

THE ARKANSAS ULTRA RUNNER

September 1992

A Newsletter For The Arkansas Ultrarunning Association

Message from the BigShot - Wolfpen Campout/July 25th. GREAT WEEKEND!
If it would have been just a little bit cooler, it would have been perfect. Nevertheless, we had the Hardcastles (Sam & Donna), Jim Sweatt, Bob Horner and his wife Eloise, and the Peytons. The Wolfpen Campground is on the Mulberry River about 20 miles north of Clarksville and about 5 miles from the Lick Branch Trailhead of the Ozark Highland Trail (mile 55.5). The late Yale to Oark 10K ran by the campground turn-in.

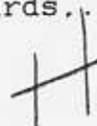
Our plan was to have a two day run on the Ozark Highlands Trail. A long run on Saturday and a recovery run on Sunday. Driving to the run Saturday I was a little concerned about the trail conditions (I don't like weeds and bugs). Getting out of the truck at mile 58 the walk to the trail had brush chest high. OH MY! But once on the trail, the deep forest kept the undergrowth down and it wasn't bad pulling up the switchbacks. Up on top of the mountain, however, the grass was given the go-ahead and was very thick in some places. Despite this there was some good running with the terrain being relatively rolling and scenic for the 24 miler planned for the day. Back at camp and sitting in the cool Mulberry River, I reflected that the run really wasn't that bad. The trail was easy to follow, well marked and passed by some interesting rock formations and scenic overlooks.

After a dinner of Sam's Gumbo and potluck we turned in early. The next morning we drove to the trailhead at mile 55.5 and ran west. NOW THIS IS A TRAIL! Excellent is the word. I want to see more of this section.

You missed a good time! But we will be doing it again. Keep your ears open for word on the FALL RUNNING CAMP.

LEADVILLE TRAIL 100 - News from the Leadville 100 (Colorado) 8-15-92 was good. Ray Bailey running his first 100 finished 11th overall in a time of 22:39. Bill Laster running his 4th Leadville finished in 25:14. Larry Mabry and Mike Heald finished together with a 28:40. John McGrew, former Little Rock resident now living in Denver, had a fine 25 hour finish. The weather was described as unseasonably hot for the rocky mountain ultra. Oh yes, Jack Evans was ill the day before the race and was unable to eat and drink properly during the event. Jack withdrew at 48 miles. Jack should do well at the Arkansas Traveller 100 on October 10th. Speaking of which, things are looking good. The first volunteer newsletter has gone out and by the time you read this, the second should be in your hands. We have had 75 people to enter. Five are Arkies. The remainder are from 22 states, England and Canada. We will not turn any volunteer away! Call Lou Peyton at 225-6609 to reserve your place.

Warm Regards,



Just say

Yes



I'M SMILING BECAUSE I
GET TO VOLUNTEER FOR ONE
BIGSHOT AID-STATIONS AT THE
ARKANSAS TRAVELLER 100

ULTRA ADVICE TO THE LOVELORN

Dear BigShot,

Recently my girlfriend and I went for a ride in her new car. She had been very supportive of my running but on this day she was testy and grippy and continually belittled my running. The last straw was when she accused me of lugging her Toyota. To make a long story short, I stopped the car, got out and the last thing she saw in her rear view mirror was me standing in a cloud of dust. I guess I showed her. My question is about how I can attract girls who will be there at the end of a long run and help me prepare for the next one. Any suggestions?

Stranded in Idaho

Dear Stranded,

Yes, you showed her all right! But the next time don't wait until your 1,800 miles from home before you bail out. That's a long way to walk, even for you. My suggestion is to take stock of yourself. You're a young, pleasant, professional person and shouldn't have a problem making new contacts. When you settle on "the one", at the right moment take out your billfold and show her your numbered, ultra membership card. If you detect a sparkle in her eye, you're as Gene Autry used to sing, "Back in the Saddle Again". Now, if this doesn't work out for you, my next advice is to remember the words of the BigShot which are - "there's something to be said for dumb blondes".

The
INSIDE

by HARLEY
(A satirical look at
ARKANSAS ULTRA RUNNERS)



When Mothers come out to THE ULTRA!

THE ULTRA CORNER

HARDROCK 100 - JULY 10,11,12
BY: NICK WILLIAMS

The Bigshot had his secretary ask me to give him a short article on Hardrock. I told her that the only way I would do an article was if the Big One asked me himself. He finally did ask and here it is:

I was psyched out from the first and I never recovered. First we were told to buy a fishing license so we could be covered in case we had to get a chopper to fly us out of the wilderness. Then I heard from different sources of some of the obstacles we would face. From there on it was downhill.

