

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB



December 2017

Education And Awareness Needed For Blood Cancers

By Colin Hall
LRRC President

In 2011, my good friend Leslie Harris was diagnosed with AML Leukemia. She was pregnant at the time and an emergency C-section had to be performed. She was told she did not have long to live without a bone marrow transplant. Her friends and I started doing bone marrow drives for her throughout Arkansas. Although we did not find her match through DNA matching, we did find 129 matches for others out of the over 8,000 swabs in Arkansas. Out of those matches around 21 resulted in life-saving bone marrow transplants. Leslie is doing fine now after many rounds of chemo. Her boy is healthy and six years old now.

Through my experiences with Leslie and bone marrow drives I decided the education and awareness was just not there for blood cancers. People hear bone marrow and associate it with pain. The medical procedures have come a long way. There is no more drilling in the spine as you see in the movies. If you are a one out of 20,000 match to someone, 70% of the time they can go through your arm as with an IV with 4-6 hours of slow collecting of your stem cells, after a shot that brings them to the surface.

In fact, we had one man in Arkansas who was a match. He flew to Chicago with his wife and DKMS paid for his travel and time off work. He donated his cells that day, toured Chicago, and flew back the next day.

The funding and awareness is just not there for blood cancers which is the second leading killer of children in the United States, the first being accidents. I had the pleasure of teaming up with the CBBA & Cord Blood Bank of Arkansas.

This is a UAMS organization in which expectant mothers can donate their umbilical cord blood. This blood can be used to harvest the cells needed for a transplant as well. The donation is free for a public donation or a yearly fee for family storage. We created The Fighting Red 5K to raise awareness. We used the Bill Torrey route over the Big Dam Bridge. There we swabbed and raised money for the CBBA. We had a great three-year run and raised a lot of awareness.

More about the CBBA: <http://www.cordbloodbankarkansas.org/about-the-cbba/>

Through these endeavors, I met other cancer survivors who needed a transplant or were going through some sort of treatment & Elizabeth Fortune, Greg Kitterman, Diane Johnson (Joe's mom), Steve Jacuzzi, Hardin Bale, Emily Ingram, Emily Skinner, Adriana Vidals, Teecumpsy Wiggins, and Leslie Harris, just to name a few local people. You can read about some inspiring survivors and donors at fightingred5k.com.

To get on the bone marrow registry simply go online and get a free kit. There you will see the health and age requirements (18-55). <https://www.dkms.org/en/register>

It is a simple 15-second swab of your cheek and then you will be placed on the international registry until you are 61.

Along the way I met the Wiggins family. Teecumpsy is an amazing young lady who, luckily through St. Jude, was able to get a bone marrow transplant via her mother Toshua. I have grown close to the family and I will be running St. Jude Marathon for her.

I know how annoying fundraising can be and that we all have bills and various expenses, but I thought

if every Roadrunner donated \$5-\$10 that would really add up for a worthwhile cause.

Here is my site if you feel like donating. (You have until the end of December.)
http://fundraising.stjude.org/site/TR?px=2244619&pg=personal&fr_id=67039
I will post it on the Little Rock Roadrunner Facebook site as well.

Good luck to those headed to Memphis for St. Jude Half or Full Marathon.

A big congratulations to all those who won and were nominated for the Arkansas RRCA Grand Prix Awards in Hot Springs: Brent Corbitt, Male Runner of the Year; Manfred Galatowitsch, Most Improved Runner, and Gary and Erin Taylor Race Director of the Year.

Christmas Party

December 9, 2017

Diamond Bear Brewery
600 North Broadway
North Little Rock

6 p.m.

Appetizers and cash bar

The party is in lieu of the Club's regular monthly meeting.

Team Red, White And Blue

By Lisa Gunnoe
Eagle Leader 2016
Searcy/White County Coordinator
Team RWB Central Arkansas

Wreaths Across America

Calling all Members! We are needed to unload three trucks of wreaths for the Wreaths Across America ceremony on December 16 at Little Rock National Cemetery, 2523 Confederate Blvd., Little Rock. Be there at 8 a.m. The ceremony starts at 11 a.m.

