

THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

April 2009

State Of The Club Address

By Mary Wells
LRRC President

In thinking about the past month, it is clear that our Club's membership has been extra involved lately with the running community. Many of us were training for the Little Rock Marathon or its companion races (see Jordan Ziegler's forever entertaining race results column), working to direct it (Bill Torrey), helping other organizations have their own running events (Cindy Hedrick, Steve Hollowell, Emil Mackey, Paul Ward, and yours truly), traveling to the 51st Roadrunners Club of America National Convention (RRCA State Rep Andrea Sieczkowski), and last but not least is the training for and planning of our Club's annual Capital City Classic 10K (too many names for this month. See next month when I will need something else to write about!).

A couple of months ago there was an article in the *Arkansas Democrat-Gazette* featuring a running program at Hall High School whose mascot is the Warrior. Two teachers, Trina Bright and Trish Poore' who are runners themselves, had received a Kids Run the Nation grant from the RRCA. They were using the grant for, "...an after school program called Warrior Runners, with the purpose of getting students out of the streets for illicit behavior, and onto the pavement for good health. We have a variety of shapes and sizes and have tailored a plan for each participant from walking to speed work and are training them in proper techniques for healthy running. Our training goal is for all participants to run or walk an event during the Little Rock Marathon weekend. Most have a goal to run the 5K, and some the half. The main thing is that all have a goal of having fun, while becoming healthy physically,

mentally, and emotionally. We want our students to learn life-long healthy habits that will not only keep them in shape physically, but make them feel good about themselves as athletes and community volunteers."

Trina mentioned in the article that the grant covered their race entry fees and not much else. She said that the majority of the students did not have proper running shoes, shirts, shorts, and socks. Several Club members read the article and decided to contact Trina and Trish to see if LRRC could help fulfill some of their needs. LRRC did help fulfill some of their needs as did the Arkansas Running Klub and Easy Runner. LRRC provided a combination of 12 Club tech shirts or singlets, ARK provided 20 pairs of socks, and Easy Runner contributed eight pairs of running shoes, a few of which were gently used returns.

After delivering the shirts, socks, and shoes to Trina, she had this to say in an e-mail, "I hope you can imagine the looks on the runners' faces today! And then when they put on those shoes and started walking around . . . We didn't want to run them outside today (because of rain), but once they felt those shoes, they wanted to run. We kept getting those 'but they're so soft' comments. So we let them run the 100 and 200 circle around the media center. The used ones had very little wear, and the kids were just as pleased and proud. They were so funny about the singlets and the temperature. They were in awe when I assured them once it hits 45 degrees or so, that's all I wear. We came to a consensus that it will be okay if they wear a long sleeve under them. Believe me, they want to wear them! They and Trish and I are very thankful. Please tell your group that they are making a difference in developing the

love of running in our teens."

Pulaski Heights United Methodist Church's annual Miles for Missions 5K has adopted a "green" theme for this year's run, and the event will be held on April 18th. Several changes have been made to lessen the environmental impact of the run and add to its interest and appeal. Additionally, Miles for Missions is participating in Reduce, Reuse, Reshoe to collect and recycle running shoes for students and adults locally. The 5K is a moderately fast USATF certified course in Little Rock's scenic Hillcrest neighborhood. An entry form and links to additional information can found at <http://www.phumc.com/MilesForMissionsEntryForm2009.htm>. Proceeds will support PHUMC Youth Missions and the Wade Knox Child Advocacy Center.

Catholic High Rockets 5K is a moderately challenging run that takes advantage of the hilly terrain around the school. There is good music provided by the music department and plenty of good food to keep you entertained while everyone completes the course. An entry

(See **State** on Page 6)

April Meeting

April 16, 2009
Whole Hog Cafe

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

Speaker: Andrea Sieczkowski
National RRCA
Convention Report



Running Wild

By Jacob Wells

The *Runaround* readers have Mother Nature to thank (or blame) for this article. I was certain I would have to skip another month as I wrapped up my busiest time of the year at work and headed off to Olathe, Kansas, for a marathon. Predictions of snow, 12 degrees, and 28 mph winds that originally had hopes of a wonderful winter wonderland adventure instead resulted in a race cancellation. Thanks to a personal call from someone on the race staff, we turned around at Fayetteville, saved six hours in the car, and found ourselves back home with much of the weekend left to enjoy. A part of me wished we had gone on to Olathe, run the course by myself, been declared the winner, and then got snowed in there for a week. It was a good lesson in not being upset about what one cannot control and about being thankful for how many things do happen in our lives from which we enjoy and benefit. My heart went out to the community that worked for a year to put on the race. I hope that some of those who were disappointed will come to Fayetteville for Hogeys the following weekend.

