

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2006

LRRC Members Rock And Roil In Lincoln Marathon

By Paul Ward
LRRC President & Soon-to-be
Elder Statesman

May 6 was a nice day. The forecasted rain held off that morning and cool weather prevailed at the Toad Suck 10K, the Grand Prix championship race at that distance. Unfortunately for your LRRC, four of our top runners and GP team members were heading to Lincoln, Nebraska, for a much anticipated marathon the next day. Those of us left behind tried to carry the flag in Conway, but we sure missed our traveling brethren.

Our top man in Lincoln, Brian Sieczkowski, turned in an amazing 2:56:58, for a new PR by 12 minutes. His fellow marathoners gave him a new last name, Blow-chunk-ski, for his double hurl at the finish line. John Perez continued his sub-three-hour marathon streak by finishing in 2:57:14. Mike Banman set a PR by eight minutes with his 3:01:58 finish. And Jacob Wells, our own Marathon Boy, finished his fourth marathon of 2006 in 3:39:49. Amazing! Way to go guys. We're very proud of you.

John has written an article on this marathon which should be in this month's newsletter. John said he went to Lincoln because he heard it was flat, fast, cool, well supported, and several other Arkansans were going. Brian was in Lincoln for his father's retirement party and Lincoln is the home of Cornhuski's alma mater, the University of Nebraska.

In Conway at Toad Suck, our own Glen Mays and Sarah Olney were the top male and female finishers. Larry Graham was in Heber Springs the night before and drove from there to the race. I filled his role by riding with David Williams, asking David how he was doing, saying he looked great, administering the

pre-race massage Larry usually gives David, and wishing him well in the race. David responded with one of his better performances. Afterwards, we towed off and I congratulated David and said how happy I was for him and I knew he could do it. It was a bittersweet parting when David dropped me off at my house. It's not easy being Larry!

Karen Call was a proud coach that night. Two of her running students, David Bourne and I, both set PRs at Toad Suck. It was easier for me, because Toad Suck was only my third 10K (Is it odd to have run more marathons than 10Ks?). I was a minute and a half faster than I was at the Capital City Classic the month before. David is a true veteran at that distance, so he deserves the greater accolades. He passed me at mile two or so, but I felt honored to at least keep him in sight for most of the race. At the CCC, I lost sight of him before the first turn. Robert "Boston-bound Bob" Holmes also set a PR at Toad Suck in only his third 10K race. He's really running well.

Our men's GP team finished second, but we were ahead of the River Valley Runners, who currently lead the men's team standings. Our women's team finished second, too, after winning every previous GP race this year. They still lead in the team standings. They're hampered by Tina Coutu's broken leg and Barbie Hildebrand's injury. Compounding the problem, Melanie Baden-Kuhn got injured right before Toad Suck. Get well soon, ladies.

May Club Meeting Unusual

We had an unusual meeting.

Eighteen members and guests attended a presentation of Nikken wellness products by Bill Larson and Earl Reid. Unfortunately, they could have done a better job describing their offerings. Things broke

down when they started doing demonstrations. Nikken is a 30-year-old company started in Japan but now headquartered in California. They offer magnets, infrared wraps, water and air filtration devices, nutrition supplements, sleeping aids, and shoes. They demonstrated the supposed power of the magnets and filtered water through strength tests. People stood on the magnetic insoles or drank the water and felt stronger than before. The theory is that the body is a magnetic field. The products are touted to speed recovery after a strenuous workout. Our speakers said double blind studies prove the benefits of the products.

Earl said the body is alkaline but some of the substances we consume are acidic and this puts us out of balance. If we're acidic, lactic acid builds faster. An alkaline environment allows better oxygen uptake. The Nikken water is supposed to have smaller chain molecules which allow the water to permeate cell walls better and hydrate us faster. The water is ionized by a magnet after being filtered. The sleep system consists of a magnetic mattress and pad, pillow, and comforter. The magnets are said to speed healing by expanding blood vessels, allowing more blood to reach damaged areas. Tina Coutu

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June Meeting

June 15, 2006

6:30 p.m.

