

AURA MEMBERSHIP FEE SLASHED!

\$\$\$\$\$

\$\$\$\$

\$\$\$

\$\$

\$

ARKANSAS ULTRA RUNNER

FEBRUARY 1998

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-Recently I was asked to supply my favorite recipe for a running cook book that is being compiled by a running club that I believe is in North Carolina. I am promised a copy of the book when it is published. We will see if they make good on their word. I wish I could remember who the fellow was and exactly where and how he got my name. I am always happy to comply. I will give it to you now.

Recipe: POKE(Poke Greens)

Ingredients: Poke-Bucket full.
Real Butter-One tablespoon.
Onion-One round one, chipped.
Salt-To taste.

Instructions: Go find Poke weed. Look along roadsides or waste places. It is probably best to have someone who can identify Poke along with you. Pick Poke only in the spring when the leaves are tender and green. **Caution:** Don't eat Poke berries or Poke roots as they are poisonous. In fact, Poke leaves can be poisonous. Place fresh Poke in a large pot of water. Important: Parboil two times. Bring to a boil and then pour off water. Repeat, bring to a boil and pour off water. For the third boil, add butter, onion and salt. Cover and boil until tender. For variety you can add Mustard greens or Collards. Also, a sliced boiled egg added just before serving will impress everyone. Tastes better than fresh spinach.

Runner's World Magazine had an interview with AURA's David Horton this month. The following was attained <www.runnersworld.com>.

A brief chat with David Horton by Barry Lewis

David Horton, 47, of Lynchburg, Virginia, has become one of the nation's most accomplished ultramarathoners since running his first ultra distance race in 1979. A trail specialist with more than 30 ultra wins to his credit, Horton took long distance running to a new level in 1991 when he set a record for covering the 2,144 mile Appalachian Trail between Georgia and Maine. He completed the historic route in 52 days, 9 hours and 41 minutes. He put in an average of 11 and a half hours of running each day, often over harsh, hilly, rocky terrain. Four years later, he entered the Trans America Foot Race and finished third overall in the most competitive field in the history of the grueling event. The race covered 2,906 miles between Huntington Beach, California, and New York City in 64 days. Horton has just self-published "*A Quest for Adventure*," a chronicle of these two extraordinary events.

Runner's World(RWD): What set you on the course toward these two outrageous runs?
 David Horton(DH): Ever since I read excerpts from the novel "Flannigan's Run" in Runner's World in the early 80's I have wanted to run across America. I do a lot of my training on the Appalachian Trail, and I kept seeing hikers who were doing the whole thing, from Georgia to Maine and I wanted to do that. They were taking anywhere from four to six months which was time I just didn't have. I thought about doing it more quickly, and found out there was a record: 60 day and half days that seemed like a reasonable goal.

RWD: How would you compare the experience of the Appalachian Trail and the Trans America?

DH: The AT was great. It was extremely difficult and extremely beautiful. Other than the state of Virginia, I had never seen much of it before. Over every hill, around every bend, there was something new to see. As far as the Trans Am, I always thought how neat that would be to run across America, but in reality, to run across America is not an unbelievably difficult thing to do. There are lots of people who could do it. What was extremely difficult was racing across America and in terms of scenery, so much of it is the same. One cornfield looks like another cornfield; one wheat field looks like another wheat field.

RWD: Which was more enjoyable?

DH: The Trans Am was hell on Earth. I'd get up in the morning, especially in the last few weeks, and I'd break down and cry. You must know that you were going to get the living daylight beaten out of you that day, but you know you were going to survive. It was like someone saying, "We're going to beat you, but we'll let you live just so we can beat you again tomorrow and the next day and the next." You knew that every day someone was going to run fast, and if one person ran fast then so did everyone else.

RWD: What about the physical stress?

DH: In a way the Appalachian Trail was easier, because it wasn't competitive. In the Trans Am, you are chasing a bunch of racing maniacs and every single second counted.

RWD: What about the personal toll you paid for these adventures? Was it tough emotionally when you reached the end of the treks?

