

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2007

Self Pity Evolves Into Pride In Marathon PR

By **Ginea Qualls**
LRRC President

Have you ever tried to achieve a goal that was a little far fetched? Well, I have. I tried to qualify for Boston at the Mid-South Marathon on November 3rd. I had everything going for me, perfect weather, a great group of supporters and I was well trained. I did have other goals though. I wanted to finish healthy, and if I didn't qualify for Boston I at least wanted to take an hour off my previous marathon time. Long story short, I didn't qualify but I did achieve my one-hour PR.

I have to admit I wasn't too happy at first. Why I don't know. I just wasn't. Then when it all hit me, and I realized I took a whole hour off my time, I ditched the pity party attitude and I've been on cloud nine ever since. It amazes me how much I learn with every race I run, whether it be a 5K or a marathon. One amusing thing I learned about myself during the marathon was how moody I can be when things aren't going my way.

The first 22 miles went by perfectly. I was on pace to finish under four hours and I wasn't experiencing too much pain. I even had a wonderful pacer, Sarah Olney. Then I hit the wall sometime between mile 22 and 23 and I got a little moody. Sarah was great. She encouraged me by telling me I was on pace to finish under four hours and she even got water for me at the aid stations. I tried to be appreciative but after mile 22 I wasn't someone anyone would want to be around. Sarah was still being awesome. She told me at mile 24 I would get a second wind and run the rest of the way in. My response to her was "you didn't see the hill I'm about to have to run up." I think it was at that time she backed off from running with me, which was fine because I wanted to sulk in my own self-

pity for a little while. When I think back on how moody I got, I laugh because I know now I had nothing to be upset about. I'm ready for my next marathon and I know one day I will qualify for Boston.

Being the forgetful person I can sometimes be, I forgot "The Duck" AKA Bill Harrell was only going to cover the Mid-South Marathon results for this month and he needed someone to do the Spa 10K and The Great Duck Race. Since I didn't ask anyone, I'm going to cover those races in my column this month. I do want to take time to thank Bill Harrell for doing the race results for the past several years. When I joined the Club in 2004, I always looked forward to reading his articles. Bill is very witty and it showed in his writings. I know I will miss his column. Don't worry, there will still be a results column in every newsletter.

Spa 10K and RRCA Awards

The Spa 10K is one of the toughest 10K courses in the state, and Bill Torrey, for once, isn't responsible for the hills. Jenny Brod, John Russell, and Mary Wells didn't let the challenging course get in their way of setting a PR. Mary Wells didn't really PR but she did PPR (pregnant personal record). Mary passed me just before mile six with her cute little pregnant belly...and let me tell you it's a little depressing to be passed by pregnant lady. Since it was Mary, I got over it. She is one awesome runner. Jenny Brod was fourth overall and had a four-minute PR. John Russell set a huge PR as well and took several minutes off his time from last year. Congratulations to all of you and to everyone else who ran that is listed below.

Males	
Brian Sieczkowski	36:44
Darren Gilpin	38:55
David Williams	39:23
Tony Serna	39:59
Jim Barton	40:24
Brian Polansky	40:53
Lee Epperson	41:10
Bill Torrey	41:16
Jacob Wells	41:20
Bill Diamond	41:30
Larry Graham	41:50
Steve Hollowell	43:32
David Bourne	46:47
Harold Hays	47:02
Robert Holmes	47:17
Dan Belanger	51:36
John Russell	54:00
Bob Taylor	58:22
Emil Mackey	1:01:03
Carl Northcutt	1:18:23
Females	
Andrea Murphy	44:53
Jenny Brod	45:32

(See Ginea on Page 5)

Christmas Potluck

*Little Rock Roadrunners Club
Arkansas Running Klub
Arkansas Bike Club*

Saturday, December 15, 2007

6:30 p.m.

*Garden Club Building
Kavanaugh at Lee*

*Clubs provide meats and beverages;
members bring vegetables, salads,
bread, or deserts.*



Running Wild

By Jacob Wells

There are two kinds of folks when it comes to the holidays. There are those who love everything about them and who are all full of cheer and some such nonsense the whole time, and then there are the folks for whom it's all they can do to just survive and get through them. Without divulging which side I'm on, let me just say that my group is real happy for the rest of you. Fortunately for me, running is the great equalizer. How many people can say that their marathon PR happened on Thanksgiving morning? That impromptu celebration plus room for an extra 3,000 calories was a jumpstart through the holiday blues. (You may have heard of that club whose members' goal is to run a marathon in every state. Then there is my marathon

Trivia From LRRC's Yesterday

1. In 1991, this Arkansas beauty queen ran the Great Wall of China. What was her name?
2. In 1990, LRRCs Ivy Harrison Pearsall, Betty Ray and Bob Plunkett ran across what country?
3. A year or so later Bob Plunkett also ran across another country. What was it?
4. In 1991, LRRC member, Donna Duerr, became a member of the Highpointer Club. What is the Highpointer Club?
5. The Little Rock Roadrunner Club was founded in 1977. In (I think) 1981 LRRC members split off and formed running clubs in their respective communities. One was the Saline County Striders and the other was the Arkansas Running Klub in North Little Rock. Do you remember the running leaders who served as their first club presidents?
6. Lou Peyton was the first female president of the LRRC (1979). Who was the second?

