

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

June 2008

There Was Drama Before And After The Storm

**By Ginea Qualls
LRRR President**

Every year my mother and I run the, Women Can Run 5K Race in Conway. The race has been around for several years and it grows in attendance every year. Starting in December or January, various cities host clinics that are geared to help women start running or walking. The goal is have these women trained by May so they can run/walk the race. The race has an "open" division and a "clinic" division. They do this so amateur runners are competing against amateur runners and experienced runners are competing against experienced runners. They also have a "mother-daughter" division in the open and clinic divisions.

My mother and I really enjoy competing in the mother-daughter division. It's actually a joke between the two of us. Years ago, before I was a runner, I would do this race with my mother in the hope of winning the mother-daughter division but we never did. When I started to run my mom asked me if I wanted to run the race, to reclaim our title. I had to explain to her there was no title to "reclaim" because we never placed. Three years ago we set out to actually place in the mother-daughter division and we not only placed, we won! This year we had a goal of placing, not winning, because I wasn't sure how fast I could run. We won the mother daughter division again but not before we endured a little drama.

Like I mentioned earlier, this is a race my mother and I do every year. So we know the course to some extent but not well enough to run it without proper marking on the course and a lead/pace car. As with any race I run, I didn't have to be concerned about being in the lead,

so I didn't have to worry about following a pace car or watching for course markings. I just followed the person in front of me. I'm very good at "follow the leader." HA! My mother, on the other hand, was in the lead. She followed the pace car like she was supposed to. The pace car took her about a quarter mile off course, causing her to cross the finish line third overall. She had a substantial lead throughout the race. She couldn't even see the runners behind her a majority of the time. Feeling she was the winner she mentioned this to the race director.

Several years ago a similar event took place at the Race for the Cure. The lead runner was taken off course by the pace car causing her to cross the finish line third overall. My mother and another lady finished first and second but opted to give the win to the lady that was taken off course, because they knew she would have won. This was what my mother expected would happen in this case but it didn't. The race director gathered the three women together, so my mother could explain what happened. The girl who crossed the finish line first thought she was gaining on my mother and would have won the race regardless. To keep the peace, the race director declared "co-winners." The mother-daughter division was still up for grabs as well, so the race director looked at the times of the top three in that division and declared us winners again!

My aunt from Dallas was in Stuttgart for the weekend, so we decided to go to there after the race. On the way there we talked about the drama that occurred at the race and how neat it was that we still won, considering the fact that I ran so much slower. The prize money or gift certificates only go to the overall winners. Winners in the mother-daughter division get a medal and nice paper

certificate, something my mother and I look forward to getting and showing off to our families and friends. We did just that when we got to Stuttgart. We showed off our awards and, of course, told everyone about the drama.

We had decided days beforehand that we weren't going to stay in Stuttgart that Saturday night. We would head back to Little Rock around 8 or 9. We ordered pizza around 6:30 and sat on my grandparent's porch to eat. The weather was nice but a little windy; we could tell storms were headed our way. My mother-in-law called me about 7 p.m. asking if I was at home because the news was saying a tornado was headed toward the 430/630 split, which is where I live. I told her I was in Stuttgart but Dave, my husband, was at home. When I got off the phone with her I called him to warn him.

By the time I got off the phone, the lightening show had started in Stuttgart. My father called and told us to stay in Stuttgart for the night because of the storms. My mom told him we would wait out the storm and head back to town later if we had to. With the weather acting so crazy we turned on the news to see what was going on. I was concerned about Dave but the storm went around

(See Drama on Page 7)

June Meeting

6 p.m.
Saturday June 21, 2008
Burns Park Pavilion 6

Picnic
&
Election of Officers



Running Wild

By Jacob Wells

Perhaps the least and most prestigious foot races in the world, respectively, are the Central States Marathon, most recently held on May 3, 2008, in Ames, Iowa, and the somewhat more well-known Boston Marathon.

Boston had 21,963 finishers in 2008, cost around \$150 to register, and is held on Patriots' Day. Central States had a record turnout in 2008, with approximately 40 finishers after only 13 as recently as 2006. Central States, held annually on Mothers' Day, is free to mothers who provide proof of motherhood with a picture, birth certificate, or the actual child. It is also free to local running club members, with club membership setting you back \$10. Boston, on the other hand, is not free to all patriots.

Boston is a point-to-point course beginning in Hopkinton, Massachusetts, and running through six small towns until its finish in Boston. Central States consists of five times around a 5.25 "loop" that might more closely be described as a figure eight. You cross back over the start/finish line ten times. The loop is through a park entirely within the city limits of Ames, Iowa, which totals eight letters. The seven towns on the Boston course total 138 letters. At the mid-point of Boston is Wellesley College, famous for its cheering co-eds. Iowa State University is located in Ames. However, graduation had been held the day before, and thus, few of the female graduates were holding "Kiss Me" signs along the Central States loop.

