

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2017

Words From The President - All For The Picture With The Trophy

By Mark Ferguson
LRRC President

As the Grand Prix season is well under way and many of you are planning those extra races outside of the Grand Prix season, making sure that you are ready for the race is always on your mind. I constantly have questions running through my mind like: Am I as fit as I need to be, did I run enough hills, did I do enough speed work, am I eating the correct food in preparation, etc. are some of the questions that I am always trying to answer in the upcoming weeks of races. However, the one question that never crosses my mind is, "Where can I cut the course in order to finish in a better overall place and with a faster time?"

The most recent individual that cut a course to take a second place finish (before being disqualified for cheating) was at the Ft. Lauderdale Half Marathon in February. Not only did this individual decide to cut the course short during the race, she went back and biked the course so she could post her splits on Strava as if she had ran the distance. If this isn't premeditated cheating, I don't know what is. Really, do you feel better after you have lied to everyone about how well you really did?

She initially finished the race with a time of 1:21:46, which is a 6:15 per mile overall pace. After questions began to arise, Derek Murphy, a marathon investigator by night and a business analyst by day, started digging into the results. He noticed a discrepancy in the individual's split times at the beginning of the race in comparison to her splits at the end of the race. Her first 10K pace

equated to a 7:09 per mile pace and a 5:25 per mile pace for the remaining 11.08 kilometers of the race. If this isn't running a negative split, then I don't know what is. He also found that she had manually posted her results to Strava as opposed to them being linked to any GPS data.

There have been other cheaters ousted by Derek Murphy over the last few years, but the more memorable ousting was at the Boston Marathon in 2015. One individual had become notable on the news for penning a letter on Facebook in response to his kid's principal who said the marathon would not be considered an excused absence. Little did this cheater know that this was only the beginning of his miserable demise. Unfortunately, he found out that the joke was on him, not the principal.

After the cheater penned the letter, many race result sleuths begin to look into his qualifying race in order to obtain one of the coveted Boston Marathon qualifying bibs. They determined that his qualifying time was inconsistent with his other available results and he didn't appear in any race photos along the course. The case spread like wildfire and a 22,000-post forum was born which drew the attention of Derek Murphy. Derek and two colleagues began a project to determine how many people got into Boston by breaking the rules. They began by culling the results into smaller results with runners that finished the marathon 20 minutes slower than their qualifying time. All of us have had bad races so the three also analyzed other races to determine if this result was an anomaly or something bigger. They determined that there were 47 cases of

questionable qualifiers at the 2015 Boston Marathon. They found that some of the cheaters had given their bib to a faster runner in a qualifying race, men wearing the race bib of a female, daughters wearing their mother's bib, and the runners who just cut the course in order to achieve a faster time.

I guess I just don't understand it. When I finish a race, I am proud of my finish place and my finish time. Sometimes I do wish that I would have run faster or done better, but I am still proud of what the results are. I am proud that I have the ability to put one foot in front of the other. I am proud of the abilities that God gave me. Never in my wildest imagination did I ever consider cutting a course or cheating in a race to obtain a better placement or a faster time. There have been those races that I questioned my sanity of why I decided to sign up for a race or why the marathon instead of the half marathon, but never to cheat my way

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March Meeting

March 20, 2017

Whole Hog Cafe
12111 W. Markham

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

Bubba Beason
Arkansas Run for the Fallen

Club Ideas

The speaker for the February LRRC meeting had to cancel at the last minute, so we had a question/answer session concerning the Club and how to make it better. Some of the notes from the meeting are:

- Try to get team pictures before each of the Grand Prix races.
- Have a potluck on a quarterly basis instead of just once a year. Make it like the Hilly Chili.
- Host a Roadrunner Olympics at a track ó Invite Cabot, Conway and Saline County.
- Spotlight a person from the Club on the website each month.
- Create a welcome committee to welcome new members in a little bit better way than just listing them in the newsletter.
- Try to host weekly running events. Don't create a new one, just incorporate runs that members have already established. We will begin after the marathon and piggy back with the Little Rock Marathon runs on Saturdays.
- Mention the weekly track workouts in the newsletter.

Words (Continued from Page 1)

to the finish line, especially at the Boston Marathon or a Boston qualifier. I have been fortunate to qualify for Boston a few times and was lucky enough to run it two times. This is an accomplishment that I am proud of that no one can take from me and I can say that I truly earned it.

There have been those races that the course wasn't marked correctly, the lead bike or lead car has taken you the wrong direction, or volunteers pointed you the wrong way. These things happen, but they are not done intentionally in order to obtain an advantage over your competitors or your watch. Most of the time, you end up running a longer race and adding more time on the clock, not running less distance.

