

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2007

Life Gets In The Way Of Running

By **Ginea Qualls**
LRRC President

Yes, LIFE!!! Life has its own little way of getting in the way. It is the 28th of August and I was supposed to have my column turned in by the 21st. Well that didn't happen, but life surely did. I've had a lot going on this month. I've changed jobs, my grandfather has been in and out of the hospital and I had one trip to the ER. I won't bore you with the details. I will, however, talk about more interesting things ... like Club news.

This year the Dam Night Run was held on July 28. The theme was "tropical." With help from others, I did my best to gear our tailgate party around the theme. Last year we won the highly coveted "Tailgate." I had hoped we would win again ... but knew the possibility wasn't very likely. The Club provided ham and turkey from Honey Baked Ham, and Steve Hollowell made an awesome tropical punch that was enjoyed by several of us. Brian S. brought his new and, probably, only friend, Ernie, to the tailgate party. Ernie is Matt and Sarah Olney's dog. He was a big hit and liked by everyone. We all hope he makes appearances at other races, just without Brian.

Besides the tailgate party, I love the trophies. Last year they had flip-flops, which I didn't get. This year was beach towels. I'm sure they picked them up at the local Wal-Mart but they all had Dam Night Run winner embroidered on them. They were also unique in the fact that they weren't all alike. Some had Superman on them. Yet others featured Thomas the Train. I liked them. I figured since they went five-deep in the age groups, and I ran two minutes faster, I was a shoe in for a towel. WELL ... that

didn't happen!!! I must have pouted like a two-year-old because Carol Torrey was nice enough to give me hers. So ... thanks Carol. Also, thank you to everyone who helped me set up and clean up for the tailgate party. This was: Steve Hollowell, Cindy Hendrick, Alesa Davis, Tina Coutu, and many others that I can't think of off the top of my head. I just know I couldn't have done it without your help.

On the 16th of August, we had our monthly meeting. Our speaker was Emily Martin. Emily works for Baptist Hospital and is a physical therapist. She spoke about and demonstrated several different stretches we as runners should

be doing. She also spoke about how her clinic offers gait analysis. What they do is film an individual running or walking. They are then able to review the film and see what might be causing a certain injury. She said this service is covered by most insurance companies and is very beneficial in helping heal some injuries. Emily also brought a door prize to the meeting. Karen Call was the lucky winner.

Next month's meeting will be on September 21. The speaker is a surprise. As the date gets closer I will give hints as to who it is.

Until next month ... Happy Running!!!

We All Need Therapy

By **Tina Coutu**

I just finished reading "What The Stones Remember" by Patrick Neal. A talented poet describes his recovery from alcohol addiction gardening. In a way I would like to relate that to running—either running as a hobby or a recovery tool or both. Running for some is therapy and also some use running to recover from something – addiction, divorce, financial – any type of stressful event. Some non-runners would say runners need therapy just because we run. To be sure, we are all in the "step" program together. Most runners run for the fitness, health, fun and fellowship of it. To quote one very serious runner regarding therapy and running and also gardening (not mentioning any names but he is a Snowflake) therapy) – WE ALL NEED THAT."

Anyway, the Firecracker 5K race 2007 was wonderful therapy to get

motivated to get out there and train. Being wishy-washy about running it, was immediately put to work and it was actually a lot of fun. I was put in the finish line women's chute with a few friends. This was the first time I clicked women finishers and was able to cheer and see the women coming across the finish line. The camaraderie at the start with these good runners/workers with great attitudes was awesome! Then seeing the women and their efforts as they

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September Meeting

Thursday, September 20, 2007

6:30 p.m.

Murray Park Pavilions

Speaker will be a surprise.



Running Wild

By Jacob Wells

A series of unfortunate events recently reminded me that one of the easiest ways to come up with new material quickly was to “borrow” it from someone else. Thus, I’ve given myself this month off by unceremoniously plagiarizing this month’s article from the work of others. The first source was an e-mail that was forwarded to me. I would give credit to the author but I have no idea who that would be. Plus, as you will see, the nature of this e-mail is such that it seems that the author would approve of it being passed on to as many others as possible as a public service announcement. The other source is my alter ego, TriathlonBoy, who wrote this editorial last winter and then never published it. Fortunately, “TB” is a better writer than he is cyclist or swimmer, and so perhaps this combination will be article worthy.

