

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2006

'08 Olympics In Sight For Daniel Lincoln

By Bill "The Duck" Harrell
LRRC President

A great crowd showed up at Izzy's to hear Daniel Lincoln speak at our October meeting. It was basically a question and answer session which is what Daniel wanted in the first place. Daniel is a pretty shy and modest guy who doesn't think he's done anything out of the ordinary.

Well, there was the time when he said he thought his 5K PR was soft and he really wanted to improve on it. When asked what his PR was he blushed a little and said softly 13:32. That even impressed S...ski and he's not easily impressed by somebody else.

Daniel's parents, Jacqui and Ivy, were there (as invited guests of Belinda and me) and Daniel made note to thank them for his start in running at an early age. They would do neighborhood 5Ks for fun and the 2004 Olympics in Athens wasn't even a dream. Now Beijing in '08 is on the horizon.

What a way to see the world ... and let Nike pay for it.

You can see by the attached photos that the A-listers even came out for this event and MarathonBoy even gave Daniel an autograph and a couple of energy bars. No wonder Daniel was speechless.

The only way to follow an Olympian would be to have a Superhero for the November meeting. And that is exactly what we'll do. **Spiderman will be our speaker.**

For those of you who can remember back to the Little Rock Marathon, Spidey and Superman were in the race. I sent out a distress signal and Superman answered the call. I told Sup what I needed and threw in free Bar B Q and beer at the Whole Hog and he said

that was right up Spiderman's alley. We were able to contact Spidey at his place of business, The Bowman Fitness Center on Highway 10, and he graciously agreed to speak.

When not a Superhero, Spiderman is known as Jake Snowden, manager/certified personal trainer, at Bowman Fitness. Jake will talk about cross training and staying fit during the holidays. Not to mention names but some of you have said that you gain weight between Thanksgiving and New Year's. That's hard for me to believe since you have pledged to run year round no matter what the weather or how much food is on the table.

If that's the case then come to the Whole Hog on the 16th at 6:30 and listen to Jake. After all, it takes discipline to be a Superhero.

I wanted to use the line that I contacted Spiderman on the web but I never could figure out how to do it. Oh well, I'll save that line for later.

The LRRC and ARK are working the finish line at the Jingle Bell Run 5K again this year. The date is December 2nd at 11 a.m. Of course the means *we need volunteers!*

The race is held in the RiverMarket area of Little Rock and is always a lot of fun. So after your early morning run come down and help us with the race. You can contact Bob Taylor or me or just show up if you prefer.

I'm keeping my column shorter than usual on purpose this month because Paul is doing results. He has a 5K with 40,000 participants as well as a marathon with 40,000 participants to report on. The 5K, of course, is Race for the Cure where Barbie Hildebrand was the overall winner and the marathon was the Chicago Marathon where Bill Bulloch did not win

overall but was spotted sipping a latte in a Starbucks with Geneva Hampton along the race course.

We need to get Bill to talk to us about his training regimen ... then again, maybe not.

New Members

We have two new members to the Club this month.

Mary Wells, 33, is a health educator who has been running for six years. She averages 25-30 miles per week at 8:30 to 9:15 per mile pace. She doesn't race frequently but would like to. Mary prefers the 5K and ½ marathon distances with PRs of 21:28 for the 5K and 1:48:49 for the half marathon. Her favorite running route is the River Trail and her favorite race is the Firecracker 5K. She also enjoys walking with her husband and three dogs, gardening, spending time with family and friends, mountain biking and cooking.

Gina Lockard, 46 is a flight attendant and has been running for three years. She averages 10 miles per week at a 10 minute pace. Gina and husband

(See New Members on Page 9)

November Meeting

November 16, 2006

6 p.m. to eat

Whole Hog Cafe

Riverdale Shopping Center

Speaker at 6:30 p.m.

Spiderman



Running Wild

By Jacob Wells

I found the September issue of *The Runaround* to be inspiring, and not just because I had my first almost serious article and not just because five of the seven races and three of the four marathons that I ran in September were listed in the race results. And not even because Joe Cordi put the race results in an incredibly easy and fun to read format that has been long overdue. I must publicly scold Joe, however, for undoing many years of work building my anonymity with a few crushing footnotes. By the way, Joe might be the most unsung hero of the LRRC. Joe is about as low-key as it gets, it seems to me. He doesn't race a tremendous amount that I have noticed (or maybe just not as much as me) and to date has a total of three posts on the ARKRRCA.com message board as I approach 1,000. However, he makes sure that this juggernaut that we know and love as the LRRC keeps rolling right along. AND when I once went to a select group of LRRC members with a plea for help, Joe was the first one to step up. So anyway, what inspired me in the September issue of *The Runaround*, you ask? Or you are at least mildly curious if you have read this far? Finally, learning the origin of the nickname **The Duck**, that's what! And what was I inspired to do, you ask? I was inspired to explain where I got my nickname.

This story dates all the way back to August 2005 when the ARKRRCA website was launched and its message board activated. I was lucky enough to hear about it right away and hopped on to start posting. To do so, one is required to first register, which includes picking a login name. Now, some choose to use original and creative names such as **Larry Graham** and **paulward**, while others settle with run-of-the-mill, plain-Jane, vanilla monikers like **stealthycat** and **Freight Train** who, by the way, if you haven't heard of yet, you will at the Mid-South Championship Marathon. Faced with the extreme pressure to select a name, lest I be unable to start posting immediately, I just chose the first thing I could think of, which was **MarathonBoy**. Yep, that's it. I wish it was more exciting, but it's not. Actually, I risk losing this nickname by confessing this, since real nicknames are required to be given to one by someone else, as noted in **The Duck** example. Note that there is NO space between Marathon and Boy, but I will certainly not be correcting anyone lest they enforce the above rule.

The other immediate concern was the reality that I now had to live up to it, having run only eight lifetime marathons at that point. After 20 marathons in the next 14 months, it seems to have stuck. **MarathonBoy** was in jeopardy only once, when, after three marathons in 18 days, Rob Wistrand, the LRRC's favorite Brooks representative, referred to me on the message board as Superman and noted that I had "my own **LoisLane**." Surprisingly, for me this didn't stick, but for Lois it did (maybe because she claimed it immediately, and because she is so dang

modest, she would just as soon have no one know her real name.) I think what had Rob so enamored is that I ran that race in Brooks socks and gloves, which were clearly the difference. Sometimes, I actually forget my real name, which is kinda cool, especially when other aspects of my life drift away along with it. One odd side-effect is that I have forfeited forever the option of just running the half-marathon at events that offer both. One of the smugger comments I have been overhead saying when asked which race I was participating in at out-of-town races that offer both distances is, "I didn't come this far to only get the job half done!" One thing that really stinks is that at every marathon, dozens of times, someone will use the word "marathon" in conversation and I will always think for a split second that they are addressing me.

