

# Spa Pacer News



## Dust off those Shoes

Hello Spa Pacers,

What a great year this has been and it is only going to get better. The year started off with some brutally cold temps but it's starting to look like spring and the weather is awesome. There is no reason or excuses for you all not to be hitting the roads and trails. We have been having some great group runs but have been missing you, so dust off those running shoes and come on out and join us, and bring a friend. The weather is perfect and the company is unbeatable.

Melinda Hendrix

## Buzz Wilson Scholarship

*By Melinda Hendrix*

Each year the Arkansas Spa Pacers Association awards scholarships to high school seniors who are planning to attend college in the fall and is a current member of the Arkansas Spa Pacers Running Club. 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.

Applications are currently being accepted through April 16, 2010. If you know of anyone who is interested in applying please have them check with their track coach or they may contact Melinda Hendrix at 318-235-7368.

## 2010 Women Can Run Clinic

*By Dianne Morrison*

The 2010 Women Can Run Clinic began March 1<sup>st</sup> and will continue until May 8<sup>th</sup>, with "graduation" being the Women Can Run 5k in Conway. This is a wonderful service the Pacers provide to get women of all ages and condition outside, to train safely with lots of encouragement to complete (either walking, running or a combination) the 3.1 mile race.

This year 86 women registered for the clinic. Needless to say, the trail at Whittington Park has been crowded. This year we even have an advanced group of runners. It is nice to see that even the veteran runners have realized that the clinic is a terrific place to hone their skills.

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Please encourage your friends, sisters, wives, daughters, etc. to come join us; it is not too late if they sign up soon. We are also looking for a few more volunteers to help out. With this large of a group we could really use some more volunteers for each group.

This year's clinic directors are Carla Shelton and Dianne Morrison and special thanks to Jana Muldoon, Lisa Lawless and Catina Norman for volunteering to assist Mondays and Thursdays. Also, an extra special thanks to Mark Parrish for assisting with the advanced group and Brent Morrison for assisting as needed. We do allow men to assist with the training - see you are not completely banned from the clinic.

The clinic is Monday and Thursday at 5:30 p.m. at Whittington Park, for more information contact Janet Cheek at 501-627-6274.

## Arkansas RRCA Grand Prix

By Debbie Scrivner

The Spa Pacers are off to a great year in the Grand Prix Series. We have 50 members signed up with 27 men and 23 women. The women are currently in 2<sup>nd</sup> place and the men are in 4<sup>th</sup> place. An improvement for both teams over last year's results.

In individual women's competition, Maggie Mathis is 3<sup>rd</sup> overall female, Jamie Merriman is 2<sup>nd</sup> in Masters and Grand Masters, Pamela Lee is 2<sup>nd</sup> in Seniors. Hope Drake, Jessie Jones, Maggie Mathis, Melinda Hendrix, Pamela Lee and Irma Gremillion are leading their respective age groups. In individual men's competition, Peter Zargari is 2<sup>nd</sup> in Masters. Gideon Drake and Peter Zargari are leading their respective age groups.

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 are:

**Capital City Classic 10K** - April 3<sup>rd</sup> in LR

**Hogeye Marathon** - April 11<sup>th</sup> in Fayetteville (we desperately need runners in this event or we will not get team points. Contact Josh Drake or Debbie Scrivner if you can participate)

**Spring Fling 5K** - April 24<sup>th</sup> in Cabot

**Toad Suck 10K** - May 1<sup>st</sup> in Conway

**Rock Run 8K** - May 29<sup>th</sup> in LR

**Brickfest 5K** - June 26<sup>th</sup> in Malvern



One Hour Track Run



Rivertrail 15K



Valentine 5K



Run the Line Half Marathon



Chase Race

## 2010 Board Members

Big Thank you and Farewell to Fran Ruffin and Larry Merriman who have retired from the Spa Pacer Board.

A Big Welcome to Debbie Scrivner and Josh Drake who have joined the Board.

President	Melinda Hendrix	318-235-7368
Vice President	Amy Johnson	276-4726
2 <sup>nd</sup> 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)



Runners at the Disney marathon/half-marathon were whining about the ~30° temps. We had a few brave runners that ran the same day in temps around 10° WAY TO GO!



Little Rock Marathon and Half Marathon

Spa Pacers were well represented in the Little Rock Marathon and Half Marathon on March 7<sup>th</sup> with approximately 21 runners. It was the first full or half marathon for several of our members and that always makes for a memorable experience. Jamie Merriman did so well that she qualified for the Boston marathon and plans to run that race in April 2011.

Come to the farewell party for Corey and Holly Pelton, Friday, April 9<sup>th</sup> at 7:00pm at Larry and Jamie Merriman's home. Corey and Holly are moving and would like for everyone to have the opportunity to give them a hard time for leaving – kidding. There will be hotdogs and hamburgers & condiments – please bring lettuce, tomatoes onions or a dish to go along with it.