The Pre-River Trail Days

7. On the Little Rock side, between the railroad tracks and the ramp of the Big Dam Bridge, what lies on the wooded hillside?
8. On the boundary at the south end of Rebsamen Golf Course, there is a road that goes out toward the river. Up until the mid-70s what activity was practiced there?
9. To the south of that road before the apartments, condos and Alltel, do you remember what that area was used as?
10. While we are still in the general area. The Whole Hog Café often serves as a meeting place of the LRRC. Before this portion of Cantrell Road was commercially developed, what occupied the area?

(Answers on Page 3)

companion, whose goal it is to see how many states in which we can find a post-race Cracker Barrel.) To have the added affliction of being an after-work runner, Christmas Day might as well wait and fall on that day in the spring when the time changes and there is finally daylight in which to run. Similarly, completing the Mid-South Marathon, or at least the weekend on which it falls seems to flip a switch for my "seasonal affective disorder," which sounds a lot more ominous when you give it a catchy name.

Just like any other dichotomy in society, these two groups don't understand each other. But what we can do is run together. So, keep up your running throughout the holidays, whichever type of person you are. Either way, your reward at the end of the year is that you have maintained your fitness and you get to turn over a new calendar with the chance to start over with all new running and racing goals and statistics. And if you happen to be one of those "other guys," then you also have the opportunity to take one of my kind along for a dose of the kind of holiday cheer that doesn't come naturally at the in-laws or at the office party, but that probably will come while doing what we love most with a gang of our best friends.

Once as I sat alongside the Arkansas River Trail the day after Thanksgiving (different year) struggling with having eaten too much the day before, along came Arkansas Hall of Fame runner Joyce Taylor. As we visited, she remarked that you "have Gazelle days and you have Water Buffalo days." The thing I have learned, that she had known for a long time, is that these days differ in pace, but not necessarily in enjoyment or benefit. In fact, the slower days can be even more rewarding, because the humbling awareness of our own lack of invincibility on a day when we are not running our best reminds us of the alternative of not running at all and perhaps even what it was like before we became runners.

Happy holidays and good luck to all at the Memphis Marathon, Dallas White Rock Marathon, and the Jingle Bell runs, or all of the above. I'll be the one running in the Santa Claus hat.

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Inaugural Missoula Marathon Was Unseasonably Hot

By Al Becken

“Don’t move. Make a lot of noise.” Dustin shouted. The Grizzly bear stuck his nose in the air, gave us a quick glance, then turned and slowly ambled away. The Grizzly is the Montana State Animal and the University of Montana Mascot, but I didn’t expect to encounter the beast on the Kim Williams Trail. The trail winds along the Clark Fork River by the north side of the University campus and up one of Mount Sentinel’s canyons.

The inaugural Missoula Marathon started at 6:30 a.m. Sunday, July 15, in Frenchtown, located about 15 miles north and west of Missoula. The start time was originally scheduled at 8:30 a.m., but moved earlier due to extremely hot temperatures. Buses left from downtown Missoula beginning at 4:30 a.m. I discovered that there would be an early bus for walkers and “over-the-hill” runners, so I jumped on the first bus going out. The marathon course is straight as an arrow and flat for about the first ten miles. At mile ten a turn takes runners across the Clark Fork River, but the bridge is even flat. During the run, at about the halfway mark across the bridge, I noticed a man leaning over the railing. Thinking he may have an unsettled stomach, I ask if he needed help. As he stood up I could make out a fishing rod in his hands, sticking out over the water. “What kind of fish do you catch?” I asked. “Cutthroat Trout” was his reply. I later learned that much of Western Montana is great fishing country and people come from all over to fish here.

Missoula is a city of 64,000 nestled in the Rocky Mountains of Western Montana at 3,200 feet above sea level. The evenings are cool and the days are usually sunny and warm. The day I flew into Missoula the temperature reached 100° F. Saturday’s temperature was 101° F. These were both records. Missoula is in a valley surrounded by farms and woods. The Clark Fork River flows right through downtown and the University of Montana with its 13,000 students gives the town a progressive and youthful pulse.

Originally, the course finished at the University’s Grizzly Stadium. However, this was changed to finish downtown. The course is billed as “paved and flat with one hill.” The hill is a gentle grade from mile 13.5 to 14.5. Having started early, lead runners from the 6:30 a.m. start began to pass me at mile 13. I wasn’t prepared for the stampede that I heard behind me. Turning slightly, I noticed Dustin, whom I ran with Saturday, was leading a pack of University cross-country runners. Dustin is a graduate of Missoula’s Loyola High School, which won the State Cross Country event five out of seven times they went to the competition. Dustin was their top runner and was running his first marathon today.

