

# THE RUNAROUND

A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

August 2017

## Support Fellow Runners At Upcoming Races

By Colin Hall  
LRRC President

Did you know a group of roadrunners are collectively known as a "marathon" and a "race" of roadrunners? A pretty named don't you think?

### Grand Prix Races

8/5 – White River 4 Mile Classic at Batesville

8/12 – Watermelon 5K at Hope

9/2 – ARK 5K Classic at North Little Rock

9/9 – Minuteman Cross Country 5K at Little Rock

9/16 – Arkansas 20K at Benton

9/30 – Paint Downtown Pink 5K at Fort Smith

10/14 – Breakaway 10K at Searcy

11/4 – Mid South Marathon at Wynne

11/18 – Spa 10K at Hot Springs

12/9 – CASA Half Marathon at Pine Bluff  
(Bolded races are state championships)

### Weekly Track Workouts

The Roadrunners meet each week for track workouts at Catholic High School, located at 6300 Father Tribou St.

Workouts begin promptly at 5:30 p.m. so come early to get warmed up. Can't make it by 5:30? No problem! Come jump in when you can. Weekly workouts are led by one of the Roadrunners.

Various pace groups are available. Not interested in the workout of the day, no problem, come join us anyway. The track workout is your opportunity to work on your needs. Track workouts are family friendly for all ages. Come run some laps at your own pace. Come be a part of the Roadrunner Family.

In piggybacking on what our last speaker mentioned, camaraderie and positive support are very important in a club setting. I would like to challenge you to step up your support for your fellow Club members. I for one am guilty of finishing my race, grabbing my water or banana, and moving on. Let's make a concerted effort to cheer on our brethren still crossing the finish line.

In that same vein, we are going to start a member spotlight so that you might get to know the faces you see a little more. Who knows, maybe you will find something interesting about them.

The next Grand Prix race is the White River 4-miler in Batesville on August 5. If you want to carpool, feel free to post on the Little Rock Roadrunner Facebook site and we can coordinate that.

Our next speakers are Charlee and Jeremy Hinton. Jeremy is a very inspiring person who will tell you his journey as a brain cancer survivor and how as a runner you can help team #NOTTODAY.

### Member Spotlight

Name: Carli Langley

Age: 24

Nickname: Carli

#### Where are you originally from?

I am from Beaumont, Texas.

#### Where are you living now?

I am currently in Little Rock.

#### Where did you attend school?

Southern Arkansas University and UALR

**How long have you been a Little Rock Roadrunner?** Since January 2017

**What got you into running?** I fell in love with the sport back in middle school whenever we ran the mile in

athletics class. I got addicted to the feeling of progression and competition.

#### What is your favorite distance?

The half marathon

**Do you have a favorite race?** I do not currently have a favorite race just yet.

#### Is there a favorite race story?

My favorite race story was back in college whenever I got passed up by an opponent of mine for a quick second in the second to last lap (in a 5K race). We were both competing for the college record.

Adrenaline suddenly took over me and I forgot about the pain I was feeling and took off to finish first place and broke my first college record. It's the best feeling knowing I won simply because I wanted it worse than my opponent and so I did something about it.

**What motivates you?** Self-actualization motivates me. I would like to see how far I can physically and mentally push myself.

**What are your running goals for the future?** My future goals are to race my first full marathon and run a new PR for a 5K.

## August Meeting

August 21, 2017

U.S. Pizza - Hillcrest  
2710 Kavanaugh, Little Rock

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

Charlee and Jeremy Hinton  
#NOTTODAY

## Bucket List Time At Full Moon 25K/50K

By Colin Hall  
LRRR President

“Snakes. Why did it have to be *snakes*?” The famous words uttered by Indiana Jones were foremost on my mind when I signed up for the Full Moon 25K. Having been strictly a Roadrunner, I have not done a trail race and purposely so. I was eager to try a new race and thought what the heck? ¡ Bucket list time.

I arrived early to get a parking spot almost a mile away. I saw a few people I recognized, but trail runners are definitely a unique and friendly group. I got my bib, timing chip, a few salt pills, and saddled up my brand-new camel pack. I felt like I was running with a sloshy baby on my back, but I was glad to have water on the go and my hands free. I laughed as I saw a bottle of Pepto next to a can of Lost 40 pale ale at the prep station. I thought “Oh, it’s going to be one of those kinds of races?”