First, the e-mail: *A lawyer posted (on a message board) that a cyclist, riding a \$3,500 bike hit a kid on the Big Dam Bridge. The parents of the kid said the cyclist was flying. The kid admittedly darted from the right to the left side of the bridge. The lawyer is bringing a claim against the cyclist. The subsequent posts were all anti-bike. The PR angle is that the public sees cyclists as reckless. Please get the word out that we need to be extremely cautious at the river and on the BDB. Slow down and warn pedestrians, but not just by screaming left as we pass. I never knew we had such a bad reputation.*

I also know the plaintiff’s attorney, and he too was very shocked at how cyclists are perceived here locally - even on a public area designated for bicycles. (Editorial Note: I find this statement irksome.) He also said, carefully, that the child will likely suffer some type of physical damage for the rest of her life - who knows what the emotional affect will be.

My challenge to all of you good people is to help come up with a way that we can self-regulate ourselves and also educate a wary, and certainly in this case, justifiably upset public. This is a bad situation, but like you guys, I can only hope that it is isolated.

Speed limits, speed bumps, signage - I’m really not sure how we approach this, but I have a lot of concern as a parent and a cyclist that we are often too absorbed in our pastime to really see what might happen - especially on the Big Dam Gauntlet.

I will post this on our MB and hope you all consider our actions and what remedies are warranted. (I was worried about this statement until I figured out that he meant “message board” instead of me.)

Now TB’s testimony: *I confess that I have led the pack with the whining, fussin’ and cussin’ about the ridiculous situation on the Big Dam Bridge with groups of sight-seers blocking the entire way across, kids running wild zigzagging everywhere, dog leashes going all the way across not to mention*

the way the dogs are making the entire thing an obstacle course, which has given my guiding a blind runner an all-new sense of adventure as we navigate the mine field. Sadly, the other sect of the population that has made the bridge unsafe is our kindred athletes, the cyclists, of which I am one now, some of whom go across at high speeds, sometimes giving no warning. The runners seem to be the only users that don’t pose a safety threat.

Well, as I rode across the other night with my usual bad attitude about the whole thing, I came down the North side at about five miles per hour. Two ladies were gazing at the views from the left side of the bridge. One turned and walked right across in front of me. I gently hollered out something to the effect of “hey, there” but she ignored me and had crossed over. Then her mother turned and also stepped across. I hit the breaks stopping inches from her. As a brand new cyclist, who panics and forgets to unlock my feet, I went right over, grabbing the railing with one hand to slow my fall. I had heard your feet do pop out when you wreck which thankfully happened. I was unharmed and other than wrenching my seat, so was my bike.

As I lay there on my back and the ladies stood there in shock, I realized that not everybody who goes up there is an “idiot” or whatever term I feel like using on that particular day. These were two ladies who in a blink of indiscretion almost caused a terrible accident. She commented (not as an excuse, as she was very sorry) that the sun had been in her eyes, and I remembered only a few days ago running up that side in the direction she had been facing and being completely blinded by the sun about that same time of day. Thankfully, my guardian angel took possession of my body at that moment, and did all my speaking for me. Among other gentlemanly lines, I told them I would have gone into the river before I would have hurt either of them. I have heard walkers on the bridge talking about how dangerous the cyclists are. Hopefully, this one will tell all her friends how gracious they are.

The point of this short novel is that I was reminded of the fact that you have to be careful every second and watch out for those who aren’t watching out for themselves, but, more

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Summer Saturday Sightings In The Sizzling City

By Paul Ward

August 11 fell in the middle of a long span of hot days with highs exceeding 100 degrees and no relief from any rain. What a change from the cooler, wetter July. That Saturday morning found the Little Rock Marathon training group starting their 6 a.m. run from the River Market. The Little Rock Roadrunners Club also has a regular group run Saturday mornings at 6 a.m. from the same location. A good crowd from both groups was on hand.

I usually run with one or the other groups depending on the location where the Little Rock Marathon training group meets. If close to home, I usually run with the Marathon group. If farther from home, I usually run with our LRRC group from the River Market.

