

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2007

New Club President Was Not Born To Run

By **Ginea Qualls**
LRRC President

Well ... looks like The Duck has retired and you are stuck with me for the next 12 months. I'll try to make my stay painless and quick. The monthly meeting went well. No one objected to me becoming President, and The Duck seemed oddly happy to leave office. I'm excited and nervous about taking on such an important role, but I hope I can do some good. I'm very passionate about running and I'd love to see the Club grow. Hopefully, we can make that happen over the next year. Just remember, if I totally bomb, you're only stuck with me for a year. HA!

For those of you who don't know me, let me introduce myself. My name is Ginea Qualls. I think most people assume that since my parents (David and Barbie Hildebrand) are runners, I'm one also. Well ... that isn't the case. I did grow up around the sport, running several races as a child, but I wasn't a runner. I enjoyed racing but I wasn't too big on training. I did, however, love swimming. Therefore, my mom enrolled me on a swim team. I swam for several years. I quit when I was a junior in high school because I thought swimming was making me fat. I wanted to try exercising on my own. That little goal only lasted a few weeks. Instead of exercising, I sat around the house, hung out with my friends, and ate like a pig. In January 1999 my aunt offered to sponsor me for Weight Watchers. She'd seen me over the Christmas holiday and was saddened to see me so heavy. I went to my first meeting in February and weighed in at 235 lbs.!!! I almost lost it. I wanted to crawl under the table and die. I couldn't believe I was so heavy. I promised myself I would lose the weight. I started eating better and exercising. By

March 2003 I had lost 60 lbs. I still wanted to lose more but had a hard time doing it. A co-worker of mine told me his wife wanted me to be on her relay team for the Little Rock Marathon. She figured, like most people, that since my mom ran well, so did I. This wasn't the case. I was exercising at the time but I wasn't running. She, our other teammates, and I started meeting on

Batesville 5K On September 8 Will Honor Sara Low

Sara Elisabeth Low was a flight attendant on American Airlines flight 11, the first plane to crash into the North Tower, World Trade Center on September 11, 2001. Sara grew up in Batesville, AR. She ran track and her team won a state title in 1989. The new 2006 AAAA state champs from Batesville High wore a screen printed logo of the "Sara Low Pin" on their uniforms.

The inaugural Sara Low Memorial 5K will be September 8, 2007. The race starts at 8 a.m. in front of Batesville High and passes the Sara Low Memorial at Batesville Junior High. The finish is at the 50-yard line on the track at the high school football stadium. The course is USATF certified and is a "hilly and challenging" loop-type course.

The entry fee is \$15 or \$10 for students 18 and under if mailed by August 31. Race day registration will be from 6-7:30 a.m. at a cost of \$20 or \$15. T-shirts will be given to all pre-registered runners and will be available while supplies last for race day registrants.

(See Sara Low on Page 2)

Saturday's to run. I soon found myself enjoying it. I also started losing weight. I ran the third leg of the marathon, which meant I had to stand around for a long time waiting on my teammate. While I was waiting, I noticed people of all ages, sizes and nationalities running the full marathon. It was at that time I thought to myself I could run a marathon. Over the next year I ran my first 20K, and half marathon. In March 2003 I ran my first marathon. I was addicted to running. I loved the way I felt after I ran. I loved the fact that I was losing weight. In a nutshell, I grew up around the sport of running, but didn't become a runner until I got older. Runners are a great group of people, and I can't imagine my life without running.

Next month, instead of having a meeting, we will team up with ARK to help cook hot dogs for the "Big Dam Bridge Run." The race will be held on July 21st at 8 p.m. I'm still working out the details with Bill Torrey. I do know we will need grills and cooks. We will also need people to pass out flyers about our Club. I think this will be a great opportunity to promote the Club, and to give back to the running community. As the date draws near I will send out an e-mail giving more details.

Until next month ... Happy Running!

July Meeting

Saturday, July 21, 2007

8 p.m.

Big Dam Bridge 5K

&

Hot Dog Cookout

Murray Park Pavilions



Running Wild

By Jacob Wells

As most of you have figured out if you have read any of my articles, I do little or no research on anything that I write about. This has a few advantages. First of all, it saves a great deal of time and effort. Secondly, if anything is inaccurate or offensive, I can always point back to this disclaimer. As a student of human nature and especially conversation and the English language, I just observe from afar, or up close when the opportunity presents itself, and then hammer it out and send it along for printing.

