

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2018

Ainsley's Angels And Arkansas Run For The Fallen

By Colin Hall
LRRC President

Ainsley's Angels of America and Arkansas Run for the Fallen are two great causes in which you can get involved. Ainsley's Angels mission is to build awareness about America's special needs community through inclusions in all aspects of life.

Ainsley's Angels (<https://ainsleysangels.org/>) is named for the daughter of Kim and Lori Rossiter aka "Rooster" in the US Marine Corps. Ainsley was born in 2003 and diagnosed with (INAD) Infantile Neuroaxonal Dystrophy just before turning four. INAD is extremely rare and causes global paralysis. Most children pass on before 10. There is no cure or treatment. Ainsley went for her first jog during a local road race in 2008. This provided the family with a therapeutic means to fight this illness that would eventually take her life in 2016. This experience is now known as the first of 100 road races that Ainsley has completed, to include nearly 20 half-marathons, as well as the 2011, 2013, 2014, and 2015 Marine Corps Marathons in Washington D.C. Ainsley's now 15-year-old sister, Briley, joined her for 30 of these races and the family has discovered first-hand the therapeutic effects of these races - again, not only for Ainsley, but for her entire family and now for the entire Ainsley's Angels of America family. Ainsley inspired the creation of Ainsley's Angels of America, the writing of a children's book by her sister ([Born An Angel by Briley Rossiter](#)), the Ainsley's Angels Race Series, and thousands across the nation. There are different categories of runners:

An **Angel Athlete-rider** is paired on race day with a chair to use during race day, unless the rider has a specific runner request. There is no fee.

Angel Runners are athletes that are pushed or pulled by the Angel-Athlete Riders.

Guardian Angels assist all Angels and Ambassadors in accomplishing the mission!

Angel Teams consists of one Angel Athlete-Rider and up to three Angel runners being pulled.

The Northwest Arkansas ambassador is Jarrett Banks. Contact him if you would like to become an Angel. (nwarkansas@ainsleysangels.org). He will also be our speaker at the next meeting March 19.

Next Ainsley Events:

Little Rock Marathon March 4

Ainsley's Angels will be participating for the first time ever in the Little Rock Half Marathon on March 4. Contact Jarrett Banks at nwarkansas@ainsleysangels.org if you are interested in being an Angel Runner, Athlete Rider or Guardian Angel.

Alma Dog Run March 10 @ 8 - 10 a.m.

Ainsley's Angels will be participating in the Alma Dog 5K Run. All proceeds will benefit children in Alma with special needs. Contact AA in Arkansas Ambassador Jarrett Banks if you are interested in being an Angel Runner or an Athlete Rider in this race at nwarkansas@ainsleysangels.org. More information is also available at: <https://runsignup.com/Race/AR/Alma/AlmaDogRun>

Hogeye Half Marathon April 14 Springdale, AR

Ainsley's Angels will be participating in the Hogeye Half Marathon in Springdale. Please contact Jarrett Banks at nwarkansas@ainsleysangels.org if you are interested in being an Angel Runner, Athlete Rider or Guardian Angel. More info at: <https://www.hogeyemarathon.com>

Arkansas Run for the Fallen

The 7th Annual Arkansas Run for the Fallen is March 16-18. Several Roadrunners got together and did this last year. We hope to have a bigger representation this year. This is a very inspiring run (not a race) on March 18th.

It is important for us to recognize the brave men and women who fought since 9/11 as well as the Gold Star families you will meet.

On March 16-18, in an apolitical reflection of remembrance, a team of

(See Colin on Page 2)

March Meeting

March 19, 2018

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

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

Jarrett Banks
Ainsley's Angels Ambassador
Northwest Arkansas

River Trail 15K Plans Are One Mile At A Time

By Erin Lytle

Last year was my first time to run the River Trail 15K and I fell in love with it immediately. I felt like it was my smartest race so far in my running. I have been training for the Little Rock Marathon, but I knew that I would be running this race without question this year. I joined Little Rock Roadrunners in September 2017 and signed up for the Grand Prix Series earlier this year. I knew a lot of people running the River Trail 15K this year, including my best friend Laura, my sister Kelly, and my brother-in-law Michael. Kelly has always been the runner in the family, but this was her first race in about nine years. I was super excited that she would be running.

