay. Call 501-844-7777.
- 5: River Valley 5K/10K/Half Marathon at Fort Smith. Call 479-649-8815
- 5: Lucy Jean Turkey Trot 5K at Batesville. Call 405-312-1781.
- 5: Your Start Our Future 5K at Jacksonville. Call 501-350-0762.
- 5: Ozark Highlands Endurance 14M//34M at Norfolk. Call 870-847-5129.
- 5: Fight Back 5K at Nashville, AR. Call 903-277-7000.
- 5: Anytime Fitness 5K at Camden. Call 870-836-7100.
- 5: Harvest Your Health 5K at Arkadelphia. Call 501-545-1073.
- 5: Make-a-Wish 5K Glow Run at Magnolia. Call 870-904-9190.
- 5: Run For Shelter 5K at Little Rock. Call 479-652-7394.
- 5: Senior Glow 5K at Calico Rock. Call 870-404-7561.
- 5: Worldø Highest Hill 5M at Poteau, OK. Call 918-658-0478.
- 5: Bulldog Love 5K at Quitman. Call 501-336-4425.
- 6: Arkansas ALE 1M at Little Rock. Call 501-492-6955.
- 6: Umpire Cristian School 5K at Umpire. Call 870-845-1531.
- 12: Breakaway 10K at Searcy. **GPS**. Call 501-230-3997.
- 12: Littlefield Oil Company 5K at Fort Smith. Call 479-651-6513.
- 12: Fight Like a Kid 5K at Heber Springs. Call 501-270-2360.
- 12: Foxtrot 5K at Fox. Call 870-615-2195.
- 12: Mountainstache 5K at Mountainburg. Call 479-414-8862.
- 12: Veterans 5K at Fayetteville. Call 479-713-0611.
- 12: Ozark Highland 5K at Clarksville. Call 479-970-8891.
- 12: Larry Hutton Memorial 5K at Sherwood. Call 501-833-3568.
- 12: GOTR 5K/10K at Bentonville. Call 479-531-4519.
- 13: Gobbler Grind Marathon/Half/5K at Overland Park, KS. Call 816-399-5330.
- 13: Lake Atalanta Trail/Road Duathlon at Rogers. Call 479-200-7718.
- 19: Spa Running Festival 5K/10K at Hot Springs. **(10K is GPS)** Call 501-276-8870.
- 19: Spa Summit2 Challenge Half Marathon at Hot Springs. Call 501-276-8870.
- 19: White River Marathon/Half/5K for Kenya at Cotter. Call 870-404-8363.
- 19: Turkey Trot 5K/1M at Monticello. Call 501-666-8195.
- 19: Turkey Trot 5K at Siloam Springs. Call 479-524-5779.
- 19: Reindeer Run for Reading 5K at Bryant. Call 573-692-4600.
- 19: Danielø Run 5K at Horatio. Call 870ø 832-4763.
- 19: Hillbilly Hustle 5K at Ozark. Call 479-508-8203.
- 19: Saving Lives Step by Step 5K at Fort Smith. Call 479-806-3100.
- 20: Run for the Parks 2.5M/4.5M/8.5M at Fayetteville. Call 479-444-3463.
- 24: Turkey Trot 5K at Conway. Call 501-327-5087.
- 24: NWA Turkey Trot 5K/1M at Rogers. Call 479-466-9713.
- 24: Sheep Dog Turkey Trot 5K/1M at Little Rock. Call 501-712-5514.
- 24: Gølbblø Turkey Trot 3M/4M/6.5M at Little Rock. Call 501-663-6800.
- 24: Thanksgiving Day Turkey 5K/10K at Fort Chaffee. Call 479-259-9540.
- 25: Sunset 24 Hour Challenge at Benton. Call 501-517-7393.
- 26: Sunset 6/12 Hour Challenge at Benton. Call 501-517-7393.
- 26: Great Duck Race 5K/10K at Stuttgart. Call 870-673-1602.
- 26: Motown 5K/1M at Morrilton. Call 479-970-7243.

## Birthdays

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

- 6 - Colin Hall
- 8 - Dawn Fisk
- 8 - Alberto Basilio
- 8 - Bill Crow
- 18 - Joseph Poole
- 22 - Jayme Butts-Hall
- 22 - Julianne Dissinger
- 25 - E.F. Jennings
- 26 - Neil Masangkay

## New Members

Welcome to new members!