At about mile 15 the course enters the city of Missoula, runs along some tree-lined streets and on a paved path along the river. It then crosses the Orange Street Bridge and finishes on Front Street. The post race celebration includes a variety of foods and drinks. When I finished the temperature was 85°F. I consumed handfuls of orange slices and watermelon. There is also a half marathon, a kid’s marathon, and a Sundae Run, on Saturday. For the Sundae Run everyone gets a T-shirt and a Dairy Queen Sundae. The packet pickup and expo was held in conjunction with a river front Market Day celebration.

Initially, on arrival to town, I went to the University because the finish was supposed to be at the stadium. I ended up in the Student Union building where early registration was taking place for the fall semester. This gave me an opportunity to tour the beautiful campus, the student store, and eat in the cafeteria. Although no one at the University seemed to have any knowledge of the marathon, an alumni at the information desk put me in touch with the race director, who informed me about all of the changes to the marathon and packet pickup location, and suggested I go to The Runners Edge sport store in town for more details. The Runners Edge is on Higgins Street, and this is where I met Dustin and the storeowner, Anders Booker. They

showed me a wall size map of the course and answered all my questions. Since Runners Edge is a major marathon sponsor, I would recommend stopping by the store before the marathon to get all the details.

If you are interested in a July marathon that: should be cooler next year, has breathtaking views, is held in a historic city with 100 restaurants, and more, contact: www.missoulamarathon.com or write: Missoula Marathon, PO Box 7965, Missoula MT, 59807.

Trivia Answers

1. Sally Miller Perdue, Miss Arkansas 1958, ran 1,193 miles in 56 days.
2. Costa Rica. The organizer was the late Jack “Okie” Allsup.
3. Ireland
4. One becomes a member of the Highpointer Club after climbing the highest point in each of the 50 states in the United States.
5. The late Clint Cusick helped found the Saline County Striders and Marion Monk served as first president of the ARK.
6. Yvonne Thompson, 1985.
7. An early 20th century African-American cemetery.
8. The firing range for the Little Rock Police Department.
9. Riverdale Golf and Country Club. In the mid-70’s there was a land deal that swapped Riverdale Country Club for wooded countryside in west Little Rock. Riverdale was developed into apartments, condos and “light industry.” The west little Rock property became what is now known as Pleasant Valley.
10. The Razorback Drive-in Movie.

Writers' Strike Ends "The Duck's" Column

By Bill "The Duck" Harrell
LRRC Racing News Editor

Due to the writers' strike this will be my last article for a while. I could be on strike for 6-12 months – or maybe forever. However, races will continue and results will be written. I'm sure some non-union intern will volunteer their services and give you monthly updates.

Then again I've seen Dump Wally signs all over town; he may want to supplement his income before long too. Linda is already looking for some "best of" articles to rerun if this strike continues for very long.

Since this column on the MidSouth Marathon was ordered before the strike started I feel obligated to follow through. Besides, there are a few of you I want to make fun of one last time.

After napping during the Chicago Marathon Brian Sieczkowski was able to stay awake at Wynne and post a third overall time of 2:59:44. Ginea has informed me that on our new Club uniforms an *S* will be on the singlets of S..ski and Sarah Olney. I thought that was cute because it is, after all, their initials. She said that wasn't the reason, nor was it because they are superhuman runners.

Apparently the *S* will be for 2008 nicknames. Brian's *S* will be for *Skinny* and Sarah's *S* will be for *Spandexia*. Hmmm, interesting. At least Brian's is not *Spandexia*. I was informed my uniform will have s...s... on it. I have no idea what my nickname will be though.

Kevin Golden was right behind Brian with a 3:01:05. I can't embarrass Kevin cause he's a pretty cool guy and has great taste. We even wear the same racing flat. His will wear out faster though.

Jacob Wells ran a 3:23:36 at MidSouth but what can one say about a guy who is so in love with the sport that he'll run two races a weekend – sometimes even two marathons. How about, Jacob, sorry the lobotomy didn't take. (Or maybe it did.)

Brian Wagner had a 3:33:11 in Wynne and there's not a lot I can say

about Brian because I only met him for a brief moment once. I was going to carry on one of my intelligent, witty conversations that I'm known for with him, but I couldn't think of one so he ended up excusing himself. Since he runs 3:30s it's doubtful we'll be running together anyway.

Harold Hays ran a 3:55:55 and Robert Holmes a 3:59:16. I run with these guys almost daily so there is not much I can say and get by with it. Of course if you ran with those guys daily you wouldn't have much to say either.