Murray Park Pavilion 2

Potluck Dinner

Annual Officer Elections

Speaker: Randy Oates

Poetry for the Sole

Rock And Roil (Continued from Page 1)

put a magnet inside the infrared wrap around her leg. I asked her to let me know if she thinks it helps her recovery. Larry Graham uses the magnetic insoles in his nonrunning shoes and says they help him.

The sleep system's mattress pad distributes your weight more evenly to avoid pressure points. The pad, comforter, and pillow have magnets to create a magnetic field surrounding your body. The pad also contains Nikken "Rubberthane" to give a passive massaging effect. The outer fabric is engineered for ventilation to keep you cool.

The far-infrared wraps contain ceramic reflective fibers that keep affected areas warm. Excess heat passes through the material so you don't get overheated. The nutrition system provides vitamins, minerals, anti-oxidants, and enzymes. The air filtration system removes pollutants and ionizes the air without producing any ozone. The water filtration system removes chemicals, adds minerals, and produces alkaline and ionized water.

If you're interested in any Nikken products, contact Bill Larsen at 501-525-0222, 501-282-0332, or at joybillhome@hotmail.com. The website is www.5pillars.com.

Penthouse Award

Joe Cordi leads the Penthouse Award winners this month. Joe brought our beverages for the past two months and was there early both times. He also brought a potential member guest. For the past few years, Steve Hollowell and Bill Harrell usually brought our beverages, saving me from additional executive responsibilities, so they get to stay in the Penthouse too. John Perez gets the award for writing an article for our newsletter. If Barbie Hildebrand would write an article, she might get the Penthouse Award too. She's still mad at me for giving her the Doghouse Award last year after she declined to speak at a Club meeting or write an article on track etiquette. She thought it was a lifetime sentence, but I told her it's only for the specified month. Just so there's no doubt, I signed a pardon for Barbie as one of my last acts in office, so she's free of any Doghouse taint and she can vote, run for Club office, possess firearms ... uh, maybe I shouldn't do that ... Tina Coutu, walking cast and all, attended our meeting after being out of town and getting back at 4 p.m. That's dedication! You get to stay in the Penthouse, too.

Doghouse Award

We have an encore Doghouse Award to some of last month's winners. I made the mistake of sitting facing the river at our meeting, so I missed seeing any Club member who ran by our pavilion during our meeting without stopping in. But we had a repeat snub from two of last month's Doghouse winners. Once again, Karen Call and the Hollands biked that evening, yet still attended our meeting. But fellow "Endorfemmes" Pat Piazza and Bettina Brownstein skipped our meeting again. I kept looking at the parking lot expecting Pat to drive up topless, park her convertible roadster, and bring her shining face to our meeting to bid farewell to her favorite running Club president south of the river. And I thought Bettina would wish me well as I head to the

running club rest home. But nooooooo! Whenever I attend a bike club meeting, I see Pat and Bettina. But a running club meeting? They couldn't be bothered.

Brooke Nalley continued her consistent meeting attendance by missing our May meeting after vowing to make all Club meetings this year. The tally so far: 0 for 5. I thought about giving past president Steve Hollowell and future president Bill Harrell the award for missing our meeting, but both were out of town. I thought Steve was busy getting a facial and his hair highlighted for his cover photo on the *Democrat-Gazette's* May 21 "High Profile" section. There was a good article on Steve and the Dino Dash.

Announcements

If you read this before June 3, please help with the Dino Dash by entering the race or volunteering. Contact Steve Hollowell if you can volunteer. The next Grand Prix race is the "Heat in the Street 2 Miler" in Arkadelphia June 17.

Our next meeting is June 15. We'll start with our annual officer elections. The nominees are Bill Harrell for president, Ginea Qualls for president-elect, Steve Hollowell for treasurer, and June Barron for secretary. After our elections, our own Randy Oates will recite some poetry. Last year Randy read three of his poems and they were well received. You've also read some of his poetry in our newsletter. Our potluck dinner starts at 6:30 p.m. at Murray Park, Pavilion #2. I hope you can make it.

Bill had a number of conditions before agreeing to serve as president. He would serve only one year and required that we get a president-elect. He needed someone to write his racing news column while he served. And he wanted an attractive female to serve as his "arm candy" at meetings and other public running events. Although the last item is made up, Ginea (our favorite GQ) can fulfill the first and last conditions. So we've smoothed the path for President-Elect Harrell.