In other random thoughts, the ARK Winter Series certainly made an impact on the local running scene. Three of us looked down just prior to starting the Tuesday speed workout and noticed we were all wearing the socks given out to all who participated in the Series.

There is something else on my mind that I should be happy about, but I'm not. I should be happy that Arkansans are getting outside and getting active and improving their health but I'm not. My reasons sound like those of a first grader: "I had it first! It's mine! They can get their own Big Dam Bridge!" As one who has frequented our River Trail almost daily for years, I have watched what was once my best kept secret (*The Runaround* September 2006) become the most popular place in central Arkansas on any given beautiful weekend or weekday afternoon. There was a kid actually kicking a soccer ball up one side of the Bridge the other day. Fortunately, on the rainy cold weeknights, I still have it almost completely to myself. And I really don't mean it – I am happy that the people of Arkansas are making themselves healthier and happier, but am glad that we runners are still greatly outnumbered. (*The Runaround* July 2008)

The Little Rock Marathon has come and gone for another year. This is the event of the year for me. I count down the days each year and now am in the midst of my annual post-partum, the only cure for which is the next marathon. It's awesome that our City puts on such a first-class event. I have gone all over the country and the first two things I hear about the Little Rock Marathon are "I loved it" or "I can't wait to do it." What more can I say about how much this race means to me and to our city and state? (*The Runaround* March 2007). What more can be said of our three LRRC superstars that placed in the top

18 overall? Two highlights for me on what was an otherwise tough day were getting passed by Elvis at mile 21 and then getting tickled in the ribs by LRRC member Kevin Groustra as he passed around mile 22. Elvis and Kevin finished at 3:43 and 3:44, respectively. As Elvis and I ran side-by-side for just a few moments, I silently hoped that a photographer was in the area. Sure enough, on Monday, I received an e-mail of pictures of us taken by none other than our very own Paul Ward!

As for my snowed out marathon, they are sending the T-shirt and medal and applying the fee to next year. I am vaguely familiar with strict etiquette rules related to race shirts, i.e. you can't wear a shirt from a race you didn't run, and so forth, but I am not sure about this situation. Does it help that I have run this race three times previously and am already effectively prepaid for next year? As for the medal, that is just plain weird.

Until next month, enjoy your running and Happy April Fools Day!

Two Earth Day Runs At Hot Springs

Two Earth Day Fun Runs will be held April 25 at 9 a.m. in Hot Springs with proceeds benefitting Garvan Woodland Gardens Environmental Education Programs. There is no pre-registration and onsite registration will be held at Parkside Cycle, 719 Whittington Avenue from 8-8:45 a.m. The entry fee is \$20 per person and all entrants are included in a huge raffle drawing after the run. The two events will be a 5K Fun Run/Walk on single track trails in Whittington Park and the 10K West Mountain Challenge on trails on West Mountain. For more information contact Race Director Jamie Anderson at nakura@mac.com.

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Get Out And Do your Friendliest

By Jordan Ziegler
LRRC Racing News Editor

Ever since my triumphant return to running, I have noticed something. People don't say "hello" to each other while running/walking/jogging/biking anymore. Worse, some don't even wave or nod their heads to acknowledge you. What is that about? I mean I know I have been out of commission for a while but come on! I cannot spread friendliness, good cheer and hot gossip all by myself.

Therefore, I am providing the following as a public service to all active types of folk using the great outdoors this spring: "A Guide to Niceness: Three Simple Steps to a Friendlier You"

If someone says "hello," "good morning/afternoon/evening," or any other form of greeting in passing, respond in a similar fashion. If the day is a holiday, you may want to send out good wishes of the season. It makes you seem friendly, even if you are not. Also, no one likes the guy who thinks he is too good to talk to you.

If you pass someone and they wave, give them a wave back. It doesn't have to be elaborate; an uncomplicated "How Do You Do" gesture is all you need. If you are too exhausted or working so hard you cannot manage a wave, then a plain old nod of the head will do the trick. It says, "Hello, I acknowledge you but am temporarily unable to speak or wave. Have a good day." This not only seems friendly, it is universal.

If you are going to pass someone either participating in the same activity or something similar, let them know. A straightforward "On your left" or "Pardon Me" will suffice. There is no need to come tearing through a group of people screaming "OUTTA MY WAY!" It not only seems unfriendly, but totally uncalled for to boot.