Nick Alsbrook, whose address now shows Jonesboro, ran 4:23:45. Nick must be in Jonesboro doing some kind of doctoring thing. I used to see Nick at the Tuesday track runs but it's been a while since I've gone. I was told I would lose weight if I went and I look way too good to be skinny.

Jim Yamanaka and Carl Northcutt are 74 and 75 years of age and I have too much respect for their times of 4:36:47 and 6:41:29 to try and think of something corny to say about them. Guys, keep on truckin'.

Dan Belanger, who was running MidSouth so he could stay on track for his second straight Iron Man award, completed the course in 4:50. Dan has PRs in probably all distances this year and has become a major force in the 60-64 age group. Everybody is really proud of Dan. He has come a long way from those days in Wisconsin when he used to walk the back roads with his freshly trimmed Mullet, his Members Only jacket and sans-a-belt slacks. But he's getting different types of trophies.

There were half dozen women from LRRC who finished MidSouth and congratulations go out to all. Not only was Tina Coutu our Masters Runner of the year, she was second overall in 3:32:50. She is so consistent and dominant in the Masters division that there is a petition going around to have her moved to the 25-29 age group. That's the guys 25-29.

Andrea Murphy has improved so much that she qualified for Boston with her 3:40:34. Andrea qualified with 26

seconds left but confided that she planned it that way. She didn't want to expend too much energy or get injured. She will now concentrate on Boston and the 2012 Olympics.

Is there anybody out there who has not heard about Ginea knocking over an hour from here marathon PR. Madam President Qualls really is leading by doing. Anyone who can improve their PR by an hour deserves to be the State's Best Club President. Hmmm, Ginea got a new marathon PR and became top Pres. Paul Ward set a new marathon PR and was voted top Pres. The guy in between didn't attempt a marathon and wasn't even nominated. There seems to be a conspiracy here.

Mary!!! Start your marathon training as soon as the baby drops!!!

"The Sassy One" Angela Gaines sprinted home in 4:44:24 at Wynne. I know Angela has a story because she always has one but I've avoided her since I *accidentally* left her out of a recent column. I've been told I'm forgiven since she was mentioned numerous times last month. But I still don't feel safe. What if she wrote about her marathon and sent it in to *The Runaround*. That would be cool, wouldn't it Angela.

Another individual who may have a story or two to tell would be Jordan Ziegler. Jordan could tell you an hour long story about listening to her dog snore. *And it would be entertaining*. I don't know how she does it. She needs her own cable show. Anyway, she had a 5:08 finish time although and scored second in her age division. She had an excellent half time and a good 18 mile split. For some reason those last eight miles were rough. Now there's a story I have heard before.

A new member ran her first marathon at Wynne. Peri Winkle finished her marathon in 6:02 and although looking a purplish-blue at the finish she said she would definitely run another one.

There were a number of guys from LRRC to run the half in Wynne but for some reason there was no females

Writers' Strike (Continued from Page 4)

entered for us. Our women obviously like to go longer than the men.

James Terbrack was our first finisher and he was third overall. I had seen James the day before at the Library Book Sale where I was selling and he was buying. His books were on calculus, trig and other math type books so I jokingly asked him if he was trying to figure out how to run a low 1:20 in Wynne. He just smiled at me and said he hoped for a nice day. Apparently the books helped, he had a 1:22:49.

Fourth overall was Ethan Neyman in 1:23:53. I have never met Ethan Neyman so I'm pretty much at a loss on what I should say. Do I just say congratulations on being so dang fast or can I say something cutting? He lives in Sherwood so he must have a sense of humor. Is that over the top? How about ... Ethan's wife Stephanie was overall walker with a time of 2:45:15. Way to go Neyman family.

Darren Gilpin was fifth overall with a 1:24:20. That's a very good time for Darren since he's had some time off from running recently. He's taken a job in the movies that's taken up a lot of his time but he's gotten rave reviews for his work. He is Borat's body double.

David Williams was tenth overall and the first Senior Grand Old Master with a finishing time of 1:28:47. There is a rumor that there is a Doppelganger running for David and that is the reason these fast times are still being run. And besides, the Doppelganger is better liked.

Lee Epperson, at 33 he's one of our *younger* runners, was right behind in 1:29:51. Larry Graham had a 1:31:46 and has learned to dodge cars a lot better over the last year.

Steve Hollowell ran 1:33:50 and swore after the race he was allowed to double his time so he would be allowed to qualify for Boston. Sorry Steve, it doesn't work that way. You'll be 50 in a couple of years and Boston will still be there. Patience, my friend, patience.

Dave Wilkinson and Joe Cordi ran 1:43:40. Not much I can say about this, nor do I want to, just way to go guys.

David Bourne had a 1:44:45 and was running along making everybody

laugh along the course. There's one in every crowd.

Bill Crow ran 1:46:40. All Bill could say was "I wish I were a Duck, I'd be so much better looking." No truer words have ever been spoken, Bill.