I did, however, meet some really neat people, Richard and Berna Senelly from Hawaii. Scarlet and I were with the "S" word (Suzi Thibeault), and with Rick and Nancy Hamilton. We had a good time with them. That part was great.

THE RACE-It was very, very tough. The uphill were never ending and the downhill were mostly skree above tree line. We had skree (lose, small rocks) to ski on, to ease across, endless snow fields to get our feet and hands wet, and at least 30 creeks to cross and get wet in. I had fun being with "S", Rick and Nancy right up to the point where we got lost on Engineer's Pass at 3:00 a.m., in a heavy fog with sleet and snow. We finally found our way off the mountain and all my lights went out. I had to hold onto Nancy to get down to the next aid station. At that point at 5:30 a.m. the second morning I told Scarlet that I would not go up another 13,000 foot peak. She did everything but grab me by the balls to get me out of my chair, but I was not moving and retired.

The end for me was a couple of days later when it became very plain to me that I wimped out. Now, I HAVE TO GO BACK AND FINISH!

I wish I had done what Rick Hamilton said and finished the damn thing so I didn't have to go back.

ADDENDUM:

After my retirement at Hardrock Scarlet informed me that I would no longer be able to run a race if I do not finish.

THE HARD-HEADED 100 AS REPORTED BY MISS SCARLET

So you want to run the Hardrock 100? In that case, there are several things you might want to consider before setting out to conquer the only 100 mile course that allows a 48 hour finish time!

One of the main considerations is--do you want to live to run another race? This is the only run I've been associated with in which death is a REAL possibility. A main reason for this is related to the quality of the planning that went into the race.

When Nick and I arrived in Ouray, Colorado on Tuesday before the run started on Friday, we met Richard Senelly from Honolulu. Richard had just returned from a race Planning Committee meeting where he learned the following:

1. The course had not been finalized and permission to use certain sections of the course had not been acquired. David

Horton, who won the race in 32+ hours arrived early and, in helping to mark the course, fell and required 9 stitches in his knee.

2. The soy-based flags used to mark the course were being eaten by marmots about as fast as they were being placed.
3. The medical checkpoint people did not know what equipment they would have nor what criteria would be used to pull runners from the race.
4. The radio communications system used for safety purposes was not in place.
5. The prizes for the winners were not ready.
6. The food and drink for the aid stations had not arrived.

None of this bolstered our confidence.

The survival issue became really clear for us when the run officials advised the runners to buy a Colorado fishing license (\$15.50) because an insurance policy is included in the price. The policy covers the \$5,000 cost of hauling a carcass out of the wilderness by helicopter. We bought a license.

Another consideration related to survival is how much a person enjoys running in the midst of rapid and unpredictable weather shifts and potentially dangerous wildlife. This year, the runners experienced heat, wind, rain, sleet, some snow, and fog. The changeable weather led to sunburn, hypothermia, wet, cold gloves/clothing, slipping on wet rock and getting disoriented or lost. One runner got lost and wandered onto a jeep road where he was picked up and taken back to civilization. He had to pay the driver for saving his life. One weather element that can be a real threat at this elevation but didn't occur this year is lightning. The runners were grateful. Also, no one had a negative encounter with wildlife this year, but a cougar and an herd of elk were sighted.

The course itself was threatening. Calling the Hardrock 100 a run is a misnomer. Call it a hike, trek, high altitude adventure, Marquis de Sade initiation event--any of these works. Calling it a run is wishful thinking. (Suzie Thibeault remarked that her mountain climbing training had come in handy.) Be reminded that the course covers 9 peaks over 13,000' and one peak over 14,000'. There are 31,000 feet of vertical climb. It's strenuous (one section is 2700' of vertical climb over 2.1 miles), and the air at this elevation is thin. In addition, the race directors added a major climb in the last 5 miles in order to extend the mileage to 98.8 miles. The terrain includes narrow ledges hovering over cataracts several hundred feet below, sharp rock which sounds like glass when you walk on it; snow fields; and sliding down dramatic declines of skree (tiny rock). At least there's a lot of variety.

