

THE ARKANSAS ULTRA RUNNER

September 1993

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT—Normally it is the policy of the AURA to not comment on it's members who do not finish an ultra for whatever reason. Instead we celebrate finishes. But, may I take exception to make a point. Last month we feasted on Bob Marston's victory at Western States. Then for him, it was on to Vermont, Leadville, etc. However, in Ultrarunning we're only as good as our last race (for some its only as good as your last step), as Bob had to withdraw at 90 miles with a sore knee. "Hey Harley, was that the point?" No! I was trying to say that when you finish on ultra, you need to celebrate like crazy.

Speaking of crazy, Lou Peyton turns 50 in July of 1994. I'm planning a big LOU PEYTON MIDNIGHT FIVE-0 out at Lake Sylvia. This would take the place of the Midnight 60 K. We'll do the run and then the next morning have a pancake brunch around the campsite. Mark it on your calender. "Hey Harley, does this mean you won't be taking her up to the EXXON for dinner?" Lets be nice.

For you people who are going to come out for our AT-100 training runs as well as those crewing for the race, you need to be aware that the Brown's Corner Grocery Store where you turn to go to Lake Winona has burned to the ground. The only remaining things are the foundation and a Sinclair Gas sign. Remember that it is 5.5 miles from William's junction on Hwy 9.

Don't forget to keep Tony Johnson up on you Ultra finishes. Send him your Race and time to 1213 Park Drive, North Little Rock-72214. The November deadline is fast approaching.

Do you want a short sleeve AURA shirt? We need to place a minimum order of 24. We have about half that now. Get in touch with Lou as soon as possible. Price per shirt will be about \$8.00.

FIRST CALL!!!!!!!!!!!!!!!!!!!!The multiday duo of Jim Schuler and Lou Peyton are planning a four/five day crossing of the Ozark Trail in Missouri, St. Louis south. They want company. Each runner will need to provide his own crew. Jim is working out the stops now and it will be a lifetime adventure.

September 11th approaches. For you folks who are going to register for the Arkansas Traveller 100, now is the time to do it. One way we are able to keep the entry fee down it to is to know in advance how much we have to buy—buckles, shirts, food, etc. We don't have a big margin for error.

ARKANSAS TRAVELLER 100 UPDATE—You got a water cooler or a big ice chest? I'm looking for supplies to assist the aid stations. Every thing will help out. At last count we have 65 runners from 24 states coming. Last years female winner, Chrissy Duryea (California), recently sent her application. For the men, the field is wide open as the "celebrity" or names you'd readily recognize have, not been received.

On September 11th the Powerroom at Grady's as been reserved for the AURA. 6:00 PM We'll talk about you and the Trav. Let it begin!



SEPT 1993 AURA



SUN MON TUE WED THU FRI SAT

			1	2	3	4
					AT-100 TRAINING RUN LAKE WINONA 24 MILES 6:00 A.M.	
5	6	7	8	9	10	11
AT-100 TRAINING RUN SMITH MTN 23 MILES 6:00 A.M.			HUMP DAY RUN CAMP ROBINSON		GRADY'S POWER ROOM 6:00 P.M.	
12	13	14	15	16	17	18
			HUMP DAY RUN CAMP ROBINSON		SALINE COUNTY STRIDER'S 6-12-24 HOUR TRACK RUN	
19	20	21	22	23	24	25
			HUMP DAY RUN CAMP ROBINSON		UTS #2/THE PIPELINE EXPRESS-12 MILES 7:00 A.M. NORTH SHORE LANDING	
					AT-100 VOLUNTEER PICNIC MURRAY PARK	
26	27	28	29	30	CADDO RIVER 15 K CHAMPIONSHIP GLENWOOD, ARKANSAS	

ULTRA TRAIL SERIES

Cono Road/10 Miler 8-28-93. Cono-old Indian name, maybe. Rocky, rolling and dry this year. But enough creek crossings to still make it interesting. Question? Has the series touch been passed to the next generation. Three time King of the Trail, John Gross, was conspicuously absent from this year's Cono leaving the door open to the perhaps a hungrier David Allen and Ricky Utley. For the women, Queen Nancy Cunningham arrived just in time to defend her title. Fifth overall, Nancy's time was 1:12:10, six minutes ahead of Lesa Allen.

