

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2007

Hot Dogs For Every One At Big Dam Bridge 5K

By **Ginea Qualls**
LRRRC President

WOW ... this month has flown by. It is Friday, July 27, 2007, a day before the Dam Night Run, and I'm just now getting around to writing my column. I hope Linda House doesn't fire me, I really have been busy. I just ordered the meat for tomorrow night and labeled some special "DNR" water I'll be bringing to the race tomorrow night. Enough about the DNR. I'm sure I will have plenty to say about it next month.

This month, instead of having a meeting, we cooked hotdogs for all the runners who participated in the second running of The Big Dam Bridge Run. The cookout was a huge success. If we decide to volunteer our services again next year I can think of a few things we could do differently. One is having a Little Rock Roadrunner sign. I've been told we had one in the past, but apparently it's MIA. I plan to have one ordered by next month.

Our cooks were Tom Barron and David Bourne. Both men cooked up a mean hotdog. Tom started his grill a little late which sent him into a panic. I guess he didn't want to be out done by David. Once the dogs started coming off the grill we had a very talented group of women which included June Barron, Alesa Davis and Andrea Murphy putting together the hotdogs and wrapping them in foil.

As the evening went on everyone started referring to them as the "weenie girls." Emil Mackey was the official bun guy ... he made sure the "weenie girls" never ran out. Paul Ward and Bill Harrell greeted the runners as they made their way through the hotdog line.

Tina Coutu, Jordon Ziegler, Roy Hayward and Brad Newman helped Bill

Bulloch with the finish line. Steve Hollowell and Cindy Hedrick setup the tents and tables.

Thank you again to those who helped out. I couldn't have done it without you. I'm not sure if we gained any new members this time around but at least we got people familiar with the Club.

The meeting for next month will be held on August 16 at 6:30 p.m. at

Murray Park. Our guest speaker will be Emily Martin, a physical therapist from Baptist Health and she will talk to us about injury prevention. With several of us training for fall marathons injury prevention is a key element to training properly.

Until next time ... HAPPY RUNNING!

Cross Training Opportunity

Legs tired? Nagging injuries? Need some time away from running? This might be opportunity knocking to rejuvenate yourself.

Last year, the week after the Arkansas Traveller 100, which is the first weekend in October, Lou and Charley Peyton drove to Natchez, Mississippi, for the Phatwater Kayak and Canoe Challenge, a 42-mile paddle on the Mississippi River. They will be doing the same this year and invite all **experienced** paddlers to come along.

Charley and Lou said, "It was not a life changing experience but it was one of the great things we've done."

Their plan is to drive to Port Gibson, Mississippi, on Thursday, October 11th and camp at Grand Gulf Military State Park. At about noon Friday, they will stage the boats at the start at Port Gibson port access. Security is provided. Then they will drive to Natchez and register. Following this they will negotiate where to stay Friday night. At 5 a.m. Saturday, they will catch the race shuttle and drive to Port Gibson. Cars will be waiting at the finish.

This event is not recommended

for inexperienced kayakers or canoers, as the Mississippi River is mighty. However, with a little bit of effort just about anyone can get experienced between now and then.

For complete information go to www.kayakmississippi.com or e-mail the Peytons at charlypytn@aol.com. Their cross training group meets weekly to paddle in preparation for this event. Join Charley and Lou and have your eyes opened to something different.

August Meeting

Thursday, August 16, 2007

6:30 p.m.

Murray Park Pavilions

Speaker: **Emily Martin**
Physical Therapist
"Injury Prevention"



Running Wild

By Jacob Wells

One of the crutches I fall back upon often by having a regular column in this publication rather than appearing sporadically to write something specific is that I can just string along a bunch of random thoughts without any real theme and generally get away with it. Ironically, it is just that kind of exercise that sometimes morphs into some of the better articles (I said better, not necessarily good.) All it takes is the right batch of random thoughts about the right people and some divine intervention.

As I've also mentioned often, good writers never know from whence their inspiration will come. Amazingly, neither do I. For example, several seemingly unrelated things have happened over the past month that are noteworthy. Glen Mays went out of state and won one of the country's toughest marathons on July 14. Bill Torrey completed the first Big Dam Bridge Triathlon over two days on July 21-22, which included running, biking, and race directing. Lou Peyton turned another year younger on July 22. All these folks reminded me of some old country song that says something to the effect of "these are a few of my favorite ..." runners.

