

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

November 2008

Time And Runners Wait For No One

By Mary Wells
LRRC President

Runners do not wait for one another. Scheduled group runs are exactly what the name says, especially the 'scheduled' part. You can show up early for a scheduled run and you will leave with the group. You can show up late for a scheduled run and you will be running your very own scheduled individual run. For example, if you go to the 6 a.m. Saturday River Market run the group leaves at exactly 6 a.m. and not a minute sooner or a minute later.

One of these Saturday mornings I knew that Sarah Olney would be coming to the run. She called as I was driving down Cantrell to say that she would be there, too. It was time to go, Sarah was not there yet, the group started out, and I waited for her. She arrived a couple of minutes later and we started running together. We eventually caught up to some of the others and at this point she left me (which was totally expected!) Someone (Harold Hays, I think) said to me, "Don't you know that you don't wait for anyone – especially if they are faster than you." Ouch! Double ouch! I was called out for waiting and then had my lack of Sarah-speed clearly lain before me. My lesson in scheduled group runs was well taken, and the lesson was to be there or be left.

It is time to review the first ever physical activity guidelines, although I hardly lose sleep over any of us getting the recommended amount. I only mention it so that you can recognize how much physical activity time you are getting over and above the recommendations. If you cannot have positive feelings about the economy, at

least you can have positive feelings about your amount of physical activity. The U. S. Department of Health and Human Services says:

- Adults should do two hours and 30 minutes a week of moderate-intensity, or one hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Aerobic activity should be performed in episodes of at least 20 minutes, preferably spread throughout the week.
- Additional health benefits are provided by increasing to five hours (300 minutes) a week of moderate-intensity aerobic physical activity, or two hours and 30 minutes a week of vigorous-intensity physical activity, or an equivalent combination of both.
- Adults should also do muscle-strengthening activities that involve all major muscle groups performed on two or more days per week.

If you are curious to know the recommendations for the 6-17 year old category, visit www.hhs.gov.

Martin Maner, Director of Watershed Management for Central Arkansas Water, gave these water-based facts to ponder during our October meeting.

- Lake Maumelle and Lake Winona are the two water sources for CAW customers.

Most of the pipeline that delivers this water is underground.

- CAW is the largest public drinking water system in Arkansas.
- You can refill an 8 oz. glass of water approximately 15,000 times for the same price as a six-pack of soda pop.
- Two-thirds of the human body is water. Seventy percent of your skin is water and 83% of your blood is water. A tree is $\frac{3}{4}$ water.
- You can live a month without food (yeah, I have not tried it either) but only 5-7 days without water.

The LRRC men's team claimed their first place finish in the 2008 Grand Prix season before the season is complete, and the last two GP races are this month. The Mid-South Marathon is November 1 and the Spa 10K is November 22.

The annual RRCA Award Ceremony will also be held November 22nd, and our Club has at least one

(See Time on Page 4)

November Meeting

Thursday, November 20, 2008

Whole Hog Cafe

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

Speaker:
Patrick Mathieu
Plant Manager
Skippy Foods

Fall And Football Are In The Air

By Jordan Ziegler
LRRRC Racing News Editor

Recently, since I am not running, I have been indulging in some of my other hobbies. Or perhaps I should say hobby: college football. I have come to look forward to it each fall, special thanks to Thomas and a little gem of a book called *Football for Dummies*. For the last few years, my Saturdays were shaped in a glorious routine: activity mixed with total relaxation and a little entertainment peppered in. I would wake up, go for a long run or race, then come home and watch college football for the rest of the day in pajamas while napping occasionally. Perfect. Now my Saturdays are still quite similar, minus the run part of course. Today, I spend all day, each Saturday, watching football and, since I have not really done anything to tucker myself out, there is no need for the multiple naps. I now have even more appreciation for the game, the rules, the players, the coaches and even the TV broadcasting stations.

