

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

December 2008

'Tis The Grand Prix Joining Season

*'Twas the night before Christmas
and all through the house not a creature
was running, not even a mouse...*

**By Mary Wells
LRRRC President**

The mice may not be running but many of our Club members have been and have been doing it very well. Our members have once again dominated the 2008 Grand Prix season.

Board of Directors member Brian Sieczkowski brought the following to my attention: "LRRRC has clinched the Men's Team State Titles, Kevin Golden has clinched the Male Masters Grand Prix title, and Tina Coutu has clinched the Female Masters Grand Prix title. So, for the year, LRRRC has swept the Overall Male, Overall Female, Masters Male, Masters Female, Male Team, and Female Team titles! I don't know for sure, but I would guess that one Club has never done that before." We also will have Club members placing in the top three of their age categories.

Registration for the 2009 Grand Prix Series is now open. This past season we had the largest Grand Prix team in the state with 47 members. We had 18 women and 29 men representing our Club in the 2008 Grand Prix season. Let's challenge ourselves to have the largest team in 2009 and to increase our women's team to 25 members and our men's team to 35.

If you have not run the Grand Prix before or it has been awhile, please consider it. It is a great experience and will further strengthen the Arkansas running community. Where else can a one-time fee of 15 George Washingtons get you practically statewide competition,

endless smack talk, and free half bananas? So far for 2009 we have 10 men and three women signed up. The men's team includes three new members: Greg Helmbeck, Michael Harmon, and Roy Smith. Thanks new guys!

There are links to online registration and mail-in entry forms on the www.arkrrca.com homepage.

Nuptial news this year makes one think that hell has frozen over. Last spring our former bachelor-for-life Paul Ward got hitched. Now another of our former confirmed bachelors, Larry Graham, has too. Larry and his lovely and much younger bride, Susan McGuire, wed November 1 in Hawknest Bay on St. John's Island in the U. S. Virgin Islands. Susan is a skilled captain and the newlyweds enjoyed an extended sailing trip throughout the Caribbean.

A little earlier and not too far away, our Brian Sieczkowski and Andrea Murphy wed October 14th in Key West, Florida, on the beach and under the palms. What a great way to follow their excellent finishes in the Chicago Marathon. They continued their cruise to Cozumel, Mexico, and Belize City, Belize. So as not to lose any training edge, Brian and Andrea spent part of their honeymoon doing speed work on the ship's deck.

Congratulations Larry, Susan, Brian, and Andrea!

You can come and congratulate the happy couples at our annual Christmas party, Saturday, December 13th, at 6 p.m. at Hillcrest Garden Club, 1501 Kavanaugh, until the conga line runs out. We will celebrate in the company of the Arkansas Bicycle Coalition. LRRRC and ABC will provide the main course and drinks, and Club members from both groups are asked to bring side items and

desserts. The Christmas party will take the place of our December meeting.

We had an excellent turnout for the annual Thanksgiving Day Shake Your Giblets Fun Run with approximately 60 people opting for either a five or 4-mile route. A great big thank you to Paul Ward for making that 500-calorie-burning-event (at least!) a success. Many of the runners were Club members but many were not. It's great to see other runners and walkers from the community enjoying our activities.

May you and yours enjoy a happy, healthy, and injury-free December and see you next year!

Christmas Potluck

Little Rock Roadrunners Club

*&
Arkansas Bicycle Coalition*

Saturday, December 13, 2008

6 p.m.

