

# THE RUNAROUND



A MONTHLY PUBLICATION OF THE LITTLE ROCK ROADRUNNERS CLUB

July 2017

## Colin Hall Takes Over As Club President

Fellow Roadrunners,

Colin Hall here. I am excited to take over for the great Mark Ferguson who did an excellent job in his term as president. It seems I am always following Mark (usually in a race). The president-elect and I hope to spice things up, but not too much. If you have any suggestions please let us know. Speaking of, if you haven't met the president-elect his name is Zach Lewis (the guy with all the tattoos).

We may have a few social events in place of meetings from time to time as

well. Also, we hope to incorporate group runs on the weekends around the River Trail area. We are shooting for Sundays at 8 a.m., due to many races occurring on Saturdays. Of course, we still have our Tuesday track workouts at Catholic High at 5:30 p.m. Stay tuned to the Little Rock Roadrunners Facebook site for event postings.

There are no Grand Prix races in July. The main races are July 4<sup>th</sup> Firecracker 5K and the Full Moon 25K or 50K starting on Saturday July 22<sup>nd</sup>.

The new location for Club meetings is U.S. Pizza - Hillcrest in the upstairs room. We hope to see you July 17<sup>th</sup> around 6 p.m. for socialization with the meeting kicking off at 6:30. We are excited about our first speaker Autumn Smith.

Autumn Smith is an accomplished speaker, a skilled manager, and a successful entrepreneur. Her work has touched the lives of entertainers and professionals in various fields including legal, fitness, medical, and production. She believes and supports the belief that everyone is born with the potential for abundant success and prosperity. Through coaching and speaking engagements, Autumn motivates and demonstrates personal and professional skills that move driven individuals and teams in the direction of their noble purpose.

Her website is <http://aumnsmithinspires.com> if you would like to learn more.

Thank you for allowing me to serve. Happy Running!

## Team RWB Enriches Veterans' Lives

By Lisa Gunnoe, Chapter Captain  
Team RWB Central Arkansas

While talking to one of our regional leaders he shared a story of a veteran who was disappointed in some groups and organizations for letting him down. He shared his experience and said: "hook me up so I'm not alone again." A local team member recently shared the loneliness they felt while running because they are so "slow" and they felt alone until some runners came by and showed encouragement by butt slaps and high fives.

We all need that connection to help us through the hard times, not just in training but in life. Our tribe, be it cycling, Cross Fit, yoga, or running, lifts us through the hard times in life and helps us be our best self as we heal in the safety of another's heart.

It is the greatest blessing of my life to be in such a tribe both in running and life. My first taste of such a tribe was the trail running family in Arkansas. This led me to want to be a better trail runner, thus trail running podcasts. This was where I first heard about Team RWB, on a trail running podcast. The running tribe and the Team RWB tribe fit hand in glove together with the same results, hugs and high fives along with the occasional butt slap, helps bring us closer together as we strive together.

With our nation's birthday fast approaching, it is with gratitude that I share these glimpses into the purpose of Team RWB. We enrich the lives of America's veterans through physical fitness and social activities. Shhhhh, don't tell anyone, we enrich the lives of all involved including civilians ☺ This is our best kept secret of which we shout from the roof tops with hugs and high fives.

For weekly inspiration check out the Team RWB Blog

(See Team RWB on Page 2)

## July Meeting

July 17, 2017

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

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

Autumn Smith  
Motivational Speaker

# GOTR Needs Volunteers For New Season

**By Jenny Kelly, Executive Director  
Central Arkansas Council  
Girls On The Run**

My youngest daughter is named after my college coach. As a sophomore, I walked-on to the cross-country and track teams at a time when LSU women's track and field was dominant. They were winning conference and national titles based on the performances of their sprinting and jumping roster, so the distance group was a little simpler to break into, but still, Coach Elliott gave me a chance when he didn't have to. I didn't have a strong high school career to showcase. I'd spent most of my time on the top of pyramids and choreographing cheer routines. In high school, track was a very fun springtime activity, but it hadn't ever been my focus.

After listening to my undoubtedly uninspiring running history, he didn't ask me to try some road races and come back next year. He didn't tell me he appreciated my interest, but he didn't tell me he already had a team. He gave me a chance.

I learned so much about myself during my time running with the Tigers, and I made some of the strongest and most solid

friendships of my life with my teammates. I, as you'd expect, got faster, but more importantly, I got stronger and more confident. And over a decade after my last race wearing purple and gold, I named my youngest daughter after my coach. All because he gave me a chance.

