

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2017

You Could Make A Difference

By Colin Hall
LRRC President

I hope everyone had a good race in Batesville. We really lucked out with the temperatures in the 60s. Hope 5K was very humid, but at least we got the big steroid-injected watermelons to take home.

Thanks again to Rachel Hendrix for hosting a great get together. We hope to do more gatherings in the future. After all, we need to replace all these calories lost from running.

Also, if you see our friend Mark Lacey be sure to wish him good luck as he is moving to Texas soon. Mark has been a great teammate and friend. Pardon me while I go sob in the corner.

The current Team standings are Little Rock men in first place leading River Valley Runners 281 to 217.

The Little Rock women are tied for second with River Valley Runners 216 apiece. Searcy Running Club is leading with 268. Only the 16 best scores count towards a team's year-end total. With only eight races remaining, now is our chance to make a move. The next three races are convenient, geographically speaking.

Hopefully, with school starting and vacations dwindling we can get a few more people out. You could make the difference in our teams getting the points or not.

Member Spotlight

Name: Dani Nielsen

Age: 28

Nickname: Danisaur (I look like a t-rex when I throw a Frisbee)

Where are you originally from?

Woodstock, Illinois. I moved down here with my boyfriend about six years ago.

Where are you living now?

West Little Rock

Occupation: I am a Deputy Clerk for the Arkansas Supreme Court and Court of Appeals. I'm the person you'd talk to if you call the main number for the Clerk's office. I am basically a fancy secretary and don't really have anything to do with the legal side of things.

Where did you attend school?

I went to Woodstock High School in Illinois and took some assorted classes at McHenry County Community College up there. I couldn't (and still haven't) decided on a direction for a degree, so I never finished.

How long have you been a Little

Rock Roadrunner? I just signed up in August. I've been going to the Tuesday night track workouts since December 2016. I know it's helped because I'm back to being able to run a mile without stopping now. I started trying to get back into running at the beginning of 2016 and ended up with a stress fracture in the top of my foot. Once it healed, I was looking around for running groups so that I could safely work my way back into running and found the Roadrunners.

What got you into running?

I started running track when I was in sixth grade and kept up with it through my junior year of high school. I didn't like the coach, so I didn't sign up for my senior year. Now I wish I hadn't quit while I'm trying to get my speed and endurance back!

What is your favorite distance?

I haven't run a lot of races since high school. I used to do all the sprint events: 100m dash, 200m dash, 4x100m relay,

4x200m relay, and the 300m low hurdles. So far since high school I've raced 1-5K, 1-10K, and 1-25K. I think the 10K was my favorite so far. I'm signed up to run Race 13.1 in October as my first half marathon, and my first marathon will be the 2018 Little Rock Marathon.

Do you have a favorite race? I really haven't done many, but I enjoyed the Goodwill 10K this year. There were a lot of people that I knew running and the volunteers were very enthusiastic!

Is there a favorite race story?

My favorite race story is from high school. We were at a track meet about to start the 100m race, and it started absolutely pouring down rain right after the gun went off. I got a PR for that race and finished second. They ended up calling the meet after that because it started thundering and lightning. I love running in the rain!

What motivates you? I'm trying to find out what my body can do and how far I can push it. I keep seeing a quote that is attributed to Socrates, it is a

(See **Difference** on Page 2)

September Meeting

September 18, 2017

6 p.m. to eat

6:30 p.m. speaker

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

Gina McCarley
Personal Security Products

Team RWB Is Getting A New Chapter Captain

By Lisa Gunnoe, Chapter Captain
Team RWB Central Arkansas

Team RWB Central Arkansas Annual 9/11 Moving Memorial is Sunday, September 10, 2017, at the Arkansas State Capitol Building at 7:30 a.m. It is open to all and no registration is required.