Sign up here:

<http://www.arkansasrunforthe fallen.org/wreath.php>
<https://www.facebook.com/events/1958713177675124/>

Monthly Service Project

Recycle Bikes for Kids from 6-8 p.m. on the third Wednesday of each month at 717 E. Tenth St., North Little Rock. A total of 88 bicycles were donated to Recycle Bikes for Kids for their Christmas drive. Now the work begins. The goal of Recycle Bikes for Kids is to have these bikes ready by Christmas. We need your muscle. If you can make the service project nights, the more hands we have the more bikes we can get fixed.

Club Shorts

The LRRC needs volunteers for its water stop at the Three Bridges Marathon on December 16. Please send your volunteer shirt size to Colin Hall at asucolin@yahoo.com

Peytons (Continued from Page 3)

without any long runs or speed work. Ten miles and a 10:00 pace was the max. But I knew I had the base of 18 weeks averaging 39 mpw; 18 weeks averaging 46 mpw, and 20 weeks averaging 56 mpw of 2,645 total miles in 56 weeks.

At the halfway point I was on a 9:08 pace and felt like I was holding back. Passing the 20 mile point I realized that there would be no cramps or ðwallö for me at this marathon and started my kick. The last 6.2 I averaged an 8:00 minute pace. It hurt sooo good. I'm proud of my 3:52 and would like some day to lower my time. However, my goal is to run/bus to work and anything above that is a Honey Bun.

Many of you know that if you have something you like and it is taken away and then you get it back, it becomes a little more special the second time around.ö

After four years of training by Charley and eight years training by Lou, they both ran the 1985 Boston Marathon.

It was my honor to present the second RRCA/Arkansas Lifetime Achievement Award to Lou and Charles Peyton!

Monthly Run

Fourth Wednesday of each month at 6:30 p.m. Clinton Library Parking Lot. This includes a meet up at a local pub for appetizers after the run.

Charity Miles December 2017

If you haven't already, be sure to download Charity Miles on your mobile device. It will track your walk/run/ride and you can help earn a few dollars for Team RWB at the same time. See where you end up on the leaderboard at the end of the month! #RWBCenARDec17 Please wait until December 1 to join this group.

Weekly Activities

Little Rock/Maumelle area
Contact Tom Avery at tom.avery@teamrwb.org

Date: Mondays October 1st through April 1st
Time: 5:30 East Wall Pinnacle mountain parking lot
Activity: Hike Base trail or hill climb.
Note: park closes one hour after sunset
Skill Level: Moderate
Extra Gear that may be needed: headlamp/beltlamp, water

Date: Wednesdays (Except RWB group run nights)
Time: 5:30 Two Rivers Park - parking lot by restrooms
Activity: Easy bike around the area and deer loops all protected roads.
Note: park closes at 9 p.m. sharp
Skill Level: Beginner/intermediate
Extra Gear that may be needed: Bike, water, if after September 1st until April 1st have lights on bike.

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.

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Lifetime Achievement Award Goes To Peytons

By David Samuel

After running road races for ten years all over Arkansas, I decided it was time to join the Arkansas ultra runners on a few trail runs during the winter of 1989-90. I had been reading the ultra-trail column written monthly by Charley Peyton in the Little Rock Roadrunners Club newsletters. After running the 10-9-10 (21-mile run on the Ouachita Trail from Highway 10 to Highway 9 and back) and the Great Bear Run (25-mile run on logging roads from Williams Junction to Pinnacle Mountain) I was hooked. I was scared to death that I would get lost on the 10-9-10 so I dropped in behind Charley Peyton. We discovered the Ouachita Trail markings were almost nonexistent and part of the trail was even under water. Falling twice by stubbing my toe on rock outcrops and climbing over a barb wire fence, I asked Charley if this was normal. He said yes but added this is one of the easy trail runs. During those four hours and 21 minutes, I got acquainted with Charley. We finished together with Lou Peyton not far behind us.

When we got to Williams Junction for the start of the Great Bear Run, it was a minus four degrees and my water bottle froze solid after five miles. We could see the finish line (Pinnacle Mountain) with ten miles to go. When I reached Nowlin Creek with Scott McDermott, we walked across the ice holding hands. Several runners got lost, came out at Ferndale, and rode in the back of a pickup to Williams Junction. There were 11 starters and seven finished including Charley, Lou and me.

