

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

February 2006

Members Enjoy Entertaining Enological Evaluation

By Paul Ward
LRRC Lame Duck President

The January meetings of the Arkansas Running Klub and Little Rock Roadrunners Club were so different that I can't think of a clever headline to cover both. Kurt Truax spoke January 9 to ARK members on his background and numerous triathlons. Kurt came to Arkansas in 1982 from Iowa to practice dentistry at UAMS. After a retirement cut short by the stock market tumbling, Kurt resumed working part time at the state Department of Correction.

Kurt started running in 1979 and did his first triathlon in 1981. Kurt has completed six Ironman triathlons in Hawaii. For those of you not clear on what's involved, participants swim 2.4 miles, bicycle 112 miles, and run 26.2 miles. Yes, all in one day. The year 1992 was Kurt's first and best Ironman, where he finished in just over 11 hours; 2003 was his last. Kurt said the hardest part of the Ironman is getting one of the entry spots. There are 20 qualifiers in the U.S. for the Ironman, and you have to enter a lottery after qualifying. Kurt said 50,000 people enter the lottery for 1,500 spots in the Ironman.

Kurt is a medalist in international competitions. He was national champion in his age group in the mountain biking duathlon in Ruston, LA. Kurt ran the Boston Marathon once, in its 100th edition. Bob Marston said Kurt is one of the few people in Arkansas who could be called an Olympic caliber athlete.

To the disappointment of the males, Kurt's young wife, Cindy, was not at the meeting. Kurt said he met Cindy through the efforts of a neighbor. The neighbor told Kurt that Cindy was tall, slim, and "has a big nose like you." They

arranged to meet at a local Kroger. When he got there, Kurt saw a former girlfriend and was talking to her when Cindy arrived. When Cindy and Kurt were walking, Cindy saw a former boyfriend. These ominous distractions didn't detract from their attraction. During their walk, Cindy told the handsome Hawkeye that she wasn't looking for just another friend. Kurt said a year later Cindy repeated this statement. Her persistence obviously paid off.

The LRRC met January 19. Jonathan Looney of O'Looney's Wines and Spirits on Rahling Circle conducted a wine tasting for 24 of us. This was rescheduled from October when the library puritans screwed us at the last minute. Jonathan poured seven different wines from two Napa Valley wineries, Aquinas and Screw Kappa Napa (yes, that's what it's called). We enjoyed a flavorful sauvignon blanc, two chardonnays, two merlots, and two cabernet sauvignons. The tasters enjoyed the different varietals and Bob Taylor especially enjoyed the technical description of malolactic fermentation. This process converts a harsh malic acid into a softer lactic acid. Some chardonnays undergo full or partial malolactic conversion.

None of the wines had natural corks. Jonathan said natural cork comes from the bark of the cork tree (90% of all cork comes from Portugal). Cork is susceptible to a disease called TCA (the full name is too long), commonly called "cork taint." Jonathan said tainted wine has the aroma of wet cardboard. Wineries are switching to artificial corks or screw caps for quality control. With natural cork, up to 10% of the wine can go bad. With a different closure, almost 100% of the wine is good. Tainted corks can

wreak havoc with wineries. The fungus can permeate the porous walls of the winery and taint all the wine in the room being bottled.

Both wineries are owned by the Sebastiani family, now in its fourth generation of winemaking in California. The Aquinas wines have won gold medals at the L.A., Orange County, and California State Fairs. The "corks" of Aquinas wines have a quote from St. Thomas Aquinas imprinted on the side: "for it is written, that wine makes glad the heart of man." I agree.

O'Looney's opened six years ago. They offer 15% case discounts and have 80-100 wines on sale every day. Jonathan said he loves wines and enjoys doing tastings so others can share his passion. Many people told me they enjoyed this and would like to repeat it at a future meeting. I raise my glass to that idea.

The week before Christmas I took some days off work and did a circuit tour of some of our various running groups. Saturday, December 17 I ran with the regulars who run from Andina's Saturday mornings at 6 a.m. It was fun at first, but they pulled far ahead of me at the one-mile

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February Meeting

February 16, 2006

6 p.m. to eat

Whole Hog Cafe

Riverdale Shopping Center

Speakers at 6:30 p.m.

