

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2006

Local Running Scene Has Become Very Exciting

By Bill "The Duck" Harrell
LRRRC President

The month that has passed between newsletters really has gotten me excited about local running and our Club in particular. We had a huge turnout and a major party at the Dam Night Run; we've had big turnouts for the Tuesday night track workouts and one of the largest crowds ever for our August potluck/meeting. All of this occurring at or near triple-digit temperatures.

Let's start with the Dam Night Run. What can I say except that you guys really know how to party. Ginea will talk about the, for the most part, excellent times run in the 5K but having the best party and bringing home the coveted tailgate seemed to be a matter of pride. For those of you who don't know, an atrocious looking tailgate is awarded to the Club that puts on the best party. That beloved tailgate is now property of LRRRC.

Tim Wistrand won the contest to bring the tailgate home and it is now setting in brother Rob's living room for use as a coffee/dining table. This valuable piece of furniture will be making appearances at certain races around the state though for viewing by other running clubs that has less enthusiasm and smaller bladders than ours. You can also view the tailgate on the LRRRC website. It's linked to ARKRRCA.com.

There are numerous people to thank for the DNR party but the most important is Linda Sue Sanders who cooked chicken enchiladas, corn salsa, black beans and scrumptious brownies for 120 people. She even had to put up with Bill Bulloch while she did it. Honestly, Bill worked extremely hard too. I've always appreciated the work Bill has done as a volunteer at numerous races and seeing

him helping Linda Sue under not great conditions (which we won't go into) was really impressive.

Steve Hollowell also deserves credit for bringing not only the tarps that we used for the party but making and bringing the frozen margaritas that were also very popular as a post-run cool down. Of course my wife Belinda deserves thanks for keeping me under control and stopping me from jumping into the lake when I was afraid we couldn't pull off such an extravaganza.

I also want to thank all of you who showed up to participate and I really want to thank David Williams for *not* singing.

These triple-digit days of summer have not been much of a party but you wouldn't know that if you drove by Scott Field on a Tuesday afternoon. There has been an average of 16 participants for the Tuesday afternoon track workouts. The hottest day was 103 (108 heat index) and 25 showed up to run. Expect to see a lot of excellent times in the fall.

The workouts are continuing but are now being held at the CAC track due to numerous football games at Scott Field. Come on out and get tuned up for that fall/winter marathon or start your preparation for next year's racing season. It is a start time of approximately 5:20 pm.

The crowds keep growing at our monthly meetings also. I was told there were 46 at our August meeting which is one of the best crowds ever for a summer meeting. That's about a third of our roster. We can thank Coreen Frasier and Kim Fischer for that.

Coreen spent a month in Alaska and Kim was there for three weeks earlier this summer doing some biking. Kim put together a beautiful slide show and

Coreen mentioned that the temperature never got above 60. I think just seeing the snow on the ground made everyone seem cooler.

We'll see if our speaker for the September 21st meeting can bring in an overflow crowd. This will be a very well known local runner who is a member of the Arkansas Running Hall of Fame. This is someone you will either love or hate. No, it's not David Williams, it's the world's oldest living runner ... the affable Billy Hoffman!

Why Bill Hoffman you ask? What's he done lately? Well, Bill heard that our Club had a lot of new young runners who had not heard of him. Imagine that! Bill's ego was really deflated so he offered us \$50 to let him speak.

Sure, I said, we can buy better beer with that.

Honestly, Bill has some great running stories and not only has he run Boston numerous times but he also set state age group records every time he aged up. I think he even beat Hayes McKinnie and me a couple of times.

I'm sure you'll hear his side of this on the 21st. I hope you all can make it.

September Meeting

September 21, 2006

6:30 p.m.

Murray Park Pavilion 2

Potluck Dinner

Speaker:

Bill Hoffman

Running Wild

By The Marathon Boy, aka Jacob Wells

At our marathon in Seattle last month while heading for the beach, we accidentally ran across the Seafair Pirate Landing Festival. About that time, the new pirate blockbuster movie was also coming out. All this got me thinking about a few hidden treasures that I am happy to have found.

