

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2006

Boy Band Runners Challenge Rock 'N' Rollers

By Bill "The Duck" Harrell
LRRRC President

I never thought I would say this but I am extremely grateful for the Boy Band Generation (BBG). Not the boy bands mind you but the generation that grew up with them. We have a number of members in our Club now who are under 30 and they are very enthusiastic about running.

Probably half of the runners at the Tuesday track workouts are BBG's and they are shaming a lot of the "more experienced" RRG (Rock 'n' Roll Generation). The BBG's also come to Club meetings, remind others of the meetings and even volunteer for the Club (e.g. this month and last month's results columns).

Now guys take note, a majority of the BBG are female. That should challenge the older generation to train harder. I believe our first five female finishers at the Firecracker 5K were all members of the BBG. A majority of them had PR's. I told Brooke (Nalley, a BBGer who PRed in 24:11...in case she forgets to mention it) I wouldn't step on her toes this month with her working so hard on the results column but after 20 something years it's difficult for me not to mention results.

A couple of the PR's were set by Jenny Brod and Jordan Holloway. Their stories are different in how they acquired their PR's though. Jordan set a PR at the Toad Suck 5K but has had a difficult time matching it since. See, Jordan likes to talk... even during a race. She was finally told not to make friends during the race, only before and after. She decided to try this at the Firecracker and it worked. She was told to take any advantage possible to win. A lesson she has finally learned.

A side bar to this story is the night of the 4th she and some friends went

to watch fireworks but couldn't get inside due to an ice chest in their possession. So they set on the ledge behind the fence to enjoy the festivities and they were eventually joined by others, including a homeless lady with a prosthetic leg.

The homeless lady was really celebrating with the usual July 4th refreshments and dancing to whatever tune went through her head. When her prosthetic leg fell off Jordan challenged her to a limbo contest. Take any advantage possible to win... a lesson well learned.

Jenny, on the other hand seems to always be focused to run a race. Jenny had found someone to help her run the pace she wanted and was doing fine till right before mile two when a shoe came untied, although they were double knotted before the race. Although upset, she knew she couldn't take time to stop and retie so she scrunched her toes together so she wouldn't lose the shoe and kept on running, hoping neither she nor anyone else would trip on her laces. Although her final sprint wasn't what she wanted she was still ecstatic with her PR. She is considering running barefooted at the DNR.

Another new kid on the block, Brian Sieczkowski, has been a mainstay on the circuit for a couple of years now but did not run the Firecracker because he was recruited by a Rock 'n' Roll band to perform the night of the 4th and he didn't want to risk injury during the race and lose his dance moves. This band originally consisted of David Williams, Brian S...ski and Brian Polansky. As all R'n'R bands do they sit around drinking beer so they can come up with a great name before they ever start to practice. They were going to use Lawyer, Guns and Money until Melissa Polansky got

recruited and the name got changed to Beauty and the Beasts.

They finally settled on the name Just Awful which, in spite of Melissa's talent, seemed to be the perfect name. The sellout crowd who heard them couldn't have had a better time though.

The opening act for Just Awful was Larry Graham performing the Monty Python classic "The Lumberjack Song". He even did it in full regalia.

Then there is Steve Hollowell who is a member of the disco generation. Those of you who have been in the Club for a while may remember when Steve and I had a series of "dueling insults" published monthly in this very newsletter. Some of you even thought we didn't like each other.

Well, we don't. But for the sake of the Club we put our differences behind us and work together. Steve is also having a very good year on the racing circuit and I am man enough to congratulate my enemies when they do well.

I asked Steve what goals he wanted, if there were certain PR's he was shooting for. Steve looked at me and said "Yours!" I almost doubled over laughing. I really appreciate the respect Steve but you're going to have to get some muscles

(See **Boy Band** on Page 4)

August Meeting

August 17, 2006

6:30 p.m.