*Hillcrest Garden Club
Kavanaugh at Lee*

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



Running Wild

By Jacob Wells

I am a big fan of pleasant surprises. Lately, I have had more than my share. On a Saturday morning in September, I e-mailed an article to Linda that was more of a self-effacing critique of my recent race performances than the usual satirical attempt to entertain readers of *The Runaround*. An hour later, I boarded a plane to Denver for a two day work-related conference. By sheer chance, the Boulder Marathon was 30 minutes away the Sunday before so I flew out a day early. The logistics were brilliant and thanks to the wonders of the Internet and a talented personal travel agent, I found a nice couple from Denver to hitch a ride to and from the race in Boulder. Thus, I was all alone 1,000 miles from home at 5,000 feet elevation, with nothing invested in the trip, and in the middle of some of the most scenic beauty in the country. Never before had there been a better opportunity to do all the things I had never before had the good sense to do – go out easy, relax, maintain an even pace, and enjoy myself for an entire marathon. The result was my most consistent marathon ever, including a 36 second negative split. I enjoyed it so much that I tried it again a week later, this time only 20 minutes from home at the Arkansas Marathon but with similar results: a plus 30 second split and the pacing of a friend to an 11 minute PR.

October ended 28 consecutive months published in *The Runaround* but otherwise continued the theme for the fall. A once-in-a-lifetime trip to Mount Rushmore and the Crazy Horse Memorial rendered anticlimactic the 26 mile running tour of the Black Hills of South Dakota. That was followed by a downtown finish in the Heart of Wichita after 20 mile per hour winds at my back for most of the point-to-point course beginning in Derby, Kansas. Only two days before it had been blowing the other direction. My aunt and uncle were at the finish line, one who was inspired to run farther than the 5Ks she has done and one who, out of curiosity, ran his first few steps ever. He had asked me repeatedly the night before why anyone would want to do this and I couldn't say. I think he got his answer the next day, but he didn't share with me what it was, so I still don't know.

November's first race was no surprise, as the Mid-South Marathon in Wynne, Arkansas, is always a good time. Brian Wagner and I ran it together for the fifth time for his eighth marathon finish. One of the many highlights was celebrating completion of all ten Mid-South Marathons by Conway runners Paul Turner and Stan Ferguson.

Next up was a cruise down Historic Route 66 in Tulsa. To no one's surprise, Jenny Brod took another five minutes off her best marathon for the third time in less than a year. Not since Paul Ward has anyone I know put up a more impressive stretch of marathon PRs. This was also one of the rare recent occasions where we brought the Sharpies out of semi-retirement

for some body art. The classic Route 66 road sign gets more reaction from the locals than anywhere in the country.

Capping off three months of surprises was the Spa 5K in Hot Springs. Bypassing the more popular Grand Prix Series 10K, I opted instead to run the shorter race alongside a 5K first-timer. The race had been hand picked for its all downhill course and cool weather and started towards the back of the pack properly trained and confident.

(See **Running Wild** on Page 3)

2009 Grand Prix Series Schedule

- January 25 – **One Hour Track Run** @ Russellville
- February 14 – Valentine's Day 5K @ Russellville
- February 21 – **River Trail 15K** @ North Little Rock
- March 7 – **Chase Race 2 Mile** @ Conway
- March 28 – Spring Fling 5K @ Cabot
- April 4 – Capital City Classic 10K @ Little Rock
- April 5 – Hogeys Half Marathon @ Fayetteville
- May 2 – **Toad Suck 10K** @ Conway
- June 27 – Brickfest 5K @ Malvern
- July 25 – Dam Night Run @ Lake DeGray
- August 1 – **White River 4 Mile Classic** @ Batesville
- August 8 – Watermelon 5K @ Hope
- September 5 – **ARK Clear Mountain 5K** @ North Little Rock
- September 19 – Arkansas 20K @ Benton
- September 26 – Tyler Curtis 5K @ Little Rock
- October 17 – **Chile Pepper 10K XC** @ Fayetteville
- October 24 – **Soaring Wings Half Marathon** @ Conway
- November 7 – **MidSouth Marathon** @ Wynne
- November 21 – Spa 10K @ Hot Springs
- November 28 – Great Duck Race 10K @ Stuttgart

The races listed in **bold** will serve as State Championship Races.