Some of my favorite teams to cheer for are Arkansas State, not only my alma mater but also because they have the best helmets in the state; South Carolina, because I love grumpy, smirky guys in visors; LSU, because I am a sucker for cross-complementary color combinations; and Arkansas, because Boss Hog and Big Red are hilarious. Some teams that I like to see lose are Notre Dame, because apparently they are too good to be in a conference but good enough to have EVERY SINGLE GAME televised on NBC; Auburn, because you should only have one mascot (having a tiger and an eagle, named Tiger, is still two); Tennessee, because I think that nobody looks good in orange; and Penn State, mostly out of pity since they have the worst outfits in college football (like somebody said, "OK anybody with white pants and a navy top who wants to play meet over at the stadium and pick up your crappy white helmet on the way in."). I think that Georgia has one of the greatest live mascots, (Uga, his little red jersey and that five pound bag of ice are fabulous) while the Clemson band does the worst cover of "Catch That Tiger" ever.

I love it when a particular game has a title like the "Governor's Cup," "World's Largest Outdoor Cocktail Party," "Oldest Rivalry in the South," the Battle for The Boot, Tiger Rag and The Brass Spittoon, as well as anything with the word Bowl attached as in Iron, Egg, and Palmetto. My favorite call is intentional grounding and my dream job would be to hold one of the down marker sticks on the sidelines. YIKES, I have really gotten in deep. I will be glad to get back to running, but until then, I will just have to talk about other people doing it. And this month, it seems like a whole lot of people are out there doing it. All over the country. Running, I mean.

First up, the **Adirondack Half Marathon** in Schroon Lake, NY, on September 21. Little Rock Marathon coaches-in-charge, Tom and Hobbit Singleton both participated in this race, with Tom finishing in 2:16:46 and Hobbit in 4:00:08.

Also on September 21, was the **Boulder Marathon**, held in Boulder, CO. Jacob Wells, who is doing his own "Marathons Across America," made a stop here to do this race and finished in 3:37:34. This was his third best time in this distance race for the month. That's right, I said month and he's tired y'all.

Back in Central Arkansas, the **Greystone Challenge 5K** was held on September 27 in Cabot. Our own Darren Gilpin ran this race and finished fourth overall with a time of 19:57.

The **Arkansas 20K and Marathon** was held on September 27 in Benton. Several Club members participated in both races. Kevin Golden finished first in the 20K with a time of 1:19:20, non-club-member-but-he-should-be Charles Gattin finished in 1:32:02, and Carl Northcutt in 2:47:47. For the ladies, Jenny Brod finished first in 1:34:07, Angela Gaines in 1:56:34, and Rhonda Ferguson in 2:07:12. Over at the Marathon, two Club members began what, by months end, would be a very long haul. Jacob Wells (again, and there's more to come) ran the marathon and finished in 3:33:22, while Tammy Walther (to be mentioned again as well) finished in 3:55:55.

Also in Benton, on the following Saturday, October 4, was the **You Can Make A Difference 5K**. Brian Polansky was second overall finishing in 23:02.

Also on October 4, was the **Crazy Horse Marathon** in South Dakota. Now, who could have participated in this? If you said Jacob Wells, you win a prize. In his third stop on the Marathons tour, he finished this one in 3:39:24.

On the ultra running front, we have two races, two distances and two runners from the Club who participated. First up, right here in the Natural State on October 4-5, Tammy Walther ran the **Arkansas Traveler** finishing in 29:15:39.

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Hiking 14ers In Colorado Is Out Of The Comfort Zone

By Karen Call

I have often used the term “comfort zone” to describe to other runners how to get faster or how to run a marathon. You simply have to get out of your comfort zone to improve. I like to say that “I have been there” when talking to folks about any sort of training and this recent trip to Colorado I definitely got out of my comfort zone.

I joined Dave Bourne (aka Bandana Boy) and his wife Paula Anderson and their 21-year-old son Ian on a trip to the Sangre de Cristo Mountain range in Southern Colorado. Dave has a life goal of hiking all of the 14ers in Colorado. They were gracious enough to invite me on their family trip. Dave and I trained on the closest mountain that we have – Pinnacle. We worked up to four repeats of Pinnacle in combinations of the east and west sides, on and off the trail, and the base trail.

