

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB



April 2017

Words From The President - Spring Is Here

By Mark Ferguson
LRRR President

Spring has sprung! There is still a little chill in the morning air, but there is enough pollen on the ground to choke Punxsutawney Phil even though he saw his shadow and predicted six more weeks of winter on February 2 at Gobblers Knob. At the time Phil saw his shadow, spring had already arrived in many locations throughout the U.S. This winter has seemed, well, not like winter at all except for a few cold days here and there. In parts of the Southeast, green leaves were popping out more than 20 days ahead of schedule. In late January, daffodils were reported in Oklahoma, crocuses in Delaware and tulips in Boston. There was a record-long warm streak in Washington D.C. in January where the temperature didn't drop below 32 degrees for 19 days in a row, which is the longest for the month of January and the second warmest January since 2000 and the 12th warmest overall for D.C.

Phil began predicting in 1887 and has seen his shadow 102 times and not seen his shadow 17 times. There are nine missing years in the record but Phil has issued a forecast without exception. Phil is so important, he has his own website. The site claims that he has issued a correct forecast 100% of the time. AccuWeather finds that Phil has an 80% accuracy rate. Although Phil may not have been correct this year, 80% is pretty good odds. Maybe we need to hire Phil as Little Rock's meteorologist, 80% correct forecasts would be an improvement.

Enough about the furry rodent though, let's move on to bigger and better things. April is here and there are many items listed on the calendar. April brings

Easter, Easter egg hunts, fawns frolicking, birds chirping, and runners running. Whether you are a fan of marathons or not, everyone is a fan of the Boston Marathon which will be held on Monday, April 17, Patriots Day. Being the world's oldest annual marathon which began in 1897, Boston was inspired by the success of the first marathon competition in the 1896 Summer Olympics. The Boston Marathon is one of only four major events held in the U.S. through the years of both World Wars. The Kentucky Derby, Rose Parade and the Westminster Kennel Club Dog Show are the others. For many marathoners, the Boston Marathon is the pinnacle of their running goal. Not only is it a World Marathon Major, one of six marathons that are championship-style competition for runners. The other five majors are Tokyo, London, Berlin, Chicago and New York.

Boston attracts 500,000 spectators each year, making it New England's most widely viewed sporting event. Sorry Red Sox and Patriots fans, you'll never win this one. The first Boston Marathon started with 18 participants in 1897 and now averages 30,000 registered participants each year. For most of its history, the Boston Marathon was a local event and was free to enter with the only prize awarded for winning the race was a wreath woven from olive branches. Corporate-sponsored cash prizes began in the 1980s when professional athletes began to refuse to run the race without cash prizes. Although everyone reading this newsletter, I think it is a safe to say, will never win the cash prize money for winning the Boston Marathon, it is a great experience to run this race. If you ever qualify for Boston, don't miss the

opportunity to go run the race. It is an experience that you will not forget. Please make sure you really qualify for this race if you ever go run it. Don't use a Bib Mule or cut a course in order to get to Boston. What have you accomplished if you really didn't accomplish it?

There are a handful of Roadrunners that will be going to Boston this year to run in the 121st Boston Marathon. Good luck to each of you and we will be keeping tabs on each of you during the race. Please email the Club your bib number so we can put out an official watch notice before race day.

Although we may not be lining the streets at Hopkinton, Ashland, Framingham, Natick, screaming at Wellesley, pulling you through the Newton hills as you are gasping going over Heartbreak Hill, refocusing at Brookline or taking the experience all in when you enter Boston, we will be watching through a smart device of some sort on April 27 cheering each of you on. I hope each of you that are Boston bound truly do take time to recognize your accomplishments. Run On!

April Meeting

April 17, 2017

Whole Hog Cafe
12111 W. Markham

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

Bill Torrey & Gary Taylor
Training for the Go! Mile

Bring Back The Mile! Training Program

By Mark Ferguson
LRRC President

Whether you have ever run the mile as a race or not, (not counting when you were in grade school) a different mindset is needed in order to perform. The mile is a balance of strength and speed. We usually focus our races on a 5K or a 10K or something longer. How many of you focus your training on running the mile? Now is the time to begin that focus.

