

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

September 2008

The Things We Run Into On the Streets And Trails

By **Mary Wells**
LRRR President

A couple of Saturdays ago, Cindy Hedrick and I were running east on the North Little Rock side of the River Trail. We passed a man who looked like he was recovering from the night before, and he was enjoying a power breakfast of Lay's Original potato chips. Cindy and I climbed up the Main Street Bridge stairs and began to run back over the bridge into Little Rock.

One of my favorite parts of the Saturday morning River Market run is coming back over that bridge, and I always try to pick up the pace at this point. I picked up the pace, and the man started yelling at us as I moved away from Cindy. He was not being hateful but wanted to know why Cindy was not picking up the pace, too. He was very loud and clear about it! Cindy caught me at the stoplight, and said, "I was just heckled by a man eating potato chips!" We laughed, and I even called her later in the day to laugh about it some more.

That running moment caused me to think about other running moments that I had experienced. You know the moments that you only experience because you literally ran through them. There was my regular Thursday night run in Fayetteville with Debra Dunn, and one night we ran down Dickson Street during Bikes, Blues, and Bar-B-Que amid a motorcycle parade. My dog Noble and I would run the Fossil Flats trail at Devil's Den State Park and cross paths with hikers, mountain bikers, and wildlife. Once Noble crossed paths with a skunk, and we learned that a mixture of hydrogen peroxide and dish soap will help rid a dog of skunk funk. Josh Sakon, Deb, and I would run on the Markham Hill trails where the Razorbacks do some

cross country training, and once I passed Amy Yoder-Begley like she was standing still. Actually she was standing still because she had stopped to tie her shoe, but that is beside the point! We have all had experiences that came to us because we were out training, and a couple of those experiences are below. Can you relate?

Tom Zaloudek has this to share. "We were running with the Hash House Harriers back in 1992 in the area behind the Train Station when a bunch of serious looking guys asked us who we were and where we were headed. Then we saw Bill Clinton (who often ran in downtown Little Rock). I don't remember if it was before or after he had been elected. The Hash made a T-shirt that said—Clinton Ran Hash, But He Didn't Inhale."

Celia Storey had this experience at Murray Park. "One time a wanker flashed me in Murray Park. He had dark curly hair and black trouser socks. I think he also must have flashed Melody Piazza a few weeks later. A police detective called me downtown to look at mug shots. I didn't recognize anyone. I don't remember if they caught him, but what a loser, leaving his socks on."

The Club's women's Grand Prix team officially finalized their GP dominance at the Watermelon 5K and secured their first place status for the third year in a row, and Leah Thorvilson is officially the Overall Female Champion of this year's season. The LRRR women's team has never been one to rest so you can expect to see more of them and others running upcoming races like the Sara Low 5K, September 6th in Batesville, as well as the Tyler Curtis 5K, September 20th, at Otter Creek.

David Rath, a registered dietitian who is knowledgeable in sports nutrition and weight maintenance, was the speaker

at the August meeting. More copies of his handouts will be made available at the September meeting. The next meeting will be September 18th, Murray Park, 6:30 p.m. for potluck and 6:45 p.m. for program. Our speaker for September is currently having his/her people talk to my people about clearing his/her schedule. This will be our last meeting of the year at Murray Park, and we will begin meeting at the Cantrell location of Whole Hog Cafe in October.

Due to member requests, two committees are being formed. One committee will address ways in how the Club meetings and races can be more "green," and the second will provide some clothing and gear options with the LRRR logo. If you are interested in being "green," contact Karen Call at KMCall@uams.edu, and if you are interested in making us Project Runway-worthy, contact Jordan Ziegler at jordan8778@hotmail.com.

May the paths you run this month bring you good things to run into!

September Meeting

Thursday, September 18, 2008
Murray Park Pavilions

6:30 p.m. to eat
6:45 p.m. speaker

Speaker: ??



Running Wild

By Jacob Wells

Almost two years ago, Dean Karnazes came through Little Rock on his Endurance 50 marathon tour of 50 states in 50 days. At the time, there was a mixed reaction to the event, with the majority view that this was a publicity stunt by a self-absorbed egomaniac. One critic questioned why people would pay \$100 to participate when they could just show up and run around the streets of Little Rock for free. One answer might be that the proceeds were purported to go to charities promoting active lifestyles for children and to fighting childhood obesity, which were essentially on the same agenda as then Governor Huckabee, who ran the first six miles of the event. Less philanthropic participants might have pointed to the autographed copy of Dean's autobiography, a framed autographed group photo of the day's participants, Endurance 50 hat, T-shirt, window sticker, etc. etc. For others, it might be the opportunity to run the Little Rock course in an exclusive group of seven with full course amenities, including a motorcycle police brigade.