Colin

(Continued from Page 1)

runners embark on a 146 mile run to honor every Arkansas service member who has died while serving since September 11, 2001. The run begins in Ozark, Arkansas, and ends 146 miles later on the steps of the State Capitol. Each mile of the run is dedicated to an Arkansas Hero. The run team stops at each marker where they present an American Flag and a biographical card in honor of a fallen service member who has died while serving since 9/11/2001 in an effort to create a 146-mile memorial trail through Arkansas. You can find detailed information about the heroes who will be honored and the location of their memorial mile and register at

<https://runsignup.com/Race/AR/LittleRock/ArkansasRunForTheFallen5K?remMeAttempt=>

The cost is \$25 to run or virtual run.

To ensure you receive a run shirt, registration must be submitted by Friday, March 2. Arkansas Run for the Fallen 5K is an opportunity for the public to run alongside our core run team for the final three miles towards the finish, arriving at the steps of the Arkansas State Capitol at approximately 2:10p.m., with the ceremony at 2:30 p.m. March 18.

If registering for the final 5K of the Arkansas Run for the Fallen you will be expected to maintain a 10:00 mile to keep pace with the Run Team. Starting time is 1:40 p.m. on Sunday, March 18. To participate, please arrive at the State Capitol near the front steps no later than 1 p.m. Registration will be available the day of the run, however, you will not be guaranteed a shirt. At 1 p.m. you will be transported by our friends at Arkansas Military Vehicle Preservation Association to the starting point of the 5K to join the run team as they come into town and make their way towards the Capitol.

We begin the 5K by meeting the core run team and continuing through downtown, finally arriving, as a group, at the Arkansas State Capitol for the ceremony honoring our fallen heroes. This final 5K is not a race. There are no timing chips and no winners. Rather, it is an opportunity for people to come

I had a plan for the race (one that I was likely not going to follow). I typically get excited at the beginning and run really fast ó I hoped I wouldn't. I also planned to run the first two miles at 8:15 per mile, and then whatever I wanted after the first two miles. Let's just say, when it comes to racing, I have some work to do. On the way to the race, my sister was reading some tips for running a race and one was, "take each mile one mile at a time." It might not have been exactly what she read, but that's what I heard. Laura and I train together, but we have decided that it's best we don't race together because we both get super excited. Oh, and I should add that while training, I've tried to run by feel and not by my Garmin. I've been covering up my watch and only looking at it at the end of my runs, but I knew I would need to check my pace on race day.

So, during the beginning of the race (probably within a quarter mile), I found myself running next to Laura. We were trying to calm each other down by saying to each other, "This is way too fast. We can't keep this pace up." We were running sub eight-minute miles ó totally not my plan. Around the second or third mile, heading up the hill towards the golf course, I was feeling great and remembered, "Just take it one mile at a time." I continued to hold a 7:35 per mile pace and felt great and strong. I was full of positive self-talk, being my own cheerleader. I was not going to allow myself to think negative, which I tend to do. I knew that when I made the turn to head back I was going to try to pick up the pace. I was able to, and I was amazed! Even during the last mile of the race, I still had a little push, which was awesome. I crossed the finish line and couldn't believe I was able to maintain that pace! When I found Laura, I remember asking her, "How did that even happen?" She said, "You've been training, that's what happened!" Once again, I am amazed by what a person is capable of and running proves this to me all the time!

See ya next year at the River Trail 15K!

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Member Spotlight: Rachel Brackett Hendrix

Name: Rachel Hendrix, née Brackett. You cannot even imagine calling me Rachel Brackett, can you?

Age: 27

Nicknames: Gizmo, after the fuzzy thing in Gremlins.

Where are you originally from? I was born in Everett, WA, but grew up in Kingman, AZ, where the family business, Brackett Aero Filters, is located. I started working there at age 12 when my dad realized he wouldn't have to count inventory anymore. Eventually he saw my potential beyond my astute counting skills and I learned how to do every job in the factory. And if you think of the desert and tumble weeds when you think of Arizona, that's exactly where I grew up.