The next series race will be the Pipeline Express 12 Mile at 7:00 a.m. from North Shore Landing on Hwy. 300.

CONO ROAD 10 MILER (RESULTS)

1. David Allen	1:00:58	28. Stan Venable	1:33:09
2. Bill Torrey	1:05:--	29. Pete Ireland	1:34:40
3. Rick Utley	1:05:38	30. Barney Clark	1:34:50
4. Dr. Feelgood	1:05:59	31. Wanda Loftis	1:35:00
5. Mule Martin	1:10:59	32. Laura Halpin	1:35:29
6. Nancy Cunningham	1:12:10	33. Gayle Bradford	1:36:04
7. Mark Oliver	1:12:44	34. Cathy Holland	1:36:04
8. Ken Millar	1:15:56	35. Bevis Sweatt	1:36:05
9. Matt Ohl	1:17:22	36. Sandy Venable	1:37:21
10. Dave Cawein	1:17:23	37. Mara Cawein	1:37:50
11. Larry Mabry	1:18:20	38. Linda Stribling	1:40:01
12. Lesa Allen	1:18:44	39. Steve Eubanks	1:40:02
13. George McDonald	1:20:47	40. Tally Ward	1:40:24
14. Nick Williams	1:23:00	41. Jean Cockcroft	1:40:30
15. Randy Davidson	1:25:30	42. Tony Johnson	1:41:02
16. Karen Call	1:25:52	43. Robin Booth	1:41:47
17. Tom Zaloudek	1:27:33	44. Ron Thompson	1:41:47
18. Dianne Bell	1:27:40	45. Lou Winthroath	1:45:18
19. Lou Peyton	1:28:30	46. Dale Winthroath	1:45:18
20. Lloyd Moore	1:29:09	47. Mary Clendaniel	1:50:42
21. Ivy Franklin	1:29:54	48. Ann W.W. Moore	1:52:02
22. Terry Baskin	1:29:58	49. Kathy Kincaid	1:52:02
23. Charley Peyton	1:30:10	50. T-Bear	1:55:--
24. Jerry Doty	1:31:41	51. Karen Teague	1:58:45
25. Terry Morrison	1:31:48	52. Chuck Desjardin	2:01:51
26. Melisa McLeod	1:31:48	53. Corkie Benz	2:15:33
27. Irene Johnson	1:32:11	54. Ashley Wagner	2:18:38

ULTRA CORNER

BENTON 6/12/24 HOUR RESULTS - April 10, 1993(AURA Members)

Six Hour		12 HOUR	
Charley Peyton	38.192	Irene Johnson	66.216
Lou Peyton	35.216	Dan Lindow	53.568
Kim Pavelko	32.214	James Hicks	40.920

Les Hall	31.496	Bob Cannata	36.704
Tony Johnson	20.080		

24 HOUR

Beverly Nolan Cannata	84.815
Bob Horner	84.320
Bill Howerton	50.090
Bill Laster	40.179

SHREVEPORT SYMPHONY 6 HOUR RUN/WALK/7-10-93-Bob "Chicken Wing" Horner

Elois and I were pleasantly surprised when we arrived at the park for the Shreveport Symphony Players Six Hour Run/Walk. The shaded one mile loop meandered by many back yards filled with gardens, flowers and artistic wooden cut-outs. The aid station was stocked with much more than the advertised water and a hose had been provided to spray down hot runners. Lots of curious squirrels were present to witness this masochistic athletic event.

Twenty-one runners were entered, thirteen in the six hour run and eight in the companion ten mile or less walk.

A.U.R.A. was represented by Steve "BigHead" Bridges, Dan Lindow and Bob "Chicken Wings" Horner in the run. Elois Horner was entered in the walk. None of us planned to P.R. on this hot muggy morning. "BigHead" and Dan were doing this run in the morning and the Whiskey Chitto 50 Km in the evening. I was kicking off training for the fall season and Elois planned a leisurely walk without concern for speed or distance.