August 16 - we flew into Denver, rented a jeep and drove to Walsenberg.

August 17 - we hiked the Sand Dunes in Sand Dune National Park.

August 18 - we headed out early for Mount Lindsey 14,042 feet. We saw buffalo, mule deer, and elk on our drive to the trailhead and we also saw marmots and pika on the trail. I got way out of my comfort zone getting to the saddle of the mountain at about 13,800 feet where I could see down on both sides of the mountain (it was a little scary up there) and decided to go back down. I described the climb down as a five-point descent – two hands, two feet and one posterior. Dave and his son continued to summit.

August 19 - Dave’s wife, Paula, dropped Dave, Ian and me with packs on Lake Como Road, know to be the toughest road in Colorado. It was five miles to Lake Como gaining 4,000 feet. It took us four hours and we made it to 12,000 feet where we set up camp, fought off killer mosquitoes, and ate a gourmet meal of Sonic cheeseburgers picked up that morning at the drive-thru. We woke up to freezing temperatures in the morning and headed for Blanca Peak at 14,345 feet. I again got just past my

comfort zone to the saddle of the mountain and decided to descend. Dave and Ian once again continued on to the summit. I swear I heard someone in the distance mumble “chicken” under their breath but it could have been the altitude messing with my mind.

August 22 - this was our final peak and would be the easiest – Culebra Peak. I was determined to make it to the peak this time. After all, Dave and Ian had lost all respect for me and I had to prove to them that I was going to crawl to the top if I had to – okay, sometimes I did. To Dave and Ian it was just a walk in the wilderness. Paula and I indeed summited a 14er and who did we meet up there but the online coach for the Arkansas Pike’s Peak Marathon Team, Robert Campbell.

He had a tray of shrimp sushi for his snack as we munched on our Clif bars. On our way down from Culebra I heard a hiker ahead of us yell “there’s a bear.” Sure enough about 300 yards ahead of us there was a young bear digging in the rocks, looking for food no doubt. I guess “hiker” was not on his menu for that day since he pretty much ignored us.

I’m not sure what I am trained for now after a rigorous week of climbing in the altitude but we’ll see how it all translates in a couple of weeks when Dave, April Wurtz and I go to Rochester to run a half marathon and see our friend Kirsten Davis. I may be out of my comfort zone yet again since I didn’t get much running in while I was in Colorado.

Come Shake Your GIBLETS With Us!

By Paul Ward
LRRRC Turkey
(All gobble, no hobble)

Continuing our annual Thanksgiving Day tradition, the Little Rock Roadrunners Club will have its morning fun run again this year. The location is the same: the parking lot in front of the Full Moon on Kavanaugh Blvd, between Evergreen and L Streets. We will start at 7 a.m. Runners and walkers of all paces are welcome.

Join us and you’ll have an excuse to eat all you want later in the day. I’ll have a written course description (same as the last two years) so you won’t get lost. Or if you’re David Bourne, forego the course description and run your own course! Bring your own water; the drinking fountain is usually turned off.

See you there!

For Your Healthy Sole

The Arkansas Department of Health has announced one-day flu clinics planned for Central Arkansas. Anyone seeking a flu shot is asked to bring Medicaid, Medicare or insurance cards with them so clinic workers can file insurance claims whenever possible.

There will be no charge to those who do not have coverage or are unable to pay. All of these clinics are drive through, and you can just hang your arm out of the window! Visit http://www.healthyarkansas.com/flupdf/central_flu_clinics.pdf for locations and dates.

Football (Continued fromn Page 2)

While over at the **Heartland 50 Mile Race** in Cassoday, KS, held on October 11, Bob Marston finished in 11:45:25.