Not long after that, I started coordinating National Trails Day runs in the Little Missouri River watershed west of Glenwood. Charley always provided logistical support by setting up my primary aid station. Later I came up with the course known today as the Athens-Big Fork Trail Marathon. Again, Charley always supported me by setting up the Blaylock Creek aid station for ten years. Charley and Lou directed the first ten Arkansas Traveler 100-Milers

along with numerous Arkansas Ultra Running Association (AURA) trail runs through the years. Besides being very active in the early years with the Little Rock Roadrunners Club, they were also responsible for the organization of the AURA. Both were recently inducted into the AURA Hall of Fame and into the Arkansas Roadrunners Hall of Fame many years ago.

I could spend 10 minutes listing the many running accomplishments by Lou Peyton. I do know that she was the 14th of 22 finishers and the only female completing the 1989 Arkie Ultra 50-Miler on the Bona Dea Trail in Russellville. In 1992, Lou and Jim Schuler ran/walked the Ouachita Trail (Talimena, Oklahoma, to Pinnacle Mountain). In 1993, Jim Schuler, Simon Hauser and Lou ran/walked the Ozark Highland Trails. She has completed 20 100-milers in the required time limit including seven finishes in the Arkansas Traveller 100 Miler. Lou has two other great accomplishments. One is the Grand Slam of Ultra Running (four 100-milers in the same year).

Then last September on Labor Day, Lou completed her third Race for the Ages in Tennessee. The runners were challenged to complete as many miles as they could depending on their age. After completing 100 and 102 miles in the previous two events, at age 73 Lou finished with 105 miles in 73 hours. Lou was the RRCA/Arkansas Female Masters Runner of the Year in 1989; the RRCA/Arkansas Female Ultra Runner of the Year in 1990, 1991, and 1993; and the RRCA/Arkansas Female Ultra Masters Runner of the Year in 1994, 1996, 1998, and 1999.

I would like to close with a 1981 article from *The Runaround* newsletter written by Charles Peyton, Jr., after he was honored as the Little Rock Roadrunners Club April Runner of the Month.

I began running back in the summer of 1970 as a hefty 200 pounder at the urging of my wife, Lou, who was already a five-mile-a-day runner. I would lace up my combat boots and head for my track. My track was the drive-in circle of the Pulaski Federal Savings and Loan Branch office, maybe 20 circles to the

quarter mile. Gradually I evolved into the typical mile-a-day jogger just to stay in shape for softball season. I enjoyed this routine until the Holiday Road Race in December 1976, a four-mile race through Pleasant Valley directed by Gary Smith, Otis Edge and Terry Mathews. This is where I first heard the term marathon and shortly thereafter came into possession of a *Runner's World* magazine. While reading this old back issue I thought of how unique it would be to run one of these marathons. I started to train longer and faster and two years and two knee operations later, I found myself in front of my house trying to walk again. If only I could get that mile-a-day back. By ten months I was up to a slow 10 to 15 miles per week. And then it happened!!

On December 12, 1979, while driving home from work, my car caught fire and burned. What was I to do? How could I get to work until my car was repaired? The only answer was to ride the bus. But at that time there was no bus service to North Little Rock where I worked at the VA Medical Center - Ft. Roots. I would have to catch the bus to downtown Little Rock and then run to the hospital 6 four miles 6 then reverse the run/bus in the afternoon. I purchased a day-pack for my clothes and on December 17th I said a prayer and walked to the bus top at Cantrell and Mississippi. It was 5:15 a.m., 11 degrees with the wind out of the north at 30 mph. Since that day I haven't looked back. I had stumbled onto an oasis. To my surprise I found that my car could be done without and sold it. I found that if I didn't go too fast and get plenty of rest, the four miles, a.m. and p.m., could be made with ease. I also found that it was possible to run in the heat, snow, sleet and rain and enjoy it.

Since that first cold morning I haven't missed a day due to the weather or illness and, lo and behold, I found myself standing at the starting line of the 1981 Houston Marathon on January 10th! I'll admit to mixed feelings of inadequacy and confidence. I was apprehensive because I had a goal of a 3:50 marathon

Midsouth Marathon Is A Boston Qualifier

By Christine Ferguson

For the past 2.5 years I have been working toward qualifying for the Boston Marathon. After two bouts of training plagued with injuries I took a break from marathon training and tried to focus on staying healthy. As I began to look for a good marathon to run several runners shared that Midsouth Marathon was a good course for obtaining a PR. The course was an out and back, rolling hills but not a huge elevation change and typically had good weather. Plus there were indoor restrooms and showers.