DH: Both were extremely difficult. Emotionally, the trail must have been worse. After I finished that, I had nightmares, night after night for more than a week. In this recurring dream, I was always going uphill in sand against a headband, working so hard, but getting nowhere. My wife said my feet were always moving; I was always tossing and turning and I kept waking up. When I realized I was at home in bed, I'd think "Oh no, I should be out on the trail!" The same thing happened after the Trans Am. I felt like I didn't belong at home.

ULTRA CORNER

The 1998 Arkansas Fat Ass 50 K was quite a success. The race was out and back on the Scenic Winona Drive. It was the same route as the Midnight Mountain 50k in July. The only difference was the daylight and the scenic vistas that the runners got to enjoy. I realize that the majority of you are not familiar with the origin of the Fat Ass format. The first race began in 1978 by a California runner, Joe Oakes, who was trying to enter the Western States 100. He needed a 50 mile qualifying time to officially enter. There was only one race in his area at that time of the year (Christmas/New Year) and it was a seven person relay along the Pacific coast highway. Despite his pleading to enter and run the whole distance by himself, he was refused. Applying ingenuity, he entered as Joe Oakes, Joesph Oakes, J Oakes, etc. You get the idea. He ran and was admitted to Western States. From that the seed was planted the idea to stage his own race during the holiday season. With things laying off and the excesses that occur at that time of the year, Joe Oakes thought it be appropriate to name his race The Fat Ass. The spirit of the race has caught on and there are literally dozens and dozens of Fat Ass races around the world. All are no entry fee, no frill and in the spirit of FUN.

1998 Arkansas Fat Ass 50 K/1-1-9

1. Craig Zediker	4:32:00
2. Paulette Brockinton	5:37:17
3. Mike Depriest	5:37:18
4. Jim Sweatt	5:40:52
5. Pete Ireland	5:52:49
6. Lloyd Moore	5:43:34
7. Jim Orahood	6:10:15
8. Carrie Dupriest	6:10:15
9. Don Warren	6:15:30
10. Lou Peyton	7:08:20
11. Ann Moore	7:08:20

The following Saturday we went to the Albert Pike Recreation Area in the Ouachita National Forest west of Glenwood for a fun run that David Samuel had been planning. It was the Big Albert Pike Loop and the little Albert Pike. The former was 32 miles; the later 24 miles. The 32 miler was on forest service roads-mountainous but dry; the 24 miler had

about 40(count them) creek crossing the last 11 miles. Bill Laster, Jim Sweatt, Lou Peyton and Ann Moore did the 32 miles while David Samuel, Don Higgins and a couple of running friends from DeQueen, Arkansas, finished the 24 miles. National Trails Day is coming the first weekend in June at Albert Pike. Maybe we can see a big crowd there this year.

When I talked to David Samuel about the Big Albert Pike Run last month he had a vision that he shared about running in the next millennium. 2000-The Trail Run of the Century. His idea is to have the trail run of all trail runs at Albert Pike in the Year 2000. The route will be determined by a consensus by all those who have participated in the previous years Albert Pike runs. Already we have a suggestions by AURA member Ann M. Moore. Her suggestion is a 50K run beginning at the AP campground and follow the FSR to Tall Peak Mountain then retrace and hook up with FSR 512 back to AP finish line. This sounds run worthy.



David Samuel beginning FSR 512 and in the first of 40 water crossings at Albert Pike

1998 SPRING RACE CALENDAR

place refills magnet here
(X)

Jan 31st **Arkansas 100 K Championship.** 62 miles using the Arkansas Traveller race course. Meet at the Lake Sylvia parking lot at 5:15 a.m. We will be trucked out to FSR 114 and FSR 2 for 6:00 a.m. start. Route will be unmarked; water only every 6 to 8 miles at the traditional AT100 aid stations. No course sweeper. Baby you are on your own. Lou Peyton at 225-6609.

February 7th **Rocky Racoon Trail 100 Mile Run.** Mickey Rollins @ 713-468-8115. Pre entry by January 7th.

