

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2016

Words From The Club President

By Mark Ferguson
LRRC President

As I write this month's column, I am dreaming about the days of fall. There has been little relief from the brutal heat across the nation this summer. We drudge through our daily runs thinking the sun is melting our skin and our sweat will never be replenished with the cold water from the nearest fountain. On the bright side, it could be hotter.

The past few weeks were great TV watching days. I hope all of you were able to get some couch time and watch some of the Olympic events. I was lucky enough to watch multiple events every night and on the weekends. The Olympic athletes are truly amazing. The amount of time and effort they have dedicated to being the best in the world is enormous and incomprehensible for most of us.

To be on the starting line and have a false start is always in the back of everyone's mind, but most athletes control their urge for that split second until the gun goes off; or to drop the baton during a handoff of a relay, or to scrape the sand with your pinky during the long jump. The amount of pressure these athletes are under is enormous and most of us can't even imagine the degree of difficulty it takes to reach the pinnacle of their success.

Well, back to reality and our own degrees of difficulty that each of us deals with during our own training. Many of you have that premier race circled on the calendar for this fall or winter. Some of you are trying to qualify for Boston while others have thrown their name in the hat hoping that they are picked in one of the various lottery marathons. Most of us mere mortals are just hoping we can wake

up tomorrow morning and not ache all over, or at least, ache less than we did yesterday.

Injuries and age seem to go hand in hand for most of us. The older we get, the more injuries we have and the more prone we are to have more. I hope September is an injury free month for all of you. July and August were not good to a few of our LRRC members. The days are getting shorter and the nights are getting longer. Less daylight to run in the after

work hours and more drivers on the roads getting their kids to and from school activities. Be careful on your runs and pay attention to everyone else, because they sure are not paying attention to you.

Whatever race you're training for, I hope your outcome is truly Olympic. If it isn't, that's OK. At least you enjoyed training for it! Don't get down, just sign up for another. That's why we do it over and over again. It is not necessarily for the outcome, it is for the hard work that went into it.

Upcoming races this month are the ARK 5K in North Little Rock on September 3, Minuteman Cross Country 5K in Little Rock, and the Arkansas 20K in Benton.

Extra help is needed for the Minuteman Cross Country 5K. Contact Bill Torrey if you can help. The Club will be out in full force as we will have the tent set up and some food and drink to indulge on.

Happy Running!

Minuteman Cross Country Needs Volunteers

The Minuteman Cross Country 5K/2 mile is happening on September 10 and this race needs your help! This is a major cross country race for high school and junior high schools presented by the Arkansas Army National Guard, Little Rock Parks and Recreation, Rock City Running and Go! Running.

Help is needed at 8:30 a.m. for high school boys, 9 a.m. for high school girls, 9:30 a.m. for junior high boys, and 10 a.m. junior high girls.

Contact Bill Torrey at 501-231-3730 if you can help.

September Meeting

September 19, 2016

Whole Hog Cafe
12111 W. Markham

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

Grant Morris
Little Rock Parks and Recreation

Pick Your Injury: Piriformis Syndrome

By Mark Ferguson
LRRRC President

Do you have a pain in the arce? I am not referring to your 13-year-old, but the pain literally in your rear end area. Who knows, it really could be your 13-year-old or it might be your piriformis that is bugging you.

The piriformis muscle runs behind the hip joint and aids in external hip rotation, or turning your leg outward. The piriformis muscle can become tight for many reasons. Sitting too much is one of the major causes of this syndrome. Either too much time behind your desk, or maybe too much time in the car seat for those of you who travel a lot for work. The piriformis syndrome causes tightness or spasms, making the muscle compress and irritate the sciatic nerve.

Symptoms - Pain in the lower back and/or buttocks muscles, sometimes feeling as if it's deep inside the buttock muscles. It may be too painful to sit on the affected buttock. The pain and/or tingling can radiate down the backs of the legs as well.

Causes – Runners, cyclists, and rowers are the athletes most at risk for piriformis syndrome. They engage in pure forward movement, which can weaken hip adductors and abductors. These are the muscles that allow us to open and close our legs. Add the weakness of weak glutes, and all of those poorly conditioned muscles put extra strain on the piriformis.

Treatment ó

- Rest. The one item we don't like to do. Stop the offending activity. Let the pain be your guide. If it hurts to do anything, back off immediately.
- Try an NSAID. An anti-inflammatory like ibuprofen or naproxen can help with swelling and inflammation.
- Stretch your hip rotators. As pain allows, try to gradually open up your hips by stretching your hip flexors and rotators. The two stretches below can help:
 1. Seated piriformis stretch ó while sitting in a chair with your back straight, rest your ankle on your opposite knee ó making a number four. Then gently press down on your knee until you feel a stretch in your hip. Hold the stretch for 10-15 seconds, repeat five times multiple times per day. Stretch both sides.
 2. Lying piriformis stretch ó while lying on your back with your knees raised and your feet flat on the floor, put your right ankle on your left knee. Raise your left foot while pressing down on your right knee until you feel the stretch in your hip and buttock. Hold the stretch for 10-15 seconds, repeat five times multiple times per day. Stretch both sides.

