

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2017

Words From The President - Sign Up For Grand Prix

By Mark Ferguson
LRRRC President

So much for the winter hibernation. The 2017 Arkansas Grand Prix is under way. This past weekend the first race of the Series was completed. The One Hour Track Run was held at Pottsville High School in Pottsville. For those of you that have never participated in this event, make sure to read the race recap. It will be a thorough review so you can mark it on your calendar for next year.

February is a busy month for the Grand Prix. There will be three races during the month of February.

The second race of the 2017 Arkansas Grand Prix will be held this coming weekend at Burns Park in North Little Rock. The River Trail 15K will start at 9 a.m., February 4 on Tournament Drive in the Burns Park Soccer Complex. Race day registration is available prior to the race.

If you haven't signed up for the Grand Prix, make sure to do so prior to the race. I am fuzzy on the deadline of when you must sign up for the Grand Prix in order for your results to count, so just sign up as soon as you finish reading this newsletter. You will be safe if you sign up today and your points will count for the River Trail 15K.

Make sure to make your way over to St. Vincent Infirmary, Large Auditorium after the 15K for the 2016 Grand Prix Awards Presentation. Awards will begin at noon. Pizza, cookies, water and soft drinks will be provided. Grand Prix awards ceremony is open to all Arkansas runners. Come congratulate all of the participants and age group winners.

The third race of the 2017 Arkansas Grand Prix is the Valentine's Day

5K which will be February 11 at 9 a.m. in Russellville on the campus of Arkansas Tech University. This will be the second year that the race will be held on the Tech campus.

The fourth race of the Series and the third race during the month of February will be held in Texarkana on February 19 at 8 a.m. Run the Line Half Marathon will be the longest race at this point in the Series. This race will take you through portions of Arkansas and Texas on paved park trails and through city streets finishing up downtown Texarkana, AR, in front of the Ice House where refreshing drinks and eats are available.

As mentioned earlier in the column, if you plan on running any of the Grand Prix races, please sign up for the Arkansas Grand Prix. You can sign up online or via paper mail-in form. Information is available on the home page of the Arkansas RRCA webpage, www.arkrrca.com

The Little Rock Roadrunners men's and women's teams finished strong during 2016. The men's team started off very strong and had the championship all but wrapped up midway through the Series. The women's team started strong, had a little hiatus during the summer months, and then a strong finish at the last race of the season to clinch a hard fought second place over the Saline County Striders and just behind Searcy Rush.

Both teams were successful by having a deep bench with many team members that aided in gaining points for their perspective teams. The Grand Prix is all about teamwork and having multiple members contributing to the cause. Not only are you competing for the team, you are also competing individually for age

group awards. The teams gain points with the first four men, and the first three women of each team crossing the finish line. Many things can happen during the race and many of the 2016 team finishes came down to the fourth for men and third for women finishers. Within these finishes, many teammates scored and many teammates were displacers keeping other teams from scoring points.

The Arkansas Grand Prix is not all about winning. There is much camaraderie amongst all the runners, the organizers, the race course volunteers, and everyone else that helped make the races a success. Sign up for the races and sign up for the Grand Prix and run with the Little Rock Roadrunners team.

Run Happy!
Mark

February Meeting

February 20, 2017

Whole Hog Cafe
12111 W. Markham

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

TBA

Team RWB Chosen for Veterans Community Award

By Lisa Gunnoe, Chapter Captain
Team RWB, Central Arkansas

The Academy of United States Veterans is proud to announce that the spirit of unity and solidarity was on display as the Veterans and First Responders communities came together for the inauguration of the 45th President of the United States of America. Team RWB is very excited to have been nominated and chosen to receive the Veterans Community Award at the Vettys Inaugural Ball

Run As One

In honor of Marine veteran Clay Hunt, an original member of Team Rubicon who took his own life after battling PTS and depression, Team Rubicon, Team Red White and Blue, and The Mission Continues will partner to participate in the sixth annual Run as One on April 1, 2017. The event will not only serve as the celebration of a continued partnership, but will be a symbol of leadership, action, and collaboration across the veterans support landscape. Shirt design release and registration opens February 13, 2017. We will have a local event. Keep updated on our Facebook group page.

Little Rock Marathon

We will be hosting our annual Little Rock Marathon Pizza Feed at Dam Goode Pies on Saturday, March 4, the night before the Marathon. The information will be available on our Facebook group page. There will be a group photo before the start of the Marathon for those who are interested.