Gary Taylor and Bill Torrey have teamed up to get you ready for the mile, the Go! Mile that is. The Go! Mile will be held in downtown Little Rock on June 17th. The mile is a fun distance that gets your heart pumping and your legs tingling. Most of us

just count the miles off until we reach that magical number of 3.1, 6.2, 13.1 or 26.2, but we don't usually focus our entire training plan for that one little mile. That one little mile could be your next sweet spot.

Gary Taylor will share his training plan in order to get you ready for the Go! Mile on June 17th. Bill Torrey will help put the training plan in action at the Tuesday track workouts. You will have two months to do race-specific training in order to teach your body to handle the increased levels of oxygen debt. Will some of the workouts be uncomfortable? Of course, but training for and racing the mile might become your new best friend. It only will hurt for a few minutes.

Come listen to both of them speak at the April Roadrunners meeting on April 17 at Whole Hog Café in West Little Rock.

Weekly Track Workouts

The Roadrunners meet each week for track workouts at Catholic High School, located at 6300 Father Tribou Street. Workouts will begin promptly at 5:30 p.m. so come early to get warmed up. Can't make it by 5:30 or no problem or come jump in when you can. Weekly workouts are led by one of the Roadrunners. Various pace groups are available. Not interested in the workout of the day, no problem, come join us anyway. The track workout is your opportunity to work on your needs. Track workouts are family friendly for all ages. Come run some laps at your own pace. Come be a part of the Roadrunner Family.

Peace, Love & Goodwill

Goodwill Industries of Arkansas is hosting our Fourth annual Peace Love Goodwill 5K/10K/Half marathon May 13, 2017. We will be celebrating 90 years of changing Arkansans lives with the Peace Love Goodwill run/walk along Little Rock's scenic Arkansas River! What started as a fun 5K has grown into a 10K and one of Little Rock's newest half marathon races!

As one of our largest fundraising activities, Peace Love Goodwill is a premier race and attracts participants from all over Arkansas to compete and support Goodwill's mission of changing lives through education, training and employment. With every step you take and dollar you donate, you're helping a fellow Arkansan break barriers to employment. Peace Love Goodwill funds critical job training programs and services to help individuals with disabilities and other disadvantages gain education and skills to attain good jobs so that they can support themselves and their families. Because of you, GOOD WILL happen.

For more information and to register for the event, visit this link: <http://www.goodwillar.org/race/run.html>

Feel free to email me if you have any further questions: Kendall Covington at kccovington@goodwillar.org or call 501-372-5100, ext. 1165.

2017 Grand Prix Races

April 16 Capital City Classic 10K at Little Rock

May 66 Toad Suck 10K at Conway

June 106 Arkansas Runner 2 Mile at Benton

June 17 – Go! Mile at Little Rock

August 5 – White River 4 Mile Classic at Batesville

August 126 Watermelon 5K at Hope

September 2 – ARK 5K Classic at North Little Rock

September 9 – Minuteman Cross Country 5K at Little Rock

September 166 Arkansas 20K at Benton

September 306 Paint Downtown Pink 5K at Fort Smith

October 14 – Breakaway 10K at Searcy

November 4 – Mid South Marathon at Wynne

November 186 Spa 10K at Hot Springs

December 9 – CASA Half Marathon at Pine Bluff

Bolded races are state championships

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GPS Race Recaps: Chase Race And Spring Fling

By Brent Corbitt
LRRC Treasurer

The 12th Annual Chase Two Miler was held on a cold and windy morning on Saturday, March 11th. The race has been a staple of the Grand Prix Series for the past 11 years, and presents a rare opportunity for Series participants to run a race of less than a 5K. In my younger competitive days, the 3K/2-mile was my favorite race distance, and also probably my best distance. Now as an older (and slower) runner who rarely does any track or speed work, the two mile distance is very much out of my comfort zone. Nonetheless, it's still a race I really enjoy as it's a nice change of pace after quite a few longer races held over the first two months of the year.

