

THE ARKANSAS ULTRA RUNNER

October 1993

A Newsletter For The Arkansas Ultrarunning Association

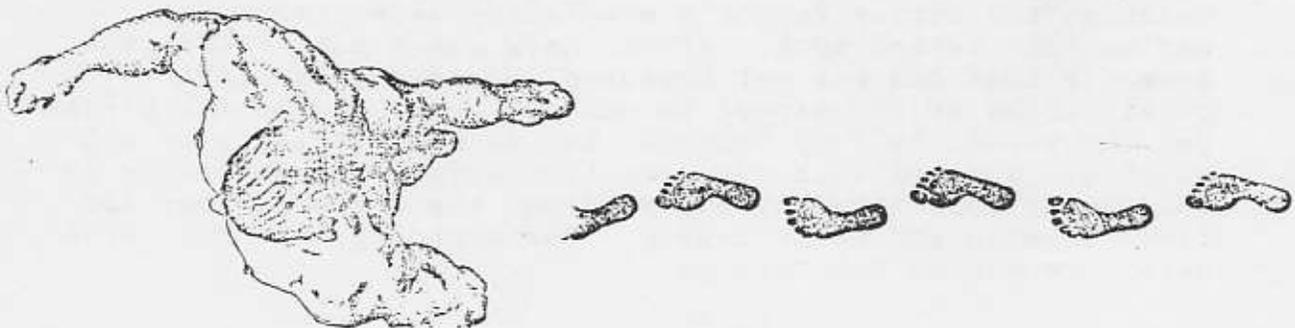
MESSAGE FROM THE BIG SHOT - By the power that has been invested in me, I declare the 1993 Labor Day Weekend as the "Heart Of The Traveller Weekend". And, I retroactively call the 1991 and 1992 Labor Day Weekends as "Heart Of The Traveller Weekends". "Hey Harley, what's going on?" Nothing pal. I'm just flexing my muscle. Something that good deserves a name. You know how I am. If you didn't get to make these two Arkansas Traveller 100 Training Runs, you missed out. The weather fully cooperated with a cool spell and lower humidity. On Saturday we did the 24 mile Lake Winona to Smith Mountain route. On Sunday we ran the Smith Mountain Loop, 23 miler. This is the toughest part of the Arkansas Traveller 100 and includes miles 31.9 to 58.6, the Turnaround. With the completion, we covered the entire Arkansas Traveller 100 with four training runs. Next year we might include the Smith Mountain Run in the Ultra Trail Series Runs. Oh, by the way, the next weekend I went over the top of Smith Mountain with my lawn mower. It now looks like a putting green.

Have you noticed a little pick up in the running coverage of the Arkansas Democrat-Gazette. Pete Perkins, long time sports commentator, newspaper reporter and radio personality, is writing Recreation for the newspaper. You might not know that Pete is a legitimate runner having started running when he was 14 years old with his best years in the late 70's and early 80's. He has run a 10K in 34 minutes, 5K in 16 minutes, a mile in 4:20, and an 880 in 1:54. Not bad.

Okay! This is it. The big one and it's got a life of it's own. The Arkansas Traveller. The A.U.R.A. has really come through with runners and volunteers. There is no cut off for volunteers. Call Lou at 225-6609. The only thing you missed so far is the volunteer picnic we had on the 25th of September. We're trying to fill the Powerline Aid Station and the Electronic Tower Station with volunteers.

Recently I got a call from A.U.R.A.'s, Ed Fishman from Hawaii who is coming to the Traveller again this year. Ed is bringing John and P.J. Salmonson, also A.U.R.A.'s in Hawaii. Ed wants to get a group together to go to Grampa's Catfish House on Thursday night before the race. If anyone wants to join them it will be fun.

The A.U.R.A. t-shirts, (short sleeve) \$8.00. We've got 12 requests. We've got to have 24 minimum to get them printed. Call or let Lou know how many you want.