There are so many bad things in the world today, like the economy, war, Bernie Madoff, melting ice caps, homeless animals, Arkansas basketball, terrorists, serial killers and leaky diapers, why not spread a little good. Be friendly to your fellow runners/walkers/joggers

and yes, even bikers. Just so that you know that I am serious, I am forming a committee to patrol and issue tickets to those not willing to extend, at the very least, a smiling face to their fellow man or woman. SPORK (or Society for the Protection Of River Trail Kindness) will be on the look out for any sour, unfriendly grumps who cannot manage any of the above. You will get one warning, then a ticket and on your third offense, you will then be banished to the treadmill.

There were just a few races to report this month, but it seems like a lot of you got out and participated, enjoying the lovely weather we have been having. The second annual Run the Line Half Marathon was held in Texarkana, Arkansas and Texas on March 1 and several Club members made the trek down to Texas and back again. Glen Mays finished in 1:11:47, Imari Dellimore in 1:21:45, Steven Preston in 1:21:58, Roy Hayward in 1:51:29 and Dan Belanger in 1:58:54. As for the ladies, Leah Thorvilson finished in 1:17:07, and Angela "The Sassiast Bride in the South" Gaines finished in 2:15:28.

The Chase Race 2-Miler was held in Conway on March 7, and was the fourth Grand Prix race of the season. This race was the first 2-miler that I ever ran and a few years ago, just before the start, I asked Bill "The Duck" Harrell how exactly you would race two miles. He said that if you didn't throw up at the finish, you had done it wrong. Well, now that we all know just how hard this type of race is, it is perfectly okay to have just grunted a greeting at one another. The female Club members finished like this: Leah Thorvilson in 10:53; Tara Caudle in 15:02; Maddi Wells in 15:39; Alea Humes in 15:48; Becky Humes in 16:43; Rhonda Ferguson in 17:07; Angela Gaines in 17:10; Rosemary Rogers in 18:15; Ginea Qualls set a JPR (Jogger Personal Record) in 18:17; Coreen Frasier in 20:12; Jennifer Files in 21:26; Josey Wells in 22:56; Jaynie Cannon in 24:36; and Mary Hayward in 39:30. The male Club members finished in this order: Imari Dellimore in 10:42; Brian Siczkowski in

10:42; Steven Preston in 11:05 Kevin Golden in 11:12; Ethan Neyman in 11:13; Steve Yanoviak in 11:29; Bill Diamond in 11:42; Greg Helmbeck in 12:12; Joel Perez in 12:26; Larry Graham in 12:29; Ross Bolding in 12:31; Brian Polansky in 12:34; Jacob Wells in 12:55; Bill Torrey in 13:00; Jeff Maher 13:43; Harold Hays in 13:55; Dan Belanger in 14:34; John Russell in 16:57; Roy Hayward in 17:03; and Carl Northcutt in 23:01.

Also held on March 7, was the Feed Your Feet 5K in North Little Rock. This race was run by just a few people, so I am sure that there was plenty of time to smile and say "Hello" to everyone. I have no doubt that our one Club member, Barbie Hildebrand, who ran the race did just that. At any rate, Barbie finished in 21:39, not too bad for someone who was greeting others in a most friendly way. Well, that's what I imagine anyway.

The weekend of March 13-15, was BIG in a big way here in Little Rock. This was Marathon Weekend here in Little Rock. From a circus-themed expo to the Little Rockers Kids Marathon to the "Big Dance" itself, this was one action packed event. This year's expo featured tons of neat-o running gear as well as *Runner's World* contributor, Bart Yasso signing copies of his book. (He told me that my baby looked like he was going to be a really fast guy. I loved it.) The Little Rockers Kids Marathon, held on Saturday morning, was one of the coolest things I've ever done. I will not miss it again. Ever. It was too fun and those kids were so very proud to participate. It was really a heartwarming experience that made me smile all day. Okay, enough of that stuff, or the hormones will take over.

The Little Rock Marathon 5K started a bit early on March 15. Carol Torrey ran and finished in 29:24. The Little Rock Half Marathon, which was not a part of the Grand Prix this year, began with the marathon. There were still a fair few who participated in this race. On the ladies side, Jenny Brod finished

Three New Members Added To Club Roster

By June Barron
Membership Chairman

We have three new members this month. **Bryan Jones**, 35, is married to **Jennifer Slightom-Jones**, who is also a runner. They have one child, Corrigan, three months old. Bryan is a senior security advisor. He has been running for two years and averages 12-20 miles per week. He doesn't race frequently but when he does he prefers the 5K or 10K distances. Bryan's PRs are 26:38 for 5K; 54:49 for 10K; 1:41:58 for 15K and 2:25:06 for the half-marathon. His favorite running route is the North Little Rock trail from Cook's Landing. Bryan is also interested in sci-fi, reading, movies and politics.