The president's main duties are to conduct meetings and write an article for the newsletter. Bill has difficulty with both of these, attending about 50% of our meetings and almost

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Club Officers

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Final Results From President-Elect “The Duck”

By Bill “The Duck” Harrell
LRRRC Racing News Editor

Welcome to my last results column ... at least for a while. I know most of you are happy to hear that but just remember that I will have my say on the front page for the next year. As you’ve noticed from recent front page articles the author will have to have an ego and be able to exert power beyond his means and, above all, be able to put all of you in your place.

Well, that’s not my personality but maybe I’ll catch on. But that’s next month. This month is all about running and racing. In the scheme of things nothing has changed though. Glen Mays and Sarah Olney have won races, Marathon Boy has finished a couple of marathons and I still can’t remember how to spell Sieczkowski or Schreckenhofer.

There was a 5K held at Two Rivers Park in west Little Rock on April 29th. The race was a fund raiser for ARORA, the organ replacement organization. The overall winner in this race was our own Larry Graham in 19:27. When questioned by the media why he ran so fast Larry replied that he heard the overall award would be an organ replacement of his choice ... something he really needed. I didn’t make it to the race but I think he was misinformed. Larry is going for the overall again at the Chase the Chicken 5K in Prescott. I have no idea what he thinks that award is.

Bill Torrey and David Bourne were first and second in 50-54 and John Naill (that name sounds familiar) won 55-59 in 20:51 and Joe Cordi finished in 22:16. Ginea Qualls won 25-29 in 24:20 and Mackie Buckelew ran 24:44 to win 45-49.

A week later Little Rock invaded Conway for the Toad Suck 10K/5K. Most of the membership ran the 10K (it was the Grand Prix 10K Championship) but a few took on the 5K. Jordan Holloway ran 26:10 for a PR and second in 25-29 and Tom Barron continues his successful return to running with a 29:19 and June Barron had a 29:33 while pushing her granddaughter in a stroller ... or maybe that’s vice versa. Either way June crossed the finish line.

Glen Mays ran a 32:14 for his overall 10K win and he even out jumped all

the toads in the toad jumping contest. Michael Schreckenhofer ran 37:26 for second in 20-24 and Chad Sanders won 25-29 in 37:26. Nick Alsbrook is still in the Ironman running with a 1:02:59 finish.

Brian Wagner won 30-34 in a 40:06 and Bill Diamond ran a 38:28 to win 40-44. Ronnie Hardin and Jeff Bost also had good races in that age group with times of 42:17 and 43:06. Brian Polansky won 45-49 in 40:17 and Steve Hollowell was right behind with a 40:49. Paul Ward captured a fourth in a PR of 44:55 and Harold Hays ran a 45:35. Harold should’ve run an ultra the day before so he would have felt better.

Jim Barton and Lurry Graham (Larry’s evil twin) and David Bourne were third, fourth, and fifth in 50-54 with times of 39:58, 40:02 and 44:37. David Williams won Grand Master in 37:31 and Robert Holmes was second in 55-59 with a 44:47 and Bill Bulloch took fifth in 46:08.

Two more guys still on the road to an Ironman trophy, Charles Martin and Bob Marston, finished in 48:08 and 48:21.

The first senior to finish was Maurice Robinson in 43:43 and Roy Hayward ran 46:29 for first in 60-64. Bob Taylor, Marion Monk and Emil Mackey had times of 55:01, 58:56 and 1:02:39 in that age group. Carl Northcutt ran a 1:15:47 in 70-74.

Sarah Olney ran a 41:18 for another overall Grand Prix win and Ginea Qualls had a 50:10 in 25-29. Beverly Smith had a 46:32 for second in 35-39 and Mackie Buckelew was second in 45-49 with a 50:09 and Cindy Hedrick took fifth in 58:39. Rosemary Marston was third in 55-59 with a 1:04:05 and Linda House ran a 1:21:46. Second place in 60-64 went to Coreen Frasier in 1:06:18.

A huge number of you guys also ran the Run For Their Lives 5K on the 13th of May. This has become a major race in Arkansas as the state 5K record set by Dan Lincoln in this year’s race adds to its validity.