ARKANSAS ULTRA RUNNER OF THE YEAR
RRCA

AS OF SEPTEMBER 20, 1993

Overall Ladies (points)		Masters Ladies (points)	
Irene Johnson	359.5	Lou Peyton	352.4
Lou Peyton	352.4	Gayle Bradford	145
Nancy Cunningham	335	Ann Moore	87.5
Gayle Bradford	145		
Mara Cawein	144.375		
Donna Duerr	100.625		
Ann Moore	87.5		
Kim Pavelko	86.5		
Les Allen	65		
Diane Bell	50		

Overall Men		Masters Men	
Nick Williams	330.625	Nick Williams	330.625
Les Hall	240.35	Les Hall	240.35
Charley Peyton	214.85	Charley Peyton	214.85
Troy Delk	193.125	Troy Delk	193.125
Simon Hauser	192	Tony Johnson	140
Mike Heald	153.75	John Renick	145.625
Jim Sweatt	150.625	Charlie Smith	125.625
John Renick	145.625	Steve Eubanks	125
Bill Maxwell	144.375	Bill Laster	97.5
Tony Johnson	140	Sam Hardcastle	95
Bill Torrey	132.5	Dale Powell	85.625
David Cawein	130.625		
Charlie Smith	125.625		
Patrick Riley	125		
Steve Eubanks	125		
Rick Massey	112.5		
Jim Schuler	107		
Bill Laster	97.5		
Sam Hardcastle	95		
Dale Powell	85.625		
Jeff Thomas	82.5		

The competitive year ends Monday, November 8, 1993 at 12:01 AM. Just finishing the Arkansas Traveller 100 will earn a runner a minimum of 120 points plus an additional 60 points because it is an in-state race. Consequently, the AT 100 could determine the ultra runner of the year. Be aware that some runners have other runs scheduled during the balance of the competitive year that could substantially affect the standings. In computing point totals Ultrarunning magazine and Harley Peyton's newsletter were almost exclusively relied upon. If you have run a qualifying race recently that has not yet appeared in one of the listed publications or you expect to run one prior to the 8th please get the result to Tony Johnson, Lou or Harley Peyton or Bob Marston. The criteria for computing points are contained in a document maintained by Bob Marston, the Peytons, Tony and Irene Johnson and David Cawein. The standings set out above were computed by Bob Marston.

ULTRA CORNER —

HARDROCK 1993

REFLECTIONS TWO MONTHS LATER by Nick Williams

BEFORE THE RUN - Scarlett and I arrived on Saturday before the run started the next Friday. She and I spent the next 5 days hiking to altitude and running down. The weather was cool and mostly clear. We spent a lot of time with Suzi Thibeault, Rick and Nancy Hamilton, David Horton, Dennis Herr, Richard Senelly, and Rick Trejillo. We really had a great time. We camped in Ourey and went to different places to run. Most could be gotten to on foot from Ourey. They had 17 hikes that left from near the town. The country is spectacular and if you have some time, I would recommend you try this area.

THE RUN - I have found that on a real hard adventure run (like Barkley and Hardrock) that it is better to stay in a group than to really venture on your own because of the safety factor. I decided to run with Suzi T. and Richard Senelly as long as I could. I was going to run with Rick and Nancy Hamilton, but they were going to go faster than I wanted or needed to go. The race has 10 mountains. The lowest one is 12,600 feet and the highest is 14,040 feet. The other 8 mountains are all over 13,000 feet. Because of the altitude, I did not want to push too hard and go anaerobic since that would use too much energy.

The course was well marked with steel markers with a yellow race tags. When the wind blew or a light shined on them, they were readily visible. The only problem was the yellow on the markers looked like a wildflower and so I really had to pay attention to what I was doing. The 2 days were perfect. We only had a soft hail for 10 or so minutes the rest of the time the temperature was mild.

Suzi, Richard, and I ran with Bill Watson for 24 hours. Then as we were coming down to Ourey over Engineer Pass, Bill (from South Dakota) developed pulmonary Edema and was really having problems. Suzi got Bill behind her and took him down the mountain. I followed slowly. It was at night on a steep trail with loose rock and a 400-800 foot drop on the left. Bill was wobbling down the trail, slipping and sliding. I thought several times he was going over and taking Suzi with him. (Boy, she has guts).

