

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2006

February Meetings Present Bridge To Better Running

By Paul Ward
LRRRC Lame Duck President

Another month, another round of meetings, none requiring the state airplane. First on the itinerary of your peripatetic president was the February 2 meeting of Bicycle Advocacy of Central Arkansas. BACA meetings attract almost as many LRRC members as our own meetings. Architect George Wittenberg spoke on the design of the Junction Bridge conversion project. This former railroad bridge was constructed in 1899. Union Pacific operated it until 1984. The city of Little Rock now owns it. This bridge is located between the Main Street and I-30 bridges, in contrast to the Rock Island Bridge located next to the Clinton Library. Plans for the Rock Island Bridge were mentioned in the January 2006 *Runaround*.

On the Little Rock side, the bridge is not ramped and it is too expensive to do this. Access will be by stairs and a 10' x 10' glass elevator. A new 1,800' deck will provide the walking and cycling surface. This will cantilever out from the bridge and there will be some pop-out observation areas. People can use the bridge for social functions without impeding others using it for transit. Canopies above will provide some shade in the summer.

Federal grants of \$5 million and appropriations of \$1.5 million are in place. George said they need to raise \$1.5-2 million more. Two people are vying to purchase naming rights. The plans should be complete this summer, construction should take nine months, and the opening is planned during Riverfest 2007.

BACA president Ken Gould reported two additional updates affecting

runners. You might remember that County Judge Villines is planning a pedestrian/bicycle bridge over the Little Maumelle River connecting Two Rivers Park with the west end of the River Trail on the Little Rock side, just west of the I-430 Bridge. Designs for this bridge are now in Judge Villines' hands.

The effort to extend Rebsamen Park Road west of the Murray Lock and Dam is proceeding. Alltel, the Chamber of Commerce, and some Riverdale businesses are pursuing this. The parties are currently in mediation through UALR.

In January the *Arkansas Democrat-Gazette* reported that the pedestrian/bicycle bridge over the lock and dam should open October 6-8. If you've been down by the river there you've noticed the progress. The support piers appear almost completed. The bridge surface is completed over most of the dam. The "Arky 100" bike race will coincide with the opening and traverse the new bridge. When this bridge, the Junction Bridge, and the Rock Island Bridge are complete, we will have a very valuable resource. Bridging the gap toward enjoyable recreation is in sight.

Next up was the Arkansas Running Klub meeting February 13. The aforementioned Ken Gould and spouse Judy Lansky spoke on their trans-Vietnam tandem recumbent bicycle tour. Ken said he ran for 43 years but had to give it up because of damaged cartilage. Judy was a formerly fat smoker who credits Ken with saving her life. Ken said they like traveling to unfamiliar places and experiencing the culture. Biking significantly enhances the experience.

The peddling pair departed December 15 and flew into Hanoi. They flew to Hue and biked to south of Da Nang. They took a bus to Na Trang and

biked to Phan Rang. They visited Ho Chi Minh City (formerly Saigon), then the Mekong Delta, and took a boat to Phnom Penh, the capital of Cambodia. The scenic tour concluded with a visit to Angkor Wat.

They averaged 85 miles a day and had a flexible itinerary. Ken said they enjoyed inexpensive accommodations and excellent food. The people were very friendly and smiled at Ken and Judy (Ken said the bike was a people magnet.) The country wants tourism and showed no hostility to the visiting Americans. Ken said they faced no security problems.

Hanoi has four million people and two million motor bikes. Ken said there are fewer bicycles in the country now, but they do have dedicated bike lanes on many highways. Ken and Judy disassembled their tandem recumbent bike and packed it in a box for their flights and bus and boat trips. Fewer Vietnamese speak English now, but it is more widely spoken in Cambodia.

For those of you who missed this presentation, Ken said they'll repeat it at future bike club meetings. Check www.bacar.org and

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March Meeting

March 16, 2006

6 p.m. to eat

Whole Hog Cafe

Riverdale Shopping Center

Speaker at 6:30 p.m.

Mark Young,

MS, ST, LMT, CSCS

Owner, Life-letics Sports Therapy

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www.arkansasbicycleclub.org for the meeting dates. The slide show was very interesting and Ken is a better speaker than I remember from civil procedure class in law school (“mystery hour”). It helps when the somnolent cyclist shows pictures!

