

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2005

Club Members Really Gelled At May Meeting

By Paul Ward
LRRC President

The Little Rock Roadrunners Club met May 19 at its summer home in Murray Park (Pavilion #2) for an enjoyable evening of fellowship and gustatory delight. Well over 20 people attended our potluck and enjoyed the traditional take out chicken and pizza, some tasty barbecue brisket, Lou Peyton's corn casserole in a Dutch oven, fresh salad and asparagus that even Bob Marston would like, and several delicious desserts, from the always reliable Mackie Buckelew brownies to Betty Ray's coconut pie to new member Cathy Perry's tasty chocolate, strawberry, and whipped topping layered dessert that was rich and allegedly low fat. We even had fresh strawberries, cantaloupe, and orange slices thanks to an alliterative Cathy, Karen, and Kim. What a spread! And I'm probably forgetting some other dishes our members brought. Now aren't you sorry you missed that?!

After we ate, drank, and listened to the tedious announcements from yours truly, we turned the microphone over to the real star of the night, Celia Storey. Celia had the idea and agreed to coordinate a tasting of various energy gels, such as Gu, HammerGel, Power Gel, and some brands you might never have encountered (I was going to say "never heard of", but I try not to use a preposition to end my sentences with). Celia had over two dozen varieties of gels she purchased mainly at local running and biking stores. Tasters squeezed the various gels on their spoons and recorded their tasting notes on notepads Celia provided. Other than some stickiness, the tasting was informative and enjoyable. Celia will describe the results of the tasting in a separate article.

If I haven't told you before, I'm a real Celia fan. She's had several ideas for

our Club meetings and her articles in the newspaper help spread the word on local biking, walking, and running activities. I'd like to clone her so one Celia could keep her day job and the other could work full time for the LRRC.

You might remember last fall's unfortunate incident where Celia got the Doghouse of the Month Award for skipping two Club meetings where we had guest speakers she suggested. Well, all is forgiven. I hereby grant executive clemency to Celia and restore all her rights and privileges, from voting to gun ownership. Not only that, Celia gets our Penthouse of the Month Award, with its accompanying praise, acclaim, and cash stipend. Thank you so much, Celia.

Thank you, Joe Cordi, for bringing our beverages and plates and napkins. Normally, Steve Hollowell or Bill Harrell handles this chore, which I much appreciate, but Steve was out of town and Bill was still miffed at the world's ornithologists focusing so much attention on some ivory billed woodpecker and ignoring a more prominent creature: The Duck. Thank you guys.

Switching sides of the river for a moment, on May 9 our north shore brethren in the Arkansas Running Klub heard Otis Birdsong speak on the value of staying in shape. Those of you middle aged or older probably remember Birdsong from his days as a star player for the University of Houston basketball team when the University of Arkansas was in the Southwest Conference. Birdsong later played in the NBA several years and was a frequent member of the NBA All Star team. He currently works in the management of the Arkansas RimRockers professional basketball team.

Birdsong lamented the decline in physical fitness among our youth. He said when he was in school in Florida,

students had to pass the President's physical fitness test before they could graduate. Birdsong said even today's professional athletes are less fit than those in his playing days. Current players frequently raise their hands to come out of the game for a rest. Birdsong said he never did this when he played. Paradoxically, in Birdsong's playing days players usually used training camp to get in shape. Now players must come to camp already in shape and the good players work out throughout the off-season. This past season, RimRockers coach Joe Harge had the players run a lot and the team was well conditioned, at least until Oliver "Big Mac" Miller joined the team. Birdsong said Miller could sign a lucrative NBA contract immediately if he could lose much of his excess weight.

Birdsong said that for himself, physical and mental fitness go hand in hand. He feels better mentally when he exercises. When he doesn't, he feels irritable and antsy. He tries to run every day. Several ARK members may have scared him, however, by suggesting he run with them on their marathons or ultra runs.

(See Gelled on Page 3)

June Meeting

June 16, 2005
6:30 p.m.

Murray Park
Potluck Dinner

"An Evening of
Politics and the Arts"

Runners Of A Feather Flock Together

By Bill "The Duck" Harrell
LRRC Racing News Editor

One of the good things that I like about our Club is that, no matter how fast or slow somebody is, we all get along. At a race or Club function the trophy winners and non-trophy winners can be seen talking about training or eating habits or almost anything else.