We finally got him to Ourey and Suzi started throwing up (8 or 9 times). Suzi said she was going to have to rehydrate. I knew if I sat down I would really have trouble going on. So I told her I had to keep going. I ate something, got my pacer for as far as she could go (Gail Bradford) and left. I only had 3 hills to go. Gail and I caught Richard Senelly at the next aid station and we went over Virginia Pass together. It was really tough. When I got to the top - up ice and snow steps cut by the aid people. My arms and body were shaking from the exertion. They told me to sit down and get my breath. I got a cup of soup and we got out of there. We stepped over the edge on some skree and slid down the side to the trail. Gail stepped over and promptly started throwing up. When she stopped, we went down the mountain to Telluride. When we entered the aid station, they put Gail on oxygen.

I told Richard to come on and he said he was through. I tried but he would not go. I left Telluride and was really moving. Two

miles up the trail at the falls I took a wrong turn for 20 or 30 minutes. That was tough. When I found the trail again, I was walking as hard as I could. I was ready to get the sucker over with. I went over the top and to the next station arriving around 4 or so.

I ate and left for the last climb. I came around the corner of the mountain and found 2 people on the wrong piece of mountain. When I told them I realized one of them was Nancy Hamilton and she had been at least one hour up on me from the last aid station. I told them they were on the wrong mountain, but they would not listen to me so I left them.

I finally got over the top of the worst climb on the course, arrived at the last aid station and picked up Donna Duerr. There it is Donna - your name.

I finished in 41 hours and 26 minutes. 35 started and 26 finished. I headed toward Suzi and Gene Thibeault's room to take a shower. I had not changed shirts, shorts, shoes, socks, or hat for over 41 hours. I really stank. I showered and thankfully went to sleep in the van.

THE NEXT DAY - We had a breakfast and awards ceremony and then Scarlett and I left for home.

QUESTIONS:

1. Did I have fun? I had the greatest time of my life.
2. Did I want to quit? I didn't even think about it because Scarlett would not let me. At Ourey, I could not look at her because I had tears in my eyes because of the time and distance - but quit - NO.
3. Would I do it again? Hell - I'm going back next year because the run is an adventure.
4. Can anyone do it? Yes. All but Lou Peyton and Ann Moore. It's too tough for them.

No, it really is hard. The altitude averaged over 11,000 feet and if you have altitude problems don't even start.

This run is not for everyone. It's the hardest thing I've done. (Sorry, Gary Cantrell). To finish you really have to have a good mental attitude for it and patience (I was prepared to go over 48 hours to finish).

It beat me last year and I wanted to go back and finish the direction I quit on (They run the course in different directions each year.)

I really could not have done it without Scarlett. She is an ass kicker extra ordinaire.

Thanks Scarlett for being who you are.

LEADVILLE TRAIL 100
Tom Holland

I consider myself an amateur among such runners as Lou Peyton, Max Hooper, Larry Mabry, Bill Laster and the list could go on. Why I should write about Leadville for the newsletter is beyond me. But, there might be a new perspective from this experience. I have certainly gained what I have learned from reading Bob Marston's insightful, lengthily writings and many others.

For me, Leadville was an eight-month goal to get me past a divorce. I had to do it, no doubt existed that it had to be done. I went there with the intent that I was going to finish come hell or high water, I didn't know how, but I would do it.

Some quick background. I moved to Scottsdale, AZ. in April and immediately got in with the Arizona runners, more locally known as Zonies. The ultra runners here are as great as Arkansas runners.

My training consisted of the following: Whiskey Row Marathon in Prescott which reached 6000 ft. in elevation on dirt roads, followed with a couple training runs on Mt. Ord. - just 50 minutes from my front door, start at 3000' and go to 7500' in seven miles and back down on gravel roads. Beautiful scenery! Next was the Zone Grey Highland Trail 50K on the Mogollian Rim in Payson, all at around 6000'. 2 1/2 hours North takes us to Flagstaff for a couple weekends on Mt. Humphries. The trail head starts at 8800' and goes to 12,600'. Borgeious and complete with snow! Locally, we have Camelback Mountain and Squaw Peak. My training partner, John Greer, and I ran multiple round trips up and down Squaw Peak. The trail is 1.2 miles with 1200' gain in elevation on rocky trails and some climbing. Lastly, I joined a health club and cross trained on stairmaster, lifecycle, and some upper body, hamstring, and quad strength work. Honestly, I trained less for this than for the AT 100 last year with John Baker and Lou and Charley, et al on the AT course. My ace in the hole was a firm belief that my mental attitude and desire to finish this would HAVE to carry me. It was obvious I hadn't trained enough.

