

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

May 2017

## Words From The President - Read The Signs

By Mark Ferguson  
LRRRC President

As I begin to write this column for the May Runaround and trying to figure out what to write about, I came across a video on Facebook sponsored by Great Big Story. The article and video are about a railroad trestle in Durham, NC, that lies at the corner of Gregson and Peabody that has an infamous history. This railroad trestle is over 100 years old and it was built only 11ø8" above the street. Most trestles and bridges in the state are built with a 15ø clearance so most trucks have no issues going underneath it without scraping. However, the 11 foot 8 Bridge, (it has its own name because it really is famous), is notoriously known as the Can-opener bridge because it opens up the top of box trucks just like a can opener opens up an aluminum can. U-Hauls, Cintas trucks, city garbage trucks, Budget trucks, Enterprise trucks, Ryder trucks, motorhome rooftops, and many other company trucks. Actually over the last eight years, 113 crashes have been recorded at this bridge.

I am sure a wise city engineer came up with a great idea after the trestle had been hit multiple times in order to eliminate future occurrences by installing what appears to be a metal I-beam 10ø or so in front of the trestle. The I-beam is installed at the exact same height as the 11 foot 8 Bridge. If your vehicle is taller than 11ø8", the I-beam can-opener will give your vehicle a nice scalping making your box truck more of a vehicle with a big sun-roof as opposed to a convertible. People really enjoy watching these trucks hit the I-beam.

Eight years ago a man by the name of Jurgen Henn started

[www.11foot8.com](http://www.11foot8.com) which records all of the can-openings. It is very popular website. His website has received over 10 million views. These crashes have a dedicated following and the followers love collecting crash art. Henn explains that crash art are pieces of crumbled up aluminum that are found in the road after a crash. These aluminum pieces are like pieces of the Berlin Wall to the crash followers.

Schadenfreude - watching something go terribly wrong to someone else. Hopefully no one has been seriously hurt while they become the proud owners of a rental truck that they only intended to have for a few hours while they move their gear into a dorm at Duke. The drivers are surprised as they come to a rapid stop after the hair raising experience. The 11 foot 8 Bridge clearance is not a secret though. There are multiple signs warning you of the bridge clearance. The last sign before the bridge is a digital over height sign that flashes and warns you that your vehicle is taller than the bridge. Never the less, vehicles continue to ignore the signs and the drivers receive their 15 minutes of fame as traffic is blocked and wreckers are called to pull them out from under the bridge. When you get a minute, go to the website and watch the videos. It is like when you watch a scary movie and you know what is about to happen.

I know what all of you are thinking, where is he going with this article and what does it have to do with running. Let me tell you. The weather is getting warmer and more of you are getting out early in the morning or later in the evenings to get in your exercise. This is great and I am happy for all of you. Dust the cobwebs off if you are still in hibernation, but make sure to pay attention to the signs while you are

exercising. Pay attention to the street signs that is. Although runners, walkers, cyclist and all other pedestrians have the right of way, (this is debatable but just go with me on this one), we must pay attention to what is going on around us. Donø assume that just because the little person is lit up and the clock is counting down letting you know that you have the right-of- way to cross the street, that drivers are paying attention while they are driving. Even if the driver is paying attention and not watching You Tube cat videos or texting with 97 friends in a group chat, they might not see you. You might fit in perfectly in that little blind spot of your carø windshield frame. Although this frame is only a few inches wide, people, cars and other objects are shielded for a split second by this frame. This has happened to me while I have been driving and I know it has happened to drivers while I am crossing the street in front of them. Or at least that is the excuse I am giving them for almost running me over.

(See Signs on Page 3)

### May Meeting

May 15, 2017

Whole Hog Cafe  
12111 W. Markham

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

Meghan Lewis  
Benefits of Trail Running

## Peace, Love & Goodwill

By Kendall Covington

Goodwill Industries of Arkansas is hosting our Fourth annual Peace Love Goodwill 5K/10K/Half marathon May 13, 2017. We will be celebrating 90 years of changing Arkansans lives with the Peace Love Goodwill run/walk along Little Rock's scenic Arkansas River! What started as a fun 5K has grown into a 10K and one of Little Rock's newest half marathon races!