While I am giving away all my trade secrets, one other item to explain is the picture in my header to this article. It was actually a completely spontaneous photograph taken by Lois as I taunted her about my excessive sideburns that she doesn't like.

Okay, on to running ... one of the funniest things to me about running and in particular, racing, is all the funny things people say before, during, and after a race. There are probably only two kinds of racers. Those who say these things, and then the rest of us, that just roll our eyes and keep on running. As a "second tier" (definition forthcoming) runner, I "run" into the following situation occasionally. If I am having a good day and other runners who are generally faster than me are having a bad day, and thus, I come up alongside them during a race, they always seem to say something like "this is just a training run" or "I'm not taking this too seriously" or "this is just for fun." The absolute worst one is, immediately upon seeing my goofy grin, to begin describing all the mysterious ailments that have befallen them somewhere between the starting line, where they had seemed to be the picture of health, and now. Before I continue, let me define what I meant by a second tier runner. I just made this up, but, to me, it means somewhere between the front-of-the-pack and the middle-of-the-pack. One of the unspoken and until now, unwritten codes of us second tier guys is that we love it on those rare days when we can hang with the front-of-the-pack women.

Now my intent is not to start a dialog of hostility between the sexes, one that I would most certainly lose and which can be the subject of somebody else's article. I am just referring to the general relationship and ratio of times in any listing of race results for men and women. For example, a couple years ago, I had back-to-back 5K races in which I finished seconds ahead of the reigning matriarch of Arkansas Running, LRRC's own Barbie Hildebrand. Unfortunately, and unrelated to my point here, I have aged significantly since then, whereas she has not, and by the time I finished the recent Tyler Curtis 5K, she was on her second piece of pizza after finishing first overall among women. Another example early in my racing life was the old Camp Yorktown Bay half-marathon where for the last three miles I kept peeking over my shoulder at the first female finisher, and held her off by eight seconds. My joke here was that it was the closest to breaking the finish line tape, as I will ever come. A year later that same runner was inducted into the Arkansas Road Runners Hall of Fame. Yet another example is Tina Coutu, who was the first Grand Prix finisher at this

Running Wild

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month's Chili Pepper, and yet has admired me from behind as recently as the Batesville 4-Miler. Oh yeah, she was recovering from a broken leg then. She also cut through the Wynnds of Wynne and passed me while I was being gusted backwards at about mile 24 last year.

Okay, back to the issue at hand. The point is that it would be refreshing to run up alongside superior runners and actually have them acknowledge that at least for that one day, they are getting their rears handed to them instead of rattling off a litany of excuses. Yes, I know, let me just say "Kettle, you're black!" as I am the king of excuses as evidenced by the hilarious *Top 10 Excuses by MarathonBoy for a Poor Marathon Performance*, written by Brian S-Ski, but that is another story -- next month maybe? The team sports equivalent of this is when a team gets beat, let's say, for example, Auburn by Arkansas in, let's say, for example, football, and then all they and their fans can say is how they were unprepared for the game and never give the winning team any credit. Another unfortunate twist on this is how some runners get hurt and then take a year or two before they return to racing because they won't race again until they are back to tip-top form, whatever that may be for them. Some even bandit or DNF at a race so that there will be no official record of a substandard finishing time for them. Not even the very best among us are innocent. In the news release in which Lance Armstrong announced that he was running the New York City Marathon, he was careful to include the qualifying statement that he "was just doing it for fun." I was disappointed that arguably the greatest athlete of our generation took the low road rather than hanging it out there with a preposterous finishing time prediction that would have made it more fun for him and for everyone else.

The bicycling equivalent to this phenomenon happened to me last week as I crossed over the Big Dam Bridge. While passing another cyclist, he went out of his way to look over and say "I should have bought a better bike." I didn't bother to tell him that I was an

injured runner on a bike for the first time in 15 years and I had borrowed this \$69 Costco girls' model from Lois.

Many reading this will recognize it for what it is, a pathetic rationalization by a lazy worn-out runner trying to detract attention from his withering finishing times and who has made a career out of disguising mediocrity with flamboyant self-promotion and self-deprecating journalism. But, just in case I have fooled anyone thus far into thinking I have actually made a legitimate point, especially you front-of-the-packers, then the next time one of us comes up alongside you in a race, give us our due, then bite your tongue and hang on for the ride.

Epilogue: The day after writing this, I signed up for and ran a 5K after not running a step in three weeks by doctor's orders. It was an exciting 39:50 finish that garnered a second place age group trophy. Not for me, but for my favorite groupie. This race of role reversals was in no way a sacrifice on my part. I am finally learning that running for good causes is much more rewarding than running for good finishing times.

Second Epilogue: Speaking of inspiration (see page one), the September meeting ranked right up there. Daniel Lincoln is awesome. I have never been in the presence of a more humble and yet accomplished and talented individual. (I started to add "except maybe for Brian S-Ski" as a joke, but then I realized I feel that way about him too, so it wouldn't really be very funny, so I decided to take it out.) It was clear that he didn't even want to talk about his accomplishments until the questions from the adoring crowd prodded him and got him going. How he could take time out from training as a professional runner and, oh yeah, in his spare time going to medical school, boggles my mind. His parents were justifiably tickled pink for being responsible for someone worthy of this much pride. Our Club was very blessed to have someone like this in our midst. I mean, come on, I have been asked to speak at a future meeting. After Daniel, I would recommend that everyone skip me and go for a 10-miler instead.

Fortunately, I will have a special guest with me who is guaranteed to keep your attention, and who I promise to let get in a few words. One of Daniel's many great words of wisdom was a line about racing that "you have to ride the wave" meaning that there will always be ups and downs, and you have to accept them and live through them. Pretty good advice for me, considering the past few months. I'm going to file that one in my back pocket and take it with me in my next race.

