

THE ARKANSAS ULTRA RUNNER

SEPTEMBER 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - The Arkansas Traveller continues to plow ahead. I would be surprised if we make our 100 man limit but even if we don't our field will be very competitive. From out of state we have Don Aycock who has run a sub-14 hour 100 miles on the track and Doyle "Plowboy" Carpenter from Tennessee who ran 220 miles (January 1988 and set a U. S. Master's record at the Pensacola 48 Hour Run). Our hottest entrants so far are Eric Clifton and his wife Shelby. Eric has won the Vermont 100 for the first three years as well as many other ultras. Eric's P.R. is 14:25 for 100 miles (trail) and a 6:04 P.R. for 50 miles. Shelby Hayden-Clifton is as good as they come having won Mountain **Masochists Trail 50 Miler in Lynchburg, Va.** in 8:36. She has a 50 mile P.R. of 7:10. Shelby finished second female at Western States in '91 with a time of 20:55:45. The local runners have been slow in entering however I expect that to change after the Pikes Peak Marathon passes. Our fast Arkies entered so far are Arkansas Ultra Runner members Stephen Tucker, Joe Fennell (Fayetteville) and Bill Maxwell (Mountain Home).

Good news out of Montana! Arkansas Ultra Running Association member Joel Guyer, reports that he P.R'd at the Elkhorn Mountain 100 Km Endurance Run with a time of 12:03 and finished in 12th place overall. Joel called recently to let us know that he and Kathy were back at home in Natchez, Ms. after spending the better part of the summer camping and running in Idaho. One of these days I'm going to go that way myself. Just hang out. Run when I want to fish for food, pet the dogs in the morning and drink whiskey in the afternoon. Just hang out.

ULTRA FLASH

Dateline: Leadville 100 - Winning Time Male 19:38 by Steve Mahieu. Arkansans to finish Bill Laster 22:55:45 (15th); Larry Mabry 27:27 (P.R.). 275 starters. Temperature low 50's to low 80's. Clear. 2nd Overall was J. E. Jensen (53 years old).

Boy! The Ultra Trail Series got off to a fast start on August 3rd. This year's Wasatch Scramble attracted 40 finishers led by Johnny Gross and Kim Pavelko. This year we've added a master's level. Sam Hardcastle was first male master and Ivy Harrison was first female master. It was good to see Eddie Mulkey return to the series as well as new comer Victor Carson. About 20 minutes before the start I left to set out the water and wait at the turn around. I couldn't believe that Johnny, Eddie and Tom Aspel beat me up the last hill. If you've never done this run, you've missed something. Rocks and weeds abound. There are somethings even the BigShot won't do. I'm content to set out the water and walk up to the turnaround. Oh yes, to be considered a master in the series, you must be 40 years old on or before August 3rd.

The worst kind of salesman is the one who has "GOT" to make a sale. I'm trying to be a good salesman. I'm talking about rounding up volunteers for the Arkansas Traveller 100 Miler. In the August addition of the Arkansas Ultra Runner I mentioned that I would enclose information about the Arkansas Traveller 100 Miler but somewhere along the way it was left on the "cutting room floor". So let me fill you in on a little background. Since it was Lou's big idea to have this thing she gets to be Race Director. From that these responsibilities have evolved: Medical, race course and aid stations. Jack Evans is coordinating our medical needs. David Cawein has prepared the race course and yours truly will coordinate the aid stations. Several others have offered their services. Larry Mabry with applications and Kim Bertram have handled our computer needs. There are other needs, too. Such as managing the finish area. Linda Stribling will do this. So far things are going good. Now it's time to get specific. If you would like to help us I want you. Most of the remaining needs are for race day activities such as aid stations and course monitoring. Call Lou at 225-6609 and she'll take your name and later we'll get down to assignments. It will be fun.

Recently a thought hit me like a bolt of lightning. I have been pondering the dilemma of what to do when we reach our 50 man Arkansas Ultra Running Association Team limit. I had thought about collecting the 50's+ money and just not issuing them Arkansas Ultra Runner Association numbers but after consideration I concluded that might be too cruel. Then the idea came of--"franchising". That's right. Each of you numbered members would go and recruit up to 50 more members. I'll take a percentage and you school your 50 into rounding up even more members. It's like a pyramid. We'll all get rich. Think of it. A pyramid with the BigShot standing there on top "A Running Icon".

