

THE ARKANSAS ULTRA RUNNER

APRIL 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - Holly Molly! Have you heard the Big News? The BigShot has purchased a limited quantity of Arkansas UltraRunning bumper stickers for \$1.00 each. He is selling them for \$2.00 each and using the profits to help pay printing and mailing cost of the Arkansas UltraRunner. Lou Peyton, the 46 year old mother of two, has agreed to be the Marketing Director. Contact her for your stickers. Remember \$2.00 each will get you one for your B.M.W. Buy another one for your Bronco and then put one on your bulletin board at the office. I purchased one myself from Lou and plan to put it on my truck. No one will be turned away. I have 99 left.

We received a call last week from Nancy Cunningham of Conway inquiring about something. For you ultra runners, she said she was running again and had three or four months of training and is expecting a good racing season this spring. Nancy, you remember, went to the Jackson Five-0 in 1982 with David Horton and Henry Hawk and set the women's recprd of 6:53:12 which was broken this year by Ann Trason in 5:45 and Debbie Peebles in 6:35:27.

If you remember from a previous newsletter, I told you about my conversation with a writer from Runner's World Magazine who was writing an article on trail series. As anticipated the article appeared in the March issue but to my disappointment, my material was not mentioned. I had sent him information on points, trails, etc, don't you see. "Hey BigShot! Maybe he's saving it for next month." Well, I hadn't thought of that. In the article he did mention the two remaining trail series runs. The distances were wrong as he had the Spring Classic listed at 14 miles instead of 18 miles and 18 miles for the 12 mile Pipeline Express on April 27th. I have been overwhelmed with phone calls and mail from all over the country from people wanting applications. There is definitely a market for sub-ultra trail distances. I have sent about 75 answers to inquiries so far for the April 27th race but, if the Spring Classic was any indication, most of the people who requested information will lose interest when they find out about our low key approach, i.e., no entry fee, registration or awards. However, we did have several out of state runners at the Spring Classic and even had one to join our association.

Things are picking up. I have received a couple of correspondences from the "Sarge" recently. I would like to share them with you but at the same time shield your tender eyes and ears from the unknown.

The following is a composite of these two letters. Dateline: Portland, Oregon.

"Dear BigShot:

Please renew my subscription to your fine publication. I do have a suggestion. Please

DEAR BIGSHOT (CONTINUED)

include more articles on recipes, injuries, and fashion. Your last cartoon was the best yet! Of course because it, like wow, featured the Sarge, O.K.? Inclosed is an update for your news photo file. As you can clearly see, the Sarge now wears her hair in, "wow", a flattop not the long fem fluff style depicted in your cartoon, man.

Now some pleasant news. I met my first ultra runner Sunday. Although he had never heard of Lou Peyton, he had heard of the new Arkansas Traveller 100 Miler. His name is (deleted). Have you heard of him? He is a BigShot, too.

Warm regards,

Ann GraySmith (The Sarge)

Let me take you a little off course. Not too far! On March 2nd Lou and I travelled to Mississippi on family business and while there we ran the Run Thru History 10K at Vicksburg. Going to the starting line we met up with old time ultra runner Billy Butler from Crystal Springs, Mississippi. Billy ran the Maumelle 60K a couple of years ago and I see his name in "Ultrarunning" for some of the 24 Hour Track Runs. Billy said that he is getting over a knee injury and hoped to be back to speed soon. I tried to get him to come to the Long Crossing/89 but he told us his bunions didn't agree with all those rocks. For that reason his ultra running is done on roads or track. For a 63 year old he runs good. He finished a very hilly Vicksburg 10K in 47:08 and won his age division. Billy's the type of ultra runner that will drive all night to a race, sleep in the back of a beat-up station wagon at the starting line and head out after he finishes. I think he is a preacher. A real pleasant fellow who never wears out his welcome.

All aboard! That's me in the locomotive with one hand on the whistle and one on the throttle. The train is leaving the station and I appreciate your confidence in riding with me. We've picked up a few new riders this year and let off a couple, too. We've still got a few empty seats but I expect to have a full load by the next stop. Everybody stay in your seats as I ease us out of the station. I'll be around shortly so have your tickets (your numbered A.U.R.A. card) ready for me to punch!

Harley

ARKANSAS ULTRARUNNING ASSOCIATION PROFILE - APRIL 1991 - JOHNNY GROSS

A.U.R. - Statistics - Date of birth - 5/14/62; Height - 5'5"
Weight - 115 lbs.; Shoe Size - 9

A.U.R. - How did you start running? In 1977 I took an aerobics class in high school. We also ran in wrestling practice.