Of course we tend to gravitate toward people of our own ability to train with. I mean what good does it do for a 10-minute miler to join a group of six minute milers. Although most six-minute milers would be happy to have the 10-minute guy show up, the odds are he would end up running alone. (Although in my case the 10-minute guy would definitely take the trophy at breakfast.)

There is one six minute group that I know of that has a training run every Sunday morning. Although I've never been invited to join this group, and for good reason, I know most of these guys pretty well. David Williams, Brian Polansky, Larry Graham and Brian Sieczkowski are some of the names that come to mind. Bill Torrey and a few others may visit the group occasionally too.

I heard a story recently that this group was going to visit a drag racing track just to do something a little different. A place and time was set for everybody to meet so they could all go together.

The appointed time arrived and everyone was there except for Larry Graham who is notoriously late anyway. As the group was about to give up on Larry and started piling into David's luxury cruiser Larry's hot rod pulls into the parking lot. Larry hops out and is wearing a formal gown and has six inch heels attached to his racing flats.

Needless to say, the other guys were staring in bewilderment when Larry said "What? You said we were drag racing today. Who changed the plans and didn't tell me?" Polansky slowly approached Larry and explained what drag racing was. All Larry said was "OH."

I understand the group went ahead with their plans but no word if Larry got his usual "shotgun" seat or if they made him sit in the back by himself.

Let's hop over to Conway for the results of the Toad Suck 10K from April 30th. I hope I have everybody's place correct that ran. I'm not allowed to run any Grand Prix races due to the insurance policy stating this is a one-day event. Obviously, some people don't have a lot of confidence in my ability to run.

Somebody who is gaining confidence though is Ginea Qualls who ran a 57:21. Kim Morton has all the confidence she needs as she was overall in 39:20. Tammy Walther won 30-34 in 42:25. Tina Coutu, who qualified for Boston a couple of weeks earlier, ran 48:15 for second in 40-44. Mackie Buckelew was second in 45-49 with a 53:28 and Barbie Hildebrand took overall master honors in 43:32. Joy Ballard and Carol Torrey were second and third in 50-54 with 53:33 and 54:05. Linda House was fourth in 55-59 with 1:17:39 and Coreen Frasier took second in 60-

64 with a 1:03:39. Rosalind Abernathy won her 75-79 group in 1:34:37.

Brian Sieczkowski followed his Boston Marathon with a 36:41 first place finish in 25-29. Bill Diamond had a third place finish in 40-44 with a 39:47 and Jim Barton won 45-49 in 39:42. Larry Graham and Bill Torrey dueled it out for first and second grand master with Larry running a 40:02 and Bill a 40:03. Bill Crow flew to the finish line in 47:11 for fourth in 50-54. Allen White and Roy Hayward were fourth and fifth in 55-59 with times of 46:24 and 48:06. Charlie Dunn ran 46:16 for third Senior and David Samuel took third in 60-64 with a 53:22. Jim Yamanaka ran his usual strong race and finished second in 70-74 in 54:08.

A couple of weeks later, May 14th for you calendar-challenged, downtown Little Rock held another major race, the Run for Their Lives 5K. This race has gotten so big that entrants have come from as far away as Batesville to participate.

Jenny Johnson and Sarah Olney took first and second place honors in 25-29 with times of 20:11 and 20:26. By the time you read this Jenny will have moved to Tulsa. Having graduated from UAMS Jenny will take up residence/residency in Tulsa and will be getting married in late August.

We all wish you the best Jenny; it's really been a joy knowing you the past four years. Hope your schedule works out so you can make it to Chili Pepper (and a few other races). Good luck with the doctoring and the marriage.

(See Feather 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.

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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.

Gelled (Continued from Page 1)

Back to the Little Rock side, our next meeting is June 16 at Murray Park vilion #2 for a potluck dinner at 6:30. We will have an evening of politics and the arts at this meeting. The politics part is our annual officer elections. Your existing Club officers, not having learned their lesson or knowing any better, have agreed to serve you another year. The election shouldn't take long and there will be no long-winded, sleep-inducing speeches. After we vote and give the victors our condolences, we'll move to the arts aspect of the night and have a poetry reading from our own Randy Oates, whose submissions you've seen recently in our newsletter. I hope you can make it.