Panel of Experts

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mark on the NLR River Trail. Oh well. I did 15 miles that morning. The next day I ran with the Heights U.S. Pizza group. We had a good crowd that Sunday; six guys and three women. I was a little sore from the day before but the others there inspired me to go almost the full 10 mile route. Toward the latter half of the route, I wanted to keep the female runners in sight (I'm always the trailer of the group) and I was thinking, "I want to finish this." My legs seemed to say, "Okay, we will!" When I got home, I was sore, tired, but mentally elated. Do you get that feeling after a long run? Sometimes I get a real sense of accomplishment.

The following Tuesday I ran with Karen Call's Hillcrest group. They do a 3.9-mile loop down Kavanaugh and back, with some extending it over a mile up Kavanaugh afterwards. That afternoon I went to the track at Forest Heights for the regular Tuesday workout. Brian Sieczkowski and John Perez were there. Usually we have several more, but it was cold. My legs finally told me "enough," so I did only a few laps.

Thursday it was back with the Hillcrest group. Saturday, Christmas Eve, I ran with the LR Marathon training group from Gaucho's restaurant on Rahling Road. This hilly 14-mile course is called the "Oucho Gaucho" for good reason. I had a difficult time when we ran it in 2004. This time was much better. I ran the entire course and was able to keep up with Karen Irico this time. It was nice having someone to talk to for most of the route. Tom and Hobbit Singleton's son-in-law, Darrin Miller, did the full route and repeated about half of it for his 20-mile training run for the Houston Marathon. Repeat Pike's Peakers Jack Evans and Harold Hays were there, and Jack said this route is the same one Peakers do as part of their training. That will tell you there are hills.

That completed my circuit. The only group I missed was the Sunday morning run from Andy's. I've never done that one before. Maybe one of these days....

Some of you said you enjoyed my Thanksgiving turkey travails in last month's *Runaround*, so I'll tell you about my Christmas cooking. I hosted my mother, her S.O., my sister, brother-in-law, niece, and nephew for an early afternoon meal. Before dinner I offered champagne to adults and some sparkling apple juice to my niece (6) and nephew (9) in Christmas wine glasses garnished with a small apple slice. They enjoyed getting a special holiday beverage. For the meal, I fixed a beef tenderloin, my sister brought a potato casserole, and my mother brought a broccoli-cauliflower dish. I prepared a simple pear and blue cheese salad. For the beef, I sliced several garlic cloves and placed them on the beef. I covered those with some fresh rosemary sprigs from my garden, then covered that with strips of bacon. Then I popped the bacon-bound beef in a hot oven until it reached the desired temperature. Unlike my Thanksgiving turkey, I did not overcook things this time. Everything was really good.

I made a Bourbon sweet potato pie for dessert and served it with some cinnamon whipped cream. Several had coffee, including some "Christmas Coffee" (regular coffee with

cocoa powder and peppermint candies stirred in). My mother was pleasantly surprised at my efforts to "de-clutter" my home and my table decoration. Some might say I'm a pack rat, but I prefer the politically correct term "organizationally challenged." On the table, I had a holly print runner down the middle, a center piece of fresh holly branches with their red berries, place cards made from fresh bay leaves, little holiday bears (holding stockings or presents) at each place, and little jingle bells on the table (I've been watching too much Martha Stewart.) Someone's going to think I'm some "holiday homo," but I'm not, not that there's anything wrong with it.

By the time you get this, the 2006 Grand Prix will have begun. But it's not too late for you to join. Go to www.arkrrca.com for details and a printable entry form. The races run from now through November, so you won't miss much by joining in February. And if you're new to the Club, or you don't read our award-winning newsletter, remember you can reach our website through the Grand Prix's site above. Just click "clubs," then click our Club. We have lots of information there for you.

Speaking of the Grand Prix, John Woodruff and Bob and Sybil Taylor were elected to the Arkansas Road Running Hall of Fame and were honored at the January 21 awards luncheon. Congratulations! If you want someone in running or life in general to admire, here are three worthy subjects for you. You three win this month's Penthouse Award. You certainly deserve it. Enjoy your stay in the Penthouse, and let me know if January Penthouse Award winner Steve Hollowell drank all the wine left over from our tasting.

I have some repeat offenders for the Doghouse this month. I considered sending Bettina Brownstein to the Doghouse. She contacted me just days before our wine tasting, long after the RSVP deadline, and wanted three spots. We had two cancellations, so I managed to fit most of her group in. Then Bettina was a no-show. She doesn't tell me before hand that she's not coming so I can let someone else use her spot. Nor does she tell me afterwards why she didn't make it. Bettina,

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Club Officers

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LRRC Finishes Purchase Of Riceland Roadrunners

By Bill "The Duck" Harrell
LRRC Racing News Editor

Only one month in the year has passed and there has already been so much to happen in our little world. I can't wait to see what happens when the races get in full swing.

