

THE ARKANSAS ULTRA RUNNER

NOVEMBER 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The BigShot - Several weekends ago Lou and I took the dogs on a camping trip out to the Ouachita Trail and spent the night at the Grindstone Mountain area. This is on Winona Forest Road (#132) about 12 miles west from Highway 9. There is no campground just a firering. The best thing is that the Ouachita Trail comes within 50 feet of the roadway. The sign says 300 feet but don't believe it. Our purpose was to check out the trail conditions for the Autumn Classic on November 3rd. The trail is maintained by the Boy Scouts and in my opinion this section from Lake Sylvia to Grindstone is one of the prettiest sections there is. By November the leaves should be in full color and hopefully not cluttering up the trail.

"Fellow Ultra Runner,

10-12-90

Some of the goals of the Ultra Trail Series include promoting Ultra Running and trail running. A conflict was brought to our attention in the scheduling of the Autumn Classic, November 3rd. As you may be aware this date is the same as the first 6-12-24 Hour Track Run in Benton. When it was brought to our attention at the finish of the Bastille Day Run, we summarily cancelled the Autumn Classic opting to fully support the 24 Hour Track Run. Unfortunately, the notices of the Autumn Classic were already in the local papers and the Little Rock Roadrunner Club newsletter. For this reason Nick and I have decided to have the Autumn Classic as scheduled. We urge you to support the Benton Track Run but if trail running is your pleasure, we'll see you at Lake Sylvia, November 3rd. 7:00 a.m.

Again, support the track run if you like; come to the November 3rd trail run if you can. (or do both)

Nick and Harley"

One oversight has embarrassed me. I overlooked one finisher of the Ouachita Trail 50 who did well this summer. Roy Haley completed the Grand Slam of Ultra Running in 1990. Roy hails from Queen City, Texas and was 18th at the Ouachita Trail 50.

On December 15 there will be a 8.5 mile trail run at the Albert Pike Recreation Area in the Ouachita National Forest near Glenwood. More about this as I hear about it. Call Rod Parker 342-9248 for details. It drew good reviews last year in the newspapers.

Joel Guyer, Arkansas Ultra Running Association member, from Natchez, Ms., has entered the Benton 6-12-24 Hour Track Run. Joel has to be one of the favorites and wants to complete 120 miles in the 24 hour limit. Joel ran the Elkhorn Mountain 100K in Montana City, Montana, July 21st. and finished in 16th place with a time of 12:10:18. On September 8th he ran 62½ miles at the Atlanta 12 Hour Track Run.

We received word that Helen Klein, 67 year old grandmother who was in Little Rock during the summer to visit her daughter Debby

Schooley set several U.S. records at Megan's Run, a 24 Hour Track Run, in Portland, Oregon. Helen ran 101 miles, 60 yards in 24 hours. Rae Clark won the 24 Hour Event with 165 miles. The first female finisher at Megan's 24 Hour was Randi Bromka with 135 miles. It is with regrets that we report that Helen's daughter, Debby and family have moved to Maryland. Unless we organize and execute a big time 100 miler it looks like Helen won't be coming back to Little Rock. Oh, I don't know about that. She and Lou were pretty tight.

Lost & Found:

After the Winona 50K I found a prized "Arkansas Trail Hog" cap in my truck. The person who owns it obviously has a small skull and should be easily recognized. Until you call and reclaim the cap I plan on wearing it. It just fits.

Warm Regards,



Arkansas Ultrarunning Profile - James Hicks

Editor - Tell us about yourself. Age, weight, etc.

James - 40 years old; 157 pounds. I've been running for 10 years.

Editor - What do you like about Ultrarunning?

James - I like the running on the trails. I like the distance. It seems to suit me better since I've gotten much slower with age.

Editor - Please list your P.R.'s - 5K- 18:55; 10K- 39:00; 15K- I don't know. Marathon- 3:20

Editor - Any injuries?

James - I've had them all.

Editor - How did you overcome them?

James - Most with rest but I had to have surgery on two injuries, my knee and heel.

Editor - Tell us about a typical training week.

James - Six (6) miles - 3 days; 15-20 miles or more on Saturday; 5 miles on Sunday.

Editor - Describe your diet.

James - Lots of fruit - apples (5) a day; grapes, bananas and lots of hamburgers.

Editor - Do you eat during a long run? What do you eat?

James - Yes I eat on long runs. Power bars - Malt Nut flavor

Ultra Profile (cont)

Editor - How and/or why did you start running?

James - I started running to quit smoking. I traded a 3 pack a day habit for a 6 mile a day habit.

Editor - Who is your favorite training partner(s). Why?

James - Ron Hale, Charley, Tom Chapin - the twins - (Mary Alice - Kathlene)
Why? Tom can sing - Charley & Ron can talk. The twins are good looking!

Editor - What are your favorite shoes for running Ultras?

James - Nike Air Spans

Editor - How do you prevent blisters during the long runs?

James - I don't get blisters. I wear Thor-Lo Socks.

Editor - What/where is your favorite training area?

James - Winona

Editor - What is your favorite training surface?

James - Dirt roads. I also like the trails.

