

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

October 2016

## Words From The President: Fall Is Here

**By Mark Ferguson**  
**LRRC President**

You wanted it, you got it. I am referring to fall weather. At least while I am writing this column it feels a little more like fall than summer. By the time the newsletter is published, it might be back up to 95 degrees with 85% humidity. There is one thing for certain though, fall is around the corner. You can smell it in the air and feel it in the light breeze as the sun is setting. Days are getting shorter and nights are getting longer. You are completing your morning runs before you even see the sun rise and you barely get your evening run in before the sun sets and disappears below the horizon. Instead of the sun beating down on you, it is now in your eyes blinding you and casting weird shadows in front of you. Shadows you haven't seen since this time last year.

Something about the crisp morning temperatures and the sound of fallen leaves under foot. The morning dew on the lawns and the slight breeze that comes with fall will be a welcoming sight to most of us. We are not quite there yet, but we are getting closer. Call me crazy, but I have actually seen a few runners wearing jackets on their morning runs this week. It may have been cooler these last few days, but it definitely is not jacket weather in Little Rock.

The fall season is also a time that all shoe manufacturers and clothing manufacturers begin to show their new versions of the same shoe and same running shorts as in previous years of a new color, a new version number, a better seam, a no-show strap, and all the other selling gimmicks that we keep falling for year after year. Out with the old and in

with the new. You just feel better if you are wearing a new pair of shoes or are donning a new vest. I feel much better when I am wearing a new pair of socks. (Not very thrilling, I know.) It seems we all have an extra spring in our step when we are wearing something new. I am not sure if it is the new attire or if it is a sigh of relief from the sun and the humidity from our old friend summer.

Fall is the time of year where I hope all of you can reap the benefits of your hard work throughout the summer. That certain date on the calendar that has been circled for months where you are hoping to peak is nearing. It might be the race that you love to run every year or it

## Minuteman 5K XC Race Report

**By Ryan Lawrence**

A strong breeze forced cool air across my exposed arms - I was wearing the traditional LRRC racing tank top after all - and I thought to myself that everything was shaping up for a strong personal showing at the Minuteman 5K. I did a light warm up jog around the course. I wanted to reacquaint myself with the terrain. And I wanted to look for possible shortcuts through the tall brush, in case B Ski ever ran too far out my sight.

The promise of pleasant temperatures on race day was merely a tease. By the time we were crowding the starting line the sun had begun peeking out from behind the clouds. We were

might be a once in a lifetime race that you signed up for. Maybe it is the date that starts your winter race season or maybe it is the day of that trail race you always wanted to run. Whatever your thoughts are concerning fall, I hope they are good ones.

I hope all of you are lucky enough to be able to watch some of the local high school and college cross country races. Some runners are new to the sport and some are old veterans. Cross country is a different bird for most of us, but it sure is fun to watch. Go cheer some local runners on and have fun doing it.

Get out and enjoy these mild days. If you wait too long, you will be wondering where fall went and when spring will be here. Enjoy your upcoming runs wearing your new, spring in your step, outfits.

Happy Running.

## October Meeting

October 17, 2016

Whole Hog Cafe  
12111 W. Markham

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

Cassandra Benning  
Floating Lotus  
"Yoga for Runners"

(See *Minuteman* on Page 5)

# Girls On The Run 2016 Season Has Begun

By Jenny Paul, Executive Director  
Girls on the Run

Hi Roadrunners-

The 2016 Girls on the Run season is off to a roaring start! Fifteen teams of third, fourth and fifth grade girls meet twice weekly to share in discussions, games and physical activity as they work through the Girls on the Run curriculum with their coaches. As we begin our fourth week of practices, the feedback from parents and participants has been fantastic.

If you are curious about Girls on the Run, be sure to mark the afternoon of Sunday, November 20<sup>th</sup> on your calendar. Each of our girls will complete the celebratory GOTR 5K run/walk on that day, and you can catch the GOTR energy as a spectator, volunteer or running buddy.

The GOTR 5K course begins on the River Trail near Murray Park Pavilion 2 and runs along the trail to the Big Dam Bridge. The girls and their buddies cross the BDB to the North Little Rock side of the river and almost immediately turn around to retrace their steps back to the START/FINISH LINE. This out and back course is honestly the most uplifting 3.1 miles I've ever run. The girls are so encouraging of one another as they meet up along the course, and the spectators cheer for each girl as she passes.

Since our establishment in 2013, we have grown considerably. During our first season in 2013, we had a team of 19 girls on one team. This season, we have nearly 200 girls enrolled on one of 15 separate teams. Since last year (the 2015 season) we have increased by about 80 participants and eight teams. This growth is only possible because we have attracted reliable, committed coaches that share over three hours of their time with their teams each week. If you have the desire to help GOTR grow within our community, please contact me anytime about coaching for the 2017 season. And if you see any of our current coaches around town, please be certain to high-five them and remind them that their time and energy is very much appreciated.

