

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2008

Conception Conundrum: "Why Am I So Tired?"

By Guinea Qualls
LRRRC President

Back in November I ran a marathon. I felt like I ran hard but I was trained for it. In the weeks to follow I ran a couple 10Ks and felt great. December rolled around and I was gearing up to train for the Oklahoma City Marathon. Every time I went for a run, I felt like I had a monkey on my back. I would think to myself, "Maybe I'm not over the marathon." By Christmas my daily runs turned into daily walks. I had asked my mom, "How long did it take you to recover from marathons?" She told me about month, so I figured that must be my problem. Well other things just didn't feel right and I got to thinking ... "I might be pregnant." It certainly wasn't anything I was "training" for; I had a marathon to run in April. So I took the test ... about five times ... and sure enough every one of them said I was pregnant! I finally had my answer as to why I was so tired; my body was busy making another human being.

As runners our running takes different turns, we get older, we get injured, and we girls get pregnant. At first I was a little upset my running was taking this new turn. Like I mentioned, I wasn't planning this. This was going to be my year to break the four-hour mark in a marathon and maybe beat my mom in a race ... you see I had it all planned! My disappointment was soon filled with joy; I'm going to have a baby! I get to be one of those women I see on the river trail pushing their babies in baby joggers. I also couldn't have Mary Wells outdoing me ... I'm still a competitive person at heart.

Once the overwhelming desire to sleep all the time passed, I started to run again. It took a while for me to get use to

running at a slower pace, but now I enjoy it. I'm running about 3-4 days a week anywhere from three miles to 10. I ran the One Hour Track Run in January and felt awesome. It was fun not to have to worry about my time. I wish my math skills were with me at the race. I was thinking 28 times around equaled seven miles! Seven miles would be a nice little number for a pregnant lady. Well, I got to 28 laps with 15 seconds to spare and I stopped. I thought I had my seven miles! WELL ... that wasn't the case. The track is only 400 meters. I needed a little more than 28 laps, so I ended up with 6.97 miles for the day ... URGH! Anyway ... I ran the Valentine's Day 5K a few weeks ago and I'm going to run the Little Rock Half Marathon on March 2nd. We all have goals and our goals change daily ... but at least for the next six or seven months my goal is to stay healthy, continue running,

and set all kinds of PPRs ... that is a Pregnant Personal Record for those of you who don't know.

Have you ever wondered what happens to all the left over Capital City Classic T-shirts? Well, wonder no more, the Club has donated some of them to a Crystal Hill Elementary P.E. teacher, the one and only Barbie Hildebrand. Barbie is giving them to her students for running a certain amount of time without walking. She told me they LOVE getting the shirts. Be looking for an article from Barbie about the incentive program in next month's newsletter.

The March Club meeting will be on the 20th at Whole Hog Café. We will have guest speakers talking about the various training groups the Club has to offer ... so don't miss this meeting, especially if you're new to the Club!

Club President Qualls Is Late Again!

By Paul Ward
LRRRC Procreation Reporter

Toward the end of the month, *Runaround* editor Linda House invariably waits on Guinea Qualls to send the president's column to Linda so Linda can complete the new issue. Sometimes Jacob is late sending his monthly column, sometimes "The Duck" was late sending the racing news article, and sometimes even I would send in a last minute article after the official deadline (the 22nd of the month). But Guinea is consistently late. And now she's "late" in another respect.

Following the example of president-elect Mary Wells, Guinea has enlisted husband David's help in creating new members. Guinea is expecting their first "new Club member" later this

summer. I'm sure she'll deliver *after* her due date, in keeping with her practice.

Congratulations Guinea and David! And welcome to the Club, Baby Qualls.

March Meeting

Thursday, March 20, 2008
Whole Hog Cafe

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

Speakers:
Club Training Groups



Running Wild

By Jacob Wells

One of my favorite cinematic moments was when the pompous Admiral Norrington pontificated to Captain Jack Sparrow that, “You are without doubt the worst pirate I have ever heard of!” Jack replied, “Aha, but you *have* heard of me.”