I have always thought that the reward of the race is finishing and being proud of your accomplishment no matter how fast, how slow, first place, last place, or somewhere in the middle. Knowing that you put the hard work into training in order to do the best you could do on race day is what it is all about. We are all out there for the same reason, because we love running and we love competing. Not because we want to see who the best cheater is. If you want to cheat, cheat on your own time in your own event. Cheat on your diet, cheat on how many cups of coffee you drink, cheat on how many donuts you eat, just don't cheat on race day!

Seriously, Run Happy!

Mark

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 ó no problem ó 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.

2017 Grand Prix Races

March 11 – Chase Race 2 Mile at Conway

- March 18 ó Spring Fling 5K at Cabot
- April 1 ó Capital 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

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Grand Prix Race Recap: River Trail 15K

By Brian Sites

The 2017 edition of the River Trail 15K started out cold and blustery, with temperatures in the upper 20s. It also ended cold and blustery, with an irksome head wind as we headed downriver. Thankfully that head wind meant a tail wind for the return to Burns Park. Our LRRC Grand Prix team took the top team spot for both women and men. Way to go team!

While the course was relatively flat, there were a few hills. Those hills, combined with the head wind, had the potential to sap your strength and crush your spirit. For me it was the uphill section coming into the old quarry where hitting the wind near the top felt like a load of wet concrete. I exaggerate but anything to liven up a race recap!

At the ðgunö, Katlin Bounds (River Valley Runners) was off like a shot

(pun intended) and took the early lead, followed by Brent Corbitt, Brian Sieczkowski (the other LRRC member with initials BS), Jonathan Aram, and a few others. I can't tell you how the lead group sorted itself out after that because they were soon over the horizon and out of sight. The race was well stretched out by the turnaround and most places already determined as we headed back.

At the finish line Brent, Brian, and Jonathan finished first, second, and third overall for total podium domination (ðTPDö) by LRRC. Carli Langley finished third overall for the women. Our Grand Prix team was well represented throughout the results. Jen Found and Christine Ferguson were first and third on the Masters podium for the ladies, while Brian Sites was first Masters for the men. Tammy Helmick was first Grand Masters woman.

Congratulations to Rachel Hendrix, Sarah Olney, Colin Hall, Manfred Galatowitsch, Mark Ferguson, Marc Lacey and Wesley O'Connor for age-group podium finishes. It should be noted that Wesley is our only male Grand Prix member under age 30 ó he's 11. Way to go Wesley!

It was cold and blustery for the awards and post-race snacks. Thank you to Erik Heller, Arkansas RRCA, and Mac's Race Timing for taking care of the details. I think many would agree the T-shirt was one of the better looking graphics we've seen.

I know we had other Little Rock Roadrunners in the race but parsing out every one of our members not on the Grand Prix roster exceeds my CPU's attention span so my apologies. Congrats to everyone who participated and enjoyed this great race.

Running Injury Sayings

By Mark Ferguson
LRRC President

We love running and we will do whatever we can to keep running, even if it is not in our body's best interest. Some of you might get a kick out of some of the injury anecdotes.

You know you are a runner when you get mad that an injury keeps you from running not that it damaged your body.

ðBe straight with me Doc. When you say ðbrokenö does that mean I SHOULD or SHOULD NOT run my race this weekend?ö

ðI should stop running until that pain goes awayö, said no runner ever.

ðOh you read something on the internet? Oh by all means, ignore my advice.ö

Run a marathon, they said it would be fun.

Tried to spit while running, landed on my shoulder.

ðI don't always roll a joint, but when I do, it's my ankle.ö

ðWhen exhaustion gets tired, when agony doubles over in pain, when defeat waves a white flag, I will still be out there running.ö

ðPain is temporary. Pride is prejudice. No wait. That's not right. Pain is pride? Pride is temporal? Look, I'd be honest, I'm at mile 18 of a 22-miler and I'm not thinking super clear. Also, my Achilles thing is bugging me. I want pancakes.ö

ðRunning for the bathroom, I hope it is not 26 miles from here.ö

You know you are a runner when you see another person running and get jealous.

Another injury? WHY?

No matter how fast I run, I can't run away from the pain.

Pain is temporary, but your finishing time is posted on the internet for everyone to see.