Kevin Lemley, 30, is married to Jenny and they have one child, Sydney, 11 months old. Kevin is an attorney. He has been running two years and averages 50 miles per week at a 7:15 mile pace. He doesn't race frequently and says he is into the marathon now. Kevin's PRs are 3:09:43 for the marathon; 1:31:36 for the half-marathon and 17:57 for the 5K. His favorite race is the St. Jude Marathon. Kevin and Jenny are animal lovers with four dogs and two cats. He also enjoys mountain biking.

Shareese Kondo, 45, is a journalist. She has two children, Aya, age

13, and Kouadio, age 8. Shareese has been running for two years and averages 15-20 miles per week at an 8-9 minute mile pace. She likes to race frequently and prefers the 5K or marathon. Her PRs are 23 minutes for 5K and 3:53 for the

marathon. Her favorite running routes are the downtown streets and the River Trail. Shareese also enjoys reading, writing, serving the disabled community, working with children and soccer.

Welcome to the Club!

LRRC's Top Couple Prepares For New Club Member

By Paul Ward, LRRC
Procreation Correspondent

Our membership rolls keep growing, even as aging iconic members like Torrey, Williams, Hoffman, and The Duck keep hanging on long past their useful lives. In the last two years we've added members from the Wells, Qualls, Ziegler, and Olney families, and Baby Wurtz will soon join us. Now Brian and

Andrea Sieczkowski join the trend and plan to add their own new Club member this fall. This will be their first new Club member. Andrea made the official announcement in her RRCA State Rep Blog on the grand prix website, www.arkrrca.com.

Congratulations Brian and Andrea! The LRRC wishes you and Baby S-ski the best.

Get Out (Continued from Page 3)

(her first half ever) in 1:38, Kristin Saffa in 1:40, Karen Call in 1:47, Karen Irico in 1:50, Sarah Irico in 1:54, Tara Caudle in 1:58, June Barron in 2:03, Stacey Dovers in 2:05, Sabrina and Merritt Maham in 2:13, April Wurtz and Baby W in 2:20, Alesa Davis in 2:32, Ann Butts in 2:33, Coreen Frasier in 2:39, and Pat Piazza and Martha Sartor in 3:19. On the men's side, Brian Bariola finished in 1:15, Steven Yanoviak in 1:25, Jimmy Thompson in 1:28, David Williams in 1:30, Bill Diamond in 1:31, Larry Graham in 1:32, Clay McDaniel in 1:37, Joel Perez in 1:37, Lee Wyant in 1:40, Bill Crow in 1:49, Steve Straessle in 1:55, Chris Heller in 1:57, John Russell PR-ed (the regular kind) in 2:07, Michael Harmon in 2:09, and Frank Butts in 3:51.

The Little Rock Marathon finished up like this: for the ladies, Leah Thorvilson won and PR-ed in 2:44, Shareese Kondo in 3:53, Tammy Walther paced the four-hour group and finished in 3:58, Allison Acott in 4:15, Karla Braswell also PR-ed in 4:22, Lou Peyton

in 5:24, and Hobbit Singleton in 7:56.. Over on the men's side: Hillary Kogo finished eighth overall in 2:29, Glen Mays in 2:40, Imari Dellimore in 3:05, Ethan Neyman PR-ed and BQ-ed in 3:06, Steven Preston in 3:16, Bill Rahn in 3:23, Jack Evans in 3:54, Jacob Wells in 3:55, Harold Hays in 4:27, Jim Yamanaka in 4:36, Joe Cordi in 4:51, and Tom Zaloudek in 5:55. In all these races, with the thousands that participated, its okay if those who ran were not able to greet everyone, but I do hope that you greeted as many as you could. I know I did and many greeted me in return. Ah, kindness.

That is all that I have for now, so go out and enjoy this wonderful spring weather. Smile, wave, and say "hello" to each other. You never know, you just might make someone's day. Or you may just save yourself from the total boredom that is the treadmill, because SPORK is always watching.

So until next month sports fans...

Condolences

The Little Rock Roadrunners Club extends its deepest sympathy and condolences to Linda House over the death of her mother, Flo Ella Turner House, on March 15. Please keep Linda and her family in your thoughts and prayers.

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 McDonald's, Rodney Parham and Breckinridge (formerly Andy's at Markham and Barrow), at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor.