For the second year in a row, the course was an out-and-back loop with the one-mile mark at the turnaround point. Other than the turnaround point, the course is basically a straight shot and flat (slight incline the first mile) so good weather can present the opportunity for fast times and PRs. Unfortunately, the cold and wind made the weather far from ideal for fast two-mile times, but after raining throughout the evening and early morning hours, I'm sure most were glad the rain had stopped and that we had dry conditions for the race.

While not noticeably uphill, the first mile does have a slight incline of about 25 feet, making the second mile slightly downhill. I also knew that the first mile was going to have a strong headwind and that a well-executed race should mean a negative split. Upon reviewing some race splits on Strava, it looks as though the majority would take advantage of the faster second mile and pull off the negative split.

Shortly after the gun went off, I found myself with about five or six other runners near the front. Within the first quarter of a mile or so, I happened to be looking ahead at the cyclist that was leading the race and saw him swerve back and forth quickly a few times and then take a pretty nasty looking fall. As we passed him I asked if he was OK and he

replied that he was fine and was already in the process of quickly getting back on his bike. Fortunately, he was OK and back on his bike leading the way a short time later.

By the mile, Toler Freyaldenhoven (the defending race champion) had a lead of about five seconds over me as I passed the mile in 5:09, with Brian Sieczkowski just a second or two behind me. Over the next half of a mile I tried to push the pace to put some distance on Brian as I know he has good speed and would likely have a better finish. As it turns out that was exactly the case as he caught me with about 400m left and would close very strong to run 10:07 to finish second behind Toler Freyaldenhoven's winning time of 9:55. This was the exact one-two finish as 2016 when Toler and Brian ran very similar times of 9:54 and 10:04. I finished third, running 10:13, while fellow Roadrunner Jonathan Aram finished fourth in 10:41 to give LRRC a sweep of the top three Grand Prix spots since Toler is not part of the Series. The final scorer for the winning men's team was Brian Sites who took ninth overall in the men's race with a time of 11:15.

On the women's side, Jen Found led the way for LRRC, finishing as the third overall female in 12:16. As a team, the women also finished third behind the Searcy Rush and River Valley Runners. Despite the third place team finish, through six races, the women's team holds a two-point lead over the Searcy Rush in the overall team standings.

Following the Chase Race Two-Mile, there is also a Paws Race One-Mile race where runners are accompanied by their favorite four-legged companion. Chris Hall was pulled to victory by his dog Tempe in a time of 6:12, while Colin Hall and his dog Chloe finished third in 6:24.

I know I often participate in races and overlook that the purpose of the race is so much more than the race itself. This is especially true for the Chase Race as it is organized by Don Potter in memory of his 13-year-old son, Chase Potter, who suffered two traumatic brain injuries and died as the result of suicide in 2005. Not

only does the race provide Mr. Potter with a chance to honor and remember his son, since 2006 it has raised over \$150,000 to help support brain-trauma research at Arkansas Children's Hospital and to support the Friends of the Conway Animal Shelter. Because of these great causes, I would highly recommend adding the Chase Race Two Mile, the Paws Race One-Mile, or both to your future winter racing schedules.

By Brian Sieczkowski
LRRC Past President

Race #6 in the 2017 Grand Prix Series was the Spring Fling 5K. The race starts and ends at Cabot High School; the course hilly throughout, save for a flat neighborhood loop in the middle. This year, the race took on additional significance for many as it served as a memorial run from Phil Davison. Many of Phil's friends and family members ran the Spring Fling as his funeral was held in Cabot later that day. I opted to wear my St Jude Hospital singlet since it was Phil's favorite cause.