Boston is well marked. Central States, with its arrows written in Sharpie on paper plates, is slightly less so. In fact, I missed a turn on the first loop and went two miles off course. This is not likely to happen at Boston. After my miscue, a race volunteer on a bicycle asked me if I wanted to cut across the course and make up the difference. I declined. The same volunteer later put away the bike and ran with me for a few miles.

I actually thought I was leading for the first 23 miles at Central States before being passed and then passed again at 25. My third place finish was actually 5th because of two other guys I didn't know were ahead of me thanks to the complexity of the course and my misadventures. It's much easier to tell at Boston that you are not leading the race.

The animal on the Boston logo is the unicorn, the mythical creature resembling a horse, with a single horn in the center of its forehead: often symbolic of chastity or purity. Central States has the nutria, a large aquatic South American rodent with webbed feet and a long tail, more famous for taking over the swamps of New Orleans, and so beloved that the city offers \$4 for every one that is killed.

Boston's most unique feature is the exclusivity based on its qualifying times. In 2008, 8,707 Boston finishers qualified for 2009 Boston, the most of any marathon in the

country, with the next most only 795 at the Rock 'n' Roll Marathon in Phoenix. No Central States finishers qualified for Boston in 2007. Boston is so popular that another race is even named "The Last Chance for Boston," because of the proximity of its timing and the cutoff for Boston registration. Whereas Boston sells out months in advance, the Last Chance for Central States was still about five minutes after the scheduled starting time, but it still started only ten minutes late.

The average finishing time for Boston in 2008 was 3:51:40, for Central States in 2007 5:20:03. Legendary marathoner Chuck Engle completed 52 marathons in 2006, winning 25 of them, but finished only 355th at Boston that year. I suppose that no Boston winners have ever run an Arkansas marathon. The 2006 winner at Central States also won the 2007 Hogeys Marathon in Fayetteville, Arkansas, (the guy from Washington state with the red Mohawk).

I had to beg for a finisher's medal at Boston as I had served only as a guide for Dave Wilkinson, Little Rock's only blind marathoner, and not officially run the race. There was no faking or pretending to be an official runner as the medals were exchanged for the timing chips, one of which I did not have. My convincing argument was that 10,000 registrants that year had not even shown up that year with the threat of the worst weather in Boston history. The Central States medal is a miniature cowbell on Mardi Gras beads. This is one of the few races that definitely does not need "more cowbells."

As are most of the larger marathons, Boston is chip timed. Not returning your chip will cost you \$30. Central States is also chip timed, which consists of your time written on a souvenir poker chip, which was actually left over from the 1999 race.

The course from Hopkinton to the finish line in Boston is lined with a million spectators. There were less than a dozen spectators at Central States, all of whom were at the start/finish line and may have just wandered over to see what was going on in the park. There were two aid stations on the loop course,

(See **Running Wild** on Page 7)

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Libeled CHS Principal Levels Paul

By Steve Straessle
LRRRC Member and
LRCH Minister of Discipline

Straessle Lashes Out at Humble Prayer Author. Thus was the title of an article in last month's *The Runaround* featuring words by Paul Ward concerning the Rocket 5K and a jest-filled prayer he wrote for the occasion. I've always feared seeing my name in a headline. Granted, this headline was a little better than the ones predicted by friends and family to materialize someday but I still cringed just a bit as I thumbed through May's issue of *The Runaround*.

You see, I work at Catholic High School and my job requires attendance at all sorts of after-work meetings, athletic events, and spur-of-the-moment crises. Additionally, I have five kids at home and in order to maintain marital bliss I place rescuing my wife from the confines of the house as a high priority. With that in mind, I am rarely able to make a meeting of the Little Rock Roadrunners and I'm usually the last one to sign up for a race as teenage boys often bring about unforeseen situations that require my attention.

I joined the LRRRC about two years ago after a long layoff from running. I ran a lot in college and up until my second child was born (in 1998). I was a young teacher when she was born and instead of using a 50 minute prep period to run or exercise I opted for the comfy couch in the coaches' office to catch up on my sleep. In the spring of

2005 I became the principal of the school (Paul Ward and other teenagers like to call me the Headmaster, but principal is just fine.) and I decided that I better start running again or I might develop a problem with sobriety. I'm not good at bottling up stress ... I need to get it out one way or another or I'm totally ineffective. Since therapy is expensive and alcohol has unwanted side effects, I decided that a return to pounding the pavement was my best bet. I live in Hillcrest and the constant change in elevation would provide all the challenge I needed.