Speaking of the Arkansas Bicycle Club, I attended that February meeting too. They had no guest speaker, but there was some dressing and undressing. No, Karen Call and I did not try on each other’s clothes as at a previous ABC function. Sample jerseys and shorts were available for members to judge what size they wanted when they ordered club apparel. The interesting part of the meeting was some pictures Coreen Frazier had taken of and from the bicycle pedestrian bridge over the lock and dam. Coreen said the barricade fence was absent and she went to the top of the bridge on the Little Rock side and took several pictures. The view from the top gave an idea of how high we’ll be when crossing. I have acrophobia, so I’ll be walking or riding in the very middle of that bridge with my eyes straight down. I have a childhood memory of a picnic at Lake Winona with my grandparents. I walked partway across a metal mesh bridge over the spillway, looked down through the grate, and promptly froze. My grandmother had to come rescue me. If you see me standing frozen on the lock and dam bridge, come get me!

Next, the Little Rock Roadrunners Club met February 16 and featured a group presentation from some of our very best local runners: Brian Bariola, Brian Sieczkowski, Tammy Walther, Kelly and Jimmy Thompson, and Betsy Meacham. About 20 attendees heard our six panelists. Brian Bariola and Betsy shared a common finish in the Little Rock Marathon. Brian was third in 2003 and 2004. Betsy was the second female finisher in 2003 and 2004, and fourth in 2005 when she had a better time. Brian Sieczkowski and Tammy were the male and female top Grand Prix scorers last year and they’ve both run the Little Rock Marathon. Brian had a good Boston Marathon last year too. The Thompsons have run marathons in Dallas, Nashville, Chicago, and Boston in the past five years with very good times.

First up was Brian Bariola, who missed last year’s panel when he got the flu. Brian started running in seventh grade when athletic period gave him the choice of football or track. His parents said no football, so Brian became a track star. Brian ran track and cross country in high school and college and was undefeated in both sports in the southern U.S. while in high school. Brian took some time off after college and started working at Alltel, where he met Frank O’Mara, who had inspired him when Brian was younger. Brian and Frank ran together and are friends.

Brian’s new baby born last June has cut into his running, but Brian tries to run six days a week. He does two speed workouts (quarters, mile repeats), interval runs of 6-10 miles, tempo runs at race pace or faster, and a 13-20 mile long run. He runs about half the time off the road and on trails or grass. He says this helps strengthen your muscles. Brian says the most important thing is to have fun running.

If Brian Sieczkowski was any more laid back, he’d fall asleep and slide to the floor. Sarah Olney had to prompt him to

stay awake! Brian started running in high school in Nebraska and didn’t like it (the running that is, for some reason he likes the state). He didn’t run much or at all during the off season. In college he had no car and had to walk a lot to get anywhere. He jogged on some of his travels. In physical therapy school he got interested in running. Brian moved here in 2003 and ran the Riverfront 5K in NLR that year, his first road race. He began training with the Little Rock Marathon training group and ran the 2004 Marathon. He’s liked running ever since. He enjoys the Grand Prix competition, seeing the same faces at the Grand Prix, and the associated trash talking that’s meant in good fun.

Brian runs as much as he can. He runs at the track on Tuesdays, does a fast tempo run at a pace between his 10K and half marathon pace on Thursdays (four miles after a two-mile warm-up), a long Saturday run of 15+ miles, and the 10 mile Sunday Heights run from the U.S. Pizza with Williams, Polansky, Graham, Diamond, etc. Brian will run on grass on the side of the road if the surface is suitable.

Tammy didn’t run in high school or college. She started running 2-3 miles a day and ran the Race for the Cure a few times and wondered why several women passed her. She decided to run the Little Rock Marathon and enjoyed running with the training group. She also enjoys running 5Ks and the competitiveness. When training for the marathon last fall, Tammy suffered some stress fractures and wanted to keep running. She reluctantly took the necessary time off, and is now back running strong. She does 40-50 miles a week and runs at the track on Tuesdays with the others. She wants to work on improving her pace. Her two small babies, work, and school make it difficult finding time to run, but running is a great stress reliever. Tammy emphasized her affection for the sport and the training group, saying “I just love it.”

