

THE LITTLE ROCK ROADRUNNERS CLUB THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

March 2009

“The LRRC: Yesterday And Today”

By Mary Wells
LRRC President

Rosemary Rogers introduced me to Lou Wintroath the morning of the annual Thanksgiving Day “Shake Your Giblets” fun run. Lou said that she and her husband, Dale, had been members of the LRRC since its beginning in 1977. Their longstanding membership made me curious about who else have been the loyal and faithful supporters of definitely the best and possibly oldest club in the state. June Barron said that she could search her records, and she sent Tom up into their attic. Tom dustily emerged with the oldest LRRC roster that had been passed on to them when June began her much appreciated dual role of Secretary and Membership Director.

That roster is from 1992 and in comparing it to our current roster, these are the names that are on both: **Bob and Rosalind Abernathy, Tom and June Barron, Al Becken, Bob Black, Kenneth Bland, Mackie Buckelew, Carl Cerniglia, Jack Evans, Coreen Frasier, Ken Gould, Larry Graham, Rosemary Rodgers, Bill Harrell, Harold Hays, Roy Hayward, Bill Hoffman, Tom Holland, Linda House (formerly Nelson and Stribling), Karl Kullander, Bob Marston, Carl Northcutt, Jimmy and Ivy (Harrison) Pearsall, Shirley Pence, Charley and Lou Peyton, Betty Ray, Michael and Celia Storey, Randy Taylor, Yvonne Thompson, Bill Torrey, Kurt Truax, Dale and Lou Wintroath, David Williams, Tom and Corky (Binz) Zaloudek.** If I have overlooked anyone who would be on both rosters, please let me know.

Interestingly enough, other running clubs spread throughout Arkansas held membership with our club, and they were the Arkansas Running Club of North

Little Rock, Arkansas Spa Pacers of Hot Springs, Booneville Running Club of (you guessed it) Booneville, Caddo River Coasters in Amity, Club Arkadelphia, Fayetteville Civitan Runners, Malvern Runners, Melonvine Striders Running Club in Hope, Mena Ridge Runners and Riders, North Arkansas Running Club of Yellville, Northeast Arkansas Striders in Paragould, Ozark Running Club, Pine Bluff Racers and Pacers, Pine Bluff Track Club, Razorback Running Club in Fayetteville, Riceland Roadrunners in Stuttgart, River Valley Runners Club in Russellville, Saline County Striders, and the South Arkansas Running Club in Camden. Club to club membership appears to have been popular in 1992, but we currently do not have another club’s membership on our roster. Many of these clubs are definitely active in Arkansas’ Road Runners Club of America and participate in the Grand Prix, but several may have “run their course,” and are not in official existence.

Some clubs were even members from out of state like the Cajun Roadrunners of LaFayette, LA, the Jackson Roadrunners of Jackson, TN, the Lone Star Runners Club of Amarillo, TX, the Pikes Peak Roadrunners of Colorado Springs, CO, and several more.

The Chainwheel, Healthsouth Rehab Center, and the Sportstop were a few local businesses that were members, too.

The new T-shirts, singlets, and technical shirts announce that the LRRC has been in existence since 1977. There may be a roster somewhere that pre-dates the one from 1992, and if you have that please let June Barron or me know about it. We would love to see it! Speaking of T-shirts, singlets, and tech shirts, if you have not gotten yours please remember to do so. The cotton T-shirts are free and

each member of a Club household may have one. The singlets and tech shirts are \$10 each. You do not need to be a member of the Grand Prix team to buy a singlet or tech shirt. The singlets and tech shirts are for everybody, and all shirts can be gotten from Jeff Maher.

Randy Oates gave a terrific program about his ongoing and daily recovery process during February’s meeting. He was both inspirational and honest about his past 18 months and demonstrated how his athlete’s attitude, determination, and wife Sam have brought him far beyond his initial prognosis. We will continue to cheer Randy and Sam on and hope to have them return for an update. The March meeting will be Thursday the 19th at Whole Hog BBQ, and the speaker will be Jenny Foster. Jenny recently completed the 165 mile Ouachita Trail in 62 hours. Come at 6 p.m. to eat and at 6:30 Jenny will tell about her epic adventure. (I heard that she beat the unofficial record by approximately two hours!)

Until then, pick up some miles when you can and may you enjoy every minute of it.