In some of my more grandiose moments of self-reflection, this seems to sum me up as a runner. A recent funny moment was at the finish line of the Valentine’s Day 5K, where Steve Hollowell finished eight seconds behind me and asked, “Why didn’t you peter out at the end as much as you normally do?” A reputation is one of those things that is easy to get and then stays with you forever.

If you know and love someone like me, then you know that it isn’t really our fault. In fact, the harder we try to act normal, the more attention we inadvertently bring upon ourselves. Sometimes the very people I annoy the most actually contribute to the problem, such as the “fools rush in” caption to a picture depicting me when I lost my mind and took the lead the first quarter mile at the Orange Crush.

Then there is running with Dave. I tell him it was the only running thing I have ever done with no intention of attracting attention to myself. That was a non-qualifying trip for me to Boston and four television appearances ago. Another example is that now that I am not writing and drawing on myself for races much anymore, I actually get more questions and comments about it than when I did. This gives me the chance to make some ridiculous response such as, “Well, I have grown up a little since then.”

One of the best ways to get better at something is to be really bad at it at first. We learn from our mistakes, some of us faster (no pun intended) than others, but hopefully all of us eventually. Thomas Edison didn’t fail at inventing the light bulb 2,000 times – he discovered 2,000 ways not to make the light bulb. Running and any other endeavor which you enjoy and work hard to better yourself for are just like that. Over time, you try enough different things that work out or that don’t that you hopefully improve. More importantly, you enjoy it more by capitalizing on the things that make it enjoyable and by minimizing the things that don’t (such as discovering that eating the orange slices between miles 16-18 at three straight marathons made me vomit between miles 22-24 at three straight marathons – orange juice is one notch above battery acid when going the wrong direction).

The second race I ever ran was the 2001 Turkey Trot 7K (where have you gone, Joe DiMaggio?) that was sponsored by my then-client, the local chapter of the American Red Cross. As I *led* the first hundred yards, I heard a spectator say, “Would you just look at that idiot! He’ll be out of gas before he gets up that first hill!” Appalled, I sprinted even harder. An hour later as I basked in the glory of my 53rd place finish among the males,

the Executive Director of the chapter introduced me to one of the new members of her Board of Directors. She asked, “How was the race?” Having not yet learned that every race is grand, and that every finish is even better, I mumbled something about starting out too fast and some lady making fun of me. Her reply? “Oh ... that was me.”

Exercise or anything else you want to start and hope to do well at is just like the start of a race. You don’t decide one day that you are going to run a marathon and memorize Philippians. First, you run one mile and pick one verse. Then the next day you do it again.

One of the most undeserved and inaccurate compliments I hear is when someone refers to my health and life as a runner as my having the discipline or the willpower to make me exercise. This exemplifies what is wrong with me and to a great extent with our entire country – some people just generally don’t do much of anything that doesn’t make them feel good right then. I’m just lucky that running does exactly that, and also happens to provide me health, therapy, friends, and an excuse to eat too much, all at once. Some say that the toughest step of a five-mile run is the one out the door. The definition of discipline is giving up what you want right now for what you want most. To find something that every so often gives you both at the same instant is truly nirvana.

Prologue: Special thanks to Paul Ward for his influence on me the past two years. His utter dominance of English vocabulary struck me from the first *Runaround* article I read and impacts every one that I write. I often throw out words that seem to sound good and then when I actually look them up, they fit more perfectly than I ever dreamed. Other times, they have nothing to do with anything. Two that I just learned from above: *Grandiose* (Psychiatry) – *having an exaggerated belief in one’s importance, sometimes reaching delusional proportions, and occurring as a common symptom of mental illnesses, as manic disorder.*

Nirvana - *a place or state characterized by freedom from or oblivion to pain, worry, and the external world.*

