

# Ridge Rider Athletic Club

THE TOURISTER

MARCH 2007

**The mission of RRAC is to promote health, fitness, and competition throughout Northeast Arkansas.**

## Herget Wins Sylamore Trail 50K

### Sylamore Trail 50K

- 50K = 31.068 miles
- Allison Arkansas is located along the White River at the junctions of Highways 5, 9 & 14.

Saturday, February 17th, RRAC's Ted Herget was the over-all winner of the Sylamore Trail 50k held in Allison, Arkansas. The out and back course consisted of over 31 miles of rough trails, and two water crossings at almost knee deep. Herget crossed the finish line in 4 hours and 28 minutes.

Other Jonesboro finishers include RRAC's Guy Patteson, and Robert Williamson. Way to go guys!



## RRAC's March Meeting

YMCA

At 6:00 PM

Tuesday, March 13th

Guest Speaker: Ashley Jones\*

Topic: Sports Nutrition

Refreshments provided

\*RRAC Member Ashley Jones has a degree in Dietetics from the University of Arkansas. She completed a Dietetic Internship at UAMS. She has certifications in Aerobic and Personal Training. She works for St. Bernards Outpatient Dialysis as a Renal Dietitian, instrumental with St Bernards Diabetes Management Program and Fit Quest for Kids program.

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## Daylight Time

Starting in 2007, Daylight time begins in the United States on the second Sunday in March. On the second Sunday in March clocks are set ahead one hour at 2 AM local standard time, which becomes 3 AM local daylight time. These dates were established by the Energy Policy



**2007 daylight time begins on Sunday, March 11th and ends November 4th.**

Act of 2005.

Not all places in the United States observe daylight time. In particular Hawaii and most of Arizona do not use it. Indiana adopted its use beginning in 2006.

Saving daylight was first mentioned in 1784 by Benjamin Franklin in a humorous letter urging the Persians to save money by getting up earlier to use the morning sunlight, thereby burning fewer candles in the evening. Franklin did not mention Daylight Saving Time ... he did not propose that the clock be changed. His letter was in the spirit

of his earlier proverb "*Early to bed and early to rise / makes a man healthy, wealthy and wise.*"



## Healthy Heart 2 Mile Walk/Run by Jim Stearns

The Healthy Heart 2 Mile Run & Walk was held Saturday, February 24th at St Bernards Auditorium in downtown Jonesboro. There were 164 participants. The weather was not cooperative as the runners and volunteers were greeted with



rain storms almost the entire day. The early temperature was in the low 50's. It

was suggested for us to rename the race the Healthy Heart 2 Mile Run/Walk and Wet T-Shirt contest as most everyone was soaked by the rain!

In the men's division first place went to Ted Herget (10:56), second place Joseph Pearce (11:02), third place Chris Cone (11:05), fourth place Steve Lovell (11:20), fifth place Gary Cothorn (12:04).

In the women's division, first place went to Shanda Rogers (13:19), second place Elizabeth Davenport (13:38) and third place Brooks Parker (13:54) fourth

place Carol Earles (15:02), fifth place Pat Cagle (15:04).

In the women's walking division, first place went to Becky McDaniel-Ewart (25:10), second place Julia Dunlap (25:19) and third place Jami Todd (25:21).

In the men's walking division, first place went to Bill Keasler (20:57), second place Harry Wakefoose (22:26) and third place to Scott Justus (25:47).

## ASU Campus Quick 5K Run/Walk

Join the ASU Development Office for the 5K run/walk benefiting the general scholarship fund for students. This is the third of 17 running and walking events in the 2007 Series. The 5K will begin at 9 AM. Registration is 7:30 - 8:45 AM Saturday, March 10th. Cost is \$20 per person.

The event will start at the fountain (next to the Administration Building and in front of the Student Union). Trophies will be awarded in all standard categories. A pancake breakfast



will be included free for participants. If you wish



**Saturday,  
March 10th**

to purchase additional breakfast buffets for \$5 per additional person, please include the money with your form. Bring your friends and family for food and fun!