Charlie Dunn crossed the finish line in 1:49:58. Although living in Conway, Charlie thinks he cool enough to live in Little Rock. Sorry, Charlie, Maumelle maybe, but not Little Rock.

John Russell ran his first half and stomped on his goal of 2:10 by running a 2:08:10. John is new to our Club and has joined the A Team for morning workouts. Although from Texas, John has been accepted by the group and occasionally gets the privilege to accompany Jack Evans on a run and learn all about, well, everything.

Emil Mackey said before the race that if he felt good enough when he finished that he would do a summersault across the finish line. He didn't quite make the summersault but he did trip over his shoelaces which probably had the desired effect as he was timed in 2:13:37.

It was just six months ago that I wrote you guys another goodbye letter when I stepped down the from the LRRC presidency. That is a job I will never do again but this job I may. I have enjoyed writing a results column the past couple of decades because it's fun to make fun of the front of the packers for their skills and abilities that a lot of us don't have. It's also enjoyable to make fun of the middle and back of the packers because I think it puts us all closer on the same road of equality.

It was proven during the previous year that there are talented people in this Club and all it takes is a little push to get involved. So to those of you with one foot in bounds and one foot out take this as the initial push and put the other foot in. It can be very rewarding.

There is a song by James McMurtry called "Childish Things" about well, growing up. The song ends like this:

*Now my boy goes like a house on fire
He'll never burn out and he'll never retire*

And I remember when I used to think like that

*When I was young and the world was flat
But I'm fifty some years old now and man
I don't care*

All I want is a comfortable chair

And to sell all my stock

And live on the coast

I don't believe in heaven

But I still believe in ghosts

Before I ever heard that song that was the outlook I wanted to accomplish in life. But luckily I have a wife who is, well, a better person than me and she will keep me grounded.

Since I probably won't be able to take the advice of James McMurtry and live on the coast I'll defer to the advice of Thoreau who said; "You've got to slow down if you want to see the world speed by. Take care and happy running.

Ginea (Continued from Page 1)

Sarah Olney	46:47
Tina Coutu	46:58
Melanie Kuhn	47:00
Karen Call	47:45
Mary Wells	50:00
Ginea Qualls	50:03
Angela Gaines	54:30
Jordan Ziegler	55:08
Alesa Davis	1:07:46
Coreen Frasier	1:11:49
Linda House	1:28:28

The Spa 10K also hosts the RRCA awards. Glen Mays was awarded male runner of the year. Tina Coutu was awarded master's female runner of the year. Andrea Murphy was awarded most improved female runner of the year. Bob Taylor was awarded race director of year for the ARK 15K, and I, for some unknown reason, was awarded club president of the year. Congratulations to everyone who was awarded, as well as those of you who were nominated.

The Great Duck Race

This past weekend several of us headed south to run The Great Duck Race

(See **Ginea** on Page 6)

Is Ultra Runner An Embarrassment To His Daughter?

By Gary Cantrell

What a week here; wearing my tax collector's hat. A seemingly endless series of explaining to people that failure to receive a tax card does not mean you don't have to pay taxes. "I was sick on the last day" will not get the penalty waived when you had 10 months before that to take care of your business. Writing a check and then stopping payment is collectible as a bad check, even if you had sufficient funds in the bank ... Ad nauseam

Then even the ultra list seems a little tense today, not the usual Friday zaniness (or maybe it's just my mental fatigue coloring my view).

So maybe to lighten the mood, the following is a little tale some might find amusing.

My son and his wife had just bought their first house. His siblings were there to help on moving day, and, of course, me and my truck were in great demand. (I drive a '57 Willys pickup ... a work truck, not a show truck.)

We had all the large household goods tied onto the back of the truck and I was ready to drive it through Murfreesboro and out to Walter Hill (where the new house is). My daughter Amy (age 22) said; "I'll ride with Case."

"No, you'll have to ride with me," I explained, "because with all that stuff stacked up I can't see if I need to merge right. I'll need you to stick your head out the window to see if it's clear."

We pulled out on the highway and started towards Murfreesboro. As we drove Amy said, "Well, this is one time I hope I don't see any of my friends!"

"Why is that?"

"Look what I'm riding in!"

"Oh," I said, "the truck? This is a 'cool' truck. It's 50 years old. Old trucks are in now ... aren't they?"

"No!" Amy explained, "It would be a 'cool' truck if it was painted and fixed up. This truck just looks like you have been driving it for 50 years."

Not ready to give up yet, I told her "It isn't that bad, at least I am wearing my new straw hat that doesn't have any holes in it."

"Not helping, dad." (Maybe Rob Youngren has a point about my straw hats?)

"You're just jealous. Here, I have a hat you can wear," pointing out the orange sock hat I keep in my truck in case it gets cold.

"Not helping, dad."

"I don't care what you say, people like my truck. Every time I go somewhere away from home, where people aren't accustomed to it, other drivers honk and wave."

