

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2005

Check This Out: CALS @\$%&! LRRC

By Paul Ward
LRRC Angry Lane Duck President

It's not often I put an expletive in the title and this is the first time the Doghouse Award winner leads the column, but the October meeting was unusual. You recall from our last newsletter that we planned a wine tasting at our October meeting. I asked a wine shop guy to do this for us and asked him for suitable locations because he couldn't do it at our usual meeting location, The Whole Hog Café. He suggested using the meeting room at the Roosevelt Thompson Branch Library on Rahling Circle in west LR. He said the room was nice and he's done wine tastings there before. Plus, it was close to his shop.

I checked the branch library meeting room rules and info on the web, called to reserve the room, said we were having a potluck dinner and wine tasting with the wine shop guy, and completed and submitted the library's registration form required to use facilities. They said okay. So far so good.

The Monday before our meeting the newspaper ran a blurb about our meeting and wine tasting. I get home that evening and there's a message on my machine from the librarian at the branch saying some bureaucrat at the Central Arkansas Library System saw the blurb and called her to say we couldn't have the wine tasting. She said they have an unwritten "no alcohol" policy. I told her that I mentioned the wine tasting when I reserved the room and encountered no objection and they had in fact had wine tastings there before. She was apologetic, which I understood because it wasn't her decision. I asked her to seek a one-time waiver of the unwritten policy because I mentioned the wine tasting when I

reserved the room, we had an agreement, we'd advertised the event to our members, and there was insufficient time to notify everyone of the change. The next day she called saying the request for a waiver was denied.

So I hurled expletives about my empty abode, pulled my hair out, and banged my head against the wall. None of that helped my mood, so I opened some wine. There wasn't anything else to do, it was too late to change locations and notify everyone, so we had our potluck meeting in the meeting room of the double crossing library. Before discussing the meeting, I'm sending the CALS bureaucrat to the Doghouse. Because we can't have wine in the meeting room, you can't have books in the Doghouse. You will be forced to watch stupid old sitcoms on TV and listen to tedious sports talk on the radio. Your reading material will consist of "People" magazine and the "National Enquirer." Shame on you!

With our entertainment cancelled by the persnickety puritan, the meeting was quite boring. Actually, we had as good a time as possible. A crowd of 12 attended and we had some good food. We discussed several items. One was the great job done by our Club's Grand Prix teams. The men should finish first this year. The women are in third place as I write this, close behind second place Club Arkadelphia. Three races remain. This year our women garnered more points than other teams in most of the races they entered, but they didn't score in several, thus diminishing the total points. This shows the potential for even better results next year. Congratulations to you men and women Grand Prixers for representing us so well.

Fletcher Ward (no relation, for which he's thankful) suggested the Club meet at our Murray Park Pavilion in October because the weather is so nice this time of year. Last spring, Brian Polansky suggested we meet there in April for the same reason. Traditionally, we meet at the pavilion May through September and meet indoors October through April. Let me know your thoughts on this idea.

Our next meeting is November 17 at the Whole Hog Café in the Riverdale Shopping Center. As you enter the restaurant, you can order your food and beverage (including beer and wine!) straight ahead. We meet in the banquet room on the far left through the door. Come at 6 p.m. to eat, or 6:30 to hear our speaker. If you do attend, please eat. The restaurant was recently burned by another group and is thinking of charging a per person fee for those who do not eat but use the banquet room. The more members we have eating and drinking, the less likely the restaurant will charge us for future meetings.

Bettina Brownstein, local runner, biker, and lawyer, will speak to us about her time in the Republic of Georgia. You

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November Meeting

November 17, 2005
Whole Hog Cafe
Riverdale Shopping Center
6 p.m. to eat

Speaker at 6:30 p.m.
Bettina Brownstein
Runner, Biker, Lawyer

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might remember she was in self-imposed exile there for a year after her infamous hijacking of the USS Razorback submarine and torpedo launching (see the September 2004 issue of *The Runaround* available on our website for the full story on this). The real reason Bettina went to the Republic of Georgia was to help their nascent legal system develop from its Soviet foundation into a more modern and western style system. Bettina should have some interesting stories to tell us. I hope you can make it.

For your future planning, we won't meet in December. We'll have our Christmas party Saturday, December 10 at the Capitol Hill building on the State Capitol grounds. The potluck starts at 6 p.m. and we're having a joint party with our north shore friends in the Arkansas Running Klub. ARK president Sybil Taylor and I will dress as Santa and Mrs. Claus, and you can sit on our laps and tell us what you want for Christmas. As always, Joe Cordi will dress as our special elf. There will be more details in next month's newsletter and on our website. The Duck saw those notorious "human pyramid" pictures of Iraqi prisoners in Abu Ghraib prison and it reminded him to suggest we play "naked twister" again at the Christmas party. That sounds like fun!

We've rescheduled the wine tasting for our January meeting. More details on that will be in our December or January newsletter, and check the meetings link on our website. You'll need to RSVP a couple of weeks in advance so I can give the correct number to the wine shop guy. Put January 19 on your calendar. We should be back at Whole Hog for February.