Sabrina Diamond, who may be setting records in the future, was third in 5-9 with a 32:19 and Sarah Olney took first in 25-29 with a 19:58. Jordon Holloway ran 27:11 in the same age group. Tammy Walther was also first in

30-34 with a 20:10 and Gina Pharis ran a 34:26 in the 40-44 category. Mackie Buckelew’s 24:48 captured her a first in 45-49 and Libby Taylor ran 45:23 in 50-54.

Jacob Wells, better known as Marathon Boy, dropped down to a 5K and ran a 20:53 for third in 35-39. Bill Diamond took first in 40-44 with an 18:09 and Steve Hollowell grabbed a second in 45-49 with a 19:12. Larry Graham’s 19:10 scored him a second in 50-54 with Jim Barton and David Bourne taking third and fifth with times of 19:31 and 21:14. David Williams ran 18:18 for first in 55-59 and he was followed by Randy Taylor and Bill Bulloch in second and third with times of 19:07 and 21:29.

Maurice Robinson got his usual first in 60-64 with a 21:03 and Roy Hayward ran 22:06 for second. Emil Mackey ran 28:13 and John Woodruff had a 1:00:20 in 60-64 and Jim Yamanaka took home a first in 70-74 with a 28:15.

Okay, I’ve got one more before I sign off and this is one that I try to run if at all possible because it is always a fun race. I’m talking about the Paws on the Pavement 5K on May 20 at Murray Park. Belinda and I were on vacation and I missed it this year but I’m already training for next year’s race.

Four of the top five male finishers are LRRRC members they include Glen Mays, 16:02, Jim Barton, 19:29 and Larry Graham, 19:39 and number five was Steve Hollowell in 20:03. David Bourne just missed a top ten finish as his 22:08 got him eleventh overall.

The females had ex-member Jenny Paul winning in 19:48. Jenny is now living in Tulsa where she is in residency. Tammy Walther was second in a 20:10 and Mackie Buckelew and Ginea Qualls were ninth and eleventh with times of 24:23 and 24:36.

So there you have it, my last results column for at least a year ... maybe forever. I’ve got a feeling that at least a couple of the members who have volunteered to write this column will be doing an excellent job and you will mutiny if they don’t continue.

You will probably mutiny if I continue this column so until next month when you find me on the *front page* take care.

Positives Outweigh Negatives At Lincoln Marathon

By John Perez

I arrived at Ted's house at 5:45 a.m. Saturday morning, feeling more positive than ever that I was finally heading for a marathon without forgetting anything. The night before Jerri, my wife, had written a list of all the things I should bring on marathon weekends and after defiantly saying I'd done this 14 times before and knew what to take, we went through the list and I packed the 8-10 things I had forgotten. Ted came out and Mike showed up shortly thereafter and we were off to pick up Jacob. At the pickup point, he climbed into the vehicle with a bag of chocolate chip cookies explaining that his girlfriend had made them for us, to make up for any inconvenience he might cause us. If you have ever gone on a road-trip with Jacob, you will understand what a brilliant idea this was! Actually, all road-trips need a character like Jacob along. Just when you think his stories have sunk as low as they can, he finds a way to stoop even lower, and keep us laughing all the while.

About an hour later, we stopped in Russellville to pick up Chuck and our ensemble was complete. Ted "Andretti" Limmer was heading up to Lincoln to run his first marathon. Mike "the Ban Man" Banman had improved his marathon time from 3:43 to 3:16 then 3:10 in his last three marathons and was looking to break three hours for the first time. Jacob, "Marathon Boy" Wells, was to complete the second movement of his Spring Sonata, which included Oklahoma City Marathon, Lincoln Marathon, Olathe Marathon and a marathon in Williamsburg, WV. Chuck "the excuse man" Campbell had only been training for eight weeks, missed a couple long runs because he was sick, forgot to bring his marathon shoes, was awakened the night before the marathon by some drunken marauders and had lost a leg back in the war, but still hoped to break three hours come Sunday morning. I was hoping to stay somewhere near Brian Siczkowski, who had gone up to Lincoln several days earlier.