**Coe Griffin** of Little Rock also enjoys baseball, basketball and hunting. Heø been a runner for the past two years.

**Amos Smotherman** of North Little Rock works in fire protection and has been a runner for the past 10 years. He races frequently and is interested in meeting fellow runners for long distance runs on the weekend.

### Retreads

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

Frankø'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)

# 10K Curse Strikes Again At Survivor's Challenge

By Rachel Hendrix

After realizing the night before the race I had not contacted anyone to share a ride, I got up long before dawn to make the drive to Fort Smith and occupied my time by listening to podcasts. (I recommend Skeptics Guide to the Universe, Radiolab, and Science Vs).

When I got out of the car I could feel it in the air; today I was going to have a great race. As dawn approached I ran over to get registered and then proceeded on a quick warm up to get a taste of the hill that would be the final descent in the race. I had been anticipating a hilly course from those who had raced previously. Looking around at the start line I found some of the Birds and quickly felt my starting line jitters kick in.

Usually I end up going out too hard, but not that day. When I have the PR feeling I am laser focused. After some small rolling hills in the first mile, we began a one-mile-long steady climb. I reached the 5K mark at 23:35 and knew I was on track for that PR (my current is 50:30). I continued to push myself

(heart rate avg 173) while keeping in mind the short, steep hill at mile five Eugene Atha had warned me about.

A little after the four-mile mark I saw Steve Booth and decided he would be my rabbit. I worked hard to catch up to him despite having to weave in and out of the 5K runners. We rounded the last turn together, looked at each other and knew it was going to be a fight to the finish! I stayed focused on not falling flat on my face down a very steep hill as we matched steps but ultimately I couldn't match his kick.

I finished strong in 46:27 but looking at my Garmin I realized we had not finished a 10K. As many of you know, there was a turn the course marshal directed 10K racers NOT to take. As far as placing and GP points count, we all ran the same distance (except Mark Lacey) so that wasn't necessarily an issue. I guess I have a 10K curse! This was the third time I've been on track for a PR and had something go wrong. I'll have one more chance at the Spa 10K.

Hope to see you all there!

# GOTR 5K Needs Your Help On November 20

By Jenny Paul, Executive Director  
Girls on the Run of Central Arkansas

Hi Birds! The Girls on the Run of Central Arkansas council needs your help! The 2016 GOTR 5K celebration is quickly approaching, and we need volunteers and Running Buddies to help each of our girls get across the finish line. The LRRC-GOTR connections are very strong, and we appreciate all of the support LRRC has offered us since our establishment in 2013. The Roadrunners helped us with our very first steps to becoming an independent council and have continued to support our programming each year with a grant that allows several girls that may not otherwise be able to participate an opportunity to complete the Girls on the Run curriculum with her peers.

Our participants have been working very hard over the past several weeks to prepare mentally and physically for the challenge of completing a 5K run/walk on November 20<sup>th</sup>. As you know, everyone needs a little encouragement when trying something new and YOU can be that encouragement for one of our 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> grade girls.

Volunteers are needed to help set up before and clean up after the event. We also need people to work water stops and to ensure the refreshments are stocked. Pre-run activities like face painting and crafts also require some extra hands. You can see how there is a way for everyone to help.

Another way to help in a BIG way is to volunteer to be a Running Buddy for one of the GOTR participants. We aim for each girl to have an adult Running Buddy accompany her throughout the entire 3.1 mile course. Several of our participants

have family members or family friends that can be their Running Buddy, but we still have a considerable amount that need volunteer Buddies. Running Buddies should be able to complete a 5K comfortably even though a lot of our girls will take walk breaks. As a RB you will be asked to arrive at 1 p.m. when pre-run activities begin and stay with your girl until you have completed the 5K which begins at 2:30 p.m.

The GOTR 5K pre and post-run activities will be near Pavilion 2 of Murray Park. The start and finish are on the River Trail in the same area, and the course runs along the River Trail to and across the Big Dam Bridge. Once on the North Little Rock side, runners will turn around and retrace their steps back to the finish line. \*\*A background check is required for Running Buddies and all volunteers who will have direct contact with participants.\*\*

If you have any questions please contact me, Jenny Paul, at [jenny.paul@girlsontherun.org](mailto:jenny.paul@girlsontherun.org) or 501-615-5733.

To summarize:

GOTR 5K, November 20, 2016

Pre-run activities start at 1 p.m.; run begins at 2:30 p.m.

Murray Park Pavilion 2 (We will ask volunteers to park in a further lot and take a shuttle or walk to the staging area - more on that for those who register.)

Best time you'll have as a volunteer.