Because doing something crazy is never fun alone, I recruited Tina Couto and Chris Hall to train for a 3:45 marathon at Midsouth using the Hanson Method. For 18 weeks the three of us held each other accountable with daily texts and weekend runs. Each day I looked forward to the text saying "done," my legs are dead, "finished all the repeats," "tempo run complete" and, my favorite, "where are we meeting in the morning?" A training team kept me going, especially when the mileage hit the 60s and all I wanted to do was sleep (and eat).

Once race week came, I was confident in my training but the weather forecast was not ideal. Posts on Facebook were not helping so I pulled out my training log and reviewed the last 18-weeks. The majority of our runs had been in 60+ degrees with 90%-100% humidity. Each of those runs, I successfully hit training pace. Time to chill out and focus on eating, drinking and sleeping.

Race day was finally here. We arrived with plenty of time for packet pick up and multiple bathroom visits. As we walked to the start line, Tina reassured me that I had trained hard and would do well. My plan was to start at race pace and hold it steady. The first mile I kept waiting for Chris or Tina to come up beside me and I started to worry that I would be alone for the entire 26.2 miles. Before I could come to grips with that Chris was beside me and we set into our pace. Midsouth is a small marathon on rural roads so I was thankful for Chris's company. We stayed together

for most of the first 16 miles.

I always enjoy cheering on the other runners on an out and back course. Brent Corbitt was in the lead, Colin looked strong, Manfred was smiling and all the other runners were exchanging "good jobs." However, after mile 16 there were no more runners to cheer on and I was alone. Mark had gone on a bike ride and was going to be on the course to support me. I had not seen him yet and needed a familiar face. Mark came up beside me around mile 19. He offered some words of encouragement "just get past the cotton field and then you have a few rollers," said in his most monotone voice. I sent him away and asked him to think of something to talk to me about. After another failed attempt, I asked him to go to the finish line. In his defense, "I'm not sure anything is motivating at the end of a marathon."

At mile 22 or 23, I came up on Alicia Osborne who is an amazingly strong runner and I was sad to see her struggling. I asked her to join me to the finish. At this point I thought that I had missed my goal so we did our best to keep my pace but were a little slow. As we came through the neighborhood, with a quarter mile to go, I looked at my watch and said "I can do this; I am two minutes away from my goal." Alicia responded with "what are we doing, let's go." She picked up the pace and I fell right in step with her. We crossed the finish line together at 3:47.

Whoa the emotions; an eight-minute BQ, I hurt like hell, where are my training partners, oh my legs, my friend just had a hard day but got me across the finish line, I just ran a 15 minute PR!

Midsouth was the course I needed to reach my goal. But to be honest completing Midsouth was bittersweet. I had obtained my goal but the training was finished. Training for Midsouth brought a new level of enjoyment to my running. The schedule kept me focused. Each morning I woke to a scheduled workout that I would cross off when I finished. Seeing the progress that Chris, Tina and I were making as we

progressed through the plan never ceased to amaze me. Putting your all into something for 18 weeks (1/3 of a year) ends with a huge amount of accomplishment and a bit of sadness.

New Members

Welcome to new and renewing members! The Little Rock Roadrunners Club has 197 members. Bring your friends to our next meeting and help us reach a membership of 200 people!

New members

Everett Elam of Little Rock is a Braille instructor who loves running and hopes to run the Boston Marathon.

Amanda Land of Little Rock is an attorney who is interested in meeting others to run with during the week.

Renewing members

Jim Gorman of Little Rock and **Blaine Oth** of Maumelle.

Erin

(Continued from Page 5)

usually can and will. That still amazes me.

What are your running goals for the future?

I'm not sure I have any running goals; I would love to be faster, and qualifying for Boston would be amazing. I believe my ultimate goal is to never lose my love for running.

Favorite Quote? "In the process of letting go you will lose many things from the past, but you will find yourself." - Deepak Chopra

Through running, I feel like I have found myself. It has improved my confidence, and it just makes me happy.

Favorite Song to Run to? Right now, I'm in a no music phase - simply to help me focus on my breathing and to just be with myself and in the moment. However, Michael Jackson's song, "Man in the Mirror," is a must for my running playlist.