March Meeting

March 19, 2009
Whole Hog Cafe

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

Speaker: Jenny Foster
“165 miles, 62 hours and the
Ouachita Trail”



Running Wild

By Jacob Wells

One of my favorite articles that I have written was in the March 2008 issue of *The Runaround* titled "It's Good to be King: Views from the Throne" about a problem every runner has faced on occasion. It occurred to me recently (and perhaps even while it was happening) that a much more common situation for me but perhaps rare for the rest of the running community is when the intestinal distress instead heads North.

A survey among Arkansas runners addressed this topic with responses ranging from the majority of respondents claiming "never" to one who proudly proclaimed that "finish line volunteers step aside when they see me coming."

As with most significant events in one's life, you never forget your first time. My first was at the 2004 Capital City Classic and was witnessed by someone with RRCA media credentials, thus earning me the middle initial "P" in the standings for the rest of the Grand Prix season. Fortunately, that didn't stick and I eventually changed my nickname a year later, making that chapter of my running life nothing but a bad tasting memory. The next time was at the Mid-South Marathon in Wynne. It was my third marathon and the first in which I actually ran the entire way. The combination of too much red Gatorade and not enough sweating on that cool day resulted in what must have looked like a massive internal hemorrhage. I will never forget race director David Reagler carrying me across the football field to the ambulance to make sure I would survive. For the next couple years when I would see him, it was always, "Oh yeah, you're the puker guy!"

Since then, there have been 15 or so more events, all of them at marathons. The circumstances are wildly inconsistent ranging from laughter and smiles after a strong finish to utter misery. The latter has happened twice, both in the middle of the night with more than ten miles to go. The first was at the Midnight 50K at Lake Sylvia where the bed of Charlie Peyton's pickup truck had never looked so inviting as it did that night. The other was the only time it ever happened twice in the same race, at miles 14 and 19 at the Extraterrestrial Full Moon Midnight Marathon, held two hours outside of Las Vegas in the Mojave Dessert. The race starts at midnight local time, which was 2 a.m. to the internal clocks of those of us from the Central Time Zone and was the perfect end to a weekend that included the Hard Rock Café and Planet Hollywood endless multi-meat buffets.

Better times include the finish line at Memphis after my strongest marathon finish when I looked up into the crowd at AutoZone Park after each heave and none of the hundreds of spectators would make eye contact. I was sitting on the milk crate normally reserved for putting up your foot to have your timing chip removed. The teenage volunteer eventually said, "Sir, do you need medical attention?" I replied, "No, this is

normal." Unlike the splash that it normally makes on the street or sidewalk, that odd substance used for the outfield warning track at a ballpark acts somewhat like that Vom-Sorb you may remember from grade school. This is that stuff that always looked like peanuts to me that they spread all around whenever somebody puked. Recently an actual can was discovered in the janitor's closet at an undisclosed elementary school. Purchased in the 1970s, a promotional opportunity was missed by not including "30 Year Supply!" on the can. The directions actually say that it is only to be used for "unexpected sickness" and thus, would probably not qualify for my marathon episodes, which border on expected.

My regret to date is that I have not yet mastered the art of doing it while running full speed. Something about the biophysics of this act requires going down on one knee. A few runners offer encouragement and even assistance, but most mask their horror with indifference. I have heard of "sympathetic pukers," those who cannot be a witness without joining in, but have yet to have a fellow runner pull up alongside me to purge. Once I apologized to two lady spectators and one replied, "Don't worry about it, honey. Our kids run cross country." This made me wonder if it was more common among kids, which would explain a lot.

I would love to say it happens because I have the fortitude and courage to push my body beyond that which it is reasonably capable, but I think it is more a combination of misjudged and/or mistimed effort and food and drink selection. Hot wings the day before have not turned out well, nor has the Holiday Inn free breakfast of scrambled eggs and sausage that I couldn't pass up. It took me three times of oranges at miles 16-18 to figure out what was causing my problems at miles 22-24. Oranges going in the wrong direction are a sensation I would imagine equates to snorting battery acid. I am a slow learner but I rarely eat during a marathon any more. There is just something about it that makes you feel like you gave it your best shot, or "left it all out there on the course" so to speak...