Forget for a moment what a physical anomaly Dean really is. After running alongside him for over four hours, I know better than anyone that he is authentic and driven by his cause. Unfortunately, before the Endurance 50 schedule came out, I had already planned to run the marathon that would become Day 1, one of the eight official live marathons on the list, with the other 42 consisting of re-enactments of actual marathons on the certified courses. The Little Rock re-enactment was on Day 4 and I ended the day with a femoral stress fracture, but being able to say I broke my leg running with Dean Karnazes is a good fit for my ridiculous stunt-filled achievement-lacking running resume' – if I were to write one. While the validity of this marathon was questioned, the second 2006 Little Rock Marathon finishers' medal for me was real enough. Another silly controversy arose regarding the shrinking list of those who have completed every Little Rock Marathon, which had included around 40 at the time, but now very unofficially stood at two.

After numerous photo ops and autographing pretty much everything I own, Dean continued from Little Rock across the country, completing the New York City Marathon on Day 50. After averaging around four hours to that point, but with no reason to rest for the next day, Dean finished in 3:00:30, which was about 45 seconds behind Lance Armstrong, who was completing his first ever marathon. Lance later commented that "a bicycle is a machine engineered to make human effort easier, but running is raw power." Lance apparently also held up about as well as I did from running in Dean's midst, also suffering a stress fracture. The next day Dean went out for a 28 mile run just to stay loose between television appearances and other media obligations.

Last month, Dean's movie, *UltraMarathon Man*, came to Little Rock for one showing with only a small crowd consisting mostly of members of the Hot Legs running club and a small LRRC contingent. While I had no speaking parts, I was tickled to appear in four scenes, including a full-blown five-second or so shot of one of my favorite finish line antics, The Robot. Thankfully, it was over too quickly for the casual viewer to recognize that the other finishers already had their medals and had come back up the course a short distance to run in with me after I drug in with my broken leg. The promotional poster for the movie included a dramatic photo of the Little Rock finishers heading down the final stretch with the beautiful background of the State Capitol. Although naturally biased, I am convinced this was the most breathtaking finish line view of any marathon. Unfortunately, after falling off from the group, I was about two minutes back at that moment.

Last week, Dean's book entitled *50/50: Secrets I Learned Running 50 Marathons in 50 Days – And How You Too Can Achieve Super Endurance* was published. I was so sure it would include many of the witty anecdotes that I shared with the Journeyfilm cameraman, who was filming from his bicycle during the entire day in Little Rock, but it wasn't meant to be. The consolation prize, by random chance, rather than the usual shameless aggressive methods of self-promotion that I employ, was appearing in the distant background of a photo of him on Day 1 in St. Charles, Missouri, among hundreds of admirers.

This drawn-out introduction that might have seemed like a thinly veiled glorification of all my encounters with the man that is a presumptive choice for my all-time hero is really just the backdrop for an excerpt from his book that I found worthy of sharing with you. Chapter 10, titled "Fun Runs," begins, "Running is not fun. It's too hard to be fun. Even the most devoted runners would not describe the experience of performing a typical workout – let alone competing in a race – as fun. I love running as much as anyone on earth, but I am no more inclined to describe the running experience as 'fun' than any other runner, unless I'm

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

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Running Wild (Continued from Page 2)

with other people, in which case the fun isn't about the run, but the people."

"I'm not saying that running doesn't feel good. It does feel good, in the way that any form of hard work feels good to those who have a taste for it. Running feels good to me the way writing feels good to a writer and operating feels good to a surgeon. A skilled surgeon does not smile his way through a tricky operation. He knits his brows, grunts terse instructions, and is exhausted afterward. Likewise, even the most passionate writer dreads sitting down in front of a blank computer screen some days. But a skilled surgeon wouldn't trade his post-operative exhaustion for anything, nor would any passionate writer give up her dread of the blank screen, because the surgeon is a surgeon and the writer is a writer. As challenging as it is, the overall operating experience just feels right to the surgeon – like an expression of who he really is. The writer feels the same way about writing."

"Runners feel the same way about running. A hard run leaves you exhausted and perhaps even glad to be done with it. Some days you might dread even starting a run. But the overall running experience just feels right, like an expression of who you really are."