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LRRC Women Help Increase Club Membership -- One Baby At A Time

By Ginea Qualls

It was brought to my attention several years ago that the Club needed younger members. Being the devoted Club member that I am, I recruited a few. I then got concerned about the "next generation" as did Mary, Jordan and Sarah. Mary had her little bundle of joy in April and I had mine in August. I am happy to announce that Jordan and Thomas Ziegler welcomed Thomas Gray (call him "Gray") into the world and Club on Friday November 21st. We are still awaiting the arrival of Sarah's baby, but she needs a few more months in the mommy oven. I'm filling in for Jordan this month while she is getting used to her new role as mom. I'm sure she is setting new PR's daily. I personally can't wait to hear what her diaper changing PR is.

I feel so out of touch with the running community. I haven't been to a Club meeting or a race in months! I'm having serious running withdrawal. I'll see someone running while I'm driving and I tend to hate them. I think "why are they so lucky?" I'm not injured or anything just can't seem to find the time between diaper changes and feedings to get back out there. I do have a plan though, so don't write me out of the history books just yet. I'm going to run the Duck Race this weekend. It will be Savannah's first race, so I'm excited. Enough of the small talk let's get to fun part of the column – THE RESULTS. Please forgive me if I leave you out!

Soaring Wings Half Marathon, Conway, October 25: Leah Thorvilson finished in the state record time of 1:16:49!!! Not only was she the first overall female ... she was flat out first overall. Good running Leah. Kevin Golden finished in 1:21:34, Steven Preston in 1:27:24, Steve Yanoviak in 1:28:55...let me pause for a minute. Steve was getting chased down by the one and only Kid Rock?! Kid Rock finished in 1:28:56, way to kick Kid Rock's butt Steve! Moving on, Roy Hayward in

1:49:30, Bob Marston in 1:55:09, and Carl Northcutt in 2:45:16.

Many of you decided to hit the ground running on the 1st day of November. Greg Helmbeck ran the **Steve Platt Memorial 5K**, finishing third overall in the time of 18:55.

The **ARK 2-Mile** was held in North Little Rock. Jim Barton crossed the finish line and took third overall in 12:22. Roy Hayward finished in 16:20 and Alesa Davis in 18:18.

The **Midsouth Marathon and Half** was held in Wynne. On the marathon side Kevin Golden broke the three hour mark with nineteen seconds to spare finishing in 2:59:41 for a second overall finish. Steve Yanoviak finished in 3:23:34, Bill Diamond in 3:29:08, Jacob Wells in 3:45:45 and Dan Belanger in 5:18:01. On the ladies side was Angela Gaines in 4:44:53 and Rosemary Rodgers in 5:30:45. On the half marathon side Karen Call finished in 1:46:13 for a third overall finish, David Bourne 1:47:36, and Carol Northcutt in 2:45:01.

The first annual **Great Gobbler 5K** was held on November 15 in Maumelle. Kevin Golden finished in 18:11, Steven Preston in 19:15, Greg Helmbeck in 19:34, Bill Torrey in 20:29, Jim Barton in 20:50 and Alesa Davis in 31:26.

Jenny Brod and Jacob Wells ventured to Tulsa and ran the **Route 66**

Running Wild (Continued from Page 2)

Later that morning, with the 5K awards ceremony being held after the 10K, only a small crowd remained to see this perfect day end with a first-place age group award for six-year-old Josey. It helped that she was the only finisher under ten. Proof once again that it doesn't matter how fast you are – it's picking the right race on the right day.

Marathon on November 16. Jenny finished in 3:28:41 and Jacob in 3:36:47.

