

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2005

How They Do It: Panel Of Experts To Speak In Feb.

By Paul Ward
LRRC President

Have you suffered from withdrawal because we haven't had a Club meeting in what seems like ages? Yeah, me too. If only I could take a break from writing this tedious, somnolent column when we don't have a meeting. You'd like that too, I bet. We could reduce the size of our newsletter to one page with The Duck's column on the front and the membership renewal form on the back. Who doesn't like simplicity?

Anyway, our first meeting of 2005 will be February 17 at the Whole Hog Café. For those of you who've never been there, it is located in the Riverdale Shopping Center on Cantrell Road near the Riverdale Cinema and between "Tuesday Morning" and the Alltel store. We use the meeting room on the farthest left as you enter the restaurant. Come at 6 p.m. if you want to eat, and 6:30 p.m. to hear our speakers.

Ah, our speakers. This month's and next month's programs are complete opposites. This month we will have a panel of local experts tell us about their running. How and why they started running, why they like it, and what they do in a typical week's workout. I've asked the panel to speak briefly on these subjects and then take questions from the crowd. Come prepared to learn.

Who will be on this panel? Males and females, young and not so young, fast and ... well fast. The participating males are our own David Williams and Glen Mays (Glen won last year's Little Rock Marathon and recently moved here and joined the Club), and Brian Bariola (Brian finished third in the marathon). The females are our own Jenny Johnson and Leah Thorvilson, and Alice Stewart. All

these names are familiar if you read the first few lines of race results, from 5Ks to marathons. So come find out how they do what they do so well, and ask your training and racing questions so you can run like them, too.

Next month's speaker? Well, that will remain secret for now. I'll give you a hint, though. The subject has nothing to do with running, but it involves something you might see while running ... in Little Rock or North Little Rock ... along the river. Any guesses? I might tell you if you buy me a beer sometime. Otherwise, stay tuned for details in next month's newsletter.

I hope you saw the *Arkansas Democrat-Gazette* article January 16 on our own Bettina Brownstein. Bettina is a local runner, biker, and lawyer, in order of importance. You remember her daring escapade last year when she snuck aboard the U.S.S. Razorback submarine and launched a torpedo toward Governor Huckabee's fishing boat, only to be thwarted at the last minute by a swimming, Speedo-clad Bob Taylor. Apparently Bettina has been exiled to the Republic of Georgia, once part of the Soviet Union. At first I thought she was going over there to establish a field office for the ACLU or as part of a new charity, "Lawyers Without Borders." Actually, Bettina is going to help the Republic of Georgia establish a more modern legal system, as opposed to the corrupt Soviet-style system they currently have. Bettina will spend a year there as part of an American Bar Association project. Congratulations Bettina. I hope you have a great time and return safely after your time over there.

I'm sure The Duck will be on the phone in no time trying to see if he can send David Williams over there too, but I

don't think that will work. Readers, choose your favorite punch line to that sentence from the following:

- A. Even a former Soviet republic can take only so much;
- B. David's ego is too big for such a small country;
- C. If David left, Larry Graham would be so distraught we'd have to put him on a suicide watch;
- D. All of the above.

Our monthly Penthouse and Doghouse awards are back from their holiday break. Several months ago I honored a pair of Bobs (Taylor and Marston) and their spouses (Sybil and Rosemary). This month I want to honor a pair of Bills: Torrey and Harrell. Bill Torrey is our longtime race director, helping races ranging from numerous 5Ks to the recently established Little Rock Marathon. Directing even a small race is a lot of work. Bill Harrell, aka "The Duck," started directing the Lung Run Half Marathon, and for years has written the funniest and most informative column in our newsletter. He scours the race results to report on the feats of our fellow Club members and spices it up with the drama of competition and rivalry (real and imagined) between

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February Meeting

February 17, 2005

6 p.m. to eat

Whole Hog Cafe

Riverdale Shopping Center

Speakers at 6:30 p.m.

Panel of Experts

Run For The Gold At Superstition Mountain Race

By Al Becken

"I know trail. I show you sacred cave," said the Apache.

