

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2017

Words From The President - New Leadership

By Mark Ferguson
LRRRC President

June is here and it is time for our next leader, Colin Hall, to spread his wings and soar as the new Roadrunner President. I know roadrunners have wings but can they really soar. In order to soar, you have to be able to fly. Can roadrunners really fly or are they more like a flying squirrel? A flying squirrel really can't fly. They glide more than they fly. Maybe they should be called gliding squirrels instead of flying squirrels. Well, who knows? To find the answer I guess you will have to Google it or see if there is a past episode of Myth Busters that might reveal the answer. Either way, roadrunners have wings and, therefore, they must be able to fly. So Colin will be flying high this next year, figuratively speaking of course. I know Colin and his new president-elect Zach Lewis have all kinds of great things up their sleeves for the next year. I will roll back into the shadows as past president.

The June meeting will feature our annual LRRRC elections. This being an odd year, our treasurer position is up for election. Brent Corbitt is the current treasurer as he finished Jeff Maher's second year of the two-year appointment this past year. Brent was nominated to continue in his capacity for the current term. Brent has done such a stellar job in his duties over the past year that nobody wanted to spend the millions of dollars in campaign funds that it would have taken to take the position from Brent. Since there was only one nominee, Brent has won the election hands down. Thanks for the next two years Brent.

Bill Simpson will continue as secretary as this position is an even year

term. Great job Bill, as we will be indebted to you services for at least one more year.

Melissa Hendricks will continue as membership chairman as this position is an even year term. Great job Melissa. As with Simpson, continue the great work for at least one more year.

Thank you to our at-large members: Linda House, Gary Taylor, and Bill Torrey. Thank you, Linda, for all your hard work putting the monthly newsletter together for all of our members to read.

On to running and racing. June will feature two Arkansas Grand Prix races, the Arkansas Runner 2 Mile and the Go! Mile, which is a championship race. The Saline Striders will host the Arkansas

Runner 2 Mile in Benton on June 10.

There is still plenty of time to sign up for this race. Go! Running will be hosting the Go! Mile & One Lap, One Mile, One Fast Little Race on June 17 at the Clinton Presidential Library. Still plenty of time to register for this race also.

Not much going on in July as for the Grand Prix Series but there definitely will be a few races in town in which you will be able to participate. Of course, the Fleet Feet Firecracker Fast 5K is always a fun race to run on July 4th.

As with every column I have written this past year, I think of all the enjoyment that running brings to all of us. Thanks for being a part of our little running family and thanks for allowing me to be your president this past year.

As always, Happy Running and Peace Out!

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 & no problem & 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.

June Meeting

June 19, 2017

Whole Hog Cafe
12111 W. Markham

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

Kyle Kifer
AFCN Physical Medicine

Injury Risk and the
Functional Movement Screen to
Assess Injury Risk

Team RWB: Giving To Veteran Organizations That Matter

By Leo Jenkins

- Mission: Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.
- Why Team Red White and Blue: There is a growing divide between civilians and military/veterans in the United States. One of the most unique aspects to Team RWB's approach is their efforts to narrow that particular gap. Civilians (who make up 30% of Team RWB's membership) are encouraged to attend events alongside veterans, giving the opportunity for much needed interaction in a positive, healthy environment.
- A few statistics:
 - 55% of active veterans in Team RWB report feeling less down, depressed or hopeless
 - 64% maintain a healthier weight
 - 81% feel more satisfied with their life
 - 50% feel less nervous, anxious or on edge

- By the numbers: Team RWB practices complete transparency with their financials. While just under 4% of what the organization took in last year went to advertising, the return on investment clearly shows the value of those dollars spent. <http://www.teamrwb.org/2015AnnualReport/financials/>
 - How are donations utilized: Donations to Team RWB are used to fund veteran enriching programs. The Chapter and Community Program is a community based chapter model that hosts local, consistent and inclusive opportunities for veterans to participate in positive health behaviors that lead to positive health outcomes. Chapters host 3-5 physical, social and service projects that are no cost to the member. Our Leadership Development Program educates, inspires and empowers veterans to translate their military experience into leadership within their communities. We host leadership and athletic camps, seminars, summits and more experiential learning opportunities through our Eagle Leader Fellowship.
 - From Team Red White and Blue Director of Development, and former Army Ranger, Brandon Young. "Throughout our maturation, we have created a culturally authentic environment based on the richness of wellness, acceptance, unity, belonging and purpose where veterans engage and lead within their communities. These factors of enrichment serve as a powerful upstream intervention, stemming off many of the potential challenges veterans face in the reintegration process."
 - How to support Team Red White and Blue: Join the team [HERE](#) or help them with a [donation](#)

Team RWB June Events

June 7, Wednesday – World Running Day

Conway and Searcy are hosting events.