Murray Park Pavilion 2
Potluck Dinner

Speaker:
Coreen Frasier

Running Wild

By The Marathon Boy, aka Jacob Wells

Having only recently discovered this literary treasure known as *The Runaround*, I printed seven back issues for reading on my recent cross-country flight to Seattle. As you could expect, I went out way too quickly and had read five of them by the time we changed planes in Dallas. The inevitable bonk came somewhere over the Rocky Mountains. The \$4 snack box and the thimble of Coke met the same unfortunate fate as my mile 24 orange slices do on any given marathon Sunday. On a positive note, however, since joining the LRRC, my vocabulary (at least the words with five syllables or more) has increased approximately 73% thanks to certain members of our executive leadership. This is a benefit that I never expected and one that I think the promotional department of the LRRC does a poor job of including in recruiting materials. Dictionary.com has never had so many hits. It all started with “debauchery,” “precipitous,” and “cosmogony” in July’s issue followed by the comment on my “vexillologically correct artwork” for the Firecracker. Of course, I had started to think that at least one of the flaunters of these large words was a really smart guy until my sources turned up the truth – a Word-a-Day calendar on the desk at his office. Yes, readers, rather than keeping the citizens of our state safe or doing whatever it is that attorneys do, he has been sitting there at his desk memorizing words like “vexillologically,” not to mention laying awake all night praying for the perfect opportunity to use them. In keeping with this theme, I offer up my own version of “Stump the Band” and challenge Mr. Ward to guess the definition of a term that another race fan once used in reference to me – callipygian. Speaking of the Firecracker, my recall of last month’s article didn’t go out quite in time, but I find the irony surrounding the whole thing quite humorous. BSKI and I are big fans of irony, and our favorite example was the time that I protested the censorship of a message on a message board, only to have my message erased by the administrator, i.e. the message protesting censorship was itself censored!!

While the race report will certainly provide exemplary coverage of all the facts and figures surrounding this month’s races, I had a few observations that might have otherwise slipped through. First of all, at the Firecracker, in addition to our own Sara Olney finishing eighth overall, the Patron Saint of the Cabot Country Cruisers Joan Scarlata, was tenth overall in the age-graded results out of 308 women, an amazing accomplishment considering the size and draw of this race. Another observation I had relates to the size, which was up 129 runners from 2005. I was wondering as the Firecracker numbers were down the past couple of years, partly due to the timing of the race with the holiday weekend and also due to rainy weather, if perhaps the Dam Night Run had taken over as the state’s largest 5K. We will certainly know for sure, at least for the 2006 edition, in a few days. The age of this race is also amazing, having

reached its 30th year. Having only been around the past six, it seems to get bigger and better every year. I have heard that the Arkansas Marathon in Benton is the longest continuous road race in Arkansas, and based on its size, 32 total participants in 2005, some might even say that streak is the only reason it has continued. If that is the case, then the volunteers who put it on, such as race director Pete Ireland and legendary ultramarathoner Lou Peyton, who was serving chili dogs out of a couple of crock pots at the finish line last year, truly exemplify the spirit of our great running community in Arkansas. To tie this paragraph up neatly in a bow, Lou was a multiple time winner of the Firecracker.

Thanks in advance for all the glowing compliments on the Firecracker pic in the Demozette. Thank goodness they got MY good side, but they missed an opportunity to show off the prettiest smile in all of racing – and I don’t mean mine. Ironically, I missed the opportunity to cash in on \$75 for my sponsor’s Media Incentive Reward Program for “Logo appears in photo with full sponsor name visible.” (yes, the logo is on the butt) in a metro/regional newspaper with over 300,000 circulation.” Yes, I wasn’t going to mention this to the LRRC readership as I rage my constant battle against arcissism (try that one, Ward!) but I have recently procured a marathon sponsor (punchline forthcoming). Just to demonstrate what a joke this really is, the media incentive cash award for “Logo appears in telecast on National Cable, such as ESPN...” is every bit of \$150. I’ll sure try not to spend that all in one place. I hadn’t even considered mentioning the sponsor’s name, until I noted “Mention of Sponsor in monthly running rag - \$2” but decided there was no way I was going to sell my soul to the devil like that. (Ok, that last bit was a joke but those first two are direct quotes out of the “Athlete Welcome Kit.” I must admit the free candy bars are pretty cool, though. Hopefully some of you snagged one at the July meeting before they melted completely away. The day I will finally take this thing seriously is when they pony up for the all expenses paid trip for “up to four marathons per year,” and all I have to do is hang out at their