A.U.R. - Describe a typical running week? About 100 miles a week,

ULTRA PROFILE - JOHNNY GROSS (CONTINUED)

- A.U.R. - Describe a typical running week? About 100 miles a week. At least 8 miles each morning with 6-12 in the afternoon. I try to get one interval workout and one long run a week (10-16). The day before races will be 8 miles total.
- A.U.R. - What is your best physical feature? Hair
- A.U.R. - What is your worst physical feature? Feet
- A.U.R. - What are your nonrunning hobbies? Teachers Union. L.R.C.T.A., and music.
- A.U.R. - What is your favorite piece of running attire? Team Stonehaus singlet.
- A.U.R. - What are your short term running goals? To do well in the Maumelle 60Km.
- A.U.R. - What are your P.R.'s at 5K - 15:18; 10K - 31:28; Marathon - 2:37; 60K - 4:19; 50 Mile - 6:02
- A.U.R. - What running achievement are you most proud of and why? 1989 Maumelle 60Km win - because I was able to comeback from 12 minutes down at 22 miles.
- A.U.R. - What is your happiest running memory? Track trips in college.
- A.U.R. - What kind of diet do you adhere to? Mostly pizza, burgers, popcorn, and beer.
- A.U.R. - What is your secret to running downhill? Turn it loose.
- A.U.R. - Would you share your running nickname? Hash - Vomit Comet
- A.U.R. - What is your favorite surface to run on? Grass - especially rich people's yards.
- A.U.R. - What is your most successful distance and why? 15Km - 10 miles - This distance is long enough to use my speed.
- A.U.R. - What is your favorite training and racing shoe? Training - L.D. Racer (Tiger), Racing - Nike Eagle (past) and Nike Air Pegasus Racer
- A.U.R. - If you were to train and attempt a 50, 100 miler what do you think you would run it in? 50 miles - 5:40; 100 miler - 14-16 hours.
- A.U.R. - Do you have any running idol(s)? Lasse Viren (Finland), Carlos Lopes (Portugal).
- A.U.R. - Do you have any advice (to the BigShot)? Make the Ultra Series races longer but only have seven in the series.

ULTRA PROFILE - JOHNNY GROSS (CONTINUED)

longer but only have 7 races in the series.

A.U.R. - Do you have any comments? A good trail runner needs speed and endurance.

ULTRA TRAIL SERIES RECAP -

Spring Classic 3-9-91 (18 miles) - Oh boy! What else can go wrong. Thursday morning I felt a scratchy throat and had a little cough. Race day it was the flu. My secret plans to run with Johnny and Tom would have to be put on hold. The biggest day of the series and I couldn't even hoot with my buddy Nick. Instead, I drove the pace car over the mountains making sure the leaders stayed on course. I stayed discretely out of the way hoping to get a glance of a surge or a spike but to my surprise these two series leaders ran almost hand in hand for 16 miles. Even with this pacing they far out distanced the rest of the field and in the process almost caused Jack Evans who was following on his mountain bike to over extend himself.

After 16 miles it was like a switch being pulled as the after-burners came on and they blasted down the two mile decline to the finish.

I don't know what happened with the women's race. Being that I was pacing Johnny and Tom, I missed out on who broke who, where, when, and how. Newcomer Paulette Medler appears to be the competition that Trish O'Dwyer was asking for. Paulette is two for two in the series and looks like a contender for next year. She has a hungry look in her eye. A look the "Sarge" used to have.

I predicted a two hour finish and wasn't too far off. I liked that run and will try to include it in the next series.

With his 2nd place finish, Johnny earned enough points so that he cannot be overtaken in the last race. Congratulations. Arrangements are being made to crown the new King and Queen of the trails.

SPRING CLASSIC (RACE RESULTS)

- | | | |
|-----|------------------------|---------|
| 1. | Tom Aspel | 2:04:33 |
| 2. | Johnny Gross | 2:04:54 |
| 3. | Jim Sweatt | 2:22:23 |
| 4. | Robert Morgan | 2:22:24 |
| 5. | Pete Greene | 2:33:55 |
| 6. | Don Fletcher | 2:33:56 |
| 7. | Joel Guyer | 2:34:30 |
| 8. | Tim Seerel | 2:40:00 |
| 9. | Steve Solberg | 2:46:30 |
| 10. | Ron Hale | 2:46:40 |
| 11. | David Samuel | 2:46:42 |
| 12. | <u>Paulette Medler</u> | 2:47:24 |
| 13. | <u>Carol Torrey</u> | 2:47:40 |
| 14. | Patrick McDaniel | 2:56:36 |

SPRING CLASSIC (RACE RESULTS CONTINUED)