After a moment of silence in Phil's honor, the starting gun was fired and we were off. I quickly got into a little pack with Brent Corbitt, Mark Ferguson and Brad Leach. I didn't have any specific goal for this race, but wanted to be under 17 minutes for sure. One mile into the race, Mark Ferguson (or Ferg as he likes to be called) began to slightly drop back. He's getting on in years was not able to match the crisp pace that Corbitt and Leach were laying down. Once we got into the neighborhood loop, I found myself dropping back a bit too, as Leach and Corbitt continued to run shoulder to shoulder.

Leaving the loop, the course becomes an out-and-back, so we returned to the hilly section. I wasn't feeling too hot, but did manage to pass Leach with about a mile to go and hold on for second place behind Corbitt, finishing in 16:39. Overall, the LRRC took first place among men's teams and second for the women.

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. If you know about a race that should be listed, send information to The Runaround editor at lhhouse48@gmail.com

April 2017

- 1: Capital City Classic 10K at Little Rock. **GPS**. Call 501-231-3730.
- 1: Super Heroes for Autism 5K/1M at Fort Smith. Call 479-459-0645.
- 1: Down and Dirty 5K/1M at Fayetteville. Call 479-616-3299.
- 1: Union County Race for the Call at El Dorado. Call 870-7814-7970.
- 1: Stephens RoadRunner 5K. Call 870-947-0084.
- 1: Bentonville Half Marathon. Call 479-271-3395.
- 1: Jack&Dino 5K at Alma. Call 479-629-0579.
- 1: Light Up the Street Glo Run 5K at Searcy. Call 501-268-4748.
- 1: Go! For the City 5K/10K at Monticello. Call 870-820-2552.
- 1: Yale to Oark 10K/2M at Oark. Call 479-292-3353.
- 1: CASA Superhero 5K at Arkadelphia. Call 870-464-7415.
- 1: Mission Run in the Ozarks Marathon/Half/5K at Mountain View. Call 870-21307171.
- 1: UAFS Sigma Nu Breakaway 5K at Fort Smith. Call 479-653-0421.
- 1: Touch A Truck 5K at Texarkana, AR. Call 870-722-9948.
- 8: I Love LK 5K at Hot Springs. Call 870-833-2332.
- 8: Downtown Dash 5K/10K/1K at Little Rock. Call 501-375-5557.
- 8: Run for a Vet 5K/1M at Van Buren. Call 479-806-0444.
- 8: Hogeys Marathon/Relays/5K at Springdale. Call 479-530-8423.
- 8: Hoof It for Heifer 20K at Morrilton. Call 501-730-1504.
- 8: Heroes for Hope 10K/5K/1K at Conway. Call 501-358-4764.
- 8: JLLR Downtown Dash 10K/5K at Little Rock. Call 501-375-5557.
- 8: Hogskin County Festival 5K at Hampton. Call 870-798-2207.
- 8: Tartan Trail 5K/10K at Batesville. Call 478-200-6465.
- 8: Spread the Word 5K/10K at Texarkana, AR. Call 903-701-8732.
- 8: Clarksville Parks & Rec Trek 5K/1M. Call 479-754-5050.
- 15: Presidential 5K Walk/Run at Hope. Call 870-777-4455.
- 15: Concord 5K at Heber Springs. Call 870-668-6079.
- 15: Springfest 5K at Fayetteville. Call 479-883-7394
- 15: Mercy Run 5K at Magnolia. Call 870-904-8930.
- 15: 1040 Tax Run 5K at Batesville. Call 501-554-5211.
- 15: ACA Bunny Hop 5K at Alexander. Call 501-920-7210.
- 15: Soar With the Owls 5K/10K/1M at Fayetteville. Call 479-650-9053.
- 15: Cotter Warrior Foundation 4K/10K. Call 870-435-6363.
- 15: Moustache Dash 5K at Greenbrier. Call 501-679-6362.
- 15: Jackrabbit 5K at Bentonville3e. Call 479-685-6193.
- 15: Stronger Together 5K at Columbia, MO. Call 573-449-4111.
- 21: Kids Run Arkansas 1M/3M at Conway. Call 501-450-9292.
- 21: Cherishing Children 5K/1M at Rogers. Call 479-621-0385
- 22: Rocket 5K at Little Rock. Call 501-664-4625.
- 22: Fordyce on the Cotton Belt 5K. Call 870-313-1172.
- 22: Fly Like An Eagle 5K at Vilonia. Call 501-743-9431.
- 22: RussVegas Half Marathon/Relay/5K/1M at Russellville. Call 479-970-4394.
- 22: Scout About 5K at Texarkana, TX. Call 903-748-3265.
- 22: Magnet Cove Panther Pride 5K at Malvern. Call 501-332-5881.
- 22: BV Memorial 5K+1 at Jacksonville. Call 501-837-7055.