Warm regards,

A

TRAINING TIPS FOR THE ARKANSAS TRAVELLER 100 -

In the last three newsletters I've given you the bread and the water with respect to making your dream of finishing a 100 miler come true. Now it's time to talk. I'll do the talking and you'll do the listening. Here's the hard facts--finishing a 100 miler will be the hardest thing you've ever tried to do! To make it to the finish, you'll go through indescribable low points, deep valleys, and dark anguish. "Gosh Harley, maybe I should ask for my money back." No, No, No! You're quitting already. For crying out loud. I'm just trying to get your mind right. "Okay." Let's start over. 100 milers are tough but if you plan ahead you'll increase your odds to reach the finish. The first must for you is to have a crew. This is someone to drive and meet you at the seven crew points on the course. Depending on your mood they can offer encouragement, advise, help with problems, kick you in the behind and in general have the physical and spiritual answers for all your needs. The next helpful

must is to take advantage of your drop bags. These are bags that you make up of what you think you might need at a particular aid station. It takes more planning than a crew and lacks a behind kicker, but, if you include your food, drink, clothing and emergency needs, it'll work fine. The third edge you can give yourself is a pacer. Find someone who will run the last 42, 32, or 14 miles with you. This should be someone you can talk to and trust. The natural tendency of a fresh legged pacer is to calculate splits, access your pace and try to speed you up. You should feel comfortable in telling him or her what you can run and that his job is not as complicated as a Rocket Scientist. Meaning they are there mainly to keep you company.

WASATCH SCRAMBLE 8-3-91 (Masters - *)

1. Johnny Gross	1:30:16	22. Ivy Harrison	2:14:16*
2. Eddie Mulkey	1:30:26	23. Frank Schulte	2:17
3. Tom Aspel	1:35:28	24. Pat Mcdaniel	2:23
4. Victor Carson	1:40:09	25. Paulette Brokington	2:23*
5. Roy "Bones" Bailey	1:42:38	26. Bob Franklin	2:26:10*
6. Steve Oury	1:46:34	27. Pete Ireland	2:27:51*
7. Alan Stone	1:50:56	28. Ken Millar	2:28*
8. Tom Zaloudek	1:50:56	29. Gayle Bradford	2:36
9. Jim Schuler	1:57:54	30. Donna Hardcastle	2:38
10. Jim Sweat	1:57:54	31. Sue Ellen Haley	2:41*
11. Sam Hardcastle	2:03:00*	32. Susan Slater	2:45
12. John Clayton	2:03:45	33. Lou Peyton	2:47*
13. David Gear	2:03:45	34. Tony Johnson	2:49:42*
14. Dennis Fugate	2:03:48	35. Steve Eubanks	2:53:53*
15. Mark Oliver	2:05:00	36. Bob Black	2:56:21*
16. Kimberly Pavelko	2:05:50	37. Mara Cawein	3:04:30
17. David Cawein	2:07:15	38. Claire Rogers	3:06
18. Roy Haley	2:09:39*	39. Corky Binz	3:24
19. Roger Williams	2:10:05	40. Donna Duerr	3:22
20. Nick Williams	2:12:00*	41. Ralph Hoffman (started)	
21. Ernie Peters	2:13:34*		

LATE BREAKING ULTRA NEWS: Congratulations to all the A.U.R.A. members who traveled to the Pike's Peak Marathon. I am listing those who completed the ascent on Saturday and the round trip on Sunday according to the local newspapers. It is worth mentioning that Donna Hardcastle completed both the ascent and the round trip.

PIKE'S PEAK ASCENT

Joe Fennel	2:59:26
Van Davis	3:45:48
Donna Hardcastle	4:37:01

PIKE'S PEAK MARATHON

Stephen Tucker	4:50:11
Jack Evans	5:47:39
Jim Sweatt	6:03:22
Sam Hardcastle	6:55:07

MARATHON (CONTINUED)

Charlotte Davis	7:11:15
Donna Hardcastle	7:28:26
Bob Marston	7:30:55
Tony Johnson	7:55:51
Bob Franklin	8:03:32
Max Hooper	8:55:35
Steve Eubanks	8:58:43
Claire Rogers	9:30:56
Ann Moore	10:02:05

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



Even the A.U.R.A. Has A Litmus Test

COURSE DESCRIPTION - A.T. 100
(Via Aid Stations)