Hey guys and gals!!! I am heading up the Team RWB water stop for this year's Soaring Wings Half Marathon on October 21. We will be set up on Salem Road again this year. I am looking for 10-20 eagles to make an enjoyable and entertaining aid station for the runners. If you are interested please let me know at lisa.gunnoe@teamrwb.org. The race starts at 7 a.m. and course support will be available for three to five hours. BONUS: Volunteers are able to sign up for the half or 10K as a virtual race for \$20. :) Jessica Atkisson-Wendel Conway

Chapter Captain News

I'm retiring as chapter captain. Meet your new chapter captain if you haven't yet met Jeff Beason. Michael Kumiyama will continue as co-chapter captain focusing on his work with the Little Rock Air Force Base. I will take a few months off except for representing in Searcy, then work with Jeff to see where/how I can best continue to serve central Arkansas.

Difference (Continued from Page 1)

shame for a man to grow old without seeing the beauty and strength of which his body is capable. I want to see what I can do and how far I can go!

What are your running goals for the future?

Depending on how the marathon goes, I'd like to try for the Ouachita 50K next year. I figure it's only five-ish more miles and to be able to say I completed a 50K! It would be so awesome. I'd like to eventually get my mile time back down under 10 minutes, but for now I've been focusing on going the distance instead of how fast I go.

Favorite Quote? "Running is alone time that lets my brain unspool the tangles that build up over days. I run, pound it out on the pavement, channel that energy into my legs, and when I'm done with my run, I'm done with it." Rob Haneisen

Working out is my go-to stress relief. I get out and run, go to the gym and lift, indoor rock-climb, or do some yoga and get out of my head for a while. It's that step back from my brain that helps puts things into perspective.

Favorite Song to Run to? I don't typically listen to music anymore when I run. If I get stuck on the treadmill, I'll put on one of the Spotify BPM playlists or Pandora Spin Class Radio. I just want something upbeat and peppy to really get into and keep me hyped up for the run. I kind of quit listening to music when I started doing some trail runs to just enjoy nature and focus on the run.

The idea with these volunteer positions is that we serve in the position for a year, 18 months, or something like that. These volunteer positions are meant to be for a time and season and rotated about. After five years it is good for the growth of the chapter to have a different leadership style, personality, etc., oversee the whole operation. Mixing it up once in a while keeps things growing and prevents becoming stuck in the personality rut of any one person.

My heart feels deep gratitude for the growth in central Arkansas, my personal growth, and the honor I have had to learn from the amazing leaders we have in our community. We truly are blessed!

I look forward to being the coordinator for all things Team RWB in the Searcy/White County area. I look forward to continue to represent the Eagle and serve our community with all my heart. We are who we surround ourselves with. I am the best version of me because of all of you. I'm excited for the continued growth of Team RWB Central Arkansas. For weekly inspiration check out the Team RWB Blog and Podcast at <http://www.teamrwb.org/blog/>

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

Fourth Wednesday of each month at Team Run with BMR at the Clinton Library parking lot at 6:30 p.m.

Needed: Leaders for weekly Pinnacle Mountain Hike and for weekly trail clean-up projects.

We have organized runs in Searcy and Conway. A run leader in Little Rock would be greatly appreciated. Until then, anyone is welcome to join the LRRRC track workout on Tuesday evenings at 5:30 p.m. at Catholic High. Thank you Roadrunners for welcoming Team RWB!

Jackie in Conway; Jackie.stone@teamrwb.org

Lisa in Searcy; lisa.gunnoe@teamrwb.org

Jeff and Chris Beason in the Hot Springs/Malvern area, jeff.beason@teamrwb.org or chris.beason@teamrwb.org

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 25th of the month for publication in the next month's issue. Send articles to Editor Linda House at: lhouse48@gmail.com.

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)

Race Recaps: White River Four Mile Classic

By Manfred Galatowitsch

It was the 39th running of the White River Four Mile Classic in Batesville on August 5 and my third consecutive year to experience this race. It's one of my favorites in the Grand Prix series. Sheila and I drive up the day before so we can enjoy the charming town of Batesville and be ready to roll first thing Saturday morning. But the real reason we arrive early is to eat our evening pre-race meal at Fred's Fish House. I highly recommend Fred's, where the catfish is fresh and the hush puppies are hot.

Did you know that the Four Mile Classic was originally a 10K? After a few years running 6.2 miles in August's miserable heat and humidity, the White River Roadrunners shortened the race to four miles. This year the weather was made for PRs with 68 degrees at the start, cloudy skies, low humidity and a breeze now and then.