To add to the concern for physical safety and survival, there were problems with the aid stations. For example, there weren't enough. There were only 11. In several places, they were 10+ miles apart. Crews could access runners at only 6 stations. One station didn't offer adequate shelter from the cold, driving rain at 4:00 a.m. We called "hypothermia heaven". The aid station personnel, while pleasant people, were inexperienced. I overheard one woman remark, "wouldn't it be nice if we had something hot for the runners to eat"? One aid station requires special comment. At 30 miles, a mountain climbing rope was available for the runners to use to ease themselves

down a particularly steep section. However, it wasn't long enough, and they had to slide down on their buns or "hot foot" it the last 200' of the drop.

A couple of other observations: The belt buckles awarded to the 16 of 43 brave souls who finished were made upside down and the race officials allowed a runner who had missed 2 cut off times to finish.

In summary, there are a number of reasons to sit out the Hardrock 100--the main one being survival. Nick, are you paying attention? On the other hand, there are a few reasons to try it:

1. The area is absolutely gorgeous.
2. It is a "hoot", and
3. Because it's there.

If you do decide to go for it, buy a fishing license!
Well, I have to get back to rocking and fanning now.

Miss Scarlet

P.S.

Nick "retired" at 55 miles and I can't get over the fact I let him do so. He kept saying he wouldn't go over another 13,000' peak. I should have known better. His lips were moving.

DEADWOOD TRAIL ULTRA - 50 MILER - Dave Cawein
DEADWOOD, SOUTH DAKOTA 7-19-92
Overcast 40F - 50F - Occasional rain
Elevations 4065 feet - 7100 feet

The first thing I noticed about this race was that it wasn't a Charley Peyton conducted event. Not much effort or money was wasted on course markings or aid stations. Course markings consisted of orange ribbons at 150-200 ft. intervals. Turns weren't specifically marked. This proved tricky when going up Terry Peak in a fog. Visibility was less than 25 feet and there were several places to take wrong turns. I was running by myself at this point and was happy to be a graduate of the Nick Williams school of ultra navigation. Several runners weren't as fortunate.

Aid stations were mostly adequate, but somewhat unpredictable. A planned major aid station at 38 miles was dropped without the runners being told. This caused a little concern as to whether or not I was still on course. I was also pretty dry.

The course itself was a good one. 50 miles in the Black Hills. Arkies would feel at home in these hills. I was reminded quite a bit of Arkansas. The Ponderosa Pine is very similar to our Shortleaf and Loblolly. The footing was virtually identical to what we see on our Lake Sylvia runs. Rocky, rooty, footpaths, jeep trails, good forest service roads, and lots of ups and downs. We passed abandoned mines, old logging camps, and through some really pretty scenery. There were five major climbs. A 1000 foot climb from mile 5 - 7 1/2 and a 2900 foot climb from mile 17 - 28 1/2.

20 - 25 runners started. 16 finished
1st. Richard Schick 8:06 - Georgia
2nd. Gene Joseph 8:21 - Arizona
3rd. David Cawein 8:47 - Arkansas
4th. Greg Helsig 9:28 - Pennsylvania

The real highlight of the weekend was Mara and my 18th wedding anniversary. Not many are lucky enough to have their wife crew a 50 miler on her anniversary. Ah, to be in love!

MINNESOTA VOYAGEUR TRAIL ULTRA, 50 MILES - JIM SCHULER

Drive north of Minneapolis 140 miles on Interstate 35 and you arrive at Carlton, Minnesota. A town of 935 people, 16 miles south of Duluth. The St. Louis River and Lake Superior are here and this is the site where the Northern Pacific Railroad began construction in 1870. Rolling hills covered with Aspens, White Pines, Spruce and Cedar underlain with loads of ferns, grasses and black slick soil describe this spot in the northern woods.

The race started at 7 A.M. on July 25th at Carlton High School. After a 1/2 mile jaunt thru town on blacktop you hit a trail paralleling the St. Louis River to Jay Looke State Park. After 10 miles in the park you leave via the infamous powerlines. This 2.9 mile section has 1/2 dozen very steep climbs that were unrunable up or down. Another 10 miles on old logging roads and you start up Spirit Mountain which is the backdrop to the city of Duluth. A turnaround at the Duluth Zoo sends you back over the same route.

Aside from the first 3 miles and the powerlines the footing was good. There were a dozen or so muckholes that sucked some shoes off and veterans said the course becomes a real mess when it is wet.

Since the course had a lot of old log roads you routinely found yourself on a 2-3 mile stretch all downhill, at a very runnable grade with good footing. The less than 5 % grade caused a real temptation - to run these on the way back up too. The weather on race day was 63 F. at the start and 75 F. at the finish. This is deceiving through, as the humidity was nearly 100% as it misted in the morning and showered in the afternoon. I could not keep enough water in me and had calf and quad cramps in the last 20 miles. Of the 90 starters and 77 finishers, 3 were hospitalized for dehydration.