A random thought I have had recently is why do some doctors/chiropractors/massage therapists/etc. continually tell runners not to run? That is like telling people not to breathe or eat or sleep, or like telling me not to talk so much. Some do this when you are hurt and trying to get healthy and running again. Others just discourage it as a lifestyle, regardless of your current status. The ones who “get it” know that we are going to run regardless of their advice and the quicker they help us get there, the better off we will all be. Those are the ones who realize we don’t just run for our health, which, as healthcare professionals, might be their limited tunnel of vision. As non-runners, they often see no other reason to run. All of us have all our own reasons to run, and fitness/health isn’t even in my top five on certain days.

I heard once that the way to give yourself the greatest chance of living for the next hour was to get in bed and pull the covers up over your head and do nothing, but the best way to live to a ripe old age is to spend that hour running five miles. One definition of discipline is giving up what you want right now for what you want most. The pounding we take while we are running may not be the best thing for our bodies’ right then, but in the long run (pun intended), it is the best thing for our bodies, minds, hearts, and souls.

One of my inspirations for this thought process is Dr. Carl Northcutt. I have gotten to know Carl a little better this year as I often circle back after a race to run Jaynie in and I usually see him along the way. He probably isn’t as fast as he once was, but there is not a steadier or fitter looking runner out there. I bet he knows quite a bit about the human body that the rest of us don’t. Carl is bidding for a two-time Iron Man season in the Grand Prix this year. Carl also helped the LRRC clinch the Grand Prix team championship last year by finishing the Mid-South Marathon.

Last week at the LRRC meeting, Carl told me a story about his cardiologist telling him in 1987 that he shouldn’t run. He saw that same doctor recently at a bike race. The other doctor asked Carl to ride along with him and Carl declined saying he would stay in the back with the slower riders. To the other doctor’s surprise, there was Carl chilling out at the finish line a few hours later. When asked how he could have possibly

done this, Carl replied, “You missed a turn and did the entire 50-mile ride instead of the 30-mile ride like me.” (Carl, I hope I got that story somewhere close to accurate.)

One of my favorite things about Carl is that (for a Grand Prix race at least), I know I never have to ask “will you be there Saturday?” The same goes for Dan Belanger, another LRRC runner who has discovered the fountain of youth and is going after a third Grand Prix Iron Man. Dan’s secret may actually be in the company he keeps, and you would understand this if you saw last Thursday night’s group take off down the Little Rock River Trail after the meeting.

On another topic, by the time this article prints, we will be only a day or two away from the Firecracker 5K race. This is my favorite race for a few reasons starting with the fact that it was my first race – you never forget your first time. Five years later, it also was my 5K PR. The next year was 4:42 slower – and yes it was the same course and I was the same person 365 days later. This was one of the most humbling experiences of my running life. Thankfully, I was having too much fun to get down about it, but it did wake me up a little bit. A year, a broken leg, and a near-death experience later, I am looking forward to this race again, but without any expectations this time, at least not any that I am telling. It will sure be good to see everyone there.

Sara Low (Continued from Page 1)

Trophies will be given to the first three male and female overall finishers and three-deep in male/female five-year age categories beginning with 9 and under and going through 75+.

The race is under the direction of the White River Roadrunners. Proceeds from the race will go to the Sara Low Scholarship Fund. Help honor an outstanding Arkansan whose life was cut short by terrorists.

For more information contact Ken McSpadden at macandmichelle@sbcglobal.net or 870-793-2464 or Joe Pool, khjdpool@cei.net or 870-793-3867.

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The Duck Returns As Racing News Editor

**By Bill "The Duck" Harrell
LRRC Past President and
Racing News Editor**

Oh man, back to results for a while. I'm so used to sitting down and writing about the meeting and mentioning next months meeting, signing off then sending the column to Linda. This is different, now I've got to double check the names and, most importantly, the times. Heaven knows if I have you running a second or two slower in a race what you will do to me. If I mess up by a minute you'll probably burn my house down and steal my dog.

I appreciate the six individuals who kept this column going the past year. They really raised the bar and I will have a difficult time grabbing it but at least there is a Larry Graham story to report. I also want to thank Larry for helping me keep you guys entertained.

