

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2018

## Go! Running Heroes Run Among Us

By Colin Hall  
LRRR President

There are some truly remarkable people in the local running community. Every year *Go! Running* does a great feature on 12 heroes in the community. These are people that stand out and make a difference.

This year several of our own Roadrunners were featured and I think you will find their stories very inspiring. If you know of anyone you deem worthy, I encourage you to let *Go! Running* know for 2018. Check out their Facebook page to read about all the honorees.

### Jennifer Found "Givin' Back"

Some of our Heroes have lived here all their lives and make steady contributions to our community. Some move here and in a short time have a broad influence. **Jen Hillier Found** has been here less than two years, but from day one started giving back to the sport she loves and influencing many runners from kids to age-groupers.

A lifelong and very accomplished runner, Jen burst onto the Little Rock racing scene, and at 46 years old was immediately competitive in any race she entered not just in the Masters category but for overall honors, besting runners half her age. But this former Kansas State track team and sponsored elite athlete had much more to give. As her two boys were about to get into cross country at Christ Lutheran, Jen stepped up to coach and her enthusiastic competitiveness and love for the sport soon had the kids running well and enjoying it all. But why stop there? Jen envisioned and helped start a summer kids cross-country camp. With a little running, stretching, encouragement,

and lots of fun running games Jen showed them that running can be a joy and a lifelong sport. Her passion for running is infectious, so you often see her mentoring other age group runners by organizing track workouts or tempo runs, while all the time encouraging and challenging them to push harder to reach their fullest potential. Our running community is a better and faster place with her here. Thanks Jen for all you do, for truly giving back.

### Ted Holder "Making a Difference"

In our incredibly diverse running community, you just never know who might be running alongside you. One of our nicest and most humble runners **Ted Holder** has led a life making Little Rock a better place to live every day and in so many ways.

As a runner, Ted has real fun with his running and doesn't consider himself a good runner. But don't let that persona fool you as anything he does or anything he does well. He recently came back from injury and in a remarkable short period trained himself up to qualify for the Boston AND the New York marathons. Ted loves the camaraderie of running, and is always ready to lend a hand to help encourage another runner.

But Ted has left his mark on Little Rock in so many other, and far more important, ways. Ted was and is a pioneer for LGBT rights in Arkansas. In his early days in Little Rock he was a founding father of the Gay and Lesbian Task Force, a group created to overcome the pervasive attitude that there must be something wrong with them. He wanted a group to show the straight world that gays and lesbians are normal people with normal lives, and as Ted beautifully put it, "I just want a home and someone to come

home to." Living up to his own creed, Ted and his husband, Joe van den Heuvel, have been together since 1991. Together they are pioneers, where in 2006 being the first gay wedding blessing in the Episcopal Church in Arkansas. Notably, Ted helped and encouraged Joe to also qualify for the Boston Marathon and will go together in 2019.

Ted resigned from the Task Force in the mid-90s but continues to make a difference in Little Rock. He has been involved in historic preservation since moving to the Quapaw District in 1985, including a total restoration of the 1913 Craftsman house where he and Joe currently live. And continuing his leadership of progress towards a better place in 2018 Ted will chair the Little Rock Historic District Commission.

(See Heroes on Page 3)

## February Meeting

February 20, 2018

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

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

Jenny Kelly, Director  
Girls On The Run

Presentation of first annual  
LRRR Roadrunner Awards for 2017

# Girls On the Run (GOTR) Plan For New Year

By Jenny Kelly, Director  
Girls on the Run

We wrapped up another successful Girls on the Run season last November at the GOTR 5K. Girls and their running buddies (several of which are Little Rock Roadrunners) participated in the end the season celebration which also kicks off Thanksgiving week. If you'd like to be a part of the excitement this year, mark your calendar now for the afternoon of November 18, 2018.

However, if you would like to be involved sooner, there are lots of other ways to make a difference way before that end-of-the-season event. Please take the time to read about all of the volunteer opportunities listed below.