About a year after returning to my normal slow, plodding pace, I thought I'd like to find a running club. Now, I'll never run a seven minute pace and I will regularly puke at the end of short runs, but I still wanted the interest, the encouragement, and the camaraderie that people with a common goal engender. I really was looking for a club that would combine the best parts of my work, social, and running life. Since I spend all day long with pubescent boys it was just natural that I'd join a club that heralds Paul Ward as one of its finest members. So, I joined up.

Several humbling 5Ks later, I do still enjoy the catharsis that running brings. Dealing with 700 teenage boys (and about 1,800 parents and step-parents) as well as almost half-dozen of my own kids is a joy when I know that an end-of-the-day run is awaiting.

And so this year brings a number of changes. Knee surgery sidelined my

ambition to run in my first marathon, but I've decided that I really enjoy 10Ks. I've been in awe at the impressive times and impressive spirits of my fellow Roadrunners. I was amazed that Dr. Laura said *yes* when Pubescent Paul popped the question. I'm thankful that my kids are enjoying the sport of running at a lot earlier age than I started. And ... I'm keeping my head above water by keeping my feet moving along the River Trail. I'll likely never pass any of you on the road, but please say hello as you weave around me.

And so, in retaliation ... I mean, in honor of ... Paul's recent wedding, it is my privilege to present the prayer I wrote for Paul and Laura's big event ... amazingly, the preacher decided not to use it.

Wedding Prayer

Lord, please bless this couple-to-be
 Make this man almost hol-y.
 He's a good man and not too mean,
 He does have an endearing side (but only
 if you're a pre-teen)
 Please help Dr. Laura to live in this
 marriage without malice
 Even when dear husband Paul can't find
 his Cialis.
 Keep them safe and loving and on track
 And above all, keep Paul running at the
 head of the pack.
 Amen.

Memorial Day Weekend Helps Solve Vacation Blues

By Jordan Ziegler
LRRRC Racing News Editor

I've got the Vacation Blues, big time. I look around and tons of folks I know are off traipsing around fabulous locals and enjoying themselves to no end. Jenny Brod went to San Antonio for a week; Bill Harrell spent 10 days in Merry Old England with his wife of 20 years; Harold Hays and John Russell traveled to

Phoenix and Dallas respectively; okay ... for work, but still those are nice places with great restaurants and neat people. In case you didn't notice, this list is the majority of the "Pleasant Valley Running Group," so in addition to being left to sit and wait (for no one!) in the PV parking lot, I am also jealous. I don't have any vacation plans for the near future. Now, I know what you are thinking: "You just went on a cruise in January!" and you

would be correct, but I am vacation greedy. I love a good road trip, traveling someplace different, eating at new places, the people watching, getting a tan, and being somewhere else for so long that on the drive back you say things like, "Wow, I can't wait to be back home!" Instead, I have just been doing yard work in my off time. I told my husband last weekend

Marathon Blog

By Jacob Wells

For someone with marketable spreadsheet skills, I'm generally a few years behind on all other types of technology. I am convinced I was the last person in North America to surf the Internet. I actually saw the movie *The Net* with Sandra Bullock before I had ever done so. When I finally got online, I thought the coolest part was to get the West Coast scores the next morning and eventually as they were happening, rather than waiting another day for the newspaper version. Fortunately for me, as Homer Simpson says, "They have the Internet on computers now."

The most radical online phenomenon since the Internet itself has been the "blog." My computer at home still operates on Windows 79 and is so slow that I find myself dropping by the office to surf since it's only two minutes from home. In fact, the word blog was not recognized by Word on my home computer even though Dictionary.com acts like it's old news. It defines a blog only as a "weblog," which violates the ancient rule that you can't use a word in the definition of that word. Weblog is then defined as, "a website that displays in chronological order the postings by one or more individuals and usually has links to comments on specific postings." Another definition included the phrase "...of interest to the user, also may include journal entries, commentaries and recommendations compiled by the user." This definition indicates the very nature of a blog's purpose, which is as a form of self-expression for the blogger and thus of secondary benefit to others, i.e. a place for introspection and self-inventory, a focus inward rather than outward, while at the same time a place to bare your soul to all. The mistake can be made to be too personal also. Just like with anything else in the cyber world, you can't put anything out there that you wouldn't want on a billboard on the interstate.