2017 Grand Prix Races

February 4 – River Trail 15K at North Little Rock

February 11 ó Valentine's Day 5K at Russellville

February 19 ó Run the Line Half Marathon at Texarkana

March 11 – Chase Race 2 Mile at Conway

March 18 ó Spring Fling 5K at Cabot

April 1 ó Capita City Classic 10K at Little Rock

May 6 ó Toad Suck 10K at Conway

June 10 ó Arkansas Runner 2 Mile at Benton

June 17 – Go! Mile at Little Rock

August 5 – White River 4 Mile Classic at Batesville

August 12 ó Watermelon 5K at Hope

September 2 – ARK 5K Classic at North Little Rock

September 9 – Minuteman Cross Country 5K at Little Rock

September 16 ó Arkansas 20K at Benton

September 30 ó Paint Downtown Pink 5K at Fort Smith

October 14 – Breakaway 10K at Searcy

November 4 – Mid South Marathon at Wynne

November 18 ó Spa 10K at Hot Springs

December 9 – CASA Half Marathon at Pine Bluff

Bolded races are state championships

Run for the Fallen

The sixth annual Arkansas Run for the Fallen will be March 24-26, 2017. In an apolitical reflection of remembrance, a team of runners will embark on a 146 mile run to honor every Arkansas service member who has died while serving since September 11, 2001. The run will begin in Ozark, AR and will end 146 miles later on the steps of the Arkansas State Capitol. Each mile of the run is dedicated to an Arkansas hero. The run team stops at each marker where they present an American Flag and a biographical card in honor of a fallen service member who has died while serving since 9/11/2001, in an effort to create a 146-mile memorial trail through Arkansas. The public is invited to join our core run team as they complete the journey. There is a minimum speed limit as the last 5K is run as a group.

Girls On The Run

By Jenny Paul, Executive Director
Girls on the Run

In 2016 our GOTR council saw tremendous growth. We increased in size to 15 teams (from eight teams in the fall of 2015) and served more than 200 girls in Pulaski and Saline counties. Another important addition in 2016 was our new coach training format which provides more structure and a vernacular for our coaching methodologies. As we continue to grow, this training will help ensure that the Girls on the Run curriculum is carried out as intended and will protect the integrity of the program.

In 2017 we hope to offer Girls on the Run at new schools and facilities in Pulaski and Saline Counties and intend to work toward expanding to neighboring counties. Additionally, in response to an increase in the number of requests to offer

(See GOTR pn Page 4)

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Pick Your Injury: Planks And Back Extensions

By Mark Ferguson
LRRRC President

Having good core strength is not a joke. It keeps your running form solid, keeps you more stable during runs which keeps you less injury prone and ultimately makes you a faster runner. There are a few ways to build a solid core, but one way is by doing planks on a regular basis.

There have been many challenges out there lately that many of you may have participated in, but *Runner's World* states that "Planks challenge your arms, legs, chest, shoulders, and butt, not to mention make your abs quiver like an earthquake when done properly." The more you plank, the stronger and more stable you get, and the longer your muscles can endure a plank hold.

Runner's World mentions that your performance will improve if you take active recoveries (or continue moving) between plank holds. Use back extensions as an active recovery exercise because they strengthen the lower back, which is the opposing muscle group to the abs you're strengthening in the plank position.

You can use a basic plank if you are a beginner. This position will aid you if your shoulder strength or stability is not your strong suit, or if the pressure of high plank hurts your wrists. Find a bench, stool, or ottoman to use as a prop for an incline plank. Put your forearms parallel to one another on the bench and create a fist with your hands. Grip the floor with your toes and lift your body up, supporting it with your forearms and toes. Tighten your belly and clench your buns. Try to create a straight line from your shoulders to your hips down to your ankles. If this is too difficult, find a higher resting point for your arms. By elevating the platform, you will make the plank easier. If you want a more challenging plank, reduce the elevation of the platform.

For the back extensions, lie on your belly on the floor. Place your hands on each side of your ribcage. Use your hands to push up your head and chest while keeping waist and legs on the ground. For an advanced level of back extensions, lie on your belly with your hands stacked under your forehead. Use your muscles of your lower back, lift your head, arms, and maybe even your chest off of the ground. Hold your pose momentarily, then return your head, arms, and chest to the floor.

Runner's World has an eight-week plank challenge.

Week 1 6 15 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 1 minute)

Week 2 6 20 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 1 minute 20 seconds)

Week 3 6 25 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 1 minute 40 seconds)

Week 4 6 30 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 2 minutes)

Week 5 6 35 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 2 minutes 20 seconds)

Week 6 6 40 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 2 minutes 40 seconds)

Week 7 6 45 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 3 minutes)

Week 8 6 50 second plank hold, 10 back extensions, REPEAT 4X total
(collective plank total: 3 minutes 20 seconds)

Happy Planking!

New Members

Welcome to new and renewing members!

Jonathan Aram
Chris Attig
Bethany and Joseph Chandler
Bill Crow
Cymber and Joey Gieringer
Nathan Harris
Melissa Hendricks
Rachel Hendrix
Charlie Hoag
Linda House
Gary Lamkin
Ricky Martinez
Micah McLain
Stacy and Ron Mitchell
Wesley O'Connor
Heather Raymond
Simon Sanghera
Debbie Shepherd
Mike Terrell

One Hour Track Run Begins GPS

By Anonymous

It was windy and there were many Club members that ran a lot of boring laps on the track for one hour. The Roadrunners Women's team won big and took first place in the first race of the season. A great showing by Carli Langley, Jen Found, Sarah Olney, Tammy Helmick, Rachel Hendrix, Bethany Chandler and Ashley Philbrick.