This particular day was special for two reasons. New member Kristen Wright was getting married that evening but was going to run with us. Allison Martin, Karen Irico, Isabelle Kiefer, and some other “wedding planners” brought lace fabric and faux pearls to fashion bows, necklaces, and bracelets to wear while running. They made a veil of sorts for Kristen to wear on our run too. The only snafu? The bride-to-be was missing. Someone called her and it turns out that she overslept. Kristen made it downtown a little later and we began our run. None of the guys running with the ladies would wear any lace bows. We were too insecure!

The other special reason was Isabelle’s imminent return to Germany after her year here training at UAMS. This would be her final time to run with the training group. Isabelle made a lot of friends in her short time here, many through the training group. I first met her late last summer when she was training for her first marathon. She entered the New York City Marathon lottery and got a spot. Not a bad marathon to make your first.

I was training for the Mid South Marathon in Wynne. This marathon occurs the first Saturday in November; New York City’s is the next day. On the particular morning we met, Isabelle

wanted to run 14 or 16 miles and I was planning to run only 12 or 14. Tom Singleton was trying to tell Isabelle where to go downtown to get in some extra miles. Isabelle seemed a little unsure of the geography, so I offered to run the extra miles with her and show her the way.

During our run I learned that she was here from Germany to learn a new fetal monitoring technique at UAMS to use after her return to Germany. I gave her a short history lesson on Little Rock and Arkansas during our run, particularly when we’d pass a significant landmark. Isabelle managed to hide any signs of boredom. The next week, Karen and some of the others ran with Isabelle to keep her company. Isabelle’s “posse” was formed!

We did some other long runs together. John and Allison Martin organized a 21-miler in Maumelle. Allison was training for the Chicago Marathon and this would be her last long run. We still had one more 20+ miler because our marathons were several weeks later. Three weeks out from our marathons, we did our last long run. Isabelle, Tammy Walther, Robert Holmes, and I did a 21-mile long loop from the Heights to Overlook, down to the river and over the Big Dam Bridge, down the NLR River Trail and back over the river, through the River Market, and back up Markham and Kavanaugh to the start. Tammy and Robert were training for Wynne too.

I think our training paid off. At Wynne, Tammy won her age group, I PRd, and Robert displaced two Conway Club runners to seal our LRRC team victory by one point. The next day, Isabelle finished her first marathon in 3:35! Robert called me that afternoon to tell me how well she did. I called her in New York that evening and I could tell she was floating on cloud nine. She has a picture of her finishing the NYC Marathon with her arms raised and a big smile on her face. Robert also told us that Isabelle’s great finish qualified her for Boston. So what does she do? She enters that marathon and finishes in 3:30! Not many people can say that their first two

marathons were NYC and Boston – and finish so well in both. Isabelle was the second Arkansas female finisher in Boston, behind our fleet of feet and oh so sweet Tina Coutu.

Isabelle hosted a few celebratory parties for the people running the fall marathons. Good food, good wine, and good cheer typify an Isabelle party. Tina and Isabelle had no family in town last November, so they joined my family for Thanksgiving. Tina and Isabelle were a big hit with everyone and my mother wanted to adopt them both!

When Isabelle’s apartment lease was up, she moved to live in Karen Irico’s house. They became close friends. You know how you hear about some landlords who have trouble getting rid of tenants? I think it was the opposite with Karen; she would do anything to keep Isabelle here longer. Karen told Isabelle there were no more flights to Germany – ever! Karen hid Isabelle’s passport. Then Karen said Immigration and Custom Enforcement put a “hold” on Isabelle for some unknown reason. Finally, Karen let Isabelle leave for home.

Isabelle promises to return next spring for the Little Rock Marathon. Several of her friends are planning to run the Berlin Marathon with Isabelle in September 2008. We wish you the best, Isabelle, and we will miss you.

