

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

**April 2005**

## March Running Club Meetings Go Down Under

**By Paul Ward  
LRRC President**

On March 14 I went over the river and through the woods to Grandpa Marston's club meeting. The Arkansas Running Klub in North Little Rock heard Jesse Riley discuss the trans-Australia race several years ago. Jesse did his first ultra run at age 24 and has won four trans-America races. Since then, Jesse has undergone a "reverse Huckabee" and become quite rotund. But as we all know, looks can be deceiving.

Jesse said Australia is about the same width as the continental U.S. The course covered about 2,400 miles over some very rugged, desolate country. Some areas are devoid of geographic variations – just flat desert as far as the running eye can see. He said you would sometimes go 40 days between seeing a creek with flowing water. Fourteen of the 24 entrants completed the race and the top runner averaged about 43 miles a day. I simply cannot imagine running that far. I tip my hat to those of you who do this.

What I can imagine is being in a submarine, and I don't want to be in one for very long. But Gene Prohl does. This North Little Rock native and navy veteran spoke at the Little Rock Roadrunners Club's March 17 meeting on the U.S.S. Razorback submarine. Gene served during the Korean Conflict on the U.S.S. Tilefish and U.S.S. Carp as an interior communications electrician, working the radio, sonar, and radar. These two boats and the Razorback are all "Balao" class submarines, almost identical copies of each other. Gene helped lead tours of the Razorback when they were offered last year. Originally submarines were named

after fish, but since the 1960s the Navy has named them after people, cities, and states. The Razorback is named after a baleen whale that is about 70 – 80 feet long and has a razor fin on its back. By the way, the U.S.S. Battfish, moored in Muskogee, OK, is also a Balao class sub.

The Razorback was built in the Portsmouth Naval Shipyard in Kittery, Maine, in 1943-44. It went on five patrols during World War II. On its third patrol the captain spotted a ship in the periscope (which had troublesome fogging) and ordered five torpedoes fired. Then he saw a red cross on the ship and understandably became very alarmed. Fortunately the torpedoes missed. Unfortunately, torpedoes missing or malfunctioning was common. The Razorback typically carried 24 3,000-pound torpedoes on a mission.

The Razorback has 10 torpedo tubes, 21 inches in diameter, six forward and four aft. Four diesel engines power the sub. These turn a generator and the electricity can charge the batteries or power motors that turn the drive shafts connected to the two propellers. The batteries weighed 250 tons and were removed to allow the Razorback to make it upriver. The Razorback normally drafted at over 16 feet, too deep for the channel, so weight had to be removed and the Razorback was attached to barges to raise its depth.

The typical crew was six officers and 60 enlisted men who worked three shifts a day. A typical patrol was 45 – 55 days, but some would last up to 70 days. Sometimes a sub would carry a group of commandos for a mission and things could get quite cramped. Serving on a sub is purely voluntary. If a sailor gets

claustrophobic, he is excused. On the plus side, Gene said submarines got the best food in the Navy.

The Razorback submerged by flooding its ballast tanks. Saddle tanks on the side of the sub carry diesel fuel (116,000 gallons) or water. Electric pumps could move the water side to side or front to back to get the desired depth and angle of descent. Bow and stern planes (like wings on the side) also could drive the sub up or down when it was moving. To surface, compressed air expelled the water from the ballast tanks. The "official" maximum depth was 400 feet, but at least one sub went below 550 feet and survived.

The underwater operating capacity was limited. World War II subs typically operated on the surface. Each evening they would have to surface to run the engines and charge the batteries. The Razorback could run underwater at its top speed of eight knots for only one hour before depleting its batteries. It could run very slowly for 48 hours. The Germans developed a "snorkel" system in WWII, consisting of two tubes for air intake and diesel exhaust. This allowed a sub to operate underwater more extensively by

(See Down Under on Page 2)

### April Meeting

**April 21, 2005**

**6 p.m. to eat**

**Whole Hog Cafe**

**Riverdale Shopping Center**

**Speaker at 6:30 p.m.**

**Dr. Richard Nix**

# Down Under

 (Continued from Page 1)

using its diesel engines, which need air to operate.

The Razorback has been retrofitted several times over the years, including a "GUPPY" (Greater Underwater Propulsive Power) conversion that added a snorkel system. It went on four patrols in the Korean Conflict and four in the Vietnam War. It was decommissioned and sold to Turkey in 1970, where it served for over 30 more years. Turkey intended to destroy it, but a submariner saw the news of this and started efforts to buy it. Turkey was willing to sell it to North Little Rock for \$1, but the Navy said it had to be purchased for its salvage value of \$37,500. It is the last operational submarine from WWII. North Little Rock is establishing the Arkansas Inland Maritime Museum for the Razorback and the U.S.S. Hoga, a WWII era tugboat. Current estimates for opening are around July 4, when tours should be available again.