## Member Profile: Jason Broadaway

**RRAC:** Please tell us a little bit about you.

**JASON:** I am 33 years old, and the father of a wonderful 3 year old daughter, Taylor. My wife, Sally, and I have been happily married 6 years. I was born in Paragould, but I've lived in Arizona, California, Nevada and Tennessee over the years. I lived in Little Rock from 1194 until October of 2006, when I moved here to work at Gearhead. I've been racing and riding bikes since 1983, and I have worked in the bike and outdoor industry since 1995.

**RRAC:** What is your specialty within the biking and outdoor industry?

**JASON:** Bicycle fitting. I am a Serotta Certified Advanced Fit Specialist, and a F.I.S.T (Fit Institute of Slow Twitch) Certified Fit Specialist. I'm one of about 75 Fit Specialist in the world that have completed both of these courses and their prerequisite courses. A Fit Specialist's function is positioning athletes on their bikes in a way that maximizes their performance and comfort. Some of the people I've worked with are professional cyclists and triathlete, NASCAR and Indy Car drivers who use cycling to stay in shape (those guys like to go fast no matter what vehicle they are operating), and anyone who wants to get the most out of their riding experience. The great thing about performance based fitting is that it benefits any cyclist, whether you ride three times a month or you ride for a living.

**RRAC:** Welcome to the club Jason, and we are glad to have on-board! Jason's contact information:

### Jason Broadaway

Serotta Advanced Fit Specialist

F.I.S.T. Certified

Gearhead Outfitters

230 South Main Street

Jonesboro, AR 72401

870-910-5569



## Good News



RRAC's Treasurer, Jim Stearns, was recently awarded the Arkansas

Recreation & Parks Association person of the year. The award given in part because of Jim's work to improve the opportunity for fun and fitness in our area.

Jeff Owens sang the National Anthem on Sunday, March 4th, at the Little Rock Marathon to over 10,000 people. Afterwards he completed the marathon.

If you have any good news to share about yourself or other club

members, please e-mail [spenceraimee@yahoo.com](mailto:spenceraimee@yahoo.com).

### RRAC 2007 Remaining Series Events



Event #	Event Name	Date	Contact/Race Director
3	ASU 5K	March 20	<a href="mailto:cbrecklein@astate.edu">cbrecklein@astate.edu</a>
4	AHA 5K	March 31	<a href="mailto:mary.beasley@heart.org">mary.beasley@heart.org</a>
5	PT Fit for Life 5K	April 14	<a href="mailto:raldridge@astate.edu">raldridge@astate.edu</a>
6	Jonesboro Jets 5K	April 28	<a href="mailto:lbowens@suddenlink.net">lbowens@suddenlink.net</a>
7	Loose Caboose	May 19	<a href="mailto:ftoler@paragould.com">ftoler@paragould.com</a>
8	Gary Schuchardt 5K	June 2	<a href="mailto:Melanie.polsgrove@unitedway.org">Melanie.polsgrove@unitedway.org</a>
9	Flat as a Pancake	June 9	<a href="mailto:arkrecords@sbcglobal.net">arkrecords@sbcglobal.net</a>
10	Freedom 5K	July 4	<a href="mailto:jstroud@jonesboro.org">jstroud@jonesboro.org</a>
11	Sensational Kids 5K	July 28	<a href="mailto:bccraine@sbcglobal.net">bccraine@sbcglobal.net</a>
12	Hot Summer Nights 4 Miler	August 10	<a href="mailto:jstearns@sbrmc.org">jstearns@sbrmc.org</a>
13	The Blessed Sacrament 5K	Sept 8	<a href="mailto:angela@relativityinc.com">angela@relativityinc.com</a>
14	Turtle Creek Civitan 10K	Sept 22	<a href="mailto:kdoyle@sbrmc.org">kdoyle@sbrmc.org</a>
15	Fergus Snoddy 1/2 Marathon	Oct 13	<a href="mailto:jowens@jonesboro.org">jowens@jonesboro.org</a>
16	Race for Awareness 5K	Oct 20	<a href="mailto:pkilvington@aol.com">pkilvington@aol.com</a>
17	The MidSouth Marathon	Nov 3	<a href="mailto:arkrecords@sbcglobal.net">arkrecords@sbcglobal.net</a>

For more information on each event, please log on to [www.ridgerider.org](http://www.ridgerider.org).