## Goofy Story of the Month

By Lisa Reilly

### Turtle Triathlon-Cayman Islands November 29, 2009

If you have ever been to the Cayman Islands, you may be aware that they are in not only a different time zone than the Midwest; they are in a different TIME.

For a few years now, Brian had wanted to do the Turtle Tri in the Caymans. This year it worked out for us to go, all of our kids had other plans for Thanksgiving, (or are just too far away to get here), so we signed up for the tri which is on the Sunday after Thanksgiving. Wanting to keep things simple, and just planning to the tri for fun, we arranged to rent bikes (nothing fancy) so we wouldn't have the stress and expense of shipping the bikes and putting them back together, blah, blah, blah.)

Our flight was scheduled to leave at 6:00 am Thanksgiving morning; we would be beachside by 3:00 pm. We stayed at our son's house in LR on Wednesday night (he was away) and scheduled a cab for 4:45 am, to take us to the airport. We figured it would be cheaper and easier than parking. At 4:45 no cab, 4:50 no cab, called the cab company, "he's on his way should be there any minute" 4:55 no cab, 5:00 decided we better hop in the car a get to the airport. Of course we are rushing, last ones in line for check-in. Rush, Rush, Rush, get to the gate, board the plane, "we want an on-time departure" the flight

crew said. We taxi out and the pilot says, there is fog in Charlotte, so we will have a 30 minute delay. Then another 30 minute delay, then an hour. After another 30 minutes we taxi back to the terminal, and wait and wait and wait. Our flight is the only one left in the airport. Of course we will miss our connection to the Caymans.

Finally get to Charlotte, around 4:00 pm, sunny there, "where's the fog?" we wonder. The hotel we go to has no restaurant, but they did have some "complimentary boxed lunches", we snack, buy a bottle of wine, nap, then share a taxi with a 23 year old guy who parks cars in West Palm Beach Florida, cuz he really likes cars, to Downtown Charlotte (and now it is raining).

Now comes the fun part! We finally get to the Caymans, ready for a little beach, a little rum, so we opt to get our rented bikes on Saturday morning, (save a few dollars too). So Saturday morning we go to the concierge, who calls the bike rental place, only to find out they are closed until Tuesday! "Don't worry Mrs. Reilly, we will find you some bikes to rent". The new plan: This guy "Danny" has some bikes, but he has them in storage and has to get the key from someone else.

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He will bring them to the hotel at 1:00 pm. We reiterate that we are there for the triathlon which is the next day at 6:00 am. “Don’t worry “she says (Be happy she says under her breath). So we head into Georgetown, thinking perhaps we will buy a couple of bikes then sell them before we leave. There are no bike stores on the island. They sell bikes at the Hardware Store. These bikes are not cheap; I couldn’t dish out the dough. The bike department manager gives us a number of a man who might be able to help us. In the meantime 1:00 rolls around, “Sorry Mrs. Reilly, Danny has not been able to get the key to the storage, he will bring the bikes to you at 8:00 pm.” Again we reiterate that we are there to do the triathlon at 6:00 am the next day. The other guy calls back, he has found two very nice bikes we can use for \$150 each. Sorry, we say (we were going to rent the imaginary bikes for \$15). 8:00 pm no bikes, more phone calls, more promises, much discouragement for us.

There are several bikes (we call them Hoop die bikes) locked in the parking lot, that belong to employees. We ask around, no one can help us. By bedtime, I have resigned that I will swim, and then run, and then drink lots of rum. Brian has no such plans.

When the alarm goes off at 5:00 am, Brian jumps out of bed, to “get our Bikes” 20 minutes later he is back, “we have bikes” he says. Did they bring them I ask? NO, he says just follow me.

We go to the bike rack, he points me to a very small Huffy 10 speed mountain bike, and he grabs a very cute Schwinn Beach Cruiser. We hop on and ride the mile to the race. He explains how he borrowed some tools from an unlocked Security Company Van, cuts the locks, and puts the locks and tools back in the van. Quite industrious, (he is a New Yorker, after all). We are quite nervous, but plan to leave some cash with the bikes when we return them. All goes smoothly; we borrow a pump as the tires are low. My gears don’t work and my legs don’t straighten out much, but it’s a flat course. We have signed up for the Olympic distance Triathlon which is 1.5 k swim/40K bike/10K run. Under ideal circumstances it would take right under 3 hours for me, a bit longer for Brian. The swim is two loops and the bike is two loops. It appears that most of the participants have signed up for the sprint. We are a bit nervous about swimming in the ocean, but it was actually quite nice. The ocean was clear, could see the bottom all the time, not much wind or wave. However we were