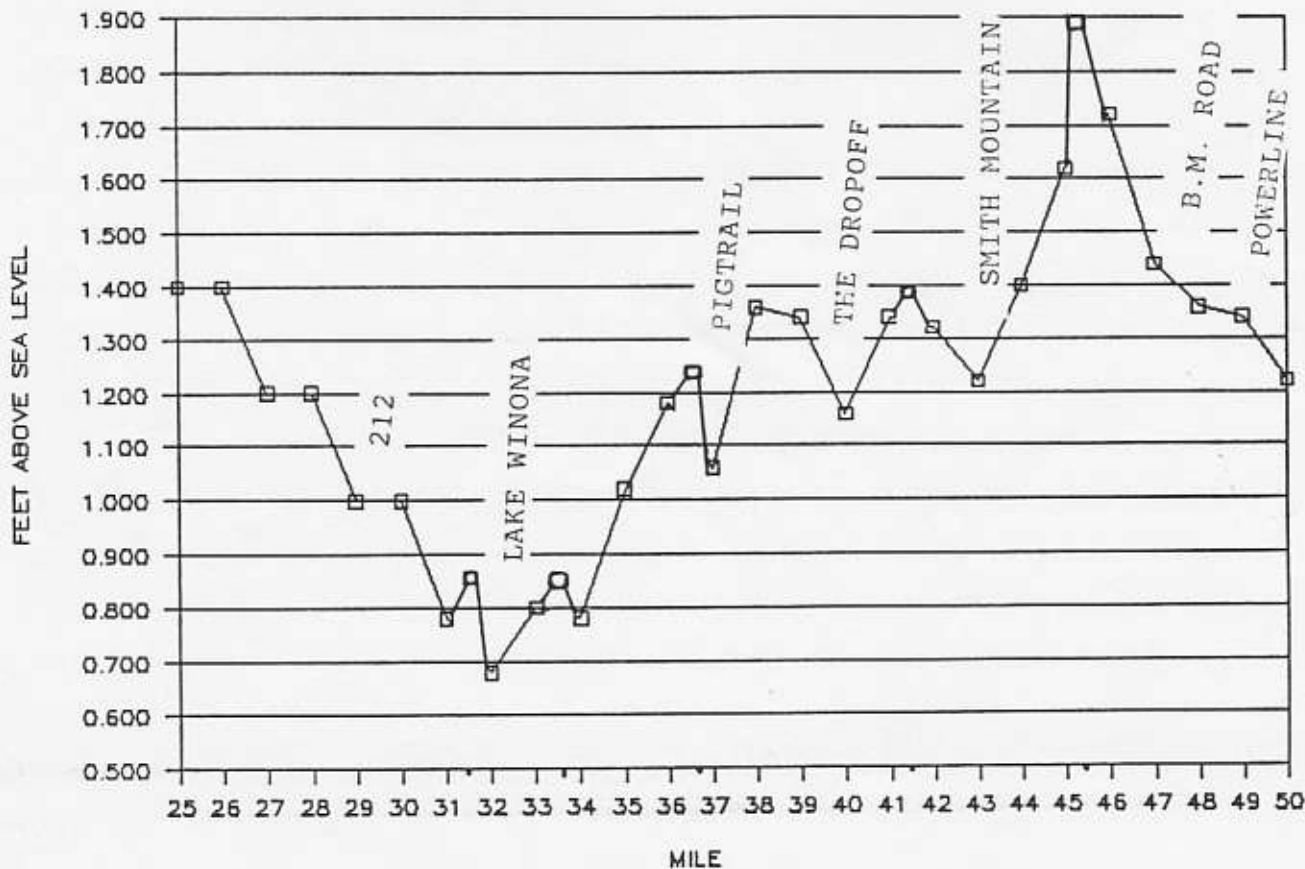
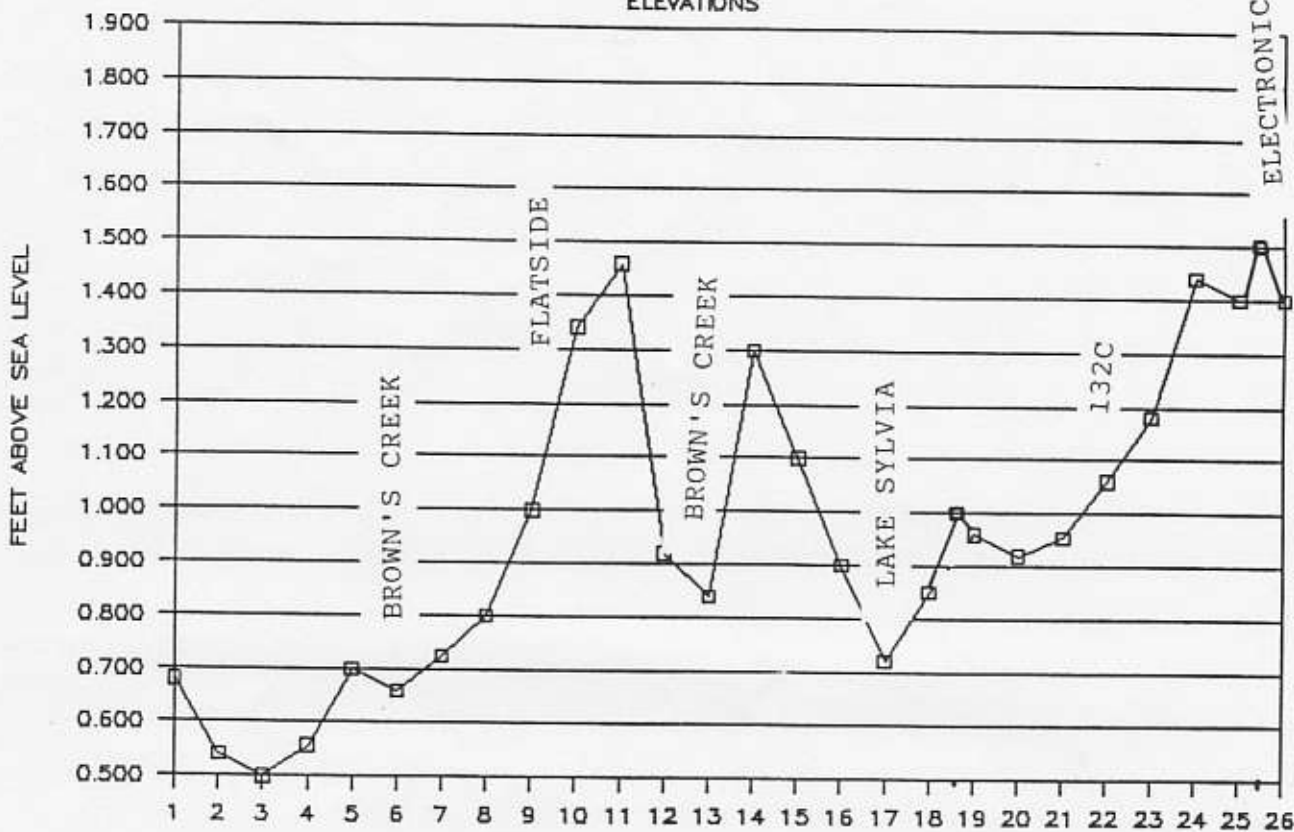
Surface