If you get this before June 4, remember that we need volunteers at the Dino Dash that day. Contact Steve Hollowell if you can help, or just show up in the River Market area early that morning. Remember to send me the information on group runs so we can prepare a master list. And don't forget to contribute to the drinking fountain on the Little Rock side of the River Trail. Send your tax deductible checks payable to "Arkansas River Trail" to us at our post office box. Note if your contribution is in honor or memory of anyone. Since our last update, we've received contributions from Coreen Frasier in honor of Betty Ray and Helen McComber, and from Barbie Hildebrand.

You may have seen the newspaper article noting that the "Medical Mile" portion of the River Trail is now paved. This runs from the River Market to the Baring Cross Bridge. For the geographically challenged, this is the railroad bridge over the Arkansas River near the part of Cantrell Road between Cross Street and the Episcopal Collegiate School and the Dillard's Headquarters building. The General Assembly appropriated money for a bicycle-pedestrian bridge over the Union Pacific Railroad tracks near the Baring Cross Bridge. This is very good news for us. This city did not have money for this bridge and the railroad would not allow a grade level crossing over its tracks.

On the North Little Rock side, the lower part of Cook's Landing by the Murray Lock and Dam is closed. Construc-

tion on the piers supporting the bridge over the lock and dam will occur on this side of the river, as it has on the Little Rock side. A detour trail connecting the North Little Rock River Trail to the upper part of Cook's Landing is open. On the downtown end of the trail the U.S.S. Razorback submarine is open for tours again. Lots of beneficial developments on both sides of the river.

The most difficult part of being Club president is choosing the Doghouse of the Month Award winner. Members dread being selected because of the shame and disparagement they receive from other members. People point, whisper, and shake their heads when the Doghouse winner walks by. This month's choice? Brian Sieczkowski. Why young Brian, who just last month received our praise for his Boston Marathon run? Well, Brian ran along the river trail past our pavilion twice while we were meeting and didn't bother to stop in and say hello. Bill Rahn also was running by and he took a moment to stop

Feather (Continued from Page 2)

Ginea Qualls ran a 25:51 in 25-29 and Tammy Walther ran a 20:54 to win 30-34. Mackie Buckelew ran 25:03 for a win in 45-49 and Carol Torrey and Joy Ballard captured third and fourth in 50-54 with 25:26 and 25:47. Linda House ran a 36:16 in 55-59.

Brian Sieczkowski took fifth in 25-29 with a 17:13 and Glen Mays ran 15:25 for third in 30-34. An 18:30 got Bill Diamond a fifth in 40-44 and Brian Polansky dueled Jim Barton for third in 45-49. Brian ran 19:04 and Jim had a 19:09. Bill Torrey grabbed a second in 50-54 with a 19:30 and Bill Crow and David Bourne had their own race as Bill ran a 21:55 and David was right behind in 21:57. First place in 55-59 went to Randy Taylor in 19:13. Randy was so fluid running, he looked like poetry in motion. Roy Hayward had a 23:30 for fifth in 55-59 and Tom Holland finished in 1:04:49. Charlie Dunn and Kurt Truax were one

and say hello before continuing his run. But not Brian. Sorry, Brian, you leave me no choice. Everyone point their finger and say "Shame on you"!

Finally, some of you do not have your e-mail address in our master list. I want to encourage you to add yours to our list. Just send it to the Club's e-mail address and ask June Barron to add you. We don't sell our mailing list, so you won't get any junk e-mail from us if you add your name. But we send electronic reminders of our meetings, updates on running-related topics, and last minute announcements or changes. And I like to send you birthday greetings electronically. It saves me having to buy a card.

If you want to send me birthday greetings, suggest a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse awards, or you have some left over potato salad from your Memorial Day picnic, call me at 664-0060 or 682-5881. And remember to fly your flag June 14 (Flag Day).

and two in 60-64 with times of 22:28 and 23:11. John Woodruff finished in 1:06:09. Jim Yamanaka took home a second in 70-74 with a 26:25.