If you don't want to wait until next year to get involved, please consider joining us at the GOTR 5K as a volunteer or as a running buddy. Soon, I will share a sign up link for both. We need the standard volunteers, but will also need help with some GOTR specific tasks such as happy hair and face painting. If you

would like to be a running buddy for one of our girls, please check our website ([gotr.centralarkansas.org](http://gotr.centralarkansas.org)) or my Runaround article next month for updated instructions.

Thank you to all LRRC Birds for you continued support!

## October Team RWB

By Lisa Gunnoe  
Chapter Captain  
Team RWB, Central Arkansas

The results of research done to study the effectiveness of Team RWB and its programs is shown on Page 3. We are finding the same results here in Arkansas. We are blessed to see the veteran and civilian communities come together, work together, bond over sweat, food, high fives and hugs. When we meet weekly, share common struggles, talk, we soon start narrowing our differences and magnifying our shared goals, values, interests, thus enhancing every part of our lives through those connections made. Let us keep it up Arkansas and keep it fun. Team RWB has over 111,000 members nationwide. In Arkansas we are approaching 500.

### October fitness activities

Anyone not quite ready to run a marathon or half? Want to be involved, have a blast and help people achieve amazing goals? Come join us for a water stop at Soaring Wings Marathon and Half Oct 29, 2016. Contact Sandy Ahne ó [sandy.ahne@teamrwb.org](mailto:sandy.ahne@teamrwb.org)

(See **Team RWB** on Page 3)

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## 2016 Grand Prix Races

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

# New Research Backs Vet Groups' Goals With Data

By Leo Shane III  
Military Times

Organizers with Team Red, White and Blue have long said that veterans who participate in their events are happier, healthier and more civically minded than their peers.

Now they can prove that. And researchers say that type of supporting data is often lacking in community outreach efforts to help veterans.

This week, officials from Syracuse University's Institute for Veterans and Military Families released its new study on Team RWB, the six-year-old outreach organization whose stated goal is to "enrich the lives of America's veterans by connecting them to their community through physical and social activity."

More than 270,000 individuals took part in group events last year, about 40 percent of whom were nonveterans looking to better connect to the military community.

Of veterans surveyed, 81 percent said their involvement made them feel more satisfied with their lives, 64 percent said it helped them maintain a healthier weight, 53 percent said it helped them better connect to their civilian peers and 70 percent said it helped them build a better network of professional contacts.

The results largely echo long-held beliefs of the group's leaders and members, but for the first time provide solid data to back up those claims. And IVMF officials said too often veterans groups can't prove their good intentions result in good results.

"This is something that rings true across the entire nonprofit space," said Nicholas Armstrong, senior director for research and policy at IVMF. "Most nonprofits don't have the funding to do extra research outside their main mission, or think about ways to collect new data on outcomes."

But as charitable budgets tighten, donors want more proof their money is going toward worthwhile efforts. Veterans' advocates in particular face an

explosion of charities in recent years but also the threat of dwindling interest.

"Proceeds toward veteran and military-specific organizations remain flat since 2001," the IVMF study warns. "In fact, compared to a steadily growing nonprofit sector overall, veteran and military serving organizations now capture a lesser, and declining, share of total philanthropic support than they enjoyed in the months following 9/11."

"The implications are clear. Organizations that clearly demonstrate their outcomes will not only remain attractive to current and future donors, but also position themselves to best serve veterans' needs."

IVMF officials acknowledged that the survey model provides only partial answers to Team RWB's influence and effectiveness, given inherent biases

in the participants' answers. About 10 percent of those surveyed thought their experience with the group helped them get a raise at work or earn a promotion, a claim that could only be backed up through more intense investigation.

But the researchers said the study is the first step in broader evidence-based data collection for the group, and does confirm "the more one participates in Team RWB activities, the more one gets out of it."

IVMF officials will be highlighting other veterans' organizations and their own outreach programs in similar studies in the months to come. Team RWB officials will be looking to expand their outreach efforts this year to exceed the 32,394 events the organization sponsored nationwide in 2015. The full report is available at the IVMF website.

## Team RWB (Continued from Page 3)

**Conway:** Tuesdays at 5 a.m. at Conway Regional Fitness Center parking lot for runs

### Searcy:

Tuesday and Thursday 5:30 a.m. 6 run or walk  
Wednesday 10 a.m. 6 walk or ride

**Climb Pinnacle:** With Rebecca Benton 6 October 2 and 16 at 7:30 a.m. Possibly the 30<sup>th</sup> as well.

**LRAFB:** Mondays and Thursdays at 5 p.m. meet at fitness center parking lot for a run

### Little Rock:

Tuesdays with BMR starting at the Clinton Library parking lot at 6:30 p.m.