Occupation: Graduate Student at UAMS working on a Ph.D. in Neurobiology and Developmental Sciences. I work with mice studying the whole-body physiology of Alzheimer's disease in relation to type 2 diabetes, which is an important risk factor. I'll be Phinised in May.

Where are you living now? I live right across the street from UAMS in Stiff Station. I loathe commuting and I'm grateful I get to walk to work every day.

Where did you attend school? I received my BS in Chemistry from Northern Arizona University in Flagstaff, AZ. I exchanged tumbleweeds for ski slopes and gorgeous trails. I admit the academics were not the major pull for me to go there. It still feels like a second home when I visit. Kick axe Lumberjacks!

What got you into running? Triathlons! It was my second week of college and I was outside the student union looking at the triathlon club booth, even though I didn't own a bike, had only run in soccer and basketball, and stopped swimming when I was nine. A guy rode up on his skate board and we recognized each other from calculus class. He told me I should join, so I said yes. *Yes, it really is that easy to get me to do anything.* Run through campus in my underwear? Sure. Jump up on stage with the band? Why not? Try stand-up comedy? Of course! (That guy also ended up becoming one of my best friends, a roommate, and ðman of honor in my wedding. You never know where ðyes will take you!)

How long have you been a Little Rock Roadrunner? By the end of 2014 I had worked back up to consistent running after being injured and unable to run or bike for nine miserable months. For New Year's 2015 I decided to race the Grand Prix to help get back to my prior speed. My first Club event was Hilly Chili at Mark and Christine Ferguson's house. Thank goodness Mark ran the entire time with me, because I did not know which way was north. My runs had not included any hill work during the recovery and, if I recall correctly, we had to stop and walk up a hill at one point. I appreciated getting to know Mark a little and he really helped make me feel welcome to the Club.

What is your favorite distance? I know I am going to jinx myself for the Chase Race, but it is the two-mile. I want to run hard and fast for more than a single mile. I also love the 4 mile because I never quite know what to expect out of myself. What I'm trying to say is that I prefer even, whole, imperial

system numbers when running. International units should stay in the lab.

Do you have a favorite race? I have a fondness for ALL the Grand Prix races I've had the pleasure of running!!! I appreciate getting the chance to go back and try to do better every year. The Chili Pepper 10K is not currently in the Grand Prix, but it holds a special place in my heart as my first cross country race. I almost went home after the open division race, but it was worth staying and getting to see the Razorback women dominate the collegiate race!

Is there a favorite race story? Human brains are wired to remember the horror stories more than the positive ones, but two exceptional moments stick out. In 2010 I crossed the finish line in under two hours for the first time at the Tucson Half Marathon. When my teammates came over to congratulate me their faces went from excited to concerned because I was uncontrollably crying. I was having a hard time explaining between sobs that these were tears of joy because I NEVER thought I would be able to do that. My eyes even got a little wet this year when I crossed the finish line and broke 1:45 at Run the Line. The other notable memory was at the 2013 Little Rock Marathon. This guy slowly passing me around mile six jokingly said I looked like a candy store, referring to the eight colorful Powerbar gels adorning the race belt at my waist.

What motivates you? Seeing other people aspire and try to reach their goals makes me want to be better. I enjoy encouraging/pushing people to attempt what they did not think was possible.

What are your running goals for the future? I have had my eye on a 21:00 5K since I started running and more recently a 6:00 mile. Maybe there will be another marathon in the future if the conditions are right. I don't think I would solo train for that distance again though.

Favorite Quote? Even the cat may look at the queen.

Favorite Song to Run to? Music has been supplanted by podcasts while I'm training. Skeptics Guide to the Universe, Planet Money, This American Life, The Minimalists, and Let's Know Things are some of my favorites. When I used to race with music, my first song was always The Joker by Steve Miller Band so I wouldn't start out too fast (165 BPM).

Colin (Continued from Page 2)

together to show their support for the fallen and run together as a team to show that support. If you are not a runner, please consider joining us at the State Capitol for the closing ceremony at 2:30 p.m.

We are excited to announce that this year we will again have honor bibs. These bibs say ð'm running in honor of ...ð and you will be able to write in the name of the fallen hero you would like to run in honor of.

