

THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

January 2011

LRRC Membership Drive Gives You A Chance To Win

By **Brian Sieczkowski**
LRRC President

The purpose of the Little Rock Roadrunners Club is to promote physical fitness and a healthy lifestyle through running and walking. One of the best ways to carry out our mission is by recruiting new members to our Club. If we can get individuals to become Club members, they are more likely to stick with the sport and healthy lifestyle habit.

I don't know if the act of paying dues makes the lifestyle change official, or if it is the benefit of associating with so many other runners, but joining a running club often changes people from a semi-regular exerciser into a lifelong runner. In today's increasingly unhealthy society, there is no better way for the LRRC to improve our community than to help people get off the couch and out on the trails.

Therefore, January 1, 2011, the Little Rock Roadrunners Club is kicking off a Membership Drive. There is no better time of year to find people enthusiastic about fitness. Hopefully, we can help people continue their resolutions beyond the usual February fizzle out.

All you have to do is refer new members to our Club. If it's a past member whose membership has lapsed for more than six months, that counts too. Direct potential new members to www.littlerockroadrunners.com where there are links to online registration and membership forms. When signing up, new members have the opportunity to list who referred them to the Club.

The LRRC member with the most referrals in January and February will win a \$50 gift certificate to the soon-to-be-unveiled LRRC Online Store. Second place will net you \$30 while third place gets you \$15. Everyone probably knows at least one runner who isn't in the Club. Now is the time to sell the LRRC to them. Point out that there is a 10% discount at Easy Runner, Go! Running, and Sporty Runner and that LRRC members also get discounts at Club races and track meets and that new members will receive a free Club T-shirt in the mail. Now is the time! If we all get one new member signed up,

the Club would double in size. Get a few more and you might even win a prize.

Hilly Chili 2011

The Hilly Chili is back for 2011 ó Sunday, January 9th at 4 p.m. to run some hills, 5 p.m. to eat bowlsful of chili. Location is 246 Summit Valley Circle in Maumelle. The Club will provide beverages. Members are asked to bring their favorite chili: beef, bean, vegetarian, mild, hot, hotter, whatever you like.

The Hilly Chili takes the place of our January Club meeting, but we will be back at the Whole Hog on the third Thursday in February.

New Year's Resolution

By **Linda House**
Editor, *The Runaround*

I don't usually make New Year's Resolutions but this year I decided to resolve to get the newsletter out on time.

I've been the editor of *The Runaround* for well over 20 years and it has always been my goal to have the newsletter out as near to the first of the month as possible. For the last two months I have not been successful, but with what I think are good reasons, the main one being that I did not have a computer at home.

I used my computer at work after regular business hours to work on the newsletter. But, I retired September 30, 2010, so that was no longer an option.

I never wanted a computer at home because it was something that I

associated with work. Some of my days at the office were 12-14 hours long so I didn't need to give myself the opportunity to extend those days even further by bringing work home.

(See **Resolution** on Page 3)

January Meeting

January 9, 2011

Hilly Chili Fun Run/Potluck

4 p.m. to run
5 p.m. to eat

246 Summit Valley Circle
Maumelle

RUNNING WILD

By Jacob Wells

I have lots of ridiculous theories and my favorites are the ones that annoy people and that cannot be disproven, either because they are a prediction of something that hasn't yet happened but may, or those that didn't play out because circumstances prevented such an event from occurring. One such theory relates to the sub-two hour marathon. Will it ever happen? Of course.

Experts believed that the four minute mile would never be achieved and that the human heart would explode first. Once it happened, the mental barrier was proven to be even more than the physical had been, and it happened several more times and now is scarcely a novelty for elite runners. During one of the few times I have ever forsaken running and went out for a bike ride, a Bentonville police car pulled up at the River Trail and out hopped former Razorback All-American Joe Falcon. He said he didn't run much anymore and didn't mind me riding along. I asked what his best mile had been and the answer was 3:49. While I had no appreciation for him at the time, I do remember how we would remark as we walked across campus at Fayetteville that the blur that had just gone by must have been Falcon.

Not only will it happen, but it could even be by an American-born runner. Everyone knows that Ryan Hall ran 2:09 in the 2008 Olympic Marathon trials, but consider that his second half split was 1:02 on the windy, hilly, loop course through Central Park on a blustery day. Put that with Hall's half-marathon PR of 58 minutes and things get interesting. Imagine that performance under ideal conditions on the right course and the right day.

The major marathons where the best marathoners compete to win the big prize money are not where it will happen. The first half of such a marathon is often as much about strategy as it is pace, as no one wants to lead the peloton and do all the work. During the first half of this year's New York City Marathon, the live coverage referred to the pace of the lead pack as "pedestrian."