As one of our largest fundraising activities, Peace Love Goodwill is a premier race and attracts participants from all over Arkansas to compete and support Goodwill's mission of changing lives through education, training and employment. With every step you take and dollar you donate, you're helping a fellow Arkansan break barriers to employment. Peace Love Goodwill funds critical job training programs and services to help individuals with disabilities and other disadvantages gain education and skills to attain good jobs so that they can support themselves and their families. Because of you, GOOD WILL happens.

For more information and to register for the event, visit this link: <http://www.goodwillar.org/race/run.html>

Feel free to email me if you have any further questions: Kendall Covington at [kccovington@goodwillar.org](mailto:kccovington@goodwillar.org) or call 501-372-5100, ext. 1165.

## Race Recap - CCC 10K

By Rodney Paine

Lucky Race #7 of the 2017 Gran Prix Series took place on April 1, a beautiful day of weather that we were fortunate to have for the 20<sup>th</sup> running of the Capital City Classic 10K. The course is a flat and fast PR course and the addition of the ideal weather was just icing on the cake. This year Race Director Bill Torrey changed the course slightly with reversing the loop through the neighborhood, which is the only part outside of Two Rivers Park aside from the long stretch of county line road.

This race is one of my favorites because it is the home race that is put on by the Roadrunners, and it really does welcome in the spring. The post-race festivities are very accommodating and usually runners that I haven't seen in a while turn up at this race.

The Roadrunners came in full force, taking the first two overall spots, and four of the top five. Overall winner was Brent Corbitt, followed by Mark Ferguson, with Jonathan Aram, and Brian Sieczkowski in tow at the fourth and fifth spots. Jen Found took third overall for the women. Christine Ferguson and Tammy Helmick were first and second Masters for the ladies. Brian Sites finished third Masters for the men. In the team scoring the men took first place, with the women coming in third place.

I would like to thank Bill and all of the volunteers for making this race a very fun and bonding atmosphere that is a top notch experience and very much appreciated by all.

## 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 or 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

- May 6 or Toad Suck 10K at Conway
- June 10 or Arkansas Runner 2 Mile at Benton
- June 17 – Go! Mile at Little Rock**
- August 5 – White River 4 Mile Classic at Batesville**
- August 12 or Watermelon 5K at Hope
- September 2 – ARK 5K Classic at North Little Rock**
- September 9 – Minuteman Cross Country 5K at Little Rock**
- September 16 or Arkansas 20K at Benton
- September 30 or Paint Downtown Pink 5K at Fort Smith
- October 14 – Breakaway 10K at Searcy**
- November 4 – Mid South Marathon at Wynne**
- November 18 or Spa 10K at Hot Springs
- December 9 – CASA Half Marathon at Pine Bluff**

**Bolded** races are state championships

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 25<sup>th</sup> of the month for publication in the next month's issue. Send articles to Editor Linda House at: [lhouse48@gmail.com](mailto:lhouse48@gmail.com).

### Board Members

Mark Ferguson	President	816-838-5450
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# Andy's Run - It's Not About The Coffee

By Coreen Frasier

In 1981, Paul Johnson, an *Arkansas Gazette* feature writer, wrote a column called "The Gallooming Gourmand." It was a story that appeared every Friday about his struggles with losing weight and keeping it off by running. A marathon training group called "The Gasping But Grinning Galloompers" emerged from his influence on the running community. These were slow runners that thought by using the Galloway method of training, they could all finish 26.2 miles.

Our longer runs were on Saturday and Sunday mornings and Paul and his friend Steve Eubanks would put out water every two miles. We all usually went to breakfast after the run. Our first choice was Smacky's Donut shop on Shackelford Road where we met every Sunday after the run. The shop was on a five-mile course that we completed every Sunday. Smacky's burned to the ground in 1983 or so and Shipley's took over and

rebuilt. They didn't welcome us into their parking lot and we had to park across the street at K-Mart. We started looking for another place. We tried Waffle House, McDonald's, Kroger's and were never satisfied with their food, or location.

