

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2004

Admiral Stockdale At The Helm Of LRRC?

By Paul Ward
LRRC President

Do you remember the 1992 vice presidential debate between Vice President Dan Quayle, Senator Al Gore, and retired Admiral James Stockdale, Ross Perot's running mate? After the first two gave their opening statements, Admiral Stockdale began his by saying, "Who am I? Why am I here?" (The debate went downhill from there for Admiral Stockdale.) I thought I would use my first presidential column to answer those two questions.

First, who am I? I'm a native Little Rocker who began running in the mid 1980s after finishing school and becoming physically less active. Increased weight necessitated an exercise program. I don't consider myself a "true runner" like many of you; I'm just a guy who likes to run. Originally, I didn't run very often or very far, and only in the last 15 or so years have I entered local races. For several years I ran only the Firecracker 5K. My first was back when it ended with a lap inside War Memorial Stadium. I wore a cotton T-shirt and had to walk up the street by the zoo. In later years, when the race finished in the stadium parking lot, I didn't know the purpose of the perforated tab on the bib number, so I removed it before leaving home. Sorry if that messed up the results. My ignorance knew no bounds.

Later I started running more often and a little farther, but not "far" by many of your standards. Gradually I learned the benefits of "Coolmax" and the reason for the perforated tab. Still, it wasn't until 2002 that I ran in a 10K. I volunteered at the 2001 Capital City Classic in downtown Little Rock and thought I could not run that far. That was also about the time I

first joined the Little Rock Roadrunners Club.

I met Mackie Buckalew through running and church, and we ran together several times for 6+ miles. She taught me that I could run farther than I imagined. Gradually I ran a little farther, and in 2003 I ran the Lung Run Half Marathon and the second half of the inaugural Little Rock Marathon as part of a 2-person relay team. I still didn't think a full marathon was in the picture.

Last fall and winter I ran with the Little Rock Marathon training group to see if I could get my mileage high enough to try for the full 26.2 miles. I did, and survived and finished the Little Rock Marathon this year. At the time I said that was my first, last, and only marathon, but I'm keeping an open mind about doing another. The fun of running in front of all the cheering and supportive people and the great sense of accomplishment in finishing outweigh the blisters, soreness, and lost toenails.

Still, I don't identify with many of you. I don't run fast. I don't do the Grand Prix or drive very far from home for races. I don't understand a lot of the running lingo. But I do understand that we have a lot of good people in our Club whose company I enjoy.

I run a few days during the week. Saturdays I try to run a little longer or in a race. Most Sundays I ride my bike to my sister's house and take my niece or nephew for a run in my sister's "Baby Jogger". I started doing that almost seven years ago when my nephew was less than a year old. Now he's almost too big to fit in the baby jogger. Pushing them is a good workout, it gives my sister and brother-in-law a break, and it allows my niece and nephew quality bonding time with their favorite uncle. I enjoy it

too, of course. Nieces and nephews are the greatest children, because you can return them to their parents before you go crazy. Maybe when I get older our roles will reverse and they will push me around in an old foggy jogger. On days they don't want to go or are out of town, I try to run with David Williams, Larry Graham, and other characters who run from the Heights U.S. Pizza Sunday mornings at 9 a.m. "Try to run with" are the key words. But it's still enjoyable.

Running is a big part of my life, but not my only hobby or interest. I like to garden. My back yard has good southern exposure and supplies me with fruits, vegetables, herbs, and flowers. I've brought home grown okra and squash to LRRC potluck meetings. I enjoy cooking, especially using something fresh from the garden. I also play softball, read a lot, and watch many TV news programs (I'm a news junkie). When not busy with that, I work as a lawyer at a state agency in Little Rock, representing your friendly government bureaucrats. I've been doing that for

(See Admiral Stockdale on Page 2)

July Meeting

July 17, 2004
6:30 p.m.

Murray Park
Pavilion 2

Speaker: Howard Hendrickson
Galloway Marathon Method

Potluck Dinner

Admiral Stockdale (Continued from Page 1)

13 years, after practicing with a small Little Rock firm for seven years.

