

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2018

Running Goals Vary For 2018

By Colin Hall
LRRC President

In R.L. Adams' article, 7 Steps to Achieving Any Goal in Life, the author discusses the importance of not only setting goals, but setting them the right way. 34% of people give up on their goals after the first month in the New Year. After six months, 54% have either given up or severely fallen off. That is why we need very specific goals. Make sure they are achievable, and you are not trying to be Usain Bolt. Make them meaningful and relevant to you. Be sure to evaluate yourself along the way. A lot of people keep a running log to help keep themselves accountable. Work, injuries, and just general life issues can interfere, so don't feel bad if you need to readjust your goals.

After 2018, we can visit this again and see how close we all came to our goals.

Thank you for providing feedback!

Colin Hall - to BQ, stay healthy, do a few races I have never done, and continue serving my Roadrunners.

Chris Attie - I am running Berlin in September 2018, and my goal is to break below four hours. Current marathon PR is 4:59:40, so I have some work to do!!

Dani Nielsen - My realistic goal is to get my average pace per mile under 10 minutes. My impractical goal is to get it under eight. I'm currently averaging around 13 depending on how long the run is. Now if I can figure out a way to get back to Tuesday night track I might be able to do it!

Jennifer House - My goals for the New Year include consistently running

below a 10-minute mile and register for a half-marathon.

Shauna O'Brian - Turn the Big 40 in 2018 and my goal is to run a full marathon before year end. I'm a half runner.

Erin DeGostin Lytle - My goals: run some Grand Prix races, make Tuesday night track a weekly commitment, and run a 10K in 50 minutes. Bring it 2018.

Laura Kearns - Run more than five Grand Prix races including a 5K or 10K (short races scare me)! Run another 50K, and last, run a 1:45 half and a 3:37 full. *(which she did at the Three Bridges Marathon)

Randall Lynch - Reach a running weight of 175. (a 21-pound loss) Focus on improved running technique and breathing. End 2018 with a full marathon and be ready to sign up for the 2019 Grand Prix season.

Lisa Webb - Do the Little Rock 5K/Marathon Combo without sucking. Get out of my comfort zone and join the Grand Prix. Run with Run Dirty Trail Runners all winter. Run Hoof it for Heifer, Catsmacker, and more trail races. Run, run, run!

Rachel Hendrix - 1. Convince one person to join the Women's Grand Prix team. 2. One hour track run- major goal: 31 laps, minor goal: go farther than last year. 3. 15K- major: sub 1:12:30, minor: sub 1:13:50. 4. Valentine's 5K- sub 23:07 and don't throw up like the last two years. 5. Run the Line Half- major: sub 1:48:57 (distance PR), minor: sub 1:51:39 (course PR). 6. Chase Race- sub 13:59. 7. Spring Fling 5K- sub 22:48. 8. Capital City Classic- major: sub 48:00, minor: sub 50:00. 9. Toad Suck - sub 48:00. 10. Get Colin, Rodney, Dawn, and Zach to sing karaoke.

Brittany Chappel - Run my first full marathon and concentrate on getting faster.

Bill Rahn - Run lots of miles without sustaining a major injury, do two marathons, both 10 minutes faster than my best 2017 time, and, for the first time, sign up for the Arkansas Grand Prix and try to do at least eight of their races.

David Samuel - Here are my 2018 running goals: Walk at least 2-4 miles twice a week; participate in local 5K races; participate in at least seven Grand Prix races; and complete my 37th consecutive Spa 10K.

Brian Sites - Just wants a dang hat.

Other Notes:

Thank you so much for everyone who helped at the Three Bridges Aid Station. We got a lot of compliments.

The new singlet with the new logo will be ordered soon.

The Hilly Chilly is set for January 27th. Bring chili or any side you desire. The start of the run and the chili will be at 1017 N. Fillmore St., Little Rock.

Hilly Chili

January 27, 2018

1017 N. Fillmore
Little Rock

4-6 p.m.

The fun run is in lieu of the Club's regular monthly meeting.

Three Bridges Marathon Is A Boston Qualifier

By Laura Hoffman

The 3 Bridges Marathon is one of my favorite races and one I hope to do every year! I absolutely love the course being on the River Trail and the small number of participants is right up my alley! Large races with thousands of participants can stress me out, so I enjoy the more intimate events. I was excited to go back to 3B26 for my third year in a row. While I felt the most trained I have ever been for a full, I was also a little nervous as I tend to put a lot of pressure on myself and my performance.

In August 2016, I started training with Jacob, a co-worker/former parent of a past student, who knew I was a distance runner. He wanted to run a marathon and was looking for someone to do long runs with. At the time, I was training for the White River Marathon and was happy to have someone keep me accountable with my workouts. We trained through the fall and ran 3B26 together in 2016. The weather was unusually warm that December day and we both had a terrible race. We trained hard through 2017 and were looking forward to a much better race this year.