(See **Running Wild** 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 3800 Bruno Road, Little Rock, AR 72209 or e-mail lhouse@pcssd.org.

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Poetry For The Sole

The Runner's Prayer

May I awake
mentally and physically refreshed,
eagerly anticipating the promise of a new day.

May I always use food as nourishment
for a healthy and strong body.

May my work be rewarding,
my exercise feel like play,
and may my mind be as satisfied
with the run as my body.

May I laugh at my mistakes
and feel proud of my accomplishments.

May I understand that rest
is as essential to my total wellbeing
as exercise.

And at the end of the day
may I be grateful for everything
that has come my way.

Amen.

Running Wild (Continued from Page 2)

table at the expo cramming candy bars down the pie-hole. Being pretty good with math, I have deduced, however, that both "one" and "zero" qualify as "up to four." Speaking of Expos, one of the coolest things that has happened to me at one, was seeing Rob Wistrand at the Dallas Whit 2) Rock expo, where he was working the Brooks booth. How cool is that for the LRRC to have members in high places like that?

That's it for this month. If it isn't clear already, I have absolutely no writing skills or experience whatsoever, and if this monthly column gig catches on, I will certainly be begging for tips and ideas before long. My mother is the librarian and English teacher of the family, my sister was a newspaper reporter for many years and is now some kind of director of communications for the U of A, so go figure that the accountant in the family would be trying to write anything. The toughest thing is remembering that it must be reasonably entertaining (at least by Ward/Duck standards) and relevant to someone other than me. Hopefully, I will improve on that part with practice. I hope that everyone enjoys the Peach Festival 4-miler, Benton 2-miler, the Midnight 50K, the Dam Night Run, the Batesville 4-miler, and any other races that you can find.

Try an out-of-stater. What a great way to combine travel and running, especially if your significant other prefers the former to the latter, or if you just want to escape the Arkansas heat for a few days. (That's a little tip-off for a future article.)

New Members

This month we have three new members to add to the Club roster.

Jimmy Herndon, 41, has been running for two years. He averages 20-25 miles per week at a 7:30 to 8-minute mile pace. He races frequently and prefers the 5K distance. His 5K personal record is 22:38. His favorite race is the Disneyworld 5K. Jimmy's interests other than running are working with children, however possible, at church, Make-a-Wish or Special Olympics. When he started running two years ago, he weighed about 85 pounds more than he does now. Running started as just a way to lose weight but it became his lifestyle.

Mona Mizell, 55, has been running for 18 years. She averages 40 miles per week at a 10-minute mile pace. She doesn't race frequently but has the following PRs: 10K – 49:13 and marathon – 3:57. She qualified for the Boston Marathon for the first time this year at the Little Rock Marathon with a time of 4 hours 12 minutes. She also was third in the 55-59 age group. Mona's interests other than running are biking, paddling (kayak), travel, reading, adventure events and orienteering.

Jacob Wells, 36, has been running for six years. Five years ago, he was rear-ended by a drunk driver and told to stop running, which he did for a couple of months. He hurt more when he wasn't running so he started back and hasn't taken a break since. He averages 30 miles per week at an 8-minute mile pace. He races frequently with 41 races in 2005 and prefers the marathon distance with a total run of 22. His PRs are: 5K – 18:30; 10K – 41:29; half marathon – 1:31 and marathon 3:16. His favorite races are the Firecracker 5K and the Little Rock Marathon. His favorite running route is the NLR River Trail. Jacob's interests other than running are playing with his kids (Maddy, Gabe and Josey) and Travelers baseball. Jacob has run a marathon in 11 states and has signed up for the 50 States Club. One of his favorite things the last two years has been competing in the Grand Prix Series.