(See *Running* on Page 5)

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Sunday Sightings Cycling In The City: Sassy's Secrets

By Paul Ward
 LRRC Rotund Roving
 Running/Riding Reporter

February 9 brought the last long run before the Little Rock Marathon. The Little Rock Marathon Training Group was running a 20-miler from the State Capitol that morning. I ran from home to the Capitol, and thanks to Training Group Coach Tom Singleton sending me the route early, I ran part of the planned route with the group. The route followed the new marathon course to a great extent. Near the Arts Center I saw Susan Russell. She mentioned that she'll be in California during the marathon, but would be thinking about us while she was there. I said I'd be thinking about her sitting by the water while I was running the race to take my mind off my feet. After passing the Villa Marre in downtown Little Rock, I saw Jordan Ziegler running and we ran together for a few blocks. She reported that Bill Harrell and some others had started together, but that Bill went running after Tammy Walther, who was running with her dog. That's "The Duck" for you!

I did the first eight miles of the course, then headed back to the Capitol and back towards home. My total distance was about 22 miles. As I headed up Kavanaugh, speedy Ethan Neyman zoomed past me, almost before I could say "Hello." He did the loop around Mt. St. Mary Academy, Hillcrest and Beechwood Streets, and back to Kavanaugh before I went half that distance. I waved to him as I headed up Kavanaugh and he was heading down Beechwood. Incidentally, Stephanie Neyman has provided interesting weekly nutrition tips in Tom and Hobbit Singleton's e-mails to the training group.

I made it home after several hours, glad that the final long run was over. That night I saw Allison Martin and Karen Irico, who plan to do the half marathon. Allison left her current husband John at home. He was sick in a chair, wrapped in a blanket, and curled in a fetal position. I hope he recovers soon.

The next day, many of the regulars at the Sunday Heights run were running the half marathon course downtown. I didn't want to run again, so I instead rode my bike down Overlook and joined the regular 1 p.m. river trail ride the Arkansas Bicycle Club sponsors. Club president Jim Britt (who many of you may have met at the clubs' joint Christmas party) and our own Coreen Frasier lead this ride. Coreen is one of our "hybrids" – a member of both the running and biking clubs.

The Sunday ride starts near the parking lot at the end of the trail near River Mountain Road and east of I-430. They ride to downtown Little Rock, over the river to the North Little Rock river trail, and then west to Cook's Landing. After a break, they reverse course. Some hard core bikers ride up to Fort Roots. Some stop by Community Bakery on South Main for sustenance on the way back.

On the Little Rock side along Rebsamen Road I was behind Jim and unable to keep up. Fortunately, I saw a familiar sight: a young shirtless male running with his ball cap on backward. I rode over to the trail and talked with Jacob Wells for a half mile or so. He had run the Valentine's Day 5K the day before and was doing his last long run before the Little Rock Marathon. Charles Gattin of the Saline County Striders was heading west and came our way, but he was only a few miles short of finishing his run, so Jacob kept going.

I rode over the Broadway Bridge and a car blared its horn when it was right behind me. I was sorry I left my side arm at home. I have more problems from harassing cars when I'm cycling than

when I'm running. I was glad to get off the road and on the trail. I can't wait for the Junction Bridge to open so we can avoid the Broadway or Main Street Bridges all together. The last word is that the bridge should open by May.

I think Allison Martin cycled by me heading the opposite direction. She rides so fast and wears sunglasses, so I couldn't be sure. Near the Burns Park soccer fields I saw Lou Peyton riding her bike the opposite direction, and we exchanged hellos. At Cook's Landing, Coreen reported that she (Coreen) ran the 5K the day before, plus her usual Sunday morning run that day. After the break, the regulars started back along the trail. I took the Big Dam Bridge short cut over the river.