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

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From The Oldies Juke Box: “Eli’s Coming” And “Olney The Lonely”

**By Paul Ward, LRRC
Procreation Correspondent**

Some of you may remember the rock group “Three Dog Night” and its song “Eli’s Coming”. And you may remember Roy Orbison’s “Only the Lonely”. But these two songs have nothing to do with this article, other than I needed a catchy title to keep my readership up and avoid an economic-downturn-based layoff from the LRRC.

Congratulations are in order for our newest Club members. Imari and

Monica Dellimore had their third child at the very moment the One Hour Track Run was happening. Eli Tommie Love Dellimore missed the race but did hit the starting line of life at 2 p.m. January 25. Eli weighed 6 pounds, 11 ounces, and stretched 20 ½” long. Eli joins siblings Aiden and Felicia. Imari reports that Monica and Eli are doing well and Aiden is very protective of his new brother.

Almost one month later, Matt and Sarah Olney added another future member to our women’s Grand Prix team. Margaret Marie Olney entered life and

Club membership February 23 at 7 pounds, 8 ounces, and stretched 19+” long. This new Club member will race under the name Maggie. Our team of investigative reporters learned that both parents and Maggie are doing well. Suggestions that the Olneys name their daughter after actress Goldie Hawn were unsuccessful. “Goldie Olney” does have a nice ring to it.

Congratulations Imari and Monica and Matt and Sarah! And welcome to the Club, Eli and Maggie.

Running Wild (Continued from Page 2)

Epilogue: This month’s reader shout-out goes to “Wild Bill” Crow, who is the latest to confess to having read this column. Bill holds the odd distinction of being my only running friend that I actually knew before I was a runner. My favorite funny moment with Bill was when he spotted me on the shore of Lake Arkadelphia just before the start of my first triathlon. He asked in surprise if I could swim and I said, “No, but I can keep from drowning.” Every runner should tri this at least once. If you can make it out of the water, the cycling leg of the event is, as they say, “just like riding a bike.” Then you get to see how many participants you can catch during the run.

My thanks to Kathy Bounds, mother of Russellville’s Kaitlin Bounds, about whom I wrote my August 2008 article. Kathy submitted it to the National RRCA Jerry Little Journalism Award for Club Writer. She received an e-mail from them in late January that I was a finalist. I got the e-mail tonight saying to try again next year, but it was cool to hear that among the judges were Amby Burfoot, current Editor of *Runner’s World*, who won the 1968 Boston Marathon, and Kristin Armstrong, Lance’s ex and a marathoner in her own right and occasional contributor to *Runner’s World*.

By the time this is published, it will be less than two weeks until the 7th running of the Little Rock Marathon. It was my first and will always be the one that made all the others possible. The “last man standing” club seems to go down by half every year and is around 20 now. I hope to run the 50th when I am 83. Good luck to all. I suspect there will be some good stories for next month.

Earth Day Fun Funs

Two Earth Day Fun Runs will be held April 25 at 9 a.m. in Hot Springs. Proceeds from the \$20 entry fee will benefit Garvan Woodland Gardens Environmental Education Programs. There will be onsite registration only at Parkside Cycle, 719 Whittington Avenue from 8-8:45 a.m. 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 the mountain. For more information contact Race Director Jamie Anderson at nakura@mac.com.

New Member

**By June Barron
LRRC Membership Chairman**

Our new member this month is Craig Lair. He is married to Wendy and they have two children, Cooper, 10, and Sophie, 5. Craig is an attorney.

He has been running for five years and averages 25-30 miles per week in the winter and 10-15 miles per week in the summer at an 8:30 minute pace. Craig does three to five races per year and prefers the marathon, half marathon and Olympic triathlon distances. His PRs are 4:22 – marathon; 1:48 – half marathon and 22:00 – 5K. Craig’s favorite running route is Rahling Hill.

His interests other than running include triathlons, guitar and piano. Welcome, Craig.