LRRC Trivia

By Charley Peyton

Test your knowledge of bygone days

Question:

1. In 1977 under this person's leadership, the Little Rock Roadrunners Club was organized and he served as its first president.
2. Can you name the next three presidents?
3. Name at least five newsletter editors.
4. The 4th of July Firecracker 5K celebrated its 30th running this year. Can you name the five race courses that have been used for this Little Rock summer classic? (The starting point will do.)
5. Name three of the four distances that have made up the Firecracker race.
6. The "breakout" road race in Arkansas was the 1980 Pepsi 10K. Who were the male and female winners?
7. On September 30th, 2006, the Saline County Striders directed the 38th annual Arkansas Marathon. Name the five race courses that the Arkansas Marathon has used. (general area)
8. In the 1970's two individuals organized the Arkansas state chapter of AAU/TAC (The Athletic Congress) One of these runners was named Cliff Sharp of Jonesboro. The other individual went on to organize (September 1981) one of the first 5Ks in the Riverdale area called the Big Apple 5K in which the grand prize drawing was an expense paid trip to New Your City. What was the other person's name?

(Answers on Page 8)

LRRC Women Dominate, Men Scrape By

By Paul Ward
LRRC Past President and
Racing News Writer du Mois

We're almost half way through our rotation of the "Bill Harrell racing news article replacement committee." Brian Sieczkowski led with an entertaining article earlier this summer. Brooke Nalley went next with a very good article she got to *Runaround* Editor Linda House before the deadline. A good article, before the deadline, and Brooke even made it to a Club meeting. She deserves a Penthouse Award! Ginea Qualls, our soon-to-be Madam President, kept the quality writing streak alive with her first written submission to the newsletter (too bad her mother can't write an article). We can look forward to Ginea's cover articles when she becomes Club president. Joe Cordi did a bang-up cut and paste job with the racing results, but couldn't restrain his legal writing skills and filled the article with dozens of footnotes, many of which had me laughing out loud. I get the job this month, and what a month I drew! Sarah Olney takes over next month, and then we return to Brian and start the rotation again. If I miss your name in a particular race, let Sarah or me know so we can include you next month. Because of the number of races, I may have to omit some details. Let's go!

Orange Crush

September 23 brought many to Conway for the Orange Crush 8K/5K. The men ran 8K, then the women ran 5K. The day was unusually warm and humid, and everyone's times suffered as a result. For example, Brian S-ski finished third overall in 30:35, compared to his 28:09 finish last year. David Williams was the second Club member to finish and the top masters finisher with his 31:50 time. Mike Banman's 32:28 was good enough for tops in 40-44. John Perez and Joe Cordi were third and sixth in that age group with their 37:53 and 40:49 times. Brian Polansky ran well and his 33:41 was good for second in 45-49. Last year Lothario Larry Graham edged Bill Tilting Torrey by five seconds. This year Torrey bested Graham by 50 seconds. Bill's 34:35 was the top grand master's time and Larry's 35:27 was good for third. (By the way, Larry ran very well the next day in the Sunday Heights Run, and with the onset of cooler weather, he's primed to take down Steve Hollowell.) Jim Barton's 34:41 was good for second in that division. Alan White took first and Robert Holmes took second in 55-59 with their 40:16 and 40:25. David Bourne continues his supremacy, almost broke 40 minutes, and his 40:02 was good for tops in 50-54.

Dan Belanger powered across the finish line in 45:28, good for first in 60-64. "ET" look-alike Jim Yamanaka cruised to a 48:10 finish, good for second in 70-74. Carl Northcutt was third in that division with his 1:03:57 finish. At the other end of the age scale, Sarah's sole-mate Matt Olney's 42:35 was good for fourth in 25-29. Nick Alsbrook's 54:17 earned him fifth in that group. Dave Wilkinson and Jacob Wells ran together and finished in 43:39, good for seventh and eighth in 35-39.

Several high schools participated in a 5K at Orange Crush. Our Tim Goodhart ran for Little Rock Catholic High and

finished in 18:47. Catholic took second in the school competition.

In the women's 5K, it's the same song, different verse as our premiere double-X chromosomed runner Sarah Olney was the top finisher yet again with her 21:15. Our one-two punch continued with Barbie Hildebrand finishing second in 21:35. Tina Coutu continues to run very well and her 23:03 was the second masters time. Jenny Brod got third in 25-29 with her 23:52. Melanie Baden-Kuhn returned to racing and her 24:07 was tops in 35-39. Ginea Qualls got fourth in 25-29 with her 25:26. Rosemary Marston led 55-59 with her 33:50 finish.

For Grand Prix scoring, the LRRC men lost a close one to the River Valley Runners, but our men still lead the team standings. The LRRC women can be summed up in one word: domination. They easily won at Orange Crush and increased their large lead over the second place team. And they exemplify team work. Ginea took on the role of coach this year and ensures that we have a team at every race. No other GP team has made every race. Our premiere point scorers have carried the team in spite of injuries. Sarah wins every race she enters, but she hasn't made every race. Tammy Walther blazed through the Little Rock Marathon course and scored for us in each of the three GP races she's entered. Barbie has suffered some injuries this year but consistently scores when healthy. Tina was Ms. Reliable until Boston broke her leg and our heart. It didn't take her long to return to prime racing form. It might surprise you to know that the September 2 Clear Mountain 5K was the first GP race where we had Sarah, Barbie, Tammy, and Tina all racing together. And they finished 1, 2, 3, and 5 overall. Congratulate our women when you see them. They deserve our praise.

September 30 & October 1 Races

The following week brought the Celebrity Classic 5K in Fort Smith. Our men, stung by their close loss the week before, were ready for revenge. The course was .15 mile too long, so everyone's times are slower than expected. B-Ski redeemed his sub par showing at Conway by finishing first overall in 17:27, 12 seconds ahead of his nemesis, James Bressette. David Williams cruised to a 19:37 finish for first in the grand masters division. Hot on DHW's heels, where he often races, was Bill Diamond, whose 19:51 finish was good for tops in 40-44. Brian Polansky's 19:53 led 45-49. Steve Hollowell was right behind Brian and finished in 20:31. Ted Kuhn proved that Melanie is not the only good runner in the household. His 21:11 finish was good for third in 35-39. Roy Hayward led the seniors with his 24:13, just ahead of Dan Belanger's 25:20. Like Dan, Nick Alsbrook continued his Ironman streak by finishing 27:15. Fellow Ironman Carl Northcutt's 39:47 was good for third in 70-74. The men's team was second after Club Arkadelphia, but ahead of River Valley.

I wonder who won on the female side. What a surprise, Super Sarah Olney was the top female finisher. Her 21:03 finish clinched her place atop all GP females this year. The LRRC female dominance continued with Tina Coutu's 21:43, third

Race Results

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overall. Tina wasn't sufficiently challenged by the long course, so the next day she ran the Sunday Heights 10-mile run and added 8+ more. Melanie Baden-Kuhn gave us the third runner necessary for team scoring and clinched the women's team victory with a 23:03, good for eighth overall female and first in 35-39.

