

JULY 2009

Volume 1, Issue 1

Spa Pacer News



SPA PACERS
HOT SPRINGS NATIONAL PARK
A · R · K · A · N · S · A · S

Pacers Membership nears Century Mark

The Spa Pacers have added 33 new members since January of 2009.

This makes 99 Households belonging to the club! Running in Hot Springs has sprung back to life. The Saturday morning runs at Transportation Plaza, The Pub Run, and the tried and true Monday & Wednesday trail runs are filled with people excited about running. It is a great thing to be a part of!

Our new president, Melinda Hendrix accompanied by club treasurer Cindy Baswell have really kept the ball rolling.

2009 Spa Pacer Board Members

Melinda Hendrix, President
Fran Ruffin, Vice-President
Cindy Baswell, Treasurer
Janet Cheek, Secretary
Ken Freeman
Lisa Reilly
Lorri Saracini
Amy Johnson
Dave MacKenzie
Larry Merriman

The continuing Saga of Carmen the Wonder Dog

A few Years ago, when I was doing the newsletter quite regularly on paper I attempted to keep readers amused with Carmen tales. So bless you if you remember, and if you aren't familiar here is a brief synopsis. Carmen is my 8 year old beagle/feist mix dog. She has helped me train for several marathons and triathlons. If you have seen me running the trails you have seen Carmen somewhere near by. (Lately pretty far back.) Poor Carmen has endured two Car

accidents, (the first broke 3 toes and she has pins in her foot) and most recently the removal of a large (think grapefruit) fatty tumor on her neck near her esophagus. She was born with some kind of mite and had to have a special skin treatment for 8 weeks. We called it her bath and massage. If you have ever read the little Golden Book, about Crispin's Crispian, Carmen is a dog that belongs to her self. If you don't know the book, I recommend that you get it

even if you don't have children or dogs. Soon after Carmen's 2nd car accident, (Nothing broken just major road rash) we started to notice a lump on her neck. Vet said fatty tumor, don't worry about it. Next year the lump is noticeably larger and seems to be restricting her breathing, so vet says yes you might want it removed, should be minor surgery one night in the dogpital. Several hundred bucks. So good dog mother that I am, I schedule the appointment, continued page 2.



Buzz Wilson Scholarship recipient

David Mills, a senior at Lake Hamilton High school was the recipient of the 2009 Buzz Wilson Scholarship. David ran the Spa 5K in 2005 & 2006. HE has run cross country since 8th grade, and has refereed Upward Basketball games for his church, 1st Baptist, and has recently returned from a mission trip to Chicago. Davis has been All-State

Cross Country 2006, 2007 & 2008 and All State Tack for the 1600m and 3200m in 2008. HE was selected for the Arkansas All State Cross Country Team in 2007, received the "Will to Win" in Cross Country in 2008, and "Leader of the Pack" Award in 2008. David said that through running "I have learned the importance of discipline; patience and working hard achieve my goals. I have also learned

how to be an encouraging member of a team. David has earned a XC Scholarship to Arkansas State University. He plans to become a coach so he can share what he has learned through running with others.



Dam Night Run 5K and Super Duper Tailgate Party

The Spa Pacers had a great turnout and run at the Dam Night Run 5K on July 25 at Lake DeGray just this side of Arkadelphia.

We also had a celebration of 2 birthdays – Dave Mackenzie and Tracy Freeman



The race started (well, almost) at 8:00 pm and we had quite a few pacers win awards. Way to go!! We cooked hamburgers and hot dogs and had a huge spread of food from pacer members.



GRAND PRIX

We now have male and female Grand Prix teams that have enough participants so almost every race gets team points!

The Men's team is in 6th place with age group leaders Gideon Drake (1st 0-9)

Mark Parrish (6th 50-54)

Danny Williams (4th 55-59)

David Samuel (5th 65-69)

The Women's Team is in 8th place with:

Maggie Pelton (5th place 0-9),

Jessie Jones (4th 15-19) Cordell (3rd 25-29),

Jamie Merriman (1st 50-55),

Glenda Williams (3rd 50-55)

Jean Schooler (2nd 75-79). Way to go Teams!



Capital City Classic 10K

UPCOMING GRAND PRIX RACES**September**

5 [Clear Mountain 5K](#) North Little Rock, AR

19 [Arkansas 20K](#) Benton, AR

26 [Tyler Curtis 5K](#) Little Rock, AR

October

17 [Chile Pepper XC Festival](#) Fayetteville, AR

24 [Soaring Wings Half Marathon](#) Conway, AR

November

7 [MidSouth Marathon](#) Wynne, AR

21 [Spa 10K/5K](#) Hot Springs, AR

28 [Great Duck Run 10K](#) Stuttgart, AR



Chase Race



Youngest Spa Pacer Grand Prix Racers, Gideon Drake

Training opportunities WEEKLY 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 call Danny Williams @ 276-3782

TUESDAY - 5:30 p.m. Fitness Zone Spin Class \$5.00-Special Offer to Spa Pacers

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 *6:30 a.m. meet at Transportation Depot - Cindy Baswell at 276-8870

*

!!!!!!!!!!!!!!NEW
TIME!!!!!!!!!!



