

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2006

Little Rock Roadrunners Rule in 2005 Grand Prix

**By Paul Ward
LRRC Lame Duck President**

The year 2005 ended as a good year for your Club. Last month I mentioned the Club members who won state RRCA awards announced in November after the Spa 10K race in Hot Springs. The last Grand Prix race was the Great Duck Race November 26 in Stuttgart. The Grand Prix individual and team standings are now complete. The LRRC men's team finished first by 27 points. The women's team finished third, missing second place by only 10 points.

The 2005 Grand Prix champions include several Club members. Brian Sieczkowski is the overall male champion. Brian "I'm a Skoal Man" Polansky and Bill Diamond are the first and third male masters champions. Our urban version of the "Brokeback Mountain" pair, David Williams and Larry Graham, are the first and second male grand masters champions. Tammy Walther, Barbie Hildebrand, and Sarah Olney swept the top three spots in the overall female category. Mackie Buckelew is the second female masters champion.

In Bill Harrell's column last month he noted Ginea Qualls and Mackie Buckelew battling in two races. Mackie probably doesn't know that she's been a good motivator. Several years ago she motivated me to run farther than a 5K when I didn't think I could. Now she motivates Ginea in their races. Mackie knows how to teach and encourage without criticizing. It's great to have her racing for us in 2006.

In the 2005 age group categories, Tim Wistrand finished second in 20-24, even though he entered only three races (and beat the first place finisher each time). Brother Rob Wistrand finished

fourth in 25-29, also with just three races. Glen Mays was injured for part of the season but still finished fourth in 35-39, and garnered the most points in the eight races he entered. Jim Barton won 45-49, Bill Torrey was second in 50-54, Randy Taylor was fourth in 55-59, and Jim "The Ageless Wonder" Yamanaka and Carl Northcutt were second and 4th in 70-74.

Barbie's favorite daughter, Ginea Qualls, finished second in 25-29. Kim Morton was third in 30-34, Laura Naill was fourth in 40-44, Joy Ballard and Carol Torrey were third and fourth in 55-59, Linda House and Rosemary Marston (running for ARK) were fourth and fifth in 55-59, and Coreen Frasier won 60-64.

Congratulations to you all. For everyone else, please consider joining the 2006 teams. There is still time to sign up for the 2006 Grand Prix. Go to www.arkrrca.com for details and a printable entry form. Good luck to you and us next year.

Thanksgiving this year was a beautiful day. I had turkey cooking duties once again, but my 20 pounder had not completely thawed when I checked it the day before. I put it in the fridge Saturday afternoon, and I read that it takes 24 hours for every four pounds of weight. I took it out for a few hours Wednesday evening to hasten the thawing, and I woke up unintentionally at 2:30 Thanksgiving morning and took it out for good. I went back to bed for a couple of hours, then got up to dress (or undress) the bird.

The neck and giblets in the cavity were still frozen. I rinsed the big bird and let warm water sit in the cavity for a while to thaw the frostbitten fowl. Then I put some carrots, celery, onion, garlic, and fresh bay and sage leaves in the cavity. I placed the turkey (breast

side down) on a bed of the same vegetables and herbs and poured some wine and water in the roasting pan. The night before, I made garlic-herb butter with some sage and parsley from my garden. I stuffed some of this mixture under the breast skin and rubbed the rest of it on the outside of the turkey. Then I popped the buttered bird in the oven, drank some coffee, and headed out for our Club's annual fun run from the Salon Avatar-Full Moon parking lot.

We had almost 30 people there, more than I remember in the past few years. We attacked some hills in Edgehill and the Heights before returning to our base camp. In spite of steepness sufficient to meet with Torrey approbation, no one complained about the course. Thanks to all of you who ran with us.

After we finished, I returned home to check on the roasting turkey. I flipped it on its back ("Club president flips bird"), put a kitchen towel on the breast, and basted with a mixture of wine, sherry, garlic, and butter. My mother has placed moistened cheesecloth on the breast before, but I don't have any, so I use a small kitchen towel. It's supposed to keep

(See LRRC Rules on Page 2)

January Meeting

January 19, 2006

6:30 p.m.

Capitol Hill Building

**Wine Tasting Party
(Rescheduled from October)**

LRRC Rules (Continued from Page 1)

the breast meat moist and slow its cooking so it doesn't dry out by the time the dark meat is done. But that only works when you don't overcook the whole thing!

