

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2008

Training Groups Will Keep You Motivated

**By Ginea Qualls
LRRC President**

I hate the cold! Running right now is a challenge to say the least. So, to keep myself motivated this past month, I made a goal to run with some of the group training runs the Club has to offer. I really wish I could have made all of them.

I started out the month with the Pleasant Valley group run, which obviously runs around Pleasant Valley. This particular group meets Tuesday-Friday at 5 a.m. at the entrance to the Pleasant Valley Golf Course. If my memory serves me correctly, I ran with the group on a Wednesday, Thursday and Friday. Each day has a different course but I've been told the Friday course is the Tuesday course backwards. This group offers a wide range of paces, anything from a sub eight minute pace to a 10 minute pace. One morning I ended up running with Harold Hays and Jack Evans. It was a very cold morning. I seem to remember being a baby about the cold, but Harold and Jack kept me motivated. We ended up having a really good run. It was actually one of my best runs since the marathon. Harold and Jack also offered me great tips about running and marathon training.

My next stop of the month landed me at the US Pizza run, which starts at 9 a.m. on Sunday. Now this group isn't for the weak, so I don't know why I was there. It's supposed to be a 10-mile course through the Heights, which means plenty of hills. On the day I showed up, I was the only girl. I think I counted eight other guys ... guys like Brain P, Brian S, Bill Torrey and Larry Graham. To say I was out of my league would be putting it mildly. ANYWAY ...

I was going to be wonder woman and run with them. That lasted all of three miles before they totally left me to fend for myself. I did enjoy the run, and hope to join them again. Paul Ward was nice enough to give me a copy of the course, so if I get left behind again I can at least run it.

After the US Pizza run, I felt like I needed some SPEED (not the illegal kind). I needed the kind of speed that only the track can offer. So I joined my favorite group of all, the Tuesday night track workout group. I use to be a regular with this group, but with my new job I hadn't been able to attend. Now that our hours have changed for the winter I can make it more often. I have to say I was very excited about being able to make it to the track workout. Even though it's hard work, your race times will reward you in the end.

My last stop of the month was a Friday group run that starts at 5 a.m. at the corner of University and Kavanaugh. I hate to say this but I can't remember the first and last names of the guys I ran with, but Sarah Olney was there. We did about a five-mile run that offered rolling hills that weren't too hard.

Next month I hope to join Karen Call's run and the Andy's fun run. For those of you who haven't run with a group or a running buddy lately, consider one of the training runs I've mentioned. I know I enjoy running with other people. If you're looking to improve your time or just get motivated there is no better way than to run with someone or with a group. For a complete listing of group runs visit our site by going to www.arkrrca.com, click on clubs, and then click on Little Rock Road runners. From there you can find the list.

Next month's meeting will be at Whole Hog Café on January 17. Get there around 6 to eat and 6:30 to meet. The guest speaker will be Marcus Turley. Marcus will be showing us various exercises we can do on an exercise ball to strengthen our core.

Until next month – happy running!!

GPS Awards, Hall Of Fame Induction Will Be February 16

The induction ceremony for the Arkansas Roadrunners Hall of Fame and the awards ceremony for the 2007 Arkansas RRCA Grand Prix Series will be February 16, 2008, at the Burns Park Hospitality House at noon, following the River Trail 15K.

Arkansas RRCA will provide pizza, soft drinks and bottled water. Attendees are asked to bring dessert.

To find out where you placed in the Grand Prix Series go to arkrrca.com

January Meeting

Thursday, January 17, 2008
Whole Hog Cafe

6 p.m. to eat
6:30 p.m. speaker

Speaker: Marcus Turley



Running Wild

By Jacob Wells

Running is the most accommodating friend I have. I can completely ignore it or embrace it lovingly and know that on any given day, it will be right there for me. Actually, I have other friends I treat that way also, but that's another story. I hear runners say things like "get it over with" and "get my run in" which I suppose is why there are so many morning runners. I run only when I really want to and almost always at night because it is my joy, my therapy, my solitude, my hobby, my happy hour, and not something to just "get over with." I am so happy the track workout is after work. I wouldn't make it if it weren't. In fact, the only two constants in my running schedule are the Tuesday track workout and a race (or two) every weekend.