Conway

Conway Regional Health & Fitness Center, 700 Salem Road. All groups paces welcome. All groups start and end at this location. 5 a.m., 6 a.m., Noon, 6 p.m. Arrive early to sign a waiver; free event.

For more information contact Amanda Castillo

acastillo@conwayregional.org

Searcy

Beyond Boundaries 115 E Center Ave
All paces welcome. All groups will start and end at this location. This is a free and a fun event. 5 a.m., 6 a.m., Noon, 6 p.m.
For more information contact Tia Stone searcyrush@gmail.com

June 24, Saturday - Eagle Run/Eagle Ride

Burns Park Victory Lake, 10 a.m.

<https://t.e2ma.net/message/1lppdd/9ngymz>

In celebration of our great nation Team RWB and Walmart are hosting a unique virtual run (we are adding the ride). With gatherings across America, Eagles and communities will Charge (run) either 7 or 4 miles together, enjoying the camaraderie amongst friends and family. Choose your distance and choose

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Gary Taylor	At Large Member	813-7158
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969 (h) 590-9139 (c)

Girls On The Run - Time Is Now To Get Involved

**By Jenny Paul
Executive Director
Central Arkansas Council
Girls on the Run**

There is little in life that I can't turn into a running analogy. And as we prepare for the 2017 Girls on the Run season this fall, I'm struck with another part of my existence that can be explained with a comparison to running. Today, I'm in luck because this audience will "get it." (And my children would certainly thank you if they understood that you have saved them from hearing one more way that running is like life.)

When you plan to run a marathon or other goal race, there are several variables to consider. Among other things, you think about the location, other commitments at that time of year, where you are in your training cycle, travel and race costs, and if you could get any support from friends or family during the race. We also have many different considerations as we prepare for a new season, including having enough coaches, ensuring enough funding, securing locations that can accommodate our activities, collecting supplies and participant recruitment.

When planning to train for and run a target race, you think about and set your goals. You may be trying a new distance for the first time or hoping to improve upon a past time, but as you know, there are several steps to executing your plan. Generally stated, our goals are to effectively deliver the Girls on the Run curriculum to our participants and to offer meaningful volunteer opportunities for adults in our community. Carrying out these goals involves numerous steps performed by several different people - often simultaneously and sometimes in isolation.

You may prepare for months to run a race that lasts hours. We prepare most months out of the year for our 10-week season. Just like you may crank out several 20 milers leading up to your marathon, we hold in-person and online coach trainings, set up online registration

for participants and volunteers, and hold coach box organization days to help ensure a smooth season.

Just as you try to anticipate and troubleshoot potential problems on race day, we are continually trying to see possible snags and work to prevent them. And then, like you remind yourself that there will still be surprises on race day, we prepare ourselves to be flexible throughout the entire season. There's even a wall! Most people describe hitting a wall in the marathon around miles 20-22. Our coaches have observed a similar phenomenon when our girls' training becomes a little more challenging just as they've settled into the school year. The "new" has worn off just about everything, and it really comes down to putting one foot in front of the other. Taking things one day at a time. But then, just like that rediscovered energy that you may feel around mile 24 or 25 of a marathon, our girls feel the end of the season GOTR 5K approaching and they are reenergized. And boy do they finish the season strong!

Probably the most striking similarity is the feeling of accomplishment after completing a goal that seemed so challenging (sometimes overwhelmingly so) when you started your preparation. When you reflect upon a long race, you undoubtedly remember a range of emotions. You had moments of doubt, periods of confidence, and, finally, success. A GOTR season offers unique personal and community experiences, new

relationships, and unprecedented challenges. It also provides our participants with a framework for setting and achieving goals that they can carry with them throughout their lives.

If you are interested in being a part of the 2017 season (September 5 - November 19) the time to get involved is now! Just like you choose your training plan well before the actual training begins, we need to know who is on board to help as soon as possible. We are always searching for new coaches and hope that you will consider helping a group of girls in our community recognize their limitless potential. No previous running experience is required. You can find a coach application on our website www.gotrcentralark.org. You can also find information about registering your girl online, and you'll find ways to support Girls on the Run financially.

(Girls on the Run of Central Arkansas is a local chapter of a national organization. Our mission is to help every girl become joyful, healthy and confident using a fun, experience based curriculum that creatively integrates running. We are not a competitive running program. Many of the GOTR founding members are also members of the Little Rock Roadrunners Club, and the two organizations have worked closely since GOTR was established in 2013. Please visit our website for general information and ways you can be involved. Also, feel free to email me any time at jenny.paul@girlsontherun.org)

Team RWB June Events (Continued from Page 2)

your way - walking, rucking, running, hiking, strolling (and cycling) we want you to come celebrate together with us. As we get closer to this event more information can be found on our Facebook Group Page.