Marital marathoners Kelly and Jimmy came to running differently. Kelly started over five years ago when a neighbor ran. Kelly ran with her and they talked while running. Kelly said this was like therapy. Jimmy was an avid cyclist when he started running six years ago. They both did 5Ks, but when

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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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Jimmy decided to run a half marathon, Kelly slept in. It may have been a wise decision because it was a cold, rainy Lung Run several years ago. Jimmy really enjoyed it and then ran the Dallas marathon, qualified for Boston, and ran that one too. Kelly thought that was cool and did Dallas in 2001, just missing qualifying for Boston. They both did Nashville in '02 and both qualified for and ran Boston in '03.

Kelly said they just moved into a new house and are busier than before, so she's just maintaining her running. She may be tired many times, but she always feels better after running. Jimmy is injured and hopes to start cycling to resume his fitness. He likes running because it clears his head and he misses the routine and feels guilty if he misses a run. He likes the 5Ks, 10Ks, and marathons. He doesn't do a lot of speed work. He does a long run on Saturday and medium runs of 8-10 miles during the week.

Betsy didn't run much growing up. She was an avid tennis player when she moved here. Some of her tennis matches lasted 4-5 hours, and when her tennis teammates who ran said marathons were harder, Betsy was dubious. Their doing marathons got Betsy interested. She's run Nashville, Chicago, Boston, Dallas, and Austin in addition to Little Rock. Betsy said she deflected some personal problems into running and did three marathons in five months. She met Alice Stewart and got into a routine of training. Betsy said she enjoys the camaraderie of running and talking with friends. "It's instant therapy." Betsy said she is competitive but she also wants all her friends' times to improve. She used to stay up late drinking and smoking until 2 a.m., then get up early and run 20 miles. No more! Betsy quit smoking a year ago and said it's "the hardest thing I've ever done."

Betsy does an eight-mile tempo run Mondays, 5-6 miles Tuesdays, 10 miles Wednesdays, speed work Thursdays (quarters, adding one each week), and a long run on the weekend. She does a lot of cross training, including rope jumping and spinning class. Betsy and Alice plan to run Little Rock this year again.

What an interesting group. You all get this month's Penthouse Award, with its accompanying praise and adulation. Enjoy your stay in the top suite. Thank you for your time and enjoyable presentations. Everyone enjoyed hearing from you and getting to know you better. And good news. Everyone has been on his and her best behavior and I have no Doghouse Award this month. Keep up the good work!

At our meeting, Maurice Robinson of the Saline County Striders invited LRRC members to the SCS club meeting February 21. Because his son-in-law is the director where I work and would be there, I thought it best that I attend. They had their annual wild game night, where people cook game or fish they've killed or caught. It's like a "bring your own roadkill" dinner, only with better food. I tried White River catfish, Grand Isle king mackerel, Gulf tuna, Colorado elk, South Arkansas wild pig, and several versions of venison from tenderloin to chili to barbecue. It was all good. I got to sit with the Peytons and Dennis Abraham, who moved here from Wisconsin. Dennis walked the Appalachian Trail from start to finish in 6 1/2 months and will tell us about it at our April meeting.

A few announcements. The Tuesday track workout has moved from Scott Field to Cook's Landing. Watch the Grand Prix forum for updates. The Catholic High 5K is March 18 at 8 a.m. The Thompsons, Jim Goodhart, Steve Hollowell, and I are helping with this race and we'd appreciate your entering or volunteering to help. The Thompsons' son is a student, Jim and I are alumni, and as soon as we administer the ceremonial wedgie to Steve, he'll be an honorary alumnus. April 1 is a Spring Fling party sponsored by the Arkansas Bicycle Club at the Garden Clubs building on Kavanaugh and Lee in Little Rock. LRRC and ARK members are invited. It's BYOB, potluck, \$5 minimum donation, and has a tropical theme. It starts at 7 p.m. and there'll be a prize for the best tropical attire. I guess I'd better dig out my neon pink thong with the flamingo on the front. Yeah, the one I bought at Larry Graham's garage sale. I wonder why the initials "DHW" are stitched on the tag.

