

# THE ARKANSAS ULTRA RUNNER

May 1996

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

HARLEY's NEWS OF THE DAY - 1996 is bringing wedding bells to the AURA. So far we have King of the Trail, John Gross(once a King always a King) taking the plunge into marital bliss. Then on April 12th, Randy Davidson wed Ms Bobbie Hill. You can find a photo of them in the newsletter. Also in this newsletter you will see an invitation to the wedding of Jim Sweatt and Dianne Bell. You are all invited.

I have a message from Tony Johnson. For the last several years Tony has been keeping the point totals for the RRCA's *Ultra Runners of the Year* honors that have been presented annually during Healthfest Weekend at Hot Springs. Tony has sent word that he wishes to hand off this duty to someone else. If any of you are interested contact Tony at 663-6630

This is the first call for National Trails Day which is scheduled for June 1st down at the Albert Pike Recreation Area. The runs are 6/10/18 miles. Of course this is a good time to do the 27 mile loop and earn the Eagle Rock Patch. More next month.

Also, while we are planning, the date for the Midnight 50k is August 10th, 8:00 p.m. from Lake Sylvia.

The following is an Ultra Apology: At the registration of the 1995 Arkansas Traveller, I struck up a conversation with Louise Mason from Chicago. The subject of our talk was the Rhodesian Ridgeback dogs. Louise was most interested in our dog because she also has a Rhodesian that is her guide dog. I intern have been telling everyone interested that Louise is blind and uses a guide dog to get around the city. Last month I got a letter from Louise in which enclosed a picture of her-----GOD DOG! So.....Ms Louise is not blind and if she get hears that someone said that she was blind, she didn't hear it from me.

I should have known she said GOD DOG.

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ULTRA RUNNING'S HOROSCOPE-Big changes could be to your advantage; position yourself now. During your next race, rush to the finishline, don't wait for it to come to you. If you train hard and long enough, you will no longer think of yourself as the small ball in the tall weeds. 2-10-12-27-30-41.

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## ULTRA PROFILE - Max Hooper

*MARATHON des SABLES*- March 23, 1996.  
Sahara Desert, Morocco.

The Marathon Des Sables. What exactly does that mean, Max?.....*Marathon of the sands!*  
*Actually seven days that included six stages. A distance of 235 kilometers.*

Why was that an interest to you.....*I'm crazy and wanted to be with other crazy people.*

AURA - Eight Edition; Number 4. CAUTION: Highly Flammable - To Be Sold by Rx.

What were the logistics getting to the race side from Little Rock.....*Little Rock to St. Louis then to New York. From New York over to Casa Blanca. Casa Blanca to Orzazatte and a three hour bus ride into the desert.*

When you arrived what were the accommodation for you?.....*Sleep on Sand!*

Would you describe this as a race, fun run, adventure run?.....*Combat training.*

A typical prerace briefing consisted of.....*45 minutes in French and one minute in English*

Describe the race course and the daily routine.....*6 a.m. to 6 p.m. Miles of sand dunes with lots of rocks.*

Am I right in saying that this was a sage run? *Yes six stages. 15 miles--22 miles--25miles--45 miles--0--26 miles--13 miles.*

After a day's run, what happened. In other words, where did you sleep, eat and shower?.....*We slept in tents and ate freeze dried food. NO showers.*

What is it like to run the desert?.....*You carry everything you need for 7 days on your back. Water, nine liters, given three times a day at check points.*

How did you do?.....*Medical pulled me out on the 4th of the 6th stages.*



# 1996 ULTRA TRAIL SERIES

There are two remaining races in the 1996 Trail Series. URS #10, The Ouachita Trail 50 is on May 4th. UTS #11, The Widow Maker, is scheduled for May 18th. As a reminder, the UTS is using the results of the Ouachita Trail 50 to determine the points. We are not involved in race planning or administration. It is your responsibility to register to enter. Bill and Teresa Laster are the race directors. Contact them at 5904 North Country Club Blvd, Little Rock, Arkansas 72207. (501)666-6621 - or Nick Williams at (501)225-5557.

The Widow Maker, UTS #11, is our final race. No entry; no registration. 7:00 p.m. start. Route will be marked; two water stops. After the run a pancake breakfast will be served. The UTS awards(such as they are) will be presented. Directions: Hwy 10 to Williams Junction. Turn left onto Hwy 9. Follow Hwy 9 about three miles to the Winona Forest Drive. Turn Right and go about three miles to the intersection of Winona Forest Drive and FR 179. Left turn and go about 1/4 mile. Park at the pull in 10 miles(+/-)

1996 ULTRA TRAIL SERIES/FEMALE												
	MN 50K	SM MTN	AT-100	CW MTN	10-9-10	0 MTN	LOFTOTAL	SYLASOK	WR CLAS	IRONHRSET	TOTAL	
Kimberly Pavelko	58	58	23	44	47.5	X	230.5	60	57	57	404.5	
Dianne Bell	47	36	17	55	47.5	X	202.5	32	29	46	309.5	
Glenda Erwin(S)	36	24	X	X	31	X	60				60	
Lou Peyton(S)	30	30	X	27		X	118				118	
Irene Johnson(M)	24	X	X	X		X	24				24	
Ethel Cook	18	X	X	X		X	18				18	
Donna Duerf(M)	12	X	X	X		X	12				12	
Ann M. Moore(S)	8		X	X		X	20		17	17	43	
Angle Ransom(M)	X		X	X		X	20		11	17	48	
Jane Schwartz(S)	X	47	41	X		X	88			35	125	
Debbie Desjardin(M)	X	18	X	X		X	18				18	
Teresa Laster	X	8	X	X		X	8				8	
Donna Hardcastle(M)	X	X	10	X		X	10	43.5	35	26	114.5	
Kathy Alstadt(M)	X	X		X		X	33				33	
Gayle B. Bradford	X	X		21		X	21	10			31	
RoseMary Marston								43.5	46	26	115.5	
Becka Bennett								7			7	