With no fanfare or publicity at all that I know of, Glen placed first overall at the Grandfather Mountain Marathon in Boone, North Carolina, which has been labeled by some as "America's Toughest Marathon." Glen has been like a super hero to me ever since his first Arkansas race when he won the 2004 Little Rock Marathon as a resident of the Washington, DC, area while he was in town looking for a house. His first win as an Arkansas resident was the Camp Yorktown Bay Half Marathon two months later with a course record. He holds the course record for the Hogeye Half Marathon and numerous other courses. I think he may have the top three finishing times at the Little Rock Marathon for Arkansas residents or is close to it. As the Little Rock Marathon has soared in popularity and added increasing amounts of prize money, to have a hometown runner compete with elites from around the country on our own home turf is quite a thrill. It's one thing to do well in your home state, but for Glen to win one of America's toughest marathons, that is really something to make Arkansas proud. But as fast and as talented a runner as Glen is, he is just as nice of a guy. Just when I think he is about to hit me with a restraining order as an overzealous fan, he goes out of his way to hang out and visit at races.

The Big Dam Bridge weekend of events was a big hit, with Bill Torrey pulling double duty as race director by night and duathlon competitor by day. One of the treats of the triple loop bike ride and two out-and-back runs is that I got to see him in action several times. Rumor has it there is also photographic proof that he rides his bike leaning over to one side – just like he runs. There was also an impromptu moment of trivial pursuit

during the announcements at the Midnight 50K when Charlie Peyton asked who had won the first Midnight 50K in 1992. The answer? Bill Torrey. As fast as Bill is on the run or on the bike, we found out Sunday that nothing compares to his fast-twitch muscles when he sees Jaynie coming with the camera. She was actually just getting a dramatic shot of the magnanimous Big Dam Bridge Duathlon finish line sign, as he was diving behind it for cover. He has been camera shy with her even since being caught entertaining with the Irish step-dancers last year.

Lou's birthday has become one of my favorite holidays. Maybe this is because her birthday cake is waiting at the finish line of the Midnight 50K. And maybe, especially, because this year I only went half way in the run and thus, got more than anybody else. While there are numerous stories of Lou's legendary running career, such as winning the 1977 and 1979 Firecracker 5Ks and completing what I think they call the grand slam of ultramarathoning (how about that for two extremes of our sport?), one that is uniquely mine is that the guy in the office down the hall from me grew up best friends with Lou's son. He says, "I never knew she was some kind of record setting running legend. I just thought she was my buddy's Mom." When I realized my Lou paragraph was not as long as my Glen or Bill paragraphs, I asked Jaynie for a witty anecdote about Lou. She said she didn't know anything about Lou except that she is always perfectly pretty, sweet, and smiling whether socializing with other LRRC members at a potluck or running up a mountain in the woods in the middle of the night.

Hanging out with these three, you would never know they are living legends. They are modest, unassuming, genuinely nice people, just the kind of folks I need to hang out with more – maybe some of that good stuff will rub off on me.

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The Duck's Running Is Sucky Rather Than Ducky

By **Bile Harrell**

Hello all you good folks. Bile here and I'll be taking over for my crazy twin brother Bill this month. Brother Bill is sort of in a bad mood right now because his running is, for lack of a better word, sucky. As luck would have it I'm here visiting from my palatial estate in the Caribbean so I'll pitch in and help the poor soul write the results column this month.

I've noticed there are a lot of new names on the roster since I last wrote this column for crazy twin brother Bill but I can't believe some of you older folks are still living, much less racing. It must be something in the water.

For those of you who haven't met me, I'm the better looking, smarter and wittier of the two brothers. Although I don't run often I have been known to take my CTB Bill's race number and finish a race for him. There's not a lot of difference in my not running and his running though because the finish time will be the same.

The main focus for this month's results column is the Firecracker 5K on July 4th. Brother Bill even played hooky from his volunteer job at this race I understand. That shows you how senile (or lazy) the guy is when he doesn't show up at a volunteer job.

I'll start with the lady members of the LRRC since they are the more talented of the sexes. If I happen to miss any names please contact brother Billy and get on his case and I guarantee you he won't forget you in future issues.

The 25-29 is a popular age group with the Club with four finishers in the top 100. Sarah Olney finished seventh in 18:52 and Ginea Qualls and Jenny Brod were numbers 28 and 32 with PRs of 21:53 and 22:01. Jordan (Holloway) Ziegler was #69 in 24:47. If Paul Ward or Harold Hays were writing this column they would've had a comment about Jordan's finishing number but since brother Bill runs with her almost daily and is scared of her he has pleaded with me not to make a rude comment. My only comment is: Bill, you are a wuss!

Let's skip ten years to the 35-39 year olds and Susann Szmania's second place 19:26 and eighth overall finish. Ann Strassle of the sprinting Strassle family ran a 33:49 and she ran this with nine-year old daughter Abby. What do you bet Mom held daughter back. It looks like the whole family ran this race. More on the guys later.