Steve Prefontaine held the American records for every distance between 2,000 meters and 10,000 meters when he died at the age of 24. The up-and-coming marathoners in recent years have been middle distance specialists who got bored and moved on to the marathon, ala Hall, Ritzenhein, Gaucher, Flanagan. Pre was a man before his time and would have followed this path a generation earlier had he lived to do so.

Pre's attitude, style, and pain threshold fit the marathon perfectly. He only knew one way to run a race and said, "if the only way I know how to do that is to run out front, flat out until I have nothing left. Winning any other way is chicken..." He would have never held back and would have run till he broke two

hours or until his heart exploded. This wouldn't have happened as, according to legendary coach, Bill Bowerman, Pre's heart pumped more blood than any other human.

Bill Torrey told me recently that "a good marathon happens in the last six miles, not the first six." Pre would have just tacked his 10,000 meter specialty onto two ten milers and there you have it. Rather than count the imaginary 63 second laps around the track as he did in the final moments of his life in the movie *Without Limits*, Pre would have been clicking off 4:35 miles, a clip significantly slower than his 5,000 meter American record pace of 4:18. That would be just enough faster than the current world record of 4:44 per mile for the marathon distance by Haile Gebrselassie, who has come the closest so far at 2:03:59. At age 35 and having almost retired after dropping out at New York, Haile is likely done after getting oh so close.

Pre's greatest quote was, "To give anything less than your best is to sacrifice the gift." The right runner on the right day is going to go for it. That runner would have been Steve Prefontaine. We get to wait and see who it will be instead.

Final random thoughts: I was going to make a public service announcement to promote an upcoming event, but just found out today that has filled! The good news is that I might finally know what I'm talking about when asked for running tips (which is only by those who don't know me well yet.) The LRRC will be hosting an RRCA Coaching Certification Course on January 15th and 16th at the Museum of Discovery in downtown

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

The Runaround is published electronically each month by the Little Rock Roadrunners Club, P. O. Box 250229, Little Rock, AR 72225. The deadline for copy is the 25th of the month for publication in the next month's issue. Send articles to **Linda House, Editor**, at lhouse48@gmail.com or 3800 Bruno Road, Little Rock, AR 72209-6714

Board Members

Brian Sieczkowski	President	766-3004
Steve Preston	President-Elect	626-0049
Jenny Weather	Secretary	251-5955
Steve Hollowell	Treasurer	217-8604
Tina Coutu	Past President	412-3523
Ginea Qualls	Membership	607-2477
Jeff Mayer	At Large Member	680-6710
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969

Race Results

There are no new race results to report since those in last month's newsletter.

Resolution (Continued from Page 1)

The November and December issues of the newsletter were completed on computers borrowed from my sister and Kwik Kopy Printing at Bryant, but this January 2011 issue that you are reading now was done on my own computer in my home.

I edit the newsletter because I enjoy having the opportunity to be somewhat creative and also to be of service to the Club. There are several Club members who contribute to the newsletter with regular articles ó Club President Brian Sieczkowski, Jacob Wells, Bryan Jones, Ginea Qualls and Paul Ward.

All Club members are encouraged to write articles for the newsletter. It does not have to be an every-month endeavor. Bryan Jones compiles the results from all races in which Club

members participate. But if you have a really great experience at a particular race or training run that you would like to share the newsletter gives you that opportunity. The "great experience" does not necessarily have to mean good either. It can also be the bad and ugly ones.

The articles can be any length ó from a few paragraphs to several pages. As an example, Steven Preston wrote a rather lengthy article about his experience at the Arkansas Traveller 100. The article started as he began his training and ended several months later when he crossed the finish line. All I had to do was add a few pages to the newsletter that month to accommodate a really great in-depth article. But shorter articles can be just what I sometimes need to fill space on a page.

The only requirement for articles is that I get them in time to accommodate my New Year's Resolution that was mentioned earlier. In past years the copy deadline has varied. Originally it was the 25th of the month and more recently it was the 22nd. Now that my time for working on the newsletter is more flexible I can be more flexible with the deadline. I'll go back to the 25th and see how that works out. If you need more time to get an article to me, use Jacob Wells as an example. When his "Running Wild" column is going to be late he just e-mails me to let me know when to expect it. My e-mail address is house48@gmail.com

I look forward to hearing from you.

Running Wild (Continued from Page 2)

Little Rock. This is the very first time an RRCA Coaching Certification Course has been held in Arkansas. The capacity crowd shows what a great idea this was.