At Girls on the Run you can be someone's chance-giver. You can be the person that helps her learn about herself, stretch her limits and try new things. I can't promise you a namesake, but I can promise you'll make a BIG impact on a girl at an important time in her life.

GOTR coaches meet with their teams twice a week for hour and a half practices. You'll follow a standardized curriculum that has measurable and well documented positive results (more on that in a later newsletter!). Coaches do not have to be runners, and we need a diverse group of ages, races, running experience levels, occupations and personalities. The only requirement is to have a passion for helping children recognize their potential (and pass a background check and take CPR).

Additionally, we need someone to help us coordinate snacks this season. We strive to provide a variety of healthy snacks to our participants. The inclusion of fresh fruits and vegetables and some other foods that are not shelf stable requires a bit more work on our end but has been very well received and appreciated. Anecdotally, we've also seen girls try foods they had never tasted before or learning that new doesn't necessarily equal bad. Since this is a new volunteer role, the specific responsibilities it includes are not yet finalized, but it will most likely include a weekly pick up of foods and delivery to coaches in the Little Rock area.

If you'd like to learn more about Girls on the Run and find opportunities to be involved with the Central Arkansas council please check out our website [www.gotrcentralark.org](http://www.gotrcentralark.org). You will find coach and new site applications on the website as well as announcements about upcoming events.

## New Members

Welcome to new and renewing members!

**Cammie and Christina Bricker**, both of Little Rock  
**Rosana Diakno and Ron Sanders**, both of Little Rock  
**Kim Hillis and Dr. Jean Matchett**, both of Little Rock  
**Steve Harrelson** of Little Rock is an attorney who has

been running for 19 years. He is also a cyclist and swimmer.

**Vicki and Randy Lynch** of Little Rock

**L.B. Johnson** of Little Rock is an English instructor. A new resident of Little Rock, he has been running for several years. He is interested in getting back in shape to run another marathon.

**Anna Megli** of Enid, Oklahoma. She is a student and has been a runner for the past two years.

## Team RWB (Continued from Page 1)

and Podcast <http://www.teamrwb.org/blog/>

Third Tuesday of the month or Recycle Bikes for Kids 6-8 p.m. at 717 East 10<sup>th</sup> Street, North Little Rock, Arkansas 72114.

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

We are looking for leaders for weekly Pinnacle Mountain Hike and 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 LRRC Tuesday evening track workout at 5:30 p.m. at Catholic High.

Thank you Roadrunners for welcoming Team RWB!

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)

## Gut Wrenching Workouts Pay Off At Mile Run

By Jennifer Found

How often do you get a chance to race a mile? The answer would be not very often for most, unless you are fortunate enough to live in Little Rock and participate in this very unique event. As for me, this is the ninth road mile I have raced, the eighth since becoming a masters runner. With a masters PR of 5:18 at the Ridgewood Mile in New Jersey at the age of 41, this year's finishing time was far from my best but with every race, I can't help but find the good, focus on the positive and come away with a heart full of joy and gratitude!

It certainly didn't take long for me to find all of the good that came from the day as I reflected back on one of the many highlights. When I first arrived at the course that morning, I had the pleasure of watching Christine Ferguson break the tape in the 40+ women's race,

quickly followed by Mary Wells in fourth place. What a great way to start the day! Each heat that followed brought more great performances by friends and teammates. From the oldest male participant at the age of 85 to the youngest child in the kids mini mile, there truly was a race for everyone. This event embodies what this sport is all about, everyone can run no matter how fast or slow, young or old. Every individual can set their own goals, run their own race, and take pride in their accomplishments!

After completing my first full year in the Grand Prix, I can honestly say the Go! Mile was by far my favorite race! Gary and Erin Taylor and their crew put so much love and passion into this event, their dedication and appreciation for the local running community was very apparent as they cheered on every participant out on the course as they approached the finish line!

We had a great turnout of Roadrunners, by my account 23 team members in total! The men and women swept the team championship and many of our members had top three age group finishes including age group winners Brian Sieczkowski, Manfred Galatowitsch and Mary Wells, masters top three finishes from Mark Ferguson (first), Ron Mitchell (third), myself (first) and Christine Ferguson (third). It was a great way to cap off the first half of the year, now 10 races into the Grand Prix! Congratulations to all of those who ran personal bests and a huge thank you to Gary for providing a challenging nine-week mile plan for the Tuesday night group and Bill Torrey for facilitating and supporting the plan! Although some of the workouts were gut-wrenching and near puke inducing, I think we can all look back now and say it was fun!

## The Best Part Of Race Day Is The Comradery

By Mark Lacey

Saturday morning finally arrived, the day I had been anticipating and dreading all at the same time. The Mile race, so short and so painful, with no room for error!