New member Alesa Davis ran a 31:12 in the 45-49 age group and another new member, Kathy Boone won 50-54 in 20:45. Longtime member Barbara Bonds ran a 38:10, Judy Lansky was second in 55-59 with a 28:54 and Coreen Frasier was third in 60-64 with a 31:57.

Remember the Strassle family. Well, Jacob and Matthew ran 27:29 and 33:02 in the 10-14 age division. Matt Olney, Sarah's hubby, ran 24:55 in the 25-29 age group. Brian Bariola and Lee Epperson were fourth and eighth in 30-34 with times of 16:36 and 18:34. But Lee was the first to fall flat on his face at the finish line.

The 35-39 winner and fifth overall, Glen Mays, ran 14:57 and some familiar names finished sixth and 11th in that age group with Brian Wagner running an 18:12 and Jacob Wells a 20:04. David Threm had a 23:47 and Steve "Daddy" Strassle ran 24:08.

Darren Gilpen and Tony Serna ran 17:13 and 17:34 for a 20 and 25 overall finish and second and fourth in 40-44. The 45-49 age group, commonly called the Howler Monkey division, had Brian Polansky, Steve Hollowell and Chuck Spohn in the three, four and six positions with times of 18:28, 18:43 and 19:10. Brad Newman keeps improving with his 29:41.

Age up five years and you'll have Jim Barton winning in 18:25 and David Bourne seventh in 21:56. Bill Crow tiptoed across in 23:14.

In 55-59 second through fourth went to David Williams in 18:32, Bill Rahn in 20:13 and the original Hobbit, John Naill, with a 20:33. Six and nine was Robert Holmes in 22:12 and Allen White a 22:45.

Dan Belanger and Randy Oates dueled for fourth and fifth in 60-64 with

Dan running a 23:33 and Randy a 23:53. Jim Yamanaka keeps winning 70-74; he had a 26:44 and Carl Northcutt turned in a 36:50.

Ten days later at the River City 5K Rosalind Abernathy ran 53:37 for a win in 80 and over and Jacob Wells took second in 35-39 with a 22:14. Brad Newman ran a 30:30 in 45-49 as David Bourne and Bill Crow were third and fourth in 50-54 with times of 21:56 and 23:22. Roy Hayward captured a second in 60-64 with a 23:28.

There were a couple of races held on the 21st, one in the morning and the other at night. The early race was the Arkansasrunner.com 2-mile and Abby Straessle was fifth in 5-9 with a 20:10. Her brother Jacob ran 15:16 in 10-14 while Daddy Steve had a 20:18 in 35-39. Brian Bariola was second overall with a 10:45 and Jacob Wells grabbed fifth place in 35-39 with a 12:57. In the 60-64 "why am I doing this" category Dan Belanger ran 15:11 for third and fifth place went to Emil Mackey in 18:32.

The Big Dam Bridge 5K, with an 8 p.m. start, had Karen "Busty" Call winning 50-54 in 24:02 and Bettina "Esquire" Brownstein winning 55-59 in 27:45.

Glen Mays finished second overall in 16:21. Glen was still recovering from a mountainous marathon he ran a week earlier back home in N.C. Not a bad run, huh? Steve Hollowell captured a second in 45-49 with a 20:47 and Michael Erwin was third in 50-54 with a 23:47. Bill Rahn won 55-59 with a 21:33 and Double Dippin' Dan Belanger won 60-64 in 25:37 for his second trophy of the day. Carl Northcutt won 70-74 in 38:40.

I just want to say congratulations to all of you who keep on running and racing during the summer months. And for those of you who aren't consistent just remember, you'll pay for it in the fall.

At The End Of My Rope In The Firecracker

By Paul Ward

We had several Club members participating as runners or volunteers in this year's Firecracker Fast 5K. I decided to volunteer again this year and told Bills Torrey and Bulloch I would see them at the finish line area on the morning of the race.

That morning I slept in until about 5:00. I was able to have some coffee and breakfast and read part of the paper. Every Independence Day, National Public Radio has its correspondents read the Declaration of Independence during its "Morning Edition" news program. I listen every year and it's always inspiring.

I put on my sunscreen and bike clothes and got my bike out for the five-mile trip. The day before, I put our flags out in our front and back yards. We had large U.S. flags on our front porch and back deck, and small 6"x12" U.S. flags placed in a row in the yard along the street. In the back yard I put small flags around the border of a garden. They looked nice in the morning light.