Feb 7th **White Rock Classic 50K/UTS #4-Turner Bend Campground** on the Mulberry River on Hwy 23. Run to the top of White Rock Mountain. Lots of thrills: no fee. Directed by Joe Fenel and the Chili Pepper Running Club. 25K and 50K. 9:00 a.m. SHARP!

Feb 14th **East Texas Ultrarunners 50K and 25K.** 99% dirt trails at Tyler State Park, Tyler, Texas. Debbie Peebles @ 903-581-1749--RD.

Feb 21st **Sylamore Trail 50K.** 7:00 a.m. start. Allison, Arkansas, three miles north of Mountain View, Arkansas. Bill and Teresa Laster, Race Directors

Mar 7th **Mississippi Trail 50.** Laurel, Mississippi.

Mar 21st **Cross Timbers 50 Miler and 30 K.** Lake Texoma, Texas.
Contact: Jay Norman @ 972 556-1347

Mar 21st **The Wild Hog Double Loop./UTS#5** Two 20 mile loops around Lake Winona. No entry fee; a real cheap award to the winner.

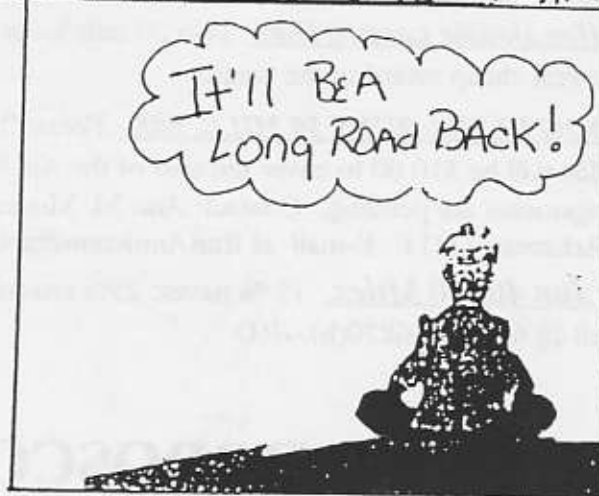
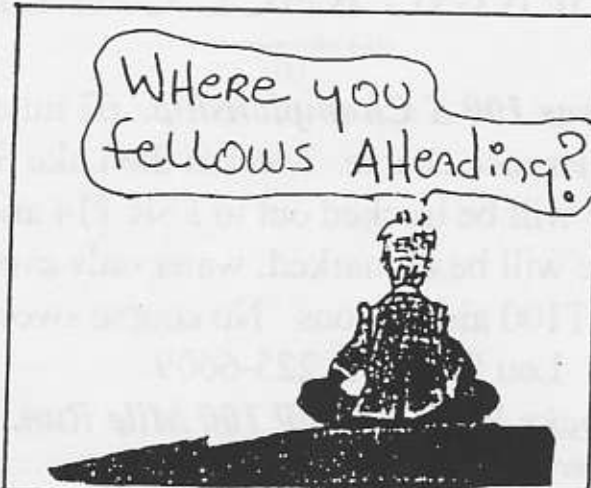
Apr 4th **BLACK DOG ULTRA RUNS 50 MILE, 50K.** Forest Service Roads in the Lake Sylvia area. Entry fee will be \$10.00 to cover the cost of the Aid Station and a post race meal. Further arrangements are pending. Contact: Ann M. Moore @ 1209 Green Mountain, Little Rock, Arkansas 72211. E-mail at RunAnnRun@aol.com

May 2nd **Strolling Jim 40, 40 Miles.** 75 % paves; 25% crushed rock. Wartrace, Tennessee. Gary Cantrell @ 615 389-6870(h)--RD

AURA ULTRA HOROSCOPE

HAPPY CHINESE NEW YEAR! MONKEY- To be the Bigshot, you must beat the Bigshot. DOG- In life, some people set'um up; other people kick'um through. In 1998 you'll be kickin'um. HORSE- Do not depart from the path that fate has assigned you. RAT- Your sense of humor will pull you out of your next jam.

THE
INSIDE
(A SATIRICAL LOOK
AT ARKANSAS ULTRA RUNNERS)



FROM THE HISTORY PAGES
DECEMBER 1992/AURA