For Your Healthy Sole

March is National Nutrition Month. Check your general nutrition habits by taking the quiz located on the American Dietetic Association’s website www.eatright.org/nnm/2009_quiz/index3.swf

New Mother Was Too Tired For A Title

By Jordan Ziegler
LRRC Racing News Editor

Since giving birth in November, I look back on my “old life” and I have several questions: How I was able to stay up so late when I wasn’t required to? How did we go out to eat at an actual restaurant on the spur of the moment? How did I make it through a whole day without a nap? And how in the world did I manage to fit a shower into each and every day? But there is one thing that I do remember, something that I looked forward getting back to: running. I knew how to do it, I knew what it looked like, and I knew what it felt like. At least I thought it did, I have slept since then. (This is, of course, just an expression. I have, in fact *not* slept since then.) My doctor had given the all clear to run again, so I sent word to the PV gang that I was gonna be back in action on January 2, 2009. I couldn’t wait to get back out there and it was going to be so awesome, I just knew it! When I mentioned my plans to Thomas, he said to take it slow. Instead of heading out to try and run five or six miles with the group on my first day back, perhaps I should see if I could run for, say, ten minutes. *Ten minutes?! Was he crazy? Of course I could run for ten minutes... couldn’t I?* The next day instead of heading out to PV, I went to the gym. As soon as I started, I knew something was wrong. It felt strange. Maybe I should have worn a different sports bra. No, maybe it was the shorts I had chosen. Or it was the shirt, it had to be the shirt. Perhaps it was the fact that I had only had four hours sleep out of the last 24. Well, something was definitely off; I just couldn’t put my finger on it. That was the only explanation I had for the supreme level of difficulty I had for running a mere ten minutes. It only occurred to me much later that the problem was me. It was humbling experience, I must say. I have had to practice—yes, PRACTICE running—whenever I can, at the gym, around my neighborhood, on the River Trail. Coincidentally, I have yet to make it out to Pleasant Valley, but I am hoping to get

there sometime before Gray goes off to college. He is three months old. I think this is an attainable goal. Let’s hope.

There are only a few race results to report at this time, for which I am supremely grateful. I am still learning how to type standing up while wearing a Baby Bjorn and singing “Hey Diddle Diddle, the Cat and the Fiddle” to a crying babe. Please bear with me.

Ok, here are the January and um, oh! well... whatever-the-month-that-comes-after-January-is race results, in no particular order. (I forgot to write down the dates of each race... just look for the bold face type. Thanks.)

The Walt Disney World Marathon was held, I think, around the beginning of January. It took place in Orlando, Florida, at the Walt Disney World Resort. It featured a scenic route throughout the four lovely parks and from what I understand, it starts really early in the morning. All the pictures on the website show the runners, along with the spectators and a whole cast of Disney characters having the time of their lives. I am quite sure that this is the case, as Disney is the happiest place on earth. Or so we were told when I worked there. Anyhoo, our own Rosemary Rogers made the trip to central Florida and finished the marathon in 5:56:41.

Next up (or possibly before) was the **Athens Big Fork Trail Marathon and 17 Mile Trail Run**. In my opinion, that title is too long, they should consider shortening it to something a bit catchier. But then again, being totally sleep deprived has made me quite lazy, and I only had to type it out once, so I will just get over it. Well, we had three daring souls from the Club go out and complete the 17 Mile Trail Run. David Bourne finished in 4:23, Karen Call in 4:22:45 and Lou Peyton in 6:08:03. (Just for the record, this race was actually called “17 Mile Fun Run.” I have no words. I can only look forward to a day that I will be able to run 17 miles again. Fun or not.)

Oh, actually I think this race should have been first... well, again, bold face type people. **The Mississippi Blues Marathon** held in Jackson, Mississippi,

was run by a super fast Club member, and by super fast, I mean 21st overall. Leah Thorvilson finished the race in 3:00:52. I wonder if she ran in costume, perhaps dressed like a blues guitarist or maybe as someone from Mississippi.

And finally, we have the **Martin Luther King 5K**. This was held in North Little Rock close to the end of the month of January so we will put it last. Part of the course went across the Big Dam Bridge or at least that’s what I gather from the T shirts. The Wells/Cannon clan was joined by a few other Club members this year and I am sure that there were a whole host of volunteers from LRRC as well. Since I have not seen The Duck in a while, I’m a bit out of the loop on all the hot volunteer gossip. Sorry. Anyway, Maddi Wells ran the 5K in 26:19, getting’ faster all the time young lady! Josey Wells in 44:20 and Jaynie Cannon in 44:25. Over on the men’s side, Jim Barton ran it in 20:50, Papa Jacob Wells in 21:15, Joe Cordi in 22:19 and Carl Northcutt in 38:48.