There are a couple of Grand Prix races to report on but I will get to those at the end of the column. First let's look at the Dino Dash held in downtown Little Rock on the June 2nd. The Dash is one of the races the LRRC administers and Steve Hollowell did a great job as race director. A whole bunch of Club members volunteered at this event but one who ran was Darren Gilpin.

Darren was second overall and ran an 18:22. Darren keeps improving with every race he runs. I wish he would tell me what he's doing to improve – I keep going in the opposite direction. Steve Straessle and his son Jacob also ran the Dino. Steve fed Jacob a spicy taco for dinner the night before while Dad took the safer route by eating a flour tortilla. Dad ran a PR of 24:29 while Jacob ran a 26:07. Jacob is a quick learner and has vowed revenge in their next race.

Others who ran the Dino were Randy Taylor who was fifth overall and first in 55-59 with a 19:44 and Dan Belanger won 60-64 with a 24:02. Jacob Wells ran 26:57 and was the first finisher with a dinosaur tattooed on his back. Jim Yamanaka won 70-74 with a 27:01 and Abby Straessle ran a 40:33 but won't

discuss what she had for dinner the previous night.

Liz Reynolds ran the Mt. Magazine 15K that same day. Liz's Mom, Paula, had a birthday that day and Liz ran with her till the last mile till Mom made her skedaddle on. Liz finished with a 1:55 and her Mom ran 2:01.

Ginea Qualls went to Wynne a week later to run the Flat as a Pancake 5K. Ginea ran a 23:43 and was fourth overall and easily won her 25-29 division. But, the race administration had the top five programmed in their chip but they only had awards for the top three. The fourth and fifth places were also ineligible for age groups. So poor Ginea finished fourth overall but came home trophy-less. She should be thankful she didn't get hit by a car.

Brad Newman went down to Smackover on the 16th to show off for family and friends his 5K ability. Brad ran a 30:05 at the Oil Run and although he didn't bring home one of those three-foot tall trophies he still had a great time.

While we were in Arkansas running in hot and humid weather, Becky Spohn of the running Spohn family was in hot and humid Minnesota running Grandma's Marathon. She ran a Boston qualifying time of 3:49.

Our female team had another great effort at Heat in the Street 2 mile in Arkadelphia on the 16th of June. Susann Szmania, Andrea Murphy and Mary Wells were second, third and fourth overall with times 12:23, 12:44.2 and 12:44.4. Rumor has it that Andrea did a cartwheel across the finish line and Mary protested her finish. A cat fight ensued and the protest is now in front of Judge David Williams. Judge has said his ruling will depend on which girl offers him the most money and the longest hug.

Jenny Brod won her 25-29 age group in 13:55 and Ginea Qualls was second in 14:05. Linda House and Jaynie Cannon rounded out our team's finishers with times of 25:02 and 25:05.

Kevin Golden has made a successful return to racing with a first place in 40-44 with a time of 10:48 and

Darren Gilpin took third in 10:54. Lee Epperson ran an 11:26 and Jim Barton finished in 11:32.

Steve Hollowell continues his fine year with an 11:43 and Larry Graham came home in 11:51. Okay, are you guys ready for the Larry Graham story? Larry, being his usual confident self was standing at the starting line at the 2-miler, sunglasses on, glistening with sweat from his warm-up, concentrating on kicking some 50-year-old butt when Sunnie Butcher, the eventual female winner, walked up to Larry and smiled.

Of course, Larry smiled back then Sunnie said "Larry, I've got a sports bra to match those shorts." Oh the hilarity that followed. With all of the shouting and rude comments that followed all that was heard from Larry was "me too." Sure enough, at the following Tuesday track workout they both wore matching sport bras. Everyone but Jim Barton thought Sunnie looked better in hers than Larry.

Jack Evans maintained senior domination with a 12:30 and Jacob Wells is bouncing back his illness with a 13:13. Dan Belanger grabbed a PR with a 14:52 and Carl Northcutt carried home an award with his 23:06. I asked Dan how he kept getting PRs and he gave me a one word answer ... incontinence. He said every time he goes to a race and someone yells GO!! he has to go. Therefore, he runs as fast as he can so he can get back to a porta pottie.