Some of our women stayed home for other races.

Barbie Hildebrand was the top female finisher in the inaugural Big Dam Bridge 5K, finishing in 20:44. New member Andrea Murphy took fifth in 25-29 with her 24:49 finish. Karen Call and Cindy Holland were first and second in 50-54 with their 24:31 and 27:54 finishes. Bettina Brownstein and Judy Lansky did the same in 55-59, with Bettina's 27:08 good for first and Judy's 30:04 good for third. New member Liz Reynolds finished in 22:37, good for sixth overall female and second in 25-29. Mira Lelovic cruised in at 26:10, Celia Storey in 28:59, Ivy Pearsall in 31:29, Jill Beisel in 32:00, and Lynette Watts in 33:36.

Our men did well too. Victor Carson was the second masters finisher with his 19:09 finish. Tuesday track workout participant Chris Wald finished in 19:20, good for second in 25-29. Matt Beisel's 20:15 merited second in 35-39. Larry Graham led 50-54 with his 20:01 finish. Note that Larry's Big Dam Bridge time was faster than Steve Hollowell's Celebrity 5K time. It wasn't head to head, but this shows that the Hollowell dominance over Graham is history, at least until next summer. New member Michael Murphy clocked a speedy 22:15. Allen White's 23:14 led 55-59. Harold Hays had a big dam finish of 22:42. Next were David Threm at 24:27, Jimmy Pearsall at 25:01, Melvin Edwards at 26:26, Emil Mackey at 33:03, Michael Watts at 33:36, and Bob Marston at 35:28.

Two other races occurred September 30: The Arkansas Marathon and 20K. Jacob Wells completed the marathon in 4½ hours, his fourth of the month. This was good for thirteenth overall and second in 35-39. Robert Hanle was right behind and finished in 4:50, seventh overall and second in 50-54. In the 20K, Tammy Walther sped through in 1:31, good for second overall. Jenny Brod's 1:42 was fourth overall. Mackie Buckelew's 1:47 was sixth overall and second masters. Ginea Qualls finished in 1:54, a 15-minute PR in this race, and good for second in 25-29. Mona Mizell's 2:01 was good for second in 55-59 and Lou Peyton's 2:20 was good for second in 60-64. David Bourne's identity was as the only male Club member in the race and his 1:40 was ninth overall and first in 50-54.

Several Club members participated in the October 1 inaugural Big Dam Bridge bike ride of 20, 50, or 100 miles. I couldn't find any results, but I checked the list of registrants. Bill Crow, Robert Hanle, Chris Heller, Bob and Rosemary Marston, Celia Storey, David Threm, and Linda Van Blaricom signed up as charter members and get a lifetime of entries in future races. Susan Russell and Mike and Lynette Watts signed up for the 20-miler. Our 50-mile members included Tom Barron, Bettina Brownstein, Don and Donna Cave, Rod Lorenzen, Randy Oates, Charley and Lou Peyton, Marshall Singer, Tom Singleton, Becky and James Terbrack, and Corky

Zaloudek. Our 100 mile enrollees included Will Barns, Jim Barton, Mackie Buckelew, Karen "Get her an IV" Call, Denise Cole, Charlie Dunn, Michael Erwin, Coreen Frasier, Harold Hays, Judy Lansky, new member John "My Favorite Martin", and Pat "the pulchritudinous peddler" Piazza.

October 7: Quest for the Breast, Take the Lake, Sacred Heart Oktoberfest

"Quest for the Breast" is my term for the annual Susan G. Komen Race for the Cure, which discriminates against males by limiting the 5K race to women. Men do get breast cancer, but even a male cancer survivor is not welcome to enter the race, while a female who has never had cancer can enter. It's certainly appropriate to fund research into breast cancer treatment, early detection, and education programs, but this need not be at the cost of sex discrimination. Other cities' races for the cure welcome men. Shame on you who tolerate and participate in this discrimination!

This year's race drew over 42,000 participants. The top discriminating finisher was Barbie Hildebrand at 19:55. This was 37 seconds faster than last year in this race. Close on her heels was Tammy Walther, who finished 2nd overall at 20:07. Fourth overall at 20:36 was Sophie Yeo, 30 seconds faster than last year. Tina Coutu was seventh overall with a PR of 20:47. New member Allison Martin cruised in at 21:34, 18th overall and almost a minute faster than last year. Liz Reynolds finished 24th overall at 21:45, setting a new PR over her 22:55 then-PR at last year's race. And note that Liz did the Big Dam Bridge 5K in 22:37. How did you knock 52 seconds off your 5K time in one week?! Two weeks, two PRs. Way to go Liz! Melanie Kuhn cruised in at 22:14, 34th overall. Jenny Brod knocked two minutes off last year's time with her 22:40 finish this year, good for 43rd overall and a "non-Firecracker" 5K PR. Karen Call kept abreast of the others with her 23:54 finish, just nipping Ginea Qualls's 24:07 finish. Beverly Smith finished in 24:23. Brooke Nalley was next at 24:49. Bettina Brownstein finished in 25:44 and was the second survivor finisher. Finally, Tara Zello zoomed in at 26:35. Karen Irico and her speedy daughter Sarah would have been in the top 100, but Sarah got a side stitch and they both had to slow down. Karen's vanity prevented her from turning in her bib to be scored. I predict that Sarah's next race will be a PR and they both will finish next year's race in the top 50. The pressure's on!

Meanwhile, Mackie "Best Brownie Baker" Buckelew ran the Take the Lake 5K in Heber Springs. Her 24:36 finish was fifth overall, second masters, and tops in 45-49. Local favorite Steve "the Heber Hunk" Hollowell sped through in 19:35, third overall and tops among masters and 45-49. Steve would have finished higher but there was a young man in front and Steve didn't want to damage the young man's psyche by passing him. What an altruist! Steve's finish was half a minute faster than Larry's Big Dam Bridge time the week before. Maybe my prediction of Larry's impending ascendancy is premature. Roy Hayward and Dan Belanger cruised in at 23:46

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Race Results

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and 25:06, good for first and second seniors and in 60-64. Carl Northcutt got second in 70-74 with his 38:28 finish.