I rode by the starting line on North University. There was a young runner standing there at 6:30 ready to go. I wished him good luck. I saw Benton's Rob Young, who many of you know as the running sponge who frequently posts as "Rocket Man" on the ARKRCA.com message board, walking up Kavanaugh to the start as I pedaled down to the finish. Near Mt. St. Mary Academy and the water station, I waved to Michael Watts and Celia Storey. One man in a very large red, white, and blue hat was setting out cups of water, but sticking his fingers inside the cups. I'm glad I brought my own water bottle!

At Van Buren and Lee, I passed Tina Coutu, who was running from home to work the finish line. When I got to the finish, several volunteers were already there. Laura Naill was putting up the flag streamers along the east side of Monroe Street. Rick Gunther, whose wife, Lynne, is an accomplished walker, helped me put the streamers on the west side of Monroe.

We strung the rope through the poles to form the finish line chutes. We

had three chutes for males and two for females. Bill Bulloch, who organized the finish line volunteers, designated me "rope man" for the male chutes. Lou Peyton and Bob Taylor were clicking the male finishers. Karen Irico's brother, Gary Torres, entered bib numbers of male finishers in the back up timing system. Karen, Ted and Melanie Kuhn, Joe Cordi, Sybil Taylor, and Bill Torrey helped manage the male finishers in the chutes. On the female side, Tina and Isabelle Kiefer clicked finishers and Mary Wells entered bib numbers. I saw Andrea Murphy working in the chutes. Karen Call and Tom Barron were close to the three-mile marker "sexing" the runners: "Males to the right, females to the left." They sexed very well. Gary Ballard of ArkansasRunner.com was in his SUV with his computer timing the race. I know I'm missing many more of you who volunteered, and I'm sorry.

There was some last minute confusion over whether to click "bib-less" finishers. Someone heard that the registration people ran out of bibs and some runners would not have race numbers. The clickers got different directions on how to treat these finishers: either click them as "bandits" or not click at all. Bill Bulloch was also searching for additional volunteers up to the time the first finisher crossed.

I told several people that one benefit of working a race is seeing the first finishers cross the line. When I run a race, I never see the first finishers. At the Firecracker, it's always exciting seeing the police motorcycles leading the runners and then seeing the lead runner turning on Monroe to the final finish line stretch.

At this year's race two men battled for lead and finished about three seconds apart, both under 14 minutes. Things were going smoothly so far. After a short line of finishers filled the first chute and I saw a break in the runners heading to finish, I told Charley Peyton we were closing the first chute and opening the second chute. Charley held a rope tied at one end to a street sign on the east side of the road and he stood between

the first and second chutes. I held a rope tied to a barrel under the finish line clock and stood by the inside of the first chute. When we close the first chute, Charley moves to stand between chutes two and three and I move to stand between chutes one and two. The ropes we held form a funnel of sorts to guide the finishers into the chute. When chute two fills and we close it, Charley moves to the outside edge of chute three and I move to stand between chutes two and three. When we close chute three, we move back to our original positions and start with chute one again.

We had one bit of congestion when chute three backed up and there was no good break in runners to close it. Some runners had to stop short of the finish line because the chute backed up. For those of you inconvenienced, I am sorry.

When we close a chute, Karen Irico would follow the last runner down to the end, collect the spindle of bib tags, and deliver these to Gary Ballard for scanning. Gary had the runners' data loaded in his computer and the bib tags had a bar code. When you finish a Gary-scored race, volunteers "click" you as you cross the finish line. This registers your finish time in the computer. Your bib tag is torn and placed on a spindle. This is repeated until the spindle is full or the chute closes. Tags are placed on the spindle in order of finish. When Gary gets a spindle, he can scan the bar codes and match each finisher with the finish time entered by the clickers. This makes reporting the results fast.

Problems can still result. When several runners finish together, we try to keep them in order, but sometimes one runner finishes at a slower pace than one right behind him. The faster paced runner may pass the slower paced runner in the chute after the finish. Volunteers try to keep them straight but sometimes they do get out of order. Sometimes a runner gets sick in the chute and can't keep going to the end. Volunteers do the best they can,

Rope (Continued from Page 4)

but occasionally a particular runner's finish time may be reported incorrectly.

One downside to volunteering is that you have to concentrate on the job at hand. I like to cheer for our Club members as they finish, but I don't always have time to do that. Glen Mays was our first Club finisher. I saw new member Tony Serna coming to finish with a runner right behind him. I yelled "Come on, Tony", but he didn't hear me. The runner passed Tony right before the finish. Tony didn't know the other runner was there and when he saw the runner pass him, he said, "Oh, f____". I guess he was trying to say "fartlek", after the speed training we do on Tuesdays. Former member Jacob Wells carried a U.S. flag in the race and had a lit firecracker "Sharpied" on his chest. Jacob proudly noted that it was his idea to have the lit part of the fuse be his nipple. A star and some red stripes were inked on his back. He wore his U.S. flag running shorts to complete his vexillologically correct ensemble.