Results For Brickfest And Firecracker 5Ks Listed

By Brooke Nalley

Most of you don't know who I am, so I will introduce myself. I am the infamous Brooke Nalley, who never attends meetings. One of these days I will grace you with my presence, but for now you'll just have to read my article. While there is no way I can live up to the literary genius of all the past writers of this column, the good news is ... I don't have to. There were so many of you who ran in the Brickfest and Firecracker 5Ks that after I list all of your names, there won't be much room for fluff. So let's do this thing.

The Brickfest 5K was held June 24 in Malvern. Brian Sieczkowski stole the thunder with a third place overall finish in 17:07. Not too far behind him was David Williams, who finished first in Grand Masters at 18:18, Bill Diamond, who finished 12th overall and third in the 40-44 at 18:39, and Brian Wagner, who finished 13th overall and place third in the 30-34 in 18:42. Brian Polansky was next in line at 19:04 for first place in the 45-49. Larry Graham came in at 19:26 to take second in Grand Masters and first in the 50-54, just edging out Bill Torrey, who had to settle for second at 19:28. However, neither of these two could catch up to Steve Hollowell, who took second in the 45-49 at 19:22.

The rest of the men finished as follows: David Bourne, 21:36, placed fourth in 50-54; Robert Holmes, 21:45, took third in the 55-59; Jacob Wells, aka Marathon Boy, placed sixth in the 35-39 at 21:48; Allen White placed sixth in the 55-59 at 22:28; Matt Olney, 22:57, earned fourth in the 25-29; Bill Crow, 22:58, took seventh in the 50-54; Bill Bulloch placed seventh in the 55-59 at 23:17; Roy Hayward, 23:15, placed in the 60-64; Bill Harrell finished at 24:43 in the 50-54; Nick Alsbrook had a 26:53 in the 25-29; Emil Mackey finished in the 60-64 at 29:45; Jim Yamanaka took second in the 70-74 at 27:16, and Carl Northcutt finished fifth in the same age group at 38:05.

Barbie Hildebrand led our women in the Brickfest at 20:40, which earned her third overall and first in the 50-54. Not far behind her was Melanie Baden-Kuhn at 21:58, which was good enough for fifth

overall and second in the 35-39. Ginea Qualls was next at 23:46, taking an eleventh overall finish and second in the 25-29. Mackie Buckalew finished second in 45-49 at 25:30; Cindy Hedrick earned third in the 45-49 with a 27:49; and Linda House finished at 38:35 in the 55-59.

Whew! Okay, let me catch my breath. Now onto the Firecracker Fast 5K, which took place in Little Rock on the Fourth of July. And, boy, was it fast ... until you hit the slight hill and yummy animal smell in front of the Zoo. Glen Mays led our pack of men with an impressive 14:59 for a fifth place overall finish and first in the 35-39. Chad Sanders was next at 16:52 for third place in the 25-29, and Brian Bariola was right behind him at 16:55 for second in the 30-34. William Diamond took second in the 40-44 with a 17:32. David Williams once again won the 55-59 with a 17:45, followed by Randy Taylor at 18:24 and John Nail with a 19:58. Larry Graham finished in 18:55 for third place in the 50-54, and Jim Barton took fourth with a 19:30. Brian Wagner finished third in the 30-34 at 18:15, and Steve Hollowell earned third in the 45-49 with an 18:32 finish.