I don't know how she did this, but Mackie Buckelew also ran the Sacred Heart School Octoberfest 5K in Morrilton the same day and finished second overall female. Her 23:34 finish was just 18 seconds behind the first place female. Also, the Lake Hamilton High School cross country invitational was held this same weekend. Our Tim Goodhart, running for Little Rock Catholic, finished in 18:48. Way to go Tim!

October 14: Chili Pepper XC 10K, Fergus Snoddy Half Marathon

The Chili Pepper Cross Country 10K brought several Club members to Fayetteville. This was the state and national RRCA championship race. Brian Sieczkowski led our men and his 36:02 finish was tops among Grand Prix runners. This also clinched his second consecutive Top Male GP Runner title, only the fourth time this has happened in the 25-year GP history. Congratulations Brian! David Williams continued his fine running and his 38:09 finish was good for second grand masters. Brian Wagner sped through at 40:01. Jim Barton ended the Graham-Torrey domination by finishing in 40:20. Brian Polansky came

in at 40:22, Bill Torrey finished in 40:31, and Randy Taylor clocked in at 41:24. Larry Graham wasn't on Call that day and finished in 41:30. John Naill was close behind at 41:32. Steve Oury and Bill Diamond finished in 42:03 and 42:28. Our Ironmen Nick Alsbrook, Dan Belanger, and Carl Northcutt finished in 52:16, 52:43, and 1:16:09.

Terrific Tina Coutu was the top GP female finisher at 43:30. Former LRRRC star Jenny Johnson Paul finished in 42:12. Jenny got married, moved to Oklahoma, and left our Club! Shame! Melanie Baden-Kuhn cruised in at 46:19, Ginea Qualls crossed in 53:17, Jordan Holloway came in at 54:43, and Carol Torrey finished in 59:40. Our ladies finished second to CARK, only the second time this year our women's team hasn't won. But they still lead the team standings. Our men finished second to CARK and now lead RVR and CARK by only 11 and 13 points. Only two more GP races to go. This will be close!

That same Saturday in Jonesboro saw the inaugural Fergus Snoddy half marathon, named after a man who donated the land that later became Jonesboro. David Threm finished in 1:53. Rob Young finished in 1:59, setting a new PR by over 30 minutes. Geneva Hampton

cruised in at 1:54, good for third masters and tops in 40-44.

October 21: Flat Out 5K, Boo Run 10K, Chicago Marathon

England, Arkansas, hosted the Flat Out 5K. Our David Bourne finished fifth overall and tops in 50-54 with his 22:09 time. Memphis held its Boo Run 10K the same day. New members Michael and Andrea Murphy both won their age groups with their 45:11 and 50:17 times. And this was their first 10K! Way to go, and welcome to the Club.

In Chicago, James Terbrack had an amazing 3:02 finish. Lee Wyant finished in 3:33. Greg Jacuzzi finished in 3:45 and his wife, Lea, finished in 3:49. Bill Bulloch covered the course in 5:07. Kirsten Davis finished in 3:37. Allison Martin's first marathon was this year's Little Rock Marathon. She completed her second in Chicago and her 4:05 finish was almost 19 minutes faster than her Little Rock Marathon finish. I predict that her next marathon next year will be another PR and at least 19 minutes faster than her Chicago time. You heard it here first. Don't let me down, Allison.

Phew! My fingers are worn out. This article is longer and more tedious than those front page articles I used to write. I bet this brings back bad memories to all of you. But if you run, we will write! Happy trails and Happy Thanksgiving to all of you.

My Day In The Big Dam Ditch

The names have been changed to protect the guilty parties.

Let me begin by saying this was the most awesome trip I have taken with 100 crazy people like myself in quite some time. On Friday the 13th we flew to the land of many cacti and snakes and boarded two diesel chariots and headed for the Northern Rim of the Big Dam Ditch. Along the way we made a stop for food at a Subway and then stopped at a Wally World to pick up necessities like Gatorade and beer. Oh yeah, we also stopped just north of the beautiful high country town of Flagpole for a speeding ticket on Indian Reservation land.

Somehow the second of two chariots was clocked at 81 when it was right on the bumper of the other chariot and the lawman decided that the second was guiltier of speeding than the first.

Upon arriving at the Northern Rim of the Big Dam Ditch Mr. Sol was just about to set for the day. It was quite cold standing there, so we knew that the next morning was going to be a cool one. Leaving the Rim we headed to our abode for the evening back down the road and had a dinner of chicken and pasta. Finally I headed to my room where five guys piled into three beds (please, no snide remarks). During the night I woke

up several times hearing heavy rain pelting on the roof of our cabin. Boy, was I praying for that to end before we got up. Finally the alarm rang loud and clear to get up and prepare for our crossing of the Big Dam Ditch.

Arriving at the Northern Rim it was a balmy 36 degrees with rain. Clouds hung at Rim level and went down into the Ditch. Upon exiting the chariots we were at the trailhead in less than a minute and off we went on our journey down into the Ditch. The trail was quite muddy and had lots of standing aqua due to all of the rain during the previous

(See **Ditch** on Page 10)

RunningAround Arkansas

By Jacob Wells

Based on my limited research, there are five certified road marathons in the state of Arkansas. (By “certified road” I mean that this excludes the many quality trail marathons and ultramarathons in the state, the most famous of which, the 100 mile Arkansas Traveler, was held last month and is worthy of its own article herein.) By the time this is published, (assuming that it is, of course) the fourth of the year, the Mid-South Championship Marathon in Wynne will probably have just been completed, leaving only the Marathon for Kenya in Mountain Home to be held two weeks later. As one who writes from the heart with little motivation to research anything or verify sources, for the unofficial record, these five races are listed at the end of this column.

(If anyone knows how far back Hogeeye dates, please let me know. I didn't have time to contact anyone before this went to press – assuming, of course, that it makes the final cut!)

One of my goals for 2006 was to complete all five of these in the same year. After knocking out the first three, I went on a late summer vacation from running and will have to wait till next year on this one.

I don't know much about the Marathon for Kenya in Mountain Home except that Bill Torrey certified the course, the proceeds benefit orphanages in Kenya, and they have a couple of finishers each year who are originally from Kenya. These two have run a combined six marathons in the past three years with an average under 2:30. I just read moments ago that these same two guys finished 1-2 at the Sioux City, Iowa, marathon this past weekend, and the news release said that they “matched the finish they had at the Mountain Home Marathon for Kenya in 2005.”