**Camp GOTR** - We are planning to host our very first summer experience with a one week camp that is planned for June 11 ó 18 from 8 a.m.-noon at Episcopal Collegiate School. The cost will be \$150. Hopefully, several of our coaches during the regular season will be able to help with this session, but if you are available during this period and are seriously interested in coaching for this camp, please contact me. Summer coaches will be required to have completed our regular coach training and an additional camp training.

Camp GOTR is also a wonderful way for a rising third, fourth or fifth grade girl to taste Girls on the Run before she decides to commit to participating in the fall program. There are extended care hours available before and after Camp GOTR through the school, so it is a perfect fit for any family.

**Snack Coordinator** - We strive to maintain high quality snacks at our practices even as our council expands. In 2017 Baptist Health partnered with GOTR as our snack sponsor and provider. This was obviously an enormous relief in cost for our council, but it also decreases the amount of work our coaches are asked to do. As we work to strengthen this partnership, a snack coordinator who can organize the pick-up of snacks and the distribution among the teams in Pulaski and Saline counties will be invaluable. The responsibilities of this volunteer role include arranging a time to pick up snacks from a central and regular location, dividing the snacks into appropriate groups based on team size and coordinating the pick-up or delivery of snacks to the teams. This is an opportunity to make a HUGE impact on girls across our entire council, and you would be able to set the hours around your other commitments.

**5K Committee** - Kathryn Heller played an important role in coordinating our volunteers for the 2016 and 2017 GOTR 5Ks. This year, we would like to form a GOTR 5K committee that will help plan the event along with Kathryn and other GOTR leaders. The event is planned for the afternoon of November 18, 2018, but planning will begin this spring.

**GOTR Fall 2018 Coaches** - If you have any interest in coaching a GOTR team, please visit our website and complete a coach application. Teams meet twice weekly for an hour and a half. The season begins the week after Labor Day and ends at the celebration GOTR 5K on the Sunday afternoon before

Thanksgiving. All GOTR coaches follow the copyrighted Girls on the Run curriculum and are provided with the necessary materials. Coaches are required to complete an online training as well as an in-person, half day training typically held in late summer.

Having written about the curriculum and the experience of coaching in previous newsletters, I know that many of you are familiar with our program. If you are a new *Runaround* reader and would like to know more, please check our archives or email me at [jenny.kelly@girlsontherun.org](mailto:jenny.kelly@girlsontherun.org).

**Board Members** - Our council has been fortunate to have been so well accepted in this community. We have increased in number of girls served per season by 1000% since our establishment in 2013! We have GOTR teams in Pulaski, Saline and Garland counties and will likely expand within each of these and beyond over the next five years. However, we are seeking new program volunteers (see above) and board members to ensure that our expansion is deliberate and sustainable. If you are interested in serving in this way, please contact me, Jenny Kelly, at [jenny.kelly@girlsontherun.org](mailto:jenny.kelly@girlsontherun.org).

**Social Media** - If you have skills that will help our council build its social media presence and are passionate about our mission to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running, please consider helping us strengthen this method of outreach. It will be important to become familiar with our core values and vision before becoming a public voice for our council so we will arrange meetings or training sessions to familiarize you with the program. Please contact [jenny.kelly@girlsontherun.org](mailto:jenny.kelly@girlsontherun.org) with questions.

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](mailto: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)

# Heroes

(Continued from Page 1)

When people say, "Little Rock is such a great place to live," we can look to friends and the runner next to you – like Ted Holder to thank for that. Ted, thank you for your relentless commitment to making a difference in Little Rock.

## Team Red, White & Blue (RWB)

When the mission of an organization is to enrich the lives of America's veterans, as a proud American, you have to stop for a minute and pay attention. But having a mission and **LIVING** a mission are two very different things. **Team Red, White & Blue (RWB)** lives a mission of service and has a very active chapter here in central Arkansas. You will see them having a presence at just about every race in our great state, often running and proudly carrying the American flag. They wear the eagle emblem as a sign of our country's strength and unity. And that unity is about connecting our veterans with their community, making them part of a group – a team! With each step they reach out to veterans in need, families of veterans and others who serve(d) our country.