<https://www.facebook.com/groups/TeamRWBCentralArkansas/>

Monthly Run

Fourth Wednesday of each month. Next one is June 28 at 6:30 p.m. at Clinton Library parking lot.

Monthly Service Project

Recycle Bikes for Kids, 717 E 10th Street, North Little Rock. Third Tuesday of each month, 6-8 p.m.

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 lhouse48@gmail.com

June 2017

- 3: Take A Run At Hunger 5K at Little Rock. Call 501-626-9388.
- 3: Black River Technical College 5K at Paragould. Call 870-239-0969.
- 3: Mt. Magazine 15K at Havana. Call 479-747-4400.
- 3: Camo Color 5K at Rogers. Call 479-366-2970.
- 4: Mucka Mania 5K/10K at Wynne. Call 870-208-6523.
- 10: **Arkansas Runner 2M at Benton. GPS. Call 501-246-0716.**
- 10: 10 The Boys Shelter 5K at Fort Smith. Call 479-646-2819.
- 10: Kansas City Dirty Duo 5K at Lees Summit, MO. Call 816-373-5060.
- 10: Great Obstacle Runaround .5M/1M at Springdale. Call 479-725-4534.
- 10: For the Love of Music ACME 5K/10K/1K at Russellville. Call 479-747-3313.
- 10: Bradley County Pink Tomato 5K at Warren. Call 870-226-5225.
- 10: Honor and Duty 5K at Fort Smith. Call 479-461-2060.
- 10: 5K Foster Kid Run at Fort Smith. Call 479-646-2819.
- 10: Run Lizard Creek at Portfest 5K at Jacksonport. Call 870-523-1009.
- 10: ARVets PTSD 5K at Little Rock. Call 501-246-5341.
- 10: Color Run for Foster Kids at Morrilton. Call 479-264-9567.
- 16: Memorial Park Glow 2M at Bentonville. Call 479-601-7493.
- 17: Western Days 5K at Springdale. Call 870-223-2980.
- 17: Arkansas Fusion Glo Fun 5K at Cabot. Call 501-743-5452.
- 17: Leslie Homecoming 5K. Call 501-757-0909
- 17: **Go! Mile at Little Rock. GPS SC. Call 501-663-6800.**
- 24: Brickfest 5K at Malvern. Call 501-332-1802.
- 24: Rat Race 5K/1M at Green Forest. Call 870-489-3439.
- 24: Running with the Elk 5K at Ponca. Call 501-487-8899.
- 24: True Grit 5K at Fort Smith. Call 479-641-5439.

July 2017

- 4: Ward Parkway 4 on the 4th at Kansas City, MO. Call 913-710-8682.
- 4: Freedom from Blindness 5K/10K at Lockesburg. Call 479-234-1676.
- 4: Firecracker Fast 5K at Little Rock. Call 901-274-2202.
- 4: Freedom Fest 5K at Greenwood. Call 479-996-6357.
- 15: VFW Post 4884 5K at Spiro, OK. Call 803-464-0737.
- 22: Full mOOn 50K/25K at Perryville. Call 501-837-3104.
- 22: Peach Fest 4M at Clarksville. Call 479-754-4568.
- 29: That Dam Night Run 5K at Arkadelphia. Call 870-464-7415.

New Members

Davis Fleming and **Becky Matthews**, both of Little Rock, have recently renewed their memberships in LRRC. Davis is a medical student who is a veteran runner. He runs about 30 miles each week with a 7:20 mile per hour pace. Becky is a retired microbiologist whose hobbies include running, cooking, playing mah jongg and gardening.

Blake Norman of Little Rock recently joined LRRC. He is a business consultant who has been a runner for 11 years. He runs about 15 miles each week. His favorite distances are 15Ks and half marathons.