Legendary marathoner Tom Mayfield of Marshall was among the finishers' names that I recognized. Among other accomplishments, Tom clocked a 2:58 marathon at age 62. The race director is Laurie Kasinger, who

ironically has completed all of the other Arkansas marathons except her own. She should pull a “Tom Aspel” and go ahead and run her own race. She will be running the Memphis Marathon this December in an attempt to qualify for Boston.

The Arkansas Marathon is considered by some to be the longest-running continuous road race in the state of Arkansas. There is some debate about this as the race has changed courses and leadership over the years. The 38th running held last month was ironically on the same morning as the opening of the Big Dam Bridge, whose 5K race started four hours later. Stan Ferguson of Conway actually completed both! By no means was this an “in with the new, out with the old” sort of thing, as the Arkansas Marathon will surely be here for another 38 years and then some.

This year's cast included Nishi Hajime, who flew in from Tokyo to complete his 478th marathon. I had met Nishi at a marathon in West Virginia and was fortunate enough to run the first 12 miles with him here. Like a true tourist, he took many pictures along the course, including one of every mile marker. One of his questions for me was where a Chinese buffet was close by (I guess Japanese buffets are not common.), as his goal was to finish in five hours, which would allow time for a refueling before heading back to Tokyo. Nishi told me that he once flew from Germany to Paris to Thailand to Bangkok on consecutive weekends for marathons without returning home in between. Apparently this guy is made of money. Charles Gattin and Maurice Robinson were manning the aid stations and Charles claims that Nishi offered to buy his Orange Crush T-shirt. Not realizing exactly who he was dealing with here, Charles probably left a few million yen on the table. Other finishers included Gary Gherki, who was using this marathon as a taper for the Arkansas Traveler and who finished fourth after his second place finish in 2005.

One of my favorite things about the Arkansas Marathon is that in 2005, I

was one of 32 finishers and followed that up the next month with 36,000 in Chicago. Another neat aspect is the finishing line chute lined with flags. Immediately after finishing last month, I circled back to the Arkansas flag for a photo op. Still another was when legendary ultramarathoner Lou Peyton was serving chili dogs out of crock pots at the finish line. This is the ideal picture of the race community, how even the most accomplished among us still live to serve, not to be served. I think there was another famous person who said he came to earth for that reason. Some races I feel like eating afterwards and some I don't. I think I took a chili dog in both hands that year. The race director is Pete Ireland, an icon in Arkansas running, who also finished the 100 mile Arkansas Traveler earlier this month.

Of the four Arkansas marathons that I have completed, Hogeeye is the most mysterious, with only one finish. It is also the hilliest by far, or maybe it just seems this way, as the last two miles are straight uphill through campus. As a Fayetteville grad, it was fun to be back on campus, especially to hear the college kids hoot at me as I crawled towards the last few aid stations. At the finish line in 2006, I asked Tom Mayfield if this was the hilliest course in the country and he replied simply, “Yep!” The race director is Barry Brown, who I don't know, but who I met prior to this year's race. In classic runner style, he took time out of his RD duties to run the 5-K.

Despite its youth, the Mid-South became very popular in recent years as a regional marathon ideal for 50-State Club members who tend to gravitate towards smaller town marathons. It is the Arkansas marathon selected by Marlin Keesler, a 50-State marathoner and author of the book Our Lives on the Run, who took his family across the country on a 6 year, 50-marathon tour and wrote a 50-chapter documentary of the experience. Only in the last couple years has the LRM taken over as the leading destination for 50-staters. The 2006 LRM was the site of the quarterly meeting for the 50-State Club and the race had the highest number of club member participants in the history

Running Arkansas

(Continued from Page 7)

of the club. It was at the 2006 LRM expo that I met Marlin and Lois bought me his book, autographed by the entire family. His children both had learning disabilities and had the education experience of a lifetime seeing the entire country up close. Back to the Mid-South Marathon, which is famous for the support of the town that hosts it. As you drive into town on race morning, you will count dozens of local businesses with “Welcome Runners” on their signs. What seems like the entire population comes out to work the themed aid stations, for which the runners are encouraged to vote for their favorite. Unlimited barbeque and pizza earn this marathon my vote for the best and most food of any course I have ever done. The race director is David Reagler, who I annually vote for Best Race Director in the Grand Prix, mainly for how well he took care of me the one time I have ever had a scare after a marathon. I made it halfway across the football field two years ago, and he practically carried me back across to the finish line to the ambulance to get checked out. Too much red Gatorade and not enough sweating can make for a colorful experience. David, by the way, has two sets of twins under the age of 4, I believe, and still comes back to put on this race, despite having moved to Hot Springs.

There is not much more I can say about the Little Rock Marathon other than it is why I am writing this today. It was my first marathon and the only reason that I ever considered doing one. It was then also number 2, 4, 16, and 27. My 27th and its fifth was actually a recreation of the course that won't be officially counted by anyone other than those who were there that day, eight marathoners including Dean Karnazes, whose 50 marathons in 50 states in 50 days tour, the Endurance50, came through Little Rock on Day four. Thus, in a strange way, I have five finishes in four years of the race. Ironically, day 50 for Dean will be the New York City Marathon held on the day of our Mid-South Marathon. More Arkansas marathon trivia is that Governor Huckabee, who has completed the last 2 LRMs and ran the first three miles with

Dean in Little Rock for the Endurance50, will also be at New York City (along with that famous bicycling guy). I heard that the Governor is in *Sports Illustrated* this week.

The race director is Bill Torrey, and I am not sure if there is another person who has done more for running in Arkansas. Among his many accomplishments are actually convincing me to exhibit some common sense for once and take a break from running due to my recent overuse injury issues. While he isn't old enough to be (unless you factor in that I am about 15 mentally), he is like the running equivalent of a father to me, as I would guess he is for many runners. Bill is not only the race director for the state's largest race, he also does one of the smallest, the Tyler Curtis Memorial 5K, which is run in his neighborhood in honor of a young man that Bill knew. I heard that he said he likes these races the best because he gets to do the little things that he can't do in the huge ones. In his spare time, Bill also leads the LRRC weekly track workouts as you all know. I read once that he runs 2,500 miles a year, so maybe he is the crazy one, since I have never hit 1,700 yet.