I still wasn't totally set on a game plan for the race as I headed to the starting line on December 16. The month before, Jacob and I did what was supposed to be our last long run at the 6/12/24 Sunset Lake Endurance run. We had planned to run 20 miles somewhat close to race pace and then I was going to walk or jog the rest of the six hours. I was feeling really good that day and ended up running the whole six hours. That day, I ran 26.2 miles in just under 3:40 (a 10-minute PR). I really doubted myself that I could actually do it again at 3B26.

Jacob had sent me a link to make your own pace bracelet the week before the race. I made one for a 3:35 finishing time and one for 3:40. I was really intimidated by the pace on the 3:35 bracelet so I wore the 3:40 one. As we stood at the starting line, I was still debating my plan. Jacob told me he was going to start at an 8:10 pace and work his way down. I decided I would start at 8:20 and just see how I felt. I have always struggled with starting races too fast and was determined not to do this again. I worried

if 8:20 was too fast of a start for me. I spent the whole first mile staring at my watch.

Just after the Big Dam Bridge, Jacob and I split around mile two. I was feeling good but told myself it was way too early in the race to push myself. I started feeling like I was getting into a comfortable pace and needed to start fueling. I focused on eating and drinking for the next few miles. I was pumped each time my watch beeped and my pace was close to eight but worried each time it was under that.

Just before and after Clinton Bridge, I was ecstatic to see an unexpected friend cheering me on! I get a little emotional when people wake up early to stand in the cold and come out to watch me run. What an honor! She was just what I needed at the time! Close to mile 18, my calves really started burning. This is not a normal pain during my long runs but I told myself I just had to get to mile 20. I knew my best friend Erin would be there! She got me in to distance running and I really needed her support and smiling face. She was also going to hand off my electrolyte drink (I cannot stomach Gatorade while running).

Once I made it to Two Rivers Park, I knew I was on the home stretch. The last 10K of 3B26 is actually my favorite loop and I run it about once a week. I could feel myself slowing down but just kept pushing and forced myself to stop checking my watch. I was happy to see familiar faces at the mile 22.5 aid station! Thank you LRRC crew!

Once I finished the Two Rivers loop, I knew the race was almost over and made it back to the last bridge. As I was coming down the bridge, I got a glimpse of the clock and was shocked to see 3:35! I heard a friend yell my name as I crossed the finish line with a huge smile on my face! As a runner, you hear about Boston Qualifying times but I never thought in a million years I would ever be fast enough to reach them!

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.

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Team Red, White And Blue

By Georgina Biehl

Alright Eagle Nation ... Team RWB has a slick new website that will offer you a better experience as a member! Head on over to www.teamrwb.org and follow the steps below. We're asking *every Team RWB member* to do this in order to take full advantage of the new environment. Thank you!

- **Account Creation** - As we have a brand new website with tons of functionality that you can now interact with, everyone needs to create an account - to include existing members. This is important, so you can take advantage of the new technology in a secure way. If you set up your account with the same email address you used to sign up for Team RWB, it's a super easy process with most of the work done for you! Not sure what email you used? Easy - use the one that has the Eagle Nation from 12/15/2017 in your inbox. If you use a new email, this will create a duplicate account (which is bad). We can fix it, but it's more work for everyone involved. The account creation process is super easy and takes literally less than a minute - here are the basic steps:
 - **Step #1:** Head over to www.teamrwb.org and click the Login button on the top right.
 - **Step #2: Sign Up** - You can do this by adding your Name, Email and Password or using a Social Login. User personal email address please.
 - **Step #3: Verify Email** - After signing up you will receive an email with a verification string to confirm your email address - this is for your security. **(If you don't get it - please check your spam!)**
 - **Step #4: Login** - Login with your email/password or Social Login that you created or used in Step #1.
 - **Step #5: Update Account** - New members must complete all required fields and existing members can update any relevant information.
 - **Step #6: Confirm** - Users will click on the Update Account button to save their information and complete their registration - done! They now have an account and will notice the Login link on the top navigation bar has now switched from **LOGIN** to **HI, FIRST NAME**.
- **Managing Account** - Now that you have an account you have the ability to do a few things:
 - Update account settings (See Step #4 above)
 - Update password
 - Update your Preferred Chapter and sign up for two additional email subscriptions to different chapters if you like (much requested from Eagle Nation) - this part is optional. Note: everyone's mailing address places them in a Chapter. The cool thing is that you can now modify this based on your real life situation!
- **Events and Activities** - Many of our awesome Eagle Leaders have been very busy over the past week creating new events and activities, which you can now find on our website! As I'm writing this we have just under 3,000 events that have already been published, and unlike ever before, our members and the general public can now see all our events and activities in one place! You can discover and access events in two ways:
 - **Events Link** - By clicking on the events link in the primary navigation bar you will be taken to a page to filter your search and then will be able to view all events and activities in a certain location.
 - **Chapter Webpage** - By using the chapter locator, you can find chapters around you. When you find a specific chapter that you want to check out, you can click on **View Details** to be brought to a specific chapter webpage. Each chapter webpage will have some basic information about the chapter, along with any events and activities that they have published, along with related content that we've currently tagged for that chapter.
- **Event Details Page - Registering and Checking In** - One of the big benefits of the new site is the opportunity for members to be able to register and check-in to different events and activities. Finally, as a local leader you'll know specifically what events that members are coming to, and use that info to help you engage more veterans! A few things to note:
 - You need to be logged in to be able to register or check-in to an event.
 - There is an Add to Calendar button on every event that will allow you to download the event details (which contains the URL for that specific event) to your personal calendar.
 - Not all events will have a Register button. The Eagle Leader Partner Community Users will determine whether or not an event will have a Register button viewable on the website.
 - The Check In button will become available to users the day of the event and will remain available after the event.