It hurts to a point and then it doesn't hurt any worse.ö

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

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.
- 4: Irish 5K/10K at Bentonville. Call 479-464-7275.
- 5: Little Rock Marathon. Call 501-371-4639.
- 11: Alma Dog Run 5K. Call 479-414-1929.
- 11: St. Patrick's 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: Almost 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.
- 11: Adam Brown Shamrock 5K at Hot Springs. Call 501-538-3546.
- 11: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 17: Cow Paddy 5K at Fayetteville. Call 479-200-7718.
- 17: Leprechaun Light Run 5K at Heber Springs. Call 501-470-5999.
- 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.
- 18: St. Pats Paces 5K at Batesville. Call 870-569-8080.
- 18: Heels Up Half Marathon/Relay at Shreveport, LA. Call 318-606-2518.
- 19: Lake Atalanta Trail & Road Duathlon at Rogers. Call 479-200-7718.
- 25: Hunger Run 5K at Clinton. Call 843-214-0765.
- 31: The Glo Run 5K at Little Rock. Call 224-757-5425.

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.
- 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.
- 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 Bentonville. Call 479-685-6193.
- 15: Stronger Together 5K at Columbia, MO. Call 573-449-4111.

Birthdays

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

- 1 - Karen Irico
- 2 - Zoe Ferguson
- 3 - Brian Polansky
- 9 - Jim Barton
- 13 - Ted Holder
- 14 - Chris Hall
- 14 - Andrea Sieczkowski
- 15 - Greg Yarbrough
- 17 - James Tuite
- 20 - Sean Coughlan
- 23 - Stephen Van Devanter
- 25 - Neil Carter
- 25 - Tighe Keller
- 27 - Bethany Chandler
- 27 - Ben Davis
- 28 - Simon Sanghera
- 29 - Jennifer Booth

Membership

The LRRC thanks members who recently renewed their membership!
 Mary Ann Lipin of Little Rock
 Homer Mason of Witt Springs
 Jenny Paul of Little Rock

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

Race Recap: Run The Line Half Marathon

By Manfred and Sheila Galatowitsch

When the shotgun fired at the start of the 10th annual Run the Line Half Marathon in Texarkana, it was our second consecutive weekend of running from one state into another. The previous Saturday ó along with Birds Mark Lacey and Steven Booth ó we ran the Mississippi Marathon, which started in Lake Village, Arkansas, and ended in Greenville, Mississippi. It was a grueling affair with temps in the high 70s.

Now we were poised to run from Texas into Arkansas and loop back for the finish, at one point running down the state line. Joining us again were Mark and Steven. The race, the fourth in the 2017 Grand Prix Series, also attracted a good contingent of Birds and approximately 500 other contenders.

Naturally we had our eye on the weather. Early morning fog had dissipated leaving overcast skies and temps in the mid-50s at the start. Cloud cover continued throughout the race, with

humidity affecting some runners more than others. It was warm, but after our Mississippi experience, it was a welcome relief.

Our strategy was to treat this race as the final long training run for the Little Rock Marathon. The race had four pace groups. Manfred lined up with the two hour pacer and Sheila with the 2:15 pacer. The race started in downtown Texarkana, Texas, on a downhill stretch with the potential to lure runners into going out too fast. We stuck with our pacers and after the first mile, the course moved onto scenic Nix Creek Trail in Arkansas for about 2.5 miles. Leaving the trail, it passed through quiet neighborhoods with spring blooming trees and flowers, and then onto a main road, busy with Sunday morning traffic.

At mile six, runners faced the biggest hill challenge of the course, a gradual half-mile incline. Near the top of the hill, the course exited Arkansas and re-

entered Texas, winding through more neighborhoods and Spring Lake Park. There were plenty of water stops and no shortage of cups or water as occurred last year.

At this point, around mile eight, both of us felt strong and kept up with our pacers. The next few miles, however, with their relentless little hills, tested our stamina. Manfred blew by the chocolate stop at mile 10 but Sheila felt it only polite to take one piece. Mile 11 was the slowest mile for both of us as the course turned back toward downtown and the finish. Manfred finished on time at 2:00, earning him second place in his age group and a cold one from the Beer Man (aka ML). Sheila paid for the chocolate stop with a 2:17 finish.

We like this course, which is one reason we chose to return for the second year in a row. We also came back for the post-race party, and specifically, for the delicious fried pies, freshly made and hot from the oven. The pies alone were worth the drive and the run. Sadly, there were no fried pies offered this year. But volunteers served up plenty of ice cold water and beer, sports drinks, sodas, burgers, beans and pasta.

The Birds had a good day. Congratulations to Mark Ferguson for finishing first overall and to Brian Sites for finishing third overall; to Tammy Helmick and Christine Ferguson for taking first and second place, respectively, in masters. Several others took home age group awards.

Apart from the interesting course and party atmosphere, Run the Line offers ease of parking and indoor bathrooms at the start. It's also a fundraiser for trails in the area. It's definitely worth running again next year. Just please, bring back the fried pies.