The annual **White Rock Classic 50K** (I mean I guess it’s annual, they did it last year and it’s called a “classic”) was held around the start of February—FEBRUARY! That’s it!—and three Club members made the hike to participate. Harold Hays finished in 6:27:38, first timer Jenny Brod finished second on the women’s side in 6:03:15 and Lou Peyton finished in 8:12:23. This race sounds like it was quite a bit of work, like a full day’s work, and I hear it’s hilly too.

So I did something kinda crazy, I ran the **Valentine’s Day 5K**. I will not be posting my results in this column. Just know that I finished the race and it did not kill me, the first five minutes *almost* killed me, but I did finish and that’s all you need to know. Since I know that most people only read this article to see their name and results and I already know what my time was for the race was, I will just get on with it. Here are the results of all the wonderful, fast and in shape Club members who also ran: Brian Sieckowski in 16:54, Imari Dellimore in 16:54,

(See **Title** on Page 5)

Title (Continued from Page 4)

Stephen Preston in 17:56, Kevin Golden in 18:03, Ethan Neyman in 18:06, Steve Yanoviak in 18:19, Jim Barton in 19:55, Bill Torrey in 20:40, Ross Bolding in 20:56, Joel Perez in 21:35, Bill Crow in 22:12, Harold Hays in 23:25, Roy Hayward in 24:20, Dan Belanger in 24:55, John Russell in 27:56, Carl Northcutt in 37:38 and Jacob Wells in 47:57. On the ladies side: Leah Thorvilson finished in 17:56, Andrea Sieczkowski in 21:10, Angela Gaines in 26:01, Alea Humes in 26:20, Rebecca Humes in 27:01, Ginea Qualls (with a PPPR—Post Pregnancy Personal Record) in 27:15, Rosemary Rogers in 30:10, Alesa Davis in 31:14, Coreen Frazier in 33.44, Jaynie Cannon in 39:09, Josey Wells in 47:56, and Mary Hayward in 1:04:36.

Next, or so, we have the **River Trail 15K**. What a lovely day to run. I am being totally sarcastic. It was possibly the worst day I can imagine to run. Cold. Wet. Windy. The only thing that could have been worse would have been to volunteer in that weather. Which I did. In a down coat that was only “Water Resistant”. Weather be darned, there were a slew of Club members out and running very well. Starting with the ladies: Leah Thorvilson finished in 54:18, Mira Lelovic in 1:10:56, and in what I am sure was a great race: Karen Call in 1:14:25 and Madam President Mary Wells in 1:14:39. New member Shareese Kondo finished in 1:17:14, Tara Caudle in 1:26:01, Angela Gaines crossed the line in 1:26:20, Alesa Davis in 1:42:56, Rosemary Rogers in 1:50:40, and Coreen Frazier in 1:51:31. The men’s side looked

like this: Hillary Kogo finished in 48:37, Glen Mays in 50:20, Brian Bariola in 53:07, Brian Sieczkowski in 55:35, Steven Preston in 57:51, Ethan Neyman in 58:30, Steve Yanoviak in 58:59, Imari Dellimore in 1:00:37, Bill Diamond in 1:02:00, Jim Barton in 1:04:07, Ross Bolding in 1:04:24, Rob Wistrand in 1:04:53, Joel Perez in 1:09:12, Jeff Maher in 1:12:18, David Williams in 1:04:59, Larry Graham in 1:05:01, Bill Torrey in 1:06:25, Jacob Wells in 1:06:44, Bill Crow in 1:12:54, Dave Wilkinson and Joe Cordi in 1:13:48, Milan Lelovic in 1:16:19, Roy Hayward in 1:16:57, James Barber in 1:19:44, Christopher Heller in 1:22:31, Dan Belanger in 1:23:29, a PR for John Russell in 1:26:47, Michael Harmon in 1:37:29, Carl Northcutt in 1:59:59 and Frank Butts in 2:34:49.

I think that’s it. WAIT!!! I forgot the **One Hour Track Run**. Ok, so it was held on a Sunday afternoon and you run around a track for an hour and it’s not the most exciting of races, so I guess it’s easy to forget. Anyway, here

are the results: Leah Thorvilson 10.22 miles, Jenny Brod 8.46, Angela Gains 6.86, Rosemary Rogers 6.19, Coreen Frazier 5.22, Jaynie Cannon 3.27, Josey Wells 3.02, and Mary Hayward 2.75. For the men’s side: Stephen Preston 9.64 miles, Steve Yanoviak 9.36, Bill Diamond 8.76, Ethan Neyman 8.68, Harold Hays 7.76, Roy Hayward 7.40, Dan Belanger 6.83, and Carl Northcutt 4.73.