Spa 10K Gets An A+ Rating

By Jennifer Found

It was your typical balmy November morning in Arkansas with temps near 70 degrees and the high humidity we all love to feel on race day! As we toed the line, we were probably all wondering why we couldn't get one of those crisp, cool autumn mornings like they have in other parts of the country. But we take what we can get. I've learned to accept that when you live in Arkansas you'd better be prepared to race in all sorts of crazy weather and it's never predictable!

This was my first time to conquer West Mountain. Prior to race day I'd only driven it in my car, so I sort of knew what to expect. But I'm not sure anything could've prepared me for what lie ahead. Thankfully, I'd already decided that my finishing time wouldn't matter (certainly not a PR course or a PR sort of day) and that on this day my #1 goal was to compete. I started at a more conservative pace and early on I positioned myself with a few others who I'd finished near in

previous races. I have to admit, the first 2.25 miles, I thought a lot about that big hill! As we approached the park I was with Joey and Tia and I looked over and said "here we go!" We all chuckled a little bit in a nervous sort of way. By the top of the first incline, Greg Walker and I had pulled away from a few others who we'd been running with and we focused ahead on Jerry White and a teenage boy. Climbing the hill was difficult but it helped to have a friend by my side. Greg was probably super annoyed by the fact that I asked him several times if we were at the top yet.

I was happy when we finally reached the top and I could relax a little coming down the other side. Little did I know that we'd be spending a very short amount of time running downhill in the park before we hit the final mile through the neighborhoods. I loved the downhill sections in the final mile where I could run a respectable pace, but didn't realize there would also be some inclines that made me feel as if I was running in quicksand. My legs were pretty tired at this point from

running up and over the mountain. I knew I had positioned myself in first place just before the third mile so I just focused on staying strong and finishing off the race. It was a great feeling to cross the line as first female because this was my first win since moving to Arkansas nearly 18 months ago. The greatest moment was sharing my victory with my coach when he crossed the line less than a minute later. We've worked really hard toward my goal race this fall (CASA) and this race gave me a lot of confidence going into these final weeks of training!

Our men's team won AGAIN and our women's team managed to show up in force today and crush the competition! Way to go ladies!

It was an epic day with the awards ceremony and RRCA meeting and awards, but so much fun to spend most of the day with teammates and fellow competitors. I decided that next year I need to pack a big lunch and find some place to take a shower, but aside from that I give this race an A+.

Membership Spotlight: Erin Lytle

Name: Erin Lytle

Age: 37

Nicknames: I don't really have a nickname, but in high school and college people would call me EDG.

Where are you originally from?
Little Rock, Arkansas

Where are you living now?
Midtown Little Rock

Occupation: Social Worker at the Bridgeway Hospital

Where did you attend school? I went to Miss Porter's School in Farmington, CT; undergrad at Rhodes College; and graduate school at the University of Alabama, where I received my MSW.

How long have you been a Little Rock Roadrunner? I just signed up in September 2017. I have been interested in going to Tuesday night track workouts for

about a year and couldn't find the time and courage to go until recently. My friend Laura and I went to our first track workout a couple of months ago at Knoop Park and since then, I have been going regularly. I really feel like this will only strengthen my running. I have a love/hate relationship with the track.

What got you into running? I played soccer in college and have always been pretty athletic. When my husband and I started dating, we decided running would be one of our hobbies, so we began training for the Little Rock Half Marathon. We ran the 2014 race together, and I have been running ever since. Running has really changed my life; I'm not sure what I'd do without it.

What is your favorite distance?
Right now, I'd say my favorite distance is the 10K. I feel like I can go the speed and pace I want the entire length of a 10K.

Do you have a favorite race? I would say the Little Rock River Trail 15K. This race was my first race back after having my son Silas on May 30, 2016. I believe that's my smartest race yet, and the course is all along the river trail.

Is there a favorite race story? I would say completing the Little Rock Marathon in 2015, my first marathon. It was difficult, but I completed it and man, the feeling of accomplishment after you just can't beat it.

What motivates you? I've always been competitive and played sports growing up. So, the desire to win is just part of who I am. Today, winning for me is seeing what my body is capable of doing. Another thing that motivates me is seeing the power our mind has over our body. If I believe I can do it, then I

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 in *The Runaround* send information to the editor at lhhouse48@gmail.com.