Team RWB's community-building program is to bring veterans together with civilian citizens in a way that enables them to establish authentic friendships. And what better way to do that than through the sport we love – running. As we worked the aid station at the Three Bridges Marathon here they came, waving to friends, talking to others and leading by example. These runners, this amazing team of people are our heroes – connecting us to our country's heroes and making us all one BIG team. If you want to give more of your personal self to our veterans, contact leaders Lisa Gunnoe and Lisa Palicki Webb. Join #TeamRWB. Learn more at Teamrwb.org

## Colin Hall "Day 3, Hero Defined"

To define "hero" takes a special person. Someone who has their own passions in life but also has a calling to help others and make a positive change in people's lives. **Colin Hall** is all that with almost too many selfless acts to list in this post.

As a runner Colin is a regular at most local races having become an "Ironman" of the Grand Prix Series and recently being voted as Runner-of-the-Year for 2017. As great as that is, it's his other passions in life that make him our Hero. If you know Colin you know his love for his dog Chloe who he trained to become a therapy dog – touching hearts and giving hope to many kids at The Children's Hospital. That Chapter ended all too soon, but we look forward to seeing what Colin does with little Hatch! After a friend's diagnosis with AML Leukemia he began doing bone marrow drives across Arkansas and took the lead as race director for the Fighting Red 5K – a fund-raising event in the name of "Friends of Emily" for awareness and research for cord blood donations in a "race to end blood cancer." And if that is not enough, he is this year's president for the Little Rock Roadrunners Club, and we are sure with his compassion for others he will be a great leader. Colin is also a consistent volunteer to guide blind runners and helps out at many races and events. If you're running the 3B26 marathon he'll be at mile 22 aid station because, of course, he's the captain and organizer. "Helping others without expecting anything in return is what true

self-worth is all about" and is the sentiment why Colin is our Hero Defined.

## Other Notes:

- Props to our ladies who came out in full force for the One Hour Track Run. We had nine women run and all placed very highly. Keep it up ladies! Brian Sieczkowski took overall with a distance of 9.92644.
- Jenny Kelly, director of the Central Arkansas chapter of Girls on the Run, will be the guest speaker for February. We will also hand out the first annual LRRRC Roadrunner Awards for 2017. We will also have welcome bags for the newest members. Please feel free to come with suggestions on how to make the Club better.
- The Grand Prix awards for 2017 will be handed out after the Valentine's Day 5K race in Russellville. If you cannot make it let me know and I will pick it up for you.

## 2017 Grand Prix Awards Presentation

February 10, 2018, 10 a.m.

Arkansas Tech University

Doc Bryan Auditorium

1605 Coliseum Drive, Room 109

Russellville, AR

<https://www.atu.edu/map/docs/CampusMap2016.pdf> (Building #20)

This is open to all Arkansas runners. If you won an award, please be there to pick it up or make arrangements for someone to get it for you. If you didn't win an award, come cheer and hang out with your friends.

- Big thanks to Neil and Rachel for hosting the yearly Hilly Chilly!

Editor's Note: Colin's modesty did not let him include his "Hero" information. Team RWB was included because the group has several members who are LRRRC members.

# First Grad Prix Race Is Worthwhile And Fun

By Lisa Webb

The One Hour Track Run, hosted by the River Valley Runners, in Pottsville was a successful and delightful kick off to the 2018 Grand Prix Season. The drive there from Sherwood was uneventful and easy, one interstate and you're there. The January weather actually cooperated and we had an unusually mild day, 64 degrees at 1:30pm. Runners wore everything from tights, long sleeves, gloves, to shorts and singlets. I personally was just right in summer attire for the run. It started off overcast and then the sun came out. I was actually relieved to get some refreshing rain drops during the second half of the run.

The weather was perfect. The timing chip and shirt pick up process was quick and painless inside the field building. We were given a rainbow ribbon with a blank medal. A personalized results sticker will be sent to us to stick on the

medal. How awesome is that?! There were ample indoor restrooms available right there. Looked like a good crowd of participants for the first heat of runners running 8:20 and over. After a few words of wisdom and our National Anthem, we were off!