Of course, if home-based care doesn't improve your symptoms, consult your local doctor or physical therapist. Your doctor might chose for more aggressive treatment like muscle relaxers, corticosteroids or a combination of both.

Courage Is Sometimes Just Heading Out The Door

By Lisa Gunnoe
Chapter Captain
Team RWB, Central Arkansas

I had the immense pleasure of attending a triathlon camp hosted by Team RWB for the Southeast region. The event was hosted by the Daytona Beach Chapter in Florida. We flew in on a Thursday night and went out to dinner to get to meet the gang

over food and brews.

Friday was about leadership and learning, storytelling and telling our stories. We met Jon, from Florida. Jon is blind

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2016 Grand Prix Races

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

RRCA 5K Championship: Free Watermelons Abound

By Jennifer Found

When the alarm clock went off at 4 a.m. I thought to myself, for a moment, "Wouldn't it be nice to roll over and go back to sleep right now!" This is always my first thought when waking for an early morning race. I attribute it to nerves. But this particular morning the weather looked uncertain, the nearly two-hour drive from Little Rock to Hope was looming, and my husband and I had to get two little boys up before the sun rose for one reason: mom's race.

We quickly got everyone up and in the car for the long, dark, rainy drive. As we approached Hope the sky looked yellow. I was hoping at that point the weather would hold so we didn't make the drive for nothing.

When we got to the parking lot I met up with Mark and Christine Ferguson. We picked up our numbers, did a short warmup, hit the bathroom then headed to the starting line. I don't remember feeling unusually good or bad on the warmup but once the gun went off I knew it wasn't going to be a great day.

I had lined up next to Tia Stone. I'd been stalking her race results for months before moving to Arkansas from New Jersey in late June, so I was well aware of who she was. We had already connected through Facebook so I knew she would be friendly when we finally met in person. Because I had been racing 5K times similar to hers as a master's runner, I was optimistic that I could run with her or be close. This was not the case on this day, which I realized very early on in the race. My first mile was 6:08 and Tia already had a good lead on me. Before

I approached the first mile I thought maybe she had gone out too hard to be patient and I will catch her. Once I saw my first mile split I knew this wasn't the reality. She was on pace and I was running slowly, but I couldn't seem to push any harder. My second mile was 6:17 and third was 6:19. I felt awful and, I have to admit, my spirits were a little crushed. I went into the race feeling confident. Based on my Tuesday night track workouts with Sarah Olney and Jenny Johnson I was ready to run under 19:00 again.

After the race I was greeted by my supportive husband and two smiling children. Shortly after the completion of the race, Christine Ferguson told me that our women's team had won! Our top three scoring women: myself, Emily Harbour and Christine finished third, fifth and 11th but it came to a tie break. Rachel Hendrix's 18th place finish put us on top! I loved being part of a team again and I was happy to win my first Arkansas State Masters title. (The Yeti cup isn't such a bad prize either.)

The long drive home gave me time to reflect on my performance and ponder what had gone wrong. We are our own worst critic so I apologize for any negative feelings I've shared about my experience. My new friends in the Little Rock running community have been so uplifting and encouraging. I feel very blessed to sweat it out in 100 degree temps on Tuesday nights with Bill Torrey's group, wake up early on weekend mornings to run along the river path with friends, jog a few hilly, hot miles on Thursday nights with Go! Running group, and to be part of the Little Rock Road Runners. This is what it is all about, the friendships and fellowship, that brings joy to the sport of running and that keeps me coming back for more!

Courage (Continued from Page 2)

from a stroke. Before the stroke Jon was an elite triathlete. Now, courage is just heading out the door. Jon doesn't have a regular "pilot" for his tandem bike. Jon shared his journey from elite to blind to today, his second time getting out with others on a swim, bike and run.

His story sure puts life in perspective. My problems are real, but in reality they are small. Hats off to those who show courage every day by just getting up, showing up, by just heading out the door.

Team RWB Central Arkansas September 2016

Come join Team RWB as we honor those that lost their lives in the September 11, 2001, attack. This will be the fifteenth anniversary of this tragic event and we will be paying special attention to the seven Arkansans who lost their lives on this day.

Participants will have a choice between a seven-mile or a four-mile route that will each pass by various police stations, fire departments, and EMT facilities. This will be a FREE EVENT! We hope to see you there! Sunday, September 11, 7-9:30 a.m., Arkansas State Capitol, 5th and Woodlane Streets, Little Rock.

Weekly Workout Opportunities

This is not a complete list of activities in which our Eagles participate. Check out the Facebook group for more events!

LRAFB:

Mon/Tue/Wed at 0530: Track Workout. Contact Brad Byington or Lisa McCarthy.

Thursday at 0530: Endurance Run. Contact Lisa McCarthy.