When you hear or read what out-of-staters have to say about our state's marathons, on the runners' comments at MarathonGuide.com, for example, it is obvious what a great thing our state has going. *Runners' World* listed the LRM as one of the “top 10 best small marathons in the country,” an honor it won't be eligible for much longer at the rate it is growing. As many of you know, I have painted LITTLE ROCK all over my body in many out-of-state marathons, and EVERY person that has ever commented on the LRM has said the equivalent of “loved it!” Sometimes the ones who actually know that Little Rock is in Arkansas ask if I am a “Friend of Bill,” which always amazes me how many folks know Torrey around the country. Tom Detore, a Nebraska marathoner who told me he has considered moving to Arkansas because he loves our marathons so much said about Hogeys, “What a blast. I drive 425

miles each way to run this one. It is one of my annual marathons. I love it.” Although not all in the same year, Tom actually has run all five Arkansas marathons among his 250+, probably the only non-resident to do so, considering Mountain Home is only two years old. If there is a special non-resident category of the Arkansas Running Hall of Fame, Tom gets my vote. Nishi flew 6,500 miles to run the Arkansas Marathon and turned around and flew home. My motto is that the first 6,500 miles are easy — it's those last 26 that are tough! An Iowa runner posted on MarathonGuide.com about the Mountain Home marathon that he “plans on coming back to this gem every year.”

Runners come from all over the country and the world to run here. I regularly accuse myself of being the most fervently loyal runner in our city and our state, and our marathons are five of the biggest reasons!

Trivia Answers

1. Otis Edge
2. In order: Max Hooper, Lou Peyton and Jim Abadie
3. Lloyd Walker, Bob Plunkett, Jim Abadie, Charley Peyton, Paul Johnson/Steve Eubanks/Jim Ault, Linda House. Memory failson any others.
4. Cammack Village, Kavanaugh Blvd at Finish Line Sports store, Chenal Parkway, City of Maumelle, and the present day race course.
5. 7-mile Cammack Village, 4 miles at Chenal Parkway and Maumelle. I am unsure of the distance of the Finish Line Sports distance.
6. Marty Laquori (30:05.9) and Joyce Taylor (39:58.0)
7. 1st Jacksonville frontage roads, 2nd Petit Jean Mountain, 3rd Boonville, Arkansas, 4th Malvern to Benton and 5th Benton (out and back course)
8. Buddy Villines (now Pulaski County Judge)

(If I am incorrect on any of these answers, blame it on a poor memory.)

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.

November

- 4: MidSouth Marathon and Half at Wynne, AR. **GPS SC.** Call 870-238-5528.
- 4: Lee Catt FeelGood 4M at Marion. Call 501-269-1196.
- 4: Coach K 5K at Fayetteville. Call 479-587-8494.
- 4: Seize the Moment 5K at Little Rock. Call 501-833-8680
- 5: Andy's Fun Run.
- 11: Warhawk 5K at Enola. Call 501-849-4411.
- 12: Andy's Fun Run.
- 18: Chicks 'n' Chili 5K at Bentonville. Call 479-657-7686.
- 18: Spa 10K (GPS)/5K at Hot Springs. Call 501-620-4210.
- 18: Marathon for Kenya at Mountain Home, AR. Call 870-492-6625.
- 18: Winterfest 5K at Anderson, MO. Call 417-845-8200.
- 18: Turkey Trot 5K at Texarkana, TX. Call 903-793-2197.
- 18: Champs 5K at Beebe. Call 501-882-3311.
- 19: Andy's Fun Run.
- 25: Great Duck Race 10K at Stuttgart. Call 870-673-1602.
- 26: Andy's Fun Run.

December

- 2: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 2: CMN Winter 5K at Bella Vista. Call 479-636-2223.
- 2: St. Jude Memphis Marathon. Call 800-565-5112.
- 2: Freezing 5K/10K at Fayetteville. Call 479-575-3542.
- 2: Yule Run 5K at Greenwood. Call 479-996-6357.
- 3: Andy's Fun Run.
- 7: Jingle Bell 2K at Jonesboro. Call 501-664-7242.
- 9: Dashing Through the Streets 5K at Van Buren. Call 479-474-6918.
- 10: Andy's Fun Run.
- 16: Marston Family Fun Run at Roland. Call 501-868-1072.
- 16: Winter Wonderland 5K at Bentonville. Call 479-271-9153.
- 16: Jingle Bell Run 5K at Hot Springs. Call 501-664-7242.
- 17: Andy's Fun Run.
- 24: Andy's Fun Run.
- 31: Andy's Fun Run.

Birthdays

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

- 2 – Jerri Hasley
- 2 – Nancy Collins
- 3 – Shirley Pence
- 6 – Arthur Hall
- 8 – Bill Crow
- 10 – Matt Beisel
- 11 – Judy Lansky
- 13 – Celia Storey
- 13 – Emil Mackey Jr.
- 13 – Michael Erwin
- 16 – Melanie Baden-Kuhn
- 17 – Gary Criglow
- 18 – Chuck Spohn
- 18 – Lynne Matthews
- 18 – Robert Abernathy
- 19 – Tom Zaloudek
- 21 – Lynn Major
- 21 – Michael Storey
- 23 – Hope Wistrand
- 30 – Elizabeth Parry

New Members

(Continued from Page 1)

Scott moved to Little Rock a little over a year ago. This is when she started running more than a mile at a time. She says this is because she finds the running community of Little Rock so incredibly motivating and supportive. Gina looks forward to meeting and running with such good folks.

Welcome Mary and Gina!

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.

Ditch

(Continued from Page 6)

evening, plus plenty of mule stuff what seemed like every few feet. The fleet-of-foot party members were in a hurry and took off running. I could not really understand the reason for being in such a rush since it was not a race. It took a long time for the Ditch to form and I wanted to experience it for as long as possible without taking an inordinate amount of time. Soon I caught up to Barrister Cash wearing a pair of Teva sandals with no socks! I wonder how many rocks he kicked along the way with those bare tootsies?

The rain seemed to pick up the farther we descended into the depths of the Ditch. There were small waterfalls and large waterfalls pouring onto the trail at several points. I was disappointed that I was not getting to see the Ditch in sunlit conditions with all the beauty of the myriad of colors that make up the walls of the Ditch.

About halfway down this side I somehow decided to take a left when I should have gone right. (I must be hanging around my liberal friends too much.) Well after a couple of minutes without seeing anyone ahead or behind me I determined that I was headed the wrong way. I back tracked to point of my error and caught up some of our group including Twin#1.

Up until this point I had been walking only. Now that the trail was not as steep and there were no sheer cliffs along the way I decided to pick up the pace a little and ran some.

After arriving at the halfway point on the descent I was feeling pretty good and was actually enjoying the rainy and cool conditions. From that point down to the Ranch of Phantom just short of the River of Red I ran anything flat or downhill and walked the small uphill. About a mile from the Ranch we entered an awesome slot canyon with a creek that was boiling with red frothy water making its way to the River of Red and I passed Twin#2, Miss I.V. Call, and Bob of Wid.