The weather was mild that day and the trails and bridge were crowded. I had to weave around several walkers with and without dogs. As I reached the top of the bridge and headed to the section above the lock, I saw Charles Gattin and "Sassy Angela" Gaines running toward me. Just as I prepared to say hello, Angela lifted her shirt to flash me. All I could do was smile and give a thumbs up sign. There was some talk last year about Angela providing "inspiration" to some of our members during the last stretch of a race. The precise form the inspiration took was never explicitly stated. Now I have an idea. Unfortunately, I'll need the inspiration during the marathon itself, and Angela is running it too. Maybe she'll stick around after she finishes and provide the Sassy inspiration to me as I reach the finish.

Good luck to all of you running or walking the marathon.

Two Grand Prix Series Races In March

After the LR Half Marathon on March 2 there will be two Grand Prix races during March. The **Chase Race and Paws 2M** will begin at 8 a.m. on March 8 at the Petsmart Store, 650 Elsinger Blvd., Conway. This GPS race is the two-mile state championship race.

The **Spring Fling 5K** in Cabot will be March 29 beginning at 8 a.m. on Bellamy Street behind the Cabot High School stadium. Parking and registration will be at the stadium. The pre-race registration fee for both races is \$15; day of race is \$20.

St. WHAT's Day Is Celebrated In February?!

By Jordan Ziegler
LRRC Racing News Valentart

Valentart. That's right I said Valentart. When I was a kid, which some might argue wasn't all that long ago, I thought it was called "Valentart's Day." This is wrong, it's ValenTINE not tart. Don't ask me why, but my parents thought this was so funny that they never bothered to correct me and just left me to go around wishing everyone a "Happy Valentart's Day" year after year. (Incidentally, these are the same people who let me go around telling everyone the story of how a lady named Mary Joseph gave birth to baby Jesus.) Well, it took me a while but I finally picked up on the proper pronunciation and I have moved on. (Incidentally, my parents have not. This year included, I was wished "Happy Valentart's Day" by both of them.) Well, no matter how you pronounce it, I hope you all celebrated February, if not with Cupid, then at least one of the many other holidays this month.

Beginning the 2008 season of Lent, I must offer a mea culpa to Steve Straessle, who was left out of the January column. Steve ran the MLK 5K on January 19 finishing in 29:03. When questioned about his slower-than-average time by Race Results Roving Reporter, Paul Ward, Steve was quoted as saying, "I'm recovering from an injury and trying to get ready for the Little Rock half marathon" and "I ran four miles before the race to get in a longer run" as well as "I had several beers the night before," before finally admitting "My family wasn't there so I felt like I really didn't have anyone to truly compete against." Thanks for that bit of reporting, Paul and many thanks, also, to Principal Straessle for not sending me to detention for this regretful omission.

We begin our February race results at the tail end of the Carnival season on January 27. The One Hour Track run in Russellville began the 2008 Grand Prix season with a bang. The men's side looked like this: David Williams 9.65, Darren Gilpin 9.36, Brian Wagner 9.15, Steve Yanoviak 9.06, Jim

Barton 8.97, Steve Hollowell 8.60, Dave Wilkinson 7.91, Jacob Wells 7.91, Roy Hayward 7.48, Dan Belanger 7.13, and Carl Northcutt 4.55. The ladies finished as follows: Leah Thorvilson 9.62, Jenny Brod 8.31, Andrea Murphy 8.27, Liz Reynolds 7.21, Angela Gaines 7.07, Ginea Qualls 6.97, Coreen Frasier 5.36 and Linda House 3.96.

The following weekend up on White Rock Mountain, which is apparently near Cass, two Club members celebrated Groundhog Day by running the White Rock 50K on February 2nd. While a beautiful day to be out and about, particularly for runners, it did not prove to be a great day for those capable of weather prediction via the time tested "Shadow v. No Shadow" method. As usual, that rascally vermin saw his shadow, so it was back to hibernating for six more weeks. Even with this dismal news, Nick Alsbrook finished in 6:56 and Lou Peyton ran it in 8:23.