I started out a decent pace, trying not to go out too fast as I had been warned. I did well until about four miles into the uphill and rocky service road when I started feeling a bit winded. My pace slowed down a bit and I found myself walking parts of it. I kept thinking just get to mile seven or eight and that will be the toughest part. I heard a rustling in the woods and I knew it was either a bear, Sasquatch, or a deer. Luckily it was the latter

## Firecracker Fast 5K

By Zach Lewis  
LRRR President-Elect

Tuesday, July 4<sup>th</sup> marked another early morning Firecracker Fast 5K. Fortunately, for the 7:30 start, it wasn’t as hot as a firecracker; however, there was no reprieve from the thick, Arkansana humidity. Out of the plethora of participants, several Roadrunners turned out to compete in the race, with a few walking away with Firecracker trophies in tow.

After the race, Gary Taylor hosted the traditional post-race chicken and waffles breakfast at his store, Go! Running, located in the Heights. Runners had a chance to socialize with other members of the running community, share race results, stories of past races, and races yet to come, while replenishing themselves with food and ice cold beverages.

## New Members

**Welcome to new members!**

**Brittany Chappell** of Little Rock, who is a pharmacy analyst and, in addition to running, enjoys yoga, watching and playing sports and listening to live music.

**Christi and Zach Lewis** and children Riley and Lucy

**Welcome to returning members!**

**Clay McDaniel** of North Little Rock

that dashed right in front of me. Darkness started descending on me around mile five or six and I turned on the headlamp. I felt like I was suddenly at warp speed as bugs shot at me briskly.

I was excited to see lights and the sound of hip-hop music, instead of dueling banjos, at the turnaround point around mile eight. It was good to see the David and Christine Meroney and other familiar faces. I quickly grabbed some water, Gatorade, and a banana. I stood there for a few minutes gathering my breath and got ready for my descent.

The speed picked up as I made my way down, but also the treachery of stepping on rocks. It’s very interesting seeing lights bob up and down on the opposite side. I got a lot of “good job man.”

One runner in front of me spotted a black snake scurrying off in the grass and pointed down. The creature seemed the friendly sort. I then saw a very large spider that seemed to glow radioactively as my lamp beamed off it. I decided to give it a wide birth.

Although the second half of the race is predominately downhill, there are still some very large hills to conquer. Miles nine and 12 I had to walk a bit. I could really start feeling the leg soreness kicking in around 12 and kept thinking, just get back to the mile 15 pavement.

I finally made my way back to the finish line and was greeted with applause and a brand new Full Moon water bottle. I managed a 2:33 and I was OK with that as I felt for the runners still out there doing the 50K.

My legs were covered in dirt, my shirt soaked, and my body sore. I was glad to see the eggs and pancakes and proceeded to chow down.

Full Moon is a well-done race. If you are looking for something different and very challenging to do I recommend it. However, it is back to roads for this guy.

The Runaround is published electronically each month by the Little Rock Roadrunners Club, POBox 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 Editor Linda House at: [lhouse48@gmail.com](mailto:lhouse48@gmail.com).

### Board Members

Colin Hall	President	231-5713
Zack Lewis	President-Elect	501-213-6026
Bill Simpson	Secretary	539-0578
Brent Corbitt	Treasurer	860-1700
Mark Ferguson	Past President	816-838-5450
Melissa Hendricks	Membership	766-0086
Gary Taylor	At Large Member	813-7158
Bill Torrey	At Large Member	231-3730
Linda House	At Large Member	565-4969 (h) 590-9139 (c)

# GOTR Is Preparing For The Upcoming Season

**By Jenny Kelly**  
**Executive Director**  
**Central Arkansas Council**  
**Girls on the Run**

I will be quick with my Girls on the Run update this month because most of our time is being spent preparing for the upcoming season. We have 15 GOTR teams planned in three counties this year!

At the time of this newsletter's publication, we will have already completed one coach training session. Our second training session is planned for Saturday, August 5<sup>th</sup> from 8 a.m.-noon. If you've ever been curious about coaching a GOTR team, now is the time to ask all your questions and get involved!

As most of you probably already know, you do not even have to be a runner to be a GOTR coach. You only need a passion for helping girls recognize their true potential at a very important time. The curriculum is well organized and detailed so that coach preparation time is simply becoming familiar with the lesson as it's written. Teams meet twice weekly for about 90 minutes each practice. The season begins the week of Labor Day and wraps up with the GOTR 5K run/walk on Sunday, November 19, 2017. Our greatest need is coaches that are available immediately after school (around 2:30 or 3 p.m.), but could also still use help with our teams that meet later (4:30 to 6 p.m. is our latest practice.)

Additionally, if you know any third, fourth or fifth grade girls that might be interested in participating in this engaging, fun and age appropriate after school activity, please have them check out our website or flip through our photos on social media (@gotrcentralark.) Even if she doesn't consider herself a runner, she is sure to find something about GOTR that she enjoys and will certainly learn something about herself throughout the season.