Our March 16 meeting will be at the Whole Hog Café. Mark Young, who has more initials after his name than I do letters in my name, will speak. Mark has a Masters of Science degree, he's a licensed massage therapist and a certified strength and conditioning specialist, and he's helped coach cross country and track at Hendrix. He now operates Life-letics Sports Therapy in Little Rock. Come at 6 p.m. to eat or 6:30 to hear our speaker. I hope you can make it. Because we meet the day before St. Patrick's Day, premature pinching for those not wearing green will be encouraged.

If you want to pinch me over something, you have a suggestion for a speaker or topic at our meetings or a nominee for our monthly Penthouse and Doghouse Awards, or you have a great idea for an April Fools joke on Bill Harrell, call me at 664-0060 or 682-5881. Good luck to all running in the Little Rock Marathon, half, relay, or 5K. And Larry, don't forget to floss!

River City 5K Is April 8 In NLR

The second annual River City Run/Walk 5K presented by Arnold & Blevins Electric Company will take place in downtown North Little Rock on Saturday, April 8 at 8 a.m. All proceeds will benefit River City Ministry.

You can sign up for the race online, as well as learn more about River City Ministry at rivercityministry.org. You can also register in person on Friday, April 7 at Gary Smith's Easy Runner or on race day underneath the Main Street Bridge from 6:30 a.m. to 7:30 a.m. Race applications are also available for download at arkansasrunner.com.

For additional information or if you would like to volunteer to work the race contact Crystal Hogg at crystalmhogg@hotmail.com or 501-416-0929 or Beverly Smith at beverly@careersinarkansas.com or 501-801-8061 or 501-831-5202.

LRRC Runners Rock 'N' Roll At Local Races

**By Bill "The Duck" Harrell
LRRC Racing News Editor**

The Grand Prix Series got off to a Bigger Bang than normal this year with the hour track run in Russellville on January 29. This wasn't your typical January day in Arkansas with the warm temperatures and bright sun. This was an afternoon run and consisted of two different heats, let's call them fast and slow for the heck of it. We slow guys ran first and probably had the cooler of the runs but all of those in shape, talented fast people can deal with the conditions better anyway.

We normally have to get up when the Little Red Rooster crows to make an out of town race but this one you could sleep in and have brunch before you left to run. Also, everybody had the same finishing time. Pretty neat, huh.

There are some out there who apparently train all year round with the way they ran. Haven't you guys heard of winter hibernation?

John Perez and Brian Sieczkowski were the fourth and fifth place finishers and Bill Diamond and David Williams were ninth and tenth. That relates to John being top master and Brian winning the 25-29 age group. Bill won 40-44 and David grabbed top grand master. Brian Wagner was second in 30-34 and Larry Graham was second GM. Bill Torrey won 50-54 and Rob Wistrand was second in 25-29. Tim Wistrand won 20-24 and Jacob Wells was second in 35-39.

Harold Hays, the guy I went over with, was second in 45-49 and Robert Holmes won 55-59. I want to say a personal Congratulations to the two just-mentioned characters. They are running the Grand Prix for the first time and are going to have great years. They have been running for years and finally get to show off their talents to the world. They went into the GP with No Expectations but are running like Wild Horses and will do real well this year. Charles Martin finished right behind Robert in 55-59 and he was followed by Bob Marston who in turn was followed by Bill Bulloch. Bulloch was complaining to me before the run about five or six different things that had been

going wrong with his running and finally said to me that he just wanted to make this an easy training run.

Well, he melted my Heart of Stone so I agreed to run with him. He took me out a minute a mile faster than I had planned on running. I know I'm to blame for that but Bill, remember, I have no Sympathy For the Devil. Here's your warning: I'm going To Try A Little Harder and the next time you see me you'll be saying It's All Over Now, and you'll be right. You'll probably have your 19th Nervous Breakdown waiting for that day When The Whip Comes Down.

Roy Hayward took home the top prize in Seniors. Roy, if you're running, Who's Driving Your Plane? David Samuel and Bob Taylor were third and fourth Seniors and Nick Alsbrook finished fourth in 25-29. Carl Northcutt won 70-74 and Michael Schrenkenhofer was third in 20-24. Great, not only do I have Sieczkowski but now I've got Schrenkenhofer to contend with.

Now don't think I have a Mean Disposition because I'm very happy to have New Faces on the Club roster, especially the ladies. And our women's team is running real well and the Honky Tonk Women who were at the track run just blew away the competition.