The U.S. used 322 subs during WWII. Of these, 52 were lost, many with all hands on board and no word on what happened. Each state has a memorial to a lost sub. A memorial to the U.S.S. Snook is in MacArthur Park behind the museum building, and this should move to the Inland Maritime Museum when it's completed. The U.S. sold 68 subs to other countries, including 23 to Turkey, and about 20 are museums. Most of the others have been scrapped.

North Little Rock is fortunate because the Razorback is in such good condition. When Turkey returned it to us, the original operating manuals were still there. Gene said when he first went on board it was like 50 years had disappeared. The sights and smells reminded him of his life as a 19-year-old submariner.

Submariners wear "dolphin" emblems. To earn this, each submariner had to show that he could operate the major systems on the sub. After sufficient study, the submariner would tell the chief of the boat (the top enlisted man) that he was ready. Then the submariner would have to show this by starting the engine, running the engine, loading a torpedo, firing a torpedo, etc. This was so any crew member could do the job of any other crew member who might be injured or killed.

If you want more information on the Razorback, go to [www.northlittlerock.ar.gov](http://www.northlittlerock.ar.gov). There's a link to the Razorback with lots of information and some photographs. Thank you, Gene, for your time and expertise and a very interesting presentation. You win the Penthouse of the Month Award, symbolizing the top suite in a luxury hotel, with its accompanying honor, praise, and acclaim. The Doghouse of the Month Award goes to the all but 10 of you who missed our meeting. Shame, shame. You missed an enjoyable program. Unfortunately, space limitations prevent my listing all of you, but you know who you are! Now go flogellate yourself!

If you ran the Little Rock Marathon, half marathon, or first leg of the relay March 6, you saw the Razorback on the north shore. I hope you had a good run. I heard several people say that they liked this year's course better than last year's, so congratulations and thank you Bill Torrey.

I ran the marathon this year and had a good time. I almost missed connecting with my sister and her family. They planned to walk the few blocks from home to the 16-mile point on the course by Mt. St. Mary Academy. I gave her an estimated time when I'd be at that point but the running gods smiled on me and I got there sooner than I expected. They were nowhere in sight, and I was disappointed. But low and behold as I'm heading on Brookwood getting ready to turn to Riverfront, there they are. My sister told me they just missed me but one of their neighbors saw me and told them I'd already passed, so they drove down to the Riverdale area to see me. This worked out better because I got to see them twice; once heading west to Murray Park and again after the turnaround when I was heading toward Cantrell. My eight-year-old nephew was still wearing his green and blue striped pajamas (looking like a prisoner from some Dr. Seuss jail), but he wanted to run with me. We ran together on the trail by the golf course for a little bit. I was very glad to have some company at mile 21. He still had enough energy to do the "Little Rockers" one-mile run that afternoon.

We have some great people in this Club. When I finished the race, the first friendly face I saw was Bill "The Duck" Harrell. He knelt in homage before me. Surprised, I started to say, "Rise, loyal subject," but he said, "I'm going to remove your chip." I guess I misunderstood. Then I saw Karen Call and later, Larry Graham. I did better than I expected to do, and they were both happy for me and it meant a lot to see them and share the joy. Especially since they could run a marathon,

(See **Down Under** on Page 3)

## Club Officers

*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](mailto:lhouse@pcssd.org).

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## Mailing Information

*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, or call her at 851-4655. Or you can send an e-mail to [littlerockroadrunners@yahoo.com](mailto:littlerockroadrunners@yahoo.com).

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

# Bill Torrey Puts Little Rock Marathon On "A" List

By Bill "The Duck" Harrell  
LRRC Racing News Editor

Bill Torrey did it again. The guy is like a runaway freight train. Give the guy a race to direct and he steamrolls everything and everybody in sight to make it a success. And a success is what the Little Rock Marathon was.

I know all of you know this but he is putting the marathon on the A list. He's already talking about next year and making notes on how to correct the problems that popped up this year.

One problem that comes to mind that can easily be corrected happened in the 5K. The officer in the lead vehicle decided to follow the smell of donuts instead following the course and the runners finished the race coming down the finish line the wrong way but I didn't hear a lot of complaints. Randy Taylor and Leon

Matthews are the only two Club members that I remember seeing finish and they were both complimentary.

