

Spa Pacer News



New President

The Spa Pacers welcomes a new President, Amy Johnson. Amy has been on the board for several years. She has directed the Spa Squirt Race for the past 8 years. Amy is the Fitness Director at First Baptist Church where she teaches Group Exercise Classes and Personal Training. She is married to AJ Johnson who manages Cedar Glades Park and they have 2 children, Alley (18) and Stefan (12).

Buzz Wilson Scholarships Awarded

By Cindy Baswell

The Spa Pacers Running Club was very excited to award the Buzz Wilson Scholarship to 3 area high school students this year. The scholarship is given in memory of Mr. Wilson who was an active member of the Spa Pacers for many years and provided encouragement to all runners and organized many running events in Hot Springs. His daughter, Katie Gibson, attended each of the awards ceremony and presented the Scholarship awards to the following recipients: Reid Shiver, parents of Todd and Margaret, attended Hot Springs High School and is attending the University of Tulsa; Alley Daily, parents of Amy and Allen Johnson, attended Lake Hamilton High School and is attending Ole Miss University and Richard Williams, parents of Lisa and Joel Williams, attended Lake Hamilton High School and is attending Arkansas State University. We congratulate each of these students on their many high school achievements and wish them continued success at college and in their academic pursuits. Continue page 2

INSIDE THIS ISSUE

- 1** Buzz Wilson Scholarship
- 2** 2010 Spa 10K
- 2** Arkansas RRCA Grand Prix
- 4** 2010 Board members
- 5** Pace for the Race
- 6** Frequently Asked Questions
- 6** September Social
- 7** Lee vs. Rainey



Reid Shiver



Alley Dailey



Richard Williams



The scholarship is given in memory of Mr. Wilson who was an active member of the Spa Pacers for many years; he provided encouragement to all runners and organized many running events in Hot Springs.

Spa 10K

By Dave Mackenzie - Race Director

IT'S BACK!

Date: Saturday, November 20th

Location: Hot Springs Convention Center

Time: 8:00 a.m.



Yes, the Spa10K is here again and we're ready. Now all we need are participants and that's where you come in. Normally, just mentioning the name Spa 10K is more than enough to get you to sign-up, but for those of you who need more of an enticement, here we go... We've added chip timing from the start this year! Also, we've added a water stop on West Mountain, and we will have additional music along the course.

But, there is one more thing that not even the Spa 10k Steering Committee knows about. We acquired a shirt this year that will take a minute per mile off your pace, make you look 10 years younger and also, make you look 10 lbs lighter. Because of the latter, this shirt will take Larry Merriman out the Clydesdale group but will still do nothing for Bob Lathrop. Now, we do have a disclaimer and the Spa 10k Steering Committee takes no responsibility in the claims made about this shirt. Yet, if you come to me, I'll tell you how fast you look and that you look 10 years younger and of course, 10 lbs. lighter.

So, to register, go to www.spa10k.com, click on RacesOnline and register online or by mail-in registration. Just be there for the 28th running of the Spa 10k. Also, on the Spa 10k website, you'll notice some of our great sponsors this year. Please thank them and also support their businesses.....they are vital to our success!

Arkansas RRCA Grand Prix

By Josh Drake

SPA Pacers Run the State!

The 2010 Grand Prix season is coming to a close and the Spa Pacers are having one of their best years ever. The current Grand Prix roster includes 29 men and 30 women ranging in age from 6 to 75 years old. Continue page 3

The Arkansas Grand Prix is a yearlong series of road and cross country races administered by the Arkansas chapter of the Road Runners Club of America (RRCA). To enter the Arkansas Grand Prix, a runner must first belong to one of the [Arkansas RRCA Running Clubs](#), located throughout the state. The clubs also compete against one another in the Team Competition.

Runners and clubs accumulate points based on finishing order in each race. Awards are given to top runners and teams at an annual awards ceremony in February following the conclusion of the Grand Prix Series.