Sarah Olney and Barbie Hildebrand were second and third overall and Tina Coutu was fifth and Melanie Baden-Kuhn took seventh. Sarah was nipped at the end by a college runner but Sarah made her work for it.

Tina was the top master and Melanie won 35-39. The friendly feud continues between Ginea Qualls and Mackie Buckelew. Ginea was 14th and was second in 25-29 and Mackie was 15th and won 45-49. Some Girls would get upset and call the other one a Stupid Girl if their competition was as close as these two. But they are feeding off each and making themselves better runners.

Coreen Frasier was the second Senior and Rosemary Marston took second in 55-59. One of the young ladies who kept passing me, six-year-old Sabrina Diamond, won her age group.

Sarah Olney was nicknamed sub-20 Sarah as she won the Valentine's Day

5K (on 2/11) which was once again held in Runningville but this time on the Bona Dea Trail. Sarah wanted to get back to her warm car and get out of the sub-freezing, snowy and windy morning that made its presence known on race day.

Second overall was Tina Coutu in 20:51. Tina was probably worried Sarah would leave her and wanted to hurry back to the car also. Melanie's 21:54 garnered her a win in 35-39 and Mackie Buckelew took second in 45-49 with a 24:11.

I told Mackie before the race started that I was going to stalk her the whole way and sprint past her at the end. She looked up at me and said You Can't Always Get What You Want. Well, Surprise, Surprise she was right. She skated over the first ice covered bridge like an Olympian and I ended up doing a combination Charlie Chaplin/Chevy Chase routine when I went over.

Celia Storey grabbed a second in 50-54 with a 26:22 and Rosemary Marston ran 30:41 for third place Sr. Not only did Sabrina Diamond win her 5-9 age group in 42:53 but she was the youngest and cutest finisher of the race. And I'm sure she has enough energy left when she gets home that she is Mother's Little Helper.

Brian Sieczkowski became a Street Fighting Man in winning overall at the Valentines Day 5K. There was less than a second separating the top two finishers but Brian's 16:43.47 prevailed. I watched Brian on TV recently demonstrating his gait. I think I'm going to start kicking my right foot out so I can get faster.

Nick Alsbrook took fourth in 25-29 with a 24:48 and Brian Wagner ran 18:40 for second in 30-34. Jacob Wells ran 19:48 and finished fifth in 35-39.

John Perez, Bill Diamond and Mike Banman were second, third and fourth in 40-44 with times of 17:56, 18:37 and 18:43. Ronnie Hardin ran 20:46 for eighth place. Harold Hays ran a 20:42 for third in 45-49. The past couple of years Harold has had some Good Times, Bad Times. This is definitely one of the good. A week earlier, Harold ran a 5:30:24 at the White Rock 50K.

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Bill Torrey cruised to a first place in 50-54 with a 19:38 and David Williams found an overall Grand Master award in his ice chest with an 18:20. David keeps running well but he has to find new ways to get to the start line. He said after the race that he had to “snort Brown Sugar to Start Me Up because I’m afraid of Losing My Touch.” It’s Sad, Sad, Sad to think that David’s youth is Slipping Away. He must be Shattered when he looks in the mirror in the morning and try’s to comb his hair.

Randy Taylor, who still has hair, won 55-59 in 18:59. Those who won first place received an action figure as an award. Randy looked at his and said it

looked just like him ... it even has a pulled muscle. And hair!

Robert Holmes finished second in 18:59 but his award didn’t have hair. Charles Martin was fourth in 22:11. It’s good to have Charles back this year too. Bill Bulloch and Bob Marston dueled it out for sixth and seventh with Bill running a 22:14 and Bob a 22:18. Roy Hayward and Randy Oates were second and third in 60-64 with times of 23:08 and 23:14. Carl Northcutt took second in 70-74 with 38:47.

I would also like to mention that Celia Storey and Hobbit Singleton were among a group of Arkansans who ran the New Orleans Marathon/ Half Marathon. Celia had a 2:15:05 and Hobbit a 3:16:14.

Without talking extensively with any of the participants I get the feeling that the residents of the Big Easy really

appreciated everyone coming down to run. I salute those of you who did.

And to those of you from New Orleans when you say Gimme Shelter we will prove to you that Love Is Strong and we will all help you rebuild your homes and rebuild your lives.