The ladies kept their winning streak going at Malvern's Brickfest 5K the following week. Sarah Olney, 19:36, Mary Wells, 21:04 and Andrea Murphy 21:05 were second, third and fourth overall. Liz Reynolds ran 21:53 and Ginea Qualls had a PR of 22:56. It's taken Ginea two years to get a new PR but as hard as she's working they'll be coming a lot more often from now on.

Tina Coutu continued her master's domination with a 22:02 and Linda House and Coreen Frasier keep on truckin' with times of 40:44 and 32:22.

Brian Sieczkowski ran 16:59 for a second overall and Nick Alsbrook and

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.

July

- 1: Andy's Fun Run.
- 3: Fireworks 5K at Flippin. Call 870-453-8522.
- 4: Firecracker 5K at Little Rock. Call 501-231-3730.
- 4: Freedom 5K at Jonesboro. Call 870-933-4604.
- 4: Firecracker 5K at Rogers. Call 479-636-3338.
- 4: Fantastic Fourth Firecracker 5K at El Dorado. Call 870-863-6113.
- 4: Freedomvest 5K at Greenwood. Call 479-996-6357.
- 8: Andy's Fun Run.
- 14: River City 5K at North Little Rock. Call 501-834-7044.
- 15: Andy's Fun Run.
- 21: ArkansasRunner 2M at Benton. Call 501-315-9252.
- 21: Big Dam Bridge 5K at Little Rock. Call 870-246-6686.
- 22: Andy's Fun Run.
- 28: Dam Night Run 5K at Arkadelphia. **GPS**. Call 870-246-6343.
- 28: Sensational Kids 5K at Jonesboro. Call 870-336-0021.
- 28: Peach Festival 4M at Clarksville. Call 479-754-9152.
- 29: Andy's Fun Run

August

- 4: HealthSouth 4M at Batesville. **GPS SC**. Call 870-793-2464.
- 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.
- 19: Andy's Fun Run.
- 26: Andy's Fun Run.

The Duck (Continued from Page 3)

Matt Olney ran 24:21 and 24:40 in their 25-29 age group. Lee Epperson burned his hometown course with an 18:59 and top honors in 30-34.

Jacob Wells grabbed a 21:51 and Darren Gilpen, Kevin Golden and Dave Wilkinson were one, two and four in 40-44 with times of 17:57, 18:12 and 22:22. Brian Polansky and Steve Hollowell are renewing a duel in 45-49. Brian won this one in 19:13 and Steve came in at 19:29. Harold Hays kicked it home with a 22:47.

Larry Graham and Bill Torrey brought home trophies in 50-54 with times of 19:42 and 20:12 and David Bourne returned from an injury by running a 23:03. David Williams also returned to competition with a win in 55-59 and a 19:12. Robert was third in 22:21. Jack Evans grabbed second in 60-64 with a 20:36 and Dan Belanger keeps running well with a 24:23. Bob Taylor was fourth in 65-69 with a 26:45 and Jim Yamanaka and Carl Northcutt were first and third in 70-74 with times of 27:45 and 38:02.

If I remember correctly I'm supposed to have some catchy closing for this column but I just can't think of one. I guess I'll have to have two next month.

See you at the Firecracker.

Birthdays

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

- 3 – Coreen Frasier
- 5 – Harriett Akins
- 9 – Tara Zello
- 11 – Bill Harrell
- 11 – Conrad Bulloch
- 11 – Tammy Walther
- 12 – Billy Gaines
- 14 – Sabrina Maham
- 15 – Dale Wintroath
- 15 – Glen Mays
- 15 – Rhonda Ferguson
- 18 – Darren O'Quinn
- 21 – Jimmy Herndon
- 21 – Scott Lockard
- 22 – Lou Peyton
- 24 – June Barron
- 24 – Matthew Morton
- 30 – Andra Dillard

The Arkansas Boathouse Club will hold an open house on July 9 from 5:30-7 p.m. Club members are invited to see the boats, boathouse, rowing machine and here an update on progress toward re-establishing the club and getting on the water. Contact Lynnette Watts at lhatts@comcast.net.

Condolences

The Little Rock Roadrunners Club wishes to extend its deepest sympathy and condolences to Robert Hanle over the death of his mother, Imelda Catherine, May 30. Please keep Robert, Robin, and their family in your thoughts and prayers.

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.