A blog might be a healthy or dangerous place for me, the proverbial Heaven or hell. To read another's blog is done as an act of one's own free will and

at one's own risk of being annoyed, insulted, or even worse, bored stiff. The blogs I have perused thus far included training logs down to the hundredth of a mile, excruciating details of injuries and rehabilitation, and non-running topics like marriage problems and getting the puppy house-broken. I also read a page of marathon advice from someone who casually admitted about four paragraphs in that they had never run one. I had to resist the urge to poke my eye out just to distract myself from the pain of having read these. Blogs apparently allow readers to post comments or even e-mail the blogger. I would have to have this feature blocked, or at least charge for it.

A blog for me would be the place to express many things, among them hopes, dreams, anxieties, arrogance, selfishness, jealousy, wisdom, and wit. It could be the place for me to share the things that I have gradually learned to keep to myself which sometime make me think I am going to burst. My daughter has a poster in her room that says, "School is fun. There are so many people to make fun of." After a particularly violent scene in one of the Lethal Weapon movies, Danny Glover asked Mel Gibson if he killed everybody he ever met, and Gibson answered "Only the ones that deserved it."

A blog is also a place for photographs, not just of me, but of friends, family, races, places, and other runners. The hall of fame gallery would include John "the Penguin" Bingham, Jeff Galloway, Daniel Lincoln, Dean Karnazes, Chuck Engle, Dane Rauschenberg, Sam Thompson, Jacob Rotich, Charles Kamindo, and even a cardboard cut-out of Meb Keflezighi. The best part is that each of these pictures is worth 1,000 words, which saves a lot of typing. Then again, I would have to tell stories of their exploits: Dean and Sam each ran 50 marathons in 50 days. Chuck and Dane each ran 52 marathons in 2006. Chuck won 25 of his. Jacob attended Harding and regularly runs our Firecracker 5K while also winning the Maui Marathon the past two years. Charles won the 2006 Little Rock

Marathon and then placed third at the Miami Marathon, running the last 16 miles barefoot due to blisters caused by wet weather.

There are lots of runners who run faster and farther than me. But no one runs faster and further with more capacity to simultaneously and thoroughly entertain, annoy, encourage, offend, and inspire the running community, at least the ones who are paying attention. A blog could be a healthy outlet for someone like me who has taken the arts of self-glorification and attention attraction to an epic level. The risk though would be to forget to sleep, eat, or work or worse yet, forget to go running.

Congratulations

By Paul Ward
LRRC Commencement
Correspondent

On May 17 UAMS conferred a Doctor of Medicine degree on our own Liz Reynolds. Earlier this year Liz received her desired "match" in residency programs and will depart for North Carolina to start her residency training in psychiatry.

Congratulations Liz! Best of luck in the Tar Heel state. We will miss you.

Mid-Week Fun Run

The mid-week fun run hosted by Lou Peyton at Murray Lock and Dam that began May 7 will continue during the month of June, but the beginning time will change to 6:30 a.m. Lou will be out of town June 4 but will be there to lead the group on the 11th, 18th, and 25th. The start is at the water fountain/bench that was donated by the Little Rock Roadrunners Club. The run is out and back 2½ miles east on the River Trail. The turnaround is at the east end of the golf course, where the trail crosses the paved road.

Thorvilson Runs Rome, Moons Pope!

**By Paul Ward
LRRC Rotund Roving
Roman Reporter**

Leah Thorvilson had planned to run the Rome Marathon for some time. Her friend, fellow UALR runner, and Easy Runner co-worker, Matt Hill, lived in Rome and mentioned the marathon. Leah Googled it and found it interesting, so she decided to enter. As part of her training, Leah planned to run the Little Rock half marathon March 2, two weeks before the March 16 Rome Marathon this year. As you may know, Leah did the whole Little Rock Marathon and finished second overall (and top Pulaski County) female in 2:52.

The week before the Rome Marathon Leah departed Little Rock Tuesday and got to Rome Wednesday, thanks to some delayed flights. Unfortunately, her luggage was lost and it arrived Friday. Leah reports that the packet pickup and marathon expo are similar to what you'd see at other marathons. The days before the marathon were spent sightseeing. Leah visited the Vatican and saw the Sistine Chapel, St. Peter's Basilica, and the tombs of St. Peter and Pope John Paul II. Leah advises *not* doing this before a marathon because it entails long lines and long walks.

Pope Benedict XVI spoke from his balcony and blessed the crowd below. As a joke, Leah dropped her shorts, mooned the pope, and said, "Hey Bennie, check this out!" The pope became apoplectic and his aides splashed him with cool holy water to resuscitate him.

Only the timely intervention of the U.S. ambassador prevented an international incident.