Our Penthouse Award winner this month is Shirley Pence. Shirley is a long time runner, Club member, and former board member, and she has a milestone birthday this month. Shirley helps at several races and attends most of our meetings. It's high time you get to stay in the Penthouse. Happy birthday Shirley!

Traditionally we have a fun run Thanksgiving morning from the parking lot of The Full Moon and Salon Avatar. This is in Hillcrest on Kavanaugh between Evergreen and L Streets. Come at 7 a.m. to walk or run with us and you'll feel better about stuffing yourself later that day. Free turkey basters to the first 10 runners showing up.

If you want to dress me with compliments or stuff me with criticism, you have an idea for a speaker or topic at our meetings or a nominee for the Penthouse or Doghouse Awards, or you have extra pecan pie for your favorite Club president, call me at 664-0060 or 682-5881.

Happy Thanksgiving and happy trails!

Torrey Paces Deena Drossin At Chicago Marathon

By Bill "The Duck" Harrell
LRRC Racing News Editor

We've had more of you volunteer to write articles recently about your experiences in out of state runs. There is a lot of writing out there and apparently there are a lot of fun races also. A number of Arkansans went to the Chicago Marathon recently but for some reason nobody volunteered to do an article about it.

So I asked Hall of Fame Runner Bill Torrey if he would write one. His answer was NO. Figuring he was kidding I said really, will you. He said my answer last time was NO...now it's HEL...

Okay, okay, I interrupted, I get it. Well then, I asked, is it okay if I interview you about the race. I really need something. That you can do, Torrey replied. I am very comfortable with the media and getting my name and picture in the paper and on TV.

The interview is as follows:

Bill, tell me about your race at the Chicago Marathon. (I started off with the hard questions first to try and throw him off guard).

It went really well, considering I didn't think my training went well. But I am a Hall of Fame runner so I should do well.

How was the weather and crowd on race day?

I thought everything was okey dokey. Race management had me line up behind the Kenyans. I'm about as well known in Chicago as I am here in Arkansas. They knew if I got

my picture in the paper that it would add even more status to their race.

And...

They were right. I got my picture in the paper and they told me they expect to break 40,000 next year.

WOW, you ran with the Kenyans?

Well, I started out behind them but in the second mile I saw Deena Drossin and we started talking. She told me that her

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Club Officers

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pacers had gotten sick that morning and asked me to pace her for 20 miles. I decided to give up my race and do her the favor. She is, after all, an Olympic medalist. Who knows, I may need a favor some day.

Didn't she end up winning in 2:21 and change? You must've really slowed after 20, huh?

Not really. Yeah I ended up in 3:17 but there were circumstances involved.

Like what.

The one thing I excel at other than running is karaoke. There are a number of Starbucks on the race course and they were having karaoke contests during the race. I just couldn't pass them all up. After I got Deena on record pace I stopped and entered one of the contests.

Normally I sing a duet with Polansky but he's the weak link of the two of us. Since he wasn't there to bring me down I figured I would have a chance to win.

Did you?

No, unbeknownst to me they had a ringer. Tiny Tim's kid was entered and won but I was second. Finishing second to the kid of a professional singer is really an honor though.

I totally agree, Bill, but can you tell me about some of the others that were in Chicago.

Why sure, there was my wife Carol, Geneva Hampton, Gina Pharis and three or four other ladies representing the Little Rock Marathon.

You were there with six or seven females. What was that like?

I felt like Larry Graham on prom night.

I guess that's every man's fantasy but who ran the marathon?

Well, Carol had a 4:45 and Geneva ran a 4:24. Gina and the others provided a lot of support along the race course too.

Did you see anybody else I could mention?

If you must. James Terbrack always runs this race and had a 3:24 this year. The ageless wonder, Don Potter, ran a 4:05 and was tenth in his age group. Don's 68, you know, but he looks younger than David Williams.

Also, Bill Bulloch and Lee Wyant were entered but couldn't make it. They had other things to do that day. I believe Bill had to count bags of rice and Lee had to fill a cavity.

Well, thanks Bill, that should be enough. I really appreciate it and I know the running community does too. Also, this may be my best shot yet for a Pulitzer.

Oh, it's been my pleasure Duck. And if you do get any remuneration for this I expect at least 50% of it.

Those of you who know Bill Torrey need to thank him personally next time you see him for that very insightful interview. He was very sweet to take time out of his busy schedule to tell us about his trip.

Bill Bulloch was mentioned in the above piece. Did you guys see the wide angle photo (is there any other kind of photo of him) in a recent Health and Fitness article in the local paper of Bulloch.

What surprised most of us was that the photo wasn't in the obits or the food section of the paper. I understand that for those of you who kept the article, he will be signing autographs at the Easy Runner or at the Duck Run in Stuttgart on the 26th of this month.

Not only were there about 40,000 runners in Chicago, there were about that many in Little Rock for the Race for the Cure 5K. Although not everyone is timed at this event a few of our members did make the top 300 and got timed.