In July I attended my first LRRC monthly meeting. For too long, I had been hung up on the idea of preferring running to meeting about running, but then I heard that folks eat at these meetings, and better yet, they are potluck! Having never been a very potlucky kind of guy, I hoped that my potluck would finally turn. At the ones we used to have at church, some lazy chump would always bring a bucket of KFC, upon which the attendees would jump like stink on you-know-what. My worst fear is that I would be the guy who would bring something so hideous that not one person tries it and I would be so embarrassed that I wouldn't even claim my favorite pan afterwards. Fortunately, I have found my runner's potluck niche, bringing Snickers Marathon Bars.

The other immediate benefit I noted from Club meeting attendance is exposure to many more Club members to heckle and poke fun at in future editions of *The Runaround*. Bill Harrell and Paul Ward are easy targets, but probably not a lifetime of quality material. Originally, I thought running club newsletters were for serious running topics only, whereas I can hardly be serious for a minute (my seriousness PR is 45 seconds, and I was even faking that), but then I discovered *The Runaround*, where I not only feel at home with my penchant for humor, I am downright intimidated by the clever wit of other regular columnists.

Alas, I had to break my Ripkenesque meeting streak in August to attend one of my kid's school open house. I hope to start another steak in September. In the meantime, I am hoping my contributions to *The Runaround* will keep me out of the dreaded Paul Ward Doghouse.

With the upcoming opening of the Big Dam Bridge, the River Trail will no longer be one of the best kept running secrets in Little Rock. For the five or so years that I have run there, I have been amazed at how few other regular runners I encounter. In this time, I have encountered numerous deer, armadillos, snakes, and the scariest of all, as Josey says "stinky skunks!!" There was also a woman that I came up behind who threatened to mace me. Then there are those Sunday afternoon guys who dress up in medieval outfits and sword fight down by the skate park. There was a feature in a recent 50 State Club newsletter where they asked members where they would choose if they could run anyplace in the world, and they were throwing out places like Hawaii, Italy, blah, blah, blah, and I was sitting there thinking the North Little Rock and Little Rock River Trails.

In case any LRRC members and Runaround readers have yet to discover the State's Grand Prix website www.arkrrca.com you should definitely check it out. The message board there is where I try out my new material before taking the time and effort to develop it into full-fledged articles worthy of a well-respected running club publication. I guess while I look for one of those, I'll go ahead and get them published here.

In addition to the forum, there are links to the LRRC and other running club websites, as well as a ton of other great stuff. And of course, the primary purpose of the site is everything to do with the Grand Prix Series of races. I'm hoping to some day figure out how that team competition is determined in a race. When I joined the LRRC team, and realized how stacked we were with great runners, Brian S-Ski assured me that I would score more often than I would expect, and I said, "well, of course, but what does that have to do with running?"

So there they are: three hidden treasures that runners in our town and our state don't even need a treasure map to find and enjoy.



New Club Member Arrives

Nick and Frances Alsbrook welcomed into our world their first child, JoAnna "Anna" Christine Alsbrook July 9. Anna weighed 7 pounds, 2 ounces, and was 20 inches long. Nick, Frances, and Anna are all doing well.



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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Firecracker And Fountain Follow-up: Drink Up Little Rock, But Not After Jacob

By Paul Ward
LRRC Past President

Shortly after the August *Run-around* hit the newsstands, Celia Storey unleashed some criticism toward Hobbit Singleton and me over my article on what I observed while volunteering at this year's Firecracker Fast 5K. The offending passage: *Those of you who ran the race probably noticed Hobbit Singleton and crew working the water stop on Kavanaugh at I Street across from St. Mary's.* When I ran by this water stop on my way to work the finish line, I saw Hobbit and several others there. Hobbit had said she'd be working the stop this year and she worked the stop last year. I didn't recognize any of the others working there, but I was running by at the time and didn't stop to chat.