The second Grand Prix race of the year was held on February 9, again in Russellville. The Valentine's 5K actually fell closer to Ash Wednesday this year than it did to Valentine's Day so perhaps it should be renamed for this year: Lent 5K. OK ... or not. The race was held in the Bona Dea Wildlife Sanctuary on the second consecutive beautiful Saturday this month. With weather so nice, it's no wonder so many ran so well! Finishing first overall, Glen Mays ran it in 15:30, while Brian Sieczkowski came in second overall with a time of 16:31. As for the rest of the men, Brian Wagner ran an 18:39, Steve Yanoviak 18:59, Jacob Wells finished in 19:31, Darren Gilpin 18:16, Steve Hollowell 19:36, David Bourne crossed the line in 21:14, David Williams 18:33, Robert Holmes 22:09, Dan Belanger 23:32 and Roy Hayward ran it in 23:55. Over on the women's side, Leah Thorvilson finished 3rd overall with a 17:36, Maddi Wells ran a 28:09, Jenny Brod PR-ed with a 20:46, Liz Reynolds 22:03, Jennifer Files 33:57, Ginea Qualls 25:09, Jaynie Cannon 41:06 and Linda House finished in 42:38.

Also held on the 9th day of February, was the Freakin' Eureka 15K

Trail Run, in Eureka Springs. (Two years ago, I gave up swearing for Lent therefore, I have no alternate title for this race. I would love to say that I have kept this sacrifice up, but that would be a lie.) Any who, our very own Brian Bariola ran this race and won (!) with a finishing time of 1:09.

February 16, North Little Rock hosted a blowout bash for President's Day. The River Trail 15K, was the third Grand Prix race of the season. This race was accompanied by gale force winds in 2007, blowing tree limbs, volunteers, runners and water station cups to and fro. This year saw less wind, which was a plus, but rain was added which was a minus. Even so, it turned out to be a spectacular day for Arkansas running. For the men: Glen Mays won with a time of 49:22. Brian Sieczkowski came in second finishing in 53:11. Darren Gilpin 58:42, David Williams 59:07, Steve Yanoviak 1:01, Lee Epperson 1:03, Jim Barton 1:04, Larry Graham and Bill Torrey finished together in 1:05, Steve Hollowell 1:06, close behind was "The Original" Dynamic Duo: Jacob Wells and Dave Wilkinson who both finished in 1:07, David Bourne 1:10, Robert Holmes 1:11, Roy Hayward 1:14, Brian Cornett 1:16, Dan Belanger 1:16, Nick Alsbrook 1:19, and Bill "The Duck" Harrell crossed the line in 1:23. As for the ladies, an amazing event took place. Leah Thorvilson not only won the women's division in 56:48 (and came in third overall), she also set a "new female record for fastest 15K ever run by an Arkansan on Arkansas soil" (www.arkrrca.com, homepage). Way to go Leah, we are very proud of you! Sarah Olney finished in 1:07, Andrea Murphy 1:09, Tina Coutu 1:10, Angela Gaines 1:20, Maddi Wells 1:28, Linda Fason 1:30, Coreen Frasier 1:49, Jaynie Cannon 2:12, Linda House 2:22, and Shirley Pence finished in 2:36.

Taking place on the same day, although in a much more rugged and wooly setting, was the Sylamore 25K in Allison, Arkansas. I saw a few pictures

It's Good To Be King (Views From The Throne)

By Jacob Wells

As I crested the hill, there it stood off in the distance, beckoning me to come hither and end my long-suffering. Or was it only a mirage? I had heard of such things existing in the desert, normally reserved for those crawling on their hands and knees towards cool pools of water and shady groves of palm trees. As I approached, the undeniable stank assured me that this was indeed an answered prayer. Runners are unique people. During no other normal human activity could something that would otherwise be so repulsive, offer up such hope when seconds earlier, there was none.