It was great to catch up with the regulars on the circuit following a six-week hiatus since the Go! Mile. A quick warm-up, a shotgun start, and the race went downhill fast right through Batesville's old town center. Since I don't enjoy running downhill fast, many runners

passed me right away. The course continued on a downhill stretch after a sharp right turn. When the first hills appeared at mile two, I was able to maintain my pace and run ahead of some of the runners who had passed me earlier.

Mile two starts with hills, has a gradual climb, another right turn, and a short descent. I stopped for water just past the two-mile mark. The race was half over with more hills to go but I was feeling good about my pace.

Mile three had a few twists and turns, a flat stretch, then a steep run over an overpass. During this part of the race, I was mostly thinking about the tough climb that begins left of the overpass. Thanks to encouragement from Mindy Simonson, I passed numerous runners on this last long hill. One more right turn, another short hill, then right onto Main Street and about five blocks downhill to the finish. Just before I crossed the finish line, I saw Colin, Ricky, Wesley and Gary cheering in runners. I must have really pushed it because I aggravated a gluteus injury, which always acts up after a fast race. It was worth it though.

New this year were red and gold trophies for overall winners, masters, grand masters, seniors, and the top three in each age group. Since this was a championship race, awards went five deep in the age groups. Brian Sieczkowski was second overall, Homer Mason was third overall, Colin Hall was second in masters, Mary Wells was third in masters, and I was third in seniors. Birds who won in their age groups in alphabetical order include Rachel Hendrix (third), Valeri Lyzogubov (fourth), Ricky Martinez (first), Wesley O'Connor (fourth), and Ron Sanders Jr. (second). Shout out to Charlie Hoag, a Roadrunner from Fayetteville, who placed sixth in his age group.

Some might attribute my good race at the Four Mile Classic to the big catfish dinner I ate the night before. But I owe my success to the encouragement and support from other runners and Bill Torrey's Tuesday night track workouts. Batesville, we'll see you again next year.

Hope Watermelon 5K

By Nick Rule

What is the measure of a good race I ask you? Fast course? Low cost? Close to home? How about the amount and quality of the race swag? Now you're talking, and as far as I'm concerned, the Hope Watermelon 5K, on a cooler but still humid Saturday in August, has one of the best payoffs of any race in the grand prix circuit. You get a creatively done T-shirt, a cool baseball cap if you placed overall or in your age group, and best of all the most gargantuan south Arkansas watermelon I've ever seen!!

Cool stuff aside, the course is fast too and has been the site of many a PR over the years, including one this year for our fearless leader, club president Colin Hall. A good turnout, including a big contingent from Hot Springs, started fast and never let up as the top three runners finished in under seventeen minutes including the ageless wonder and Club member Brian Sieczkowski clocking in with a 16:53 and change! Club members Ricky Martinez and Zach Lewis also had a good day, finishing under 19 and 20 minutes respectively. The finish line chute at this race is also built for speed as you have a straight shot through the neighborhood and

down a divided street and if you're lucky get Kim Howard to call out your name.

It's not an election year so there were no wannabe politicians in the field but there were some very strong women like our own Carli Langley and Jen Found who got second and third female overall and led LRRC women but the team failed to place. Here's hoping that we get a big turnout for the men and women for the next three races which are all in central Arkansas.

The Watermelon 5K is the only race all year that is associated with a weekend long festival and for that reason the parking is good and the whole experience is quintessentially small-town Arkansas.