There was a nice breeze which sometimes was a little challenging going around the curve. There were photographers taking tons of photos. Seeing how we were running in circles, we got to see them over and over for another great photo opportunity, and another, and another. There was a water station available for anyone who needed it with volunteers picking up cups judiciously. The music was banging! It kept us going and put a pep in our step, especially when we approached the timing mat and it was louder. My compliments go out to the sound people and their choice of tunes.

It was nice to see the timing clock big and bold as we passed it to see how

much time we had left to go. The encouraging words from the MC also helped to amp up the pace when he'd say, "Two more minutes left; you can do another lap! One minute left on the clock; you can do another lap!" And I did manage to run another lap.

At the finish we froze in place until they took our timing chips and measured our distance. To make us comfy, the wonderful volunteers brought us water and M&Ms, both plain AND peanut. I had my water cup topped off with the peanut variety, good recovery protein I thought. Right? Yes.

There weren't many spectators, just fellow runners mostly and a pretty dog named Sweet Tea. Oranges, bananas, water, and various soft drinks were available. I think there was chili too. Comradery between friends and strangers, or partners in running laps was abundant. Overall, I'd wrap up my first Grand Prix experience, as a worthwhile and fun day.

## Condolences To The Family of Betty Ray

Betty Lou Ray, 82, a longtime runner and LRRC member, passed away on January 23.

She began running at the age of 40 and it quickly became a passion for her. She ran in several marathons as well as joining a group to run across Costa Rica.

Those who knew Betty described her as a vibrant, caring, and active lady. Her smile and outgoing personality are what attributed to the many friendships she accumulated throughout her lifetime.

She is survived by her husband of 63 years, Middleton Pinckney Ray Jr.; three children, two sisters, two brothers; six grandchildren, and four great-grandchildren.

## 2018 Grand Prix Series Schedule

**February 3 – River Trail 15K at North Little Rock**

February 10 ó Valentine's Day 5K at Russellville

February 18 ó Run the Line Half Marathon at Texarkana

**March 10 – Chase Race and Paws at Conway**

March 24 ó Spring Fling 5K at Cabot

April 7 ó Capital City Classic 10K at Little Rock

**April 14 – Hogeeye Marathon at Fayetteville**

May 5 ó Toad Suck 10K at Conway

June 9 ó Arkansas Runner 2 Mile at Benton

**June 16 – Go! Mile at Little Rock**

**August 4 – White River 4 Mile Classic at Batesville**

**August 11 – Watermelon 5K at Hope**

September 1 ó ARK 5K Classic at North Little Rock

**September 8 – Minuteman Cross Country at Little Rock**

September 15 ó Arkansas 20K at Benton

September 29 ó The Great 5K Pumpkin Run at Lonoke

November 10 ó Breakaway 10K at Searcy

**November 17 – Spa 10K at Hot Springs**

**December 8 – CASA Half Marathon at Pine Bluff**

**Bolded** races are state championships

# Member Spotlight: Meet The President-Elect

**Name:** Zach Lewis

**Age:** 32

**Nicknames:** None currently. I'm open to high quality suggestions, though.

**Where are you originally from?** I grew up in Saline County in a town called Salem, between Benton and Bryant.

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

**Occupation:** Benefit Analyst at Arkansas Blue Cross and Blue Shield

**Where did you attend school?** I graduated from Bryant High School and then obtained my undergrad in Human Resources and Workforce Development from the University of Arkansas, Fayetteville. I'm currently in grad school at the University of Arkansas to obtain my Master's degree in Human Resources and Workforce Development.

**How long have you been a Little Rock Roadrunner?** A year and a half

**What got you into running?** I originally got into running to lose weight. I had played football since the sixth grade and throughout my entire high school career. After graduation, I was weighing in the mid-200-pound range. One summer day while sitting in my parents' living room, I realized that I wasn't going to be lifting weights and conditioning like I had been. I was burned out with it anyway, and my football career (at that point) was over. I knew I had no reason to be as big as I was and knew I needed to do something about it. I decided to get up and run, in addition to changing my eating and drinking habits.

My parents' subdivision/neighborhood is basically a circle within a circle. I started out running the smaller circle, which was maybe a mile-to a mile and a half from start to finish. I made it halfway through before I had to stop and walk. Once I made it home, I vowed to myself that the next day I would make it around without stopping to walk. I did. The next day and several days after, I made it around without stopping. Then, I started running it in ankle weights. That didn't last long, so I decided to see how far I could go and started incorporating the bigger circle. I just kept extending my distance and setting goals.