I really don't like reporting on the results of a race like this because it's so easy to miss someone who finished. So to those of you who ran any of the three races or competed in the relays let me apologize in advance if you don't get mentioned. Please contact me and I'll correct the mistake next month.

As expected, the first Club member to finish was Glen Mays who finished fifth in 2:30:50. As you know, Glen won the race last year but this year's time was faster. I don't remember how it feels to win or run faster than the previous year.

I believe our next finisher was Jack Evans who ran a 3:53:53. Now Jack is 58 but he runs like a much younger fella. I know, I'm younger and I can't run

with him. Jack was fifth in his age group. LRRC president for life, Paul Ward, had an electric day as he ran a 3:57:20.

Dr. Allen White keeps running everything in sight and he ran this one in 4:03:24. Harold Hays, who's a pacer in this race every year, ran a 4:08:50. Jim Yamanaka, who is 72, ran a 4:15:13 and was second in his age group.

David Samuel, Arkansas's Mr. Running, ran a 4:51:00 and Lloyd Moore, who was probably singing when he finished, came in with a 5:23:48. And then there's John Woodruff, an inspiration to who has ever laced up a pair of running shoes in Arkansas, finished with a 6:06:49. Oh yeah, there's Marshall Singer, who's normally seen on a bike, but ran 5:17:35.

There were some excellent performances by our ladies also. Leah Thorvilson ran an excellent race and finished second overall in 2:59:45. Leah is

(See Bill Torrey on Page 5)

## Down Under (Continued from Page 2)

shower, and take a nap by the time I'd be finishing. What nice people!

I have a few miscellaneous announcements. Congratulations to our own Jenny Johnson. Jenny is finishing med school here and recently got her desired "match" in a residency in Oklahoma. "Match Day" for UAMS students was March 17. She also got her other desired match by getting engaged. We're happy for you, Jenny, but we'll miss you.

To update you on contributions toward the water fountain on the Arkansas River Trail, so far Ivy Harrison, Lynn Major, Tom and June Barron, Shirley Pence, Fletcher Ward, Karen Call, and Cindy and Mike Holland contributed for Betty Ray's birthday, and Betty matched these contributions. Since last month's newsletter, Lee Wyant and Karl Kullander have contributed, the latter we believe in honor of Betty. I contributed to honor three groups: Betty and our Club board of directors, the Tuesday/Thursday Hillcrest running group of the "Endorfemmes" and honorary Endorfemme David Bourne, and the Sunday

U.S. Pizza running group (David Williams, Larry Graham, Brian Polansky, Hayes McKinnie, Bill Diamond, and others). I sometimes run with these two groups and I want to thank them for allowing me to tag along, or drag along. Remember to make your tax deductible check payable to the "Arkansas River Trail," note whether it's in honor or memory of anyone, and send it to the Club's P.O. Box. The Club will match your contributions. The total so far is \$530 in members' contributions. With the Club's match, we're over \$1,000. Way to go!

You'll probably get this after the Capital City Classic 10K, but, hopefully, before the ARK 15K race April 9. Please contact Bob Taylor to volunteer. Good luck to those of you running in these races.

Our speaker next month is our own Richard Nix, who sees many of us in his medical practice. Richard will talk to us on the types of injuries he sees in his running patients, what he can do for them, and what we can do to run injury free. We meet April 21 at the Whole Hog Café. Come at 6 p.m. to eat, or 6:30 to hear our speaker. Note that this will be

our last meeting inside for several months. From May through September we will meet at Murray Park Pavilion #2 for a potluck meeting at 6:30 on the third Thursday of the month. Mark you calendars.

Finally, did you see Steve Hollowell's picture in the paper in March? The caption said he was speaking to a legislative panel on some Secretary of State matter. But my sources tell me there was a different motive. Steve was lobbying for another of those ubiquitous commemorative license plates, specifically one dedicated to the treatment of E.D. With Bob Dole, Steve hopes bipartisan support will bring this proposal to fruition. Rather than the colorful ribbons on plates for breast cancer, prostate cancer, or heart disease, the license plate symbol for E.D. treatment will be an elbow macaroni. Look for it soon on the back of Steve's and my cars.

If you want to offer any hard news or soft gossip, suggest a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you need to unload some Easter candy, call me at 664-0060 or 682-5881.