Fortunately this complete randomness might actually be beneficial. I have heard or read that variety is a good thing and that running the same course or terrain, pace, time of day, and other conditions makes one injury prone. Thus, the complete lack of a routine might make you a better and stronger runner. The best part of this theory is that my recovery days (definition: being lazy and not feeling guilty) can come whenever I want or need it rather than on some predetermined schedule, which fits beautifully with an unpredictable work and kid schedule. Even during the beautiful times of the year when the schedule might otherwise allow for running every day, the value of recovery makes swimming or riding a bike the thing that safely keeps that from happening. As I like to say, Lance's sport is my sport's recovery day.

As the monthly article deadline rolled around again and my streak of 16 consecutive months was in jeopardy, I heard about a group of runners known as "streak runners." Fortunately, this does not involve running nude, although there are races of this type. If it ever caught on in Arkansas, I am thinking the "Natural State 5K" might be the ideal name. Depending on the time of year, I might finally buy into Paul's tireless campaign for sunscreen. Back to the topic, these streak runners instead are known for running every single day, no matter what. It has become such an obsession for some that there is an official club of streakers. The top of the list includes guys who have run every day for close to 40 years. The top ten includes an Arkansas man. The club is on an honor system with the only rules being that one must run at least one mile every day and the daily runs must be documented. While I respect these achievements and find the whole idea very impressive and intriguing, it's not for me. I think running every day just misses the whole point – running is there when I need it. It is a loyal friend that doesn't expect me every day. I have gone on almost 1,500 runs in seven years and have yet to run for any reason other than I wanted to at that moment and have never once run just "to get it in."

Epilogue: I spared everyone a rerun of last year's New Year's Day article, but couldn't resist at least mentioning my favorite holiday – the time for rolling over the running log and planning a new year of goals and races. The annual run on January 1st always projects out to a ridiculous number of miles for the year and my January 5th marathon will be my first ever in any year before March and the Little Rock Marathon. As we get older and occasionally set lower even harder-to-beat ones, the PRs get harder to come by, but with a new year comes a new starting point and ever so often even a new age group.

Just by chance I was rereading the October 2006 *Runner's World* which was the edition that previewed Dean Karnazes' 50 marathons in 50 states in 50 days tour, which included Little Rock on day four. I found two excerpts that might sum up the year for me and perhaps be relevant to others. I am unsure of the legality of this, but I am hoping if I give full credit, I won't find myself in too much trouble with these writers for sharing.

Michael Finkel says, "Running, to me, has always been an intricate juggle of pleasure and pain. I like a side order of suffering with my beauty or I just don't feel right. Splendor without effort seems like cheating and diminishes my effort."

Benjamin Cheever adds, "Running is good for you, but the runs I treasure are the ones I shouldn't have taken. The runners I like best are the ones who are always threatening the very health we're all supposed to be in search of."

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The Thirty-Five Year Old Virgin

By Angela Gaines

My first marathon experience was supposed to be meaningful because it was the six-year finale to “pulling a Guinea” on my earlier attempt. Like Guinea, I tried for a previous marathon, got all the way through the training, and ended up with a horrid stress fracture in my foot and had to pull out of the race. It took me six years to work up the nerve to try again, and being able to finally tie up that loose end in my life certainly should have been plenty to put all the warm fuzzy feelings into my effort to finish in Wynne. But in truth, none of that really mattered to me by the time I got the start line on race day.

What mattered to me then, and what matters most to me now as I remember it, is that so many of the new friendships that have made the experience of moving to, living in, and running around Arkansas fulfilling, happened while I was training for the marathon. My affection and admiration for many of you grew right along with the training. On race day, I felt fortunate that rather than running my first marathon in a huge, impersonal, big city race in which I might not have known or seen a single person with which to really share the experience, I got to do it Wynne-style, with all those familiar smiling faces and David Williams’ legs.