When Andy's opened on the corner of Barrow Road and Markham we tried it and liked it. We were able to move the chairs around and all sit together to carry on all of our conversations. Runners started calling it the Andy's loop. Most of us had completed several marathons by now and we started meeting for what everyone called BO on Friday. (Breakfast Only) Friday became a place to plan social activities for the week and we all started doing other things together instead of just running. We went to plays, parties, movies and all kinds of social gatherings including running events.

We have continued meeting on Friday at 6:30 a.m. for BO and Sunday at 7 a.m. to run. Most of us have continued to walk, bicycle, lift weights, do yoga, garden, and remain active.

Recently Andy's moved to the Old Chip's Barbecue location just three blocks or so down the street from its original location. They were not able to open for several weeks because they had to replace vents in the restaurant. They didn't want to lose their regulars, so they offered free coffee to all until they could open and serve food. The regulars still continued to attend on Fridays and even had a Christmas Party on the Friday before Christmas.

My favorite expression when people start talking about the coffee and saying the food isn't so great is: "It's not about the coffee." It is definitely about friendships, and connections. Most of the regulars and even those who have moved far away and have settled back in Little Rock for retirement enjoy each other's company, celebrate birthdays, bring relatives and friends, have Christmas parties, meet for dinner, and have dinner club. Andy's is now woven into the fabric of our lives and we meet the challenges of life together.

## Team RWB Recycles Bikes For Kids

By Lisa Gunnoe  
Chapter Captain  
Eagle Leader Fellow  
Team RWB, Central Arkansas

We would like to offer our deepest gratitude and a hardy "Thank You" to CJ Freeman, Sandy Ahne and Brent Ahne for their volunteer leadership, time, sweat, blood and tears put into their positions on our leadership team! This organization cannot function without big hearts and willing hands and these people have demonstrated the very best!

Chris Beason will be taking over as Community Outreach Director as CJ steps down to focus on her career. The best of luck CJ and we sure hope to see you out there!

We have leadership positions open on the community and the chapter level, so if you have a mad skill you would like to share, please let me know

and we will add you to our leadership team.

Jackie Stone and Kevin Davis are putting together training bricks for run/bike in Conway. Please contact them if you are training for a tri and would like to be involved.

[jackie.stone@teamrwb.org](mailto:jackie.stone@teamrwb.org)  
[kevin.davis@teamrwb.org](mailto:kevin.davis@teamrwb.org)

Team RWB/Recycle Bikes For Kids Night is the third Tuesday of each month from 6-8 at Recycle Bikes for Kids, 717 East 10<sup>th</sup> Street, North Little Rock.

Come and join us as we wrench on some bikes that will end up in the hands of a kid that couldn't otherwise afford one. Don't worry if you aren't a great mechanic, there's a job for everyone. Oh, yeah ... we'll have pizza there too!

Terence Pippins offers these motivational tips: My motivation tips to you -

set goals  
strength train and stretch  
stay focused (mentally tough)  
train hard  
trust your training  
learn your weaknesses  
believe in yourself

## Signs (Continued from Page 1)

Although Schadenfreude is real, hopefully this is not the case when it comes to runners, walkers, cyclists and other pedestrians. Just remember you might be right and you truly might have the right-of-way, but it really doesn't matter if you are dead. I would rather take the high road and give the car the right of way than be squished like a squirrel in a crosswalk.