Celia informed me that Hobbit was not "in charge" of this water stop; that Steve Eubanks and Lynette Watts direct the stop every year with some of the neighbors. Poor Hobbit was nonplussed when Celia complained to her because Hobbit had not yet read the article and didn't know I was going to write what I did. When Celia contacted me, I said I did not know who was in charge, I did not know Steve Eubanks and he is not a Club member, Lynette is a member but I don't remember seeing her there, and that I saw Hobbit there. So now you know the rest of the Storey. Hobbit worked the water stop. Steve Eubanks and Lynette Watts direct it every year. Thank you to all the volunteers.

Next, Celia said I got Merritt Maham's last name wrong. I wrote that new members Sabrina and Merritt Maham worked the finish line chutes. But I asked Sabrina about the last name before finishing the article and it was correct. Coincidentally, the *Arkansas Times*, *Arkansas Business*, and *Arkansas Democrat-Gazette* all reported the sale of the Sufficient Grounds coffee house in Hillcrest. Merritt was one of the three owners. Merritt is now working for Progressive Food Groups. Good luck with this, Merritt, and congratulations on the successful sale.

Now to the fountain. If you were not one of the 46+ people at our August 17 Club meeting (Yes, we did have that many attendees!), you missed this announcement. Last year we raised money to fund a drinking fountain along the river trail on the Little Rock side of the river. The Arkansas Running Klub has funded two drinking fountains on the NLR River Trail. Our Club matched our members' contributions toward this fountain. The good news, according to Terry Eastin of the LR Parks & Recreation Department, is that our fountain is installed and working. Coincidentally, it is by Murray Park Pavilion #1, next to Pavilion #2 where we meet in the summer months. Pavilion #1 is the one closest to the lock and dam. The city will put a small plaque on the fountain noting our contribution.

So pat yourself on the back and get a drink every time you go by the fountain. And be sure to mention to anyone nearby that our Club provided this drinking fountain for all runners, walkers, and cyclists who pass by. This is especially timely because so many more people will be passing the fountain once the Big Dam Bridge opens.

Thank you, Terry Eastin, for your work in getting this done. You might remember Terry speaking to us in August 2004 and 2005 on the river trail. The September 2004 and 2005 issues of *The Runaround* include her presentations, if you want to learn more.

After the announcement at our Club meeting, Brian Sieczkowski interrupted his usual omphaloskepsis to run to the fountain and take the ceremonial first drink. Several others followed. Tom Barron said the water was too warm, so I guess now we'll have to fund a water cooler!

Speaking of drinking, do not under any circumstances drink from a cup Jacob Wells offers you. One Tuesday in mid-August I rode my bike to the Scott Field track for our weekly speed work sessions (Torrey's Track Torture). Jacob was in his car and hollered at me. I

rode over and he said he'd been urinating in one of his plastic cups. He did this because the week before he was urinating in the traditional male way of standing by a tree when President-Elect Ginea Qualls walked by. Jacob wanted to avoid exposing himself to any bystanders, so he answered nature's call from the privacy of his car. Fortunately, he emptied the cup instead of saying, "Here, Paul, hold this for a second."

The Saturday before this, I ran with the LR Marathon Training Group from Cook's Landing. Those of you who run on the NLR River Trail probably have noticed the new mileage markers. The markers appear to be ¼ to ½ mile different from the old markers. The zero marker should be somewhere east of where it was (by the opening to the flood wall where Olive Street hits Riverfront Drive). The markers stop after 6+ miles and there's no indication of how far you've gone when you head west on the detour portion of the trail and hit Cook's Landing. We guesstimated that the temporary parking area near the hydro plant would be 7.25 miles if you headed up the road to the detour trail and then east on the trail. I was going to run 10-12 miles depending on how my legs felt, and I was running with several people going 12-15 miles. Karen Irico was one, but she had time constraints and turned around after about five miles to get 10 total. Her friend Allison Martin and a few others kept going. You might remember that Allison and I ran the first 11 miles of the LR Marathon together this year. She told me then that she'd join our Club and President Harrell tasked Karen Irico to get her to join. We're still waiting, Allison!