"That's because they think you are Jed Clampett ... and that's without the mattress and box springs strapped on the back."

About that time, as we approached the interstate crossing, a car pulled up next to us and blew their horn. We looked over, and the driver gave me a thumbs up and grinned.

"See, Amy. People like my truck."

She just groaned.

When we got to the square in Murfreesboro, there were a bunch of

tourists outside the courthouse. As we started around I could see them pointing. Then one of them started taking pictures of us.

"See Amy, people really like my truck!" No answer. "Amy? ... Amy?" I looked over to find that Amy had changed her mind about the sock hat. But, oddly enough, she had pulled it all the way down to her chin.

It's a good thing I know my kids don't find me embarrassing. I could have gotten the wrong idea real easy.

(Editor's Note: Gary Cantrell, known as Lazarus Lake on the Ultra List, is the founder and former director of the Strolling Jim 40 at Wartrace, TN, and is the director of the Barkley 100 at Frozen Head State Park at Wartburg, TN. Gary is also the CFO for Shelbyville, a city of 20,000. It is an appointed position which includes collecting taxes. Usually the ultra mailing list is full of jokes and ribbing and such on Friday but this day it was a little more contentious than usual. The following was written to lighten the mood.)

Ginea (Continued from Page 5)

in Stuttgart. My family is from Stuttgart, so I always enjoy this race. This year was extra special. Not only did my mother run the race, but two of my aunts ran as well. My grandmother was at the finish line to cheer us in. I personally look forward to seeing and hearing her cheer me in. Obviously, my family wasn't the only group running the race. Listed below are other Club members that ran.

Males

David Williams	39:19
Bill Torrey	40:32
Brian Polansky	41:41
David Bourne	45:29
Dan Belanger	50:21
Carol Northcutt	1:15:02

Females

Barbie Hildebrand	44:30
Melanie Kuhn	47:19
Ginea Qualls	49:09

I guess that's it for this month. I'm sure I've left someone's name out of the results... so PLEASE forgive. Next month's meeting will be on December 20th at Whole Hog Café. I'm currently working on getting us a speaker. Once I have one, I will send out an e-mail telling everyone who he or she is. ALSO...on January 1st I'm going to coordinate a fun run. I will send out details at a later date. I figure why not start off the New Year running.

Until next month Happy Running!!!

Thanksgiving 2007: Ward Flips Bird: Family Applauds

By Paul Ward, LRRC Turkey

Laura and I were hosting this year's Thanksgiving meal in my family, so I had to get up early to get the turkey in the oven. The week before, I got a 21 pound bird and left it in the fridge to defrost. Wednesday night I washed and cut some celery, carrots, onions, and bay leaves so they'd be ready to go. Thursday I got up around 4:30 to get things going.

I put the turkey neck, gizzard, and heart in a pot with some carrot, onion, celery, peppercorns, water, and a bay leaf and started the flame to make turkey stock. I put some of the same vegetables and a bay leaf in the roasting pan and added some wine. I cleaned the big bird, stuck a few of the same vegetables and a bay leaf in the top and bottom cavities, and rubbed it with oil. I put the turkey breast side down on a damp and oiled kitchen towel on the rack in the pan above the vegetables. I seasoned the back with salt and pepper and stuck the roasting pan in a 350 degree oven. The time was 6:15 a.m. I had time for some coffee, but our new *Democrat-Gazette* carrier had not delivered our paper yet. I hate that!

I put on my running clothes and headed to The Full Moon parking lot for our annual fun run at 7 a.m. We had a good crowd in spite of the very cold morning. Several Club members were there and many from the Little Rock Marathon training group joined us. We even had some out-of-towners visiting for the holiday join us. Celia Storey ran a blurb in the previous Monday's ActiveStyle section of the *Dem-zette* announcing our fun run and some visitors saw it and joined us. Coincidentally, I saw Celia running on Kavanaugh as I headed to The Full Moon.

Sometimes I question the sense of some runners. I had written course descriptions for everyone, but some took off without any directions. They'd get to an intersection and look bewildered. We headed down Harrison to Woodlawn for a scenic but hilly trip east. We got back to

Kavanaugh and ran up to the water works and Knoop Park. The park at the end of the water works trail has a great view of the river and downtown Little Rock, especially when the leaves have fallen from the trees. A large dog tagged along. One lady was walking her small dog and it decided to run after the large dog. Bill Torrey played canine herder and blocked the small dog's path so its owner could get to it. Later Bill said no one can say he's not a nice guy. I called him "dogs' best friend." We ran back to Kavanaugh where some headed back to the start while others headed down Kavanaugh for an additional mile. Darren Gilpin had a large lead on everyone else. Kevin Golden started late but passed us all while chasing Darren.