The *Democrat-Gazette* reported almost 1,000 finishers and we heard they had over 1,200 registrants. That's a good turnout. After the last ones finish, we deconstruct the chutes, take down the flag streamers, dump the ice from the tubs, and fold the tables. Harold Hays, Jack Evans, and Bill Torrey helped load all this plus barricades, mile markers, and Gatorade and water jugs in the big Ryder truck used to transport everything. After all was loaded, I got on my bike and started pedaling home. As I rode up Kavanaugh hill I saw Allison and John Martin in a group of cyclists heading down hill. Both ran the 5K earlier. Near Kavanaugh and University I saw Robert Holmes having breakfast with his daughter Jennifer outside at the Satellite Diner. They both ran the race. Robert said he couldn't catch our esteemed president, Ginea Qualls, who broke 22 minutes and had a big PR. Robert and Jennifer were generally pleased with their runs. As we were visiting, Sarah Olney came out with two cups of coffee. That was so nice of her! But she had the extra one for Matt, not me. Sarah was pleased

with her finish and said this was her best 5K time in seven years. Congratulations!

After I got home, my Laura had been busy with her "womanly duties." She had already baked the angel food cake and cooked the potatoes for potato salad. We were having family over that night. Later that morning we rode our bikes over the Big Dam Bridge to see the high level of the Arkansas River. The North Little Rock river trail was well under water about $\frac{3}{4}$ mile from the bridge. We couldn't see the wooden bridge at all. We went back to Cook's Landing and rode down the "detour trail" and turned left on that gravel trail that detours off the detour trail. The gravel trail was fine and you could bypass the flooded sections of the regular trail and detour trail. Unfortunately, it was raining on us, so we turned around and headed home.*

My mother, sister, and sister's family came over for dinner. I marinated and grilled flank steak, Laura fixed potato salad with some fresh herbs from our garden, I cooked baby lima beans and tossed them with some basil butter, and we had sliced tomatoes. Laura fixed a raspberry sauce to go with the angel food cake. We did almost everything ahead of time and we were able to relax right before everyone arrived.

We have two dogs and this was the first time my niece and nephew would meet them. Both are rescue dogs and one was badly mistreated in his earlier life. My young niece got a little too close to him for his comfort and he let loose with a warning growl. She had a meltdown and had to be consoled by my mother. We gave everyone libations and let them munch on cheese straws and "Goldfish" while we got things ready. My nephew, brother-in-law, and I played a preprandial round of croquet.

Dinner went well. Afterwards, we played another round of croquet and my niece had her second meltdown of the evening. She was frustrated over not hitting the croquet ball very well. I suggested she console herself by throwing nuts at a St. Francis statue in the garden. When my niece and nephew were younger and I would take them on short runs in a baby jogger, we'd throw hickory nuts and acorns at a lamp post after our

run. If a nut hit any part of the lamp post, we'd call it a "bingo." If the nut landed inside the lamp post (two sides of glass were gone), we'd yell "Goal." On Independence Day I put a pot in front of the St. Francis statue and said a nut landing in the pot is a goal and one hitting the pot or statue is a bingo. When my nephew threw his first nut, it landed in the pot for a goal. Laura and I had never done that in many previous throws.

My niece recovered and everyone seemed to have a good time. We cleaned house and got ready for work the next day. The soothing sounds of fireworks ended the evening. I hope you had an enjoyable Independence Day.

*Postscript: Two weeks later I ran over the Big Dam Bridge. The river was even higher; on the North Little Rock side it covered the entire paved trail by the pavilion and part of the concrete area and a bench by the access ramp. Waves were breaking over the pavilion's floor. The gravel detour trail was okay but after it reconnects with the regular trail the river was a foot or more over the pavement. If you were heading east or down river, this would be after the six-mile mark and right before you go through a metal gate and come to the soccer fields and dog park. Be careful if you walk, run, or bike in this area.

Banman Gets Himself In Marital Doghouse

By Paul Ward

Sunday, July 29, was warm as usual in this time of year. I got ready to run with our Sunday Heights group, which starts around 9 a.m. from the U.S. Pizza on Kavanaugh and Taylor. The course is 10 miles, but often the men and women participants will run fewer miles, especially in the summer. I run a mile to meet the course near Baker Park in Cammack Village, where the route makes a U-turn. This is about 2¼ miles into the course.