# 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.

## April

- 2: Capital City Classic 10K at Little Rock. **GPS**. 501-455-2643.
- 2: Alma Partners Club 5K at Alma, AR. Call 479-632-2162.
- 2: Eisenhower Marathon at Abilene, KS. Call 785-263-2341.
- 2: Relay for Life 5K Run/Walk at Searcy. Call 501-729-5702.
- 2: NWA Heart Association 5K at Fayetteville. Call 479-442-6540.
- 3: Andy's Fun Run.
- 3: Hogeeye Marathon, Half (**GPS**), Relays at Fayetteville. Call 479-575-2975.
- 9: Bison Stampede 5K at Rogers, AR. Call 479-636-6360.
- 9: ARK River Trail 15K at North Little Rock. **GPS SC**. Call 501-834-1313.
- 9: ATU Band 5K at Russellville. Call 479-970-9875.
- 9: Rock the World 5K at Cabot. Call 501-843-1423.
- 9: Bellview Bobcat 5K at Rogers. Call 479-685-5913.
- 10: Andy's Fun Run.
- 10: Spirit of St. Louis Marathon at St. Louis, MO. Call 314-727-0800.
- 16: Ouachita Trail 50K/50M at Little Rock. Call 501-329-6688.
- 16: Marine Corps League 5K at Little Rock. Call 501-221-3147.
- 16: Run to Remember 5K at Batesville. Call 870-793-2464.
- 16: Stone County Medical Center 5K at Mountain View. Call 870-269-2871.
- 16: Kiwanis Children's 5K at Siloam Springs. Call 479-524-4156.
- 16: Abiding Faith 5K Run/Walk at Crossett. Call 870-304-7578.
- 17: Andy's Fun Run.
- 23: Dogwood 5K at Siloam Springs, AR. Call 479-524-5779.
- 23: 4-H 5K Trail Run at Little Rock. Call 501-821-6884.
- 23: ASU Beebe Alumni 5K. Call 501-882-8255.
- 23: Ozark Race for the Cure at Fayetteville. Call 479-283-2784.
- 23: PBA Child Abuse Awareness 5K at White Hall. Call 870-247-2295.
- 23: MADD Dash 10K/5K at Searcy. Call 501-279-4756.
- 23: HSU/OBU ROTC 5K at Arkadelphia. Call 870-230-5915.
- 24: Andy's Fun Run.
- 30: Toad Suck 10K/5K at Conway. 10K is **GPS SC**. Call 501-450-4635.
- 30: Christ the King 4M at Little Rock. Call 501-227-4587.
- 30: Springdale Lions Roaring 5K. Call 479-751-8733.
- 30: Country Music Marathon & Half at Nashville, TN. Call 800-311-1255.

## May

- 1: Andy's Fun Run.
- 7: Goshen Gallop 5K at Goshen, AR. Call 479-582-2320.
- 7: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 7: Women Can Run 5K at Conway, AR. Call 501-328-9255.
- 8: Andy's Fun Run.
- 14: Run For Their Lives 5K at Little Rock. **GPS**. Call 501-258-1442.
- 14: Root Rocket 5K at Fayetteville. Call 479-442-2217.
- 14: Greaty Cross Country 4M at Little Rock. Call 501-327-0214.
- 14: Routh & Ready Days 5K at Monticello. Call 870-367-6741.
- 15: Andy's Fun Run.
- 21: Paws on the Pavement 5K at Little Rock. Call 501-223-2457.
- 21: Crawdad Days 5K at Harrison. Call 870-365-2440.

# Birthdays

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

- 5 - Bob Black
- 6 - Hayes McKinnie
- 8 - Sarah Olney
- 9 - Cindy Truax
- 12 - Chuck Nalley
- 13 - Bob Franklin
- 18 - Gary Welchman
- 19 - Jim Goodhart
- 21 - Kelly Thompson
- 22 - Harold Hays
  
- 21: Lions 5K Challenge 4 Sight at Fayetteville. Call 479-236-3341.
- 21: World's Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 21: Magnolia Blossom Festival 5K at Magnolia, AR. Call 870-234-3072.
- 21: Lupus Springers 5K at Hot Springs. Call 501-525-9380.
- 22: Andy's Fun Run.
- 29: Andy's Fun Run.
- 29: Yorktown Bay Half Marathon (**GPS**) & 10K at Mountain Pine, AR. Call 501-620-3285.
- 29: Mt. Nebo 5K at Dardanelle, AR. Call 479-722-2051.

## June

- 4: Dino Dash 5K at Little Rock. Call 501-396-7050, ext. 213.
- 4: Chase the Chicken 5K at Prescott, AR. Call 870-887-2622.
- 4: Cherishing Children 5K at Rogers. Call 479-621-0385.
- 4: Farmington 5K Call 479-267-3159.
- 5: Andy's Fun Run.

### Retreads

The Retreads meet the first Wednesday of each month at 11:30 a.m. 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. It is Dutch Treat. Just show up and look for the Old Runners--Retreads.