Leah stayed 1½ blocks from the Coliseum and visited that and the ruins of the Roman Forum, the commerce center of the empire. This was her favorite sight. She also enjoyed touring the "bone church," and old church with the bones of former monks included in the design.

Leah said the marathon had no qualifying time requirement but entrants could not simply sign a liability waiver; they had to get a doctor's note authorizing participation. Learning this came at a bad time for Leah because she was unemployed and uninsured. She posted a "Help" message on the grand prix message board asking for any physicians who could write her note. Larry Graham offered a free physical exam, but Leah found another option.

About 12,000 runners participated. The course starts and ends in the Coliseum and Leah said it seemed like half the city was at the start applauding the runners. This was very emotional. The course hits the scenic parts of Rome and has no serious hills. But the last 4+ miles are on cobblestones – the old, original, uneven cobblestones. Needless to say, this was hard on Leah's feet, especially with her lingering fatigue from the Little Rock Marathon. Leah called this portion of the course the "death march."

Leah said the course was pretty and had excellent aid stations. One negative is that distances are marked in kilometers and five mile increments, not every mile. Leah couldn't remember how

many kilometers were left to go as she hit the cobblestones.

Leah enjoyed some good food in Rome. She especially enjoyed the pizza, which she ate every day even though she's not usually crazy about it. The pasta was fresh and good, and "eggier" than what we usually see here. She also enjoyed the gelato.

The day after the marathon was St. Patrick's Day, and Leah had packed a green outfit complete with a large green wig. She went to an Irish pub to celebrate and celebrated a little too much. Her 4 a.m. return flight the next morning came awfully early.

Leah said the marathon had great organizers and she recommends it. But should she return to Italy, Leah will visit other cities. Once was enough for Rome. Leah also said the language barrier was difficult compared to other countries in Europe she's visited. This made it hard to get around.

Ladies Shoe Sale

For years I have worn Nike Air Structure Triax running shoes with virtually no problem. Until this year, that is. I bought a new pair in January that I cannot even walk in because the right one rubs my ankle bone. I've only worn them for 12-14 miles, most of which were at track runs. I wear custom orthotics so I remove the insole. Therefore, the shoes look brand new. If anyone needs a virtually new pair of size 9 shoes for \$50, give Linda House a call at 501-565-4969 or e-mail lhouse@pcssd.org.

LRRC Training Groups

<u>Group Name</u>	<u>Days/Time</u>	<u>Meeting Location</u>
Pleasant Valley Group	Tues-Fri 5 a.m.	Pleasant Valley golf course
Full Moon Run	Tues/Thurs 5:30 a.m.	Full Moon parking lot, 3625 Kavanaugh
Track workout	Tues 5:15p.m.	See Arkrrca.com forum*
River Market Group	Sat 6 a.m.	Andina's, River Market
US Pizza Run	Sun 9 a.m.	US Pizza, Kavanaugh & Taylor
Andy's Fun Run	Sun 7 a.m.	Andy's, Markham & Barrow

Blues (Continued from Page 3)

while working outside, “I wish we were at the beach on vacation” to which he replied, “This kind of IS like a beach vacation: lush surroundings, sparkling water, and cold drinks!” Um, more like our overgrown shrubs, a sprinkler and diet Coke.

Our race results report begins way back on April 6, where Karen Call ran her “last marathon” (or so she says). The race was the **New York City Marathon for Women** and it happened, I am assuming, in NYC. She finished in four hours and some change (per Paul Ward). Sorry the results on this one are dodgy to say the least, but I was not able to find this race online and give you the stats, weather or funny/cute anecdotes that I know you expect from me. Nevertheless, since this was Karen’s last marathon, I am sure that it was enjoyable and we are all very glad that she ran it!

On April 26, Jacob Wells and Jaynie Cannon road tripped over to the **Country Music Marathon and Half** in Nashville, Tennessee. Jacob ran the full marathon, finishing in 3:36, while Jaynie ran the half finishing it in 3:02. Congratulations to both on their times and I hope they were able to enjoy some of the fine culture that our friends to the east had to offer, except perhaps the “culture” of Printer’s Alley.

