

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2017

Words From The President - Eat Protein For Breakfast

By Mark Ferguson
LRRC President

Happy New Year! Thanksgiving has come and gone, Christmas just passed and now we are in 2017. Time flies when you are having fun. Another year of racing has concluded for most of us with the CASA Half Marathon. (Make sure to read Zach's race recap) For some of you, congratulations on completing all 20 races and becoming an Iron Runner ó Sheila Galatowitsch, Manfred Galatowitsch, and Steven Booth.

The first Grand Prix race of 2017 kicks off in Pottsville at the One Hour Track Run on January 22. No rest for the weary as the saying goes. This race has been run in many different types of weather over the last few years. Windy, rainy, sunny, cold, hot, and everything in between. If you have never participated in this race, mark your calendar as you will not want to miss it.

If you were gifted a few pounds over the holiday season like I was, don't miss your morning breakfast as research shows that 78% of people who lost weight and kept it off ate breakfast every day, according to the National Weight Control Registry. If you want to stay fueled for your run and recovery, you need to have the right breakfast, one that has protein. You will need to have 30 grams of protein according to McMaster University. The protein will give you the power-building nutrient to help repair muscles that are being broken down. There are many great recipes out there for protein powered breakfasts that should strike your fancy.

If you did eat too many sweets and didn't get off the couch for a few weeks, not only did you gain a few pounds, but you may have to help your

body ease back into running. You do not want to start back too fast or too long. You will want to ease back into it gradually so you don't injure yourself. Focus on the balance between how much running you have been doing over the past month and how much running you want to do and the intensity you want to do it at. Look at the average number of miles per week you had been running before your short break. Most of you have developed a pretty good base to work from. A few weeks off shouldn't set you back too far, but you don't want to jump back in with too many miles or with too much intensity.

Maybe with all the new running outfits you received as gifts, you can get back out there in style. I just hope your new attire isn't all long sleeves and long pants. Maybe you received some short sleeves shirts and shorts as well. With the crazy weather we have seen over the last few weeks, 30-40 degree swings on some days, it is a wonder that we all haven't thrown in the towel.

Remember to dress in layers on those cold mornings. It may seem much colder when you step out the door than it will be once you start your workout. Without layers, you might become overheated and have a poor workout.

I hope all of you had a wonderful Christmas and enjoyed a few days off from the day to day grind. Good luck to everyone running any races in January. A few of our members will be headed to Houston to run the Houston Marathon on January 15. As Obi-Wan Kenobi would say, "May the force be with you."

Mark your calendars for the Hilly Chili. Zach and Christi Lewis will be hosting the Club on Saturday, January 28 at 4 p.m. The Lewis residence is located at 13010 Pleasant Forest Drive in West Little Rock. I have never run Pleasant Forest, but I have driven it many times. There will definitely be a hilly in this chili. A few routes will be available depending on the distance you might want to run.

Orange Theory Fitness will also be hosting a workout session during the month of January. Tentative date is January 7. Time and location will be sent out later this week.

Happy Running, Mark

January Meeting
is
Hilly Chili
Fun Run

Saturday, January 28
4 p.m.

Home of
Zach & Christi Lewis
13010 Pleasant Forest Dr.
Little Rock

Yoga For Runners

Floating Lotus will have a Yoga for Runners workshop beginning January 22. Pre-registration is limited to 20 participants so register early. Cost is \$75 for a six-week session. See more information at www.floatinglotusyogastudio.com.

Pick Your Injury: Patellar Tendonitis

By Mark Ferguson
LRRRC President

Any time you see *õitisõ* at the end of the word, it means there is inflammation in that area. Patellar tendonitis is inflammation of the patellar tendon, which connects the kneecap to the shinbone. This injury usually occurs when overuse leads to tiny tears in the patellar tendon.

Symptoms of Patellar Tendonitis

Patellar Tendonitis is a pain or tenderness in the patellar tendon below the knee, pain or *õtightnessõ* in the knee when bending, squatting, or straightening the leg, discomfort in the knee when jumping, running, or walking. Some runners who suffer from patellar tendonitis complain of pain on the inside portion of their knee which can be sharp and incapacitating.