When we got to mileage marker 1.25, I said we probably should turn around if we wanted to go 12 miles. Allison said her GPS showed we'd gone only 5.6 miles, so we kept going. When we got to the one-mile marker, Allison said her GPS still showed 5.6, then said, "Oh no, I forgot to restart it!" I called her "Space Cadet

President-Elect Is This Month's Racing News Editor

**By Ginea Qualls
LRRRC President-Elect**

Some of you know me and some of you don't. So let me introduce myself. I'm Ginea Qualls, and I hate to write. So, feel honored that I'm writing this month's racing report. I thought about calling "The Duck" and telling him it was too hot to write, but I'm going to save that excuse for later. I figured this month shouldn't be too hard considering all the races I have to report on. Just list names and times...that shouldn't be too hard right? Yeah right! Enough small talk so let's get this ball rolling.

The Arkansas Runner 2M was held on July 22nd in Benton. Jacob Wells was fourth in the 35-39 age group with the time of 13:24. In the 60-64 age group Roy Hayward finished fourth in 15:27 and Emil Mackey was fifth in 18:12. In the 70-74 age group Jim Yamanaka finished first in 17:35 and Carl Northcutt was second in 24:27. On the female, side Mackie Buckelew was first masters with the time of 14:44.

The Midnight 50K/25K was held on July 29th at Lake Sylvia. Harold Hays opted for the 25K distance and finished in 2:26:52. Jon Perez and Jacob Wells went the distance and completed the 50K. Perez finished in 5:21:40 and Wells wasn't too far behind finishing in 5:25:13. On the female side, Rhonda Ferguson finished the 50K in 6:14:22 and Lou Peyton finished in 7:16.

The next race on the list was the Dam Night Run (DNR). This race was held on July 29th in Arkadelphia. Our newly elected President Bill Harrell knows how to throw a party. Every year at the DNR there is a tailgate party contest. Mr. Harrell went beyond the call of duty and provided enough food to feed a small army and won the tailgate contest as well. Not only did we have this best tailgate party we also had some of the fastest times too.

The men did great at DNR. Glen Mays finished second overall with a time of 15:04. Brian Sieczkowski was ninth overall and second in the 25-29 age group with a time of 16:38. David Williams took

first in Grand Masters and first in the 55-59 age group with the time of 18:02.

The rest of the men finished as follows: In the 20-24 Tim Winstrand in 19:32; in the 25-29 Nick Alsbrook in 27:25; in the 35-39 Jacob Wells 21:18; in the 40-44 William Diamond placed third in 17:43, Mike Banman was fifth in 18:53; Brian Polansky placed fourth in the 45-49 in 18:30, Steve Hollowell was sixth in 19:05, Harold Hayes in 21:42; in the 50-54 Bill Torrey was third in 19:13, Jim Barton fifth in 19:34, Larry Graham seventh in 20:06; in the 55-59 Robert Holmes was third in 21:58, Allen White was sixth in 22:33, Tom Barron in 31:02; in the 60-64 Randy Oates in 23:11, Dan Belanger in 24:22, Charlie Dunn in 24:59, Robert Taylor in 26:23 and Emil Mackey in 30:22; in the 70-74 Jim Yamanaka 26:34 and Carl Northcutt 38:43.

Jenny (Johnson) Paul, an ex-Club member from Oklahoma, visited us at the DNR. She came in fourth overall in the time of 19:08. Barbie Hildebrand was sixth overall and first in masters with the time of 20:00. Barbie also beat the course record set by her the previous year earning her an extra 100 bucks. I think she should give it to me, her favorite daughter. Tina Coutu was second in masters, running a 21:12. This was also Tina's first race back from injury ... so, good job Tina.

The rest of the women finished as follows: In the 5-9 Sabrina Diamond in 46:41; in the 25-29 Jenny Brod in 22:41, Ginea Qualls in 23:40, and Kristi Sieczkowski (Brian S's better half) in 34:01; in the 45-49 Mackie Buckelew 24:23 for fifth, June Barron 31:01; 50-54 Karen Call for fifth in 26:03 and Carol Torrey in 29:39.