October 12, was the **Chicago Marathon** and although the weather was warm, it was not nearly as hot as last year. Several Club members traveled to the windy city to run this race, and I must say they all did a fabulous job. Leah Thorvilson finished in 2:44:28 and placed 16th for the women’s side. Yes, 16th out of 13,668. Take a moment and think about that one. WOW. Andrea Murphy (or Sieczkowski or Murphy-Sieczkowski or Murkowski or Riches Zip Musky Wok) PR-ed with a 3:22:51, and Gina Pharis, one of the Little Rock Marathon CIC’s finished in 6:27:47. Over in the men’s race, Brian Sieczkowski (or Murphy or Murphy-Sieczkowski or Murkowski or Hospice Wiz Murk Sky) finished in 3:18:28 while Steven Preston finished in 4:29:10.

A venue and date change was in order for **Rollin’ on the River 5K** this year. On October 18, over in North Little Rock (think Clear Mountain 5K course) the race was run, or walked, or strolled on a very fall feeling morning. At the very cosmopolitan hour of 8:30 a.m. runners and walkers and volunteers (the type that assist with a task not those goofballs in orange with coonskin caps) came out to support Easter Seals. Brian Bariola finished fourth overall with a time of 17:12, while Barbie Hildabrand and Jenny Brod finished third and fourth for the women in 20:41 and 21:08 respectively.

On the same date but a much earlier hour, the 20th Grand Prix race of the season was held in Fayetteville. The

Chile Pepper 10K XC Festival celebrated its 20th year. Glen Mays was third overall with a super fast time of 33:25, followed in by the “Steves” Preston (in 38:08) and Yanoviak (in 39:29), David Williams in 41:35, Jim Barton in 41:51, Bill Torrey in 42:09, David Bourne in 47:58, and Dan Belanger in 54:03. Three lovely ladies from the Club made the trek to God’s country, Tina Coutu finished in 45:45, Angela Gaines in 55:11 and Rosemary Rogers in 1:00:07.

For our final race, I give you the **Wichita Marathon**, held on October 19 in Wichita, KS. Jacob Wells ran this and finished in 3:35:24. I like to think that MarathonBoy has a really big map of the United States at his house and then after

each race he comes home and puts a little push pin in the map to denote his accomplishment there. If such a visual aid does not exist, work on it! But after some rest and comfort food.

Well, that does it for the results this month. I hope that each of you have been indulging in your hobbies and enjoying the crisp fall weather. I am looking forward to participating in another fall-like activity this weekend, watching the foliage change while driving up The Hill. Oh, who are we kidding? We are going to the Arkansas v Ole Miss game and I can’t wait to see Big Red drag Colonel Rebel around the field, even if that only happens on the side lines. So until next month sports fans ...

New Member Added To Club Roster

By June Barron Membership Chairman

Emilee Nilsson is our newest Club member. She is married to Travis, who is also a runner. They have one child, Charlie, who is eight months old. Emilee is a microbiologist at Arkansas Children’s Hospital. She has been running since high school. Emilee decided to start racing three years ago with her first race a marathon and has

been training for the next race ever since. She is training for a marathon now so she is running 35 miles/week at a 7:30- 8:30 pace. She loves the half marathon and 10K race distances. Her PRs are 22:50 – 5K and 50:00 – 10K. Her favorite running route is Salem Lake in Winston-Salem, North Carolina. Her interests other than running are family, fashion, dance, music, design, fitness and cooking. Welcome, Emilee.

Time (Continued from Page 1)

member nominated in almost every category. It ‘tis the voting season, and you can place your vote at www.arkrrca.com. Voting is open to all Club members, regardless of whether or not you ran in the GP Series.

Water, beer, and peanut butter are quite possibly the fundamentals of a

runner’s diet. Patrick Mathieu, plant manager of Skippy Peanut Butter, will be our guest speaker at the November meeting. There is a rumor going around about free peanut butter so come and see if the rumor will become true. As always, I will make conscious efforts to be on time, run, hydrate, vote, and eat lots of peanut butter.

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

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.