When Dean was in college, a world-renowned psychologist visiting one of his classes explained a theory called flow. "Flow," he said, "is a state of total absorption in a challenging activity – an enjoyable but serious state of absolute immersion in some goal-directed task. It's usually experienced when you're testing your limits in a favorite skill, which could be anything – delivering a speech, making a sales pitch, playing a video game, cooking, you name it."

"Flow is what athletes are referring to when they talk about being in the zone. It's somewhat different than fun, in most cases, because it entails hard work. In lots of ways, it is better than fun."

"At the time I heard this lecture, I wasn't running but this concept of flow resonated with my experiences in other activities, such as surfing. When I started

running several years later, I began to experience flow at a whole new level, however. Surfing felt great, but it was fun. Running was not fun, yet on my best days, it was perfect."

"Running teaches you there's a difference between working hard and feeling bad. Consumer culture tries to teach us otherwise. How many television commercials talk about 'making life easier'? If everything you knew about life came from TV, your goal would be to live the easiest, most comfortable, and unchallenging life you possibly could. You would believe that the only good feelings are sensual pleasures such as the taste of a good soft drink and the fun of driving an expensive car and lying on the beach."

"But it's just not true. Challenging and testing your mind and body, even to the point of exhaustion,

failure, and breakdown, can feel as wonderful as anything else life has to offer." He then writes, "...the enjoyment of hard work is more of an acquired taste than the taste for pleasure and fun, but once you've acquired it, you're blessed with more ways to feel good, and life is better. Harder and better."

Special thanks go to Linda House, who encouraged me to come up with something for this article, after I had first written her asking to skip a month as I had no ideas, whatsoever. After receiving her reply one night and watching the Olympics until midnight around the time of the unofficial monthly deadline, I was lying in bed reading Dean's book. I arose and hammered this article out in a couple of hours, experiencing the flow Dean wrote about. I am hoping some of that flow carries over to my next marathon.

O'Quinn Running Chicago For Family

By Paul Ward
LRRC Old Fart

Darren O'Quinn is running the Chicago Marathon October 12 in honor of his grandmother and father, both of whom died this year. Darren also is raising money for the National Hospice Foundation. To get details, go to

www.active.com/donate/runtoremember2008/DOQuinn1. Or send your donations to the National Hospice Foundation at Dept. 6058, Washington, DC 20042-6058 (with a memo on the check "RTR/Chicago/O'Quinn"). Good luck to you Darren, and to all of you running Chicago this year.

New Members

Katy Loffer, 25, is a medical administrator with the Air Force. She has been running since junior high school and averages 15-20 miles per week at 8-10 minutes per mile. Katy doesn't race frequently but when she does she prefers the ½ marathon or shorter races. She has a PR of 2:04 for a ½ marathon. She is currently getting ready to run the Boston half marathon in October. Katy loves the Arkansas River Trail. She also likes hiking, shopping, sending real mail and homemade cards and being with her friends and family.

(See **New Members** on Page 8)

For Your Healthy Sole

EnviroFlash provides air quality information such as forecasts and action day notifications via e-mail for your area of interest. Air quality information allows you to adjust your lifestyle when necessary on unhealthy air quality days.

<http://www.enviroflash.info/>

LR's Newest Running Club: Member Count = 1

By Jordan Ziegler
LRRC Racing News Editor

My current state of running (read: pregnant and slow) has brought about some changes in my regular running routine. In a prior life, I was a proud member of the Pleasant Valley Running Group that meets in the PVCC parking lot Tuesday-Friday mornings at 5 a.m. Due to life changes and gas prices, I have been running solo from my house, downtown. I have titled these unaccompanied excursions "The Little Rock Ghetto Cruisers," you know, like my own club. Now this title is actually a misnomer as there is only one member: me. (My husband said that he would join but only in an administrative capacity.) The runs are not very long, but quite enjoyable. The freedom and flexibility that running alone, on your own time, at your own pace gives you is fabulous, particularly if you are pregnant and slow. So far I have only found one drawback: idiot drivers. You know, those goofballs who do snarky wolf whistles, yells of "Ooohhhh Baby!" out of their car window and honking horns. (There's even one of those ridiculous "aaaiiooga" sounding ones.) Let me ask you, if you were just minding your own business walking down the sidewalk and some goofball hung his head out of his car and gave you a whistle, would you be impressed? Attracted? Turned on? So overwhelmed and smitten that you might hasten to hop in the car and ride away into the sunset? I think not. I'm not even sure how you are supposed to respond, whistle back? Perhaps a simple hand gesture would be effective. Maybe these folks just like having something to do on their way to work. This must be it because I am convinced that even if an aardvark were taking a stroll they would act accordingly; presuming, of course, that the aardvark is wearing a tank top.