Barbie Hildebrand was ninth overall in 20:32 and Karen Irico ran a 22:59. Ginea Qualls finished in 23:25 and Brooke Nalley ran a 24:37. Carol Torrey came across the finish line in 24:48.

I've heard through word of mouth a few other members who ran or walked this race. The cancer survivors I know of are Bettina Brownstein, Rhonda Ferguson and Nancy Collins. Ivy Harrison and Tina Coutu ran or walked in honor of one/all of the survivors.

Tina and Rhonda also went to Palo Duro Canyon (Texas) where I understand Rhonda scrambled over rocks and did some bushwhacking while trying

to reach a summit. She then walked and ran six miles on the trail course.

Tina completed the 20K *FUN* run and was the second female finisher overall but the *first* Arkansan. Other Arkansans who entered and finished the 50 mile run were Kimmie Riley, Patty Groth and Carrie DuPriest. Way to go ladies!

I would also like to congratulate my good friend and long time running partner Arthur Kerns on his 3:59:07 finish in the Mt. Desert Marathon in Bar Harbor Maine. He not only qualified for Boston but he won his 65-69 age division by almost three hours.

Arthur also beat the Governor's marathon time pretty easily ... and that may be the most important thing to him.

That about covers it for this edition of the results. I plan on being at the Spa and Duck runs so please stop by and tell me all about the races you've run recently. Who knows, you may even be the next person interviewed for my next column.

Happy Thanksgiving all.

Birthdays

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

- 2 - Nancy Collins
- 3 - Shirley Pence
- 6 - Lloyd Moore
- 8 - Bill Crow
- 10 - Matt Beisel
- 11 - Judy Lansky
- 12 - JoAnn Plunkett
- 13 - Celia Storey
- 13 - Michael Erwin
- 17 - Gary Criglow
- 18 - Lynne Matthews
- 18 - Robert Abermathy
- 19 - Tom Zaloudek
- 21 - Lynn Major
- 21 - Michael Storey
- 23 - Hope Wistrand
- 30 - Elizabeth Parry

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. 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.

November

- 5: MidSouth Marathon (GPS SC) & Half at Wynne. Call 870-238-4235.
- 5: Seize the Moment 5K at Little Rock. Call 501-833-8680.
- 5: Heart and Sole 5K at Jonesboro. Call 870-931-4044
- 6: Andy's Fun Run.
- 12: Spa 10K (GPS) & 5K at Hot Springs, AR. Call 501-520-4551.
- 12: Lewis & Clark Adventure Race at Fayetteville. Call 479-521-7766.
- 12: Mountain Home Marathon at Mountain Home, AR. Call 870-492-6625.
- 12: Champs 5K at Beebe, AR. Call 501-882-3311.
- 12: World's Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 12: Race for Books 5K at Arkadelphia. Call 870-245-5232.
- 13: Andy's Fun Run.
- 19: Chicks & Chili 5K for Women at Bentonville. Call 800-986-7511.
- 19: Winterfest 5K at Anderson, MO. Call 417-845-8200.
- 20: Andy's Fun Run.
- 26: Great Duck Race 10K at Stuttgart. GPS. Call 870-673-1602.
- 27: Andy's Fun Run.

December

- 3: St. Jude Memphis Marathon and Half. Call 800-565-5112.
- 3: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 3: Children's Miracle Network 5K at Bella Vista, AR. Call 479-636-2223.
- 3: Freezing 5K at Fayetteville, AR. Call 479-575-3542.
- 4: Andy's Fun Run.
- 10: Reindeer Run 5K at Russellville, AR. Call 479-858-6144.
- 11: Andy's Fun Run.
- 18: Andy's Fun Run.
- 25: Andy's Fun Run.

Pre-Holiday Fun Run And Breakfast Pigout At Marstons' Estate

"Rose and Bob's Fun Run and Pre-Holidays Bacon and Pancake Practice Pigout" will be Saturday, December 17, 2005, at 8 a.m. That means that Rosemary and Bob Marston are providing food and drink at their lovely home in the suburbs of Roland. Free parking will be available at the Marston Estate. Visitors can run or walk on the roads or trails. Markings and maps will be available at the parking lot.

Directions: Take Highway 10 (Cantrell) west to the stop light at Wal-Mart. Go right at the light on Chenal Boulevard, which turns into Highway 300. Go north on 300 past Pinnacle Mountain and through Natural Steps until you see a yield sign as you enter Roland. Turn left at the yield sign onto Henry Street, go 200 yards and the road bends around and becomes West Street. Go 200 yards on West to the stop sign and turn left onto Roland Cutoff Road. Go two miles to Wild Oak Lane, which is a left turn off of the Cutoff Road. Go to the end of Wild Oak and proceed straight up into the woods to the house. The journey takes 25 minutes to get there from the intersection of I-430 and Cantrell.

If these directions aren't clear enough call 868-1072. Just don't call so early that you wake up the hosts. They might not be so hospitable.

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.