Grand Prix Races

9/2 – ARK 5K Classic at North Little Rock

9/9 – Minuteman Cross Country 5K at Little Rock

9/16 @ Arkansas 20K at Benton

9/30 @ Paint Downtown Pink 5K at Fort Smith

10/14 – Breakaway 10K at Searcy

11/4 – Mid South Marathon at Wynne

11/18 @ Spa 10K at Hot Springs

12/9 – CASA Half Marathon at Pine Bluff

(**Bolded** races are state championships)

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 house48@gmail.com

September 2017

- 2: **ARK 5K Classic at North Little Rock. GPS. Call 501-412-4520.**
- 4: Run for a Childø Hunger 10K/5K/1M at Rogers. Call 479-246-0104.
- 4: Cammack Village 5K. Call 870-550-3644.
- 9: **Minuteman 5K XC at Little Rock. GPS. Call 501-231-3730.**
- 9: Minuteman 5K/2M School Invitational XC at Little Rock. Call 501-231-3730.
- 9: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
- 9: Race Against the Odds at North Little Rock. Call 501-442-1564.
- 9: Big Red Shoe 15K/5M/5K at Joplin, MO. Call 417-624-2273.
- 9: Race to Be Heard 5K at Ozark. Call 479-883-9477.
- 9: Hot Spring County Fair 5K at Malvern. Call 501-815-2383.
- 9: Tower to Tunnel 5K at Hot Springs. Call 501-844-6888.
- 9: Band on the Run 5K at Batesville. Call 870-307-9783.
- 13: Run for Courage 5K at Rogers. Call 479-790-4884.
- 16: St. Michael Feast 5K XC at Van Buren. Call 479-629-2528.
- 16: Camp Robinson 4M at North Little Rock. Call 501-212-6700.
- 16: Conquer the Gauntlet 3.9M at Little Rock. Call 501-240-8124.
- 16: **Arkansas 20K at Benton. GPS. Call 501-246-0716.**
- 16: Winslow Half Marathon/5K. Call 501-837-3599.
- 16: Color for Life 5K/1M at Hardy. Call 870-994-5433.
- 16: St. Jude 5K at Little Rock. Call 501-730-3221.
- 23: Cyclone Invitational 5K/2M at Russellville. Call 479-970-6102.
- 23: Glow Run 5K at Yellville. Call 870-449-7155.
- 23: CASA Super Hero Colorful 5K at Texarkana, AR. Call 903-748-4342.
- 23: JTown 5K at Jonesboro. Call 870-206-9473.
- 23: Every Soul Matters 5K at Vilonia. Call 501-519-1016.
- 23: East End 5K Sizzler. Call 501-580-8410.
- 29: Lake Norfolk 5K/10K at Mountain Home. Call 870-404-8363.
- 30: Glen Campbell 5K Ramble at Delight. Call 870-260-0216.
- 30: **Paint Downtown Pink 5K at Fort Smith. GPS. Call 479-650-0766.**
- 30: Bryant Fall Fest 5K. Call 501-943-0426.
- 30: Great Pumpkin 5K/1M at Lonoke. Call 501-590-0441.
- 30: Heart & Sole Marathon/Half Marathon/5K at Jonesboro. Call 870-931-4044.
- 30: Sherwoodfest 5K/1K. Call 501-454-5185.
- 30: Pi Beta Phi 5K at Fayetteville. Call 832-443-4656.
- 30: Domestic Violence Prevention 5K at the Pine Bluff Arsenal. Call 870-540-3203.
- 30: Peace Love Run 5K at Jacksonville. Call 501-533-6424.

October 2017

- 7: Sparks Stampede 5K/10K at Van Buren. Call 479-650-0509.
- 7: Downtown Runaround 1M/5K/10K at Springdale. Call 479-725-4534.
- 7: Paws at the Beach 5K/1K at Heber Springs. Call 501-250-4427.
- 7: A-State Steelers 5K at Pine Bluff. Call 870-883-0901.
- 7: Panther 5K at Benton. Call 501-607-3676.
- 7: Ouachita River Challenge at Malvern. Call 501-815-2383.
- 7: Angel One 5K/10K at Little Rock. Call 501-230-9276.
- 7: Chills and Thrills 5K at Little Rock. Call 501-664-8006.