Run Happy!  
Mark

## 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 [house48@gmail.com](mailto:house48@gmail.com)

### May 2017

- 5: MacArthur Park at 5K at Little Rock. Call 501-375-0121.
- 5: Outback in the Ozarks 120M Team Relay at Eureka Springs. Call 479-387-0987.
- 6: Christ the King Rexfest 5K/1M at Little Rock. Call 501-351-4555.
- 6: HRF Battle for Hope 10K/5K/1M at Bentonville. Call 479-361-5847.
- 6: Peach Festival 5K/1M at Nashville. Call 870-557-0747.
- 6: Lei Leiø 5K/1M at Fort Smith. Call 479-414-8892.
- 6: Foundation Frenzy Color 5K at Mena. Call 479-243-2378.
- 6: A-State Steelers Youth Football 5K at Pine Bluff. Call 870-883-0901.
- 6: Noah 5K Antony Memorial Run at Fayetteville. Call 479-806-3381.
- 6: Run for Life 5K/10K at Texarkana, TX. Call 903-792-5735.
- 6: Rice Run 5K at Stuttgart. Call 870-830-6300.
- 6: May Shower Trail 5K at Harrisburg. Call 870-578-2064.
- 6: Walk for the Waiting 5K/1M at Little Rock. Call 501-951-0686.
- 6: Nurses Week Color 5K at Mountain Home. Call 870-508-1765.
- 6: KidSource Kids 5K at Little Rock. Call 501-231-5418.
- 6: Moving Together 5K/10K/1M at Fayetteville. Call 479-225-5440.
- 6: Hope Train Day 5K. Call 870-777-1917.
- 6: A Celebration of Life 5K at Little Rock. Call 501-681-9013.
- 6: Heather Ridley-Fleeman Battle for Hope 5K/10K at Bentonville. Call 479-361-5847.
- 6: Crawfish Crawl 5K/10K at Arkadelphia. Call; 870-464-7415.
- 6: Move with the Baxter Beat at Mountain Home. Call 870-424-5234.
- 12: Light the Night Glow 5K at Russellville. Call 479-880-1195.
- 13: Peace, Love & Goodwill 5K/10K/Half Marathon at Little Rock. Call 501-349-6903.
- 13: Hydration Celebration 5K/1M/Half Mile at Rogers. Call 479-986-9960.
- 13: Butterfly Swamp 5K at Little Rock. Call 501-766-1315.
- 13: Women Can Run/Walk 5K at Conway. Call 501-908-5096.
- 13: Race to Remember 5K at Little Rock. Call 501-529-8505.
- 13: Yell Fest 4M at Dardanelle. Call 479-229-3328.
- 13: Get Your Rear in Gear 5K at North Little Rock. Call 612-275-8284.
- 13: Redfield 5K Color Blaze. Call 501-240-8124.
- 19: Five Beer Five 5K at Hot Springs. Call 501-463-7190.
- 20: Go Gray in May 5K at Morrilton. Call 501-454-9147.
- 20: Race Against the Odds 5K at North Little Rock. Call 501-442-1564.
- 20: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-846-4181.
- 20: Magnolia Blossom Festival 5K. Call 870-949-903t5.
- 20: Norma Lampert Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 20: Running for a Reason 5K/1M at Norfolk. Call 870-656-9973.
- 20: Primal Assault 5K at Sallisaw, OK. Call 918-385-1755.
- 20: Daisy Dash 5K at Pangburn. Call 501-207-1840.
- 20: Whatever 5K at Benton. Call 501-317-0601.
- 20: Walk for Wishes 1M at Springdale. Call 501-376-9474.
- 20: Jog With A Dog 5K/1M at Springdale. Call 479-263-7058.
- 20: Lizard Creed Mud Mayhem 5M at Russellville. Call 501-728-4798.
- 27: River Valley Superhero 5K at Russellville. Call 479-243-6427.
- 31: Blue & You Fitness Challenge at Little Rock. Call 501-378-5869.

## Birthdays

The following is a list of Club members and spouses who were born in May. Contact Melissa Hendricks at [mmyers1\\_98@yahoo.com](mailto:mmyers1_98@yahoo.com) or 766-0086 if the information is incorrect.

- 1 - Mary Hayward
- 1 - Amanda Day
- 3 - Homer Mason
- 5 - Pennie Lewis
- 6 - Joe Cordi
- 14 - Drake Martin
- 29 - Mike Terrell

## New Members

Welcome to new and renewing members!

**Tanya, Scott and William Freeman** of Mayflower are new members to LRRC.

**Emily Harbour** of Little Rock and **Ron Hay** of Cabot have recently renewed their memberships.

### 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](mailto: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** - 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** - 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** - 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.