White River 4 Miler

Triathlons: worthy accomplice of racing

Many of our club members have found triathlons and duathlons, with their “brick” training to be a welcome addition to their training schedule and fitness level. We all love running (don’t we?), and wish we could do it everyday, but certain parts of our bodies start to rebel if we do that. If we ignore the rebellion, something really bad happens ...Injury. We runners despise injury, and will go to great measures to blame injuries on something other than our love of running, (you know you’ve done it) otherwise known as overuse syndrome.

This is where multisports come to the rescue. With multisport training, we can do something almost everyday that makes us feel as good as running does, with less rebellion from our bodies. This is often called cross training, but that just sounds too mean. We don’t want to be “cross” at anything, we want to ‘multi’-ply our fitness, health and happiness. Not sure what to do to get started? Never fear there are several websites, books, magazines, and knowledgeable multi-sport athletes around to head you in the right direction.

An easy start is to change to biking or add a bike ride. Decrease your distance running and then hop on your bike for a few miles. Swimming often the most neglected “brick” by those who aren’t too comfortable with that part of the earth’s atmosphere, should also be part of the mix.

Triathlons (continued)

If you are not used to swimming any distance, you will jump in the pool and try to swim to the other side as quick as you can, reaching it gasping for air. Only 25 yards??? How will I ever swim 500? First, you can't swim as fast you can run, so slow down. Just as you can't run far without getting

into a rhythm, so it is with swimming. The way I figure it, (which is not at all scientific) 1 mile of swimming equals 3-4 miles of running, depending on your form, fitness and speed. That may put it in some perspective. Now if you're a really good swimmer this section of this article will make no sense to you,

so just skip it. Anyway, just get out and "tri" or just "du"it. Have some fun while you're at it!

FREQUENTLY ASKED QUESTIONS.....

Q: When will the Pacers start beginners training group?

A: We normally have a co-ed all ages group start in early September to train for the Spa 5K or Spa 10K. Women Can Run training starts in late February to train for the Women Can

Run 5k in Conway in mid-May.

Beginners are welcome to join in any of the training runs, but should be aware that these are "training" and the seasoned runners are likely to run at their own level, so newbies should TRY to not get discouraged

Question #2

.Q: Why do the leaders of the training groups talk so much about stretching, but when we have group runs, hardly anybody does it?

A: Stretching is very important. I feel the proper way to warm-up for training or racing, is to do a little dance, make a little love, get down tonight, (Whoops-the 80's just got me), Seriously, I recommend that you walk or jog for at least 5

minutes, then do some stretching, do your run, walk and stretch some more afterwards. Before a race stride outs are recommended as well. In group run situations, everyone is at their own level and it each person's responsibility to do what works best for them. For instance many times I will walk, run or ride to a group run, so I am pretty much warmed up when I

get there, and then I will stretch when I get home. That works for me. You will have to find what works for you. But please don't put a big Stretch on cold muscles!



Wonder Dog continued

So 4 days later, a blood transfusion, and several hundred MORE dollars, of course worry and gray hairs for me Carmen comes home, and a STILL has a large (think softball) lump on her neck! However this is temporary and we drain it (a lot). So after a few weeks she is looking more normal summer turns into fall and Carmen gets pretty good at running again. Yay!

What Inspires You?

To beat Dave Mackenzie's time...kidding... okay, on a more serious note..After a ~20+ years hiatus from running, I began running again about a year ago with my wife Jamie. After having her run off and leave me for several months I realized that I had to commit to run for at least two reasons:

The first was so I could hopefully one day catch her. The second was that I know it is a part of a healthy lifestyle I need. We then found a group willing to welcome us and provide support for folks like us who are new to the area, the Spa Pacers. I now find I run as much for the camaraderie from the group and the internal competition that will no doubt make us all faster.

Larry Merriman

I started running to stay in shape for softball, volleyball, etc.,so I initially used running for my outside activities. That's all changed within the last 10 years. I'm still involved with my activities, but I now consider myself to be more of a runner. 10 years ago I started running marathons and that changed my focus into making running more of a priority. Yet the reasons why I run is that I always feel better afterwards. It doesn't matter what's been weighing on my mind or how my days been going after a run it is always better, an ordinary day can turn into a good one and a good day can turn into a great one. So with the good Lord willing running is something I will be blessed with for long time to come.

Dave Mackenzie

We want to hear from you. Let us know what inspires you to run. E-mail your story to janet@arspacers.com



National Trails Day



Ranger Run



National Running Day-June, 3 2009-Look how many came out at 6:00 am on a Wednesday!

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!

See us at:

www.arspacers.com



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