The Little Rock Roadrunners Men's team also had a great showing and took first place. Brent Corbitt, Jonathan Aram, Brian Sites, Chris Attig, Colin Hall, Manfred Galatowitsch, Marc Thomas, Rodney Paine, Scott Philbrick, Simon Sanghera, Steven Booth, Wesley O'Connor, Zach Lewis and Charlie Hoag helped anchor the win.

Great start to the year but many more races to go and our teams need more members. Make sure to sign up for the Grand Prix on the Arkansas Grand Prix Page. Sign up today in order to make sure your points for the River Trail 15K count.

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 lhouse48@gmail.com

February 2017

- 4: Freezinøfor a Reason 10K/5K at Conway. Call 501-450-0512.
- 11: Mississippi River Marathon/Half/5K at Lake Village. Call 501-650-3400.
- 11: Heart of the Ozarks Half Marathon/10K/Relay at West Plains, MO. Call 417-293-3554.
- 11: Never Give Up 5K at Horatio. Call 870-832-4763.
- 11: Love Your City 5K at Garland, TX. Call 870-723-0914.
- 12: Love Your Neighbor 5K at Benton. Call 501-658-0242.
- 12: Fort Smith Marathon/Half/Relay. Call 479-719-3730.
- 18: MLK 5K at Little Rock. Call 501-231-3730.
- 18: Van Davis Memorial 5K at Hot Springs. Call 501-760-4129.
- 18: Ozark National Forest Trail 7M/10.5M at Fayetteville. Call 479-879-7003.
- 19: Run the Line Half Marathon/Relays at Texarkana, AR-TX. Call 903-792-7186
- 25: The Beat Goes On 5K at Benton. Call 501-776-6746.
- 25: Run with the Knights 5K at Van Buren. Call 479-208-1948.
- 25: Mardi Gras 5K at Kansas City, MO. Call 816-399-5330.
- 26: Great Amazing Race 1.5M at Little Rock. Call 513-518-0528.

March 2017

- 4: Little Rock 5K/10K/Kids Marathon 1M. Call 501-371-4639.
- 4: Dash to Remember 5K/1M at Pea Ridge. Call 479-656-3513.
- 4: Stinson Organ Transplant Awareness 5K at Texarkana, TX. Call 903-319-6537.
- 5: Little Rock Marathon. Call 501-371-4639.
- 11: Alma Dog Run 5K. Call 479-414-1929.
- 11: St. Patrickø Day 4M at Kansas City, MO. Call 816-272-8383.
- 11: Chase Race & Paws 2M/1M at Conway. (2M is GPS SC) Call 501-514-4370.
- 11: Beer & Bagel Off Road 4M at Amity. Call 214-769-3508.
- 11: Pi Day 5K at Cabot. Call 501-515-4086.
- 11: Diamondback Color 5K at Magazine. Call 479-438-3008.
- 11: Flapjack 5K/1M at Siloam Springs. Call 479-524-3103.
- 17: Cow Paddy 5K at Fayetteville. Call 479-200-7718.
- 18: MHS Chocolate Roll Festival 5K at Marshall. Call 870-504-1355.
- 18: Spring Fling 5K at Cabot. GPS. Call 501-438-2414.
- 18: River Valley Endurance Half Marathon/5K at Fort Smith. Call 479-650-6182.

GOTR (Continued from Page 2)

programming for girls that have aged out of GOTR, we will likely host our first Heart & Sole teams. GOTR lessons build a strong foundation for older elementary aged girls, but Heart and Sole is a curriculum written to specifically appeal to and support girls who are in grades 6-8.

If you have any interest in coaching Girls on the Run or Heart & Sole during the 2017 season (which will begin after Labor Day and end the weekend before Thanksgiving), please contact me as soon as possible. When planning a season, coach availability is the most important variable I must consider. We will have an informational meeting for those interested in coaching in late winter, and coach training will be offered a few times throughout the summer.

If you would like to ask any questions about coaching, the Girls on the Run program, or how to support our council financially please contact me at jenny.paul@girlsontherun.org or 501-615-5733.

Birthdays

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

- 4 - Joe Milligan
- 6 - Charlie Hoag
- 10 - Mary Heller
- 11 - Steven Booth
- 12 - William Fletcher
- 13 - Alison Acott
- 13 - Christian Brack
- 17 - Tina Coutu
- 21 - Nathan Harris
- 23 - Melissa Hendricks
- 24 - Charlotte Beal
- 24 - Cymber Gieringer
- 24 - Helen Jones
- 27 - Belinda Harrell

Condolences

The LRRC extends its condolences to Suni Hoffman over the recent death of her husband, Bill Hoffman. Please keep Suni and the rest of Billø family in your thoughts and prayers.

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