Can you guys believe that Tom Barron has started running again? I'm sure everybody wishes him luck in his return to the road. The guy can't stay on a bicycle so let's hope he can at least stay upright while running. I hope he enters a race soon because we'll be in the same age group in a few months and I'm tired of finishing last. What a welcome edition it will be to have Tom back.

The LRRC has officially finished its purchase of Stuttgart's Riceland Runners Running Club. We now have Carl Northcutt, Bill Bulloch and Melanie Baden-Kuhn on our roster and recruited for our Grand Prix teams. I believe Ted will be joining Melanie, and the rest of us, sometime in the spring. He will also be welcome to wear the colors of LRRC.

I think our colors are now blue, yellow, black, pink, grey and bald. In the late spring we will add a white skin tone and tan and some red by summer. I'm afraid with Tom Barron back there may be some pale white occasionally.

Our local paper has verified what a number of us have known for years, that there are a number of Goofy runners in the state of Arkansas. There is not enough space to print the names of everyone I think is goofy but the official ones who belong to the LRRC are Hobbit and Tom Singleton and Allen White. They are finishers of Disney World's marathon and half marathon.

Hobbit had a 3:22:03 and a 6:51:10 while Tom ran 2:08:54 and 5:06:40. Allen sneaked in ahead of Tom by 13 seconds in the half by running a 2:08:41 and he had a 4:22:14 in the full on Sunday.

Other members who ran the half were Juli Barton with a 2:51:35 and Dale and Lou Wintroath. Dale had a 2:03:34 and Lou ran 2:25:33.

Leon Blue was the only other member I found to finish Sunday's mara-

thon which he did in 4:32:53. Dr. Blue made the city of Searcy proud with that run.

For those of you casual runners who want to start a racing program this is the perfect time. Join us in the Grand Prix this year and try running some different distances. You don't have to be fast, just

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although you deserve the Doghouse, you get a break because you spoke to us in November and rejoined the Club. But this is your last break!

Remember back in September when New Orleans Mayor Ray Nagin was one of several sent to the Doghouse for incompetence before and after Hurricane Katrina? Well our moronic mayor is also a nut and a racist. A couple of months ago he was upset because several Latinos were working for the contractors removing debris from New Orleans. He wanted to know how he could prevent his city from being "overrun by Mexicans." In January, he expressed his racial preference for the future New Orleans, saying it would be "chocolate" again. He also said God wanted New Orleans to be majority chocolate and sent hurricanes because He was upset at some societal or governmental shortcoming. It reminded me of Pat Robertson's statement that God caused Israel Prime Minister Ariel Sharon's stroke because Sharon withdrew from Gaza. Where do these people come from? Nagin later expressed modified regret for his racist comments. I wonder what the reaction would be if a Caucasian or Hispanic public official said he didn't want members of a specific race in his city or that his city would be white or brown in the future.

So it's back to the Doghouse for you, Mayor Moron. Pat Robertson will join you and you two can discuss God's active role in natural disasters. Tell us, did God cause the West Virginia coal mine tragedies because He was angry at our energy wastefulness?

The other repeat resident this month is the Central Arkansas Library

show up and finish. I've run very little the past couple of years and I've signed up. Not only will you get incentive to keep your program going but you will meet a lot of new people and receive a lot of encouragement for your effort.

Think about it ... and come on out and join us.

System. CALS screwed us days before our October meeting when we'd reserved a branch library meeting room for our meeting and wine tasting. Some downtown bureaucrat called the branch librarian and said no alcohol was allowed in library facilities based on an "unwritten policy." Shirley Pence contacted her daughter, who knows CALS director Bobby Roberts, but he couldn't have cared less about us or their pulling the rug out from under us at the last minute. So it surprised me to see an announcement of a wine and cheese reception at CALS' downtown Darragh Center for some group advocating for children of prison inmates. So add arbitrary, capricious, lying, or whatever other appropriate term to our CALS bureaucrats. They definitely deserve another stay in the Doghouse.