Before I knew it, the weight had fallen off. I was eating better, and I had become addicted to running.

Fifteen years, five marathons, and a Grand Prix season later, I'm still at it. At one point, I was running 60 miles a week, but while completing my first Grand Prix season last year, I decided to dial it back to about 45-50 miles per week.

**What is your favorite distance?** It really depends on how I'm feeling, the day, and course.

**Do you have a favorite race?** I ran the Disney Marathon in 2015 and really enjoyed it. While it isn't a qualifying or necessarily competitive race, it was a lot of fun. You run through all the different parks and get to run through portions of the parks that people otherwise wouldn't get to visit. Pretty much every Disney character is out at some point during the race for

those who want to stop to take pictures. While I wasn't one to stop, it was really cool to see. There was so much positive energy throughout the entire race. The aid stations and the recovery/replenishment station after the race are just amazing. The only downside is having to be up extremely early to catch the bus to the corral areas; however, that bus is really nice to have on the way back.

**Is there a favorite race story?** In 2014, after being pressured by friends and co-workers, I decided to run my first marathon. I had never really had a desire to run a marathon or run competitive, other than the two 5K races I had run a few years earlier. I had been told a few things but really had no idea what to expect. The first 13 miles felt great. I had made it up Kavanaugh, down North Lookout, and was getting ready to cross over the bridge to Riverfront. I remember thinking, "This is going great, I feel great, I prepared well."

I had played semi-pro football from 2011-2013 and had endured some mentally and physically tough workouts and practices. I distinctly remember thinking how appreciative I was of those workouts, how they mentally prepared me for that race, and how I would avoid any issues.

I got to about mile 22 and my legs started to cramp. The temperature was starting to drop, some fatigue was setting in, and I started getting that "zoned out" feeling. I was sick of gels and the thought of another one was nauseating. I didn't drink Cokes, but I was craving one pretty badly. I started thinking, all that I was telling myself about those workouts was a load of crap. This sucks. After finally getting off the never-ending Riverfront stretch, I made it up LaHarpe and to the finish line. I completed my first marathon in 3:41 and I was thrilled. I was hurting so badly. It hurt to stand, and it hurt to sit. I finally got my Coke and started to feel human again. I swore I would never run another marathon ever again. I've run four more since then and signed up for my fifth, The Chicago Marathon. After running my second Little Rock Marathon with strep throat and finishing slower than the year before, I bounced back with a PR the following year.

**What motivates you?** I want to get better. I want to reach my full potential, then continue to push the envelope.

**What are your running goals for the future?** I want to qualify for the Boston Marathon. That's my ultimate goal. The qualifying time for my age group is 3:05, and my best time is about 30 minutes away from that. While I've been running for several years, I've never really had any direction. I just ran. Until last year, I wasn't really involved with the running community, and until my first marathon had only ran two 5k races. Now that I am more involved in the running community, I hope to lean on some of those resources and race experience to get myself in a position to reach that goal. I'm running the Chicago Marathon in October, and I would like to qualify there. If not, I would at least like to get a PR and a respectable time.

# Running Calendar

Upcoming races, fun runs and Grand Prix Series (GPS) races, including state championships (SC), are listed below. If you know about a race that should be listed in *The Runaround* send information to the editor at [lhouse48@gmail.com](mailto:lhouse48@gmail.com).

