

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2017

## Remembering “Marathon Boy” Three Years Later

By Colin Hall

As my birthday rolls around yet again (no gifts necessary) I always bring myself to think about our good friend Jacob Wells who passed November 7, a day after my birthday. I remember sitting alone eating at Fantastic China stunned by the news that he passed away shortly following the Wynne Midsouth Marathon. I knew Jacob a brief time, but he left a lasting impact.

Jacob was an amazing and inspirational guy. He was an accomplished runner, having run over 150 marathons and aptly nicknamed “marathon boy.”

Jacob knew how you were doing running wise. Once at one of our infamous track nights he told me how well I was improving as a runner. As a newbie, I thought it was cool someone was noticing my efforts.

In 2014 I ran a hot and hilly Benton 20K. Around the final miles, I found myself walking a bit as I got close to overheating. Jacob tried to encourage me and jokingly gave me a tough time for walking. As I finished the race and sat on a curb exhausted with my head in my hands I felt icy water poured on my head. I looked up and saw the culprit. It was Jacob trying to cool me off.

In my second year as race director of Fighting Red 5K, a race to end blood cancer (a cause very personal to me) I was frustrated by the lack of help and volunteers. One day at the track, Jacob came up to me and asked how he could help. I was extremely touched as I didn’t even approach him to help. Not only did Jacob do pre- and post-award announcements, but he also signed up

and ran the race (in his customary headband, of course).

Even in death he could help others. *A gentleman in his late 60s received Jacob’s right kidney and is doing well. His left kidney was received by a lady in her early 60s and she also is doing well. Jacob’s liver saved the life of a gentleman in his late 40s.*

Jacob was an avid runner, having proudly logged 20,000 miles on foot. He also had a passion for volunteering in general, but especially at running events, encouraging runners of all paces to perform beyond their dreams. He particularly enjoyed helping disabled runners experience the joy. Jacob inspired a lot of us to become Visual Guide runners. I would often see him tethered to Dave Wilkinson and thought how selfless that seemed.

He directed multiple races, but was most proud of his 3 Bridges Marathon that had its inaugural run in 2013. He was a member of the Melonvine Striders and the Little Rock Roadrunners. He had just been selected Volunteer of the Year and Race Director of the Year for 2014 by the Arkansas Road Runners Club of America.

Jacob’s sister Heidi was nice enough to say a few words on the third-year anniversary of his passing.

“It has been three years since my brother died. I can only speak for myself, but I think his passing changed the lives of those close to him. Besides the many concrete ways, it changed our paths, it made us think more about what’s important in life and what isn’t.

His friends and fellow runners still think of him and tell stories and

dedicate runs to him. A hard-core group who loved him, and a wider circle of dedicated volunteers who understand the importance of keeping a dream alive, have put on his marathon every year. His children are OK, and he has a second granddaughter. His immediate family and his larger family miss him. I don’t know who took over his clients at JPMS Cox but I’m sure they are in good hands.

Our dad is gone now, too, and I’m amazed at our mom’s strength to continue to give to others in many ways, work hard and enjoy life, while tamping down the gut-wrenching pain that will never go away. She thought he would hold her hand one day like she held his when he was a little boy.

Before Jacob died, I was not a runner. Now, I am. Why? There were several reasons, some ridiculous like I thought I could replace him for my parents in at least that one way. Others made sense, such as the physical activity and pursuit of goals were good therapy. Still, every time I run, I think, what if I had done this before he died? What could we have shared, how much stronger would our relationship as siblings be?

(See **Marathon Boy** on Page 4)

### November Meeting

November 20, 2017

U.S. Pizza - Hillcrest  
2710 Kavanaugh, Little Rock

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

Kyle Kifer  
AFCN Physical Medicine

# Team Red, White And Blue

**By Lisa Gunnoe**  
**Eagle Leader Fellow 2016**  
**Searcy/White County Coordinato**  
**Team Red, White and Blue Central AR**

Baby its cold outside. Just a few weeks ago we thought we would never be able to say that.

How does one get through the cold, long winter? With friends that is how! Any outdoor workout is warmer with a workout buddy, partner, and friend. So grab your buddy and head outside! It's fun out here!

Through our Chapter and Community Programs we connect with our members in several ways. Our chapters deliver consistent, local opportunities for veterans and the community to connect through physical and social activities. They host regular fitness activities, social gatherings and community service events, and facilitate building strong local connections with other members and the community. Through our virtual community we encourage our members to stay active and inspire others to do the same. We ensure that our members have the information and resources to stay connected with our organization either virtually or through their local organization, regional and or/national level.