The condition that preceded my dramatic introduction goes by many names, among them gastrointestinal distress, the "runner's trots," and my

personal favorite "squeezed cheeks syndrome." George Carlin has his *Seven Words You Can't Say on TV*. Fortunately for you readers, there is no such prohibition when it comes to runners and discussions of their ailments.

I have heard that one of the ways to increase success at the horse races is to bet on the one that does his business right before the race. I think we are much the same. If you want to see human stress in its purest form, visit any restroom just prior to the starting gun. After one particularly successful pre-marathon ritual, I announced to the entire locker room that I was exiting "the lucky stall!"

This stress is compounded by multiple variables, among them the unpredictability of the human body, the pinpoint timing and planning required, the ability to perform quickly and under pressure, and the ratio and distance of

facilities to and per runner. No amount of training can make up for a miscalculation in any of these areas. Sometimes another runner can even be one's undoing. Recently, I was told post-race that the reason I held off a competitor was that my jabbering to him in the restroom prior to the race had caused a form of stage-fright.

Now back to the story at hand ... as I basked in the ambience of my concrete haven, the accuracy of my Garmin Forerunner 205 came into question, as it registered a per mile pace of 23-26 minutes, with an odd "finish-line kick" at one point of sub 19. Perhaps the "rumbly in my tumbly," as Winnie the Pooh (pun intended) would say, had interfered with the satellite reception. Fortunately, just as is always the case with Pooh, this story also had a happy ending.

Running (Continued from Page 2)

Other random thoughts this month: My 12-year old daughter looked up at me during a recent training run and asked, "When I was born, did you ever dream that I would be running with you someday?" After some thought, I realized she was four when I started running and I had to admit that I had not. But it has been amazing to involve my children in my favorite and perhaps only hobby. It's not just about running and racing for fun

either. I believe that the people who use the time commitment of raising children as an excuse not to exercise just don't want to exercise. I have logged enough miles behind the stroller to earn the right to say that. I saw Glen Mays run the Valentine's Day 5K four times, I think, last week – twice by himself and twice behind the stroller. His training partner Michael Wardian of Arlington, Virginia, actually holds the world record marathon time while pushing the stroller.

When I mentioned Russellville last month as one of my favorite running

towns, I wasn't even thinking about the cosmic gravitational pull it seems to have on me. My three best non-downhill (i.e. excluding the Firecracker and Dam Night Run that *some* people don't let you count) 5Ks to date are all at Russellville, and on three separate courses. Lightning struck again at the VD with the 4th best. My advice if you want to PR: head about an hour west. Now if Batesville, Arkadelphia, and Cabot will step up to the plate, I have a good Grand Prix season to which I can look forward.

St. What's (Continued from Page 4)

online and it looked like the folks running had to go through not only wooded areas and icy caves but also through some sort of water hazard area called a "creek." (I am not what you would call a "Nature Girl.") When I asked my good friend Harold Hays about these "creek" areas, he said you had a choice once you reached them to either (a) run through or (b) fall face first into them and then have to run wet and cold for the rest of the day. Harold chose option (b). He ran the race

in 3:08, finishing 19th overall while Tom Singleton, taking a break from training the training group, finished in 3:45.

The inaugural Run the Line Half Marathon was held in Texarkana on February 17. This course featured portions that ran through both Texas and Arkansas, with runners running through a giant hog head when coming back into Razorback country. No word on whether or not this was borrowed from Houston Nutt's backyard – he still likes to dream y'all. Jacob Wells made the drive to the line and finished 6th overall with a time of

1:30, and Bill Crow went over and back again in 1:50.

And now we all prepare for the biggest holiday gala yet, well the biggest in four years at least, Leap Day! I hope you all have fantastic plans laid out honoring this extra special bonus day. Why, I remember Leap Day 2000 like it was yesterday. What a wild party that was, but that was back when I was still young and stupid, which some might argue has not changed. No matter your activity, use your 29th day wisely as we won't see it again until 2012!!! And until next month sports fans...