I headed back so I could get home to check on the turkey. The two Karens (Call and Irico) and some others groaned when I said I had to go home and "flip the bird." Karen Call asked if I wanted to say it one more time because I seemed to enjoy it so much. She just has poultry envy! As we remember from last month's newsletter, The Duck noted that Karen's favorite bird is not the turkey, it's the swallow.

I got home and Laura had managed to rouse herself and be useful in the kitchen. Actually, she got a lot done while I was braving the cold. She had made the dough and cut out her biscuits and mixed everything for her sweet potato casserole. Both were ready to go in the oven at the right time. She made the cranberry sauce earlier in the week.

I pulled the turkey out of the oven and with some effort and help flipped it over so the breast side was now facing up. To keep the breast moist and slow its cooking, I keep a moist kitchen towel on the breast, so the white and dark meat finish about the same time. I started doing this after reading a recipe calling for putting cheesecloth on the turkey breast. I basted the bird with a mixture of melted butter and sherry and stuck it back in the oven. The turkey stock had simmered enough, so I strained it into a

fat separator (a measuring cup with a spout near the bottom – as liquids cool, the fat rises to the top and you can pour the defatted liquid off from the bottom spout, keeping the fat.) There was very little fat.

We set the table the night before and got all the glassware out, so we had time to catch our breath. Around 10:00 Laura got called to UAMS for an organ harvest situation. She examined the harvested organs to see if they were suitable for transplanting. Fortunately, they were. We thought about one family having a Thanksgiving tragedy while another was getting a wonderful gift.

Laura made it back home in time to put the sweet potato casserole in the oven for its one hour of cooking. I took the turkey out and let it rest. I skimmed the vegetables out of the roasting pan (they tasted great!) and poured the pan drippings in another fat separator. The roasting pan went on a burner and I deglazed it with some more wine and sherry, added the turkey stock, the defatted drippings, and some chicken stock. When it reduced sufficiently, I added a slurry of cornstarch and wine to thicken it. The taste test proved successful. I poured the gravy into another pot and moved the roasting pan and rack into another room to get them out of the way. Next I fixed Donna Cave's favorite vegetable, Brussels sprouts, and set them aside. Laura snatched some meat from the resting turkey in spite of my scolding and said it was delicious.

We had a cooperative menu planned. My mother brought her delicious dressing. Her significant other brought pecan and pumpkin pies. My sister brought carrots and a raspberry congealed salad. Tina Coutu brought the cheese straws we all crave. We had Bloody Marys and sparkling wine for the adults and sparkling fruit juice for my niece and nephew.

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.

December

- 8: CMN Winter 5K at Bella Vista. Call 479-636-2223.
- 8: Yule 5K at Greenwood. Call 479-996-6357.
- 9: Andy's Fun Run.
- 15: YMCA Tux on the Run 5K at Bentonville. Call 479-464-3993.
- 15: Jingle Bell Run 5K at Hot Springs. Call 800-482-8858.
- 15: Run with the Bulls 5K at Mountain Home. Call 870-430-2201
- 16: Andy's Fun Run.
- 23: Andy's Fun Run.
- 30: Andy's Fun Run.

January

- 6: Andy's Fun Run
- 13: Andy's Fun Run
- 19: No-Name 5K at Danville. Call 479-464-3993.
- 19: Racing for the Dream 5K at Fort Smith. Call 479-756-0117
- 20: Andy's Fun Run
- 27: Andy's Fun Run
- 27: One Hour Track Run at Russellville. (GPS)

February

- 3: Andy's Fun Run
- 9: Freakin' Eureka 15K Trail Race at Eureka Springs. Call 479-445-4228.
- 9: Valentine's Day 5K at Russellville. (GPS)
- 10: Andy's Fun Run
- 16: River Trail 15K at North Little Rock. (GPS)
- 17: Andy's Fun Run
- 17: Run the Line Half Marathon at Texarkana, AR-TX. Call 903-748-3265.
- 24: Andy's Fun Run.

March

- 2: Little Rock Marathon, Half Marathon (GPS) and 5K. Call 501-371-4770.
- 2: Andy's Fun Run
- 8: Victorian Classic 10K at Eureka Springs. Call 479-253-5543.
- 8: Chase Race & Paws 2M at Conway. (GPS) Call 501-514-4370.
- 8: Larry Yeagle Trail Marathon and 10M/5K at Ruston, LA. Call 318-237-6566.
- 9: Andy's Fun Run
- 14-16: Three Days of Syllamo at Mountain View. Call 501-454-4391.
- 16: Andy's Fun Run
- 23: Andy's Fun Run
- 29: Spring Fling 5K at Cabot. Call 501-843-1406.
- 29: St. Jude Breakaway 5K at Fort Smith. Call 918-839-7345.
- 29: Spring Fling 5K at Cabot. (GPS)
- 30: Andy's Fun Run