Team RWB

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

I met someone as I was flying home from a Team RWB weekend-long meeting in Tampa, FL. This gentleman and his wife are fairly new to Little Rock and Arkansas. It was easy to say hi and introduce myself as he was wearing a Little Rock Roadrunners hoodie.

He and his wife joined the Club shortly after their move to Little Rock as a way to make friends and connections in their new city. It was a testament to the love that abounds in the Little Rock running community that he knew this was a good way to make connections and that he isn't disappointed but feels óat homeö in Arkansas.

Knowing me, you all know I had to talk to him about trails, trail running and our amazing trail running community. It's just where that conversation naturally goes! I hope to see him and his wife dip their toes into that pond and see the wonders to behold.

Thinking about this fills me with gratitude for all that running/runners have brought into my life. Total strangers can say hi, have a conversation, and make a connection over the many layers of wonder that is running.

Girls On The Run Then And Now

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

Several of you may be new to the flock, and some old timers may not have caught every article in every issue of *The Runaround*. In an effort to offer a better understanding of the impact that Girls on the Run can make on our coaches, participants and volunteers, I have decided to share an entry that first appeared in this newsletter over three years ago. I wrote the following article just hours after the first GOTR 5K – one of the most memorable days of my life.

The inaugural season for the Central Arkansas Council of Girls on the Run wrapped up with a 5K run on Saturday, November 23. For three months leading up to the 5K, the other coaches and I led the girls through lessons that not only prepared their bodies but also provided emotional support for taking on such a challenge.

Tucked into the 12-week program were special moments when you could see that a girl was internalizing the messages we were offering. Possibly just as frequently, there were times when their insight forced us, the coaches, to look at a circumstance differently or consider new ideas. I was honestly contented with the success I had witnessed during our routine meetings every Tuesday and Thursday after school. These girls had

demonstrated team work, thought critically about the inputs coming from the outside world, and tried an exercise format that was both new to them and easily incorporated into their lives at any stage. I truly felt happy with the experience and was convinced that we should continue with plans for expansion in the spring.

And then the 5K happened. On a cold, damp November morning, 17 little girls and everyone there to see them were swallowed up in an experience that we never expected. To be completely transparent, I never saw it coming. Despite pouring myself into this program, its development, and its delivery over the past year, I was not ready for that day.

For weeks, I had been preparing these girls to go the distance. I had truthfully told them they were qualified. I had applauded their courage for taking on a challenge many adults won't face. I had every faith they could do it. But I had no idea what it would mean.

The weather was not ideal: cold, wet, and gray. But the day before had been rainy and the day after had morning temperatures in the 20s, so we considered ourselves fortunate and marched on. The balloon arch broke, and the fire went out. But spirits soared and pride kept us warm. When it was time, our girls and their running buddies lined up at the start and, after our team cheer, took off with smiles and giggles.

I don't know exactly what happened during each girl's journey

across and back over the Big Dam Bridge. But as they made their way toward the finish line, they were different. They were tired. They were exhilarated. They were accomplished. They were champions.

I have been told many times to "run my own race" and have shared that same advice with others, but I have never before seen it so well executed. Each girl crossed the finish line with a pride of an Olympic qualifier. Regardless of academic accomplishments, previous athletic endeavors, their perceived popularity or other talents, each Girl on the Run captivated those of us watching as she soared across the finish line. I believe in the Girls on the Run curriculum and am committed to the mission, but I have occasionally wondered what type of impact this program can really make. Would the lessons in Girls on the Run resonate with the participants and be applied appropriately in the future? Would they take away anything meaningful from this experience? Was this really different than any other afterschool program? And now, looking back at our very first season, I can honestly answer each of those questions with a confident "yes."

If you would like to become involved with Girls on the Run please contact me by email at jenny.paul@girlsontherun.org. We are already planning for the 2017 season which will begin with coach training in the summer and practices in September.

Team RWB (Continued From Page 5)

Team RWB has that flavor about it. This last weekend was spent with about 35 other Eagle Leaders, as we call leadership in Team RWB, bonding over stories, sweat, laughs, tears, hugs and high fives.

It is through these weekends of running and functional fitness and leadership training that we learn how to better be there to serve our communities. The different life experiences bring

empathy to each training session as we learn from new teachers and we learn that all can be our teacher.

Team RWB was thought up, hatched, nurtured, grown, and continues to grow to enrich the lives of veterans. The side benefit is that all lives can be enriched from these shared experiences.

This enrichment happens not just over the handlebars of a bike, or between footfalls on a run, it happens over a cup of

coffee, a phone call, a text message, or a service project to build bikes for kids. Enrichment for one is enrichment for all as we work to build better communities.

Please look to our Facebook Group for the information on our local workouts.

Best Regards, Hugs and High Fives,

Lisa