I was 17 and had graduated in May from high school in Winnetka, IL. Dad sent me, the following summer, to work on an irrigated Land Grant my grandfather had purchased south of the Gila River near Coolidge, AZ (part of the 1853 Gadsden purchase). I suspect Dad wanted to toughen me up. My older brother was already in the Navy. And, it appeared serving in the military was a certainty by December, when I would turn 18 – draft age.

Tom, a 15-year-old Apache Indian had the size and muscular build of a 20-year-old. Tom and I were to load alfalfa bales on a truck driven by an elderly (Mexican) man. Tom took one look at me and said, "I throw bales up to you. You catch and stack." Tom grabbed the bales with his hook, bounced them onto his knee and threw them up to me. Tom's legs were so strong; I swear he could throw a 100 pound bale 10 feet. Tom's hair was long and black, and his skin was bronze. He tied a bandana around his forehead to hold his hair back. I had my hair cut short, not only because I had been a swimmer in high school, but also because I planned on enlisting in the service the coming fall. Tom gave me a bandana and hat. "Here," he said. "You take hat and bandana, and wear long sleeve shirt. Your hair too short and skin too white."

We worked from daybreak until noon, took a siesta until 2 p.m. and then worked until dark. The temperature reached 120° some days. We worked day in and day out except for Sundays. I was staying in my boss' ranch bunk house and Tom was living with his folks in Apache Junction at the base of Superstition Mountain. Then one late summer day Tom said, "You come with me to Apache Junction Sunday. I take you up Superstition Mountain. I know trail. I show you sacred cave. You bring bottle!" In those days Indians were not allowed to purchase alcoholic beverages in Arizona.

"O. K." I said, "but no booze until we come down off the mountain." I had been warned not to buy alcohol for either the Mexicans or Indians. But, I was 17, foolish, and naïve. Coolidge was a cattle town in "no-man's-land" and the local bar was glad to sell me a bottle of booze.

As we started to climb a trail up Superstition Mountain I thought of the legend of the Lost Dutchman Gold Mine. In the late 1800s an immigrant prospector named Jacob Waltz (the "Dutchman") found gold in the Superstition Mountains. He went to his grave without divulging his secret, but to this day treasure seekers still search for the "Lost Dutchman Gold Mine."

We climbed and wound our way up Superstition Mountain. Tom would stop occasionally to let me catch up, rest, or to take a drink of water. It wasn't until after noon that Tom stopped and, pointing, said, "There is sacred cave. Only medicine man can go in." Tom picked up a sharp rock and made a small scratch on his arm. A few drops of blood fell to the ground. "Do not be afraid," Tom said. And, before I could say

anything, he took my right arm, pushed the sleeve up, and made a slight scratch. As a few drops of blood oozed out, he put our scratched arms together and said, "Now you blood brother and keep sacred cave secret."

I didn't know what to say. For a minute I felt mad and angry. But this Apache kid was bigger and stronger than me, had taken responsibility for my safety all summer, did the hardest work, showed me how to survive, and now bestowed on me what he considered the highest honor possible. Anyway, there was no way I could find the cave much less find my way back down the mountain, so I sure wasn't going to offend my blood brother. It was almost dark when we reached Apache Junction. Tom told his folks about our trip up the mountain and our blood brother relationship. "Now we drink," said Tom. I pulled the bottle from my pack that I left at his house while we climbed the mountain. We passed the bottle around. Most of the time I pretended that I was taking a swig and passed the bottle on. Tom got somewhat wasted. That night we slept on blankets laid down on the dirt floor. Early the next morning I left before Tom was awake.

Sixty years later

"Dad," my middle son said, "There's a marathon near Apache Junction, AZ, on January 15. It's the 5th annual Lost Dutchman Marathon." The starting area is near the town of Gold Canyon, 30 miles east of Phoenix at the base of Supersti-

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Club Officers

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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.

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

Run For The Gold

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tion Mountain, which for all purpose now includes Apache Junction. A few weeks later, driving from the Phoenix Airport through Tempe, Mesa and Chandler, we saw houses wall-to-wall as far as the eye could see, where 60 years ago there was almost nothing. There were 60,000 new housing starts in the Phoenix area last year and the population of the Greater Phoenix area is now four million.