Birthdays

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

- 2 - Zach Lewis
- 2 - Rodney Paine
- 3 - Coe Griffin
- 7 - Jaye Gasaway
- 7 - Mark Lacey
- 8 - Christopher Dickie
- 12 - Jerry Wilson
- 16 - Eleanor Kennedy
- 17 - Michael Findley
- 21 - Tanya Freeman
- 22 - Joseph Chandler
- 25 - Jonathan Aram
- 26 - Donna Duerr
- 29 - Brian Sieczkowski

Grand Prix Races

- 6/10 ó Arkansas Runner 2 Mile at Benton
 - 6/17 – Go! Mile at Little Rock**
 - 8/5 – White River 4 Mile Classic at Batesville**
 - 8/12 ó Watermelon 5K at Hope
 - 9/22 – ARK 5K Classic at North Little Rock**
 - 9/9 – Minuteman Cross Country 5K at Little Rock**
 - 9/16 ó Arkansas 20K at Benton
 - 9/30 ó Paint Downtown Pink 5K at Fort Smith
 - 10/14 – Breakaway 10K at Searcy**
 - 11/4 – Mid South Marathon at Wynne**
 - 11/18 ó Spa 10K at Hot Springs
 - 12/9 – CASA Half Marathon at Pine Bluff**
- (Bolded races are state championships)

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

The Mile Run Combines Speed And Endurance

By Gary Taylor

There are a few Icon distances in running: the 100 meters for the fastest man in the world, the marathon, a historic distance as a true test of endurance

the blue ribbon event, combining speed and endurance, the Mile

The Mile Race began in England in the 1700s where it was used as a distance for gambling. Since then the iconic distance has been run as a showcase race in many meets, maybe one of the most famous being The Wannamaker Mile in the Madison Square Garden indoor meet in New York City.

In the mile we find out how fast we can run for one unit, the unit of the distance used to measure our pace in all other races. It's not how many minutes per mile, but a mile in how many minutes and seconds?

It's the one distance race where those seconds really count. Look how long it took to break the four-minute mile. We've all heard that for a long time people thought it was impossible. They had reason to believe that because in 1945 Gunder Hagg brought the record down to 4:01.6 and it took nine years for the record to be broken by one Roger Bannister who ran 3:59.4 at Iffley Road Track in Oxford on May 6, 1954. The

world record has been broken just 18 times since then and now sits at 3:43.13 by Hicham El Guerrouj, a staggering 16.1 miles per hour!! The women's world record is now 4:12.56 by Russia's Svetlana Masterkova, a little over 14 mph!

Because seconds count in this race, the training needs to be different from most other road races.

If you've ever tried to break a minute barrier, like five or six or seven you know how hard it is. So the following is a training plan to help cope with the unique challenges of distance and speed needed for the Mile.

Speed work is what many people say they haven't done enough speed work to run a fast mile. Truth is, most people can run 100 meters at a very fast pace, almost world record pace, but are unable to carry that speed for any distance. Some speed work is necessary, but it's not about sprinting.

Anaerobic and Lactic Tolerance is what these workouts need to prepare your body for the state of operating in oxygen debt. In these workouts it's not about the interval, but about the recovery time.

Race Pace Repetitions is what track workouts need to be added to mileage and tempo running. This helps with the above speed work and lactic-tolerance, but also teaches the runner how to run efficiently at race pace.

Training Plan

Tuesday

2 sets 6x300 at MGP, 100 jog rec, 1 lap jog between sets (Continuous workout, no stopping)

6x600 at or a little faster than Mile Goal Pace (MGP), 2 minutes recovery

8x400 at exactly MGP with 60 seconds recovery (predictor workout)

3 sets of 6x200 below MGP with 30 seconds recovery, 3 minutes between sets.

3x800 at 5-10 seconds below MGP with 3 minutes recovery

4 sets of 300+600, 300 fast, 30 sec rec, 600 at MGP+20sec - lap jog (run 300 and 600 steady, do not run 60 hard)

8x400 at exactly MGP with 60 seconds recovery (predictor workout, better than a TT)

3 sets of 3x300 with 100 jog recovery lap between sets. Run #1+2 at race pace or below, #3 fast

6x200 a little faster than MPG, 200 jog recovery. (Continuous workout, no stopping)

Friday or Saturday

2-3-1 Tempo run, 2 miles easy run, 3 miles progressive, 1 easy run. Progressive means each mile getting faster.

30 minutes of 400 at steady run pace then 400 at 5K pace continuous workout - use track or dots on River Trail

2-1-1-1 Tempo Run, 2mi easy, 1mi 5K pace, 1mi easy, 1mi 5K pace, 1 mi easy

30 minutes of 800 at steady run pace then 800 at 5K pace continuous workout - use track or dots on River Trail

30 minutes of 400 at steady run pace then 400 at 5K pace continuous workout - use track or dots on River Trail

2-3-1 Tempo run, 2 miles easy run, 3 miles progressive, 1 easy run challenge yourself make 3rd tempo mile faster than week 1

1-3-1 Tempo run, Progressive first 1.5mi, 1/2mi steady run pace, last mile HARD

AR Runner 2 Mile Race. Try to run this with negative splits to practice running hard when tired.

Go! Mile Race. Try to run even splits, really focus on 3rd quarter.