

# THE ARKANSAS ULTRA RUNNER

October 1995

*A Newsletter For Members Of The Arkansas Ultra Running Association*

**MESSAGE FROM THE BIGSHOT** - The following is an invitation to all members of the AURA. At the present time we have 19 Arkies entered in the 1995 AT-100. One of the things that I've always wanted to do but never got around to doing was to have a get together to honor the Arkies who stepped out onto the starting line. This will be the year! I have reserved the pavilion at Allsopp Park for the afternoon of Saturday, October 14th. The menu will consist of a POTATO BAR. If you plan on being there and are not an AT-100 entrant please call me and let me know how many people will be coming with you. Please do this by Wednesday the 11th of October. Is this the same thing as RSVP? Yes! We don't want to run out of food. After eating we'll present the Arkansas Traveller Awards and maybe a couple of others. If you think you would like to bring something to top potatoes with, be our guest. Come early if you like (2:30 P.M. - until). I hope to eat at 4:00 P.M. sharp.

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## AT-100 Picnic

### Saturday October 14th

### The Allsopp Park Pavilion

### 4:00 P.M.

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**LITTLE KNOWN ULTRA SAYINGS** - What is difficult to endure is a pleasure to remember (Russian proverb). The dog that roves, finds the bone. The man who wins may have been counted out several times, but he didn't hear the referee (H. E. Jansen). Carpe Diem (Seize the day).

## List entries by state:

Texas	22	Mississippi	2
Arkansas	19	Kansas	1
California	8	New York	1
Colorado	8	Rhode island	1
Louisiana	6	Connecticut	1
Florida	6	Wisconsin	1
Alabama	6	Massachusetts	1
Indiana	4	Iowa	1
Oklahoma	4	Washington DC	1
Tennessee	4	Missouri	1
Michigan	3	Minnesota	1
Illinois	3	Kentucky	1
Washington	2	-----	
South Carolina	2	Switzerland	1
Virginia	2	Canada	2

## ULTRA CORNER

Quivering Quads 10k, Half Marathon, 50K and 50 Miler. September 9th, 1995

The Quivering Quads gets "\*\*\*\*\*"(five stars) from the Bigshot. The race setting was in the Culvre River State Park about a 50 minute drive north of St. Louis. The campground we were using looked like an old CCC camp that was built in the '30's only that it was recently "modernized" with a dining hall and hot showers. Eight of us stayed in a cabin with bunk beds that could have been crowded if we weren't such nice people. Our only causality was the BigShot went out to find the bathhouse and in the darkness on the return walked into the side of the cabin and lacerated his forehead. The prerace meal of pasta was more than adequate and cost \$5.00 per runner. The trail was a single track 13 mile loop. The 10K started at 7:00 A.M. At 7:10 A.M. the Half Marathon begin. The 50K and 50 Miler at 7:20. There were about 200 runners in all four events. Most in the Half-Marathon and 50K. The 50 Miler had about 20 entrants. There were about 14+ AURA's and Arkies in the four races. Randy Davidson and Kim Pavelko were the winners of the 50 Miler. Rosemary Marston was second female in the 50K.

*QUIVER QUADS*(unofficial times)

10K	Charles Peyton	1:38:00	
Half-Marath	Ms Scarlet Williams	3:34:00	
	Michell Morris	3:34:00	
50K	Nick Williams	6:30:00	
	Roger Williams	6:30:00	
	Chuck Desjardin	7:14:21	
	Steve Eubanks	7:43:00	
	Rosemary Marston	7:47:00	
	Ann M. Moore	8:40:00	
	Hiram Bird	No time available	
50Miler	Randy Davidson	9:01:00	First Male
	Bob Marston	10:05:00	
	Kim Pavelko	10:07:00	First Female
	Dianne F. Bell	10:10:00	
	Jim Sweatt	10:10:00	
	Lou Peyton	10:00:00	



Jim Sweatt and Dianne Bell(in Front) finishing up  
at the *Quivering Quads 50 Miler*.

# ULTRA CORNER

## ULTRA TRAIL SERIES

### UTS # 2 - The Smith Mountain Loop - 9/2/95

The Trail Series has always been promoted as adventure running. No frills: no hype. The runner and his competition whether it be a mountain to run, a stream to cross or a mate to whip. Somehow we've all survived the cold, the flooding and the getting lost. The Smith Mountains Loop give us pause for thought with that unexpected element: Lightening. Thankfully we all survived to run another day. In our sixth year now, it will only get better.

### Smith Mountain Loop - 23 miles. September 23, 1995. UTS # 2

1. David Allen	3:07:37	1. Kimberly Pavelko	4:25:28
2. Alfredo Atilano	3:10:01	2. Angie Ransom	4:25:29
3. Stan Ferguson	3:23:26	3. Dianne F. Bell	4:44
4. Ricky Utley	3:24:09	4. Lou Peyton	5:01:51
5. George McDonald	4:25:30	5. Glenda Erwin	5:10:50
6. Pete Ireland	4:30:05	6. Jane Schwartz	5:37:50
7. Dan McCullough	4:41:03	7. Ann M. Moore	6:23
8. Bobby Widhalm	4:37	8. Debbie Desjardin	6:23
9. Jim Sweatt	4:44:01		
10. Nick Williams	4:45:00		
11. Chuck Desjarden	5:15:16		
12. Steve Eubanks	5:28:23		
13. Dale Burns	6:27		

Race calendar for the series:(Some of the dates are tentative)

July 29th	Midnight 50 K Mountain Run
September 4th(Labor Day)	Smith Mountain Loop, 24 miles
October 7th	Arkansas Traveller 100 Miler
November 4th, 7:00 A.M.	Candlewood Mountain Run 20K
November 26th, 2:00 P.M.	The Demonstration Run(TBA)Allsopp Park- 6 mi.
December	10-9-10 Adventure Run, 21 Miles
January	Round Mtn Loop(Albert Pike Trail) 21 Miles.
February	White Rock Classic 50K
February	Sylamore 50K
March	New Spring Classic, 21 Miles.
April	Ouachita Trail 50
May	Mystery Run, ?K