15.	Tony Johnson	2:58:26
16.	<u>Irene Johnson</u>	2:58:28
17.	Kathlene McComber	2:59:00
18.	Tom Zaloudek	2:59:04
19.	Nick Williams	2:59:12
20.	<u>Lou Peyton</u>	2:59:15
21.	Sam Hardcastle	2:59:16
22.	Pete Ireland	3:01:48
23.	Bob Plunkett	3:07:46
24.	<u>Nancy Simpson</u>	3:07:46
25.	<u>John Carpenter</u>	3:07:46
26.	Rick Greer	3:09:24
27.	Fred Reddock	3:09:26
28.	<u>Joan Carleton</u>	3:09:50
29.	Charles Lang	3:09:53
30.	Karo Johnson	3:10:00
31.	Jim Smith	3:27:00
32.	<u>Donna Hardcastle</u>	3:44:00
33.	<u>Ann Moore</u>	3:44:00
34.	Al Maguire	3:59:00
35.	<u>Tanya Perry</u>	4:04:00
36.	<u>Sharon Williams</u>	4:13:00
37.	<u>Gayle Bradford</u>	4:13:00

ULTRA RACES IN THE AREA -

April 6th - Great Maumelle Scenic 60Km - 7:00 a.m. start. One paved loop around beautiful Lake Maumelle; very scenic, very hilly. \$25 pre-enter by March 25; \$35 thereafter. Robert Hanle, Box 21635, Little Rock, Ar. 72221, (501) 753-3638.

April 27 - Pipeline Express - 12 miles. 7:00 a.m. start. Follow Hwy.10 to Hwy. 300. Hwy. 300 through Roland and Monnie Springs. Out of Monnie Springs look for the Roland Cutoff Road on left. About a mile past Roland Cutoff Hwy. 300 turn sharply to the right. This is North Shore Landing area and there is a blocked off road on the left. Park there. If you park on Hwy. 300 move well off the road. This is the last race of the 1991 Ultra Trail Series.

May 4 - Ouachita Trail 50 Miler - Bill or T-Bear Laster, (501) 666-6621
SPECIAL TO THE A.U.R.

I received a note from A.U.R.A. David Horton (now living in Virginia). David needs no introduction around here and the run he is getting ready to undertake probably doesn't need explaining either. It has been covered pretty expensively in the newspapers and talked about on our training runs. For those of you who are not up to speed, David is planning on running the entire length of the Appalachian Trail which stretches from Georgia to Maine. 2144 miles in 56 days. That's over 38 miles a day average. What is awsome to me is that he won't even be the first to do it. Some fellow did it in 60½ days.

This would make the Mother of all running programs.

I am attaching a schedule of his mail and supply drops.

To send a letter, postcard, or package to one of the following drops, address as follows:

David Horton
General Delivery
Town, State, Zip Code

ATTN: Hold for Northbound A.T. Hiker

#	Day	Date	Location	Cum. Mileage	Distance From A.T.
1	2	5/10	Franklin, NC 28734	106.6	10.0
2	7	5/15	Hot Springs, NC 28743	266.8	0.0
3	9	5/17	Erwin, TN 37650	332.1	3.8
4	10	5/18	Elk Park, NC 28622	376.9	2.5
5	12	5/20	Damascus, VA 24236	447.2	0.0
6	14	5/22	Atkins, VA 24311	522.7	3.2
7	17	5/25	Pearisburg, VA 24134	610.4	1.0
8	20	5/28	*Lynchburg, VA 24502	759.0	0.0
9	22	5/30	*Harrisonburg, VA 22801	838.5	0.0
10	26	6/3	*Boonsboro, MD 21713	996.1	0.0
11	29	6/6	Duncannon, PA 17020	1115.7	0.0
12	31	6/8	Port Clinton, PA 19549	1184.4	0.0
13	33	6/10	DE Water Gap, PA 18327	1263.1	0.0
14	35	6/12	Bellvale, NY 10912	1342.6	1.6
15	36	6/13	Ft Montgomery, NY 10922	1375.4	0.7
16	38	6/15	Cornwall Bridge, CN 06754	1449.4	0.9
17	40	6/17	Tyringham, MA 01264	1510.3	0.9
18	41	6/18	Cheshire, MA 01225	1546.1	0.0
19	45	6/22	South Pomfret, VT 05067	1690.3	1.0
20	48	6/25	Mt. Washington, NH 03589	1819.8	0.0
21	51	6/28	Rangley, ME 04970	1929.8	9.0
22	53	6/29	Caratunk, ME 04925	1995.8	0.3

5/28 David Horton
221 Maple Hills Dr.
Lynchburg, VA 24502

5/30 Dennis Herr
901 Summit Avenue
Harrisonburg, VA 22801

6/3 Nancy & Rick Hamilton
8307 Mountain Laurel Rd.
Boonsboro, MD 21713

I am sure David would like to hear from you and maybe enclose a candy bar or something else to eat.

THE
INSIDE
by HARLEY
(A Satirical look
at Ultra Runners
in Arkansas)



"WHAT ELSE CAN A BIG SITOT DO"