Now that I have vented a bit, let us now move on to the race results. (I know that's the only reason most of you read this column anyway.) We had three Grand Prix races this month and not a whole lot else. I guess since August is

generally known as the hottest month of the year, this would not be the time to really pile them in.

The first Grand Prix race this month, but the 14th of the year was the **Dam Night Run 5K** which took place at Lake DeGray on July 26. Many of our Club members took part in not only the race itself but also in the post-race frivolity (or so it seemed by the pictures...). For the men's side: Brian Sieczkowski was 6th overall with a time of 16:20, followed closely by another Brian, Brian Bariola, who finished in 16:52. Keven Golden came down the hill in 17:13, Bill Diamond in 18:15, Steven Preston in 18:21, Steve Yanoviak in 18:42, David Williams in 18:50, Brian Polansky in 19:16, Bill Torrey in 20:03, Jacob Wells in 20:28, David Bourne in 21:46, Robert Holmes in 22:51, Dan Belanger in 25:14, and Jim Yamanaka in 28:43. On the women's side: Leah Thorvilson finished first in 17:12, Andrea Murphy in 19:46, Barbie Hildebrand in 20:41, Jenny Brod in 20:59, Tina Coutu in 21:35, Karen Call in 22:27, Angela Gaines in 25:47, Rhonda Ferguson in 28:14, Carol Torrey in 30:41, Gina Pharis in 37:30 and Jennifer Files in 39:13.

The 15th Grand Prix race was also a championship race, the **White River Classic 4M** held in Batesville on August 2. I did not run this race but I do remember August 2 and it was hot. Really hot. So, congrats to all who did get out and participate. In the heat. With a whole other mile tacked on. Let's start off with all our lovely Club Ladies who didn't let the weather or the extra distance scare them off: Leah Thorvilson finished first on this side with a time of 25:16, Andrea Murphy in 26:33, Tina Coutu in 30:42, Angela Gaines in 35:28, Linda House in 57:51 and Jaynie Cannon in 58:57. For the men's side: Brian Sieczkowski finished in 22:49, Bill Diamond in 25:24, Steve Yanoviak in 25:41, Steven Preston in 25:45, Bill Torrey in 26:44, Darren Gilpin in 27:07, Brian Polansky in 27:26, Jacob Wells in 27:45, David Bourne in 30:34, James Barber in 33:17, Roy Hayward in 33:41 and Dan Belanger in 34:28.

Way up in Northwest Arkansas, Tontitown held a race on August 9th, **Run for the Grapes 5K**, which our own Brian Bariola participated. Brian finished second overall with a time of 16:52. Good job Brian! No word on whether or not the finishers were given grapes at the end, but I do hope they were. I love a good fruit race.

The 16th Grand Prix race this year (and another fruit race!) was the **Watermelon 5K** in Hope, also held on August 9th. All finishers WERE treated with some ice-cold watermelon (as mentioned in the previous newsletter). I for one wish that I had some ice-cold watermelon right now, as I am hot and starving. Perhaps I should take care of those things before I press on ... ahhhh. Much better, although a turkey sandwich and a fan are not *exactly* the same thing as ice-cold watermelon.

Anyhoo, onto the results. For the men's side: Glen Mays finished first in 15:58, Brian Sieczkowski in 16:41, Kevin Golden in 17:43, Steven Preston in 18:34, Steve Yanoviak in 18:48, Bill Diamond in 19:00, Lee Epperson in 19:55, Brian Polansky in 20:03, Jacob Wells in 20:36, David Bourne in 21:43, and Jim Yamanaka in 28:12. For the women's side: Andrea Murphy finished in 19:42, Angela Gaines in 25:38, Maddy Wells in 29:01, Rosemary Rogers in 29:26, Alesa Davis in 30:45, Linda House in 41:43 and, oh, I feel like I missed someone ... oh, yes! Leah Thorvilson finished first for the gals in 17:19.

Well there you have it. You have all been brought up to speed on the results from several races in and around central Arkansas, and perhaps for some of you, you just might share my frustration of the idiot drivers. Just remember, next time you are out running or walking, and someone feels the need to yell, whoot, whistle or honk, try and think of them as overeager spectators at a race and refrain from any profane retorts. After all, that may be the highest complement those goofballs have to offer, which, in that case, makes it almost flattering. Almost. So until next month sports fans ...