Our 59 member team is the second largest in the twenty nine year history of the Grand Prix and the Little Rock Roadrunners is the only team in the state larger than us. This is an amazing jump in Grand Prix involvement from two years ago when we only had 2 members participating. Our Women's team is currently in 2nd place out of 12 teams and the Men's team is in 5th place out of ten teams. Additionally many of our members are in the top five of their age groups. We have run races ranging from 2 miles to a marathon and in locations from Fayetteville to Texarkana to Batesville and many points in between.

The last race of this season will be our very own Spa 10k. Registration for next year's Grand Prix series will begin soon and the first race is usually held in late January in Russellville so now is the time to start getting prepared and come out and have some fun with a large group of Pacers and other runners from around the state. Complete information on the Grand Prix can be found at www.arkrrca.com



Capital City Classic 10K



Toad Suck Days 10K



Brickfest 5K



Watermelon 5K



Rock Run 8K



Batesville 4Miler



Sara Low 5K



Arkansas 20K

If you plan to run any race in the GP series this year, please sign up. You can help the team even if you are not interested in personal competition. You must register as a GP member 5 days before your first GP race in order for your points to count for that race. Upcoming Grand Prix races left are:

Chili Pepper 10K - October 16 in Fayetteville

Soaring Wings Half Marathon - October 23 in Conway

Spa 10K - November 20 in Hot Springs, AR

2010 Board Members

Big Thank you and Farewell to Melinda Hendrix who retired from the Spa Pacer Board.

A Big Thank you to Amy Johnson for stepping up as our President

President	Amy Johnson	276-4726
2 nd Vice President	Lisa Reilly	623-4969
Treasurer	Cindy Baswell	276-8870
Secretary	Janet Cheek	627-6274

At Large Members:

Ken Freeman	623-6108
Lorri Saracini	620-0727
Josh Drake	282-9356
Debbie Scrivner	276-9172
Dave Mackenzie	282-5617

Feel free to contact any of the members with questions or ideas, but not problems. We really don't want to hear about your problems. (Just kidding)

Senior Olympics



MaryEllen Brundle from Marionville, MO (90 years old) crossing the 10k finish line



MaryEllen Brundle and Jean Schooler from Hot Springs Village, congrat each other at 10K finish line.

Pace for the Race

By Brent Morrison

On September 13th, we started the 2010 Pace for the Race 10 week training clinic, which trains runners for the Spa 10K & 5K. We had about 70 people sign up that have divided into 5 groups; Walkers, Beginner 5K, Intermediate 5K, Beginner 10K and Intermediate 10K. The runners are all at different levels, and that is what makes this clinic so successful, everyone coming together to share their knowledge of running with someone else. Of course, if you have a clinic, you have to have volunteers, and ours couldn't have been more phenomenal. They graciously give their time, effort, and energy to help train the new runners.

On Monday's the run is around Whittington Park, and on Thursday's we run with the Pub Grub Running Club runner's at Spencer's corner. As we start in the 5th week of the clinic, I am continually impressed with how strong and fast some of the new runner's are getting and a lot of that is because of the instructors. With the beginner 5K, they are learning how to run, and when one of your instructors is a marathoner, you know that you are getting good advice. Another group, the intermediate 5K group, is being led by so many quality runners, like Catina, Joan and Jana, that the participants are really getting the information that they need to run their best 5K ever. The beginner 10K group, led by Bob, has really taken off with Bob's vast amount of knowledge of running, that makes everyone want to do their best, and really succeed at the 10K. Our Intermediate 10K group has been a kind of group effort, with everyone in the regular run group, volunteering to help train the runners in this group. Our other group, our walkers, led by Doris Elder, is an often overlooked group, but is probably our most important, since at least three, started out last year as walkers, they are now just like us, runners.

Frequently Asked Questions

Taken from JeffGalloway.com

Q: Dear Jeff, I walk almost daily, but have avoided running because I hear so much about knee problems. Does running lead to knee replacement later in life?