We have a few leadership positions which need to be filled. If you find any of these interesting and feel the call to serve please contact Jeff Beason [jeff.beason@teamrb.org](mailto:jeff.beason@teamrb.org).

We could also use mentors/volunteers in all these areas even if/when the main position is filled.

## Community Outreach Director

- + Drive community membership and participation
- + Develops relationships with local businesses and organizations
- + Responsible for chapter communications
  - ÉManage social media ó Facebook, Twitter, etc.
  - ÉWork closely with Veteran Outreach to tell our story

## Athletic Director

- + Maintains contact with all athletes (veteran, non-veteran)
- + Plans and conducts weekly fitness activities
- + Coordinates chapter participation in local events
  - ÉCommunicates with chapter members
  - ÉWorks with local race/event directors
- + Works closely with Social Director to develop events

## Social Director

- + Plans and executes the chapter's social events
- + Works closely with Community Outreach to:
  - ÉPartner with local businesses and organizations
  - ÉCreate cost-effective opportunities
- + Works closely with Athletic Director to:
  - ÉCreate synergy between fitness and social events
  - ÉMobilize the chapter's membership to participate

Our current chapters are always looking for great volunteers to be a part of the Team. We are also building new

chapters across the country. If you're interested in volunteering, joining and/or serving in a leadership role, please contact your local [chapter or community](#). If you're interested in learning more about establishing a chapter in your area, please click [here](#).

## Activities Each Month

Runs in Searcy and Little Rock

Cycling in Searcy and Little Rock

Contact [lisa.gunnoe@teamrb.org](mailto:lisa.gunnoe@teamrb.org) for Searcy info or Tom Avery [tom.avery@teamrb.org](mailto:tom.avery@teamrb.org) for Little Rock

## Monthly Service Project

Recycle Bikes for Kids from 6-8 p.m. on the third Wednesday of each month at 717 E. Tenth St., North Little Rock.

A total of 88 bicycles were donated to Recycle Bikes for Kids for their Christmas drive. Now the work begins. The goal of Recycle Bikes for Kids is to have these bikes ready by Christmas. We need your muscle. If you can make the service project nights, the more hands we have the more bikes we can get fixed.

## Club Shorts

November 6 is the last day to vote for the RRCA awards. Several Roadrunners have been nominated. Please vote: <http://www.arkrrca.com/index.php?main=awards2017>

The LRRC Christmas party will be held at Diamond Bear in North Little Rock at 6 p.m. on December 9.

The LRRC needs volunteers for its water stop at the Three Bridges Marathon on December 16. Please send your volunteer shirt size to Colin Hall at [asucolin@yahoo.com](mailto:asucolin@yahoo.com)

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## Board Members

Colin Hall	President	231-5713
Zach Lewis	President-Elect	501-213-6026
Bill Simpson	Secretary	539-0578
Brent Corbitt	Treasurer	860-1700
Mark Ferguson	Past President	816-838-5450
Melissa Hendricks	Membership	766-0086
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)

# Member Spotlight: Laura Kearns

**Name:** Laura Kearns

**Age:** 34

**Nicknames:** Iøve never really had one that stuck other than my last name.

**Where are you originally from?** Born and raised in St. Louis. My husband and I moved here during the winter 2008-2009 while he was helping open Ya Yaø in the Promenade. We thought weød be here a year but both ended up loving it and decided to stay.

**Where are you living now?** West Little Rock.

**Occupation:** Kindergarten teacher at Pulaski Academy. Owner of Simply the Best Catering.

**Where did you attend school?** I went to high school at Parkway South in St. Louis. Afterwards, I went to University of Central Missouri to play soccer and got a degree in Early Childhood Education and final Mizzou for a Masters in Literacy Education.

**How long have you been a Little Rock Roadrunner?** I recently decided I needed to add more speed work to my training. I found out about the track workouts last month and quickly signed up!

**What got you into running?** Iøve always been active and into playing team sports (soccer, basketball, softball, volleyball) but when we moved to Little Rock, I couldnøt find any teams to play on so I took a few years off. When I started playing soccer again in 2014, I realized it was not as big here as it is in St. Louis. I found myself in a league with mostly men. I learned real quickly, I had to get in better shape if I wanted to keep up! I made friends with the only other girl (Erin) and started running with her. We bonded and developed an amazing friendship! When I got up to running five miles without stopping, I thought Iød try to run a 10K. I loved it so much I went on to train for a half, then a full, then a 50K and havenøt looked back!