April

- 11: 1040 Tax 5K at Batesville. Call 870-793-2464.
- 11: Run to the Cross 5K at Springdale. Call 479-761-3238.
- 11: Child Abuse Awareness 5K at Pine Bluff. Call 870-540-3779.
- 11: Main Street Mile at Bentonville. Call 479-464-7866.
- 11: Hogskin Holidays 5K at Hampton. Call 870-798-2207.
- 11: Kids Run Arkansas 5K/1K at Conway. Call 501-450-9292.
- 12: Andy's/McDonald's Fun Run.
- 18: Ouachita Trail 50M/50K at Little Rock. Call 501-329-6688.
- 18: PHUMC Miles for Missions 5K at Little Rock. Call 501-663-5045.
- 18: St. Joseph FX 5K at Fayetteville. Call 479-871-6553.
- 18: All Out for Autism 5K at Little Rock. Call 501-626-9048.
- 18: Family Fit 5K at Jonesboro. Call 870-972-4564.
- 18: Run for the Son 5K at Dumas. Call 870-377-1112.
- 18: Alpha Sigma Tau A21 Campaign 5K at Conway. Call 501-428-3351.
- 18: Scout-O-Rama BSA 5K at Texarkana, TX. Call 903-793-2179.
- 18: 4-H Youth and Family 5K at Little Rock. Call 501-821-4444.
- 18: Hike for the Cure 3M/4M at Mount Ida. Call 501-844-7094.
- 18: University of Ozarks Alumni 5K at Clarksville. Call 479-979-1400.
- 18: Andy Allison Super Kids Run at Arkadelphia.
- 18: Magic City 2M at Birmingham, AL Call 205-595-8633.
- 19: Magic City 8K at Birmingham, AL Call 205-595-8633.
- 19: GO! St. Louis Marathon/Half. Call 314-727-0800.
- 19: Andy's/McDonald's Fun Run.
- 25: Catholic High Rocket 5K at Little Rock. Call 501-664-4625.
- 25: Alma Partners Dog Run 5K/1M at Alma, AR. Call 479-632-1953.
- 25: ASU Beebe 5K. Call 501-882-8255.
- 25: Power of Youth 5K at Percy. Call 501-767-2731.
- 25: Take the Lake/Relay for Life 5K at Heber Springs. Call 501-206-5498.
- 25: Earth Day Trail 10K/5K at Hot Springs. Call 501-262-9300.
- 25: Power of Purple 5K at Conway. Call 501-472-3043.
- 25: Fordyce on the Cotton Belt 5K. Call 870-352-3595.
- 25: Dogwood 5K at Siloam Springs. Call 479-524-5779.
- 25: Komen Ozark Race for the Cure 5K at Rogers. www.komenozark.org
- 26: Andy's/McDonald's Fun Run.

May

- 1: MacArthur Park 5K at Little Rock. Call 501-375-0121.
- 2: Family Field Day 5K/1K at Fayetteville. Call 479-966-0471.
- 2: Battle for HOPE 5K/10K at Bentonville. Call 479-571-4673.
- 2: Toad Suck 10K/5K at Conway. 10K is **GPS SC**. Call 501-329-5623.
- 2: Mayhawlin' 5K/2M at El Dorado. Call 870-310-8168.
- 2: Golden Eagle 5K at Westville, OK. Call 918-723-3320.
- 2: Bison Stampede 5K/1M at Rogers. Call 479-203-9967.
- 2: Pioneer Day 5K at Melbourne. Call 870-368-7329.
- 2: Chile Rumble 5K/1M at Mulberry, AR. Call 479-430-1426.
- 2: Armadillo 5K/1M at Hamburg. Call 870-500-2354.
- 2: Youth and Family Trail 5K at Hector, AR. Call 479-284-2072.
- 2: Christ the King Rexfest 4M at Little Rock. Call 501-868-3610
- 3: Andy's/McDonald's Fun Run.

Birthdays

The following is a list of Club members and/or spouses who were born during the month of April. Call June Barron at 920-3224 if the information is incorrect.

- 1 – Bryan Jones
- 5 – Bob Black
- 5 – Kris Eakin
- 7 – Mary Wells
- 8 – Sarah Olney
- 9 – Cindy Truax
- 10 – Monica Dellimore
- 11 – Kristin Hicks
- 15 – Haley Strobel
- 17 – Jennifer Epperson
- 17 – Matthew Feehan
- 18 – Emilee Nilsson
- 21 – Clay McDaniel
- 21 – Kelly Thompson
- 22 – Geoff Hicks
- 22 – Harold Hays

State (Continued from Page 1)

form is available on the Arkansasrunner.com website at <http://www.arkansasrunner.com/misc/entries/chsrocketentry.htm>.

Emil Mackey is helping with Miles for Missions 5K and **Paul Ward** is helping with Catholic High Rockets 5K on April 25. Both need help with the finish line if you are not running on those days. Please contact Emil or Paul if you are available to volunteer.

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.