If you have any questions about this event, email the director: Jeff Beason (jeff.beason@teamrwb.org)

Team RWB Central AR - March In Eagle Country

Arkansas Run for the Fallen:

<http://arkansasrunforthefallen.org/>

Team RWB is about changing lives. Whether through physical activity or social, we strive to make a difference. One way we can do that is through the Arkansas Run for the Fallen

Each March teams of runners relay across the state, one mile for each Arkansan who has died while serving since September 11, 2001. It will start this year on March 16th in Ozark, AR, and continue until we reach the State Capitol on March 18th. Runners are encouraged to sign up to run the final three miles with the core run team. They also offer a virtual race for those who are not comfortable with the 10 min/mile pace. Whether you are a runner or not, you are encouraged to join us for the closing ceremony at the Capitol and meet the families of the fallen.

On another note, your leadership team is working to provide you with opportunities to grow and help your community. We have monthly meetings that are posted as events on our webpage. If you would like to offer your input, feel free to join us!

Valentine's 5K

By Colin Hall, LRRC President

The morning drive up to Russellville was foggy and wet. Arriving on the Arkansas Tech, campus I knew traction would be most important on a slippery course. Luckily the rain held off during the race.

I was excited to see some of my fellow Roadrunners sporting their new green singlets. Although Laura and Erin prefer the term "tank tops".

I started out at a 6:03 pace my first mile. I was able to hold on for a 6:09 pace for the race. I was a tad worried, as it has been awhile since I completed a 5K. I finished at 19:04, good enough for first masters. We had a good showing as Brent Corbitt was first overall with a blazing 16:20 and Brian Sieczkowski finished a close third with 16:67.

Our women did well as Jenny Kelly had a solid 20:40 and a top three finish for the women. Rachel Hendrix finished with a 22:26.

Speaking of Rachel, for the second year in a row we competed in the "unmarried sweethearts" race. We had a combined time of 41:31 good enough for third place. We won a neat gift basket full of mugs, chocolate, a candle, and various other items. We happily split the goods up.

Manfred and Sheila Galatowitsch won third in the "unmarried sweethearts" challenge with a combined time of 53:28.

Afterwards runners gathered in the auditorium for the race awards. We also celebrated the 2017 Grand Prix Awards.

Run as One:

We are hosting the Run As One 5K and Picnic on Saturday, April 7 and volunteers are needed. It will be at Murray Park Pavilion 3 from 11 a.m-1 p.m.

Comment below if you can help.

#ItsOurTurn, #EagleUp and #EagleFire.

Contact Jackie Stone at

Jackie.stone@teamrwb.org or

<https://www.teamrwb.org/national-events/run-as-one/>

Sign up for Team RWB Central Arkansas: <https://www.teamrwb.org/join/>

Leaders Needed:

Are you good at social media marketing? Yoga? Rock climbing? Dutch Oven Cooking? Video making? Photography? Connecting with those you don't know yet? We could use you! Contact Jeff Beason at jeff.beason@teamrwb.org for details on how to be a volunteer.

Little Rock Marathon Dinner:

<https://www.teamrwb.org/event/marathon-dinner/>

Annual Gathering of Eagles before the Little Rock Marathon Weekend. This year we will be gathering at Bar Louie, 11525 Cantrell Rd, Little Rock, AR 72212 (across the parking lot from Fleet Feet Easy Runner). POC: jeff.beason@teamrwb.org

2018 Grand Prix Series

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 – Hogeye 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

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.

March 2018

- 3: Little Rock Marathon 5K/10K. Little Rockers Kids 1M. 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 Pearcy. Call 501-538-3546.
- 10: Diamondback March 5K at Magazine. Call 479-438-3008.
- 10: Kiwanis Clover 5K at Arkadelphia. Call 870-464-7415.
- 17: St. Patrick's Day 5K/1M at Benton. Call 501-776-5970.
- 17: St. Patrick's Dau 2.7M/1M at North Little Rock. Call 501-350-5348.
- 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) Call 501-259-0563.
- 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.
- 31: Y.E.E. Stamped Scholarship 5K/1M at Prescott. Call 870-870-2980.
- 31: Warrior 5K/10K at Cotter. Call 870-435-6363.
- 31: Boomtown 5K/2M at El Dorado. Call 870-862-5442.