## February 2018

- 3: Freezing for a Reason 5K/10K at Conway. Call 501-450-0512.
- 3: River Trail 15K at North Little Rock. (GPS SC)
- 10: Valentine's Day 5K at Russellville. (GPS)
- 10: Mississippi River Marathon/Half/5K at Like Village. Call 501-650-3400.
- 10: Go 5K at Prescott. Call 870-703-2856.
- 10: Resolution 5K/1M at Mountain Home. Call 870-701-5078.
- 11: Fort Smith Marathon/Half/Relay. Call 4790719-3730.
- 11: Love Your Neighbor 5K at Benton. Call 501-722-7904.
- 17: MLK 5K at Little Rock. Call 501-231-3730.
- 17: Providence Patriot 5K/10K at Rogers. Call 316-250-2930.
- 18: Run the Line Half Marathon (GPS)/10K relay/3K relay at Texarkana, TX. Call 903-277-1407.
- 24: The Beat Goes On 5K at Benton. Call 501-776-6746.
- 24: Never Give Up 5K at Horatio. Call 870-832-4763.
- 24: Run with the Knights at Van Buren. Call 479-474-2661.
- 24: UCA Warriors 5K at Conway. Call 501-450-5575.
- 24: Van Davis Memorial 5K at Hot Springs. Call 501-760-4129.
- 24: Color for Kids 5K at Hope. Call 870-703-5412.

## March 2018

- 3: Little Rockers Kids Marathon 1M at Little Rock. Call 501-371-4639.
- 3: Little Rock Marathon 5K/10K. Call 501-371-4639.
- 3: Dash to Remember 5K/1M at Pea Ridge. Call 479-656-3513.
- 3: Race for the Arts 5K at Van Buren. Call 479-462-2304.
- 4: Little Rock Marathon/Half. Call 501-371-4639.
- 10: Chase Race and Paws at Conway. (GPS SC)
- 10: St. Patrick's 4M at Westport, MO. Call 816-399-5330.
- 10: Alma Dog Run 5K. Call 479-414-1929.
- 10: Adam Brown Shamrock 5K at Percy. Call 501-538-3546.
- 17: I Love LK 5K at Hot Springs. Call 870-833-2332.
- 17: Jonquil Festival 5K at Washington. Call 870-722-5040.
- 17: ShamRox 15K/5K at Springfield, MO. Call 573-445-2664.
- 17: Mud Run 5K at Stuttgart. Call 870-830-6656.
- 17: Doug Sibley Memorial 5K/1M at Omaha, TX. Call 903-314-9272.
- 24: Spring Fling 5K at Cabot. (GPS)
- 24: Victorian Classic 10K/2M at Eureka Springs. Call 479-363-6586.
- 24: Chip's 5K at Searcy. Call 501-268-3223.
- 24: Dam Mountain Trail 10K at Hot Springs. Call 501-815-2383.
- 24: Running Red 5K at Greenwood. Call 479-252-1295.
- 29: Race for Literacy 5K/10K at Russellville. Call 479-968-4368.
- 30: Cow Paddy 5K/1K at Fayetteville. Call 479-387-7116.
- 31: Hunger Run 5K at Clinton. Call 843-214-0665.
- 31: Iron Pig Festival DU/5K at Fayetteville. Call 479-521-7766.
- 31: Mission Run Ozarks Marathon/Half/5K at Mountain View. Call 870-213-7171.

# New Members

Welcome to new and renewed LRRC members!

## New

Blair Baskin  
Cameron Beckett  
Yevgeniya Gokun  
Emily Hartman  
Jeremi Mullins  
David Mundorff  
Tony Serna  
Leah Smith  
Melody Sugg

## Renewed

Alison Acott  
Jennifer and Steven Booth  
Keith Cooper  
Brendan Corbitt  
Tessa and Brent Corbitt  
Alyssa Frisby  
Sheila and Manfred Galatowitsch  
Mary and Roy Hayward  
Melissa Hendricks  
Rachel Hendrix  
Linda House  
Gary Lamkin  
Stacy and Ron Mitchell  
Wesley O'Connor  
Lou and Charles Peyton  
Bill Ruck  
Nick Rule  
Simon Sanghera  
Heidi Strock  
Stephen Van Devanter

# Member Spotlight

(Continued from Page 5)

**Favorite Quote?** "Strengthen the mind, and the body will follow."

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will." - Vince Lombardi

**Favorite Song to Run to?** I don't really have a particular song. During my daily runs, I typically listen to sports talk radio, but during long distance races, I like listening to rap.