I got to this point about 9:20 and saw no one, so I kept going. I made the turn around in front of the Little Rock Country Club, about four miles into the route, and headed back to Van Buren. Finally, I saw some of the regulars. Steve Hollowell was leading. Close behind were Bill Torrey and new member Steve Yanoviak. They all had good runs the night before at the Dam Night Run. I passed the five-mile point and headed into the Edgemoor neighborhood. After the turn around there, I saw Tina Coutu, who had run from home to get in some extra mileage. She had a good race too, but had not stayed at the post-race party as long as the guys had.

I got back to Kavanaugh and started heading for home. My sweetheart, Laura, was driving the opposite direction to make the 10:30 service at Pulaski Heights United Methodist Church. We waved, but there were other cars present, so I didn't "moon" or flash her. Laura really likes Rev. Harriett Akins-Banman, the PHUMC minister for Christian formation, who was preaching that morning. Rev. Akins-Banman is currently married to our own Mike "The Ban Man" Banman.

I sometimes run with a Sony "Walkman" radio which gets AM, FM, and TV audio. I usually listen to "This Week with George Stephanopolous," broadcast at 9 a.m. on ABC (our DVDs record "Meet the Press" and "Face the Nation," broadcast at the same time, so I won't miss any news). Once "This Week" was over, I switched to music. Our local Channel 7 has some infomercial

on from 10-10:30 Sunday mornings. At 10:30, Channel 7 broadcasts the main worship service at PHUMC. At some point I remembered that and switched to that station, just a minute after Rev. Akins-Banman began her sermon on "relationships." The next day I went to the church's website and listened to the complete sermon again.

Normally I tune out sermons. When I go to my church, I take a magazine to read during our clergy's homilies. If my sister is there and brings my niece and nephew, I sometimes thumb wrestle with my niece during the homily. My sister and I used to play "rock, paper, scissors" during homilies when we were kids. A model worshipper I am not!

But Laura had said how much she enjoys hearing Rev. Akins-Banman. (They call her "Rev. Harriett" or just "Harriett" at their church, but I've not met her, so I won't be so informal.) So I made it a point to pay attention for once during a sermon. Rev. Akins-Banman was speaking on how God values our relationships with each other, whether within families, among friends, or even between countries, and our relationship with God. The Gospel that morning involved the "greatest commandment," where Jesus said to love God with all your heart, soul, mind, and being, and love your neighbor as yourself. This is the guide to relationships. Rev. Akins-Banman gave examples of her childhood friend who became her best friend today, her father's relationship with his difficult elderly mother, and her own dating and marriage to Mike. This last item caused me great concern.

They met during their time in the seminary. They knew each other for some months before Mike asked to date her. Rev. Akins-Banman said no, she wasn't interested. Fortunately, Mike persisted. Rev. Akins-Banman said he did all the right things; he called and sent cards and flowers. But she added, "All that ended once we got married. But that's another sermon... We're going to have a little talk about that one." Uh oh, I thought. Mike's in big trouble.

When Laura got home she asked

if I heard the sermon and I said yes, I had heard most of it. I then told her the lesson I got from it: "Once we get married, I won't have to write you love notes any more. We have the prime example of the Banmans to follow." Laura said she didn't think that was the point or that this is what Rev. Akins-Banman was recommending. Kidding aside, I really knew that Mike was in the doghouse for dropping the ball, romantically speaking, with his wife. If you act in such a way to be used as an example in a sermon spoken to hundreds of people live and thousands more on TV and the internet, you've really done something. Poor Mike. He's going to have a time digging out of this mess. Better get those cards and flowers going again.

Coincidentally, when I was nearing home and listening to Rev. Akins-Banman, Merritt and Sabrina Maham were driving home from their cycling outing on the Big Dam Bridge and river trail. Sabrina swerved to try to hit me, but stopped when I jumped off the street onto the grass. They asked how Laura and I were doing and Merritt mentioned how great relationships are when they work and how they really suck when they don't.

I like the Mahams and later asked them for their relationship wisdom. They had the usual recommendations of friendship, communication, apologizing when wrong, etc. But two were unusual. They recommended a tandem bike, saying it leads to better trust and communication. This was coincidental because we've thought about getting just such a bike. The other suggestion was a negative: "***Do not, under any circumstances, put her bras in the dryer.***" Hmmm, I'd not thought of that. I try to dry everything on clothes lines. If putting bras in the dryer is so bad, I figure doing the opposite will be very good. So I will now put Laura's bras in the freezer and I bet I earn her gratitude and some "brownie points."

Seriously, the next morning I remembered the sermon and stuck a love note in Laura's lunch sack. No Banman doghouse for me!