Also on April 26, the **ROTC 5K** was held in Arkadelphia. This race was the 9th Grand Prix race of the year, and a number of our Club members participated. On the men’s side, Kevin Golden finished in 18:18, Steve Yanoviak in 18:32, Bill Diamond in 18:57, Jim Barton in 20:12, Lee Epperson in 20:21, David Bourne in 21:49, Roy Hayward in 24:39, Dan Belanger in 27:45, and Carl Northcutt in 36:42. For the ladies, Leah Thorvilson finished in 17:38, Tina Coutu in 23:23, Angela Gaines in 26:31, Rosemary Rogers in 27:26, Alesa Davis in 31:14, and Linda House in 41:19. Julie (Mrs. Jim) Barton and granddaughter Ana Acosta ran together and finished in 36:05 and 36:17. I had heard that there were some technical difficulties with the execution and results of this race, complete with *heavy* cardstock pin on

numbers as well as a soldier with a laser pointer and course map just before the start of the race. I did not run it this year but I was surprised in hearing that, seeing as how hi-tech they were last year. Times have changed I guess.

Apparently if you are going to host a race in the month of April this was the weekend to do it. We travel west on April 27 for the **Oklahoma City Marathon and Half**, as well as the **Big Sur International Marathon**. At the OKC Half Marathon our very own Matt and Sarah Olney finished in 1:53 and 1:36, respectively. Jenny Brod ran the full and got another BQ “X” next to her results as she finished in 3:33. Traveling much further west to the Big Sur (aka. “Harold Hays 50th Birthday Party”) were a few Club members who must like hills. Jack Evans finished in 3:47, Harold Hays in 4:18, Robert Hanle in 5:53 and Robin Hanle in 5:56. Hope everyone had a great time out west.

May 3 was also a popular day for races. Christ the King held their annual **“Rex Fest” 4 Miler**, which was won by David Sunde in 23:27. Also on May 3, Conway held their annual **“Toad Suck Daze”** which included 5K and 10K. The 10K was a very popular race indeed, as well as being the 10th Grand Prix race this year. For the men’s side, Glen Mays won with a finish time on 32:52, Kevin Golden in 37:01, Ethan Neyman in 38:37, Steve Yanoviak in 40:12, Brain Wagner in 40:40, Bill Diamond in 40:54, Larry Graham in 41:22, Steve Hollowell in 41:30, Steven Preston in 41:36, Bill Torrey in 41:46, Brian Polansky in 42:06, Jacob Wells in 44:03, Clay McDaniel in 44:45, David Bourne in 45:53, Robert Holmes in 48:00, Steve Straessle in 51:31, Dan Belanger in 56:08, and Carl Northcutt in 1:15:57. The ladies looked like this: Leah Thorvilson finished in 38:30, Sarah Olney in 42:58, Liz Reynolds in 47:07, Karla Braswell in 54:09, Maddi Wells in 59:00, Ginea Qualls in 1:00:43, Jaynie Cannon in 1:24:03, and Linda House in 1:25:40. For the 5K, Stephanie Neyman “power walked” (according to Craig O’Neal at least) her way to a 37:17.

The **Macarthur Park 5K** was held on May 9, a Friday evening, in downtown Little Rock. This was the first

year for the race and it looks like they had a nice turn out. Glen Mays won, finishing in 15:16, Steve Yanoviak finished in 19:02, Steve Hollowell in 19:29, and David Bourne in 21:35. Leah Thorvilson finished first on the women’s side in 18:53.

The 11th Grand Prix race of the year was the **Survivor’s Challenge 5K** in Fort Smith on May 17th. Brian Sieczkowski was second overall with a time of 17:12, Steve Yanoviak finished in 19:21, Roy Hayward in 23:41, and Dan Belanger in 25:43. Leah Thorvilson was the lone lady from our Club but she more than made up for the rest of us by finishing in 17:27. Great job everyone!

Also on May 17 was the **Paws on the Pavement 5K** which benefits CARE. This race really has an “event” feel to it as there are so many things to see and do in addition to the race itself. Two years ago, they had a little booth set up were you could have custom-embroidered bandanas made for your dogs. I got one for my niece-dog, M&M, the best-dressed Teacup Chihuahua you have ever seen, absolutely fabulous. Anyhoo, several Club members came out to participate in this race and volunteer as well. Glen Mays ... you guessed it, WON with a time of 15:52, Ethan Neyman finished sixth among the men in 19:07, Larry Graham was close behind in 19:34, David Bourne in 22:00, and Paul Ward in 22:59. Barbie Hildebrand won the women’s side in 20:38, Ginea Qualls finished in 27:05, Rosemary Rogers finished in 27:14 and Stephanie Neyman (walker extraordinaire) finished in 34:41.