The Causes

Patellar Tendonitis is usually caused from overuse due to intense running, jumping, frequent stops and starts, frequent impact on the knee. Patellar tendonitis is more common in running, basketball, soccer and volleyball. Risk factors for patellar tendonitis include an increase in the frequency of

training, a sudden increase in the intensity of training, changing from one sport to another, training on a hard surface, repeated improper movements of training, and muscle imbalance or weakness.

Treatment

As with most injuries, the first step is **RICE**.

Rest ó Avoid repetitive stress on the tendon

Ice ó To reduce pain and swelling, apply ice to the tendon for up to 30 minutes at a time and avoid any heat.

Compression ó Wrap your knee with an elastic bandage or sleeve to restrict swelling. Be careful not to wrap too tight as this will cause swelling.

Elevation ó Place a pillow under your knee when sitting or lying down to prevent further swelling. Try to keep your knee elevated above the level of your heart.

If additional pain relief is needed, over the counter non-steroidal anti-inflammatory medication (NSAIDs), aspirin, ibuprofen, naproxyn, and acetaminophen can help.

1. Eccentric single leg decline squats- three sets of 15 reps, twice per day. It is OK if the decline squats hurt a little bit, but the pain should not be excruciating. Once you can complete the three sets twice per day without pain, add weight using a weighted back or dumbbells.

2. Icing after each run

3. Gently stretch your hamstrings and quads a few times per day

4. Massage your hamstrings and quads with a foam roller

Happy Running!

2017 Grand Prix Races

January 22 – One Hour Track Run at Pottsville

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 championships

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Three Lessons Learned In 2016

By Lisa Gunnoe, Chapter Captain
Team RWB, Central Arkansas

I'm scared - so! Do it anyway!

Any great athlete, any brave hero has one thing in common. They do what they do scared. Being scared is a human experience, do that scary thing anyway.

This year my scariest things were training for and lining up on the starting line of the Arkansas Traveller 100 again with the goal of finishing in the 30-hour time limit.

Applying for a leadership fellowship position with Team RWB, being accepted, immersing myself in the leadership experiences provided by the fellowship is the second scary thing.

When being paralyzed by fear I think of those heroes, military, police, firefighters, other first responders. I'd bet when they run into that chaos they are scared too. They do it anyway. Focusing on this helps increase bravery.

Find that thing that scares the tar out of you, go for it! Learn from the experience (see lesson three). It is life changing.

Sometimes being brave is just showing up.

How do you beat the heat of an Arkansas summer? Why you go to Daytona Beach FL, that is how. And we did. Fifteen Eagles and seven leaders came together for a weekend long leadership and triathlon camp, Eagle style.

Jon was an attendee. Jon is blind and had this happen as a middle-aged adult. This was his second time really getting out since he started accepting this twist of life. Swimming, biking, running (walking for him) was all done with a guide, a pilot, a man he had never met before. I'm in awe of Jon. Just showing up is braver than anything I have ever been called to endure.

Failure is a good thing, it means you are trying. Re-evaluate and fail forward.

Apparently in the military they have something called the After Action Report. From my study the best way to evaluate the results of a project is to do so immediately. Some say the project isn't complete until the AAR (After Action Report) is filled out, by people at each step of the project. This is to be done as soon as possible after the project is completed while everything is fresh on the minds of those involved.

So what does this have to do with declaring failure a good thing?

Failure is proof that we are doing. One way to guarantee no failure is to do nothing. The gift of failure is possible by evaluation and then learning.

Within the first day after an event some great questions to have for your AAR would be:

What went right?

What did I learn?

What would I do differently?

What were my favorite moments?

Notice we aren't asking "What went wrong?" It is important to turn failures into lessons. The questions we ask ourselves help us find the lessons.

Failure is a teacher, one of the very best in life. If we are failing while doing the same exact thing time after time, we know from experience that failure will continue. If we change just one thing, perform, evaluate, learn, and improve. Give it a try after your next event and see what you think.

Bonus lesson: if it's not fun, figure it out or move on! These things we do ó volunteer, hobbies, physical fitness ó we do so to enrich our lives. Laughing, hugs and high fives increase the quality of life eminences! There has to be a fun factor or we won't come back for me.

We at Team RWB Central Arkansas wish all of you a safe, productive, happy, growth inducing 2017. It's up to you to make it the very best year yet.