Vermont City Marathon Parallels Lake Champlain

By Al Becken

On August 2, 1812, a British gun ship and two sloops appeared out of the fog on Lake Champlain opposite Burlington, Vermont. Their intent was to land a force and burn the town. This act would vindicate the British loss at Fort Ticonderoga during the American Revolution to the Green Mountain Boys of Vermont. A young Lieutenant Lawrence with 13 cannon dug in on the bluff overlooking the town convinced the British to withdraw.

I am in Burlington for the May 27, 2007, 19th Annual Key Bank Vermont City Marathon. There are about 8,000 runners including three and five-person (full marathon) relay teams and two person (half marathon) teams. A wonderful expo with 55 vendors, packet pick-up, and pasta dinner is at the Sheraton Conference Center. Amby Burfoot of *Runner's World* fame is the guest speaker at the spaghetti dinner.

Vermont is the only New England state without a coastline on the Atlantic Ocean. The state offers instead a 107-mile shoreline on Lake Champlain that separates it from upper New York. Vermont earned its name from French explorers who in 1609 saw the rugged green mountains and called the land Verd-Mont, meaning Green Mountain. Burlington's population today is at 60,000 residents. The University of Vermont is in Burlington boasting a beautiful campus with lilac and blooming dogwood trees coupled with fields of golden dandelions.

The marathon course starts near Battery Park where American forces had created a barracks and related facilities during the War of 1812. The course winds through the city of Burlington and includes the Church Street Marketplace. The Marketplace is central to downtown Burlington and consists of five or six blocks converted into a pedestrian mall. Shops, pubs, restaurants, and mobile carts crammed with handmade items line the mall and its adjacent three-story inside mall.

The weather was 49°F. at the start, but warmed up to the 70s quickly

under a sunny sky. The first few miles are run through residential streets and follow three loops out and back on different routes giving the runner views of the Green Mountains and Lake Champlain. On the last loop, at mile 21, you enter the Burlington Bikepath, which parallels Lake Champlain and provides beautiful views. The finish is in Waterfront Park to cheering spectators and post-race festivities.

I would suggest while in Burlington you take a shoreline cruise on

Lake Champlain. Some cruises even serve dinner or have overnight trips. You can also sail on a schooner if you so desire. There are a variety of museums and Ben and Jerry's Ice Cream birthplace is just down the road toward Montpelier, the state capital.

For more info, contact: <http://www.runvermont.org>, or Run Vermont. 1 Main Street, Suite 305, Burlington, Vermont 05401. Phone: (802) 863-8412 or (800) 880-8149.

Running Calendar (Continued from Page 8)

- 13:** Chile Pepper 10K XC at Fayetteville. **GPS SC.** Call 479-521-7766.
- 13:** Fergus Snoddy Half Marathon at Jonesboro. Call 870-933-4604.
- 13:** FSM Breast Cancer 5K at Cabot. Call 501-843-5291.
- 14:** Andy's Fun Run.
- 20:** Race for the Cure 5K at Little Rock. Call 501-202-4009.
- 20:** Scrapper 5K at Nashville, AR. Call 870-451-4446.
- 20:** Merechka Memorial 5K at Van Buren. Call 479-474-6918.
- 21:** Andy's Fun Run.
- 27:** Mud Run 5K at Little Rock. Call 501-371-4639.
- 27:** Army ROTC Campus Tour 5K at Fayetteville. Call 501-258-2516.
- 27:** Downtown Fall Festival 5K at Russellville. Call 479-890-6625.
- 27:** Furry Friends 5K at Rogers. Call 479-464-3200.
- 28:** Andy's Fun Run.

November

- 3:** Mid South Marathon (and Half) at Wynne. **GPS SC.** Call 501-609-0079.
- 3:** Vulcan 10K at Birmingham, AL. Call 205-933-8911.
- 4:** Andy's Fun Run.
- 10:** UCA Centennial 5K at Conway. Call 501-450-3128.
- 10:** MacArthur Park 5K at Little Rock. Call 501-831-4819.
- 11:** Andy's Fun Run.
- 17:** Spa 10K at Hot Springs. **GPS.** Call 501-623-4969.
- 17:** Mountain Home Marathon. Call 870-492-6625.
- 17:** Chicks-N-Chili 5K at Bentonville. Call 479-366-0013.
- 18:** Andy's Fun Run.
- 24:** Great Duck Race 10K at Stuttgart. Call 870-673-1602.
- 25:** Andy's Fun Run.