Race day, I was overdressed before the start. It was in the 40's with a beautiful star filled sky at 4 AM. I had no pacer or crew and had carefully assembled drop bags at the 5 aid stations. The bags contained my key to finish - socks, shirts, gortex, hats, gloves, 9 cans of Exceed food supplement, one for each station both coming and going. At the aid stations, I consumed mass quantities of bananas and fluid. I learned the fluid trick from Bill Laster. Bill told me at the AT that I should be drinking until I throw up and am peeing all the time. I bought that theory at the AT and used it here. In addition to the commonly known benefits of drinking fluids, I once heard in a seminar that it keeps the stuff between your joints saturated like a sponge. If it dries out, the joints (knee) will suffer. Makes sense to me. Other than oranges and cookies, Exceed, over 20 plus bottles of water, I also took vitamins, specifically B complex, C and E. Why? Who knows?

At the first medical aid station, I gained five pounds from the weigh-in the day prior to the race. I maintained that level throughout the entire race. Since then I have lost that five and three more and am now down to 163. At the medical check-in at 76 miles, my pulse was 90 (56 prior to race) and blood pressure normal,

considering. Injuries? Not really, just heel and feet blisters all over, soreness in a knee, ankle and shin, and one lost toenail. The damages were much less than at the AT. Probably because there was less running and pounding.

Highlights of the course consisted of catching up and running with Larry Mabry and Jack Evans. For me, it was a great moment to run with some missed AR friends. The trip on the way out to Hope Pass was pretty much uneventful. I tried to keep a mental note of the terrain for the return trip later in the day. Why is it that on the return trip I kept asking myself why I don't remember this part? Everything was going well until just past Twin Lakes. It was time to cross some streams. For those of you who have run with me, you know I hate to get my feet wet and have been known to carry plastic bags to wear. Ha Ha. Not today. Just after the streams it was up Hope Pass starting at some 9200' to a peak of 12600'. A long, long, long trek that never seemed to end. I knew that once at the top, it was downhill, so to speak, to Winfield, the half-way point. Up to this point the weather wasn't too bad. There were periods of sweating and coldness and some rain. Nothing a large plastic bag couldn't cure. But it was a bit chilling on Hope Pass. I wondered how the Indians managed with sandals on. We spend big bucks on Nikes, and they run this, and win, wearing open sandals. Are we wimps or what?

Halfway, great! It might have taken 13 hours, I don't remember. It was time to turn around and get down to the business at hand, get this damn thing over with, keep moving, finish.

Despite my great attitude, the return trip up Hope Pass was a real mother, putting it lightly. The back side is much steeper than the trip out. I swear, I was ready to quit. I told myself that when I got to Twin Lakes, that was it. Keep in mind that you have to walk up this trail, and the worst part was having to almost stop.....almost, hell, I had to stop to rest every 20 feet or so. I was ready to quit and couldn't believe I was having such thoughts. Was I nuts? I remembered Sam Hardcastle's support on Pikes Peak three years ago. What a guy. The theory goes, and works, that once you get to the top, you feel like a new person. So, I thought that once I got to the top of Hope Pass, I would be rejuvenated. Like hell, I was quitting.

However, when the top of the Pass came it was like it should be and was planned, a new beginning. You see, in my training, I mentally focused on and prepared for this exact moment. I had previously watched the Leadville video, and mentally prepared myself for this point. I knew that Leadville was some 8 miles away as the crow flies, and 44 miles away by trail. My goal in my training was to get to this point and believe that it was literally downhill from there. The race was over at this point, it was just a matter of finishing what I had already done. Crazy, but it worked.

At the first aid station after Hope Pass, I found Irene Johnson. John Baker and I were weaned to run 100 milers by subscribing to the Irene Johnson School of Running. I was surprised and disappointed that she would not be finishing. But what support. I could not ask for any better support than I got from all of the Arkansas runners. A special mention goes to Bob and Rosemary who stuck it out with me all night to the finish. I* never had a crew, and sure got spoiled that night.

After Twin Lakes, it got weird. Mentally, I don't remember much except some lightning, rain, Rob and Rosemary, the glowing powerlines on Sugar Loaf Mountain and the last four hours.