Veteran ultra runners Randy Spears took an early lead with local speedsters David Woodard and Tom Bogue in close pursuit. After two hours all three had run sixteen miles with Spears leading by seconds. As the heat and humidity began to rise race positions began to change like a deck of cards being shuffled. After four hours Bogue had logged 31 miles, Spears had 30 miles and Debbie Peebles was in last place. Debbie chose to start after two and a half hours had elapsed. She was using this event as a training run for the International 100 KM Team Championship to be held in Belgium in August.

Bogue was the eventual winner in his first ultra run. Toni Price won the ladies race. This was Toni's first ultra also.

Paul Christopher and his Shreveport Symphony Players put on a first rate event. Elois and I plan to do it again next year.

Oh yes, Elois set a P.R. in her walk and no, I am not allowed to say how far that was.

NAME	AGE	DISTANCE
1. Tom Bogue	43	42 Miles
2. Randy Spears	33	37
3. Paul Stone	31	36
4. Paul Christopher	33	34
5. Don Price	50	33
6. David Woodard	37	33
7. Bob Horner*	60	30
Matt Miller	73	30

8. Toni Price	43	28
9. Debbie Peebles	41	25
10. Dan Lindow*	36	25
11. Steve Bridges*	41	23
12. Billye Butler	63	22
*-AURA members		

PIKES PEAK (AURA MEMBER'S RESULTS)

MARATHON 8-22-93

R. Stephen Tucker	3:20:19
Timothy Biggs	4:35:33
Tally Ward	5:13:45
Linda Stribling	5:20:24
Rosemary H. Marston	5:38:26
Cathy Holland	5:48:57
Ann Moore	5:57:54

ROUND TRIP 8-23-93

Neil Hewitt	5:12:21
Simon Hauser	5:40:49
Van Davis	6:08:55
Jim Sweatt	6:10:07
Randy Davidson	7:10:48
Charlotte Davis	7:34:19
Peter Ireland	7:48:48
Sam Hardcastle	7:50:12
Tally Ward	8:01:35
Donna Hardcastle	8:19:13
Michael Zawada	8:35:47
Max Hooper	9:09:28
Ann Moore	9:37:13

VERMONT 100/July 31st

The following is an exert from a letter from Beverly Nolan Cannata post the Vermont Trail 100 Miler - July 31, 1993.

Now for us: Bob and I carried our three year splits (1st year's splits were unavailable as you know) so we'd know how we were doing. 4 a.m. start was foggy and 97% humidity according to our weather radio.

They had an organ and an organist playing "Chariots of Fire" on the Rojek's deck. Speaking of the Rojek's. They are almost finished building a huge carriage house of fieldstone with a huge fireplace and antique carriages.

No rain during race on us but some runners and aid stations were in a thunderstorm. I ran every safe downhill, like never before. I felt so-o-o good but I crawled the uphill. I caught Bob at 12 miles. Either he was slow or I was fast, I thought. We were together until 30 miles. I left as he was slower on the ups and wasn't running the downs. I got up to 25 minutes ahead of him, so I heard, till he caught me at 68 miles where I was just leaving with my pacer. He then got about 25 minutes ahead of me. Sounds good but---we knew we were in trouble at 12 miles - way behind splits. Barely got to our lights (had pen lights though). I got to Ten Bear Aid Station the 2nd time 35 minutes behind my slowest year and I only had 33 minutes to spare till race end at 30 hours that year.

Besides, my back ached from the downhills and my left shoulder (right shoulder in Texas 100) was tilting soon after 60 miles. It's hard to do 40 miles forward while tilting left, especially on the Vermont Hills. "Vermont ain't flat."

I picked up my pacer and tried to catch up. Bob had said we needed to get out of Snooks at 5 a.m. to finish. He left at 4:57 a.m. I got to Snooks and my blood pressure and pulse were as perfect as the weigh-in the day before the race. Wish my upper body was in that good of shape. I got to Snooks at 5:30 a.m. A man had just passed out and was carted off in an ambulance. Millie and I kept moving. I couldn't run. It was grotesque! When we got to a paved level road and I couldn't negotiate??? I dropped part way up Blood Hill at about 87 miles. I had only a half marathon to do in 3 hours 15 min!??? A hilly one at that. My pacer ran two aid stations ahead for help and I sunk into a dirt bank for a nap until a truck came and picked me up and we went after Millie and picked her up. She wanted to go pace Bob so I switched trucks. I slid down like normal but my legs had "no brakes". Luckily a National Guardsman they had helping, caught me. Millie got Bob to 96 miles and thought they'd make it and he went down the drain in an instant. He had that final hill to do in 67 minutes. No way.