(See April Races on Page 5)

Birthdays

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

- 2 - Tim Steadman
- 5 - Sheila Galatowitsch
- 7 - Mary Wells
- 8 - Sarah Olney
- 14 - Brad Byington
- 14 - Jeremy Swearingen
- 14 - Mike Metzler
- 20 - Rachel Slotcavage
- 21 - Clay McDaniel
- 21 - Scott Philbrick
- 23 - Nicole Hobbs
- 28 - April Turner
- 30 - Genny Burleson
- 30 - Leon Lants
- 30 - Diana Marriott

May Races

- 20: Running for a Reason 5K/1M at Norfolk. Call 870-656-9973.
- 20: Primal Assault 5K at Sallisaw, OK. Call 918-385-1755.
- 27: River Valley Superhero 5K at Russellville. Call 479-243-6427.
- 31: Blue & You Fitness Challenge at Little Rock. Call 501-378-5869.

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

GPS Race Recaps: Chase Race

By Colin Hall
LRRC President-Elect

Chase Race and Paws started on March 11, 2006, to celebrate the life of Donald Lee Chase Potter, who left us too early due to a traumatic brain injury. Chase also had a love for animals, which ties in nicely to the race. The proceeds go to the Friends of Conway Animal Shelter and Arkansas Children's Hospital for brain trauma research.

The 12th Annual Chase Race and Paws occurred on March 11th on a brisk and cool day. This race is my favorite on the Grand Prix schedule, mainly because of the cause and the super-fast course. The course has changed over the years and is now a very fast out and back. I decided this year I was going to enter my dog Chloe in the one-mile race which occurs after the "humans."

Chloe and I got out and went to get our packets and chips. The timing chip line was a little long and cut into my warm-up. I put Chloe in the car, cracked some windows, and got a very brief half mile warm up in.

The starting line is very crowded, so I tried to get up near the front, close to

fellow Roadrunners Steven Booth and Mark Lacey. This was one of the rare races where I didn't really look at my watch. I knew who my competition was and I moved past them halfway into the first mile. I have discovered that I run better with better competition. You can really gain some momentum in the second mile. I could feel the adrenaline kick and tried to kick as fast as I could, thinking about runners right behind me. I was happy with my 12:00 PR and was also elated to see Brian Sieczkowski, Brent Corbitt, Jonathan Aram, and Brian Sites all finish in the top 10. Jen Found led the Lady Roadrunners with a swift 12:16.

After my race, I ran straight to the car to get Chloe ready. Chloe is an 80-pound Golden Retriever who loves to swim, walk, and visit hospitals. To my trepidation, she had ACL surgery back in 2012. I walk her often, but we had only run about two tempo runs to test her out. She did an eight-minute and a seven-minute mile. I was very surprised, but still a bit weary.

The start was crowded with kids and dogs. A distracted Chloe and I got up to the very front. I knew the odds-on

favorite was Chris Hall and his speedy dog. As the start happened, I was shocked to see Chloe take off fast and almost airborne. We passed several people and about a half mile in we found ourselves in fourth place. As we were rounding the cone we picked up steam coming back and passed two teams. I was excited about just getting this far. I could feel Chloe getting a little tired and urged her on as she panted heavily. A very aggressive dog passed us down the chute to the finish line and we gave him a wide berth. We crossed the line at 6:24 which was good enough for third place. Chloe was exhausted, but she seemed to enjoy it. I feel like the other dogs made her run faster just as my competition motivates me. Chloe now has a shiny new trophy to show off.