There was Robert Holmes, who brought me to a dead stop out on the River Trail one morning in which the ‘Hey, don’t I know that guy?’ feeling immediately turned into, ‘No, but I want to!’ and his daughter Jennifer, who shared many giggles with me over the suspicion that Bill Torrey knows the bra size of every female runner in three counties.

There was Dave Wilkinson, who only recognizes me if I talk to him with my mouth full. There was Brian S-ski, whose typical greeting is a noncommittal grunt, to which I normally respond by sticking out my tongue. There was Steve Hollowell, who heartily agrees that sweaty and sassy are equally excellent states of being. There were the days back in the blistering summer haze, looking up

to encounter Guinea Qualls or Jenny Brod resolutely running down the trail toward me and thinking that I really did want to do one more mile.

There was Paul Ward in the last weeks reassuring me, “That’s a good goal; you’ll make it.” “How do *you* know?” “Because you’ve been running really well lately.” Well dammit, that’s such a good answer I can’t really sass that. There were the early miles in the sunrise with Dan Belanger, who will only let you kiss him if you can manage a sneak attack. There was the exuberant hug and juicy smooch from Maddi Wells that made me feel like doing cartwheels in a cow pasture.

There were the middle miles, being a Sassy sandwich between Rob Young, who thinks I am an angel and Jim Yamanaka, who thinks I am the devil. I coerced Rob into running (not walking) up the last two hills in the Arkansas 20K by pressing my sweaty sass against him, drinking the last of his lemonade, and then leaving him like roadkill at the finish line while I went back out to run some more. I was told he stumbled around in circles for another hour, telling people that an angel had floated up behind him during the race, carried him up the hills, and then disappeared. Later, when I found him dazed and babbling to MarathonBoy, I introduced myself, and he sat down on the curb and told me that he loved me three times in 45 seconds. By comparison, Jim Yamanaka, who nearly jumped out of his skin every time I erupted into hysterical cheering and clapping for someone I recognized running back the other way, couldn’t wait to get away from me. To his relief, there would later be plenty of very quiet, serene miles in which I watched him grow smaller and smaller in the distance as he methodically put the maximum amount of ground between himself and the crazy, screaming girl with way too many jellybeans in her shorts.

There was Charles Gattin, who ran the half marathon and then came back out to meet me at mile 21 by begging a bootleg ride through security and convincing the local police force that he

was clinically insane to want to run in the rest of the way with me. “He wants to do what? Just let the damn fool pass!” There was Jacob Wells anxiously waiting to find out which “type” of marathoner I would turn out to be: the run-one-and-never-again type, or the run-one-and-wants-more type. There is also a third type, born of Jacob’s own example, The Marathon Collector.

There was Maurice Robinson (who, if you didn’t know, gives the bar none, grand champion of all finish line hugs), asking me for my first thought when I crossed the finish line. I wouldn’t admit to my first thought, which was ‘Don’t fall down, don’t fall down, don’t fall down’, or my second thought, ‘Why won’t these people stop asking me questions? (Are you okay? **NO!** Would you like a blanket? **NO!** May I take your Chip? **NO!**), so I gave him my third thought, ‘Now I understand why Jacob keeps doing this.’

At the end, there was Tina Coutu, putting it simply and perfectly, “You really looked like you were having fun out there.” Weeks later, there was Jaynie Cannon, showing me her marathon charm bracelet and telling me that I should get one of my own. “One of my own?” I asked. “Of course,” she said matter-of-factly, “for all of *your* marathons.” It was another simple, yet perfect affirmation; all of my marathons. And so, with the foregoing criteria established: fun, quiet heroes, crazy fools, running fools, shirtless fools, blind fools, sweaty hugs, jubilant kisses, divine sarcasm and jewelry ... the collecting begins.

GP State Championship Races

One Hour Track Run
 River Trail 15K
 Little Rock Half Marathon
 Chase Race 2M
 Toad Suck 10K
 Select PT 4M
 Clear Mountain 5K
 Orange Crush 8K/5K XC
 Chile Pepper 10K XC
 MidSouth Marathon

Entertaining ... Just Like TV

By Jordan Ziegler

I feel like, here at the very beginning, I have a lot to live up to. Bill "The Duck" Harrell has made references to me and my crazy stories for some time in his articles. (Most of those stories are thoroughly fictitious; humorous, but fictitious nonetheless ... well, mostly fictitious.) In his last results column, he indicated that I can be long winded but entertaining to the point that I needed my own cable television show. I don't know how writing the race results column for our monthly newsletter stacks up against cable TV, but I guess that everyone has to start somewhere ...