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: 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.
- 7: Mercy 5K at Waldron. Call 479-637-4135.
- 7: Jack & Dino 5K at Alma. Call 479-629-0579.
- 7: Heroes for Hope 10K/5K/1.3K at Conway. Call 501-358-4764.
- 14: Presidential 5K at Hope. Call 870-826-3593.
- 14: 5K for St. Jude's Children's Hospital at Fort Smith. Call 479-650-8333.
- 14: Hogeve Marathon (GPS SC)/Half/Relays/5K/Kids Run at Springdale. Call 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: Hogskin County Festival 5K at Hampton. Call 870-818-3253

New Members

Welcome to new and renewed LRRC members!

New

Blair Baskin is a neuro-ophthalmology scheduler who also enjoys spending time outdoors, playing tennis and cooking.

Kelly Marchand is an attorney and has been a regular runner since high school.

Ann Marks is interested in meeting others for group runs. The half-marathon is her favorite distance.

Kristin and John Taylor - She's a stay-at-home mom and he's a trauma surgeon.

Renewed

Dan Belanger
Jim and Rhonda Burgos
 and their son, **Matthew Ingersoll**
Jenny Kelly, our Girls on the Run Director

Running For Tart Cherries

Mary Wells asked me to send the following:

Would you want to be involved in a study of tart cherry supplementation and mid-distance running? Dr. JJ Mayo and Hannah Holstein of UCA are conducting a research study looking at the effects of tart cherry supplementation on mid-distance running. If you are interested in being a subject, please contact Hannah at hholstein1@ub.uca.edu or call her cell, 479-207-2525. Data collected will include treadmill VO2max testing and body composition analysis. Thank you for your consideration. JJ Mayo, PhD, RDN, and Hannah Holstein

Running Calendar

- 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.
- 28: Dogwood 5K at Siloam Springs. Call 479-373-6451.
- 28: Crump Conquering Cancer 5K at Little Rock. Call 501-607-3750.
- 28: Spread the Word 5K/10K at Texarkana, TX. Call 903-701-8732.

May 2018

- 4: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 4: Peach Festival 5K at Nashville. Call 870-557-0747.
- 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 Leiø 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.
- 19: In Living Color Lupus 5K at Hot Springs. Call 501-525-9380
- 19: BRTC Scholarship 5K at Paragould. Call 870-239-0969.
- 19: Magnolia Blossom Festival 5K. Call 870-949-9035.
- 19: Speedy Skunk 10K/5K/1M at Prairie Grove. Call 479-466-6251.
- 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.

June 2018

- 2: Take a Run at Hunger 5K at Little Rock. Call 501-626-9388.
- 2: Gassville in the Park 5K. Call 870-421-7723.
- 2: Nutty Runner 5K at Fayetteville. Call 479-387-7116.
- 2: Mucka Mania 5K/10K at Wynne. Call 870-208-6523.
- 2: Superheroes for Autism 5K/1M at Fort Smith. Call 901-359-3232.
- 9: Arkansas Runner 2M/1M at Benton. (GPS) Call 501-246-0716.
- 9: Great Obstacle Runaround 1M at Springdale. Call 479-725-4534.
- 16: Go! Mile at Little Rock. (GPS SC) Call 501-663-6800.
- 16: Hotter Than Hades Half Marathon/Relays at Leland, MS. Call 662-347-2920.
- 23: Superhero 2M at Hot Springs. Call 501-623-8803.

Birthdays

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

- 2 - Zoe Ferguson
- 3 - Brian Polansky
- 7 - Adam Day
- 9 - Jim Barton
- 11 - Mackenzie Ferguson
- 13 - Ted Holder
- 14 - Chris Hall
- 14 - Andrea Sieczkowski
- 15 - Greg Yarbrough
- 17 - Joe Hannah
- 19 - Leah Smith
- 20 - Sean Coughlan
- 21 - Jeffrey Grove
- 23 - Stephen Van Devanter
- 25 - Tinghe Keller
- 27 - Benjamin Davis
- 28 - Simon Sanghera
- 29 - Stephen Booth

New Singlets

President Colin Hall is going to order more of the new green singlets very soon. If you want one contact him at president@littlerockroadrunners.com and let him know your size.

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