So this is not my best work. I have a few things to put on my list for next month: 1) Write down dates of races; 2) Come up with something better to talk about than, “I’m really tired” and “I never leave my house;” 3) Get more rest so I don’t have to write about being tired; 4) Try and get the all Club members names/races/times included in the article; 5) Get out and run with other folks so as to find out what goes on outside my home. There, that list seems pretty doable. I will try my best to cross these things as well as the daily shower off my “To Do’s”, so until next sport month fans, I mean... oh you know what I mean.

Upcoming Races (Continued from Page 6)

- 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:** 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:** Earth Day Trail 5K/10K at Hot Springs.
- 25:** Take the Lake/Relay for Life 5K at Heber Springs. Call 501-206-5498.
- 25:** MADD Dash 5K/10K/½ mile at Searcy. Call 501-279-4554.
- 25:** Earth Day Trail 10K/5K at Hot Springs. Call 501-262-9300.
- 25:** Power of Purple 5K at Conway. Call 501-472-3043.
- 26:** Andy’s/McDonald’s Fun Run.

LRRC Training Groups

Group Name

Days/Time

Meeting Location

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/McDonald’s Fun Run

Sun 7 a.m.

McDonald’s, Rodney Parham & Breckenridge

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.

March

- 7: Chase Race 2M and Paws 1M at Conway. **GPS SC.** Call 501-514-4370.
- 7: Feed Your Feet 5K at Little Rock. Call 501-733-6575.
- 7: Daffodil Festival 5K at Camden. Call 870-836-6426.
- 7-8: Texas Independence Relay 200M at Gonzales-Houston, TX. Call 512-341-7986.
- 8: Andy's/McDonald's Fun Run.
- 13-15: Three Days of Syllamo at Mountain View, AR. Call 501-454-4391.
- 14: Victorian Clasic 10K at Eureka Springs. Call 479-253-5543.
- 14: Little Rockers Kids Marathon. Call 501-371-4770.
- 14: Charge of the Warriors 5K at Pangburn. Call 501-728-4431.
- 14: White River Heart 5K at Cotter. Call 870-424-2104.
- 14: ÓÖÅ YouthAIDS 5K at Russellville. Call 479-264-1079.
- 15: Little Rock Marathon and 5K. Call 501-371-4770.
- 15: Andy's/McDonald's Fun Run.
- 22: Andy's/McDonald's Fun Run.
- 27-29: Gazelles Power Walkers Walking Clinic at Memphis, TN. Call Sherry Rogers at 901-351-6219.
- 28: Spring Fling 5K at Cabot. **GPS.** Call 501-605-1272.
- 28: Lymphomathon 5K at Batesville. Call 417-505-9151.
- 28: Paws and Claws 5M/2M at Huntsville. Call 479-738-1355.
- 28: Walk for Thought 5K/1m at Little Rock. Call 501-374-3585.
- 29: Andy's/McDonald's Fun Run.

April

- 4: Capital City Classic 10K at Little Rock. **GPS.** Call 501-231-3730.
- 4: Run with the Knights 5K at Van Buren. Call 479-806-7440.
- 4: Go for Autism 5K/10K at Monticello. Call 870-367-4043.
- 4: Walk/Run for Children 5K at Springdale. Call 479-751-8733.
- 4: St. Jude Breakaway 5K at Fort Smith. Call 918-839-7819.
- 4: Bunny Hop 5K at Conway. Call 501-450-5704.
- 5: Hogeve Marathon /Half **GPS**/Relays/5K at Fayetteville. Call 479-445-9251.
- 5: Andy's/McDonald's Fun Run.
- 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.
- 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: Trailblazer 5K at Fayetteville. Call 479-530-8084.
- 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.

Birthdays

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

- 1 – Karen T. 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 Sieczkowski
- 14 – Jennifer McCain
- 14 – Lou Wintroath
- 20 – C. Lee Wyant
- 22 – Susan Bariola
- 23 – Charles Martin
- 23 – Susan Russell
- 31 – Brian Cornett

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.