



CLYDESDALE CORNER BY GUNTER THE GREAT

“Still Trudging on”

2006 has been an interesting year on the racing circuit, with many a good race completed and many more to go. Some of them have been real doozeys, so to speak. One particular race on June 3rd in Mena may still have runners on the course looking for the finish line. The Lum and Abner 5-K had so many turns in the course that many a runner became lost. I think I ended up running about 2/10's farther until a runner who was cooling down informed me where the finish line was. Maybe Lum and Abner were vying for an episode on Lost. I ended up 18th overall in the race, thanks mostly to those eight (we think) runners that missed the finish line entirely. It sure wasn't my blazing speed. And, I sure didn't need a timepiece to record my finishing time on Magazine. A calendar or sundial would have probably worked just as well. John Furness and Greg Bourns ears are probably still sore because I almost talked them off. But, in retrospect, I believe I enjoyed this ascent up Magazine more than the ones previous. It was the first time I was still fresh at the observation turnout finish. Hug Dog Maxwell had a PR, beating his old ascents up Magazine by 13 minutes. Those hills in Fayetteville sure have improved his hill running. Paul Hermes is back to his old running form beating his 2003 Magazine trudge by almost a minute. Paul also ran down the hill. Good job Paul!

A lot of runners have been asking “Where are all the Road Dogs?” Well, that is a very good question. Only a few of us from the old crew in the Command Center are still running. And, alas, the Command Center hasn't been on any trips to speak of since the Torch Run of 2005. Hug Dog, Wild Dog, Pretty Dog, Big Al and myself are the only Dogs from the old crew that have ran any races in 2006. It has been a slow year. Fat Dog is still running, but business concerns have kept Saturdays busy. Old father time has caught up with the rest of them. Many of the “dogs” are now on the porch. Injuries, job transfers, and other commitments have taken their toll. Hug has talked about a 10 mile initiation run. Where and when has not been decided as of yet.

I have noticed that the attendance seems to be down at many of the local races. The Altus 5-K only had 13 runners, and that race gives out 50 bucks to the overall male-female winner. I know Toad Suck was on, but 13 runners! This course is fast, the awards ceremony is faster, and Kelt's is across the street. What more could you ask. The Yellfest 5-K is another race which could use some more support. Yellfest has probably the flattest course in Arkansas, plus only three real turns. I was in a league of my own in the 55-59 male division. I know there are a lot of runners in the river valley that compete in the 55-59 male division that can beat a 215 pound fat-boy. Gas is not getting any cheaper, so save a few bucks and enter some of these local races. Without our support, they will cease to exist.

My daughter started running this year, and has actually medaled in two out of the five races she entered. Janet's inaugural race was this year's Victorian Classic. What a race to start on!! So far, she has competed in the Goshen Gallop 5-K, the Knights 5-K at Van Buren, the Mt.

Nebo 5-K, and Altus 5-K. She is running 25-30 miles a week average, and, she has lost over 40 pounds. She has definitely been bitten by the bug. She hopes to run the Peach in July if she can trade hours with an associate at her job. Running with her has helped her old man as well, since my mileage is up and the weight is going down. Happy running trails until next time.