(See Running Calendar on Page 5)

Birthdays

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

- 1 - Linda Ault
- 6 - Linda House
- 6 - Bill Torrey
- 11 - Bill Simpson
- 13 - Carl Carter
- 14 - Laura Lamps
- 14 - Nick Rule
- 14 - Amos Smotherman
- 23 - David McClanahan

Grand Prix Races

- 9/2 – **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

Running Calendar

- 7: Birch Tree 5K at Benton. Call 479-530-0000.
 7: Arkansas Traveler 100M at Lake Sylvania. Call 501-231-0535.
 8: Razorback Run 15K/5K at Fayetteville. Call 479-530-0000.
 8: Walk a Mile In Our Shoes 1M at Arkadelphia. Call 870-464-7415.
 14: FSM 5K at Cabot. Call 501-843-5291.
 14: Arkansas Marathon/5K/10K/Half Marathon at Booneville. Call 479-849-5855.
 14: Lewis & Clark Ozark Adventure Dash 7M/2M at Fayetteville. Call 479-521-7766.
 14: Race for the Cure at Little Rock. Call 501-202-4393.
 14: Warrior Dash 3.9M at Cabot. Call 501-123-4564.
 14: Caring for Kidneys 5K at Jonesboro. Call 870-931-5400.
 14: Chemin-a-Haut Trail 4M at Bastrop, LA. Call 318-281-3794.
 14: 5K Gumby Run/Walk at Clarksville. Call 479-979-7535
 15: Alumni and Friends 5K at Clarksville. Call 479-979-1411.
 15: Fayetteville Firefighters Hero Half Marathon. Call 479-387-7116.
 21: Running for Cover 5K at Malvern. Call 479-530-8432.
 21: Big Bluff Challenge 5K/10K at Lakeview. Call 870-847-5129.
 21: Race for the Cure at Texarkana. Call 903-490-1786.
 21: Big Bluff Challenge 5K/10K at Lakeview. Call 870-847-5129.
 27: Outback in the Ozarks 200M at Eureka Springs. Call 479-387-0987.
 28: Creep N Crawl 10K/5K at Little Rock. Call 501-371-4639.
 28: Redemption 5K at Batesville. Call 870-262-9849.
 28: Ozark Highlands 5K at Clarksville. Call 479-979-8531.
 28: Goblin Gallop 5K at Coal Hill. Call 479-497-1171.
 28: CHCA's Spooktacular 5K at Little Rock. Call 501-374-9734.
 28: Here I Run 5K at Jacksonville. Call 501-982-1333.
 28: MEMS 5K at Little Rock. Call 501-605-2654.
 28: Beauty and a Beast 5K/10K at Conway. Call 501-777-5095.
 28: Spook's 5K at Fort Smith. Call 479-806-3100.
 29: Halloween Monster Dash 5K/1M at Fayetteville. Call 479-521-7766.

November 2017

- 4: Ryan's Call PerSeverance 5K/1M at Daisy Park, Kirby. 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. Call 870-208-6523.
 4: Hunting for a Cure Fight Back 5K at Dierks. Call 870-557-1046
 4: Run for Shelter 5K at Little Rock. Call 501-681-2801.

Order Roadrunner Hats

President-elect Zach Lewis presents you with an opportunity to purchase a Roadrunner hat.

The minimum order is 35 hats at \$13.50 per hat. If we order 50 the price drops to \$13. We can't mix and match styles and colors, so an order will have to be 35 gray and/or 35 of the white/blue. (So far we have five gray. See examples of the two on the LRRC Facebook page.)

Submit name, phone number, email address, color and quantity to zalewis@ymail.com. We will collect payment at a LRRC meeting prior to placing and order.

New Members

Welcome to new and renewing members!

The Little Rock Roadrunners Club has 187 members. Bring your friends to our next meeting and help us reach a membership of 200 people!

Renewing members, all of Little Rock

Benjamin Davis
 Julianne Dissinger
 Jennifer Found
 Jaye Gasaway
 Ryan Hoek
 Dani Nielsen
 Melanie Smith

New members

Joe Hannah is a government employee who has been running on and off for about 10 years. His other interests include music, beer and traveling. He is a recent transplant to Arkansas who wants to join others for evening runs.

Kasozi Wilson, a software developer, has been running for about two years. He also likes to swim and practice yoga. He moved to Arkansas from New York about three years ago and is excited to meet other runners.

Weekly Track Workouts

The Roadrunners meet each week for track workouts at Catholic High School, located at 6300 Father Tribou St.

Workouts 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.