I was more proud of Chloe's race than my own. We enjoyed talking to fellow runners and seeing the other dogs. Overall it was a great day and a very memorable race.

This race is a fitting tribute to Chase and I know that the Potter family is very proud.

April Races (Continued from Page 4)

- 22: FlyHigh 5K at DeQueen. Call 870-584-6014.
- 22: Beaver Fever 5K/1M at Malvern. Call 501-844-6979.
- 22: Painted Path 5K at Beebe. Call 501-230-1035.
- 22: Omega Prostate/Colon Cancer Awareness 5K at Little Rock. Call 501-240-9138.
- 22: Scout-a-Bout 5K a Texarkana, TX. Call 903-748-3265.
- 28: Gold Rush 5K at Bentonville. Call 479-321-2478.
- 29: Caddo RiverFest 5K at Glenwood. Call 870-356-2912.
- 29: Life's An Uphill Run 5K/1M at Van Buren. Call 479-474-9401.
- 29: Color Run for Your Life 5K at Warren. Call 870-226-2404.
- 29: Race for the Ages 5K at Searcy. Call 501-230-6800.
- 29: Panther Prowl 5K at Little Rock. Call 501-247-4996.
- 29: BSA 5K at El Dorado. Call 870-866-7855.
- 29: Mary Jane Moix Memorial 5K at Conway. Call 501-327-2255.
- 29: Iron Pig 5K/1M/Duathlon at Fayetteville. Call 479-650-9053
- 29: Color the Eagles 5K/1M at Conway. Call 501-327-2255.
- 29: Arkansas 10M Classic at Little Rock. Call 870-540-7616.
- 29: This One's For the Kids 5K at Pine Bluff. Call 870-692-1964.
- 29: Run for the Berries & Bubbles 5K at Cabot. Call 501-743-5038.
- 30: Faith 5K at Russellville. Call 479-967-8031.

New Members

By Melissa Hendricks
Membership Chair

Aaron Baker of Benton is a Lululemon educator. He's been a runner for 11 years and runs at a 7:30-8 minute a mile pace. He also enjoys yoga, cycling, slacklining and climbing. He has a goal of joining the Seven Continents 100K Club one day.

Amanda and Adam Day of Little Rock. Amanda is an engineer who runs 25-30 miles a week. Adam is an architect whose hobbies include house remodeling and design.

Christopher Dickie of Bryant works in higher education. He began running in 2010 and has a PR of 22:38 in a 5K distance.

Team RWB Impact In 2016

By Blayne Smith
Team RWB Executive Director

With each passing day, I become even more proud to be a part of this Team and to call myself an Eagle. In looking back at 2016, I am truly inspired by the passion, positivity, and commitment displayed by our members, volunteer leaders, and supporters across the nation. Even as the organization has grown to over 115,000 members across more than 200 locations, Team RWB continues to thrive on the grassroots, authentic culture upon which it was built. As you'll see in this report, 2016 was a big year.

Through increased investment in our Leadership Development Program, we have built the framework to grow and sustain our mission for years to come. Our Eagle Leader Camps and Academies trained, inspired, and empowered hundreds of leaders to make a real difference in their communities. The first full cohort of Eagle Leader Fellows have done remarkable work to propel us forward and we've even added five of them to the staff!

In the Chapter program, we saw absolutely incredible work on the part of our local leaders, who dedicated more than 250,000 hours of volunteer service! Together, they ran over 43,000 local

events and generated over 325,000 quality, personal interactions. This effort is the very core of our mission and the primary driver of life enrichment.