It has just been announced that this year's guest runner at the Easy Runner Fast 5K is our own ivory billed peckerwood, John Nail. John is a former Razorback runner who even managed to get into a couple of races while at the UofA. After having Bill Rodgers, Frank Shorter and Joan Benoit-Samuelson the past few years as the autograph-signing, running/author, Gary Smith decided to upgrade the races credibility this year. John will be signing copies of his book *Eat to Run-Run to Eat...* I can't stop doing either.

Man, when word of this gets out the Firecracker will make the Race for the Cure look like a training run. Let's hope John doesn't borrow Larry's racing flats with the six-inch heels.

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 LRRRC 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.

June

- 11: Mt. Magazine 15K at Havana, AR. Call 479-968-0286.
- 11: Flat as a Pancake 5K at Wynne. Call 870-238-5528.
- 11: Festival of 4 States 5K/10K at Joplin, MO Call 417-825-2710.
- 11: FeatherFest 5K at Springdale. Call 479-7568090, ext. 109
- 11: Dinosaur Festival 5K at Nashville, AR. Call 870-845-7405.
- 11: Ozark Extreme Adventure Race at North Little Rock. Call 501-612-1045.
- 12: Andy's Fun Run.
- 18: ArkansasRunner 2M at Benton, AR. **GPS SC.** Call 501-315-9252.
- 18: Great Mosquito Chase 5K at McCrory. Call 870-731-2521.
- 19: Andy's Fun Run.
- 25: Brickfest 5K at Malvern, AR. **GPS.** Call 501-332-2602.
- 25: Elk Fest 5K at Jasper. Call 870-446-2682.
- 25: Cancer Challenge 10K/5K/1M at Bella Vista. Call 479-273-3172.
- 26: Andy's Fun Run.

July

- 2: Firecracker 5K at Little Rock. Call 501-221-0017.
- 3: Firecracker 5K for St. Jude at Memphis. Call 901-765-4409.
- 3: Andy's Fun Run.
- 4: Freedom Run 5K at Jonesboro. Call 870-933-4604.
- 4: Farmers Bank Freedomfest 5K at Greenwood. Call 479-996-6357.
- 9: Leann Harris Memorial 5K at Arkadelphia. Call 870-230-1965.
- 10: Andy's Fun Run.
- 17: Andy's Fun Run.
- 23: River City 5K Run/Walk at North Little Rock. Call 501-801-8061.
- 24: Andy's Fun Run.
- 30: That Dam Night Run at Lake DeGray near Arkadelphia, AR. **GPS.** Call 870-246-2566.
- 30: Centerton Fire Run 5K/1M at Centerton, AR. Call 479-795-2550.
- 31: Andy's Fun Run.

August

- 6: HealthSouth 4M at Batesville, AR. **GPS.** Call 870-793-2464.
- 6: Pig Out 5K at Morrilton. Call 501-354-1814.
- 6: Magic City 8K at Moberly, MO. Call 660-263-9320.
- 7: Andy's Fun Run.
- 13: Watermelon 5K at Hope, AR. **GPS.** Call 870-777-1917.
- 13: Run for the Grapes 5K at Tontitown, AR 479-361-1100.
- 13: Founder's Day 5K at White Hall. Call 870-247-3465.
- 14: Andy's Fun Run.
- 21: Andy's Fun Run.
- 27: Rollin' on the River 5K at Little Rock. Call 501-227-3710
- 28: Andy's Fun Run.

Birthdays

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

- 1 – Margaret Blue
- 2 – Zsuzsanna Diamond
- 4 – Karl Kullander
- 6 – Jim Smallwood
- 11 – David Qualls
- 15 – Charley Eagle
- 16 – Eleanor Kennedy
- 16 – James Pearsall
- 19 – Mary Jo Watkins
- 21 – Lani Black
- 23 – Anita Tucker
- 23 – Cariana Nash
- 23 – Joy Ballard
- 23 – Tom Singleton
- 24 – Erich Stocker
- 24 – Gelnn Davis
- 24 – Jay Rogers
- 24 – Karen Call
- 28 – Krist Sieczkowski
- 28 – Luise Armstrong
- 28 – Roy Hayward
- 28 – Yvonne Thompson
- 29 – Brian Sieczkowski
- 29 – John Woodruff



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.