August In Arkansas Better Than August In Georgia

**By Paul Ward
LRRC Talking Head**

I got up relatively early Saturday, August 9 to run and enjoy some unseasonably cool weather. It seems like every weekend run this summer has been in hot, humid weather. I don't run well in those conditions so I either shorten my route or take several walking breaks. Lately it's been some of both.

August 9 brought a change. The weather was cooler and less humid. I made it out the door before 7 a.m. and headed over the Big Dam Bridge and east along the North Little Rock River Trail. I ran to the 4.25 mile marker, turned around, detoured to the golf course clubhouse for water, and headed back home. The total distance was 10 miles. It felt so good to actually run for a long time without suffering.

Along the way I saw some well known people exercising. I passed former governor Mike Huckabee running along the trail. He has a distinct gait and the "sand trap" bald section of his hair visible from the back. I've seen him running several times over the years as he trained for the Little Rock, Marine Corps, or New York marathons. I said hello and trudged on. I saw Cammack Village mayor Harry Light cycling along the trail and we exchanged hellos.

But I also saw some *really* important people. Tina Coutu and Robert Holmes were on the last half of a long run from the River Market. We stopped to say hello and chat for a little bit. Tina is training for the Tupelo Marathon on Labor Day weekend. Robert was

running with her to do some extra miles while the weather was nice.

I saw Brad Newman running just days after his milestone birthday. Birthday Boy Brad is in a new age group and recovering from a hip flexor. He's trying to build longer runs into his routine to get back to his pre-injury form.

Returning to the Little Rock side, I stopped to refill my water bottle at the LRRC-funded water fountain by the Big Dam Bridge parking lot. Jenny Brod ran by and we caught up on life. She was busy recovering from knee pain, moving to a new apartment, getting ready to travel, visiting the bridal fair that weekend, and planning her Boston Marathon trip and wedding next year. That's a full plate! I wished her good luck with all.

I felt so much better after the run. Usually I'd get home this summer and tell Laura I had to cut the run short or walk a lot of it and I'd be depressed. I envy those of you training for Tupelo or Chicago who do your 20 milers this time of year. Maybe the worst of the summer heat is over. And the nice rain we got starting that weekend made the gardening easier.

Then we got the sad news of Russia invading the Republic of Georgia. Several years ago our own Bettina Brownstein worked in Georgia as part of an American Bar Association program to improve the Georgian legal system. I kidded her at the time by saying she was starting an ACLU branch office there (Bettina has done work for the ACLU.) or working as part of a new charity, "Lawyers Without Borders." Bettina was

kind enough to speak to our Club meeting after her return and her description of Georgia was interesting. See the December 2005 issue of *The Runaround* for the story. Georgia is a developing democracy and openly pro-American. Georgia's president is a graduate of Columbia University law school.

Georgians have always had a suspicious view of neighboring Russia, and as we now know, for good reason. Russian Prime Minister (for life?) Vladimir Putin told our President Bush at the Olympics' opening ceremony, "The war has begun." Before "Vlad the Invader" launched the attack, Russia took a dim view of separatist activities. They slaughtered Chechen separatists and opposed Kosovo's declaration of independence. Yet they issued Russian passports to Georgians residing in South Ossetia to support its claim of protecting Russians from Georgian violence.

The two countries are on opposite trends. Russia started off with a lot of freedom after the collapse of the Soviet Union. Now it is authoritarian with very little press or political freedom. Georgia is a striving democracy with greater political and economic freedom. Naturally. I identify and sympathize with Georgia. Putin's thuggish behavior makes this an easy choice. Senator Mark Pryor made one of the best assessments of Putin several years ago. He said Putin proves you can take the boy out of the KGB but you can't take the KGB out of the boy. Putin worked many years in the KGB before becoming prime minister under Boris Yeltsin.

(See August on Page 7)

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

A DNF (Did Nothing Fatal) At Pike's Peak

By Lou Peyton

The following is about my experience at Pike's Peak this year. I had run the Pike's Peak Marathon about 8-10 years ago and it was fine. It was not the greatest experience of my life but I did enjoy the event. I didn't feel that I had to return to the race. I have said that to get a good time one would have to run well on the return (downhill). That is not me. I won't turn loose and run downhill with wild abandon. Natta. End of that subject.

With our daughter Jenny and her family living in Colorado Springs and Charley not having been to visit them (I got to go out for a few days in March.) combining the Pike's Peak Ascent and a family visit seemed like a great idea to me. This gave me a goal and did get me up and training again. I had let my training go to almost zero for running.