Back to our run. We did the usual run over the Main Street Bridge and down to the NLR River Trail. The Junction Bridge reconstruction project was visible as we passed. There is safety netting hanging from the bridge and the concrete ramp pad on the NLR side is poured. Plywood forms are on the sides of the ramp where the side walls or rails will go. I was going to the clubhouse on the Burns Park golf course and back for a 10 miler. This is a good place to stop because of the drinking fountain and bathrooms inside. After I refilled my water bottle and drank some of the cool water, I procrastinated on heading back out in the heat. On Championship Drive some geese were waddling across the

This Month Had Big Races With Big Turnouts

By Tina Coutu

Several big races happened in this reporting period with very impressive turnouts and fun, regardless of high temperatures. Much admiration to those who showed up and performed through the thick heat and humidity. **The Dam Night Run** was the usual fun party and frolic and mostly PRs for our runners. Much "software" was won by most of our Club to quote our new member Steve Yanoviak. Club Arkadelphia awarded beach towels to the winners. The towels were wonderful – some bright and huge and some were superheros; all as unique and fun as the recipients.

Dam Night Run - Arkadelphia July, 28, 2007

Mays, Glen 15:23.31
Sieczkowski, Brian 16:20.93
Bariola, Brian 16:54.49
Gilpin, Darren 17:20.87
Serna, Tony 17:35.69
Golden, Kevin 17:36.26
Gaines, Billy 18:11.28
Epperson, Lee 18:30.78
Polansky, Brian 18:40.95
Barton, Jim 18:51.48
Williams, David 18:57.82
Yanoviak, Stephen 19:02.75
Taylor, Randy 19:03.52
Hollowell, Steve 19:18.62 53
Torrey, Bill 19:42.72
Evans, Jack 20:19.58 76
Wells, Jacob 20:31.60
Hays, Harold 21:51.04
Holmes, Robert 22:05.81
Bourne, David 22:37.89
Belanger, Dan 24:13.18
Russell, John 25:37.19
Taylor, Robert 25.86
Mackey, Emil 29:06.17
Northcutt, Carl 37:35.69
Boone, Kathy 21:08.04
Coutu, Tina 21:11.67 13
Reynolds, Elizabeth 21:22.05
Brod, Jenny 21:31.18 15
Murphy, Andrea 21:44.25 17
Qualls, Ginea 21:49.37 18
Smith, Beverly 21:58.06

Call, Karen 23:00.9
Zeigler, Jordan 25:19.20
Dovers, Stacey 27:17.19
Torrey, Carol 28:52.87
Gaines, Angela 29:03.25
Davis, Alesa 32:41.99
Taylor, Libby 44:07.43
Cannon, Jaynie 44:12.42

Pig Out 5K – Morrilton August 4, 2007

Our past president Karen Call was third overall in 23.47. Karen continues to kick butt and impress all runners male/female with her dedication to the sport. Stacey Dovers ran a 28.45 and Michael Erwin crossed the finish line at 23:10

Select PT 4-Mile Classic - Batesville August 4, 2007

High temperatures and humidity did not keep Sarah Olney from reclaiming her title as winner of this race on the female side. Sarah won it last year and knows what she is doing at 26:02. Our president-elect Mary Wells was second Grand Prix female at 28:10. Andrea Murphy 28:44, Kathy Boone, first female master 29:19, Ginea Qualls 31:30, Beverly Smith 31:33, Angela Gaines 38:00, Linda House 55:26, Jaynie Cannon 56:19 and Libby Taylor 58:51.

The men's winner was not the same as last year but the First LRRC male was Brian Sieczkowski at 22:30. Darren Gilpin 24:08, Billy Gaines 25:18, Brian Polansky 25:34, Jim Barton 25:52, Bill Torrey 26:04, Randy Taylor 26:30, Jacob Wells 27:00, Steve Hollowell 27:02, Dan Belanger 32:53, Jim Yamanaka 36:07 and Bo Smith 38:49.