Answer from Jeff: According to the joint doctors I've talked with (some of the best in the US) running produces positive effects on the joints. While there are many folks (including doctors who are irrationally prejudiced against running) who will tell you not to run, the long term studies on runners (40-50 years) show that runners have healthier joints than non runners. The key is to insert short jogs into your walk, and see how you feel. It is the continuous running, without walking, that causes aggravation. Even so, there's no evidence that running produces more negative wear than the regular aging process, unless there is pre-existing structural damage (very rare). Many orthopedists have told me that running makes the joints more efficient, stronger, and better irrigated with blood.

Q: Hi Jeff, I have heard you talking about one downhill running technique that you called "gliding". Could you explain how to do it and what's its benefit, etc?

Answer from Jeff: Keep your feet low to the ground, touch down very lightly with each foot, and don't let the stride length get too long. When runners go astray, they let the stride length get an inch or two too long. Just let gravity pull you down the hill, coasting all the way.

September Social

The Spa Pacers and their families had a great time at the end of summer social hosted at the home of Roger and Loretta Gilliland. If you didn't get a chance to come, you missed out on a lot of food and fun!





Lee vs Rainey

By Ken Freeman

Running with the Angels Half Marathon, January 9, 2010, was the last race in the Lee vs Rainey 09 -10 running series. Following the half marathon at Lake Mead, near Las Vegas, the annual awards ceremony saw Mike Lee (a Spa Pacer from the early days of the club) receive the coveted series' trophy from his running nemesis, and Texan, John Rainey, while Rainey received the bronze "boot" award for being bested by Lee. Last year was the first time in six years that Rainey had won the series, and it is good to see the trophy (a 109 year old Canadian trophy purchased on Ebay) back in Arkansas where it belongs. Lee and Rainey have a personal three run series consisting of a 5K, 10K, and half marathon. They've run a half marathon in Las Vegas annually since 1993 and it has been the final for their series for the past six years. Whenever Mike announces what races will be in their 2010 -2011 series and their dates, we need to encourage, cajole, and threaten Mike in his training schedule to ensure the trophy doesn't cross the state line back into Texas next year!



Group Runs

MONDAY - 5:45 p.m. meet at Parkside Cycle (through November 15th) After the 11/15 we will meet at the parking lot across Embassy Suites - Cindy Baswell @ 276-8870

MONDAY- 4:30 p.m. meet @ Fountain St. near HS Mountain Dr. - Ken Freeman @ 623-6108

TUESDAY - 6:00 p.m. Speed Work or Hill Repeats- 430 Prospect - call Larry Merriman @ 627-3041

WEDNESDAY - 4:30 p.m. 1st lookout on left West Mountain Summit Dr - Ken @ 623-6108

THURSDAY - 5:45 p.m. Pub Run @ Spencer's Corner www.hotspringspubrun.com

FRIDAY 4:15 p.m. 1st lookout left West Mountain Summit Dr - Tom Winton @ 622-9173

SATURDAY 7:00 a.m. meet at Transportation Depot - Cindy Baswell @ 276-8870

Membership Has Its Privileges

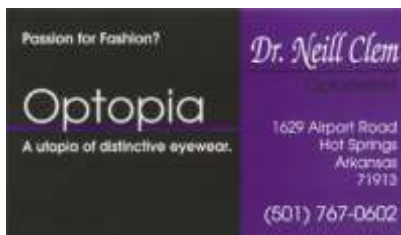
As a Spa Pacer member, you will have privileges to discounts to area businesses. All you need to do is present your Arkansas Spa Pacer membership card! If you have not received your card, please let any of our board members know.



Hot Springs Brau Haus
10% off



Peter's Paint & Flooring
15% off



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Mission Statement

To promote health fitness and FUN through group activities focusing on running, jogging, and walking to make a positive contribution to the Greater Hot Springs National Park community.

We're on the web!
www.arspacers.com

**SPA PACERS
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