I had trained for the race, but was I ready? For eight weeks, I faithfully attended the grueling weekly track workouts that Gary Taylor and Bill Torrey laid out for us. I don't think many consider training fun, but the detailed structure of the training plan gave purpose to the track runs. Plus, I was motivated to keep up with, or at least to trail close behind, **the fast group**: Colin, Jenny, Jenn, Rodney, and Zack.

The night before the race, I check the registration list and noticed that Bruce Oakley from Batesville had signed up. Crap! What? He hadn't raced all year! But last year he finished sub 5:30 in this race! This was his kind of race, short and fast.

As usual, I procrastinated race day morning, and by the time I got to the

Clinton Presidential Library, the parking lot was full, and so I found a spot at an adjacent facility (Thanks Heifer!). I worked my way over to the race route and promptly saw Bruce Oakley and Billy Mills. I felt the pressure building! Not soon enough, I found my race buddy, Steven Booth, and we went for a quick warm-up before lining up for the race start. Ready or not, the time had come to see if the training paid off.

BANG! The race started. I tried to calm myself as I ran by thinking back on the training we had done. "Follow the training and all will be OK!" Quarter mile, turn one, turn two, the halfway point. I'm ahead of where I thought I would be, Yeah! Turn three, I finally get to pass someone. Turn four, I hear Mark Ferguson yell words of encouragement! Turn five, the ¾ mark, I think, it's just like one more lap at the track. Turn six, did I mention there are six turns in the middle half of the One Mile race? I can see the finish line. Billy Plante is just 20 yards or so ahead of me, can I catch him? No! I hit the mat and

the most miserable race distance is over for another year.

Finally, the best part of the race: Getting to enjoy the comradery of my fellow runners. As much as I enjoy placing in a race, the best part of race day is hanging out with my running friends.

### 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.

# 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)

## July 2017

- 4: Ward Parkway 4 on the 4<sup>th</sup> at Kansas City, MO. Call 913-710-8682.
- 4: Freedom from Blindness 5K/10K at Lockesburg. Call 479-234-1676.
- 4: Firecracker Fast 5K at Little Rock. Call 901-274-2202.
- 4: Freedom Fest 5K at Greenwood. Call 479-996-6357.0-922.
- 4: Run for Vets 4M/1M at Fayetteville. Call 219-384-8217.
- 8: Fore Mile Adventure 4M at Cabot. Call 501-941-0899.
- 8: RiverDawgs 5K at Clarksville. Call 479-774-3612.
- 8: Heat in the Street 2M at Arkadelphia. Call 870-464-7415.
- 8: Brent Morrison Memorial 5K at Fort Smith. Call 479-629-3600.
- 15: VFW Post 4884 5K at Spiro, OK. Call 803-464-0737.
- 22: Full mOOn 50K/25K at Perryville. Call 501-837-3104.
- 22: Peach Fest 4M at Clarksville. Call 479-754-4568.
- 29: DNRC Hope in Motion 5K at Dardanelle. Call 479-229-4884.
- 29: That Dam Night Run 5K at Arkadelphia. Call 870-464-7415.

## 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 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.**
- 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 Pearcy. Call 501-282-3481.

## September 2017

- 2: **ARK 5K Classic at North Little Rock. GPS. Call 501-412-4520.**
- 4: Run for a Childø 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.
- 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.

# Birthdays

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

- 3 ó Brian Sites
- 7 ó Alexa Coughlan
- 7 ó Ricky Martinez
- 11 ó Bill Harrell
- 12 ó Steve Preston
- 14 ó Hayley Byington
- 14 ó Michael Maulden
- 14 ó Blake Norman
- 15 ó Edward Najjar
- 18 ó Joe Van Den Heuvel
- 22 ó Brent Corbitt
- 22 ó Lou Peyton
- 23 ó Jennifer Found
- 24 ó June Barron
- 28 ó Blaine Orth

## GRAND PRIX RACES

- 8/5 – **White River 4 Mile Classic at Batesville**
  - 8/12 ó Watermelon 5K at Hope
  - 9/22 – **ARK 5K Classic at North Little Rock**
  - 9/9 – **Minuteman Cross Country 5K at Little Rock**
  - 9/16 ó Arkansas 20K at Benton
  - 9/30 ó Paint Downtown Pink 5K at Fort Smith
  - 10/14 – **Breakaway 10K at Searcy**
  - 11/4 – **Mid South Marathon at Wynne**
  - 11/18 ó Spa 10K at Hot Springs
  - 12/9 – **CASA Half Marathon at Pine Bluff**
- (Bolded races are state championships)

## 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)