November

- 8: Milestones/Work Force 5K at Conway. Call 501-329-8102.
- 8: Healthy Living 5K at Bentonville. Call 843-795-9292.
- 8: World's Highest Hill 5M at Poteau, OK. Call 918-647-2303.
- 8: Trey's 5K at Muldrow, OK. Call 918-427-7736.
- 8: JB Hunt Elementary Ididarun 5K at Springdale, AR. Call 479-530-5358.
- 8: Slaughter Pen Trail 9M/3M at Bentonville. Call 479-879-5232.
- 9: Andy's Fun Run.
- 15: Marathon for Kenya at Mountain Home. Call 870-492-6625.
- 15: The Great Gobbler 5K at Little Rock. Call 501-766-0098.
- 15: Human Race 5K at Bentonville. Call 479-544-6377.
- 15: Free to Play 5K at Springdale. Call 479-422-1402.
- 15: Thomas Jefferson Turkey Trot 5K at Joplin, MO. Call 417-781-5124.
- 15: Hope for Hannah 5K at Waldron, AR. Call 479-637-9231.
- 16: Andy's Fun Run.
- 22: Spa 10K at Hot Springs. (GPS) Call Brian Reilly, 501-623-4969.
- 22: Chicks-n-Chili 5K at Bentonville. Call 479-366-0013.
- 22: Turkey Trot 5K at Siloam Springs. Call 479-422-1402.
- 22: Dennis Moore's Trail 9M/3M at Farmington, AR. Call 479-879-5232.
- 22: ATU Band 5K at Russellville. Call 501-249-8633.
- 22: Mercy Turkey Run 5K/10K at Fort Smith. Call 479-314-7400.
- 22: Champs/Key Club 5K at Beebe. Call 501-882-3311.
- 22: Winterfest 5K at Anderson, MO. Call 417-845-8200.
- 23: Andy's Fun Run.
- 27: Springdale PD Turkey Trot 5K at Springdale, AR. Call 479-750-8526.
- 29: Great 10K Duck Race at Stuttgart. Call 870-672-4855.
- 29: Kaiser Coastal ½ Marathon/5K at Orange Beach, AL. Call 251-974-4611.
- 30: Andy's Fun Run.

December

- 2: Dashing Through the Light 5K at Conway. Call 706-248-2597.
- 6: St. Jude Memphis Marathon. Call 800-565-5112.
- 6: Jingle Bell 5K at Little Rock. Call 501-664-7242.
- 6: Yule Run 5K at Greenwood, AR. Call 479-996-6357.
- 7: Andy's Fun Run.
- 13: Jingle Bell 5K at Hot Springs. Call 501-622-7200.
- 13: Devil's Den Trail 9M/3M at Winslow, AR. Call 479-879-5232.
- 13: Run with the Bulls 5K at Mountain Home, AR. Call 870-405-4373.
- 14: Andy's Fun Run.
- 21: Andy's Fun Run.
- 28: Andy's Fun Run.

Condolences

The Little Rock Roadrunners Club extends its deepest sympathy and condolences to David and Barbie Hildebrand and Ginea Qualls over the death of David's father, Willis W. "Red" Hildebrand, Jr., on November 1. Please keep David, Barbie, Ginea, and their family in your thoughts and prayers.

Birthdays

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

- 3 – Connie Ross
- 3 – Shirley Pence
- 3 – Ted Kuhn
- 6 – Arthur Hall
- 7 – Karla Braswell
- 8 – Bill Crow
- 10 – Alesa Davis
- 11 – Judy Lansky
- 13 – Celia Storey
- 13 – Emil Mackey Jr.
- 13 – Penny Dodson
- 16 – Melanie Baden-Kuhn
- 17 – Gary Criglow
- 17 – Tony Serna
- 18 – Chuck Spohn
- 18 – Lynne Matthews
- 18 – Robert Abernathy
- 19 – Tom Zaloudek
- 21 – Lynn Senn
- 21 – Michael Storey
- 24 – Susann Szmania
- 30 – Elizabeth Parry

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.