We arrived at the Gold Canyon Golf Resort, the host hotel. The expo, packet pickup, and champion (timing) chips were located in a huge tent at the Resort. A spaghetti dinner was held in the plush Gold Canyon Golf Club restaurant. Walking through the expo, I came to a booth with a Search and Rescue Team. I discovered that their mission is to rescue lost and injured people who climb Superstition Mountain looking for the "Lost Dutchman Gold Mine." I talked with several members of the rescue team who informed me that on average, 30 people have to be rescued from the mountain each year.

The next morning I climbed on a bus to the marathon start. There was also a half marathon, 10K, 8K, and 2-mile fun run. The bus turned off Highway 60 onto Peralta Trail, a winding dirt road climbing up the alluvial fan of Superstition Mountain. I realized that this was the old Apache Trail! I was here 60 years ago. The bus climbed uphill for seven miles. It was still dark when we got off the bus, but I could see a menacing cliff face of Superstition Mountain about 100 yards away. I bent down and picked up a very small jagged rock and put it in my pocket. "I don't know where you are Apache brother, but I've come back home. Run with me today."

Starting at an elevation of 2,330 feet above sea level the first seven miles of the marathon course are downhill on the Peralta Trail Road. After that the course winds around and through the residential area of the Gold Coast Resort, with rolling hills. At mile 23 is "The Lost Dutchman's Revenge," a really steep hill, but it's only 1/10th of a mile from bottom to top. The course finishes at 1,840 feet in Prospector Park, Apache Junction. Although the average temperature is 38° at the start of the marathon and the high was 65°, I

suggest sun screen cream to protect your skin from sunburn.

At the post-race celebration there are burritos, oranges, bananas, bagels, and a variety of drinks. I stumbled from the finish line to sit on a bench. I noticed a little Indian boy about eight years old with long black hair tied back with a bandana. He was sitting on the bench and appeared to be staring at me. As I sat down the Indian kid handed me a choker necklace of tiny turquoise and black and white pebble beads. On examining the little pebble beads I noticed some very small specks that

appeared to be gold. I looked up to thank the kid but he was gone.

Now you will know me when you see me running because I will be wearing my Apache necklace. But don't ask me to divulge the secret of "The Lost Dutchman Gold Mine." You can go and look for yourself and run for the gold in the 6th annual Lost Dutchman Marathon, January 15, 2006. Write Lost Dutchman Marathon, P. O. Box 6417, Apache Junction, AZ 85278, or www.lostdutchmanmarathon.org, or call 480-983-1500.

Panel

(Continued from Page 1)

some of our more colorful characters. The Duck and the lovely Mrs. Duck (her marrying him is proof that love truly is blind) have frequently opened their lovely home to us for our Christmas party. So, thank you Bills, for all you've done and all you do for us. We would not have a good Club without you.

Speaking of the Lung Run, we need volunteers for this race, so contact The Duck if you can help. This year's course is new and hopefully not so altitudinally challenging as last year's. I remember running it last year with full knowledge of the 7th Street hill. Unfortunately, I thought that once we climbed that hill, the rest of the course would be an easy flat sprint down 7th Street before making two left turns to finish on Capitol Avenue. Instead, the course turned left and went down a steep hill behind the Capitol and up another hill by Union Station. I remember thinking, "Oh, no. Not *another* hill!" This shows the benefits of studying the map and driving the course before a race. Blissful ignorance is not a good race strategy.

As for our first Doghouse of the year honoree, I choose the National Football League. Some wags have dubbed the NFL the "No Fun League" because it penalizes excessive end zone celebrations after touchdowns are scored. In a January playoff game at Green Bay,

the Minnesota Vikings wide receiver Randy "Buckwheat" Moss caught a pass, scored a touchdown, and then imitated dropping his pants and mooning the crowd. The NFL fined him \$10,000 for this "offense." No one likes Moss. He's a jerk, a poor sport, a bad example to young aspiring athletes – in other words, a stereotypical pro athlete. But in this instance, I don't think he should have been fined. Green Bay fans gather after home games and actually moon the opposing team's bus as it leaves the stadium. Moss's fake mooning made light of that.