December

- 1:** St. Jude Memphis Marathon. Call 800-565-5112.
- 2:** Andy's Fun Run.
- 8:** CMN Winter 5K at Bella Vista. Call 479-636-2223.
- 9:** Andy's Fun Run.
- 15:** YMCA Tux on the Run 5K at Bentonville. Call 479-464-3993.
- 16:** Andy's Fun Run.
- 23:** Andy's Fun Run.
- 30:** Andy's Fun Run.

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships {SC}, are listed below. The LRRRC sponsors Sunday fun runs beginning at Andy's, Markham and Barrow Road, at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

August

- 4: HealthSouth 4M at Batesville. **GPS SC.** Call 870-793-2464.
- 4: Comets Day 5K at Springdale. Call 479-361-9179.
- 5: Andy's Fun Run.
- 10: Hot Summer Night 4M at Jonesboro. Call 870-931-0578.
- 11: Watermelon 5K at Hope. **GPS.** Call 870-777-1917.
- 12: Andy's Fun Run.
- 18: Run for the Grapes 5K at Tontitown. Call 479-361-1100.
- 18: Rollin' on the River 5K at North Little Rock. Call 501-227-3710.
- 18: Pioneer Days 5K at New Boston, TX. Call 903-793-2179.
- 19: Andy's Fun Run.
- 25: Lake Atalanta 5K at Rogers. Call 479-621-9020.
- 25: Lake Wright Patman Sunset 5K at Texarkana, TX. Call 903-793-2179.
- 26: Andy's Fun Run.

September

- 1: ARK Clear Mountain 5K at North Little Rock. **GPS SC.** Call 501-834-1313.
- 1: K-Life Labor Day 5K at Branson, MO. Call 417-294-4380.
- 1: Owens Road Mile at Hempwallace. Call 501-767-4809.
- 2: Andy's Fun Run.
- 3: Run for a Child 10K/5K at Rogers. Call 479-795-2417.
- 8: Sara Low Memorial 5K at Batesville. Call 870-793-2464.
- 8: Blessed Sacrament School 5K at Jonesboro. Call 870-761-3621.
- 8: Fayetteville FOP 5K at Fayetteville. Call 479-225-2367.
- 9: Andy's Fun Run.
- 15: Bryant Hornet XC Inv. 5K at Bryant. Call 501-847-3145.
- 15: Into the Light 5K at Searcy. Call 501-278-4357.
- 16: Andy's Fun Run.
- 22: Orange Crush 8K/5K XC at Conway. **GPS SC.** Call 501-336-8202.
- 22: Turtle Creek Civitan 10K at Jonesboro. Call 870-972-8001.
- 22: Simmons Foods XC Open 5K at Siloam Springs. Call 478-238-5028.
- 22: Mt. Nebo Chicken Fry 10K at Dardanelle. Call 479-782-6302
- 23: Andy's Fun Run.
- 27: Lyon Invitational 2M/5K/8K at Batesville4. Call 870-698-4222.
- 29: Arkansas Marathon and 20K at Benton. Call 501-315-9252.
- 29: Race for Awareness 5K at Jonesboro. Call 870-972-0017.
- 30: Andy's Fun Run.

October

- 5: The Night Run 5K at Little Rock. Call 501-680-5343.
- 6: Tin Cup 5K at Fayetteville. Call 479-575-9696.
- 6: Tour de Cure 5K/10K/½ marathon at Rogers. Call 479-770-6402.
- 6: Tyler Curtis Memorial 5K at Little Rock. Call 501-231-3730.
- 6: Zoo Run 1M/5K/10K at Tulsa, OK. Call 918-669-6612.
- 6: Harvest Homecoming 5K at Harrison. Call 870-741-3750.
- 6: Lake Hamilton XC 5K/2m at Hot Springs. Call 501-760-6508.
- 6-7: Arkansas Traveller 100M at Lake Sylvia. Call 501-329-6688.
- 7: Andy's Fun Run.

Birthdays

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

- 1 – Jennifer Miller
- 1 – Merritt Maham
- 2 – Greg Butts
- 2 – Libby Taylor
- 3 – Linda Smallwood
- 4 – Larry Graham
- 4 – Lois Mackey
- 5 – Tommy Tucker
- 6 – Brad Newman
- 6 – Kay Bland
- 7 – Bob Taylor
- 7 – John Naill III
- 7 – Jordan Ziegler
- 8 – Ginea Qualls
- 8 – Jim Comerford
- 11 – Afton White
- 13 – Gretchen Hall
- 15 – Christopher Heller
- 15 – Sam Oates
- 18 – Kimberly Morton
- 20 – Amy Oury
- 25 – Jenny Brod
- 26 – Juli Barton
- 27 – David Bourne
- 27 – Debra Simmons
- 28 – David Williams
- 28 – Paul Ward
- 31 – Rod Lorenzen

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.