This plan to go to Pike's Peak worked mentally, too. About two months ago I started meeting Dianne Seager and Gary Speas and whoever else shows up at 5 a.m. at the church at the top of River Mountain Rd. From the first time I joined this group I loved the way I felt after the run was over. Not during, notice, but after the run. I also trained for 10 weeks before going out to meet them. I could not and still cannot keep up with them but I do start out with them and hang on for as long as I can. Then I beg them to leave me and let me run at my own pace. The endurance is there, hidden way beneath the layers.

Charley helped me get entered in the Pike's Peak Ascent in March on the day the race opened for participants. Getting entered was no easy feat. He sat at the computer for 40 min. to get my entry accepted.

Now on to the race weekend. When we got to Colorado it was raining and very cool. It was cloudy the whole time we were there. We arrived on Wednesday evening. Race check-in was Friday morning. From Jenny's kitchen and dining room you can see Pike's Peak and the mountain range. What a view!

The nice lady who helped me at packet pick-up warned me that if it is 50°

in Manitou it will be 30° or below on top of the mountain. She convinced me to carry gloves and not just send them to the top in my drop bag, and to change into warm clothes after the race.

All day Friday I kept thinking if it is raining -- and rain was predicted -- that it will be snow and/or ice on top. I thought also they might cancel the race or turn us around early. I knew the race directors make this decision and I trusted them to make the right decision. So, I decided I was going to give it a go even if it was raining and if they made us turn around it would be the right decision. I didn't fret about the race, or weather, etc. I just knew I was planning to start the race and see what happened.

It rained continuously Friday night and Saturday morning and it was about 50°. It was not a hard rain but a continuous rain and one needed an umbrella or rain gear. I was wet when the race started. There was no way to not be. I had on a Dry-fit T-shirt, a good Pearl Izumi wind vest, a nylon jacket that is not waterproof, and a plastic poncho with hood. I wore shorts, gloves, a baseball cap, small waistpack with one water bottle and carried a handheld water bottle. I ran approximately 1/2 mile and then walked some and ran whenever the trail flattened or when I wanted to get by the person in front of me. This was not often. I do not know how many people ran but it looked like hundreds to me -- maybe 300. I got warm about 15 minutes into the race and started to pull off the poncho, and unzip the jacket and vest then pulled the jacket down and tied it around my waist. The rain didn't stop but would let up from time to time.

I didn't talk but listened to other people and the conversations were interesting. About two miles into the event Dottie Rea passed me and we chatted for 30 seconds. Then Greg Bourns from Waldron passed me and we talked a few seconds. I watched both Dottie and Greg. They had on long sleeve Team Arkansas shirts. They were easy to spot on the switchbacks. I wanted

so darn bad to be with them but I dared not run or walk, as the case was at this time.

A few miles later I was behind Greg and we talked about Arkansas. Greg pulled off the course for a pit stop and I kept going but shortly I made a stop and thought I'd like to stay behind him as long as I felt comfortable but would cut the mental rope if I was working too hard.

Then I was with Dottie again. We three ran/walked and passed and re-passed each other a couple of times. We were also with another AURA brother and chatted some. When we got to Barr Camp there was thunder and some lightening and it intensified with each turn. The wind got especially cold. I pulled all of my clothes back on when the wind picked up and the rain was heavy. We were still in the trees. The aid station after Barr Camp and before A Frame gave us the news that the race had been called and we could go no further than A Frame. We were told that we needed to turn around. I asked one worker, "Can we continue on to A Frame?" She said, "Yes, but they will turn you around. You cannot go further."

People were starting to turn around. I was thinking that they would probably pull our tags at A Frame to prove we got there and I wanted to be counted. I continued. It was getting colder and steeper and there was lightening and thunder. Then a couple of race officials came down the trail screaming, "Turn around now, your numbers are not going to be taken. The race is closed. There are people with hypothermia at A Frame and we are getting search and rescue to them. Don't add to the problems!"

With that I turned around. I know I was close to A Frame but I couldn't see it. There appeared to be hundreds coming down the mountain -- and fast. I thought, "Oh, darn." I didn't want to go down the mountain. I'm not a good downhill runner. BUT, hey, I will get more miles. I'll get my money's

Procreation Proliferation: New Club Member Welcomed, Another On The Way

By Paul Ward
LRRC Procreation
Correspondent

Our LRRC membership rolls expanded by one August 18 with the arrival of Savannah Marie Qualls into the running world. Savannah hit the starting line of life at six pounds, 14 ounces, and stretched 20½ inches long. The arrival came after mother Ginea's protracted labor and obstetrician-ordered sprints up and down the maternity ward hall, complete with negative splits. Ginea

thought she was done with speed work during pregnancy, but no! Congratulations Ginea and David, and welcome to the world Savannah!