For now, I will pretend that Memorial Day weekend is a mini-vacation. We are going to go check out Riverfest on Friday night. We are hoping to catch Huey Lewis & the News and perhaps get a corndog. My husband is curious as to whether or not the heart of rock n’ roll is still beating. I already told him that from what I’ve seen I believe it, but we will go and have a look around anyway. Who knows, this could be the vacation I wanted all along! A road trip (it’s down the street from our house) someplace different (uh, the River), eating at new places (I’m pretty sure that

Drama (Continued from Page 1)

him and appeared to be headed towards Stuttgart. Sure enough, they put Stuttgart under a tornado warning and told us to take cover. My grandmother, one of the calmest people I know, told everyone to get a pillow and get into the cedar closet or into a bathroom. I was in the cedar closet with my grandmother, aunt and cousin. My mother was in one of the bathrooms with another aunt, my uncle and another cousin. My grandfather was in another bathroom. We had turned up the news so we could hear what was going on. They were saying, "There is a tornado in Stuttgart, it is on the ground" ... then silence. The power went out and it was scary quiet ... then we heard a loud roar and then rain. This all happened in a matter of minutes. The first person to emerge from their safe place was my aunt who was in the bathroom with my mother. I heard my aunt scream out "Momma, half of the maple tree in the backyard is gone." I thought to myself, if that's all and everyone is okay, who cares. Then someone opened the front door and all I could hear was "Oh my God" coupled with screaming and sobbing.

I finally got up to go see what was going on. I walked outside to see two huge 40-50 year old maple trees in my grandparent's front yard. One of the trees was on top of my mother's truck. I lost it for a few minutes. My

grandmother took both of my shoulders in her hands and told me to calm down. We were okay.

One of my uncles went home just before the storm to check on his animals. My mother decided to run over to his house to see how he was. I could have killed her for going. There were power lines down everywhere and huge trees blocking just about every street. Several minutes later she returned to my grandparent's house soaked to the bone and crying. She couldn't find my Uncle Steve. I attempted to calm her down but I was just as concerned. After about two hours of not knowing, my uncle showed up! We were all accounted for, which was a huge blessing! Needless to say the drama from the race wasn't even a thought anymore.

My father and a friend of the family drove to Stuttgart that night to help. We worked until about 1 a.m. cutting up one of the huge maple trees, and then decided to go back to Little Rock. My parents wanted to get me home and they would head back to Stuttgart in the morning.

The next day when my thoughts weren't so scattered, I started thinking about who else I knew in Stuttgart. Melanie Kuhn and Carl Northcutt came to mind. I called Tina Coutu to check on Melanie. I knew she would know about her. She said she had talked to Melanie

and she and her family were okay. I called my mom to ask about Carl. He lived a few blocks over from my grandparents. I knew she could go to his house and check on him ... he was okay. By some miracle, no lives were lost in Stuttgart that May 10th night. The city as a whole will never look the same but that is a small price to pay when people's lives are at stake.

The Women Can Run Race was the last thing on my mind when I went online to see what was happening on the running forum. I noticed a post titled "Women Can Run Race." Naturally I checked it out. Someone had posted a comment about the "co-winners" asking why there were co-winners. I posted a quick little blurb explaining what happened. Well, that caused a huge debate about how runners should know the course and the order by which they cross the finish line determines their place. I personally never thought it could cause such a huge controversy. It wasn't like it was the Olympics or anything. Ohwell, life would be boring if there wasn't a little drama. ☺

The June meeting will be at Burns Park, on Saturday, June 21st at 6 p.m. It is election time again! We will have a picnic and elections, so MARK your calendars. I will send out an e-mail in a few weeks with more details.

Happy Running!

Running Wild (Continued from Page 2)

each maintained by a single lady. The second one didn't get out of her car the last three times around, but kept her table well-stocked and waved as I passed.

Boston has only the marathon distance race. The Central States *Festival of Races* also includes a 50K and the self-proclaimed World Championship 11-Miler, presumably because it is the world's only 11-miler.

Boston has a wave start. Central States has a "European Start," which I think means you start whenever you want. Most of us started together, but two ladies came through the start/finish area shortly

after the start and yelled out to the race director that they had started early. Another guy showed up and started the race late. Each time, he accommodated the runners with a notation on his clipboard.

Boston has its famous Heartbreak Hill. Central States is relatively flat, but had winds of 28 mph. Boston runs past Fenway Park, where the Red Sox play during the race. Ames is the home of the Iowa State University Cyclones.

Prize money at Boston is more than \$100,000 for first place. Central

States has no prize money, but all finishers get their choice of a trophy or door prize. The door prizes are cabinet doors with the race logo taped on. The trophies are collected from other events, and I garnered the 1998 7th Grade Boys Panther Youth Basketball Tournament First Place which is twice as large as anything I had at home previously. I probably wouldn't trade it and my cowbell for that prize money. If you can't get to Boston, make plans now for Iowa for Mothers' Day 2009.

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.