1996 ULTRA TRAIL SERIES												
	MN 50K	SM MTN	AT-100	CW MTN R10-9ER-10	0 MTN LOFTOTAL	SYLA50K	WR CLAS	IRONHRSETOTAL				
Ray Bailey	66 X		120 X	X	X	186	70 X		63		329	
Gary Grillo	55 X		74 X	X	X	129 X					129	
Michael Heister	44 X			X	X	44 X					44	
Stan Ferguson	38	41 X		X		110			41		215	
John Jones	32 X			X		133			35		198	
Rick Utley	26	35 X		X	53	61			29		90	
Rick Williams	20 X			X		20					62	
Randy Davidson(M)	16 X			X		64					64	
Anthony Lee	13 X			X		13					13	
John Renick(M)	10 X			X		10					10	
Jim Sweatt	7	10	29	X	X	113.5	42		17		182	
Sam Barnes	6 X			X		6					6	
Ken Millar(M)	5 X			X		5					5	
Pete Ireland(S)	4	23	26	X		66					66	
Chuck Desjardin(M)	3	4	11 X	X		18					18	
Steve Eubanks(S)	2	3 X		X		11	3		2		18	
David Allen	X		63 X	X		164			2		216	
Alfredo Atlano	X		52 X	X	42	52			52		52	
George McDonald(M)	X		29	X		69					69	
Dan McCullough	X		17	X		32					32	
Bobby Widhalm(S)	X		13 X	X		13					13	
Nick Williams(S)	X		7	X		94.5	10.5		13		132	
Dale Burns(S)	X		2 X	X		2					2	
Mark Oliver	X		X	X		37					37	
Ernie Peters(M)	X		X	X		25					25	
Sam Hardcastle(M)	X		X	X		9					9	
Dr. Feelgood(M)	X		51 X	X		51	48		23		175	
Neil Hewitt	X		56 X	X		56					56	
Troy Deik							27				27	
Bob Marston											6	
Scott Young							6		7		11	
Steve Hoffman							4				2	
Bill Maxwell							2				18	
Ted Bowden											9.5	
Bob Horner											3	
Ted Anderson									10		10	
David Samuel									4		4	
Lloyd Moore									3		3	



## THE ARKANSAS TRAVELLER 100 MILE RUN

**Date:** October 12th, 1996

**Place:** Lake Sylvia Recreation Area, approximately 35 miles West of Little Rock.

**Course:** 17 mile loop followed by and out and back, 83 miles. The route uses Forest service roads and a seven mile section of the scenic Ouachita Trail. 30 Hour time limit.

**Awards:** Sterling silver buckles and plaques to the overall male and female winners. Sub 24 hour finishers to receive special enameled buckles. Buckles to all finishers under the 30 hour time limit. The Arkansas Traveller Award presented to the first male and female Arkansan to finish.

**Entry:** \$100.00 Limited to 125 entrants. Registration closes September 9th. For "Out of Country" banks, please add \$5.00. Entry fee is refundable up to September 9th. 50% return up until October 1st. No refund after October 1st.

**Payable to:** Arkansas Ultra Running Association  
41 WhiteOak Lane  
Little Rock, Arkansas 72227-3309

Charley Peyton, Race Director 501-225-6609

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### Past Results and Course Records

1991 76 with 49 finishers. 25 sub 24 hours.  
1992 99 starters with 66 finishers. 36 sub 24 hours.  
1993 101 starters with 75 finishers. 36 sub 24 hours  
1994 129 starters with 80 finishers. 36 sub 24 hours.  
1995 105 starters with 83 finishers, 35 sub 24 hours

Eric Clifton	16:30:04(91)
Ray Bailey	16:42:33(95)
David Horton	17:19:28:(91)
David Horton	17:30:39(93)
Ray Bailey	17:35:11(94)
Don Aycock	17:40:02(91)

Chrissy Duryea	17:53:10(95)
Chrissy Duryea	18:40:36(94)
Chrissy Duryea	18:50:36(93)
Shelby Clifton	19:15:41(91)
Chrissy Duryea	20:38:08(92)
Chris Ralph	21:40:55(95)

We expect to reach our 125 limit this year. Please don't delay!

# **An invitation to the wedding of a lifetime . . .**



**from start to finish .**

**Dianne Bell & Jimmy Sweatt**

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*Friday, the 24th of May, 7:00 P.M. The  
Oasis Renewal Center. Directions: Follow  
Kanis Road West to Cooper Orbit Road.  
Turn left onto Cooper Orbit Road. Go a  
mile or more to the Oasis Renewal  
Center(14913 Cooper Orbit Road on your  
right. Consider this is your personal  
wedding. invitation*



**Ultra Wedding: (Left to Right) Randy and Bobbie, Nick Williams, Scarlet Williams, Chuck Desjardin, Donna P. Duerr, Debbie Desjardin, Steve Eubanks, Dianne Bell, James Sweatt, Lou Peyton and C. Peyton**

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