NFL teams are full of criminals. Some beat wives or girlfriends, one killed a person in a DWI incident, and a Green Bay running back broke into a woman's dorm room and defecated in her laundry basket. So freedom of expression is out in the NFL. But violent felons? No problem. Rosters are full of them.

If you want to drop your trousers or drop me a line, suggest a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you just want to convey some sweet thoughts to your presidential Valentine, 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.

February

- 12: Valentine Day 5K at Russellville. **GPS**. Call 479-868-4272
- 13: Andy's Fun Run.
- 19: Lung Run Half Marathon at Little Rock. **GPS SC**. Call 501-224-5864, ext. 103.
- 19: Sylamore Trail 50K at Allison, AR. Call 501-868-5555.
- 20: Andy's Fun Run.
- 26: Knights of Columbus 5K at Morrilton. Call 501-354-0461.
- 27: Andy's Fun Run.

March

- 5: Running for the Green 5K at Rogers. Call 479-936-2934.
- 6: Andy's Fun Run.
- 6: Little Rock Marathon. Call 501-371-4770.
- 13: Andy's Fun Run.
- 18-20: Three Days of Syllamo at Allison, AR 501-753-6910.
- 19: Victorian Classic 10K at Eureka Springs, AR. **GPS**. Call 479-253-8667.
- 19: Catholic High Rocket 5K at Little Rock. Call 501-664-3939.
- 20: Andy's Fun Run.
- 26: Paws and Claws 5M/2M at Huntsville, AR. Call 479-677-2875.
- 26: Spring Fling 5K at Cabot, AR. Call 501-843-1406.
- 27: Andy's Fun Run.

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
- 3: Andy's Fun Run.
- 3: Hogeys 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.
- 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.
- 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.
- 24: Andy's Fun Run.
- 30: Toad Suck 10K/5K at Conway. 10K is **GPS SC**. Call 501-450-4635.
- 30: Country Music Marathon & Half at Nashville, TN. Call 800-311-1255.

Birthdays

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

- 4 – Betty Ray
- 4 – Larcie Burnett
- 11 – Stacy Hurst
- 13 – Charles Peyton
- 17 – Tina Coutu
- 25 – Jane Rogers
- 25 – Marta Schneider
- 27 – Belinda Harrell
- 27 – Richard Nix
- 27 – Ronnie Daniel
- 27 – Shelley Charton

Grand Prix Schedule Changes

The St. Mary's 5K and the Run for the Grapes 5K have dropped out of the 2005 Arkansas Grand Prix Series.

The St Mary's race, which was originally scheduled for April 16, dropped out because of a change in ownership of the hospital and fitness center that plays an integral part in the race. The new owners want to present their fitness program with other events, according to Laurel Stabler, St. Mary's 5K race director and fitness center director.

The Run for the Grapes 5K dropped out because of a schedule change which put it on the same date as the Watermelon 5K state championship on August 13.

Both races are quality events and will be missed. Representatives of both races expressed their hope that they would, at some time in the future, be able to rejoin the Series.

Retreads

The Retreads 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. It is Dutch Treat. Just show up and look for the Old Runners--Retreads.

New Lung Run Course Tours North Little Rock

By Bill Harrell
LRRC Racing News Editor

Like an R. Trent Jones designed golf course, a Billy J. Torrey designed running course can be both beautiful and challenging. You will get both when you run the Bailey Lung Run ½ Marathon on the 19th of this month.

The race will take place in North Little Rock this year and will go through downtown North Little Rock, through the beautiful Lakewood subdivision by the historic Old Mill, and finish in the popular Running Mecca of Riverfront Park.

As in the past there will be a 5K run also for those not quite ready for the longer distance but it is strictly a fun run as only the top 10 male and female finishers will be timed.