So we both had D.N.F.'s DAMN! I'm the only female who has started Vermont 100 5 times, but one girl finished 3 and D.N.F.'d once. I wanted to beat the finishes. But no soap. We were devastated! But the next day under analysis - Not enough hills - too much flat country - We'd always trained in Vermont until this year. We must train in Vermont for two months next year.

Afterwards Bob said He's never run a trail 100 again. He said that while we were doing Rocky Raccoon in February. He did Vermont 100. Now again. No 100's. But--but Now he says he'll do Arkansas Traveller 100 if he can train on the trail. Me. I must finish Arkansas Traveller 100 this year. I must. At least it doesn't have a zillion hills, just a million rocks. When I trained in the Vermont hills I didn't realize Vermont had so many hills. Now I'm a flatlander - Yikes. They're like Mt. Everest!

Right now we're in a rest area in Colorado, headed for Leadville.

After the race, my shoulder straightened by the time I got back to Smoke Rise Farm. My back still ached. We'd trashed out feet in the mud. Blisters on us both and swollen feet. Mine are swollen at this moment badly and the race has been over almost 5 days. Never had this happen. But, no pain! I do feel we gave our all!

Oh well. Now to recover in order to do Pike's Peak. We should see Ann Moore in Colorado. Tell everyone "hi" for us. We'll be "home" soon. (Arkansas that us.)

Love,
Bev and Bob

Midnight 60K/7-31-93.

July 31st was the hottest day recorded for the summer so far, 103 degrees. By race time (8:00 P.M.) the temperature was still in the high 90's. This was going to be a hot one. The route is on the Winona Forest Drive that connects Highway 9 with Highway 7. It follows the ridge line and offers some really scenic overlooks during the daytime. At night, however, it is a route of relentless hills. At the start, a full moon was coming up and was so bright that runners were able to run without a flashlight. Bill Torrey and Ray Bailey

were the first to reach the turnaround in a time of 2:24. They were followed by Simon Hauser and George McDonald in 3:18. The heat took it's toll during the first couple of hours and several quality runners dropped out. By midnight however the temperature had moderated and a cooler wind began to blow. The change in temperature was welcomed by the runners and also the copperheads that began to crawl out onto the road. Lou (Peyton) was running without her light until she spotted her first snake and then used her light the rest of the way. In contrast Simon (Hauser) started with his light until he saw his first snake and decided that he'd turn his light off so he wouldn't see any more snakes. Lou and Dianne Bell ran together to the turnaround but on the return Diane fell ill and retired. Lou ran strongly by herself to the finish.

I am looking forward to the race again next year, however, instead of the Midnight 60K we'll have the Lou Peyton Midnight Five-0 Birthday Run. A once in a lifetime event.

MIDNIGHT 60-K

7-31-93

1. Bill Torrey	5:00:11
2. "Bones" Bailey	5:24:35
3. George McDonald	6:42:33
4. Simon Hauser	6:42:35
5. Lou Peyton	7:11:02
6. Steve Eubanks	3:25:00
13 starters	

LEADVILLE 100/8-21-93

Look for a big spread on this race next month. But, we proudly announce the finishing of AURA member Tom Holland at the 1993 Leadville 100 in a time of 29:44.

ULTRA CALENDER

SEPTEMBER 17TH AND 18TH- Saline County Strider's 6-12-24 Hour Track Run. 7:00 P.M.

OCTOBER 9TH AND 10TH-Arkansas Traveller 100

OCTOBER 23RD-Mountain Masochist Trail Run 50 miles David Horton at (804) 239-1324*

NOVEMBER 6TH-Run the Heights 5K. See the BigShot for details.

DECEMBER 18TH-SUNMART TEXAS TRAIL 50 AND 50 K

FEBRUARY 5TH-Rocky Raccoon Trail 100 Mile run. Mickey Rollins(713)468-8115

*-Lou and I are entered in the Mountain Masochist. Any other takers out there?