The **Spa 10K and 5K** were held on November 22nd in Hot Springs. This was last Grand Prix race of the year and our Club had a strong showing. On the women's side Leah Thorvilson lead the way, finishing in 37:13, Jenny Brod in 45:47, Mary Wells in 46:53, Tina Coutu in 47:08, April Wurtz in 47:43, Karen Call in 48:09, Angela Gaines in 54:31, Donna Cave in 1:05, Alesa Davis in 1:05, Coreen Frasier in 1:13 and Linda House in 1:31:33. Matthew Feehan was the first male from the Club to cross the finish line. He finished in 37:13, Steve Preston in 39:43, Bill Diamond in 39:44, Steve Yanoviak in 39:51, Darren Gilpin in 40:34, Bill Torrey in 42:06, Ross Bolding in 42:48, Brain Polansky in 44:43, Harold Hays in 47:15, David Bourne in 47:24, Bill Crow in 47:40 and Dan Belanger in 53:57. On the 5K side Josey and Jacob Wells finished in 37:46!

Last but certainly not least, Jacob Wells spent his Thanksgiving running the **Atlanta Marathon** finishing in 3:36:47.

WOW! November was a VERY busy racing month! I hate my name isn't listed in any of the results. I have truly missed running and racing. I look forward to running the Duck Race in a few days. I hope to see you all very soon.

Until then, Happy Running! ☺

For Your Healthy Sole

Did you know that hand washing is the number one way to prevent disease transmission? Help to outrun the flu and cold season by washing your hands after using the restroom and before you eat. National Hand Washing Awareness Week is December 7 – 13. For more information, visit <http://www.cdc.gov/cleanhands/>

Anti-Injury Eating

By Janet L. Simpson MS, RD
Sports Nutritionist

<http://www.nourishingathletes.com/index.html>

The foods that we choose can actually affect how quickly we heal! These dietary recommendations are based on scientific studies showing those nutrients that may help us get back in the water, on our bikes or into our running shoes with minimal downtime!

Bursitis, Tendonitis, Shin Splints

You need: Bromelain to reduce inflammation and the top source is pineapple.

You need: Omega-3 fatty acids to reduce inflammation and the top sources are wild salmon, walnuts, and flaxseed.

You need: Vitamin C linked to C reactive protein, and the top sources are red and yellow bell peppers, kiwi and oranges.

You need: Anthocyanins to reduce inflammation, and the top sources are blueberries, cherries and blackberries.

Pulled Hamstring

You need: Protein to relieve muscle soreness, and the top sources are beans, oat and wild salmon.

You need: Potassium for muscle building, and the top sources are beans, potatoes and bananas.

You need: Vitamin E to reduce inflammation, and the top sources are

almonds, sunflower seeds and red peppers.

Muscle Cramps

You need: Water to maintain the balance of electrolytes, and the top sources are water, fruits and vegetables.

You need: Electrolytes to allow muscle contraction and relaxation.

You need: Calcium and the top sources are non-fat yogurt, collard greens and broccoli.

You need: Magnesium, and the top sources are beans, spinach, green peas.

You need: Potassium and the top sources are beans, potatoes and bananas.

You need: Phosphorus and the top sources are lentils, sardines and salmon.

Sprains

You need: Vitamin C to spur collagen synthesis and the top sources are red and yellow bell peppers, kiwi and oranges.

You need: Omega-3 fatty acids to reduce inflammation and the top sources are wild salmon, walnuts and flax seed.

You need: Anthocyanins to

reduce inflammation and the top sources are blueberries, cherries, and blackberries.

You need: Bromelain to reduce swelling and the top source is pineapple

Fractures

You need: Calcium for bone formation, and the top sources are nonfat yogurt, collard greens, and broccoli.

You need: Vitamin D to promote calcium absorption, and the top sources are oysters, button mushrooms, sardines and SUNSHINE.

You need: Magnesium to support bone structure, and the top sources are beans, spinach and green beans.

You need: Folate which counters homocysteine, linked to increased risk of fractures, and the top sources are beans, spinach and broccoli.

You need: Vitamin K to enhance mineral-binding capacity of bone proteins, and the top sources are collard greens, spinach and broccoli.

I hope you have found this to be as fascinating as I have!