The drive up took us around 10 hours, including 5-6 potty stops and lunch at Subway. It probably would have

taken us longer, but luckily Ted had been training at the Indianapolis Speedway. Lincoln is not a big town, so finding the Expo was rather easy. Since Ted had not signed up yet, he took advantage of the Expo registration. There was not any race day registration. The Expo itself had 8-9 vendors, including a couple of shoe/running gear stores, several race promotions and the obligatory chiropractor offering free exams. We headed for our Motel 6 that was near the airport at the western edge of town. I have to admit, that when the woman on the phone told me the that cost for a room was \$36, I had visions of paper-thin walls, curly hairs between the sheets and rooms that smelled like the Marlboro man had bunked there and gone through a carton of cigarettes. Being the cheap guy that I am, I took the rooms. As we neared the motel, I thought my vision was coming true. Right next to the Motel was Doc John's Intimate Apparel and play things. However, this Motel 6 ended up being a great find, the rooms were clean and had recently been remodeled and it was only six minutes to the starting line. I highly recommend this motel if you come up to Lincoln for the marathon next year.

After resting a few minutes we headed back to the free pasta dinner. This was a real treat. I don't think I have been to any other marathon where the Saturday night pasta dinner was free. Dinner included pasta tubes with marinara or meat sauce, salad, rolls and ice-cream sandwiches for desert. As we sat at dinner we all bemoaned the fact that Brian had not been able to make it to the dinner. What a spectacle it would have been to see him wear a Razorback Hog Hat in the Champions Club, not 50 feet from the front doors of the Cornhusker Stadium, his Alma Mater! (If you don't read the arkrca.com message board, Brian had lost a bet to Jacob and was to wear the hat for the pasta dinner.) After driving the last half of the race, we went back to the motel, had an intervention to keep Jacob out of Doc John's and all retired for the evening.

We arrived the next morning about an hour before the race. The race packet had included a detailed map of

downtown, which showed that there were several parking lots to choose from, but we decided to play it safe and arrive early. We had no problem parking and had a 2-3 minute walk to the starting line. There were 15 or so porta-potties about 100 yards west of the starting line, which didn't really seem like enough. The temperature was perfect for a marathon, in the low 50's, but a bit cold for standing around, so we took advantage of the gym, 25 yards north of the start, to stay warm. There was a men's and women's bathroom here also, but only a couple stalls in each. When we first arrived in the gym, there were not too many people, but by 6:45 it became pretty crowded. By this time the lines at all of the bathrooms and porta-potties were too long to have any hope of making it before the race started.

Somehow we all got separated in the gym but I didn't worry that much about it because I figured with only 600 marathoners, it shouldn't be too hard to find them at the starting line. Turns out there were actually 977 marathoners and 2,700 half marathoners. Since all the runners start together, there were 3,600 people to search through and by 6:50 the start area was swamped with people. I never found Mike or Chuck. However, for there being so many runners, I had no problem positioning myself so that I was a short distance from the starting line. One feature I noticed that was missing was that there were no pacers for various marathon times, but there were people holding minute/mile signs to help you line up with others who run your speed. I didn't really look at my watch, but I believe the race started on time, with the two wheelchair participants starting a few minutes ahead of the runners.

My experience has always been that if I line up about a minute/mile faster than I expect to run, I end up with those who run my pace, so I took a position at around the six-minute/mile sign. With over 3,000 runners, I was afraid that the start might be crowded and cramped for the first few miles, but after the gun went off I didn't have any problems. I learned later that Chuck had lined up at the seven-

Lincoln Marathon

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minute/mile sign and had a some problems fighting his way through the crowds in the first half and ended up running three minutes slower than he wanted.

The course is made up of a 13-mile loop that winds south from downtown through mostly neighborhoods and then back north past the starting line and a 13-mile out and back that turns around in a park at the 20-mile point. Each mile was well marked, I don't think I missed any of them, which is unusual for me and the water stops were staffed by good-natured volunteers who let you know if they were giving you water or Gatoraid. One truly awesome thing Lincoln Marathon does is to have cups with tops and straws! I had not ever seen this before, but what a treat not having half the water go up my nose or all over me. There's nothing like running on a hot day when you have Gatoraid all over you!