**What is your favorite distance?** I live for my weekly long runs and enjoy half and full marathons! There is just something about locking into a

comfortable pace and just running for a while! Iøve joked before that every time I lace up, I want to run at least an hour or itø not worth the shampoo and shower!

**Do you have a favorite race?** I really like the 3 Bridges Marathon! It was my first full so that will always make it special! It is also a great size with the number of participants and the course just feels like home. We are so lucky to have the River Trail in Little Rock! I am ready to go back this December for my third year in a row! I also really like the Ouachita Trail 50K. Racing up Pinnacle at sunrise is a blast!

**Is there a favorite race story?** Running the Rock and Roll Half last fall was a memorable experience! Growing up, running was always my big sisters øthing.ø So, when she asked me to run it with her, I jumped at the chance!

I also will never forget the Waterview 10K in 2015. It was my first trail race. It started with all of the 5K and 10K participants crowded together so I ran as fast as I could to get away from the pack and have some room on the trail. I then spent the entire race by myself thinking I was lost (my biggest fear in trail races). When I came out of the trail and saw people, I was happy to learn I was 2<sup>nd</sup> female OA.

**What motivates you?** Each time I cross the finish line, I am motivated to sign up and start training for the next race! No matter if the race went well or poorly, I am always ready to try again! Also, having friends to train with keeps me motivated and accountable.

**What are your running goals for the future?** My current goals, like most runners, involve getting faster. The more I run, the more I am learning to pace myself properly. Hopefully, with the added speed work and my pacing lessons, I can hit a PR at 3 Bridges in December. I also want to run some more 50Ks and have finishing a 50 miler on my bucket list.

**Favorite Quote?** *Persevere past can't.* Itø more of a mantra that I heard on a podcast and it really stuck with me. When you hit that feeling that you canø run any further, just keep going! We all

want to stop when we start to feel tired and most have a tendency to quit at about 75% of their full capacity.

I also really like Kelly Roberts messages. øPeople say to set realistic goals. I say, keep them impossible. Realistic is a safe bet, shoot for the moon and give it everything you have.ø

**Favorite Song to Run to?** I go back and forth with listening to music while I run. Some days it bothers me and other days I just need a beat to run to. If I do listen to music on a run, itø high energy songs of todayø current pop/country hits. The playlist I made for my first half had Martin Garrixø Animals and Iøve put it on every running mix since then.

## Grand Prix Races

**11/4 – Mid South Marathon at Wynne**

11/18 ø Spa 10K at Hot Springs

**12/9 – CASA Half Marathon at Pine Bluff**

(**Bolded** races are state championships)

## Birthdays

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

6 - Colin Hall  
8 - Bill Crow  
8 - Dawn Fisk  
12 - Laura Kearns  
14 - Lucy Lewis  
22 - Julianna Dissinger  
22 - Jayme Butts-Hall  
22 - Gary Lamkin  
25 - Jay Jennings  
26 - Neil Masangkay

# Gearhead Endurance Challenge Is A Terrific Test

**By Colin Hall**  
**LRRRC President**

On October 8<sup>th</sup> in Jonesboro, I had the opportunity to participate in the Gearhead Endurance Challenge at Craighead Forrest Park.

Participants ran a 2.5 mile loop every 30 minutes for up to 12 hours. As many loops as you can in 12 hours.

Founder and fellow Jonesboro High School alumni Ted Herget, started the Gearhead in a friend's living room in Jonesboro in 1997. It soon moved into a 700 sq. ft. store where it thrived for five years before moving into a downtown location on Main Street in 2003. As an anchor store for the revitalization of downtown Jonesboro, the store helped bring new life to the historic location.

In 2006, Gearhead opened its second location in Jonesboro's Mall at Turtle Creek. Gearhead also owns and operates Northeast Arkansas's largest full-service bike shop, [Gearhead Cycle House](#). The Cycle House is Arkansas's only Shimano service center and has the only Specialized Master BG Fit Technician in the region.

In 2011, the company branched out to central Arkansas with the opening of a location in Park Plaza Mall in Little Rock. In October 2013, Gearhead opened a second Little Rock location in the Promenade at Chenal.