**Event:** WOD with Vital 90 on Little Rock Air Force Base sponsored by Team RWB

## October Races (Continued from Page 4)

- 29:** Race the Base Trail 4M at Little Rock. Call 501-681-2801.
- 29:** ArkanSalsa 5K/1M at Springdale. Call 479-365-0201.
- 29:** Stride Against Domestic Violence 5K at Magnolia. Call 870-235-1415.
- 29:** Little Heroes 5K at DeQueen. Call 870-584-8674.
- 29:** Zombie Run 5K at Columbia, MO. Call 573-864-8413.
- 29:** Aspire Mask-a-Race 5K at Little Rock. Call 501-350-9128.
- 29:** Running for a Cure 5K at Mountain Home. Call 870-736-2000.
- 29:** Zombie Resistance 4M at LRAFB. Call 801-540-9096.
- 29:** Trick or Trot 5K at Walnut Ridge. Call 870-759-8279.

## 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)

### October 2016

- 8: Timberfest 5K at Sheridan. Call 870-942-3021.
- 8: John Brewster 5K/1K at Scranton. Call 479-252-6617.
- 8: Ouachita River Challenge 5M/20K/5K at Malvern. Call 501-815-2383.
- 8: FSM 5K at Cabot. Call 501-843-5291.
- 8: MEMS 5K at Little Rock. Call 501-605-2654.
- 8: Run for a Reason Chocolate 5K at Ozark. Call 479-209-1899.
- 8: Turkey Trot 5K at Yellville. Call 870-449-4676.
- 8: Run the Rail Half Marathon at New Boston, TX. Call 903-824-8650.
- 8: Run 4 Their Life 5K at Wynne. Call 870-238-4329.
- 8: Downtown Runaround 5K/10K/1M at Springdale. Call 479-725-4534.
- 8: Heroes for the Human Race 5K at Russellville. Call 479-967-2255.
- 8: Wiggins Cabin 5K/1M at Cro9ssett. Call 870-510-5168.
- 8: Katz Tracks 5K at Melbourne. Call 870-373-0845.
- 8: Lizard Licked 5/1K at Dardanelle. Call 479-857-3633.
- 8: Race for Independence 5K at Rogers. Call 501-747-0005.
- 8: MVE PTO My School Color 5K at Enola. Call 501-733-1602.
- 8: Saline County Zombie 3K at Bryant. Call 501-538-5972.
- 9: Race 13.1 Little Rock Half/10K/5K at Little Rock. Call 615-202-4230.
- 9: Hero Half Marathon at Fayetteville. Call 479-530-9906.
- 15: Survivors Challenge 10K at Fort Smith. **GPS**. Call 479-424-1812.
- 15: Running for Cover 5K at Malvern. Call 501-778-1133.
- 15: Razorback Run 15K/5K at Fayetteville. Call 479-530-8432.
- 15: The Color Run Night5K at Little Rock. Call 501-371-4639.
- 15: Arkansas Zombie Challenge 5K at Hector.. Call 479-880-1195.
- 15: Heroes Against Hunger 5K at Little Rock. Call 503-758-8426.
- 15: Komen Texarkana Race for the Cure 5K. Call 903-791-9585.
- 15: Cossatot River Trail Half Marathon at Wickes. Call 870-385-2201.
- 15: Red Leg 5K at Ozark. Call 479-667-3758.
- 15: Full Moon Trail 5K/1M at Clarksville. Call 479-979-1411.
- 15: Superhero 5K at Magnolia. Call 713-320-4255.
- 16: Buffalo National River Biathlon Trail Run at Yellville. Call 870-449-4311.
- 22: Lewis & Clark Ozark Adventure 7M/2M at Fayetteville. Call 479-521-7766.
- 22: Green Glow Band 5K at Danville. Call 479-622-3154.
- 22: Race for the Cure 5K at Little Rock. Call 501-202-4399.
- 22: Sparks Stampede 5K/10K at Van Buren. Call 479-650-9469.
- 22: Big Bluff Challenge 5K/10K at Lakeview. Call 870-847-5129.
- 22: FFA 5K at Oark. Call 479-746-1272.
- 22: Founders 5K at White Hall. Call 870-540-9208.
- 23: Halloween Monster Dash 5K at Fayetteville. Call 479-521-7766.
- 29: Fayetteville Half Marathon. Call 479-521-7766.
- 29: Soaring Wings Marathon/Half/Relay at Conway. Call 501-328-7794.
- 29: Hudsonø Monster of a 5K at Benton. Call 501-574-8914.
- 29: Ryanø Call PeRSeverance 5K/1M at Daisy Park, Kirby. Call 870-223-1606.
- 29: The Joshua 5K at Greenland. Call 479-466-7446.