When I decided to check the doneness with my instant read thermometer, the dial zoomed up to 200°. Uh oh! I was hoping for about 170°. When we ate later, the white meat was a little tougher and dryer than it should have been. No one complained however. And the gravy I made was very good, so that helped. Someone once said that's why gravy was invented – to put on overcooked turkey.

My sister hosted 13 of us. My mother made dressing, her S.O. brought pies, my aunt brought a congealed salad and green beans, and my sister contributed rice, carrots and rolls. I wrote a special prayer for my nine-year-old nephew to say at the table:

*In the name of the Father, Son, and Holy Ghost,
It's Brussels sprouts we love the most.
Dressing, beans, carrots, pie.
We'll eat them all, then burp and sigh.
I know this prayer is rather quirky,
So let's stop now and eat the turkey.*

Thank you for this food and this family.

I gave it to him before we sat down and figured he'd be reluctant to say it, but he had just the opposite reaction. He ran to his parents and begged to say the blessing. He managed to say it without laughing, but I don't think my hard-of-hearing mother and aunt heard it all. Feel free to use this at your next holiday meal! I tease my niece and nephew about Brussels sprouts and okra. They're not big vegetable eaters. Now if McDonald's served "Brussels sprouts McNuggets", things might be different.

I hope your Thanksgiving was enjoyable. By the time you read this, Christmas and Hanukah will have occurred, so I hope these holidays were enjoyable too. The Club had its annual Christmas party December 10 at the Capitol Hill Building. This year we had a joint party with the Arkansas Running Klub in North Little Rock. ARK provided a ham, and thanks to Tom "Master Baster" Barron, we provided smoked turkeys. Members brought potluck dishes to round out the meal. We had a good crowd from both clubs. Shirley Pence was very active under the mistletoe. Three different men gave her holiday kisses. I placed the sprig above the beer cooler knowing that it would be most useful there.

Last month's Doghouse winner, Will Barns, attended with his membership form and money, so I let him out of the Doghouse early. Someone read him last month's newsletter and he promptly made amends. Welcome to the Club, Will. Will is one of those multi-sport talents who excels at biking and running.

Speaking of excelling, Steve Hollowell arranged for us to use the facility, brought the LRRC beverages, and did most of the

post-party clean up. He even presented me with the plaque for the state RRCA Outstanding Club President award which he picked up for me in Hot Springs in November. I wanted to mention other members receiving awards, but past Club President award winner Bob Marston was AWOL and I confused male masters award winner Calvin Detherow with former ARK president Marion Monk. My mind is going fast; it's a good thing my term ends soon. Sorry guys.

Steve gets a return trip to the Penthouse for his yeoman work with the party. Thank you, Steve. Enjoy your stay. And feel free to invite your special someone to join you. The river view and city lights are especially romantic this time of year. Enjoy the champagne and candles; the Club appreciates your work!

After our party shut down, several of us moved to the Garden Center on Kavanaugh and Lee for the Arkansas Bicycle Club's Christmas party. The Caves and Lansky-Goulds were there, having snubbed our running club party! Bettina Brownstein, Pat Piazza, Karen Call, Marshall Singer, Michael Erwin, Coreen Frasier, Cindy Holland, Susan Russell, Corky Zaloudek, and I lasted a few more hours with the bikers. The dance music was generally good. Pat danced very well, Bettina gyrated to the speakers' bass sounds, Karen busted loose on the dance floor in a titillating holiday outfit, Michael lifted his shirt and showed the effects of his hormone replacement therapy, and I was my usual boring, stuffed-shirt self, incriminating photographs notwithstanding.

The week before the parties, I attended the monthly meeting of Bicycle Advocacy of Central Arkansas. Skip Rutherford of the William J. Clinton Foundation spoke on the Rock Island Railroad Bridge being converted to a pedestrian-bicycle bridge. Rutherford said the Clinton Library architect, James Polshak, is working on the design for the bridge. The pedestrian bridge will be arched, lighted, unpainted, and ADA approved (with a 5% incline). Rutherford said construction should take nine months after all the permitting is complete. There are design and property ownership challenges on the

(See **LRRC Rules** on Page 4)

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.