If you have any questions please email me at [jenny.kelly@girlsontherun.org](mailto:jenny.kelly@girlsontherun.org) or check out our website [www.gotrcentralark.org](http://www.gotrcentralark.org).

## October Races

- 7: Hudson's Monster of a 5K at Mountain Home. Call 870-404-8363.
- 7: Sparks Stampede 5K/10K at Van Buren. Call 479-650-0509.
- 7: Downtown Runaround 1M/5K/10K at Springdale. Call 479-725-4534.
- 7: Paws at the Beach 5K/1K at Heber Springs. Call 501-250-4427.
- 7: A-State Steelers 5K at Pine Bluff. Call 870-883-0901.
- 7: Panther 5K at Benton. Call 501-607-3676.
- 8: Razorback Run 15K/5K at Fayetteville. Call 479-530-0000.
- 14: FSM 5K at Cabot. Call 501-843-5291.
- 14: Arkansas Marathon/5K/10K/Half Marathon at Booneville. Call 479-849-5855.
- 14: Lewis & Clark Ozark Adventure Dash 7M/2M at Fayetteville. Call 479-521-7766.
- 14: Race for the Cure at Little Rock. Call 501-202-4393.
- 14: Warrior Dash 3.9M at Cabot. Call 501-123-4564.
- 14: Caring for Kidneys 5K at Jonesboro. Call 870-931-5400.
- 14: **Breakaway 10K at Searcy. GPS SC.**
- 15: Fayetteville Firefighters Hero Half Marathon. Call

## Team RWB Is Packed With Fun

**By Lisa Gunnoe, Chapter Captain**  
**Team RWB Central Arkansas**

July has been cram-packed with Team RWB activities, socials and just all around good fun. We started the month with the annual Eagle Charge (four and seven mile virtual run nationwide), a picnic followed by another national event of Eagle Ride.

Between running, hiking, and the bicycle recycling service project there has been a variety of activities to go around.

Things tend to slow down in the heat of the summer, thus August finds some of us with our nose pressed against the window cooling off in the air conditioner longing for autumn so we can play outside again, kind of like summer cabin fever.

For weekly inspiration check out the Team RWB Blog and Podcast <http://www.teamrwb.org/blog/>

Third Tuesday of the month of Recycle Bikes for Kids 6-8 p.m., 717 East 10<sup>th</sup> Street, North Little Rock.

Fourth Wednesday of each month of Team Run with BMR at the Clinton Library parking lot at 6:30 p.m.

Looking for leaders for weekly Pinnacle Mountain Hike

Looking for leaders for weekly trail clean-up projects

We have organized runs in Searcy and Conway. A run leader in Little Rock would be greatly appreciated. Until then anyone is welcome to join the LRRC track workout, Tuesday evenings at 5:30 p.m. at Catholic High. Thank you Roadrunners for welcoming Team RWB!

Jackie in Conway; [Jackie.stone@teamrwb.org](mailto:Jackie.stone@teamrwb.org)

Lisa in Searcy; [lisa.gunnoe@teamrwb.org](mailto:lisa.gunnoe@teamrwb.org)

Jeff & Chris Beason in the Hot Springs of Malvern area, [jeff.beason@teamrwb.org](mailto:jeff.beason@teamrwb.org) or [chris.beason@teamrwb.org](mailto:chris.beason@teamrwb.org)

With the Ronnie Spivey stepping down as social director we are in need of someone whose mad skills are organizing picnics, socials and parties. If you like to do this please let us know. Jeff Beason, [jeff.beason@teamrwb.org](mailto:jeff.beason@teamrwb.org)

# Running Calendar

Upcoming races, fun runs, and Grand Prix Series (GPS) races, including state championships (SC), are listed below. If you know about a race that should be listed in *The Runaround* send information to the editor at [house48@gmail.com](mailto:house48@gmail.com)