The last aid station was 13 miles out. It took me 2 1/2 hours to get there just 25 hours earlier. I had four hours until cutoff (30 hours). No problem. NOT.

After getting around Turquoise Lake and getting on a gravel road, it became apparent that there might be some doubt about exactly how far I had to go and was there enough time. Getting nearer to Leadville, a passerby told some of us that we had 3 1/2 miles to go. A quick calculation told me that was 30 minute miles, no problem. A little further, we learned that we still had three miles to go. The road was uphill, my blisters were killing me, I needed to take a trip to the bushes but didn't want to waste the time, the two guys in front of me thought I was racing them (what for?), time was running out, 29 hours have passes.....

At that point I thought, I came here to do this, eight months in the works, I had driven 12 hours, had run over 29 hours, had the sorest feet, was dead tired, I'll be darn if I was going to come this far and not finish, no way, no way I wasn't going to finish. I don't mind telling you I had to dig deeper in my guts than I ever had to before to finish that last two miles. Words cannot convey the push up that hill. Those two guys in front of me thought I was still racing (are they nuts?)....I was only trying to get this thing over with.

With less than a mile to go, I caught up with John Greer, my training buddy from Arizona. Amazing, we came together at the end, and finished neck and neck in 29 hours and 44 minutes.

This was the most demanding run I have ever done. The only thing I can compare it to is the AT 100 and Pikes Peak. This run makes them a piece of cake.

There were 290 starters and 143 finishers. I was 127th. So what! 143rd would make me just as happy. The winning time was just over 20 hours and was a runner from the legendary Tarahumara Indian Tribe from Mexico.

ULTRA TRAIL SERIES

PIPELINE EXPRESS/9-25-93. The 1993 edition of the Pipeline Express saw the return of King of the Trail, John Gross, to the Ultra Trail Series. With the write up in the newspaper a week before it also saw a record turnout for this event. 50 finishers were recorded. Gross showed little concern for his reported hamstringing injury as he outdistanced Trail King hopeful, David Allen. Kim Pavelko was the first place female using the race as her turnup for the Arkansas Traveller 100.

1. John Gross	1:29:09	27. Kimberly Pavelko	2:07:16
2. David Allen	1:32:45	28. David M. Denedy	2:09:00
3. Ricky Utley	1:32:58	29. Stan Venable	2:09:55
4. Paul Sobus	1:34:25	30. David Smith	2:10:26
5. Dr. Feelgood	1:36:06	31. Dianne Bell	2:10:58
6. Jack Evans	1:40:00	32. Pete Ireland	2:13:58
7. John Jones	1:41:40	33. Gayle Bradford	2:15:18

8. John Hummel	1:41:50	34. Lloyd Moore	2:16:27
9. Don Fletcher	1:42:00	35. Lou Peyton	2:18:10
10. John Pragle	1:42:30	36. Ron Thompson	2:18:48
11. James Odell	1:42:31	37. Mark Oliver	2:18:48
12. Matt Ohl	1:50:45	38. Cindy Truax	2:22:00
13. Dennis Fugate	1:51:19	39. Bettina Brownstein	2:23:00
14. Jim Sweatt	1:52:31	40. Wanda Loftis	2:24:00
15. Ken Millar	1:55:26	41. Steve Eubanks	2:25:29
16. Todd Lowcey	1:58:07	42. Barney Clark	2:26:42
17. John Renick	1:58:19	43. Tony C. Johnson	2:26:13
18. Tom Zaloudek	1:58:48	44. Bob McKinney	2:30:04
19. David Mortas	1:59:00	45. Sandi Venable	2:36:35
20. Simon Hauser	2:01:00	46. Fred Schmidt	2:38:07
21. Nick Williams	2:01:23	47. Tery Baskin	2:38:08
22. Tim Biggs	2:03:56	48. Charley Peyton	2:54:30
23. Dave Maxwell	2:03:03	49. Karen Teague	3:16:18
24. Larry Mabry	2:06:26	50. Corky Binz	3:16:20
25. Danny Williams	2:06:32		

THE INSIDE by Harley

"A Satirical Look At the Arkansas Ultra Running Association"

(This is the third of three episodes on what the ultra crews might be thinking)