December 2017

- 9: Fa La La 5K/Elf Run 1K at Conway. Call 501-920-7864.
- 9: Yule Run 5K at Greenwood. Call 479-996-6357.
- 9: Ugly Sweater 5K at Hot Springs. Call 903-244-3505.
- 9: NWA Jingle Bell 5K at Springdale. Call 501-664-4591.
- 9: CASA Half Marathon at Pine Bluff. (GPS SC)
- 16: Mt. Nebo Bench Trail 4M at Dardanelle. Call 479-477-0909.
- 16: The Dam Jingle Bell 5K at Arkadelphia. Call 870-210-6709.

January 2018

- 1: Black Eyed Pea New Year's 5K/10K at Fayetteville. Call 479-790-6491.
- 13: Ouachita Switchbacks 50K/25K at Big Cedar OK. Call 918-658-0478.
- 13: Frozen Toes Trail 15K at Fayetteville. Call 479-444-3463.
- 20: David's Trail 50K/25K/11K/7K at Mountain Home. Call 870-404-8363.
- 20: Amelia's Gift 5K at Greenwood. Call 479-461-9625.
- 21: One Hour Track Run at Pottsville. (GPS SC)

February 2018

- 3: Freezin' for a Reason 5K/10K T Conway. Call 501-450-0512.
- 13: River Trail 15K at North Little Rock. (GPS SC)
- 10: Valentine's Day 5K at Russellville. (GPS)
- 10: Mississippi River Marathon/Half/5K at Like Village. Call 501-650-3400.
- 11: Fort Smith Marathon/Half/Relay. Call 479-0719-3730.
- 11: Love Your Neighbor 5K at Benton. Call 501-722-7904.
- 17: MLK 5K at Little Rock. Call 501-231-3730.
- 18: Run the Line Half Marathon (GPS)/10K relay/ 3K relay at Texarkana, TX. Call 903-277-1407.
- 24: The Beat Goes On 5K at Benton. Call 501-776-6746.
- 24: Never Give Up 5K at Horatio. Call 870-832-4763.
- 24: Run with the Knights at Van Buren. Call 479-474-2661.

March 2018

- 3: Little Rockers Kids' Marathon 1M at Little Rock. Call 501-371-4639.
- 3: Little Rock Marathon 5K/10K. Call 501-371-4639.
- 4: Little Rock Marathon/Half. Call 501-371-4639.
- 10: Chase Race and Paws at Conway. (GPS SC)
- 10: St. Patrick's 4M at Westport, MO. Call 816-399-5330.
- 10: Alma Dog Run 5K. Call 479-414-1929.
- 17: I Love LK 5K at Hot Springs. Call 870-833-2332.
- 17: Jonquil Festival 5K at Washington. Call 870-722-5040.
- 17: ShamRox 15K/5K at Springfield, MO. Call 573-445-2664.
- 24: Spring Fling 5K at Cabot. (GPS)
- 24: Victorian Classic 10K/2M at Eureka Springs. Call 479-363-6586.
- 24: Chip's 5K at Searcy. Call 501-268-3223.
- 29: Race for Literacy 5K/10K at Russellville. Call 479-968-4368.
- 30: Cow Paddy 5K/1K at Fayetteville. Call 479-387-7116.
- 31: Hunger Run 5K at Clinton. Call 843-214-0665.

Birthdays

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

- 1 - Steve Hollowell
- 4 - Scott Freeman
- 5 - Ron Hay
- 6 - Kasozi Wilson
- 7 - Jim Gorman
- 8 - Matt Olney
- 10 - Carl Rice
- 12 - Ron Sanders Jr.
- 13 - Randy Taylor
- 15 - Chris Attiq
- 15 - Melanie Smith
- 17 - Emmett Lewis
- 18 - Mark Ferguson
- 18 - Robert Holmes
- 21 - Noelle Coughlan
- 22 - Will Henry
- 22 - L.B. Johnston
- 24 - Anna Megli
- 24 - Jenny Paul
- 26 - Tom Barron
- 27 - Micah McClain
- 28 - Kelly Kreth
- 29 - Penne Lewis

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 680-0309 or chrlpytn@gmail.com