The winner, Michael Cloutier ran the course in 7:52. 2nd was Rick LeTourneau in 8:22. 3rd was Bob Manson in 8:35. I was 24th in 9:52. The top female was Lorna Michael in 9:05. 2nd Barb Bletcher in 9:10 and 3rd Connie Proctor in 9:22. Ann Moore was feeling great and running well when they pulled her at 40 miles. She had just finished her second trip through the powerlines and was 15 minutes past the cut-off time. Several Voyager veterans told us before the race that our times would be 30 to 60 minutes slower than our usual 50 mile time.

This was a well organized race with aid every 2 - 3 miles and a well marked course. A good one to run.

THE MIDNIGHT 60 KM - AUGUST 1ST, 1992

Our latest Arkansas Ultra Race was the Midnight 60K at the Lake Sylvia Recreation Area near Perryville, Arkansas, in the Ouachita (Wash-A-Ta) National Forest. The course was out and back using the scenic (in the daytime) Winona Forest Drive. The footing was outstanding but the mountains were relentless. There were 25-30 runners at the start however, most decided to run only a portion of the course.

Bill Torrey of Little Rock, a reluctant ultra runner, showed the field how to run the hills and run them fast. Torrey remains skeptical of the ultra distances concentrating instead on the "K" distances. This probably explains the fresh legs and rapid turnover he used to dominate the 60 K competition. Everytime he has ventured into the ultra distances he has done well. Witness a 3rd place 7:00:42 at the Shockaloe Trail 50 (Mississippi) in 1991 and a 5th place 6:31:07 in 1992 at the Jackson Five-0 (Texas).

At the turnaround Torrey was having his first experience at nighttime running and complained about how lonely and quiet it was in the forest. Frank Rivers of Conway, Arkansas, was a distance second. Frank stated that he was preparing for the upcoming Arkansas Traveller 100 by walking the hills and running the flats and downhills. Kim Pavelko of Conway, Arkansas, and the 1992 Queen of the Trail, was again out in front of the women's field proving to the rest of the ladies that she hadn't slacked off in any of her training. As the Race Director and only volunteer, my impressions were that this is a great course for nighttime racing during the hot summer months. We'll do it again next year, the first Saturday night in August. We won't have any registration or entry fee and we won't have any cutoff times either. Those who finish first get to enjoy the pancake breakfast while the remaining "slug it out".

Oh yes, will Bill Torrey sign up for the Arkansas Traveller 100? If he does, the "cover boys" had better look out!

MIDNIGHT 60K - 8-1-92

1.	Bill Torrey	5:13
2.	Frank Rivers	5:31:45
3.	Kim Pavelko	6:44:10
4.	Bob Franklin	6:57:23
5.	Lou Peyton	7:01:00
6.	Tony Johnson	7:03
7.	Irene Johnson	7:03
8.	Nick Williams	7:19:22
9.	Bob Horner	7:19:22
10.	Jack Vinson	7:22
11.	Steve Bridges	9:21
12.	Jim Cindow	9:21

Dave Cawein - 25 miles
 James Hicks - 16 " (Note to Charley: James went to 2nd water
 Gayle Bradford 13 " stop and turned back)
 Donna Duerr 8 "

ULTRA RACE CALANDER

September 26th-Ultra Trail Series/The Wasatch Scramble. 12 miles of hell. 7:00 AM start. Travel west on hwy 10 to hwy 113. Continue on hwy 10 for 1.5 miles past hwy 113 to Bringle Creek Road. Turn Left and go one mile. Park near the APand L Substation.

October 31st-Ultra Trail Series/The Iron Horse. 18 miles Never been tamed. 7:00 AM start. West on hwy 10 approx. 16.5 miles from the I 430/hwy 10 overpass. Turn left and park on the dirt road. Commonly

called the Pigeon Roost Mountain Road.

November 6th-6/12/24 Hour Track Run. Benton High School Track

December 12th-Ultra Trail Series/The Winter Classic 18 miles. Time to rock and roll! 7:00 AM start. West on hwy 10 approx 11.5 miles from the I- 430/hwy 10 overpass. Turn left and park on the commonly called Three Mountain Run Road

Coming soon---The Great Bear Run(January) and the Sylamore Trail 50K(February 93)

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