# Bill Torrey (Continued from Page 3)

training for her first Boston and only decided to upgrade from the half to the full at mid-week. She's running Boston with her sister "just for fun". Hopefully she'll report back to us about her experience in time for the next newsletter.

Kim Morton also had an excellent race and finished first in 30-34 with a 3:23:31. Karen Irico won the Bill Hoffman Runner of the Month award with her 4:09:57 and Carol Torrey, the one who runs, was fifth in 50-54 with a 4:34:23.

Mackie Buckelew, who runs a race a week, ran a 4:55:41 and Lou Peyton ran a 5:26:01. I'm guessing this is about Lou's 10,000<sup>th</sup> race. Rosemary Marston managed to leave Senor Tequila's long enough to run a 6:23:39.

The half had David Williams finishing as third Master in 1:24:09, Brian Polansky ran 1:24:44 for first in 45-49 and Larry Graham won 50-54 in 1:28:02.

Karen Call ran a 1:41:26 for first in 50-54 and, like Larry Graham, won a trip to the medical tent. Tammy Walther, who just keeps improving, ran a 1:37:53 for second in 30-34. Lou Wintroath, of the running Wintroath's, finished second in 60-64 with a 2:10:24.

A number of you ran the relay but all I can recall is the win by Jenny Johnson and Sarah Olney's team. They ran a marvelous 3:02:03. The Andy's group did well also with a 6:09:41. Their team consisted of Coreen Frasier, Shirley Pence, Betty Ray, and Lynn Major.

There were two races on March 19, one in Eureka Springs and one at Catholic High School in Little Rock — both of them hilly.

The hills didn't seem to affect the way our girls ran in Eureka. This is a very challenging 10K course but I know a lot of people who would love these as flat land times. Jenny Johnson was second overall in 45:10, Tammy Walther third in 45:40 and Barbie Hildebrand was fifth and first master in 46:39. Barbie told me a week earlier that she wasn't even running. Yeah, sure. I wish I had the ability to not run like that.

Joy Ballard was fifth in 50-54 with a 55:09 and Rosemary Marston and Linda Fason were fifth and sixth in 55-59 with

times of 1:10:27 and 1:10:52. Cariana Nash ran a 1:22:30 for tenth place in 25-29.

The guys did okay too although they were led by Brian Polansky. Brian ran a 40:21 for second in 45-49 with Jim Barton a third in 42:03. Randy Taylor won 55-59 in 42:15 and Roy Hayward was tenth in 52:58. David Samuel and R.C. Fason were fifth and sixth in 60-64 with times of 53:46 and 56:45. Jim Yamanaka ran a 57:47 for second in 70-74.

Before I report on the Rocket 5K I want to skip back in time to the Bailey Lung Run Half Marathon. We had a new member finish the race that I did not recognize and I need to make amends for that. Chad Stansbury has not only joined our Club but is running for our team also. Chad ran a 1:25:45 and was second in 25-29. Chad, you're definitely a welcome addition.

I only recognized three members in the Rocket 5K but I understand there

were some new members who ran that also. Sarah Olney was the second overall female with a 21:10 and Mackie Buckelew was third in 40-49 with a 28:05. Long time member Jim Smith ran his "neighborhood 5K" in 31:56 but didn't place in his "old man" age group.

I understand the Goodhart family has joined the LRRC and had three young men run the 5K. Tim ran a 19:48, Jeffrey had a 20:07 and Philip had a 24:16. You guys are also welcome to the LRRC and I'm sure either of you will make a great Club president next.

Also, congratulations to Ryan Renard, a 14-year-old who ran about 32 minutes in the 5K. Hang in there Ryan, next year you'll beat Jim Smith.

Good luck to all you Boston qualifers. Please send me your stories on the race at [bhrunner@alltel.net](mailto:bhrunner@alltel.net). I would love to have for the next newsletter.

## *Poetry From The Sole*

### Amateurs By Randy Oates

Yes, I am an amateur  
and proud of it.  
Amateurs participate in the sport  
for no special reward,  
Other than the exhilaration  
of completing the measured  
distance.  
All amateurs do it for personal satisfac-  
tion,  
For a feeling of accomplishment,  
For the sights, sounds, and feelings of  
the event,  
For a PR\* that is recorded  
only in our own mind.

Amateurs have passion for their sport.  
They have passion for life.  
They persevere in the heat,  
and cold  
and rain,  
Just to prove to themselves  
they can do it.  
Sometimes in groups,  
Sometimes alone,  
But always testing, training  
and exploring personal horizons.  
Yes I am an amateur  
and proud of it.

\*Personal Record