(See **October Races** on Page 3)

## Birthdays

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

- 1 - Becky Matthews
- 4 - Jeff Maher
- 4 - Sonny Rhodes
- 6 - Stacy Mitchell
- 12 - Avery Ferguson
- 13 - Mallory Ann Steadman
- 14 - Darwin Sieczowski
- 16 - Alise Steadman
- 18 - Bobby Gragston
- 22 - Christine Ferguson
- 22 - Sandi Cordi
- 25 - Dan Belanger
- 28 - Hillary Davis
- 29 - Bob Marston

## New Members

Welcome to new members!

**Michael Findlay** of Little Rock is a U.S. Army Officer who has been a runner for 20 years. He also enjoys reading and history.

**Justin Marren** of Little Rock is a zookeeper who has been a runner for 10 years.

### 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)

# Pick Your Injury - Lower Back Spasms

By Mark Ferguson  
LRRP President

Muscular back pain is the most common type of back pain. It usually involves the paraspinal muscles, also known as the erector spinae muscle group, which are the strong muscles on either side of the spine that enable you to move, twist, and bend the spine. These muscles run from the back of the hips, along the spine, and all the way up to the bottom of the skull. They are among the strongest muscles in the body.

**Symptoms** – Muscular back pain usually comes on instantly. Pain radiates from both sides of the spine and the muscles feel as though they are locked up. This type of pain can be severe and debilitating.

**Causes** - What makes it hurt? Usually the paraspinal muscles are too tight, too weak or both. If you make a sudden twist, wrench, bend forward, or take a direct impact on the muscle can cause a spasm.

Other muscle groups can also contribute to back pain. Weak or tight ham strings, core muscles, glutes, or hip flexors that affect your body alignment or mechanics can force your back muscles to overextend or compensate for the changes.

## Treatment

- **Move Around.** You will want to lie down when bad back spasms occur. Don't. Stay mobile even if it means taking little shuffle steps around the house. Bed rest during back spasms only deconditions your muscles. During acute stages, avoid straining your back, but try to do simple stretches to loosen your hamstrings, hip flexors and glutes. These stretches can help alleviate the spasms.
- **Ice it and then heat it.** Apply ice for 15 minutes 4-6 times a day for the first two days. After 48 hours, apply heat at the same intervals.
- **Try NSAID.** An anti-inflammatory like ibuprofen or naproxen can help with pain and inflammation.
- **Vary our therapies.** Try different therapies until you start getting results. Massage therapy, dry needling or acupuncture can sometimes be effective. Incorporate hamstring, glute, hip flexors and core stretches into your daily stretching routine. Go slow. Do glute bridges and planks as you continue to improve.
- **Of course, if home-based care doesn't improve your symptoms, consult your local doctor or physical therapist.** A doctor can also prescribe muscle relaxers which can help alleviate the spasms during rehab.

# Minuteman Cross Country (Continued from Page 1)

going to have to battle the heat and the rugged surface. However, all of the runners seemed to be in high spirits. It's not every weekend that we have the chance to run an off-road 5K race.

Technical difficulties with the race coordinators meant that local running celebrity Erin Taylor was called upon to fill in as the race starter. After a lovely rendition of the Star Spangled Banner, followed by the saying of our Pledge of Allegiance, accompanied by the occasional beeping of Garmin GPS watches, we were ready to run.

After hearing the word "Go" we all did our best impersonations of college cross country runners as we shot out through the open field and headed toward the narrowing race path. After a couple of hundred meters I found myself in the lead position, which I don't mind, as it increases my chances of being featured in race day pictures. This time, my lead was short lived. Within the first half mile I found myself surrounded by fellow Roadrunners. Shortly thereafter, Brian, Mark, Homer, and Jonathan, started to pull away.

As we weaved our way around the tight turns of the course I watched those four steadily ratchet up the pace, while also occasionally peeking over my shoulder to survey the runners behind me. The uneven surface was a challenge I don't

face everyday. I could feel the muscles in my lower leg firing as I worked to keep my cadence high.

At the hairpin turns I noticed that Brian had taken over the lead. Mark and Jonathan were in pursuit. And I was trying to remember whereabouts of the shortcuts I had located earlier. The cool breeze from the warm up was a distant memory. The sun was out and the humidity was rising. I was sure that all of the runners were going to have to battle to the finish line.

This particular race has an incline leading up to the finish line. During that final climb out of the wooded area I came to terms with the fact that my time on the day would be a bit slower than a 5K on the road. The Minuteman 5K is not the race to set a personal best. It is a unique race that presents runners with a different type of terrain, course, conditions, and challenges.

It appears that the number of participants in Minuteman 5K is growing each year. That's certainly a testimony to excellent work of the National Guard and the local running community. Wouldn't it be great if the city of Little Rock turned the Minuteman course into a permanent running park?