The rest of the men finished as follows: Steve Oury finished ninth in the 35-39 with a 19:06; Jeff Bost, 20:18, placed 11th in the 40-44, David Bourne, 20:49, finished sixth in the 50-54; Jacob Wells had a 23:10 in the 35-39; Matt Olney finished in the 25-29 at 23:13; David Threm, 23:18, in the 35-39; Randy Oates earned third in the 60-64 at 24:09; Chuck Nalley finished at 25:26 in the 25-29 (not bad for a 240-pounder!); Jim Yamanaka won the 70-74 at 26:07; Steve Straessle finished in the 34-39 with a 26:03; Jacob Straessle finished at 28:02 in the 10-14; Emil Mackey came in the 60-64 with a 28:31; Leon Matthews, 36:00, took fifth in the 65-69; Carl Northcutt finished in 38:03 for fourth in the 70-74 age group; and Charles Peyton finished in 38:44 for the 60-64 group.

For our women in the Firecracker, Sarah Olney led the pack with a 19:35 and fourth place finish in the 25-29. Jenny Brod finished at 22:33 in the 25-29, along with Ginea Qualls at 23:27 and Jordan Holloway at 25:47 in the same age group.

Bettina Brownstein took second in the 55-59 with a 26:35. Barbara Bonds finished in 30:03 in the 45-49. In the youngest age division, 5-9, Abby Straessle took first with a 36:29 and Sabrina Diamond earned second with a 38:43. Libby Taylor finished in the 50-54 age group with a 45:06, and Johanna Threm finished in the 30-34 with a 53:19.

There were a couple of people who were left out of last month's column that I would like to mention as well. Roy Hayward finished the Heat in the Street two miler in 14:01, which earned him third place in the 60-64. Also, Jacob Straessle finished the Dino Dash 5K in 25:00, beating his dad, Steve, who finished in 26:54. Thankfully, Steve redeemed himself against his 10-year old in the Firecracker.

We had two members run the Seafair Marathon in Bellevue, Washington, on July 9. Jacob Wells, aka Marathon Boy, finished the full marathon in 5:15 and Jaynie Cannon, aka Lois Lane, finished her first half marathon in 3:29. In addition, Nancy Collins ran the Flying Pig Marathon in Cincinnati on May 7 with a time of 6:32.

With all the members we had running these races in July, I will go ahead and apologize for anyone's name which I overlooked. By the way, it is *July* in *Arkansas!!!* Why is this one of our biggest racing months? Oh well. Happy running to all.

Boy Band (Continued from Page 1)

in those legs if you want my PR's. You know, Steve has developed a sense of humor since he started running well.

There was a very good crowd at the July meeting in spite of the very hot weather but to hear Mike Angel's stories about his Hawaii Ironman experiences made it all worthwhile. It took Mike four times to get it right but that perseverance paid off in the '05 Ironman.

There will also be a great speaker at next month's meeting too. The one and only Coreen Frasier will be talking about her recent bike ride across Alaska. Coreen has spoken to the Club before about other adventures she has taken and is always entertaining.

Looking At The Firecracker From The Other End

By Paul Ward
LRRR Past President

Many of you run the Firecracker Fast 5K every year. Many of you volunteer at this race every year. I've alternated the past few years, running it last year, working it the year before, and running it the year before that. This year it was time to volunteer again.

I live near the start of the race, so I left home early and ran down Kavanaugh toward War Memorial Stadium. Several runners were walking up Kavanaugh to the start. I saw Rob Young, who you may know from the Grand Prix forum, where he suffers from compulsive posting syndrome to a slightly lesser extent than Jacob Wells does.

In a case of exquisitely poor timing, I had busted Rob days before on the forum for being a running sponge – one who enters several races but never volunteers, joins a running club, or does anything to support the activity. At the very time I was calling him Sponge Rob Full Pants, he was losing his job through a corporate random downsizing. I told him I was sorry about his new unemployment and wished him luck in the job search and the race. He is very nice, and looked on his job loss as an opportunity to find something else rewarding.

When I got to the finish line, Bill Bulloch was directing the finish line volunteer activities. I volunteered to work the women's chute (of course!), explaining that I'd done this before, was qualified, and had the desire, just what you want in a new hire. But the evil bast**d Bulloch rejected my request and stuck me in the middle male chute. We had three chutes for the men and one for the women.