Editor - What are your Ultra goals?

James - 3 - 50 milers next year. Then a 100 miler.

Editor - Do you have an Ultra nickname?

James - No

Editor - What is your best distance to race?

James - Marathon distance or more. 10K's kill me.

On The Road To Your Favorite 100 Miler -

My favorite is Vermont and last month I told you where it was and how much it cost. This month it's "what to do to get ready for your first one". Of course my philosophy is finishing and enjoying a 100 miler is simple. You train for the 50's and run the 50's as training runs for the 100's. Almost too good to be true. To run a 100 Miler without training for it.

If you want to run Vermont don't dally around. When the application is received send it directly back to the race director. (In fact have your check made out before you finish reading this article.) This race will fill us fast. 160 entrants was the cutoff this year. With this done, turn your attention to the Ultras beginning after the 1st of the year. There are several in the area to choose from: January (The Jackson Five-0), in Dallas and possibly a Trail Run

in Mississippi; (more about this one as it develops); February, (Houston-50); March - (Cross Timbers 50 at Sherman, Texas; and the Mississippi 50 at Leland, Mississippi) and April-May (The Strollin Jim 40), Wartrace, Tennessee, and the Ouachita Trail 50). We usually have applications to these so give the old Ultra Hotline (225-6609) a call and Lou or I will get you the information.

Pick yourself out three or more and you'll be surprised at how you can finish one fifty and be ready in a couple of weeks to run another one. You finish three before June and all you need to do is kick back and coast right up to the starting line in Vermont, Leadville, Wasatch or Western States.

Next month - How to grease up for your first 100 miler.

Ultra Trail Series Report - "The Bastille Day Run" -

This will go down as the weirdest run yet. Lou and I had gone out the night before and put out water and flour markings and set orange ribbons by flashlight under the powerline. Quite an accomplishment in itself. At the start we had all the point leaders and about 30 runners in all. After our briefing the run started. I drove over to Highway 9 and waited at the halfway point. "When did you get worried, Harley"? I got worried when the first runner to crest the hill was Mr. Nick. That's when I got worried. He said that someone had stolen the water and remarked the course over Pigeon Roost Mountain. Holy Cow! The rest is history. We had runners scattered from one end of the county to the next one. The three leaders, Mulkey, Gross, and Aspel went on a death march somewhere as neither wanted to stop and look at the map. They just had a private duel for over 2½ hours. A chicken fight! Mr. Nick did save the day by rounding up a train of runners who were breaking brush on top of Pigeon Roost Mountain and headed them to the turnaround. Out of 31 starters 19 made it to the turnaround and by one route or another got back to the finish. Because of our "unfair advantage" rule the results will count those who made it to the turnaround. Some of the finishers got in 22 miles; some got in 30. Everyone got some experience. Including me. I learned to never take things for granted on a trail run: The old saying goes the first time it is shame on you; the second time it is shame on me. We won't let that happen again, if possible. But, one of the joys of trail running is finding the trail.

This was really a good course. Not difficult or hard to follow if you knew the way. We were supposed to parallel to the right, left or under the powerline for 11 miles. I'm a mind to do it again before the series ends if there are requests?

BASTILLE DAY RUN - The Bastille Day Run was the fourth in the Arkansas Ultra Trail Race Series.

1.	Jack Evans	3:34:40
2.	Steve Tilley	3:38:31
	Ernie Peters	3:38:31
3.	Van Davis	3:39:08
4.	Nick Williams	3:55:06
	Allan Morton	3:55:06

BASTILLE DAY RUN RESULTS (Con't)

5.	Bob Torvestad	4:17:45
6.	<u>Karen Mulkey</u>	4:18:18
7.	Lee Muncy	4:20:23
8.	<u>Charlotte Davis</u>	4:33:02
9.	<u>Pat Torvestad</u>	4:34:10
10.	Sam Hardcastle	4:40:15
	James Hicks	4:40:15
11.	Sam Slug	4:47:48
12.	<u>Tricia O'Dwyer</u>	4:48:35
13.	Ken Millar	4:50:52
14.	Jim Sweatt	4:50:54
15.	<u>Donna Hardcastle</u>	4:54:03
16.	Steve Eubanks	5:03:08

Ultra Trail Series Schedule -

November 3rd - Autumn Classic - 28 miles on the Ouachita Trail. 7:00 a.m. start. Directions - follow Highway 10 to Highway 9, continue on Highway 10 until you see a Lake Sylvania Recreation Area sign. Turn left. Follow that road to Lake Sylvania State Park. There will be a parking area where the Ouachita Trail crosses this road just past Lake Sylvania. This is the start/finish.

December 8th - 10-9-10 Run - Approximately 20 miles. 100% Ouachita Trail out and back. Water provided at turnaround. Directions: Follow Highway 10 approximately 18 miles from the I430/#10 Overpass to Lake Maumelle picnic area on the right. This is just before the last bridge crossing the west end of Lake Maumelle. 7:00 a.m. start.

January 12, 1991 - The Great Wall of China Run - 20 miles of forest service road running. Hong Tao Williams and Ho Sit Peyton. Details later. New area.