Gearhead then expanded out of its home state to Shreveport, La., in 2012, and Springfield, Mo., in 2016.

The company also operates three stores in northwest Arkansas in Fayetteville, Bentonville and Rogers.

This is the fifth year for the Challenge. I have been wanting to do this challenging run for a few years, but it always fell on a race weekend.

I arrived early at 7 a.m. I saw a sprawling array of food and drinks under the pavilion. As we got our instructions from Amanda Herget, I prepared for my first loop. My longest run of the year was around 16 miles at the Full Moon 25K. I have always considered myself more of a shorter distance runner. The loops

around the lake were very scenic as we ran past geese squawking. The path switched from gravel, to pine needles, grass, and even an old bridge. After every loop I came in and replenished with the gamut of food they had. I even found myself downing pickle juice frequently. Different running shoes were raffled away after every few loops.

It helps to find someone to talk to pass the time as the path gets a little redundant. They would switch clockwise

## Marathon Boy

(Continued from Page 1)

Many times, when I reflect on Jacob's death, I want to tell him, I'm so sorry this happened to you. I'm very sorry about all the things you're missing, that you wanted to do in the years ahead with Jaynie, that you wanted to feel. I try to think instead about the importance of being happy ourselves as best we can and taking whatever opportunities come our way to tell people about Jacob and his life.

The Jacob Wells 3 Bridges Marathon is here in Little Rock December 16 at 7 a.m. I strongly encourage you to run or volunteer. This was his race and a terrific way to honor him.

I also mourn the loss of another runner friend this week, Ralph Rogers. Ralph and I did many obstacle races together. Warrior Dash, Conquer the Gauntlet, and a trip to Dallas for Tough Mudder with an excellent group of friends.

Ralph was comparably a very fascinating man and volunteer. Ralph was a Navy vet who fought through personal battles to help others.

Ralph was awarded Volunteer of the Year by Governor Mike Beebe in 2013. He was an active volunteer in many charitable organizations serving veterans, the homeless and those seeking recovery. Hey were two great men who left a lasting legacy. What legacy will you leave behind?

to counterclockwise occasionally to mix the loop up a bit.

I was happy to see McDonald's pancakes around mile 10. I started really feeling the pain in my hips and legs around mile 20. I started using a strategy of refueling and getting a quick massage before the 30-minute loop was up. It was an equivalent of a pit stop. I ascertained that a pace of about 10 minutes or so was enough to get under the 30 minutes, get some fuel, rest for a minute, and head back out on the next loop. While getting closer to 26 miles I started contemplating how far I wanted to go. I spoke with Ted and he asked what my longest run was. I told him a marathon was as far as I ever went. He recommended I go for a 50K distance. I checked my miles on the scoreboard and decided to get a couple of more loops in before calling it a day.

My Garmin had me at 32.69 miles around six hours and 26 minutes. I left it on the whole race even during the breaks.

Ted was able to do the full 60-mile run. Two people did 50 miles and there were a lot of 40 milers and up.

My outer legs, hips, and knees were very sore. I was happy to accomplish my longest distance ever.

If you have a chance to do this challenge, I highly recommend it. This is a terrific way to test yourself in a safe and supportive environment.

### 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 680-0309 or [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)

# LRRC Men Claim Team Title At Breakaway 10K

By Brent Corbitt

The fifth annual Breakaway 10K was held in Searcy on Saturday, October 14<sup>th</sup>. After four months of the Arkansas Grand Prix Series being dominated by shorter races (seven of the previous eight races were four miles or shorter), this was the first 10K race since Toad Suck at the beginning of May.

In addition to being a relatively new race, this was only the second year the race had been part of the Grand Prix Series. I had never run the race, but based on the course description and reports from those who had, it looked to be a course that could yield fast times if the weather cooperated. Unfortunately, the cool fall morning that many runners were likely hoping for, was not meant to be. Instead, it was a humid morning with the

temperature in the mid-60s during the race. Not terrible weather, but far from ideal for a 10K race. After warming up and feeling the humidity, I adjusted my race plan from trying to run under 34:00, to just running a good hard effort without a focus on time.