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.

March

- 1: St. Bernard's Healthy Heart 2M at Jonesboro. Call 870-972-4564.
- 1: Inaugural Berry Half Marathon/5K at Rome, GA. Call 706-346-6223.
- 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.
- 8: ASU 5K for Relay at Jonesboro. Call 870-972-3974.
- 8: Feed Your Feet 5K/1M at North Little Rock. Call 501-366-1025.
- 8: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 9: Andy's Fun Run
- 14-16: Three Days of Syllamo at Mountain View. Call 501-454-4391.
- 15: Walk for Thought 5K/1M at Little Rock. Call 501-416-4742.
- 15: KPEM/CASATA Green Mile 5K at Conway. Call 501-450-5706.
- 15: Jones Center 5K/1M at Springdale. Call 479-756-8090, ext. 109.
- 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.
- 29: Paws and Claws 5M/2M at Huntsville. Call 479-738-1355.
- 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.
- 5: Run for the Cross 5K at Springdale. Call 479-443-3258.
- 5: HMG SBMC Family Fit 5K at Jonesboro. Call 870-972-4564.
- 5: UCA Power of Purple at Conway. Call 501-450-3137.
- 5: Relay for Life 5K at Searcy. Call 501-278-9226.
- 6: Hogeys Marathon, Half Marathon (GPS), Relays and 5K at Fayetteville. Call 479-575-7356.
- 6: St. Louis Marathon & Half at St. Louis, MO. Call 314-727-0800.
- 6: Andy's Fun Run
- 6: Chenal 5K/2K at Little Rock. Call 501-821-7539.
- 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.
- 12: St. Joseph 5K at Fayetteville. Call 479-871-6553.
- 12: 1040 Tax Fun Run 5K at Batesville. Call 870-793-2464.
- 12: FEAT Autism Awareness 5K at Fort Smith. Call 479-221-2895.
- 12: "Go" for Autism Research 5K at Monticello. Call 870-367-4043.
- 12: Walk/Run for Children 5K at Springdale. Call 479-751-8733.
- 12: Bellview 5K/1M at Rogers. Call 479-246-0829.
- 12: Hogskin Country Festival 5K at Hampton. Call 870-798-2207.
- 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: K8-8K at Jonesboro. Call 870-336-1805.
- 19: ASU Beebe 5K. Call 501-882-8255.
- 19: Heart of the Lake 5K at Greers Ferry. Call 501-825-8800.
- 19: Woods PTA Patriot 5K at Fort Smith. Call 479-629-6894.

Birthdays

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

- 1 – Karen Irico
 - 1 – Lynette Watts
 - 3 – Brian Polansky
 - 5 – Steve Yanoviak
 - 6 – K. A. Parry
 - 6 – Lee Epperson
 - 9 – Gina Pharis
 - 9 – Jim Barton
 - 9 – Leon Matthews
 - 14 – Andrea Murphy
 - 14 – Lou Wintroath
 - 20 – Lee Wyant
 - 22 – Susan Bariola
 - 23 – Charles Martin
 - 23 – Susan Russell
 - 31 – Brian Cornett
-
- 19: All Out for Autism 5K at Little Rock. Call 501-626-9048.
 - 19: 4-H Trail 5K at Little Rock. Call 501-821-4444.
 - 19: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.
 - 20: Andy's Fun Run.
 - 20: Therapy Works Half Marathon/5K at Lawrence, KS. Call 785-842-4351.
 - 26: Trailblazer 5K/1M at Fayetteville. Call 479-571-3506.
 - 26: Take the Lake 5K at Heber Springs. Call 501-250-5772.
 - 26: CONE Foundation 5K at Arkadelphia. Call 870-246-7373.
 - 26: Safety Matters Youth Run at Fayetteville. Call 479-966-0471.
 - 27: Andy's Fun Run

Retreads

First Wednesday of the month
 Franke's Cafeteria
 1121 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.