## Walker-Friendly Marathons

Once the domain of the running elite, many marathons are now welcoming walkers to the starting line. As marathon walking becomes more popular, more and more races open their courses to walkers. Still, certain marathons are noticeably more “walker-friendly” than others. If you’re a walker seeking a little competition without the hassle of “runners only” races, look no further.

The Honolulu Marathon and the City of Los Angeles, two of the biggest US races, host the largest fields of marathon walkers - they total close to 40% of these races’ nearly 20,000 participants. With over 7,000 in Honolulu and 4,000 in LA walkers at these events enjoy plenty of walking buddies to bond with over 26.2 miles.

Essential to walker-friendly marathons are long course limits that allow walkers enough time to finish the race and receive their well deserved medals. The following races keep their courses open over 8 hours, maintain fluid stations, and marshals on the course to encourage walkers, and don’t disassemble the finish area until nearly every last walker has crossed the finish line.

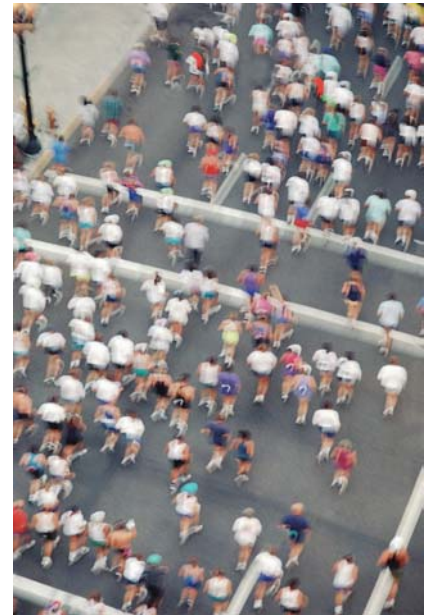
1. Bataan Memorial Death March

2. Honolulu Marathon
3. Green Bay Marathon
4. Maui Marathon
5. Mayor’s Midnight Sun Marathon
6. Kona Marathon
7. Avenue of the Giants Marathon
8. New York City Marathon
9. San Diego Marathon

Compared to other running events, these marathons had the biggest percentages of walkers as their participants. Though runners were usually still the majority, at these races, the number of walkers was not dwarfed by the amount of runners. Walkers comprised anywhere from 17 to 40 to over 80 percent of their entrants, reflecting how popular marathon walking has become.

If you want a true walker’s marathon - with a few militaristic provisions - then the Bataan Memorial Death March is your ticket. Weighing in at over 84% walkers, with an unlimited course time (the slowest marcher to finished in just under 13 hours), this race exceeds the usual definition of “walker-friendly.” To honor World War II heroes, military servicemen - in regulation

boots and camouflage gear - and civilians alike walk this 26.2 road march through the desert, toting a mandatory 35-pound rucksack (yeah, that will definitely slow your pace a little).



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### **Your RRAC Officers**

Amanda Herget - President  
Bobbi Fowler - Vice President  
Selena Barber - Marketing &  
Secretary  
Jim Stearns - Treasurer



**WE ARE ON THE WEB!**

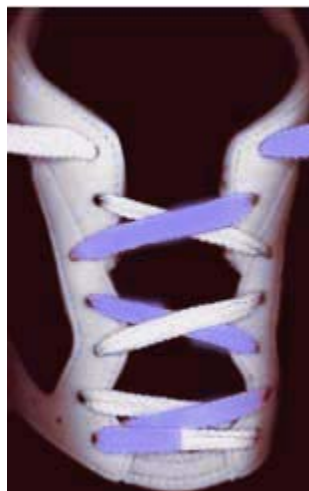
[WWW.RIDGERIDER.ORG](http://WWW.RIDGERIDER.ORG)

## **Lacing Tips**



### **HEEL SLIPPAGE**

If your heel slips too much or you need a little more toe room try a lace lock at the top of your shoe. This will pull your foot back into the heel of the shoe and help stop slippage for a more comfortable fit.



### **High Instep - High Volume Foot**

If the top of your foot falls asleep or gets irritated, you probably have a high instep. Your shoe is not providing your foot with the volume that it needs. This lacing pattern will create the extra room you need for a less irritating fit.



### **Narrow Foot - Low Volume Foot**

If your foot slides around too much in your shoe and tightening the laces doesn't help, just follow this lacing pattern. The lace pattern will reduce excess volume in the shoe for a more secure fit.