# Running Calendar

# Birthdays

## April 2018

- 7: Capital City Classic 10K at Little Rock. (GPS). Call 501-231-3730.
- 7: Stride to Prevent Suicide 5K at Searcy. Call 501-278-4357.
- 7: Downtown Dash 10K/5K/1K at Little Rock. Call 501-472-9842.
- 7: Run for a Vet 5K/1M at Van Buren. Call 479-629-1593.
- 7: Farm to Table 5K at Fayetteville. Call 571-830-0348.
- 7: Downtown Dash 5K/10K/1K at Little Rock. Call 501-375-5557.
- 14: Hogeeye Marathon (GPS SC)/Half/Relays/5K/Kids Run at Springdale. 479-530-0000.
- 14: Light Up the Streets Glo 5K/1K at Searcy. Call 501-268-4748.
- 14: Go Girls Run Half Marathon/5K at Springfield, MO. Call 573-445-2664.
- 14: Rockin' the Cradle 5K/1K at Conway. Call 501-499-0417.
- 14: Hogsline County Festival 5K at Hampton. Call 870-818-3253
- 14: Yale to Oark 10K/2M at Oark. Call 479-292-3353.
- 14: Go for the City 5K/10K at Monticello. Call 870-820-2552.
- 14: Hoof It For Heifer 20K at Morrilton. Call 501-730-1504.
- 21: Sprint for Compassion 5K/10K/1M at Fort Smith. Call 479-783-2273.
- 21: Soar With The Owls 5K/1M at Fayetteville. Call 459-650-9053.
- 21: Stephens Roadrunner 5K. Call 870-947-0084
- 21: Catholic High Rocket 5K at Little Rock. Call 501-664-4625.
- 21: Fly Like an Eagle 5K at Vilonia. Call 501-743-9431.
- 21: Russ Vegas Half Marathon/Relay at Russellville. Call 479-970-4394.
- 28: Panther Prowl 5K at Little Rock. Call 501-247-4996.
- 28: Buffalo River Trail Marathon/Half at Yellville. Call 870-404-8363.
- 28: Celebration of Life 5K at Little Rock. Call 501-681-9013.
- 28: Mary Jane Moix Memorial 5K at Conway. Call 501-327-2255.
- 28: Miles for Mutts 5K/10K at Fort Smith. Call 479-783-4395.
- 28: Caddo River Festival 5K at Glenwood. Call 870-356-2912.
- 28: Omega Prostate Cancer/Colon Cancer 5K at Little Rock. Call 501-240-9138.
- 28: Arkansas 10M Classic at Little Rock. Call 870-540-7616.
- 28: Running of the Hogs 5K at Fayetteville. Call 479-575-3444.

## May 2018

- 4: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 5: Christ the King Rexfest 5K/1M at Little Rock. Call 501-351-4555.
- 5: Toad Suck 10K at Conway (GPS)
- 5: Law Day 5K/10K at Jonesboro. Call 870-972-9224.
- 5: The Mustached Dash 5K/1M at DeQueen. Call 501-730-1821.
- 5: Battle for Hope 10K/5K at Bentonville. Call 479-361-5847
- 5: Lei Lei 5K at Fort Smith. Call 479-414-8892.
- 12: Peace Love Goodwill 5K/10K/Half Marathon at Little Rock. Call 501-349-6903.
- 12: Kendrick Fincher 5K/.5M/1M at Rogers. Call 479-986-9960.
- 12: Women Can Run 5K at Conway. Call 501-269-7208.
- 26: Firefighter Hotfoot 15K/10K/5K at Fort Smith. Call 918-776-3343.
- 26: I Know a Fighter 5K at North Little Rock. Call 501-351-0382.
- 26: River Valley Endurance 5K/Half Marathon at Barling. Call 479-650-6182.

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

- 4 - Joe Milligan
- 6 - Charlie Hoag
- 6 - Megan Webb
- 10 - Mary Heller
- 11 - Steven Booth
- 12 - Randy Lynch
- 12 - William Fletcher
- 13 - Alison Acott
- 13 - Charles Peyton
- 18 - Riley Lewis
- 21 - Nathan Harris
- 23 - Melissa Hendricks
- 23 - Melody Sugg
- 24 - Helen Jones
- 26 - Mary Ann Hansen
- 27 - Belinda Harrell

## 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)