I guess the term flat is a bit relative, but this course is more hilly than advertised. Maybe I'm just spoiled from having run the Chicago Marathon twice, since they don't come any flatter than that. There are not any major hills in Lincoln, but there are some rolling hills, especially in the first half, but nothing worse than the rolling hills you encounter on the River Trail in North Little Rock. The biggest hill I remember is in mile nine, which was steep enough and long enough that I could feel the lactic acid beginning to build up before we were half-way up it and by the time we were at the top my legs were feeling tired. The good news is that this is the biggest and longest hill on the course and that the rest of the first half is mostly flat. In the first half, the course is mostly on city streets, but you also follow a bike trail beside highway 2, run on paved trails in a couple small parks and have this strange transition where you have to run across the grass, hop a curb, run diagonal across a street and pick up another paved trail on the other side.

The second half passes back near the start, then heads out east on a street that changes names several times, but from a runner's point of view you are on the same road the entire out and back. This is a four-lane road with a median in the middle and one lane blocked off for

the runners. A potential problem here is that there is one lane for runners heading in both directions. We didn't have any problems where we were, running at around three-hour pace, but I wonder whether it didn't get a bit crowded further back in the pack. This part of the course was a bit boring. They advertise that you pass the Lincoln Zoo and the Sunken Gardens, but all I really remember are buildings on either side of the road and several ball fields. An out-and-back course has both positives and negatives. On the one hand you have to run the same thing twice, on the other hand you get to see all your friends who are heading the opposite direction. When you run with Brian, you get an added attraction, a running commentary on all the places he and his college buddies drank themselves sick.

I really liked the clock at the 20-mile point that gave you a prediction of your finish time. I think the fastest part of the course is the last 10K, there are a couple rolling hills, but it is mostly flat, with the final hill just before the 25-mile mark. It's small and not steep, but after 25 miles, even a bump in the road can feel hard. Brian zipped up it like the 20-something he is and finished strong, putting 15 seconds on me in the last mile. One nice thing about the finish is that the last mile is the same stretch of road that you have run on twice before in the other direction. So if you paid attention, you have a good sense of how far it is to the end. Also, with a little over a quarter mile to go you make a left turn, can see the finish and it's all downhill!

The food at the finish is a bit sparse consisting of bananas, orange slices and Gatoraid, but if you are able to wait around until 11:30, there is a post-race lunch that is free. Another bonus is that the showers in the gym are open for the runners.

To sum up, I would recommend this race to both first timers and experienced marathoners. My criticism of the course being more hilly than advertised is minor, this is a fast course. Of the 977 marathoners, 62 came in under three hours, an unbelievable statistic.

In the end, it was a fun and successful trip for everyone. Ted completed his first half marathon, Mike knocked eight minutes off his PR, Jacob completed the second leg of his Sonata, Chuck had a huge negative split running the second half three minutes faster than the first, Brian broke three hours for the first time and I actually had not forgotten anything! I should also mention that displaced Arkansan Luke Meduna ran his first marathon in Lincoln and Arkansan James Bresette came in tenth overall and first Master. The trip home took 30-40 minutes longer than getting there, mainly because they let me drive. We got home at 11 p.m. Sunday evening, tired and stiff, but glad we had made the trek to Husker territory.

Lincoln Marathon Summary

I would recommend the Lincoln Marathon for first timers and seasoned marathoners.

Positives

- Cheap hotel
- Free Saturday pasta dinner
- Plenty of parking
- Fast, mostly flat course
- Plenty of water stops and volunteers managing them
- Cups had straws with tops
- Double out and back course enables spouses/family to see you at the half-way-point
- At 20-mile mark, there was a clock that predicted your finish time
- Free Showers after the race
- Free post-race party

Negatives

- Hillier course than advertised
- Out and back for last 13 miles was one lane with runners in both directions
- Food at finish was minimal

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.

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.

June

- 10: Flat as a Pancake 5K at Wynne. Call 870-238-4235.
- 10: Dinosaur Festival 5K at Nashville, AR. Call 870-845-7405.
- 10: Featherfest 5K at Springdale. Call 479-872-2222.
- 10: Ice Cream Social 5K at Berryville. Call 870-423-3704.
- 10: Mt. Magazine 15K at Havana, AR. Call 479-880-6625.
- 11: Andy's Fun Run.
- 17: Elk Fest 5K at Jasper. Call 870-446-2682.
- 17: Oil Run 5K at Smackover. Call 870-725-2907.
- 17: Heat in the Street 2-Miler at Arkadelphia. GPS.
- 18: Andy's Fun Run.
- 24: Brickfest 5K at Malvern. GPS. Call 501-332-6530.
- 24: Cancer Challenge 10K/5K/1M at Bella Vista. Call 479-273-3172.
- 24: Miners Day 5K at Cushman. Call 870-698-0812.
- 24: Police 5K at Mtn. Home. Call 870-421-2986.
- 25: Andy's Fun Run.