Watermelon 5K - Hope August 11, 2007

Another extremely hot and extremely humid day, but these runners proved tough and "cool" in that they got out there and deserved all the watermelon they could handle. Darren Gilpin was eighth overall at 18:20 and Dr. Brian Polansky found time in between speaking engagements to pull out 19:30. Jacob Wells, not sure if he had his Sharpay watermelon tattoo on for this race but impressed he ran a 19:51. Randy Taylor, knowing the name and seeing him out there on the course seems quiet but his running times are famous ran 20.00. The ever gentleman "Sara's Team" Dan Belanger ran 24:53 and Carl Northcutt 38:56. Bo Smith and his mom Beverly ran 25:26 and 25:27. The women's fourth overall was "Ginea's Mom" aka the renowned Barbie Hildebrand at 21:19. Good to know Barbie is back. Andrea Murphy was fifth overall in 21:32 and Liz Reynolds sixth at 21:43. Jenny Brod did 22:19 in ninth place overall. Our lovely new president Ginea Qualls was 14th overall at 24:09. New members Angela Gaines/Billy Gaines, 27:53 and 19:12 respectively. Our infamous cross country biker gal, Coreen Frasier 33:05 and hard working newsletter editor Linda House 40:50. Jaynie Cannon 44:26 and Libby Taylor 46:28, way to finish runners!

Upcoming Races (Continued from Page 6)

- 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.
- 27: Kick Butt 10K/15K at Harrison. Call 870-391-3526.
- 27: Heart and Sole 5K at Jonesboro. Call 870-972-4147.
- 27: Runners' High 5K at Hot Springs. Call 501-622-5110.
- 28: Andy's Fun Run.

Therapy (Continued From Page 1)

pushed it across the finish – I still get goose bumps. Mike Huckabee said in his interview with the newspaper regarding the race on that day summed it up, “There are no politics in running.” This is true. Everyone crosses the finish in what he or she puts forth and it does not matter who you know or to whom you are related. These women worked hard and braved the heat and committed to run the 5K distance and did it wonderfully.

The Fourth of July 2007 was very sunny and full of spirit. It was so nice to come to race and visit with a lot of good people. Remembering prior years of running the course it seems I was always filled with tension and anxiety about finishing and competing with those

Running Wild (Continued From Page 2)

importantly, I had my eyes opened to the fact that everyone is welcome on the Bridge, even if not all of them are as well-informed as I might think I am about the best way to use it, which as ones who think we are, we have a responsibility to the users who don't, just as the saying goes, “with great power, comes great responsibility.”

Other thoughts this month: my article last month was about three “living legends” of Arkansas running. Two Arkansas runners who continue to impact us with their memory and inspiration are John Woodruff and Sara Low. A few weeks after John's death, several long-

Summer (Continued From Page 3)

road, so I naturally stopped to yield to wildlife. On the way out and back I saw Steve Straessle, who ran from the Little Rock side of the Big Dam Bridge over the bridge and down the NLR River Trail. He did 12 miles that morning. No sign of wife Ann or son Jacob. I guess they are just good for the short distances and Steve is the long mileage man in the family. I gave up predicting which Straessle would win a race because I was always wrong. Steve and Jacob seem to alternate beating the other.

I came to run with – once with my sister and a couple with close friends and some as a “hot date” with a current beau at the time.

Remembrance of Firecracker 2006 – This was the first time I worked and did not run and the start of my “official” training-getting back after an injury. A very good female runner took me up the hill and gave me the confidence many of us need to start back again. Thanks Laura. Other remembrances of 2006 Firecracker – While working the mens' finish timing I was able to speak to Paul Eells for the first and sadly last time. As with memories of visiting with John Woodruff after the race.

After the last runner crossed the finish line of Firecracker 2007 I helped clean up and then went for an awesome run up to the start and back down to finish

time friends and runners had reminisced to the point that the statement was made that there wasn't much more you could say about John that hadn't already been said. I took that as a challenge that led to certainly my closest thing to a meaningful article amidst the monthly satire, as I shared how John had touched my life. More than a couple of you told me that it made you cry. The latest chapter in my personal story with John is that I accidentally discovered a new training route – the John Woodruff 12-miler. I start at the Big Dam Bridge and follow the Little Rock Marathon route all the way up the golf course and onto Cantrell up to the 25-mile sign, where I last saw John. I touch it and pray and then run all

Over the wooden bridge near the golf course I saw mayhem on wheels: Sabrina and Merritt Maham were zipping by on their tandem bike. Sabrina commented favorably on my legs, once again embarrassing Merritt. At least Sabrina didn't try to run me over this time.