This month's reader shout-out is to my marathoning friend Scott Sander (singular, like the tool, not the Colonel), who was featured in the new members section of *The Runaround* in September 2009 and just ran a huge PR of 3:22 at the St. Jude's Marathon. Scott has only been running for two years and has already picked up some of my worst habits, like three marathons in three months. Scott's other 2010 highlight was elbowing Joan Benoit Samuelson out of his way en route to a 5K PR at the Firecracker. Fortunately, it was early enough in the race that I could witness it from the middle of the pack and also that she had time to recover and beat him by nearly two minutes. He also has the unfortunate birthday of Christmas Eve. Scott, thanks for sharing it with me on an eight mile run!

Condolences

The Little Rock Roadrunners Club extends its condolences to Mackie Buckelew over the death of her sister, Stephanie Lynn Grasinger, on Dec. 24. Please keep Mackie and her family in your thoughts and prayers.

Little Rock 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 5:15 p.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, Markahm and Barrow

Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. The LRRC sponsors Sunday fun runs beginning at Andyø at Markham and Barrow at 7 a.m. If you know about a race that should be listed, send information to *The Runaround* editor at lhouse48@gmail.com

January

- 8: Run for Broadway Cares 5K at Van Buren. Call 479-459-3485.
- 8: ARK Winter Series #1 at Cookø Landing. Call 501-519-0185.
- 9: Andyø Fun Run.
- 15: No Name 5K/10K at Danville. Call 479-622-3026.
- 15: MLK 5K at North Little Rock. Call 501-231-3730.
- 15: ARK Winter Series #2 at Lake Willastein, Maumelle. Call 501-519-0185.
- 16: Andyø Fun Run.
- 22: ARK Winter Series #3 at Murray Park, Pav. 7. Call 501-519-0185.
- 23: Andyø Fun Run.
- 23: One Hour Track Run at Russellville. (GPS-SC)
- 29: ARK Winter Series #4 at NLR River Trail, I-30 Bridge. Call 501-519-0185.
- 30: Andyø Fun Run.

February

- 5: River Trail 15K at North Little Rock. (GPS-SC) Call 501-766-3004.
- 5: Mardi Gras Mambo 10K at Baton Rouge, LA. Call 225-382-3571.
- 6: Andyø Fun Run.
- 12: Valentineø Day 5K at Russellville. (GPS)
- 13: Andyø Fun Run.
- 19: Bowen 5K at Little Rock. Call 501-804-1877.
- 20: Run the Line Half Marathon at Texarkana, AR-TX. (GPS) Call 903-792-7186.
- 20: Andyø Fun Run.
- 26: SMH The Beat Goes On 5K at Benton. Call 501-776-6743.
- 27: Andyø Fun Run.

March

- 5: Little Rock 5K and Little Rockers Final Mile. Call 501-371-4770.
- 5: Sombrero Beack 5K/10K/15K at Marathon, FL. Call 305-289-9868.
- 5: Freezing 4M at Fayetteville. Call 479-575-7382.
- 5: Veritas Classic 5K at Texarkana, AR-TX. Call 903-278-9077.
- 6: Little Rock Marathon/Half Marathon. Call 501-371-4770.
- 6: Andyø Fun Run.
- 11-13: Three Days of Syllamo at Mountain View. Call 501-454-4391.
- 12: Chase Race 2M at Conway. (GPS-SC)
- 12: Victorian Classic 10K/2M at Eureka Springs. Call 417-379-7931.
- 12: Feed Your Feet 5K/1M at North Little Rock. Call 501-773-9066.
- 13: Andyø Fun Run.
- 19: Big Rock Mystery Run at North Little Rock Skateboard Park. Call 501-329-6688.
- 19: HardCorps HeartCorps 5K/Half Marathon at Fort Smith. Call 479-651-5759.
- 19: Highrock Hop Trail 9M at Batesville. Call 870-307-8922.
- 20: Andyø Fun Run.
- 26: Spring Fling 5K at Cabot. (GPS)
- 26: Walk for Dogs 5K at Beebe. Call 501-940-6588.
- 27: Andyø Fun Run.

Birthdays

The following is a list of Club members and/or spouses who were born during the month of January. Call Ginea Qualls at 607-2477 if the information is incorrect.

- 2 - Shareese Kondo
- 3 - Kimberly Stickley
- 6 - Laura Naill
- 7 - Brad Patterson
- 9 - Leah Thorvilson
- 10 - Pam Hays
- 12 - Ross Bolding
- 18 - Martha Ray Sartor
- 18 - Joshua Behrendt
- 18 - Lyndsey Sanders
- 19 - Carl Northcutt
- 20 - Marcus Pierce
- 20 - Greg Jacuzzi
- 21 - Richard Johnson
- 21 - Bill Rahn
- 21 - Kim Fisher
- 30 - Daniel Schrader
- 30 - Abigail Ethington

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