## August 2017

- 3: Cyclone Glow 5K/1K at Russellville. Call 870-356-8474
- 4: Splash & Dash at Fayetteville. Call 479-444-3463.
- 5: **White River 4 Mile Classic at Batesville. GPS.**
- 5: Pine Tree Festival 5K at Dierks. Call 870-584-6503.
- 5: Diva Dash 5K at Springdale. Call 816-569-4508.
- 5: Tropical Smoothie Rise N Shine 5K at Russellville. Call 479-970-9422.
- 5: Decatur BBQ 2K/5K/10K. Call 479-372-8632.
- 12: GSFBC Run with the Son 5K at Little Rock. Call 501-455-3474.
- 12: **Watermelon 5K at Hope. GPS. Call 870-777-1917.**
- 12: 479 Bash & Dash 5K at Rogers. Call 479-531-5044.
- 12: Chicken Fry 10K at Dardanelle. Call 479-477-0909.
- 19: Easter Seals Walk With Me 5K at Little Rock. Call 501-227-3706.
- 25: Sand Lizard Glow 5K at Dardanelle. Call 479-970-2340.
- 26: Run With the Flock 5K/1M at Little Rock. Call 5901-220-4351
- 26: Farmington Stampede 5K/1M. Call 479-267-2664.
- 26: St. Jude Fayetteville 10K. Call 479-387-7116.
- 26: Adam Brown Road Mile/Half Mile at Percy. Call 501-282-3481.

## September 2017

- 2: **ARK 5K Classic at North Little Rock. GPS. Call 501-412-4520.**
- 4: Run for a Child & Hunger 10K/5K/1M at Rogers. Call 479-246-0104.
- 9: **Minuteman 5K XC at Little Rock. GPS. Call 501-231-3730.**
- 9: Minuteman 5K/2M School Invitational XC at Little Rock. Call 501-231-3730.
- 9: 9/11 Memorial 5K at Lavaca. Call 479-462-9629.
- 9: Race Against the Odds at North Little Rock. Call 501-442-1564.
- 9: Big Red Shoe 15K/5M/5K at Joplin, MO. Call 417-624-2273.
- 9: Race to Be Heard 5K at Ozark. Call 479-883-9477.
- 9: Hot Spring County Fair 5K at Malvern. Call 501-815-2383.
- 9: Tower to Tunne 5K at Hot Springs. Call 501-844-6888.
- 9: Band on the Run 5K at Batesville. Call 870-307-9783.
- 16: St. Michael Feast 5K XC at Van Buren. Call 479-629-2528.
- 16: Camp Robinson 4M at North Little Rock. Call 501-212-6700.
- 16: Conquer the Gauntlet 3.9M at Little Rock. Call 501-240-8124.
- 16: **Arkansas 20K at Benton. GPS. Call 501-246-0716.**
- 16: Winslow Half Marathon/5K. Call 501-837-3599.
- 23: Cyclone Invitational 5K/2M at Russellville. Call 479-970-6102.
- 23: Glow Run 5K at Yellville. Call 870-449-7155.
- 23: CASA Super Hero Colorful 5K at Texarkana, AR. Call 903-748-4342.
- 23: JTown 5K at Jonesboro. Call 870-206-9473.
- 23: Every Soul Matters 5K at Vilonia. Call 501-519-1016.
- 23: East End 5K Sizzler. Call 501-580-8410.
- 29: Lake Norfolk 5K/10K at Mountain Home. Call 870-404-8363.
- 30: Glen Campbell 5K Ramble at Delight. Call 870-260-0216.
- 30: **Paint Downtown Pink 5K at Fort Smith. GPS. Call 479-650-0766.**
- 30: Bryant Fall Fest 5K. Call 501-943-0426.
- 30: Great Pumpkin 5K/1M at Lonoke. Call 501-590-0441.
- 30: Heart & Sole Marathon/Half Marathon/5K at Jonesboro. Call 870-931-4044
- 30: Sherwoodfest 5K/1K. Call 501-454-5185.
- 30: Pi Beta Phi 5K at Fayetteville. Call 832-443-4656.

# Birthdays

The following is a list of Club members and spouses who were born in August. Contact Melissa Hendricks at [mmyers1\\_98@yahoo.com](mailto:mmyers1_98@yahoo.com) or 766-0086 if the information is incorrect.

- 1 - Keith Cooper
- 2 - Libby Taylor
- 3 - Sunnie Butcher-Keller
- 4 - Tammy Helmick
- 5 - Toga Tuite
- 6 - Brad Newman
- 9 - Joey Gieringer
- 9 - Rachel Hendrix
- 10 - Manfred Galatowitsch
- 15 - Davis Fleming
- 15 - Chris Heller
- 18 - Maisey Jane Steadman
- 19 - Brittany Chappell
- 19 - Ron Mitchell
- 19 - David Samuel
- 21 - Julie Barton
- 22 - Aaron Baker
- 27 - Bill Ruck
- 28 - Paul Ward
- 29 - Mike Burlison

## Photo/Selfie Op

President Colin Hall has requested that all Club members stick around after races to take team photos, hopefully wearing Club singlets. If you are the only ðBirdö at the race take a selfie.

### Retreads

First Wednesday of the month  
11:30 a.m.

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 [chrlypytn@gmail.com](mailto:chrlypytn@gmail.com)