PLEASE SEND ANY QUESTIONS/ISSUES TO YOUR CHAPTER LEADERSHIP TEAM

Thanks for being a member of Team RWB...get engaged, get active, and get enriched!
<https://www.teamrwb.org/join/>

2017 Grand Prix Series Ends At CASA Half

By Brian Sites

The 2017 Grand Prix season ended with the CASA Half Marathon December 9 in Pine Bluff. The temperature was in the mid-20s, the sky was clear, and the sun was high enough to offer some warmth against the frigid effects of the rising wind.

The race was stretched out within the first few miles with the usual LRRC heads of state at the front: Brian Sieczkowski and Jonathan Aram for the men. Jen Found and Carly Langley again tangled with Tia Stone on the ladies' side.

Brent Corbitt, having already locked up the overall Grand Prix title on the men's side, probably decided to keep his toes warm and stay home. And that is generally how it ended - another great performance by LRRC. Thank you to all who made CASA a great event. This includes the volunteers and event folks, plus those who contribute the beautiful awards.

Congratulations to all of our Grand Prix winners and participants. LRRC men won the team competition and the women were fourth. Carly Langley was third overall for the women, while LRRC men (Corbitt, Sieczkowski, Aram) swept the overall podium. Jen Found, who almost set a state master's half marathon record at CASA, won the women's masters title, while Brian Sites and Colin Hall (Iron Runner - again) were two and three for the male masters. We also had many age group podium finishers throughout the season and overall.

From a personal point of view, and especially at this time of year, I believe it is important to recognize that placings and standings are secondary to the great running community we have not just within LRRC, but throughout Arkansas. Not just community - dare I say family? Every race to me feels like a reunion of sorts - people I know, many more I recognize, some rivals. Results aside, it is always a good time (hopefully) because we all do it together. We should endeavor to thank those who give so much to Arkansas running including, but not

limited to, David Meroney, Bill Torrey and Rock City, Gary Taylor and Go!, Mac's Race Timing Service, our Star Spangled Banner man Keith Knight, all of those who manage our clubs, volunteer, put on

events, local police, etc. Thank you indeed!
2017 is a wrap. Let's do it again in 2018.

2018 Grand Prix Series Schedule

- January 21 – One Hour Track Run at Pottsville**
- February 3 – River Trail 15K at North Little Rock**
- February 10 - Valentine's Day 5K at Russellville
- February 18 - Run the Line Half Marathon at Texarkana
- March 10 – Chase Race and Paws at Conway**
- March 24 - Spring Fling 5K at Cabot
- April 7 - Capital City Classic 10K at Little Rock
- April 14 – Hogeye Marathon at Fayetteville**
- May 5 - Toad Suck 10K at Conway
- June 9 - 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 - ARK 5K Classic at North Little Rock
- September 8 – Minuteman Cross Country at Little Rock**
- September 15 - Arkansas 20K at Benton
- September 29 - The Great 5K Pumpkin Run at Lonoke
- November 10 - Breakaway 10K at Searcy
- November 17 – Spa 10K at Hot Springs**
- December 8 – CASA Half Marathon at Pine Bluff**

Bolded races are state championships

April Running Calendar (Continued from Page 6)

- 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: Hogeye 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.
- 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.

Membership Spotlight: Neil Masangkay

Name: Neil Masangkay

Age: 35

Nicknames: I actually don't have any nicknames. My friends growing up were either uncreative or really merciful ó probably the latter.

Where are you originally from? Philadelphia, PA
Where are you living now? Hillcrest Region of Little Rock

Rock

Occupation: Doctor and Medical Educator at UAMS

Where did you attend school? I went to Clifton High School in Clifton, NJ, and then Rutgers University in New Brunswick, NJ, for undergraduate before getting my MD at the University of Pennsylvania.