1. Pavement
2. Best Gravel Road (smooth)
3. Maintained Gravel Road
4. Unamintained Gravel Road
5. Old Road (4 wheel drive)
6. Ouachita Trail

<u>AID STATION</u>	<u>MEDICAL</u>	<u>MILEAGE</u>	<u>DROP BAGS</u>	<u>SURFACE</u>
Start to Brown's Creek	-	6.14	-	1, 3
Flatside	-	9.49 (3.35)	-	3
Brown's Creek	-	12.76 (3.27)	-	6
← Lake Sylvia	Yes	17.35 (4.59)	Yes	6
132C	-	23.06 (5.71)	-	2, 4, 3
Electronic Tower	-	25.34 (2.28)	-	2, 3
212	-	29.53 (4.19)	-	5
← Lake Winona	Yes	31.94 (2.41)	Yes	3
Pigtrail	-	37.44 (5.5)	-	2, 3
The Dropoff	-	40.30 (2.86)	-	4
Smith Mountain	-	43.52 (3.22)	-	3
B.M. Road	-	47.04 (3.52)	-	5
← Powerline	Yes	49.09 (2.05)	Yes	3
Buffalo Gap	-	53.01 (3.92)	-	3
← Turnaround	Yes	58.68 (5.67)	Yes	3
Buffalo Gap	-	64.34 (5.67)	-	3
← Powerline	Yes	68.26 (3.92)	Yes	3
B.M. Road	-	70.31 (2.05)	-	3, 5
Smith Mountain	-	73.83 (3.52)	-	5, 4
The Dropoff	-	77.05 (3.22)	-	3
Pigtrail	-	79.91 (2.86)	-	4
← Lake Winona	Yes	85.41 (5.5)	Yes	3, 2
212	-	87.82 (2.41)	-	3
Electronic Tower	-	92.01 (4.19)	-	5
132C	-	94.29 (2.28)	-	3, 2
← Finish	Yes	100.00 (5.71)	Yes	3, 4, 2

ARKANSAS TRAVELER 100

ELEVATIONS



ARKANSAS TRAVELER 100

ELEVATIONS