New members Sabrina and Merritt Maham (from the house of Mayhem) worked the chutes too. Sabrina was the spindle "mastress" (her term combining master and mistress). Merritt was the expert tag tearer. She worked quickly and efficiently tearing and handing the tags to me for quick spindling. ARK member Randall Davis was the front chute master. When one chute got full, he closed it, opened the next one, and followed the last runner down the

closed chute to collect the spindle full of tags. He took those to Gary Ballard who used them to compute the results. Sabrina was in charge of giving the chute people new spindles when Randall collected the full one. Spindles were coded for male or female.

For those of you who don't know how Gary times races, here's the method. He enters into his computer your entry form information. Your bib has the tear-away tag with a bar code sticker and your name and age. When you cross the finish line, "clickers" press a button attached to Gary's timing computer and this registers a finish time.

When you go through the chute, volunteers tear and spindle your tag in order and give these to Gary. He can scan the bar code and match your name and age with the finish time the clickers registered. A less sophisticated method we sometimes use is to give numbered cards to finishers who write in their name and age, and place the cards in various age group boxes. Clickers register the finish times on a printout and volunteers match the time to the numbered card to see how you finish.

At the Firecracker, Mackie Buckelew and Lou Peyton were two "click chicks" and Joe Cordi was a "click pr**k" (just kidding Joe). I don't remember who the other clicker was. You had a primary clicker for males, one for females, and backup clickers for each sex. The local news that night showed the leading runner heading toward the finish with the altitudinally gifted Cordi and altitudinally challenged Buckelew side by side.

Several "Endorfemmes" volunteered as they always do at this race. Karen Call "sexed" the runners, telling males to go right and females to go left as they headed to the finish area. Pulchritudinous Pat Piazza and ARK member Stacey Dovers worked the first male chute. Eleanor Kennedy and Ann Butts worked the finish area too. Other Club members I saw working were the Barrons, Linda House, Beverly Smith, Tina Coutu, Bills Torrey and Harrell, the Wistrand brothers, Brian S-ski, John Woodruff, and the LR Marathon Maids Geneva Hampton and Gina Pharis. Those of you who ran the

race probably noticed Hobbit Singleton and crew working the water stop on Kavanaugh at I Street across from St. Mary's. Members Bill Hoffman and Karen Irico stood around and made a nuisance of themselves as they always do!

One advantage to working a race is seeing the leading runners finish, something I never see when I run a race. At this year's Firecracker, the top male finisher was all by himself as he rounded the curve and came into sight of the finish line. The first Club finisher was Glen Mays. Occasionally I could say "good job" or "good race" to a Club member I saw finish, but most of the time things were really hectic in the male chutes. So many runners finished together that we would have 10 or more backed up in one chute. There is a limit to how fast you can tear and spindle a runner's tag. Some runners didn't know to leave the tag on their bib, a mistake I ignorantly made earlier in my running life, so we loaded "bandit" tags on the spindle so their time would not be matched to another runner.

At one point when my middle chute was closed and the first male chute was congested, some a**hole in that chute started yelling "Come on! Hurry up!" toward Pat and Stacey. I didn't like him berating them so I yelled back, "Hey! They're volunteers doing the best they can. Be patient!" He calmed down and was out of the chute in a few seconds. We tried to speed things a little by asking runners to tear their tags as they entered.

I wasn't able to visit with many of you as I would have liked. I got to say hello to Sponge Rob as he finished. Jacob Wells had a flag on his chest and a firecracker on his back, probably drawn by his favorite Sharpie artist, Jaynie Cannon. You know them better from their GP forum avatars: Marathon Boy and Lois Lane. Jaynie ran the race too and Jacob handed her a large U.S. flag right before she finished. The *Democrat-Gazette* had a picture of the two of them in next day's paper.