Moving right along to the Healthsouth 4M held on August 5th in Batesville. For those of you who haven't had the pleasure of running this race I can describe it in one-word, "HILLS"!!! Even though the race does offer a bit of a challenge with all the hills it really is a must do race in my opinion. The White River Roadrunners did a great job offering a mist tent after the race, lots of watermelon, quick results and nice door prizes. This was the 2006 State Championship for the 4-mile and our very own Brian

Sieczkowski was second overall in 23:04 and Sarah Olney was first overall in 26:51. Specking of Sarah, I was a little nervous she wouldn't make it to the start on time. A few weeks back Sarah missed the start of the Brickfest 5K by a few seconds, which caused her to be disqualified. I took it upon myself to make sure she got to the start line on time for this race. When I noticed she had wandered off I had Steve Hollowell yell "SARAH". She heard the call so my hard work paid off.

The hills didn't seem to slow down William Diamond. He was eighth overall finishing in 24:46 and David Williams was close behind him finishing ninth in 24:50. Brian Polansky and Steve Hollowell dueled it out to end placing third and fourth in the 45-49 with the times of 26:16 and 26:23. Nick Alsbrook was seventh in the 25-29 in 35:22. Jacob Wells was fourth in the 35-39 in 28:47. Robert Holmes was second in the 55-59 in 29:27. Dan Belanger was third in the 60-64 in 32:53 and Roy Hayward was fourth in 33:12. In the 70-74 Jim Yamanaka was first in 35:53 and good ole Carl Northcutt was third in 48:54. On the women's side Tina Coutu was first masters in 28:55 and fifth overall. Not only did Mackie Buckelew kick my butt, she was second masters in 31:43.

The Hope Watermelon 5K was held on August 12th. It was a hot day in Hope but thoughts of ice-cold watermelon at the finish, and a pool to cool down in kept everyone motivated to finish. Brian Sieczkowski was third overall finishing in 16:55. Barbie Hildebrand was first overall in 21:00. Tina Coutu was third in 21:44.

Nick Alsbrook is still on track to be an Iron Man in the Grand Prix. He finished in 27:02 in the 25-29. In the 35-39 Jacob Wells in 21:31. William Diamond took third in the 40-44 in 18:42. Brian Polansky was second in the 45-49. Bill Torrey didn't let the heat get to him. He was third in the 50-54 in 19:44, Larry Graham was fourth in 20:18, Jim Baron was fifth in 20:51. In the 55-59 Robert Holmes was second in 22:22. Dan Belanger was fourth in the 60-64 in 24:44. In the 70-74

The Finisher's Mettle Earns Medals For Runners

By Jacob Wells

mettle (n) courage and fortitude; spirit

One thing I learned early in my racing career is that the only race where you are "guaranteed" to "go home with the chrome" is a marathon, where everyone who finishes gets a Finisher's Medal. Of course, there is no guarantee that anyone will finish, but this is where speed doesn't matter and it's all about gutting it out and getting to the finish line, even if you have to walk or crawl, both of which I have done. Notice that sitting on the curb, which I have also done, is not listed in the activities that get you to the finish line.

Last summer I got a taste of a different kind of marathon, my first ultra marathon, the Midnight 50K. For this "race" (which is actually just a fun run in celebration of Lou Peyton's birthday), there is no entry fee, no race number, no time clocks, and alas, no finisher's medal. There are, however, M&Ms at the aid stations and fried egg sandwiches at the finish line. Speaking of aid stations, they

are 7-8 miles apart as compared to the 1-2 miles in the average marathon. You keep your own time, write it on a tablet at the finish line, and just hope the tablet isn't dropped in the campfire or beer spilled on it. Another difference is that instead of thousands (or millions in the case of Chicago) of cheering spectators, there are copperheads and armadillos. I am pretty sure a bird pooped on me last year. Around mile 29 when I was hallucinating, I also added an anaconda to the list of wildlife encountered, only to decide later that it might have been a huge tree trunk across the road.