I have no current or former spouses or kids. So once the inaugural festivities finish and we recover from the Hollowell administration, I'll need a first lady for the numerous ceremonial functions. Apply if interested. Speaking of Steve Hollowell, I want to thank him for serving us this past year and in his previous stint as Club president. All the negative references to him in my previous newsletter articles were fictional, merely a means to a humorous end. I'll revive former president-for-life

What Is BMI?

When talking about obesity, a term that is often used is BMI. Those initials stand for Body Mass Index. BMI assesses you body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people.

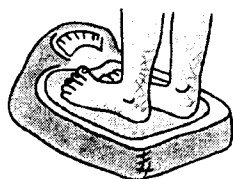
To determine your BMI, divide your weight in kilograms by your height in meters squared(kg/m²). Or, multiply your weight in pounds by 705, divide by your height in inches, then divide again by your height in inches.

National Center for Health Statistics studies report:

- BMI values less than 18.5 are considered underweight.
- BMI values from 18.5 to 24.9 are healthy
- Overweight is defined as a body mass index of 25.0 to less than 30.0. A BMI of about 25 kg/m² corresponds to about 10 percent over ideal body weight. People with BMIs in this range have an increased risk of heart and blood vessel disease.
- Obesity is defined as a BMI of 30.0 or greater (based on NIH guidelines) – about 30 pounds or more overweight. People with BMIs of 30 or more are at higher risk of cardiovascular disease.
- Extreme obesity is defined as a BMI of 40 or greater.

Some well-trained people with dense muscle mass may have a high BMI score but very little body fat. For them the waist circumference, the skinfold or fatfold measurements, or more direct methods of measuring body fat may be more useful measures.

You can go to the American Heart Association web site, www.Americanheart.org. Click on *Healthy Lifestyle*, then select *Exercise and Fitness*. Next select *Making Physical Activity a Part of Your Life* and on the left hand side index, choose BMI. You will find the BMI chart that will assist you in determining BMI.



Tom Barron's "Penthouse" award and give it to Steve this month in gratitude for his service and being a good guy. Tom would give this award to someone deserving our thanks, praise, or kudos, usually just for attending a meeting. Steve has certainly earned our thanks.

Now to why I'm here. It's certainly not out of any personal attributes. I remember first meeting Tom a few years ago. The first thing he said after hello was, "Do you want to be Club president?" I declined, having just joined the Club a few months before. I realized that the lack of experience or qualifications was no impediment to high office in the LRRC. I fully expect a recall petition or impeachment proceeding, so I hope Steve doesn't become scarce.

Actually, Shirley Pence called me last year and asked if I would serve. So remember, it's all her fault! I wanted to do something for the Club and you runners, so I agreed. But I have no goals or agenda. I want to set expectations very low so you won't be too disappointed. This may be the fulfillment of the Peter Principle. Or it may be renamed the "Paul Principle" after my term in office. Ah, fame.

Steve has a good speaker scheduled for our July meeting. Our guest is Howard Hendrickson, who teaches the "Galloway" method of marathon running. Several of our members have used this system to train for and run marathons. I hope you can make it.

If you have any ideas you want your board to consider, suggestions for guest speakers at our meetings, or just some juicy intelligence on Steve, call me. And consider serving your fellow Club members as a board member or officer. We need you.

Finally, I was going to give Tom the "Doghouse" award for missing our June meeting, but he's earned presidential immunity, so this award will have to wait for next month. You can nominate someone for this shameful sobriquet by calling me at 664-0060 or 682-5881.

Happy trails.

The Runaround is published monthly by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 22nd of the month for publication in the next month's issue. Send articles to the Editor at 4207 West Drive, Little Rock, AR 72209 or e-mail lhouse@pcssd.org.