In related news, our prying investigative reporters have uncovered another pregnancy. No, not the mysterious John Edwards love child. This future new member is growing in the Olney household. Sarah and Matt Olney will welcome Baby Olney in February. This follows the serial pregnancies of Mary Wells, Jordan Ziegler, and Ginea. It's enough to make one ask, "What's in our water?"

I don't know if this is a case of mommy see, mommy do, but The Duck has decided to join the action. He plans to have a new member too! He has had a uterine transplant and the fertilized egg implanted. The first ultrasound shows 10 fingers, 10 toes, and the trademarked Harrell smile. Already he reports morning sickness and excessive moodiness. He has scheduled a caesarian birth for next spring because Baby Duck lacks a natural exit option.

This news is so surprising. The next thing you know Larry Graham will get married!

Pike's Peak (Continued from Page 6)

worth, plus some. It was cold and scary and down I started.

There was an Old Gal like me sitting on a rock with race personnel working on her. They were asking her if she could get up and walk. She was responding to them. They told her she would get warm if she could walk down the mountain. She was very pale. I had to get ole #1 down the mountain. Shortly, there was a bottleneck and everyone came to a stop – a total stop. It was scary to come to a stop when moving would keep us warm. There was a four-wheeler coming up the mountain. Runners were going up on rocks to get around the four-wheeler. How in the world they drove the four wheeler over the boulders I don't know. I noticed the four-wheeler had torn up a wooden bridge that we crossed shortly after getting around the machine.

I thought about what Nick Williams said at Hardrock when Jimmy asked him, "What about Lou and Suzi?" Nick said, "I can't be worried about them. I've got to think about myself!" I used that ole Nickism and tried to get myself out of there but after warming up just from moving I did have a good time throughout the event. The bottom portion of our race number was torn off when we descended through Barr Camp. People

were asking about our finisher shirts. Officials said they didn't know if we would get them or not. That decision was not made until mid-afternoon. We did get finisher shirts and medals.

I met a young man from Fayetteville who was doing the Ascent. I met two girls from Prairie Grove and another town near Waldron. I never saw Jack or Hugh but I wasn't looking for them, either. I was looking out for ole #1. Connie Sherr was registered for the round trip on Sunday. I never saw her, either. I did see Pat Botts from Missouri who has run the Arkansas Traveller, the Ouachita Trail 50 Miler and Badwater 135. Pat was working the race on Saturday and was going to do the marathon on Sunday.

I think I had a good Ascent race going. I like rain if I am dressed correctly. I don't know how it would have been the last three miles to the top of the mountain. I did talk to one of the 24 people who were fast enough to get to the top and bused back to Manitou. He said it was slushy and very cold on top. He was so cold that someone had to take his clothes off for him and put dry ones on. He said he could not move his fingers. I talked to this man in the food line after crossing the finish/start back in town.

I would liked to have met the 80-year-old nun who runs Pike's Peak. She runs with the Peak Busters, a women's

running group who train together for Pike's Peak. I heard from one of the race workers that she was having a good race when the race was called to a halt.

I had a good time and would go back if I get the chance to do so. It was a good experience. I thought about Ultramarathoner Suzi Cope saying that DNF stands for "Did Nothing Fatal." I enjoyed being at Pike's Peak and I'd like to go again.

August (Continued from Page 5)

Unfortunately, there isn't much any country can do about Russia's bullying. Europe is generally spineless and many countries depend on Russian-supplied oil and natural gas. The U.S. is tied up in Iraq and Afghanistan and our reservoir of moral authority is nearly empty. NATO is divided between countries that support military action and those that don't. Maybe we can supply Georgia with anti-tank and anti-aircraft weapons as we did the Afghans after the Soviets invaded Afghanistan in 1980. This might make Russia's stay unpleasant and encourage its withdrawal.

All things considered, I'm very glad to be in Arkansas this August.

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.