Last year, the temperature was 95° and the humidity was 88 at the start. Later that night, when some of the elite ultramarathoners were dropping like flies, I was just floating along, dumb and happy, oblivious to the fact that this was supposed to be some kind of grueling athletic feat. Unfortunately, this year was not that easy. Thankfully, the starting and finishing line company and the hilarious rematch challenge with Chuck Campbell made it a wonderful experience. One of my favorite race photos ever is the one of

me face down attempting to crawl across the finish line while Chuck, long since showered and changed, smirked at the finish line while stuffing his face with post-race grub. Albeit staged, this picture was not enormously far from the truth. Congratulations to Chuck for cutting 31 minutes off his finishing time and for putting 38 minutes on me after we left the turnaround point together.

Many folks use this run as a tune-up or a training run to prepare for longer races like the Ouachita Trail 50 Miler and the Arkansas Traveler 100 miler. I will probably wait until I am a little older and a little less wise to try something that crazy. Yeah, the problem with the Midnight 50K is that I have to remember to add two when I total up my marathon race bibs and finisher's medals, but I still wouldn't miss it! Next year I have to remember not to publicly challenge any superior runners and to get a much brighter headlamp, which I wear around my waist to avoid that embarrassing coal miner look that others sport with no shame.

Follow-up (Continued from Page 3)

Martin" and we had a good laugh. Then someone mentioned Allison driving her car with a bike on the roof rack into a garage with a low overhang and damaging the bike. We teased her a little more before relenting. She threatened to hit me, but I said she'd probably miss and hit the lady running next to me.

On our return trip we passed John Woodruff and I stopped to talk to John for a bit. John was toting his chemotherapy drugs in his waist pack with a tube going into his body. This was his last day of that round of chemotherapy. John said his hair was falling out and he pulled out a tuft to offer me. It was enough to make half a Fu Manchu mustache. If John will give me one more tuft I'll be sporting a new look.

John said he'd be a cue ball soon and planned to rent advertising space on his bald head to the highest bidder. I'm

hoping he'll let us put our Club logo on there and help us recruit new members. John, we keep you in our thoughts and prayers. We hope you conquer this terrible cancer.

For those of you interested in running with the training group, go to www.littlerockmarathon.com and click the "training" link. The training schedule and locations are available there. See you on the road.



President-Elect (Continued from Page 4)

Jim Yamanaka and Carl Northcutt were third and fifth in 27:30 and 39:08. On the women's side the thought of cold watermelon motivated me to not let Mackie pass me. I finished in 24:06. Mackie was close behind, placing third in masters in 24:17. The one and only Coreen Frasier was second in the 60-64 in 33:14. Rosemary Marston third in the 55-59 in 35:31. Sabrina Diamond was first in the 0-9 in 39:08.

We also had a couple of people do the Pig Out 5K in Morrilton. Lou Peyton and Charlie Peyton finished in 33:01 and 39:46.

I sure hope I covered every race for the month. I had no idea how time consuming reporting the results could be. I am sure I left some names out and I would like to apologize in advance for doing so. Happy running everyone!

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.