Several of the Straessle family raced. Dad Steve redeemed himself by finishing ahead of his children. At the

LR Marathon Offers Discounted Early Registration

Registrations are now being accepted for the 5th running of the Little Rock Marathon, scheduled for March 4, 2007. With an early registration discount being offered, race officials anticipate the largest field of participants in the history of the race and are making preparations for 9,500 participants. The race is a project of Little Rock Parks & Recreation.

“This is the first year we have offered a discount for people who want to sign up early,” said Greg Hatcher, race chairman. “We usually begin receiving registrations when training begins in October. We are hoping to have our races filled by January 2007.

“Our largest increase in participation on the 2006 race (held earlier this year) was the half marathon, which grew 35% from 2005,” said Hatcher. “All the races grow significantly each year with no signs of slowing down,” he said. “We

hope that offering a discount will get participants signed up early so we can get a good handle on expenses. A sell-out would be a nice problem to have. I believe our trend will continue in 2007,” Hatcher noted. “The word is out on the street. We produce a quality event that showcases our state and if we just do what we did earlier this year, we could double our numbers again. Marathoners want to participate in quality races like the Little Rock Marathon.”

The discount for early registration ends before midnight September 1.

The *Arkansas Democrat-Gazette*, the Marathon’s presenting sponsor, offers a \$15 discount to participants in the full 26.2 marathon in addition to the early registration discount. Restrictions apply. See the website for details.

Online registration for any of the races is available at

www.littlerockmarathon.com until February 21, 2007. Paper registration forms can be printed from the website or obtained by calling Little Rock Parks & Recreation at 501-371-4770. Paper entries must be received by February 21, 2007.

Firecracker (Continued from Page 5)

Dino Dash and Catholic High 5K, son Jacob beat his father. This time Jacob was slightly behind Steve. We have a new rivalry! Mom Ann didn’t run this race, probably because she’s gestating another potential Straessle runner.

The Catholic High 5K was memorable because Steve told Jacob before the race to just follow the runners in front of him and stay inside the cones. Steve fully expected Jacob to finish after him. Well, Jacob was ahead of Steve as they got close to the finish, so Jacob turns and asks, “Dad, do you want me to wait on you?” Embarrassed, Steve said, “No. Go on.” What makes this even better is that Steve is the principal at Catholic High and several students witnessed this exchange. They gave Steve grief over this for days.

Back at the Firecracker, daughter Abby finished two minutes ahead of veteran Sabrina Diamond in the lowest female age group, 5-9. These two young ladies took first and second in that group. It’s only a matter of time before Abby and Sabrina start whipping their fathers in races.

The Firecracker had a larger turnout this year, and not just because the Straessle family entered. I was surprised because the race was on a Tuesday this year. I figured more people would enter if the race was on or near the weekend.

After the last person crossed the finish, we took down the chutes and started packing. This was more involved than I thought. All those tables with the water, fruit, and related materials had to be removed. The ice tubs were emptied, the large water bottles gathered, and all the “stuff” was loaded into a large Ryder truck. Then it was time to run back home. See you there next year!

Entry Fees

	thru midnight 9/1/06	thru midnight 2/1/07	after midnight 2/1/07	race weekend
Marathon	\$55	\$65	\$75	\$85
Half Marathon	\$35	\$45	\$55	\$65
Relay Half Marathon (per person)	\$25	\$35	\$45	\$55
5K Run/Walk	\$15	\$20	\$25	\$35
Little Rockers Kids Marathon	\$10	\$15	\$20	\$25

Running Calendar

Birthdays

August

- 11: Hot Summer Nights 4M at Jonesboro. Call 870-931-0578.
- 12: Watermelon 5K at Hope. GPS. Call 870-777-1917.
- 12: Run for the Grapes 5K at Tontitown. Call 479-361-1100.
- 13: Andy's Fun Run.
- 19: ValleyFest 5K at Russellville. Call 479-968-7819.
- 19: Pioneer Days BSA 5K at New Boston, TX Call 903-796-4080
- 20: Andy's Fun Run.
- 26: Rollin' on the River 5K at Little Rock. Call 501-227-3710.
- 26: Lake Atalanta 5K at Rogers. Call 479-621-9020.
- 27: Andy's Fun Run.