"And now, typing from a computer in downtown Little Rock, your brand new, totally FABULOUS, really awesome, very smart, pretty, charming, and incredibly humble Race Results Columnist: Jordan Ziegler!"

(Insert wild applause HERE)

Thank you! Thank you! Welcome to the December race results! There were several races this month that many of our members participated in around the mid-south and elsewhere. We begin our reporting journey in Memphis, Tennessee, on December 1 at the St. Jude's Memphis Marathon, Half and 5K. In the men's full marathon, Jacob "MarathonBoy" Wells, Ethan Neyman and Bill Rahn ran a 3:20, 3:21 and 3:22 respectively. I would suggest that since they all crossed the finish line in times that were quite close together, they all embraced and congratulated each other on a race well run. But I ran the half marathon that day (more on that a little later) and I know there were approximately 12,000 folks participating in the St. Jude's races so the chance that these guys even saw each other was slim to none. On the women's side, Stephanie Neyman finished in 5:20. Way to go everybody!

Several familiar faces also made the trek to Tennessee for the half marathon. David Williams finished in

1:25 (I think at that particular time I had just seen the guy wearing the shirt that said, "Um, I thought you said 13 BLOCKS.") Bill Torrey and Larry Graham both ran a 1:29. Since they did finish with the exact same time, perhaps THEY embraced and congratulated each other on a race well run. Steve Hollowell finished shortly after with a 1:31, along with David Bourne who ran a 1:45. As for the women, Liz "I Survived Chicago And Lived To Tell About It" Reynolds finished strong with a 1:52, and yours truly ran an enjoyable 2:13.

Also occurring on December 1 (albeit at the more cosmopolitan hour of 11 a.m.), right here in Little Rock, was the Jingle Bell Run 5K. Many Club members came out for this fun run and worthy cause in support of the Arkansas Arthritis Foundation. Just before the start, the runners and walkers tied jingling bells to their shoes (or so I read in an article on Today's THV) and jingled their way across the finish line. Glen Mays finished first in a very impressive 15:39 and Darren Gilpin was ninth overall with an 18:14. Jim Barton was close behind finishing in 19:42. My good pal, John Russell ran the downtown course in 25:06 and Emil Mackey finished in 28:19. And on the ladies side, Tina Coutu ran a very quick 21:52 and Angela Gaines continues her speedy finishes with a 25:00. Excellent running!!

On December 9, a few folks from the Club crossed over into the lone star state to take part in the Dallas White Rock Marathon and Half. I saw a picture of Jenny Brod and her special friend

Colin Weather, before the start and the weather looked a bit dodgy. Weather smearer, it seems that everyone had a good race anyhow. For the half marathon, Joe Cordi ran a 1:47. Way to go JOE! Arthur Hall finished well in 2:11 and Colin Weather finished in 2:26. Good job guys!! Angela Gaines was at her quickest again finishing in 2:03.

In the full marathon, Jacob Wells finished in 3:18. That is some fast running, but considering that he also ran the Mid South Marathon AND Memphis just a few weekends before, that is some VERY fast running. Kim Howard finished close behind with a 3:20 and Jim Yamanaka completed the course in 4:30. Our own Jenny Brod (and Mr. Weather's "other half") surpassed her goal in finishing the marathon sub four hours and crossed the finish line in 3:46. And finally Zacil Nash finished in 6:19. Glad so many folks went and did our state proud!

Finally back to Arkansas, on December 15, at the Jingle Bell 5K of Hot Springs (not to be confused with the 5K of similar title as listed above), Lee Eperson finished seventh overall with a time of 19:04. Dan "Ironman" Belanger also ran and finished with a very speedy 24:24. Fast runnin' guys!