September

- 2: ARK Clear Mountain 5K at North Little Rock. **GPS SC**. Call 501-834-1313.
- 2: K-Life Labor Day 5K at Branson, MO. Call 417-294-4380.
- 2: Century 21 Battlefield Run 5K at Prairie Grove, AR. Call 479-267-5000.
- 2: Owens Road Mile at Hempwallace. Call 501-767-4809.
- 3: Ozark Half Marathon/10K/5K/1M at Gentry. Call 479-736-2221.
- 3: Andy's Fun Run.
- 4: Run For A Child 10K/5K/1M at Rogers. Call 479-936-4554.
- 9: TNT 5K at Newark, AR. Call 870-793-2464.
- 9: Blessed Sacrament School 5K at Jonesboro. Call 870-761-2863.
- 9: Cherishing Children 5K at Rogers. Call 479-621-0385.
- 9: Devil's Den Trail Run 10K at Winslow. Call 479-442-3440.
- 9: OBU/Gravett Invitational 5K at Arkadelphia. Call 870-245-5296.
- 9: Quadrangle Festival 5K at Texarkana. Call 903-793-4831
- 10: Andy's Fun Run.
- 16: Mt. Nebo Chicken Fry 10K at Dardanelle. Call 479-229-3328.
- 16: Tyler Curtis Memorial 5K at Little Rock. Call 501-231-3730.
- 16: Rockin' Red bird 5K at Farmington. Call 479-841-6207.
- 17: Andy's Fun Run.
- 23: Simmons Food 5K XC Classic at Siloam Springs. Call 479-238-5028.
- 23: Orange Crush XC Festival. **GPS SC**. Call 450-9292, ext. 26.
- 23: Furry Friends 5K at Rogers. Call 479-464-3200.
- 23: UAPB/SEARK Scholarship 5K at Pine Bluff. Call 870-535-0110.
- 24: Andy's Fun Run.
- 30: Arkansas 20K and Marathon at Benton. Call 501-315-9252.
- 30: Celebrity Classic 5K at Fort Smith. **GPS**. Call 479-782-6302.
- 30: Big Dam Bridge 5K at Little Rock. Call 501-231-3730.
- 30: Race for Awareness 5K at Jonesboro. Call 870-972-0017.
- 30: Into the Light 5K at Searcy. Call 501-278-4357.
- 30: Oktoberfest Classic 5K at DeKalb, TX. Call 903-684-3055.

October

- 1: Andy's Fun Run.
- 7: Take The Lake 5K at Heber Springs. Call 501-362-0773.
- 7: Harvest Homecoming 5K at Harrison. Call 870-437-5590.
- 7: Sacred Heart Oktoberfest 5K at Morrilton. Call 501-354-3936.
- 7-8: Arkansas Traveler 100 at Lake Sylvia.. Call 501-329-6688.
- 8: Andy's Fun Run.
- 14: K8 8K at Jonesboro. Call 870-931-8888.
- 14: Fergus Snoddy Half Marathon. Call 870-933-4604.
- 14: Swamp Sister 5K at Gillett. Call 870-263-4748.
- 14: Thirst For Knowledge 5K at Highfill. Call 479-381-1094.
- 14: Chile Pepper XC Festival 10K at Fayetteville. **GPS SC**. Call 479-521-7766.
- 15: Andy's Fun Run.
- 21: Scrapper 5K at Nashville, AR. Call 870-451-4446.
- 21: WC Fall Classic 10K at Cassville, MO. Call 417-847-3137.
- 21: Sherwoodfest 5K. Call 501-833-3922.
- 21: Flat Out 5K at England. Call 501-416-2331.
- 21: HART Center Oktoberfest 5K at Fairfield Bay. Call 501-884-7777.
- 22: Andy's Fun Run.

Birthdays

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

- 1 – Pat Piazza
- 3 – Clyde Burnett
- 6 – Barbara Bonds
- 6 – Bill Torrey
- 6 – Linda House
- 6 – Sybil Taylor
- 7 – Robert Hanle
- 8 – Ken Bland
- 9 – Melvin Edwards
- 13 – Cathy Perry
- 15 – Mike Banman
- 15 – Mindy Wagner
- 16 – Ken Gould
- 16 – Marion Monk
- 17 – Hobbit Singleton
- 20 – Jim Yamanaka
- 28 – J. Sanders Clatworthy
- 28 – Rex Bell

New Member

Our newest Club member is Brad Newman. He is 48, single and an assistant Attorney General with the Arkansas Attorney General's Office. Brad has been running for almost two years averaging 10-12 miles per week. He has raced six 5Ks so far this year with a PR of 32:30. His favorite race is his hometown 5K, the Smackover Oil Run in mid-June. His favorite running route is the North Little Rock side of the River Trail. His interests other than running are reading, history and working out. Brad wants to thank his buddy Joe Cordi for his tremendous help in his effort to get fit. Brad says, "I'm a slow plodder, but my heart is in the right place." Welcome, Brad.

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.