How long have you been a Little Rock Roadrunner?

My wife Rachel and I signed up in July 2016, just before moving to Arkansas. We moved here after living in Philadelphia for a dozen years and needed a way to meet people since we had never been to Little Rock before. It's been great to meet like-minded people who can tolerate stories about endurance sports and embarrassing running injuries.

What got you into running? I was a wimpy kid growing up and so I generally avoided sports to save myself embarrassment. But around the end of college, I decided to give running a try. It didn't really stick until I did my first half marathon ó once I started having targets and goals to go after, I was hooked.

What is your favorite distance? I've always liked the half marathon the most, but the 10K is starting to grow on me. Maybe I'm just getting lazier as a runner.

Do you have a favorite race? I'm going to stick to my old Philly favorites. For a while, the Rock n' Roll Philadelphia Half was an annual target and my favorite. But around the time I left Philly, I became a fan of the Broad Street Run.

Is there a favorite race story? I ran the Runner's World 10 in Bethlehem, PA, a couple of years ago. I planned on going easy for this 10K because I was running a half marathon the next day and had just finished a 5K about 20 minutes before.

However, that town's local running store has an aardvark mascot who was running the race. It was a full-on fuzzy costume with an oversized head that the mascot had to prop up and balance with its hands. Of course, it started directly in front of me. Like an idiot, I decided I couldn't lose to a mascot ó especially one that literally couldn't hold his head straight. I quickly got rid of him but after 8K of hills, he caught and passed me (I swear, Bethlehem, PA, is really hilly).

Just as he passed I caught up to David Willey, who at the time was the editor-in-chief at *Runner's World*, along with another of the RW editors. This is what followed:

Me: "Are we going to f*ck&^%*& lose to an Aardvark?"

David Willey: "Quick, let's make a paceline and catch up." (David, and the other editor, and I exchange glances and then try to pick up the pace for a few yards but then quickly give up.)

David: "I guess we're going to lose to an Aardvark."

I bet the Aardvark placed in its age group, too.



Caption: I lost to this thing. But so did the Editor-in-Chief of *Runner's World*, so it's okay.

What motivates you? I love the process of getting better ó whether that means becoming stronger, faster, or just more consistent. I've always like being able to set goals that aren't necessarily tied to new personal records. Of course, PR's are pretty cool.

What are your running goals for the future? Just to be more consistent about running and increasing my regular weekly mileage.

Favorite Quote? "It's just pain" - Brandon Prust

Favorite Song to Run to? I usually don't listen to music when I run. A dozen years of running in Philadelphia at 4 a.m. will teach you to mind your surroundings. If I listen to music on a treadmill or if I want something to warm up to, I'll include "Everlasting Light" by the Black Keys on my playlist. You can't help but follow the beat of the song when you're running which is nice because it's exactly 90 beats per minute.

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 lhhouse48@gmail.com.

January 2018

- 1: Black Eyed Pea New Year's 5K/10K at Fayetteville. Call 479-790-6491.
- 13: Ouachita Switchbacks 50K/25K at Big Cedar OK. Call 918-658-0478.
- 13: Frozen Toes Trail 15K at Fayetteville. Call 479-444-3463.
- 13: Chilly Cheeks 10K at Camden. Call 870-833-1945
- 20: David's Trail 50K/25K/11K/7K at Mountain Home. Call 870-404-8363.
- 20: Amelia's Gift 5K at Greenwood. Call 479-461-9625.
- 21: One Hour Track Run at Pottsville. (GPS SC)
- 27: Freezing For A Reason 5K/10K at Pine Bluff. Call 870-550-1520.

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.
- 11: Fort Smith Marathon/Half/Relay. Call 479-0719-3730.
- 11: Love Your Neighbor 5K at Benton. Call 501-722-7904.
- 17: MLK 5K at Little Rock. Call 501-231-3730.
- 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.

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.
- 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.
- 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.
- 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.
- 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.

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.

Birthdays

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

- 4 - Leo Sieczkowski
- 5 - Mary Ann Lipin
- 11 - Simon Sanghera
- 12 - Ryan Hoek
- 16 - Caleb Ault
- 16 - Christina Bricker
- 18 - Desi Tuey
- 18 - Jeffrey Zern
- 19 - Heather Raymond
- 21 - Richard Johnson
- 23 - William Freeman
- 25 - Ann Scoggins
- 27 - Jeff Byers

New Members

Welcome to new members!

Jeffrey Grove of Little Rock is a firefighter who has been running for five years.

Mary Ann Hansen of Little Rock is a retired teacher and running coach with Hope Rises Wellness and Recovery House.

And thank you to **Brian Sites** of Maumelle for renewing his membership.

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