Conway:

Mon/Tue at 0500: Run at Conway Regional Fitness Center. Contact Jackie Stone (501-472-3043).

Mon-Fri at 0700: Walk at Tucker Creek Trail. Contact Peggy Ledger.

Little Rock - North Little Rock:

Mon/Tue/Thur/Fri at 0500: Swim at LA Fitness NLR. Contact Greg Bordenstein.

Tue at 1830: Run at Clinton Library (Hosted by Black Men Run). Contact Kyle Hicks.

Searcy:

Tue at 1600: Run/Walk at Berryhill Park Bike Path

Wed at 1000: Walk/Ride at Berryhill Park Bike Path. Contact Lisa Gunnoe for either of these events.

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

September 2016

- 3: ARK 5K Classic at North Little Rock. **GPS**. Call 501-412-4520.
- 3: Run the Ridge 5K/10K at Clarksville. Call 479-214-3588.
- 5: Cammack Village 5K/1M. Call 870-550-3645.
- 5: Run for a Childø Hunger 10K/5K/1M at Rogers. Call 479-246-0104.
- 10: Minuteman XC 5K at Little Rock. **GPS SC**. Call 501-231-3730.
- 10: Lavaca 9/11 Memorial 5K. Call 479-462-9629.
- 10: Winslow Half Marathon 5K. Call 501-837-3599.
- 10: Glow Run 5K at Yellville. Call 870-449-7155.
- 10: Race to Be Heard 5K/10K at Ozark. Call 479-209-0207.
- 10: A Safe Place to Run 5K/10K at Fayetteville. Call 479-282-4144.
- 10: Race to the Fair 5K/1M at Rison. Call 901-60604162.
- 10: Band on the Run 5K at Batesville. Call 870-307-9783.
- 10: Run to Remember 5K at Mountain Home. Call 870-425-6336.
- 10: South Logan County Color 5K at Booneville. Call 479-675-2666.
- 10: I Care 5K at Jonesboro. Call 501-376-4791.
- 10: The Mother K 5K at Council Grove, KS. Call 620-200-4740.
- 11: September 11th Memorial 4M/7M at Little Rock. Call 501-984-2427.
- 17: Arkansas 20K at Benton. **GPS**. Call 501-246-0716.
- 17: Goshen Gallop 5K/10K. Call 479-466-8493.
- 17: St. Jude 5K at Little Rock. Call 901-373-5051.
- 17: Race for Recovery 5K at Fort Smith. Call 479-785-4083.
- 17: On Our Way 5K at Clarksville. Call 479-754-6869.
- 17: For the Love of Music 5K/10K at Dardanelle. Call 479-747-331.
- 17: Team Barnett 5K at Waldron. Call 479-637-3218.
- 17: Pi Beta Phi 5K at Fayetteville. Call 832-443-4656.
- 24: Great 5K/1M Pumpkin Run at Lonoke. Call 501-590-0441.
- 24: Amanda Fussell Woodman Memorial Color 5K at Texarkana, AR. Call 903-748-4342.
- 24: Paint Downtown Pink 5K at Fort Smith. Call 479-650-0766.
- 24: Jog with Your Dog 5K/1M at Mountain Home. Call 870-404-8363
- 24: Sherwood Fest 5K/1K. Call 501-454-5185.
- 24: River Valley Food 4 Kids Walk at Russellville. Call 479-886-2909.
- 24: Every Soul Matters 5K at Vilonia. Call 501-519-1016
- 24: Ozark Memories Day 5K at Dover. Call 479-331-2633.
- 24: Beauty and a Beast 5K at Conway. Call 501-777-5095.
- 24: Run for Recovery 5K/1M at Benton. Call 501-416-2170

New And Renewing Members

Jaye Gasaway of Little Rock is a CPA who has been running for more than 10 years. He averages about 10 miles a week.

Jim Gorman of North Little Rock is retired and has been a runner for 55 years. He averages 25 miles a week. He also enjoys art, music and checking out new restaurants. He moved to Little Rock from San Francisco last year.

Birthdays

The following is a list of Club members and spouses who were born in July. Contact Melissa Hendricks at mmvers1_98@yahoo.com or 766-0086 if the information is incorrect.

- 1 - Linda Ault
- 6 - Bill Torrey
- 6 - Linda House
- 13 - Carl Carter
- 14 - Laura Lamps
- 14 - Nick Rule
- 23 - David McClanahan

New/Renewing

Penny Dodson of Benton, is a registered nurse and project manager, who runs about 20 miles a week. She completed her first half-marathon this year. She also enjoys boot camp class, boating and golf.

Charlotte Beal of Little Rock is a tutor with City Year Little Rock. Charlotte runs about 20 miles a week and also enjoys cooking and reading. She recently moved to Little Rock and is excited to meet other runners.

Ben Davis of Little Rock, a geotechnical engineer, runs about 15 miles a week. He also enjoys backpacking and hiking.

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