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Running Calendar

Upcoming races, fun runs, Ultra Trail Series (UTS) runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. Contact Charley or Lou Peyton at 225-6609 regarding UTS runs. The LRRC sponsors Sunday fun runs beginning at Andy's, Markham and Barrow Road, at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

July

- 11: Andy's Fun Run.
- 17: Peach Festival 4M at Clarksville. Call 479-979-1228.
- 18: Andy's Fun Run.
- 24: Maumelle Fitness Club 5K. Call 501-730-8678.
- 24: Ding Dong Daddy Days 5K at Dumas. Call 870-382-4303, x234.
- 25: Andy's Fun Run.
- 31: Centerton Fire Run 5K. Call 479-795-2550.
- 31: That Dam Night Run 5K at Lake DeGray. Call 870-246-2566. **GPS.**

August

- 1: Andy's Fun Run.
- 7: HealthSouth 4M Classic at Batesville. **GPS.** Call 870-793-2464.
- 7: Pig Out 5K at Morrilton. Call 354-1814.
- 7: Escape from Turkey Mountain 5M at Tulsa, OK. Call 918-492-3338.
- 8: Andy's Fun Run.
- 14: Run for the Grapes 5K at Tontitown. Call 479-361-1100.
- 14: Watermelon 5K at Hope. **GPS SC.** Call 870-777-1917.
- 15: Andy's Fun Run.
- 22: Andy's Fun Run.
- 28: Rollin on the River 5K at Little Rock. Call 501-227-3700.
- 28: White Hall Founders' Day 5K/2M. Call 870-540-6526.
- 28: Lake Atalanta 5K at Rogers. Call 479-366-7756.
- 29: Andy's Fun Run.

September

- 4: ARK River Run 5K at North Little Rock. **GPS.** Call 501-868-1072.
- 4: Possum Trot 5K at Mt. Ida. Call 870-867-2370.
- 5: Andy's Fun Run.
- 11: UAPB/SEARK Scholarship 5K at Pine Bluff. Call 870-535-0110.
- 11: Zero Mountain 5K XC at Fort Smith.
- 11: Minuteman Day 5K at Camp Robinson, North Little Rock. Call 501-212-5402.
- 12: Andy's Fun Run.
- 18: Orange Crush 8K/5K XC at Conway. **GPS SC.** Call 501-450-9292, ext. 26.
- 18: Smoke on the Water 5K at Pine Bluff. Call 870-536-8175.
- 18: Prostate Cancer Challenge 5K at Little Rock. Call 501-526-7047.
- 18: A-Phi-A 5K Power Run at Jonesboro. Call 870-239-7030.
- 19: Andy's Fun Run.
- 25: Mercy Celebrity Classic 5K at Ft. Smith. **GPS.** Call 479-783-7444.
- 25: Furry Friends 5K at Little Flock. Call 479-464-3200.
- 25: Barn Sale 5K at Camden. Call 870-836-6426.
- 25: Prospect Bluff 5K at Judsonia. Call 501-729-4796.
- 26: Andy's Fun Run.
- 26: AR Sr. Olympics 5K/10K at Hot Springs. Call 800-720-7276.

Birthdays

The following is a list of Club members/spouses who were born during the month of July. Call June Barron at 851-4655 if the information is incorrect.

- 2 – Jill Beisel
- 3 – Coreen Frasier
- 11 – Bill Harrell
- 15 – Dale Wintroath
- 15 – Rhonda Ferguson
- 18 – Ashley Bulloch
- 22 – Lou Peyton
- 24 – June Barron
- 24 – Matthew Morton
- 27 – Steve Bonds
- 28 – Gary W. Wade
- 29 – Dave Feldman
- 30 – Andra Dillard

Running Quote:

It's the steady, constant driving to the goal for which you're striving, not the speed with which you travel, that will make your victory sure."

The Runaround is mailed with a Nonprofit Organization Bulk Permit Number. Bulk mail is not forwarded. If you move and want to continue receiving the newsletter contact June Barron, 54 Oak Forest Place, Maumelle 72113, call 851-4655, or send an e-mail to littlerockroadrunners@yahoo.com.

The expiration date of your LRRC membership is the date on the top right corner of the newsletter mailing label.

Retreads

The Retreads will meet the first Wednesday of each month at Franke's Cafeteria, 11121 N. Rodney Parham Rd. (Market Place Shopping Center). Wear something to show you are one of the gang--shirt, hat, scarf, finisher medal, etc. This is Dutch Treat. Just show up and look for the Old Runners -- Retreads.