After arriving at the Ranch I walked through trying not to draw any attention to myself. Looking over at a

picnic area I saw one of the fleet of foot (Hall of Fame Taylor, no not Bob) from earlier enjoying a moment of rest and relaxation. I waved and continued on my journey. As I was leaving the Ranch I saw a family of Mule Deer along the opposite side of the creek.

Arriving at the River of Red I stopped for a few pictures of this great river and a camper that was hiking out of the Ditch asked if I would like to have my picture made on the bridge. (Oops! Now there is evidence I was there.)

My plan with not running the steep downhill of the Northern Rim was so I would be able to strongly walk out on the Southern Rim. Now was the time to put that to the test. For probably a mile the trail meanders along and above the river and then you turn left and start the ascent up toward the Southern Rim. Along the way several small streams are flowing out of their banks and they must be forded by stepping on rocks that look stable or just stepping in and hoping it was not too deep.

The real fun started with the Devil's Corkscrew (several switchbacks) that had lots of water running down the trail. After clearing this section we followed a narrow ledge along the walls of the Ditch and it was pretty neat looking down at the folks below me struggling up the Corkscrew. (No, I did not struggle there, I was climbing strongly.)

The next major point along the way was the Garden of the Indians, which is about halfway up the Southern side. Here I caught Bulldog Hugh. He was getting a bit tired since he had hotfooted it from the start. But we should give him some slack since he had done the South to North version yesterday and was doing the North to South with us today.

From this point on it was pretty much climbing the rest of the way with what seemed like endless switchbacks. It took me 27 minutes to go from the Garden of Indians to the Three Mile Outhouse (1.5 miles), then 31 minutes from the Three Mile Outhouse to the 1.5 Mile Outhouse, and a blazing 37 minutes to the top of the Southern Rim from that

point. My total time was 3:56 down 14 miles and 3:48 up 10 miles for a total of 7:44.

Pretty much from the Garden of Indians to the top of the Southern Rim the sun was shining on the Northern Rim, so I did finally get to see the Ditch in full splendor for a while. The cool wet conditions were favorable for me since I don't handle heat real well. Not to mention, since it was raining, the mules were not allowed out on the trail and we didn't have to deal with additional mule stuff or worry with giving them the right of way, which I am sure would have been frustrating.

I had my picture taken standing in front of the Big Dam Ditch overlook and then headed over to the bus depot for a ride to the hotel for the evening and found the speed demons that were ahead of me all day (Wonderboy Evans, Z-Man, and the Mean dudes).

After a good night's rest we got up to see the sunrise over the Ditch, but, alas, it was foggy so we didn't see much. Later in the day we headed for Red Rock Country where folks go to climb and sit with their crystals. At this stop we had dinner and then headed for the city that has apparently reincarnated itself from its own ashes for another night of rest before winging our way home.

This was a wonderful experience that everyone needs to enjoy once in his or her lifetime. So, if the opportunity ever presents itself again, by all means take it!

Yours truly,
No Show Haze

How to Avoid Becoming the Next MarathonBoy

By Paul Ward
LRRC Past President

You've probably read this before, but some things bear repeating. Dr. Kent Davidson spoke to the Little Rock Marathon training group in October on injury prevention. What follows are his ten commandments of injury prevention.

The Ten Laws of Injury Prevention By Kent W. Davidson, M.D.

Law #1 – Increase Mileage Gradually

- Increase by no more than 10-20% per week
- Increase weekly x3, then hold steady for 1-2 weeks before increasing
- Veterans coming back from injury (“the mind is willing but the body is not able”) – start at 50% of previous weekly mileage

Law #2 – Increase Intensity Gradually

- Intense workouts, intervals, hills, tempo runs should constitute only 20% of training
- E.g.: Two mile tempo run/walk, increase by one mile every 3-4 weeks.

Law #3 – Increase Mileage Before Speed

- Don't increase mileage and intensity simultaneously
- Need to build a base at slow, steady speed before adding “speed work”
- E.g.: Beginning runner needs to be able to run 4-5 times per week, with a “long” run of 45 minutes before adding speed work

Law #4 – Alternate Hard Efforts with Rest

- An easy day following speed workout or long runs is

necessary to allow muscles to recover.

- Consider cross-training on these days, e.g., paddling, cycling, upper body weights, stretching.
- Use business trips, household chores or long work days to serve as rest period following consecutive days

Law #5 – Pay Attention to Early Warning Signs

- Every runner has some non-localized pain that resolves over a day or two.
- Localized sharp pain or joint pain during runs are red flags.
- Don't try to “run through the pain” – walk if it occurs during the run
- Options – apply ice, take anti-inflammatory medication, see physical therapist or doctor

Law #6 – Wear the Right Running Shoes

- Find out what type of shoe is best for you – motion control (to control hyperpronation), neutral-cushioned show (for maximal shock absorption) or a stability shoe (stability plus cushioning)
- Replace every 300-500 miles or when coming back from an injury

Law #7 – Mix It Up

- New and injury-prone runners should consider devoting 50% of their training to cross-training
- Vary the terrain – run trails, golf courses or softer track surfaces
- If running on a track, change directions each day
- If in a gym – run on a treadmill, then elliptical, then back to treadmill

Law #8 – Increase Your Flexibility and Strength

- Stretching particularly appropriate if (1) you feel “tight” in general, (2) if you become progressively stiff during a run, (3) have tendon or muscle associated discomfort during a run, or (4) with injury related to inflexibility, e.g.: IT Band syndrome, plantar fasciitis
- Strength training can improve power and increase your speed
- Search for “strength training” at runnersworld.com

Law #9 – Vary Your Workouts and Terrain

- Avoid running hills or on the same side of the road every day
- Run trails, golf courses or cushioned track surfaces at least once a week

Law #10 – Fuel Properly

- Protein is necessary for muscle repair and calcium to maintain bone integrity
- Dehydrated muscles are more prone to injury
- The Atkins-type diet is incompatible with endurance training
- Majority of calories 60-70% should come from carbohydrate sources, e.g.: brown rice, whole-wheat bread, whole-grain pasta, fruits and vegetables
- Another 15-20% of calories should come from protein, especially lean cuts of meat, fish and chicken
- Hydrate well during long runs or races but be aware of the potential for over hydration resulting in hyponatremia (greatest risk during ultra runs)

MarathonBoy Corollary

Do not run four marathons in one month.