While the organization has certainly grown wider over the past five years, 2017 is a year where we look to grow deeper. To do this, we will focus on leadership development and peer support, which means more opportunities for education, training, and experiences. We will work to deepen relationships with local communities and adjacent organizations. And we will strengthen our infrastructure to better understand, and deliver upon, the member experience.

Our mission to enrich lives is a bold one and we simply could not do it without the amazing support from volunteers, donors, sponsors, and partners. Thanks to all of you for believing in Team RWB and for supporting our efforts to empower veterans and build strong communities.

2016 Report

208 locations
 112,103 Members
 251,532 Total Volunteer Hours
 177,546 Total Unique Veteran Interactions
 43,413 Total Unique Events
 81% Veterans, Reserve, Active Duty, Guard; 19% Civilian

The full report can be viewed at:

<http://www.teamrwb.org/2016AnnualReport/overview/>

Arkansas

We had 194 members join in 2016. Of our total membership (537), 228 are veterans or 42%.

Every interaction matters. Every hug and high five matters.

We are always in need of volunteers, community coordinators, specialty athletics, etc.

If you would like to volunteer contact lisa.gunnoe@teamrwb.org and let's find a job for you!

Lisa Gunnoe, Chapter Captain
 Eagle Leader Fellow
 Team RWB, Central Arkansas
lisa.gunnoe@teamrwb.org

May Races

- 5: MacArthur Park at 5K at Little Rock. Call 501-375-0121.
- 5: Outback in the Ozarks 120M Team Relay at Eureka Springs. Call 479-387-0987.
- 6: Toad Suck 10K at Conway. **GPS.**
- 6: Christ the King Rexfest 5K/1M at Little Rock. Call 501-351-4555.
- 6: HRF Battle for Hope 10K/5K/1M at Bentonville. Call 479-361-5847.
- 6: Peach Festival 5K/1M at Nashville. Call 870-557-0747.
- 6: Lei Lei's 5K/1M at Fort Smith. Call 479-414-8892.
- 6: Foundation Frenzy Color 5K at Mena. Call 479-243-2378.
- 6: A-State Steelers Youth Football 5K at Pine Bluff. Call 870-883-0901.
- 6: St. Joseph's Catholic School 5K/1M at Fayetteville. Call 479-806-3381.
- 6: Run for Life 5K/10K at Texarkana, TX. Call 903-792-5735.
- 6: Rice Run 5K at Stuttgart. Call 870-830-6300.
- 6: May Shower Trail 5K at Harrisburg. Call 870-578-2064.
- 6: Walk for the Waiting 5K/1M at Little Rock. Call 501-951-0686.
- 6: Nurses Week Color 5K at Mountain Home. Call 870-508-1765.
- 6: KidSource Kids 5K at Little Rock. Call 501-231-5418.
- 6: Moving Together 5K/10K/1M at Fayetteville. Call 479-225-5440.
- 6: Hope Train Day 5K. Call 870-777-1917.
- 6: A Celebration of Life 5K at Little Rock. Call 501-681-9013.
- 12: Light the Night Glow 5K at Russellville. Call 479-880-1195.
- 13: Peace, Love & Goodwill 5K/10K/Half M at Little Rock. Call 501-349-6903.
- 13: Hydration Celebration 5K/1M/Half Mile at Rogers. Call 479-986-9960.
- 13: Butterfly Swamp 5K at Little Rock. Call 501-766-1315.
- 13: Women Can Run/Walk 5K at Conway. Call 501-908-5096.
- 13: Race to Remember 5K at Little Rock. Call 501-529-8505.
- 19: Five Beer Five 5K at Hot Springs. Call 501-463-7190.
- 20: Go Gray in May 5K at Morrilton. Call 501-454-9147.
- 20: Race Against the Odds 5K at North Little Rock. Call 501-442-1564.
- 20: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-846-4181.
- 20: Magnolia Blossom Festival 5K. Call 870-949-9035.
- 20: Norma Lampert Lupus Springers 5K at Hot Springs. Call 501-525-9380.

(See **May Races** on Page 4)