Our February 16 meeting will be at the Whole Hog Café. We'll repeat the "panel of experts" theme we did there a year ago, with new experts. The currently scheduled panelists are Jimmy and Kelly Thompson, Brian Bariola, Brian Sieczkowski, Betsy Meacham, and Tammy Walther. They will tell us about their running and share with you their accumulated wisdom. Come at 6 p.m. to eat or 6:30 to hear our speakers. I hope you can make it.

If you want to uncork a compliment or criticism, you have a suggestion for a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse Awards, or you just want to give your favorite Club president a special Valentine's Day gift, call me at 664-0060 or 682-5881.



Running Calendar

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

- 4: ARK Winter Series at NLR Riverfront Park south of Alltel Arena.
- 5: Andy's Fun Run.
- 4: White Rock 50K/25K at Cass. Call 479-444-8955.
- 11: Valentine's Day 5K at Russellville. (GPS) Call 479-968-0213.
- 11: Special Olympics Penguin 5K at Batesville. Call 870-307-8230.
- 12: Andy's Fun Run.
- 18: Sylamore 50K Trail Run at Allison, AR. Call 501-663-6068
- 19: Andy's Fun Run.
- 25: St. Bernard's Healthy Heart 2M at Jonesboro. Call 870-931-0578.
- 25: Tail Twister 4M/10M Trail Run at Rogers. Call 479-636-4767.
- 26: Andy's Fun Run.

March

- 4: Running for the Green 5K at Rogers. Call 479-936-2934.
- 5: Andy's Fun Fun.
- 5: Little Rock Marathon. Call 501-371-4639.
- 5: Little Rock Marathon 5K. Call 501-231-3730.
- 11: Victorian Classic 10K at Eureka Springs. Call 479-253-8667.
- 11: Red Beans and Race 5K at Jonesboro. Call 870-972-3974.
- 11: Chase Race 2M/Paws 1M at Conway. Call 501-514-4370.
- 12: Andy's Fun Run.
- 17-19: Three Days of Syllamo at Fifty-Six, AR. Call 501-753-6910.
- 18: Catholic High Rocket 5K at Little Rock. Call 501-664-3939.
- 19: Andy's Fun Run.
- 25: Spring Fling 5K at Cabot. Call 501-843-1406.
- 26: Andy's Fun Run.
- 26: Hogeys Marathon & Relays at Fayetteville. Call 479-575-2975.

April

- 1: Capital City Classic 10K at Little Rock. (GPS) Call 501-231-3730.
- 1: ATU Band 5K at Russellville. Call 501-607-3239.
- 1: Run with the Knights 5K at Van Buren. Call 479-471-5756.
- 1: American Heart 5K Run/Walk at Fayetteville. Call 479-571-6680.
- 1: SCMC 5K Run Walk at Mountain View. Call 870-652-3419.

New Member

Welcome to new Club member Michael Schreckenhofer. He is single, lives in Conway and is employed by Omnipet by Leather Brothers Inc. in sales/customer service. Michael has been running about 12 years and averages between 30-50 miles per week. He races frequently and prefers 5Ks, 8Ks and 10Ks, although he has run a few marathons. His PRs are 16:47 for 5K; 4:37 for the mile and 3:06 for the marathon. His favorite race/running routes are the Orange Crush 8K and in the woods or on trails. Other than running, Michael is interested in climbing, hiking, fly fishing, cycling, triathlons, hanging out with the fellas and family and taking care of the ladies!!

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.

- 2 – Johanna Threm
- 04 – Betty Ray
- 11 – Stacy Hurst
- 12 – Howard Hurst
- 13 – Charlie Peyton
- 17 – Carolyn Eagle
- 17 – Tina Coutou
- 21 – John Perez
- 25 – Jane Rogers
- 25 – Marta Schneider
- 27 – Belinda Harrell
- 27 – Richard Nix
- 27 – Ronnie Daniel

Poetry From The Sole

We all think we can run forever.
 And it feels good to run farther.
 We love the rush of adrenalin
 as we run effortlessly
 on a beautiful warm, sunny day.
 If a little feels good
 then more should feel better.
 It's the addicted runners logic
 that leads to Marathon Madness.
 So we train and train and train,
 and once we are able to
 cover the required distance,
 then we want to go farther still.
 More Marathon Madness.
 The combination of long distance and speed
 are a dangerous combination
 that can lead to injury.
 It is a sad sight indeed
 to see an injured runner
 who needs to rest and heal
 but who just can't stop running.
 So be careful what you wish for.
 More is not always better.
 Sometimes, less may be more satisfying.

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.