Hugs and high fives,

Lisa

CASA Half Completes 2016 Grand Prix

By Zach Lewis

On Saturday, December 10th, the 2016 Grand Prix racing season came to an end on the frozen tundra (also known as Pine Bluff) with the CASA Half Marathon. Runners were greeted to morning temps in the upper 20s, and finally settling in at a balmy 32 degrees by race time. Some might have welcomed the chill after the unseasonably warm temperatures last December. A plethora of clothing choices were on display, ranging from singlets, shorts, and gloves, to layers of sleeves, running tights, and varieties of winter hats.

Approximately 27 Roadrunners were in town for the race. Brian Sieczkowski, Brian Sites, Ron Mitchell, Bill Simpson, and Mark Ferguson finished 2, 3, 4, 5, and 6 respectively, giving the Roadrunners a prominent presence within the top ten finishers. Those, along with many others, placed within the top three of their age groups. Ron Mitchell and Mark Ferguson finished first and second masters, and Mark Lacy finished second grand master among the men, while Christine Ferguson finished third master among the women. *If I've left anyone out, forgive me.

Upon completion of the race (in addition to receiving medals), runners could seek refuge from the cold in the UAPB stadium concourse, surrounded by several heaters, and were provided/served hot chocolate, coffee, gumbo, and pancakes by many wonderful volunteers. A huge thanks to those individuals, the law enforcement that directed traffic, and many others that helped to make the race and post-race a pleasant experience.

New Members

Welcome to a new family:
Ashley, William and Scott Philbrick of
Little Rock!

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

January 2017

- 1: New Yearø Day Hangover Half Marathon at Malvern. Call 501-732-0313.
- 1: Black Eyed Pea New Yearø 5K/10K at Fayetteville. Call 479-790-6491.
- 14: Frozen Toes Trail 15K at Fayetteville. Call 479-444-3463.
- 14: Day of the Undead Zombie 5K at Magnolia. Call 870-299-3812.
- 21: Davidø Trail 50K/25K/7K at Mountain Home. Call 870-404-8363.
- 21: Ameliaø Gift 5K at Greenwood. Call 479-461-9625.
- 28: Village Creek Trail 10K/25K at Wynne. Call 870-208-6523.

February 2017

- 4: Freezingøfor 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 Ozarks Half Mar./10K/Relay at West Plains, MO. Call 417-293-3554.
- 11: Never Give Up 5K at Horatio. Call 870-832-4763.
- 12: Fort Smith Marathon/Half/Relay. Call 479-719-3730.
- 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.
- 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.
- 18: Spring Fling 5K at Cabot. **GPS**.
- 18: River Valley Endurance Half Marathon/5K at Fort Smith. Call 479-650-6182.
- 25: Miles for Multiple Sclerosis 5K at Conway. Call 501-837-6043.
- 25: Hunger Run 5K at Clinton. Call 843-214-0765.

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.
- 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: Hogeøe Marathon/Relays/5K at Springdale. Call 479-530-8423.
- 15: Avilla Christian Academy Easter 5K at Alexander. Call 501-920-7210.
- 15: Soar With the Owls 5K/10K/1M at Fayetteville. Call 479-650-9053.
- 22: Rocket 5K at Little Rock. Call 501-664-4625.
- 22: Root Rocket 5K at Fayetteville. Call 479-200-3844.
- 22: Fly Like An Eagle 5K at Vilonia. Call 501-743-9431.
- 22: Yale to Oark 10K/2M at Oark. Call 479-292-3353.
- 22: BV Memorial 5K+1 at Jacksonville. Call 501-837-7055.
- 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.

Birthdays

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

- 4 ø Leo Sieczkowski
- 16 ø Caleb Ault
- 18 ø Desi Tuey
- 18 ø Jeffrey Zern
- 21 ø Richard Johnson
- 21 ø Bill Rahn
- 23 ø Joel Lynch
- 23 ø William Freeman
- 25 ø Ann Scoggins
- 27 ø Jeff Byers
- 27 ø Justin Marren

Girls On The Run

Jenny Paul, Executive Director of the local Girls on the Run chapter, is putting out a call for those of you who are interested in serving as a coach. GOTR is now in elementary schools but is looking into the possibility of expanding into middle schools and would need even more coaches.

If you are interested in helping as a coach, an occasional volunteer, or financially contact Jenny at jenny.paul@girlsontherun.org.

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