I think I was the last one back to the River Market. Isabelle brought some of her homemade pretzels. These are like the big, chewy pretzels you get in some northeastern U.S. cities. Salt and sunflower seeds were sprinkled on top and I figured I could sure use the salt. This was one of those mornings where

with Ted and Melanie Kuhn and Beverly Smith, wonderful runners and friends with whom I have shared many running, biking and travels. Firecracker 2007 made me reflect and remember things that need to be set in stone. At John Woodruff's memorial service he stressed the importance of spending time visiting and maintaining relationships. Some friends were there that I have visited with every 4th of July, some were missing either in death or other interests, some I have known for quite a while and others have just known for a little over a year and yet felt like known all my life. So going to races, either running or volunteering a person is still making his/her contribution to “what the runners remember” and what we are going to leave on our stone.

the way back. (It is actually only about 11.8 but John and I are going to call it 12 for the running log.)

The inaugural Sara Low Memorial 5K is scheduled for September 8 in Batesville, in memory of the local track star and 9/11 flight attendant whose smile was infectious and who had a twinkle in her eye matched only by Team Sara patriarch Dan Belanger. I believe Sara's friends are putting on the race, but if the White River Roadrunners are involved, you already know that they really know how to put on a race as evidenced by their four-mile classic two weeks ago. If there was ever a race worth the two-hour drive, I'm saying that this is the one.

you're soaked from head to toe. I wrung the sweat out of my shorts several times that morning, and I still left a puddle below the wrought iron chair on which I sat (please, no jokes about my incontinence). Karen brought some of her scones for us to enjoy that morning too. I wished Kristen the best on her impending matrimony and said farewell to Isabelle. By the time you read this, our Deutschland delight will be back home in Tübingen in the Baden region of Germany. This is near Stuttgart, Strasbourg, and the border with France.

Isabelle, we'll see you March 2, 2008!

Running Calendar

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

September

- 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.
- 8: Cherishing Children 5K at Little Rock. Call 479-636-7579.
- 8: Quadrangle 5K at Texarkana, AR-TX. Call 903-793-4831.
- 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.
- 15: Fight to Get Fit 5K at Cabot. Call 501-605-1566.
- 15: Little Rock Nine/Ron McNair 5K at Little Rock. Call 501-231-3730.
- 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.
- 29: Barn Sale 5K at Camden. Call 870-836-6426.
- 29: Survivors' Challenge 5K at Fort Smith. Call 479-782-6302.
- 29: Sacred Heart Octoberfest 5K at Morrilton. Call 501-354-8113.
- 29: Prospect Bluff 5K at Judsonia. Call 501-278 9226.
- 30: Andy's Fun Run.

October

- 6: Tin Cup 5K at Fayetteville. Call 479-575-9696.
- 6: Tour de Cure 5K/10K/½ Marathon at Rogers. Call 470-770.6402.
- 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: Wing Ding 5K at Jacksonville. Call 501-982-3191.
- 6: HART Center Oktoberfest 5K at Fairfield Bay. Call 501-884-7777.
- 6: With Heart 5K at Hot Springs. Call 501-262-4222.
- 6: Timberfest 5K/2K at Sheridan. Call 870-942-3021.
- 6-7: Arkansas Traveller 100M at Lake Sylvia. Call 501-329-6688.
- 7: Andy's Fun Run.
- 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.
- 13: Sherwoodfest 5K at Sherwood. Call 501-413-8020.
- 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.

(See Upcoming Races on Page 4)

Birthdays

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

- 1 – Darren Gilpin
- 1 – Pat Piazza
- 1 – Robin Harrison
- 6 – Bill Torrey
- 6 – Linda House
- 6 – Sybil Taylor
- 7 – Robert Hanle
- 8 – Ken Bland
- 13 – Cathy Perry
- 15 – Jaynie Cannon
- 15 – Mike Banman
- 15 – Mindy Wagner
- 16 – Ken Gould
- 16 – Marion Monk
- 17 – Hobbit Singleton
- 18 – Lephiew Dennington
- 20 – Jim Yamanaka

**Celebrate
National Run@Work Day
September 21, 2007**

Congratulations

The Little Rock Roadrunners Club extends its congratulations to new member Kristen Wright on her August 11 marriage to Carlton Saffa. Kristen and Carlton will honeymoon in Hawaii and then live in Little Rock.

Congratulations and best wishes, Kristen and Carlton!

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.