June

- 1: Andy's Fun Run.
- 7: Healthy Living 5K at Bentonville. Call 843-795-9292
- 7: Boomtown Days 5K/10K at Joplin, MO. Call 417-825-2710.
- 7: Mt. Magazine 15K at Havana, AR. Call 479-890-6625.
- 7: Bethel Missionary Baptist VBS 5K/1M at Glenwood. Call 870-828-1495.
- 7: National Trails Day at Langley, AR. Call 501-342-1132.
- 7: Lions Roaring 5K at Springdale. Call 479-751-8733.
- 7: Chicken & Egg Festival 5K at Prescott. Call 870-887-2101.
- 7: ValleyFest 5K at Russellville. Call 501-354-0461.
- 8: Andy's Fun Run.
- 14: Poultry Fest 5K at Rogers. Call 479-427-2818.
- 14: Patriot Summer Fun Run 5K/10K at Granby, MO. Call 417-540-3792.
- 14: Race for the Cross 5K at Sheridan. Call 870-904-4707.
- 14: Ice Cream Social 5K at Berryville. Call 870-654-6565.
- 15: Andy's Fun Run.
- 21: Heat in the Street 2M at Arkadelphia. (GPS) Call 870-246-2566.
- 21: Cancer Challenge 5K/1M at Springdale. Call 479-273-3172.
- 21: Smackover Oil Run 5K. Call 870-725-2907.
- 21: Change A Life 5K at Heber Springs. Call 870-213-6880.
- 21: Noah's Ark 10K at Dumas. Call 870-818-2432.
- 21: Arkansas USATF Track Meet at UA-Fayetteville. Call 479-381-7412.
- 22: Andy's Fun Run.
- 28: Brickfest 5K at Malvern. (GPS) Call 501-332-6530.
- 28: Pig Out 5K at Morrilton. Call 501-652-0576.
- 28: Buffalo River Elk Fest 5K at Jasper, AR. Call 870-446-2682.
- 28: Police Red, White and Blue 5K at Mountain Home. Call 870-421-2986.
- 28: Ultimate 10K/5K at Memphis. Call 901-383-2771.
- 29: Andy's Fun Run.

July

- 3: Comcast Firecracker St. Jude 5K at Memphis, TN. Call 901-765-4409.
- 3: Fireworks 5K at Flippin. Call 870-453-8522.
- 4: Firecracker 5K at Little Rock. Call 501-231-3730.
- 4: Freedomfest 5K at Greenwood. Call 479-996-6357.
- 4: Firecracker Fun Run 5K at Rogers. Call 479-636-3338.
- 4: Firecracker 5K at El Dorado. Call 870-863-6113.
- 6: Andy's Fun Run.
- 12: Big Dam Bridge 5K at Little Rock. Call 870-246-6686.
- 12: River City 5K Run Walk at North Little Rock. Call 501-834-7044.
- 12: Run for Sophia 10K at Avilla. Call 501-317-0547.
- 12: ASPE Firecracker 5K at Springdale. Call 479-443-3404.
- 13: Andy's Fun Run.

Blues (Continued from Page)

corndog vendor only comes out for "The 'Fest" and the fair), people watching (cannot be beat), getting a tan (totally possible if I remember to wear my tank top/cut off jeans combo and NO

sunscreen), and being glad to come home at the end of it all (who isn't glad to be back home after a long weekend at Riverfest). So there you have it, a vacation for me after all! I hope you had a wonderful and safe holiday weekend.

So until next month sports fans ...

Birthdays

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

- 1 – Barbara Wall
 - 1 – Melanie O'Quin
 - 2 – Zsuzsanna Diamond
 - 4 – David Sunde
 - 4 – James Terbrack
 - 4 – Karl Kullander
 - 7 – Stephen Bond
 - 11 – David Qualls
 - 11 – Michael Smith
 - 11 – Mike Davis
 - 12 – Troy Wells
 - 16 – Jim Pearsall
 - 16 – Kristen Saffa
 - 16 – Pattie Davis
 - 18 – Neriman Gokden
 - 21 – Lani Black
 - 23 – Tom Singleton
 - 24 – Karen Call
 - 25 – Kathy Boone
 - 26 – Kevin Jones
 - 26 – Thomas Ziegler
 - 28 – Roy Hayward
 - 28 – Stacey Dovers
 - 28 – Yvonne Thompson
 - 29 – Brian Sieczkowski
 - 29 – Kelley Wilkins
- 19: ArkansasRunner 2M at Benton. Call 501-315-9252.
 - 20: Andy's Fun Run.
 - 26: Dam Night Run 5K at Lake DeGray. (GPS) Call 870-246-2566.

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.