September

- 6: Sara Low Memorial 5K at Batesville. **GPS.** Call 870-793-2464.
- 6: Cleburne County Relay for Life 5K at Heber Springs. Call 501-206-5498.
- 6: Bob Gravett Invitational 2M/5K/8K at Arkadelphia. Call 870-245-5083.
- 7: Andy's Fun Run.
- 13: Blessed Sacrament 5K at Jonesboro. Call 870-932-2790.
- 13: JDRF Run for a Cure 5K at Fayetteville. Call 479-443-9190.
- 13: Cherishing Children 5K at Little Rock. Call 479-621-0385.
- 14: Andy's Fun Run.
- 20: Tyler Curtis 5K at Little Rock. **GPS SC.** Call Bill Torrey at 501-231-3730.
- 21: Andy's Fun Run.
- 27: Arkansas 20K and Marathon. Call 501-315-9252.
- 27: Heart & Sole 5K at Jonesboro. Call 870-972-4147.
- 27: FCA River Valley 15K/5K at Fort Smith. Call 479-649-8815.
- 27: Greystone Challenge 5K at Cabot. Call 501-366-7289.
- 27: Goshen Gallop at Goshen, AR. Call 479-587-1299.
- 27: Simmons Foods XC 5K Open at Siloam Springs. Call 479-790-7556.
- 28: Andy's Fun Run.

October

- 4: Fergus Snoddy Half Marathon/4M at Jonesboro. Call 870-933-4604.
- 4: Summit Trek 5K/½M at Wentzville, MO. Call 314-575-7700.
- 4: Walk for Life 5K at Springfield, MO. Call 417-877-0800.
- 4: Harvest Homecoming 5K at Harrison. Call 870-741-3750.
- 4: Wing Ding 5K for Special Olympics at Jacksonville. Call 501-982-3191.
- 4: Patriot Fall 5K at Granby, MO. Call 417-540-3792.
- 4: You Can Make A Difference 5K at Benton. Call 501-315-8100.
- 4: Sacred Heart Oktoberfest 5K at Morrilton. Call 501-354-8113.
- 4-5: Arkansas Traveller 100 at Lake Sylvia near Perryville. Call 501-329-6688.
- 5: Andy's Fun Run.
- 11: FSM 5K for Cancer Awareness at Cabot. Call 501-843-5291.
- 11: Hometown Festival 5K at Crawfordsville. Call 870-635-0161.
- 11: The Merechka 5K at Van Buren. Call 479-474-6918.
- 11: Tour de Cure 5K at Rogers. Call 479-464-4121.
- 11: Owlfest 5K at McGehee. Call 870-501-2282.
- 12: Andy's Fun Run.
- 18: Chile Pepper 10K XC at Fayetteville. **GPS SC.** Call 479-521-7766.
- 18: Rollin' on the River 5K at North Little Rock. Call 501-227-3711.
- 18: Flying Pumpkin 5K at Westville, OK. Call 918-723-3320.
- 18: WRMC 5K at Batesville. Call 870-262-6168.
- 18: Operation Christmas Child 5K at El Dorado. Call 870-862-4264.
- 18: Red Ribbon 5K at Pine Bluff. Call 870-267-6439.
- 19: Andy's Fun Run.
- 25: Downtown Fall Festival 5K at Russellville. Call 479-890-6625.
- 25: Soaring Wings Half Marathon at Conway. Call 501-952-8972.
- 25: Scrapper 5K at Nashville. Call 870-845-1109.
- 25: Runner's High 5K at Hot Springs. Call 501-622-5110.
- 25: Alltel Wireless Mud Run 5K at Little Rock. Call 501-371-4770.
- 26: Andy's Fun Run.

Birthdays

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

- 1 – Darren Gilpin
- 1 – Pat Piazza
- 6 – Bill Torrey
- 6 – Linda House
- 6 – Sybil Taylor
- 8 – Ken Bland
- 9 – Jennifer Files
- 13 – Cathy Perry
- 13 – Katy Loffer
- 14 – Laura Lamps
- 15 – Jaynie Cannon
- 15 – Mike Banman
- 16 – Amanda Jones
- 16 – Ken Gould
- 17 – Hobbit Singleton
- 18 – Lephiew Dennington
- 20 – Jim Yamanaka

New Members (Continued from Page 3)

Alison Acott, 33, is a doctor. She has been running since 2001 and averages 30-35 miles per week at 8:30-9 minutes per mile. She has just started racing and prefers the 5K. Her PRs for the 5K are 24:55 (personal) and 26:18 (official). Alison's favorite running route is the Little Rock River Trail and her favorite races are the Paws on the Pavement and Dino Dash. Her interest other than running is photography.

Welcome Katy and Alison!

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.