September

- 2: ARK Clear Mountain 5K at North Little Rock. Call 501-834-1313.
- 2: K-Life Labor Day 5K at Branson, MO. Call 417-294-4380.
- 2: Century 21 Battlefield Run 5K at Prairie Grove, AR. Call 479-267-5000.
- 3: Andy's Fun Run.
- 9: TNT 5K at Newark, AR. Call 870-793-2464.
- 9: Blessed Sacrament School 5K at Jonesboro. Call 870-761-2863.
- 10: Andy's Fun Run.
- 16: Mt. Nebo Chicken Fry 10K at Dardanelle. Call 479-229-3328.
- 16: Tyler Curtis Memorial 5K at Little Rock. Call 501-231-3730.
- 17: Andy's Fun Run.
- 23: Simmons Food 5K XC Classic at Siloam Springs. Call 479-238-5028.
- 23: Orange Crush XC Festival. GPS. Call 450-9292, ext. 26.
- 23: Furry Friends 5K at Rogers. Call 479-464-3200.
- 24: Andy's Fun Run.
- 30: Arkansas 20K and Marathon at Benton. Call 501-315-9252.
- 30: Celebrity Classic 5K at Fort Smith. GPS. Call 479-782-6302.
- 30: Big Dam Bridge 5K at Little Rock. Call 501-231-3730.
- 30: Race for Awareness 5K at Jonesboro. Call 870-972-0017.
- 30: Into the Light 5K at Searcy. Call 501-278-4357.

October

- 1: Andy's Fun Run.
- 7: Run for Your lights 5K at Heber Springs. Call 501-362-7292.
- 7: Harvest Homecoming 5K at Harrison. Call 870-437-5590.
- 7: Sacred Heart Octoberfest 5K at Morrilton. Call 501-354-3936.
- 8: Andy's Fun Run.
- 14: K8 8K at Jonesboro. Call 870-931-8888.
- 14: Greater Jonesboro Half Marathon. Call 870-933-4604.
- 14: Swamp Sister 5K at Gillett. Call 870-263-4748.
- 14: Thirst for Knowledge 5K at Highfill. Call 479-381-1094.
- 15: Andy's Fun Run.
- 21: Scrapper 5K at Nashville, AR. Call 870-451-4446.
- 21: WC Fall Classic 10K at Cassville, MO. Call 417-847-3137.
- 21: Sherwoodfest 5K. Call 501-833-3922.
- 22: Andy's Fun Run.
- 28: Mud Run 5K at Little Rock. Call 501-371-4639.
- 28: Heart and Sole 5K at Jonesboro. Call 870-931-4044.
- 29: Andy's Fun Run.

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

- 1 – Merritt Maham
- 2 – Greg Butts
- 2 – Libby Taylor
- 3 – Linda Smallwood
- 4 – Larry Graham
- 4 – Lois Mackey
- 5 – Tommy Tucker
- 6 – Kay Bland
- 7 – Bob Taylor
- 7 – John Nail
- 7 – Jordan Holloway
- 8 – Ginea Qualls
- 8 – Jim Comerford
- 9 – Sue Clatworthy
- 11 – Afton White
- 14 – Linda Van Blaricom
- 15 – Christopher Heller
- 18 – Kim Morton
- 19 – Denise Cole
- 20 – Amy Oury
- 25 – Jenny Brod
- 26 – Juli Barton
- 26 – Mackie Buckelew
- 27 – David Bourne
- 27 – Debra Simmons
- 28 – David Williams
- 28 – Paul Ward
- 31 – Rod Lorenzen

Retreads

The **Retreads** meet the first Wednesday of each month at 11:30 a.m. at Frankes 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.