Linda House	Editor	565-4969
Paul Ward	President	664-0060
Bill Harrell	President-Elect	821-6610
Betty Ray	Secretary	225-5635
Donna Cave	Treasurer	664-7335
Steve Hollowell	Past President	217-8604
June Barron	Membership	851-4655
Bill Torrey	CCC 10K Race Dir.	455-2643
Joe Cordi	At Large Member	223-9767
Brooke Nalley	At Large Member	664-4868

Migraines Take Their Toll On Christmas Cheer

By Bill "The Duck" Harrell
LRRRC Racing News Editor

The Christmas party was a major success, or so I hear. I told some of you at breakfast the morning of the party how much I was looking forward to the party and I assured you that I would be there. After all, I can get six months of columns (blackmail) from that one party. I didn't count on what happened to me last year would happen again this year.

There is something about the second Saturday in December that tells me I should stay in bed; which is pretty much what I did once I got home. For the past couple of years I have been susceptible to migraine headaches. I went over 50 years without this problem and no one in my family ever had one but then one day WHAM!!!

I may have one in six months or I may have six in one month. They are controllable with medication which makes me more zombie-like than normal but the headaches go away. I'll wean myself from the medication and be fine for eight or nine months then the Christmas party rolls around again and they cycle up.

I hope none of you have these but if you have and want to send me more information for my folder I will gladly accept it. If some of you are doctors or doctor wannabes or have ever seen a show about doctors I will take your free advice too. I've come to the conclusion that hanging around too many runners makes me sick.

You all know that I am a stickler for the truth in my column but I will have to rely on second-hand information while reporting on the party. So if the color of Bob Marston's dress is reported wrong ... it's not my fault.

I hear the party didn't get started until Larry Graham showed up with his date, Jessica Simpson. A line parted like the Red Sea as Larry and Jess made their way to the wine bar.

Bill Bulloch was there wearing some serious bling. He had the awards from his past two races hanging from a chain around his neck. It slowed him down on the dance floor but not by much.

Speaking of dancing, once again Larry Graham was involved. Larry won the dance contest with his *new* date, Ellen DeGeneris. They won hands down, or feet up, or whatever.

Brian Polansky brought his guitar and was playing Christmas carols ala Jimi Hendrix. It was a very unusual sing-a-long but it was done in the spirit of the season. I understand that one of the highlights of the whole party was David Williams reading a Christmas poem on how to run a 37 minute 10K when one is as old as Santa.

Alas, the party commenced when Larry Graham left for IHOP with his *newest* date Roseanne Barr. Or was it Bob Marston in a beehive wig. It was difficult to tell since they had both worn a green velour mini skirt. Or so I was told.

Maybe being ill wasn't so bad after all.

Santa promised he would be pretty good to me this year but he did give me a list of things to work on next year or be put on his bad list. One thing I have to work on is to do a better job of including membership in the results column. There are a number of you that have not had your times listed and as a dues-paying member you should. I apologize to those of you I missed. Some of you I haven't met and some of you I run with weekly, I believe in equal opportunity when it comes to screwing up.

Then there are those of you who have asked me not to publish your times. Well it ain't that easy. Let's talk cash under the table. If you really don't want to be embarrassed in public then let me know how much it's worth to you.

I've missed races totally. One was the Tyler Curtis 5K held in Otter Creek in early October. I even volunteered at that one. For some reason I still have my notes from way back in October, so here they are.

Ginea Qualls and Mackie Buckelew were fourth and sixth overall and both won their age group with times of 23:50 and 24:59. Six-year-old Sabrina Diamond was second in her age group

with a 36:17 and her dad, Bill, was second overall male with a 17:56. David Bourne won 50-54 in 21:51 and Paul Ward was second in 45-49 in 22:24. Joe Cordi ran with a friend and finished in 35:20.

Closer to Christmas on December 3rd the Jingle Bell Jog 5K was held in Little Rock. The little elves that ran the race included Sarah Olney, who was second overall, in 19:46 and Mackie Buckelew, third in 45-49 with a 24:11. Rosemary Marston ran 54:02 and Rosalind Abernathy had a 47:44 to win 80-84.

Matt Olney also ran and had a 24:18. Jim Barton's 19:22 got him second in 45-49 and Randy Oates won 60-64 in 23:32.

That same day across the big river in Memphis the St. Jude Marathon and half marathon were held. Apparently, the Club bus was packed for this one but only one member, Jacob Wells, ran the full. His time was 3:18. The big story would've been if Jacob had not run a marathon. The last I heard he ran three in 18 days.

The female half marathon finishers include Ashley Taylor in 2:15:32, Ginea Qualls in 1:57:55 and Hobbit Singleton in 3:22:16.