Those who run the 5K can also hang around and join their LRRC brethren by working the finish line for the half. The races start on Riverfront Drive (the 1/2 at 8, 5K at 8:10) and the 5K will follow ARK's Riverfront 5K course. The half will follow the NLRPD police car.

North Little Rock has graciously given the Lung Run use of their new Chamber of Commerce building for registration and packet pick-up and the awards ceremony. And, yes, for those of you who shy away from outdoor porta-potties you can have the indoor comfort of bathrooms at the C of C.

A number of businesses and restaurants on Main Street have pledged to open early on race morning so please bring any family and friends with you and let them browse and shop and eat while you get your morning exercise.

As mentioned earlier, the LRRC is in charge of the finish line and that means we need volunteers to do timing and wrangling and other duties. I could even use a couple of people on bikes to ride along with the 5K runners to be sure they don't head toward Ft. Roots Hill.

Elsewhere in this newsletter is a volunteer release form. The Lung Association needs this signed for insurance purposes. Now I have never heard of anyone getting trampled at a race in Central Arkansas but I guess there is

always the possibility. Now if Tom Barron was one of the riders on the bike there would be a probability someone would get run over. Although Tom prefers to run over trees he doesn't mind practicing on people.

You can send the release form to me @ Bill Harrell, 29 Calais Ct., Little Rock, 72223. The most important thing to me is the T-shirt size. You can call me at

821-6610 or e-mail me at bhrunner@alltel.net if you have any questions.

For those of you who run I want to say good luck and don't harass the race director or you will get DQ'ed. This is also a Club fundraiser but we only get paid per finisher. So if you see Larry Graham on the course please encourage him to finish ... he's worth a dollar to us.

Update On River Trail And Pedestrian Bridge

Club president Paul Ward attended a meeting January 31 where officials with the Little Rock Parks and Recreation Department and U.S. Army Corps of Engineers provided updates on the progress toward completing the river trail on the Little Rock side of the river and the pedestrian bridge over Murray Lock and Dam.

The city closed on its acquisition of 4,200 linear feet of former railroad right-of-way behind the Peabody Hotel. This stretch will be part of the "Medical Mile" portion of the trail, running from the Baring Cross Bridge east to St. Vincent's Plaza in the River Market. Significant progress on constructing this part of the trail should happen in the next two months.

The portion of the trail running from the Rebsamen Golf Course to the Junior Deputy Ball Fields will run on the inner levee. Drawings for this portion should be completed in 60-90 days.

The city has proposed routing the portion running from the ball fields to the Baring Cross Bridge behind the Episcopal Collegiate School. School officials will consider this proposal in the next month or two. Near the bridge the trail must cross four Union Pacific Railroad tracks. A grade crossing is not possible because the railroad occasionally parks trains there. A pedestrian/bicycle bridge costing \$1-2 million will be needed and this will be "a challenge." The city has the funding in place to complete the trail but not this bridge.

Construction has started on the pedestrian bridge over the lock and dam.

The contractor is starting on the south side of the river and has driven concrete piles. Construction is on schedule and should finish in two years. Further west, the wooden surface of the bridge over Jimerson Creek is deteriorating and will be replaced. Starting February 14 the wood will be replaced with a new lightweight concrete. This will take several weeks.

The city still wants to have the trail completed when the pedestrian bridge over the lock and dam is finished.

BACA Meeting Is February 10

The next Bicycle Advocacy of Central Arkansas (BACA) meeting, to be held jointly with the Arkansas Bicycle Club, is February 10 at 7 p.m. at the Oyster Bar, 3003 W. Markham, Little Rock. County Judge Buddy Villines and Corps of Engineers Project Manager Jim Pfeifer will speak about progress on the Lock and Dam Bridge as well as other recent developments (including the possibility of a bridge connecting the River Trail and Two Rivers Park.

APPMS Meeting Is February 27

The 50th running of the Pike's Peak Marathon will be this year. The Arkansas Pike's Peak Marathon Society has great plans which will begin February 27 from 1:30-3:30 p.m. at the Main Library in the River Market. The Silver Saddle is already booked by the Society and rooms will be assigned after the meeting and confirmation that you are entered in the race.