I hope you have enjoyed the first broadcast from moi, and I sincerely hope that I have not left anyone out. If so, please feel free to lodge a complaint with my personal secretary, Bill Harrell, who will be handling all of my fan mail while I am out of the country on a Caribbean cruise.

Until next month, sports fans ...

Little Rock Marathon Entry Fees To Increase

The 2008 Little Rock Marathon is scheduled for March 2, 2008. The sooner you register, the cheaper the entry fee. The next fee increase will be January 16. The rates are as follows:

Full marathon – from \$70 to **\$80**

Half Marathon – from \$50 to **\$60**

Relay Marathon – from \$40 to **\$50** (per person)

5K Fun Run/Walk – from \$25 to \$30

Classic Rockers – from \$25 to **\$30**

Armchair Athlete – from \$25 to **\$30**

Little Rockers Kids Marathon – from \$20 to **\$25**

Running Calendar

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

January

- 6: Andy's Fun Run
- 13: Andy's Fun Run
- 19: MLK 5K at North Little Rock. Call 501-231-3730.
- 19: Chilly Cheeks 10K at Camden. Call 870-836-0165.
- 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: One Hour Track Run at Russellville. (GPS SC) Call Tom Aspel, 479-968-0213.
- 27: Andy's Fun Run

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) Call Tom Aspel, 479-968-0213.
- 10: Andy's Fun Run
- 16: River Trail 15K at North Little Rock. (GPS SC) Call Beverly Smith, 501-
- 16: Arkansas Roadrunners Hall of Fame Induction and Grand Prix Series Awards at North Little Rock.
- 16: Freezing 5K at Fayetteville. Call 479-575-4646.
- 17: Andy's Fun Run
- 17: Run the Line Half Marathon at Texarkana, AR-TX. Call 903-748-3265.
- 23: Penguin Run 5K at Batesville. Call 870-307-0383.
- 24: Andy's Fun Run.

March

- 2: Little Rock Marathon, Half Marathon (GPS SC), 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 SC) 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: St. Jude Breakaway 5K at Fort Smith. Call 918-839-7345.
- 29: Spring Fling 5K at Cabot. (GPS) Call David Smith, 501-843-6665.
- 30: Andy's Fun Run

April

- 5: Capital City Classic 10K at Little Rock. (GPS) Call 501-455-2643.
- 5: Run with the Knights 5K at Van Buren. Call 479-471-5756.
- 6: Hogeys Marathon, Half Marathon (GPS), Relays, 5K at Fayetteville. Call 479-575-7356.
- 6: Andy's Fun Run
- 6: St. Louis Marathon & Half at St. Louis, MO. Call 314-727-0800.
- 12: Rocket 5K at Little Rock. Call 501-664-4625.
- 12: Alma Partners Dog Run 5K at Alma. Call 479-632-1953.
- 12: Elm Tree Wildcat 5K at Bentonville. Call 479-621-2369.

Birthdays

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

- 1 – Melissa Polansky
 - 1 – Victor Carson
 - 3 – Brian Bariola
 - 3 – Elizabeth Reynolds
 - 6 – Laura Naill
 - 10 – Pam Hays
 - 11 – James Barber
 - 12 – Sharon Brogden
 - 18 – Suni Hoffman
 - 19 – Carl Northcutt
 - 21 – Bill Rahn
 - 21 – Kim Fischer
 - 21 – Richard Johnson
 - 24 – Stephanie Neyman
 - 25 – Ann Scroggins
-
- 12: St. Joseph 5K at Fayetteville. Call 479-871-6553.
 - 12: 1040 Tax Fun Run 5K at Batesville. Call 870-793-2464.
 - 13: Andy's Fun Run
 - 19: ROTC 5K at Arkadelphia. (GPS) Call Brian Smoke, 870-245-4352.
 - 19: PHUMC Miles for Missions 5K at Little Rock. Call 501-663-5045.
 - 19: KAIT 8K at Jonesboro. Call 870-336-1805.
 - 20: Andy's Fun Run.
 - 26: Trailblazer 5K/1M at Fayetteville. Call 479-571-3506.
 - 27: Andy's Fun Run

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.