David Williams ran a 1:23:47 for second grand master. Larry Graham and Bill Torrey were third and fifth in 50-54 with times of 1:28:23 and 1:30:30. Randy Taylor was the second finisher in 55-59 (behind David) with a 1:29:11. Ronnie Hardin ran a 1:29:46 and Marshall Singer had a 2:34:31. David Bourne ran a 1:41:14 in 50-54 and others in that age group were Tom Singleton with a 2:06:06 and Christopher Heller with a 2:19:47. Bill Bulloch ran a 1:53:53 in 55-59.

I understand that Joe Cordi and Jacob Wells were in Dallas where Joe ran the half and Jacob the full marathon but at press time I did not have results.

I hope everybody had a great holiday season and is looking forward to 2006. Of course, we have no idea what will happen in the new year but whatever it is I'm sure we'll embellish it here.



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.

January

- 1: Andy's Fun Run.
- 7: Winter Sprinter 5K at Morrilton. Call 501-327-4666.
- 7: ARK Winter Series at Alltel in Riverdale.
- 8: Andy's Fun Run.
- 14: MLK Celebration 5K at Morrilton. Call 501-669-2517.
- 14: ARK Winter Series at Burns Park Soccer Fields.
- 15: Andy's Fun Run.
- 21: ARK Winter Series at Burns Park Soccer Fields.
- 22: Andy's Fun Run.
- 28: ARK Winter Series at NLR Riverfront Park south of Alltel Arena.
- 29: Andy's Fun Run.

February

- 4: ARK Winter Series at NLR Riverfront Park south of Alltel Arena.
- 5: Andy's Fun Run.
- 12: Andy's Fun Run.
- 18: Sylamore 50K Trail Run at Allison, AR. Call 501-663-6068
- 19: Andy's Fun Run.
- 25: Healthy Heart 2M at Jonesboro. Call 870-931-0578.
- 26: Andy's Fun Run.

March

- 5: Andy's Fun Fun.
- 5: Little Rock Marathon. Call 501-371-4639.
- 11: Victorian Classic 10K at Eureka Springs. Call 479-253-8667.
- 12: Andy's Fun Run.
- 17-19: Three Days of Syllamo at Fifty-Six, AR. Call 501-753-6910.
- 19: Andy's Fun Run.
- 25: Spring Fling 5K at Cabot. Call 501-843-1406.
- 26: Andy's Fun Run.
- 26: Hogeeye Marathon & Relays at Fayetteville. Call 479-575-2975.

April

- 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.
- 2: Andy's Fun Run.
- 8: River City 5K at North Little Rock. Call 501-801-8061.
- 8: Farmington 5K at Farmington, AR. Call 479-267-3159.
- 8: Bellview Bobcat 5K at Rogers. Call 479-685-5913.
- 9: Andy's Fun Run.
- 15: Marine Corps League 5K at Little Rock. Call 501-221-3147.
- 15: 1040 Tax Run at Batesville. Call 870-793-2464.
- 16: Andy's Fun Run.
- 22: ARORA 5K at Little Rock. Call 501-907-9150.
- 22: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.
- 22: Alma Partners Dog Run 5K at Alma. Call 479-632-1953.
- 22: Crossgate 5K Run Walk at Hot Springs. Call 501-262-4222.
- 23: Andy's Fun Run.
- 29: Goshen Gallop 5K at Goshen, AR. Call 479-582-2320
- 30: Andy's Fun Run.

Birthdays

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

- 1 – Jeanne DeLanois
- 1 – Melissa Polansky
- 6 – Chad Stansbury
- 6 – Laura Naill
- 7 – Ann Moore
- 7 – William Diamond
- 10 – Pam Hays
- 17 – Bill Walther
- 17 – Melissa Topping
- 18 – Suni Hoffman
- 19 – Carl Northcutt
- 21 – Bill Rahn
- 21 – Kim Fischer
- 21 – Richard Johnson
- 25 – Ann Scroggins
- 30 – Ruthmary Goodhart

Poetry From The Sole

Older but Wiser

by Randy Oates

I run shorter than I used to
and my muscles are sore.
I run slower than I used to
and my knees are tender.
I still work out aggressively
and yet my body's shape
is not what it once was.
It is dented
and rusted
and battle scarred.

We age regardless of the workout schedule
and our body does not recover quickly.
Yet the mind appreciates each activity
even more.
Each mile means so much more.
Each lap in a pool is more rewarding.
Each occasional burst of speed on the bicycle
reminds me,
that I was meant to succeed,
Even as I become older.

Our Maker gave us a marvelous body
And when we use it well,
sometimes,
just sometimes,
We can feel His pleasure.