Questions? Contact me at janet@nourishingathletes.com.

Congratulations

By Paul Ward, LRRC Procreation Correspondent

On November 21 our own Jordan Ziegler brought forth a new Club member. Thomas Gray Ziegler, who will race under the name Gray, hit the starting line of life at 5 lbs, 10 oz, and 19" long. New daddy Tom Ziegler reports that Jordan is doing fine. Congratulations Jordan and Tom! And welcome to the Club, Gray.

LRRC Training Groups

Group Name

Days/Time

Meeting Location

Pleasant Valley Group
Full Moon Run
Track workout
River Market Group
US Pizza Run
Andy's Fun Run

Tues-Fri 5 a.m.
Tues/Thurs 5:30 a.m.
Tues 5:15p.m.
Sat 6 a.m.
Sun 9 a.m.
Sun 7 a.m.

Pleasant Valley golf course
Full Moon parking lot, 3625 Kavanaugh
See Arkrrca.com forum*
Andina's, River Market
US Pizza, Kavanaugh & Taylor
Andy's, Markham & Barrow

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

- 6: St. Jude Memphis Marathon. Call 800-565-5112.
- 6: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 6: Yule Run 5K at Greenwood, AR. Call 479-996-6357.
- 6: Reindeer Run 5K/1K at Russellville. Call 479-970-2753.
- 7: Andy's Fun Run.
- 13: Jingle Bell 5K at Hot Springs. Call 501-622-7200.
- 13: Devil's Den Trail 9M/3M at Winslow, AR. Call 479-879-5232.
- 13: Run with the Bulls 5K at Mountain Home, AR. Call 870-405-4373.
- 14: Andy's Fun Run.
- 21: Andy's Fun Run.
- 28: Andy's Fun Run.

January

- 4: Andy's Fun Run.
- 10: Rux on the Run 5K at Bentonville. Call 479-464-3993.
- 11: Andy's Fun Run.
- 17: MLK 5K at North Little Rock. Call 501-231-3730.
- 18: Andy's Fun Run.
- 25: Andy's Fun Run
- 25: One Hour Track Run at Russellville. **GPS SC.** Call 479-857-4527.

February

- 1: Andy's Fun Run.
- 7: Power Up the Tower 888 steps at Little Rock. Call 501-224-5864.
- 8: Andy's Fun Run.
- 13: Tyson Invitational at Fayetteville. Call 479-283-8040.
- 14: Freakin' Eureka 15K at Eureka Springs, AR. Call 479-445-4228.
- 14: Valentine's Day 5K at Russellville. **GPS.** Call 479-857-4527.
- 15: Andy's Fun Run.
- 21: River Trail 15K at North Little Rock. **GPS SC.** Call 501-766-3004.
- 22: Andy's Fun Run.
- 25: 3M Half Marathon at Austin, TX. Call 512-984-7223.
- 28: Penguin Run 5K at Batesville. Call 870-307-0383.

New Member

Our new member this month is April Wurtz. She is married to Craig, who is also a runner. April is a medical dosimetrist at CARTI/UAMS. She has been running for 3-4 years averaging 20-25 miles per week at an 8:30 minute per mile average pace. April doesn't race frequently but says "all races have a place for me." Her PRs are 22:57 for 5K and 3:44 for the marathon. April's favorite race is RFTC and running route is Leo's in Hillcrest 10-miler.

When April is not out running, she likes to spend time with her dogs, Mercky and Sophia, and her husband. She also enjoys reading, scrapbooking/photography and spending time with her family of six sisters. April would like to say a special "thank you" to Karen Call, David Bourne and Mary Wells. They have helped her to get faster this past year and are the reason for her membership in the Club. Welcome, April!

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
- 7 – Linda Bolding
- 7 – Murat Gokden
- 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
- 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. For more information contact Charley or Lou Peyton at 225-6609 or chrlypyton@aol.com.