I would also like to thank the Rolling Stones for helping me with this month’s article. There are so many song titles and album titles (sorry, CD titles) that I could probably go on forever. Of course, there are some titles that cannot be used in an article like this.

But then again, It’s Only Rock and Roll.

Grand Prix Schedule

Two races have been run in the 2006 Grand Prix Series. The One Hour Track Run was held January 29 on the Russellville High School Track. Russellville runners were also hosts of the February 11 Valentine’s Day 5K. The remainder of the schedule is as follows:

March 5	Little Rock Half Marathon
March 26	Hogeye Half Marathon at Fayetteville
April 1	Capital City Classic 10K at Little Rock
May 6	Toad Suck 10K at Conway
June 17	Heat in the Street 2-Miler at Arkadelphia
June 24	Brickfest 5K at Malvern
July 29	Dam Night Run 5K at Arkadelphia
August 5	HealthSouth 4-Mile Classic at Batesville
August 12	Watermelon 5K at Hope
September 2	ARK Clear Mountain 5K at North Little Rock
September 23	Orange Crush XC at Conway
September 30	Celebrity Classic 5K at Fort Smith
October 14	Chile Pepper 10K XC at Fayetteville
November 4	MidSouth Marathon at Wynne
November 18	Spa 10K at Hot Springs

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.

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.
- 11:** Amazing Race 5K at Springdale. Call 479-751-4404.
- 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.
- 25:** Paws and Claws 5M/2M at Huntsville. Call 479-738-1355.
- 25:** Boy Scouts of America 5K at Jonesboro. Call 870-932-8899.
- 26:** Andy's Fun Run.
- 26:** Hogeeye 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:** Miles for Missions 5K at Little Rock. Call 501-664-3600.
- 1:** Relay for Life 5K at Searcy. Call 501-278-9226.
- 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.
- 8:** Fit for Life 5K at Jonesboro. Call 870-972-3591.
- 8:** Kiwanis 5K at Springdale. Call 479-751-8733.
- 8:** SCMC 5K Run Walk at Mountain View. Call 870-652-3419.
- 8:** Bison Stampede 5K at Rogers. Call 479-636-6360.
- 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.
- 22:** 4H 5K Trail Run at Little Rock. Call 501-821-4444.
- 22:** MADD Dash 10K/5K/½M at Searcy. Call 501-279-4756.
- 23:** Andy's Fun Run.
- 29:** Goshen Gallop 5K at Goshen, AR. Call 479-582-2320
- 29:** Jonesboro Jets 5K. Call 870-933-4604.
- 29:** ASU-Beebe 5K. Call 501-882-8255.
- 29:** ARORA 5K at Little Rock. Call 501-907-9150.
- 30:** Andy's Fun Run.

Birthdays

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

- 1 – Karen Irico
- 1 – Lynette Watts
- 1 – Victor Bettis
- 3 – Brian Polansky
- 3 – Jim Barton
- 6 – Felton Rhodes
- 6 – K. A. Parry
- 9 – Gina Pharis
- 9 – W. Leon Matthews
- 10 – Leon R. Blue
- 14 – Lou Wintroath
- 20 – C. Lee Wyant
- 20 – Marshall Singer
- 23 – Charles Martin
- 23 – Susan Russell
- 31 – Laura Butts

New Member

Melanie Baden-Kuhn is our newest member to the Little Rock Roadrunners Club. She is married to Ted and has two children, Morgan age 14 and Jake age 11. Melanie is the Community Director for the March of Dimes.

She has been running for 10 years, averages 30+ miles per week and prefers long distance races. Her PRs are 46:44 - 10K; 21:40 – 5K; 1:46 for half-marathon; and 3:43:44 for the marathon. Favorite running routes include the trails at Pinnacle and Gulpha Gorge.

Melanie also enjoys writing poetry, hiking, photography and activities with her kids.

Welcome to the Club, Melanie!

May

- 6:** Toad Suck 10K/5K at Conway. Call 501-450-4635.
- 6:** Hytrol 5K at Jonesboro. Call 870-972-8951.
- 6:** Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 6:** Armadillo Day 5K at Hamburg. Call 870-853-7377.
- 7:** Andy's Fun Run.