July

- 2: Andy's Fun Run.
- 4: Firecracker 5K at Little Rock. Call 501-221-0017.
- 4: Freedom 5K at Jonesboro. Call 870-933-4604.
- 4: Firecracker 5K Kids Run at Rogers. Call 479-636-3338.
- 4: 4th of July Freedomfest 5K at Greenwood. Call 479-996-6357.

- 9: Andy's Fun Run.
- 16: Andy's Fun Run.
- 22: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 22: Run for Women's Health 5K at Springfield, MO. Call 417-269-5391.
- 22: Peach Festival 4M at Clarksville. Call 479-979-1228.
- 23: Andy's Fun Run.
- 29: Dam Night Run 5K at Arkadelphia. GPS. Call 870-246-6343.
- 29: DMH Ding Dong Days 5K at Dumas. Call 870-382-8234.
- 29: Fire Run 5K at Centerton. Call 479-795-2550.
- 30: Andy's Fun Run.

August

- 4: Decatur BBQ 2K/5K/10K at Decatur, AR. Call 479-752-3281.
- 5: HealthSouth 4M at Batesville. GPS. Call 870-793-2464.
- 5: Pig-Out 5K at Morrilton. Call 501-354-2393.
- 6: Andy's Fun Run.

Rock And Roil (Continued from Page 2)

always getting his column in late. It will be interesting to see how things go. We'll have a committee handle Bill's racing news column while he serves as president. Brian Sieczkowski, Brooke Nalley, Ginea Qualls, Joe Cordi, Sarah Olney, and I will rotate writing this column each month (It takes six people to do the job of one Duck). Thank you all for helping with this. When Bill's term ends next year, he'll resume writing race results. Bill does write great columns. I once took our newsletter to church and read his column during a boring sermon. I almost laughed out loud twice. I can't do that again!

There is a petition drive to name the pedestrian-bicycle bridge over the lock and dam after County Judge Buddy Villines. To sign this petition, visit www.arkansasbicycleclub.org and click on the link. I signed it, but I'm not enamored with Judge Villines. He's made it clear that he wants cyclists to lead the parade over the bridge - "ahead of runners" - during

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
- 9 - Sophie Yeo
- 11 - David Qualls
- 11 - Michael Smith
- 15 - Charley Eagle
- 16 - Eleanor Kennedy
- 16 - James Pearsall
- 19 - Mary Jo Watkins
- 21 - Lani Black
- 23 - Anita Tucker
- 23 - Joy Ballard
- 23 - Tom Singleton
- 24 - Erich Stocker
- 24 - Jay Rogers
- 24 - Karen Call
- 28 - Kristi Sieczkowski
- 28 - Luise Armstrong
- 28 - Roy Hayward
- 28 - Yvonne Thompson
- 29 - Brian Sieczkowski
- 29 - Chase Hahn
- 29 - John Woodruff

the grand opening. We're second class citizens.

Kudos

Last month's paper had good news for two of our member families. Brian and Melissa Polansky's daughter Kendall received a Chancellor's Scholarship from the University of Arkansas. Karen Irico's daughter Sarah received a Dean's Scholarship from the University of Central Arkansas. Sarah also was one of the valedictorians at Arkansas Baptist High School. Congratulations Brian, Melissa, Kendall, Karen, and Sarah!

Farewell

I've enjoyed the past three years as your president-elect and president. My one accomplishment: perfect meeting attendance! Thank you to all of you who help with guest speakers, the newsletter, our website, and our races. If you have anything to say to me in my official capacity before I expire June 15, call me at 664-0060 or 682-5881. Otherwise, go pester the Duck. I hope I've served you well these past two years as Club president. It's been fun. Happy trails.