After the gun went off, Kaitlin Bounds shot to the early lead, while Brian Sieczkowski and I ran together in second and third. We caught up to Kaitlin right at the mile mark, which we passed in 5:35. Late in the second mile I noticed that Brian had fallen off the pace a bit and after running the second mile in 5:40, I dropped the pace on the third mile to a 5:25 and opened up a sizeable lead. I went on to run 34:43, slowing quite a bit in the sixth mile when the heat started to get to me. Brian finished second in 35:26, while Jonathan Aram returned to racing after a four month break to finish third in 36:39.

By sweeping the top three spots, and with Colin Hall placing sixth in the men's race, the LRRC men would easily claim the team title. With three races in the Series remaining, LRRC has already clinched a tenth straight men's team title.

Kaitlin Bounds would go on to claim top overall female in 36:51, while Rachel Hendrix was the top Roadrunner finishing as the 14<sup>th</sup> overall female in a time of 51:09. Unfortunately, for the sixth time in the past seven races, LRRC was unable to field a full female team.

Only three races remain in the 2017 Arkansas Grand Prix Series.

If you haven't already, please visit [www.arkrrca.com](http://www.arkrrca.com) and cast your votes for the 2017 Arkansas RRCA Awards.

## New Members

The Little Rock Roadrunners Club has 196 members. Bring your friends to our next meeting and help us reach a membership of 200 people!

### New Members

**Meg Berry** of Little Rock runs 25 miles a week. She is looking for people to run with her.

**Cassandra Cespedes** of Little Rock, a psychologist, is a new runner who also stays fit in barre classes and by weightlifting.

**Everett Elam** of Little Rock, a Braille instructor, is an avid runner who hopes to one day run the Boston Marathon.

**Jennifer House** of Little Rock, a graduate student and admissions representative for John Brown University, is working to increase both her mileage and her pace. In addition to running, she enjoys cycling.

**Paul Joplin, Campbell McLaurin** and **Clarence Trice**, all of Little Rock

**Lisa Webb** of Sherwood is retired and enjoys yoga, Pilates, gardening and kayaking. Her daughter, **Megan Webb** of Sherwood, is a student and enjoys yoga, hiking and camping.

## November Running Calendar

- 4: Ryan's Call Perseverance 5K/1M at Daisy Park, Kirby, AR. Call 870-223-1606.
- 4: Your Start Our Future 5K at Jacksonville. Call 501-982-4316.
- 4: Veteran's Memorial 5K at Fayetteville. Call 479-871-7478.
- 4: River Valley 5K/10K/Half Marathon at Fort Smith. Call 479-649-8815
- 4: MidSouth Marathon/Half Marathon at Wynne. (GPS)
- 4: Hunting for a Cure Fight Back 5K at Dierks. Call 870-557-1046.
- 4: Run for Shelter 5K at Little Rock. Call 501-952-6538.
- 4: Relay for Life 5K at Helena. Call 870-692-0398.
- 4: On Mission 5K at Heber Springs. Call 501-362-8118.
- 4: Well Done Run 5K at Searcy. Call 248-818-0315.
- 5: Arkansas ALE 1M at Little Rock. Call 501-492-6955.
- 10: Run to the Lights 5K at Branson, MO. Call 417-334-0131.
- 11: Fayetteville Half Marathon/5K/1M. Call 479-521-7766.
- 11: Race the Base Trail 4M at Little Rock. Call 501-681-2801.
- 11: Hot Spring County 4H Color Run at Malvern. Call 501-815-2383.
- 11: The Green Run 5K at DeQueen. Call 870-784-2867.
- 11: Red, Blue and You 4M at Clarksville. Call 479-214-3588.
- 11: UCA ROTC Veterans Day 5K at Conway. Call 501-690-9681.
- 11: Littlefield Oil Charity 5K at Fort Smith. Call 479-646-5243.
- 11: ArkanSalsa Fest 5K/1M at Springdale. Call 479-310-0527.
- 18: Spa Half Marathon, 10K (GPS) and 5K at Hot Springs. Call 870-276-8870.
- 18: Turkey Trot 5K/1M at Monticello. Call 501-666-8195.
- 18: White River Marathon/Half/5K at Cotter. Call 870-404-8363.
- 18: Pirate Dash 5K at Dover. Call 870-635-2957.
- 18: Hillbilly Hustle at Ozark. Call 479-508-8203.
- 18: Johnson County Toys for Tots at Lamar. Call 479-746-4861.
- 18: Bulldog Blitz Turkey Trot 5K at Quitman. Call 870-230-2832.
- 19: Run for the Parks 2.5M/4.5M/8.5M at Fayetteville. Call 479-444-3463.