pretty slow. Since most everyone did the sprint, this left the very competitive (not us) and the very naïve (us) to do the Olympic. Hopping on our bikes we were soon passed by the very few swimmers who were behind us. Not too much later, we were passed by the very competitive on their second loop. We both had fears that the owners of the bikes would be walking down the street and spot their rides. This did not happen. As we rode the last 4 miles of the biking leg, we had police escorts. How funny we thought, if they only knew how we came to be riding these particular bikes. Finally, we get to T2 and can get off the bikes. (Brian has had a flat tire for several miles). Running is usually my forte in a tri, but my legs were so tired from not stretching out and not changing gears, that I did not fare too well. I passed two men early on, but there was no other people that I could see ahead to even motivate me to run faster. It was also about 85 degrees, no shade and a quite boring out and back course. I finished in 3 hours 30 minutes. After jumping in the ocean to cool off, I got back on my bike to see where my sweetie was. He too was having a hard time running, but he had escorts, the police, the Red Cross, and the race director who told him “you’ve got more escorts than the governor”, then he had me on my hot bike.

He finished among lots of applause and cheers. There are pictures of him all over the Turtle Tri Website. He even got 3<sup>rd</sup> place in his age group! There was a nice spread of Island food and the awards went smoothly. We met some really nice folks, who were quite impressed that we traveled so far to do their triathlon.

Finally we had to head back to the hotel. We walked the bikes since Brian had a flat. I offered to walk his bike if he wanted to ride mine, and he offered for me to ride on ahead of him. Neither one of us wanted to enter the bike rack alone, in case we had some explaining to do. As it turned out, we racked the bikes with no incidence, went up to our room took a nap and drank rum by the ocean the rest of the day. We still had a couple of days there, so we snorkeled a lot, ate good food, and laughed a lot about the tri. We had agreed to say only that we “borrowed bikes”, but Brian’s conscience got the better of him, so he had to confess how that came about.

We have decided that we will not travel out of the country to do a triathlon again. That’s our story and we’re sticking to it.

## Frequently Asked Questions

By Lisa Reilly

**Q: How many weeks, months, or years should I run before I plan to run a marathon?**

Good Question:

There are training plans a plenty, but the more time you, your body and brain have spent together on long runs, the better you will fare physically. Truly anyone can train for and finish a marathon, but how you recover is the key.

I would suggest that you have at minimum 2 years of regular running under your belt, averaging at least 20 miles per week for at least 6 months before you start training for the event. This includes doing plenty of 10k's, at least 2 half marathons or 20Ks, (3 or 4 is better), and some cross training as well.

Personally, I ran off and on for almost 20 years before I did my first marathon, but a good 7-8 years as mentioned above. I loved the feeling of running and finishing the first one so much that I ignored the post marathon recovery, and started running too much, too soon, and ended up injured 4 or 6 weeks later. When you read about marathon training, or talk to a veteran marathoner, it is important to pay attention to all the advice that is given, not just the parts that are appealing to you.

Also, I would not recommend that you use marathon training as a way to lose weight. As you stress your body by adding extra miles, it is so important to re-fuel properly. While you can expect to lose a few pounds, and tone up while in training, a big weight loss would be a sign that you are probably not consuming enough calories to support your system, and something will go wrong; a bad cold or other illness, an injury, weakness, or constant fatigue. The other problem is your tapering and recovery time. It seems to take a couple of weeks for your body to adjust to not needing as many calories during those periods, and your appetite will be for 30 -40mile weeks, while your expenditure will be quite a bit less. That could make it more difficult to get back to training if you have gained some weight.

**Q: I am a slower runner, and often feel intimidated by faster runners, which is why I don't like to run with a group. Any advice?**

Absolutely. Join the women Can Run Clinic. You will find people in the same boat. If you are a man or a woman, you can volunteer to be a leader for one of the beginner groups. It is a lot of fun and you will probably find someone to run with at your pace. You don't have to be an experienced runner to be a leader, there are others around who can help answer questions that your group may have, and the training starts off very doable for almost everyone.

Other advice, which is not easy for some people, is to try not to compare yourself with other runners. Yes, there are people older, heavier, and/or less motivated than you but can still run faster, but the fact that you are doing it is the only thing that counts. If your lack of speed really bothers you, you can try doing some speed work. But first, I would suggest that you get a cardiovascular check up, because sometimes there can be a physical problem that you have no control over that keeps you from getting faster.

## Group Runs

**MONDAY - 5:45 p.m.** meet 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.** 1<sup>st</sup> lookout on left West Mountain Summit Dr - Ken @ 623-6108

**THURSDAY - 5:45 p.m.** Pub Run @ Spencer's Corner [www.hotspringspubrun.com](http://www.hotspringspubrun.com)

**FRIDAY 4:15 p.m.** 1<sup>st</sup> 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.



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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](http://www.arspacers.com)

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PO BOX 1199  
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