Birthdays

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

- 1 – Steve Hollowell
- 2 – Al Becken
- 3 – Dawn Wilkinson
- 3 – Michael Watts
- 3 – Tom Holland
- 4 – Jack Evans
- 5 – Carl Cerniglia
- 6 – Jimmy Thompson
- 7 – Gayle Holmes
- 8 – Charlie Dunn
- 8 – Matt Olney
- 11 – Barbie Hildebrand
- 12 – Howard Hurst
- 13 – Randy Taylor
- 16 – Corky Zaloudek
- 18 – Bob Doran
- 18 – Carlton Safton
- 18 – Robert Holmes
- 20 – Steve Straessle
- 22 – Brian Wagner
- 24 – John Martin
- 26 – Tom Barron
- 28 – Cindy Holland
- 30 – Ann Louise Straessle
- 30 – David Threm
- 31 – Troy Braswell

Retreads

First Wednesday of the month
 Franke's Cafeteria
 11121 N. Rodney Parham Road
 (Market Place Shopping Center)
 Dutch Treat

Wear something to show
 you are one of the gang -- shirt,
 hat, scarf, finisher medal, etc.
 Just show up and look for the
 Old Runners -- Retreads.

Do Your Chestnuts Need A Good Shaking? Come Run With Us!

**By Paul Ward
LRRC Yule Fool**

Our annual Thanksgiving Day fun run was successful as usual, so the Little Rock Roadrunners Club will have another fun run on Christmas Eve. Join us Monday, December 24 at 7 a.m. The location is the same: the parking lot in

front of the Full Moon on Kavanaugh Blvd., between Evergreen and L Streets.

Runners and walkers of all paces are welcome. Join us and you'll get rid of the bah humbug spirit. We'll run an out-and-back and up-and-down course through the Heights, Cammack Village, and Overlook. I'll have a written course description so you won't get lost with

distance options from 2-7 miles. Bring your own water or hot chocolate.

Be there or expect coal in your stocking!

Ward Flips (Continued from page 7)

Everything was delicious. I loaded up my plate so I wouldn't have to go back for seconds. Others not as practiced in consuming mass quantities of food went back for seconds. My nephew, Andrew, earned an award for dramatic performance when he almost gagged eating a Brussels sprout. My niece, MaryClaire, ate one and said it was good.

We talked about the regional variations in dressing. Most southerners use cornbread. Most northerners use white bread. My mother used a mixture. Hers is the best I've ever had. I hope my sister can master the recipe so we can keep having it for years to come! After we finished, the kids went back to petting the dogs. Our female, Zoe, lay on the floor as Andrew and MaryClaire scratched her belly and discussed the best way to scratch a dog's belly. She enjoyed being the subject of their debate.

After everyone left (with some leftovers), we cleaned the kitchen and ran two loads of dishes. We walked the dogs and then watched "The Birds" on the classic movie channel before crashing. I sure was glad I ran that morning.

I hope you and your family had a very happy Thanksgiving.

2008 Grand Prix Series Schedule

January 27	One Hour Track Run at Russellville
February 9	Valentine's Day 5K at Russellville
February 16	River Trail 15K at North Little Rock
March 2	Little Rock Half Marathon
March 8	Chase Race 2M at Conway
March 29	Spring Fling 5K at Cabot
April 5	Capital City Classic 10K at Little Rock
April 6	Hogeye Half Marathon at Fayetteville
April 19	ROTC 5K at Arkadelphia
May 3	Toad Suck 10K at Conway
May 17	Survivor's Challenge 5K at Fort Smith
June 21	Heat in the Street 2M at Arkadelphia
June 28	Brickfest 5K at Malvern
July 26	Dam Night Run 5K at Lake DeGray
August 2	Select PT 4M Classic at Batesville
August 9	Watermelon 5K at Hope
August 30	Clear Mountain 5K at North Little Rock
September 6	Sara Low Memorial 5K at Batesville
September 20	Orange Crush 8K/5K Cross Country at Conway
October 11	Chile Pepper 10K Cross Country at Fayetteville
November 1	MidSouth Marathon at Wynne
November 22	Spa 10K at Hot Springs

Will Diaper Duty Derail New Dad?

By Paul Ward, LRRC Procreation Reporter

After the November 10 Sunday Heights run, our own John Perez informed us that we might not see him for a while because his wife, Jerri, would give birth to their first child the following Wednesday. I just don't understand how someone could let something like parenthood get in the way of running! What about priorities?!

Seriously, John proudly announces that Julia Marlise Perez hit the starting line of life at six pounds, five ounces, 20 inches, with a full head of dark hair.

Mother and father are doing well but could use some more sleep. The LRRC congratulates John and Jerri. We wish you and Julia the best. Now lace those shoes and hit the road!

Congratulations

The December 2 *Arkansas Democrat-Gazette* reports that accounting firm BKD LLP hired Tina Coutu as a senior consultant and Greg Butts (favorite husband of Ann) was elected president of the National Association of State Park Directors. Congratulations Tina and Greg!