

The Arkansas Ultra Runner

January, 2000

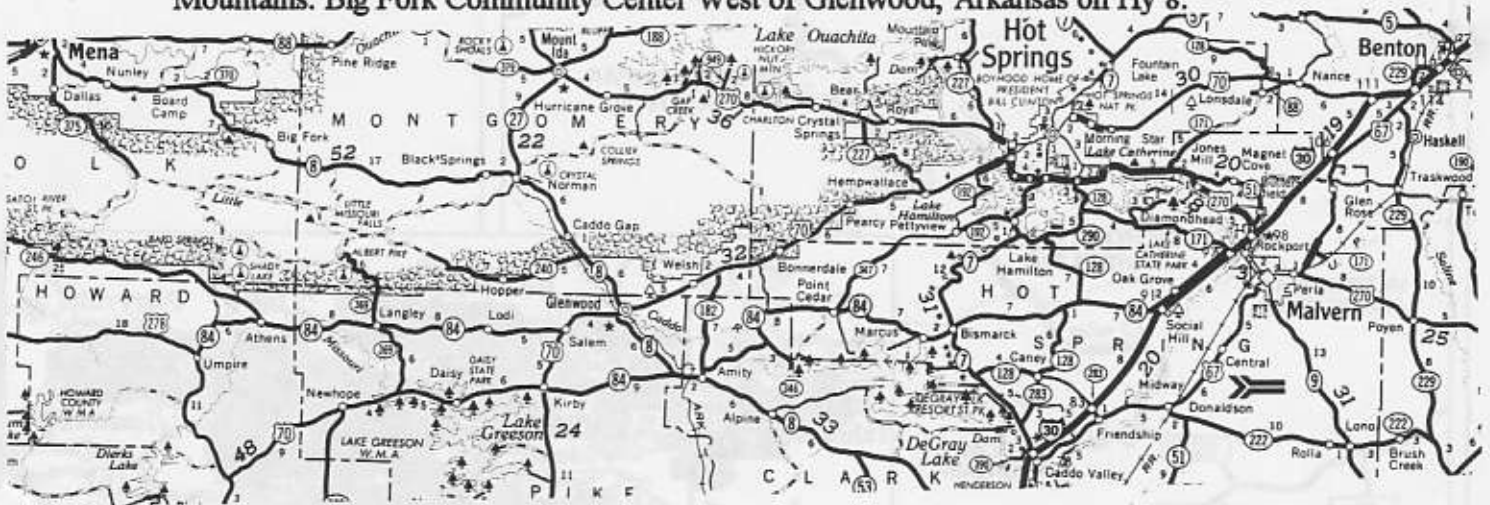
A Newsletter for members of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT - With this issue we close out the 11th year of the AURA. Next month we begin our 12th. As is our custom, we include a membership application in this month's and next month's newsletter. Some of you people have jumped the gun and have already sent your membership fee without benefit of a membership application. Doing this could jeprodise your chance to accessorize your membership with a bumper sticker. Also, you can receive extra credit, if you make out your draft to "Charley Peyton" and not AURA. Remember it is "ey" and not "ie" as "ic" has a feminine connotation.

Attention Retirees and Wantabes: There is a new restaurant in the Village called "*That Little Caf *". We have the power to make or break them. Let's check it out before the Heightsy folks discover it and they will if its in the Village. It is located on Durwood Road next to Saint Paul Methodist Church. West on Kavanaugh to Pine Valley Road. Down hill to Durwood, then right for two blocks. Reminder: 11:00 on January 13th.

UTLRA TRAIL SERIES

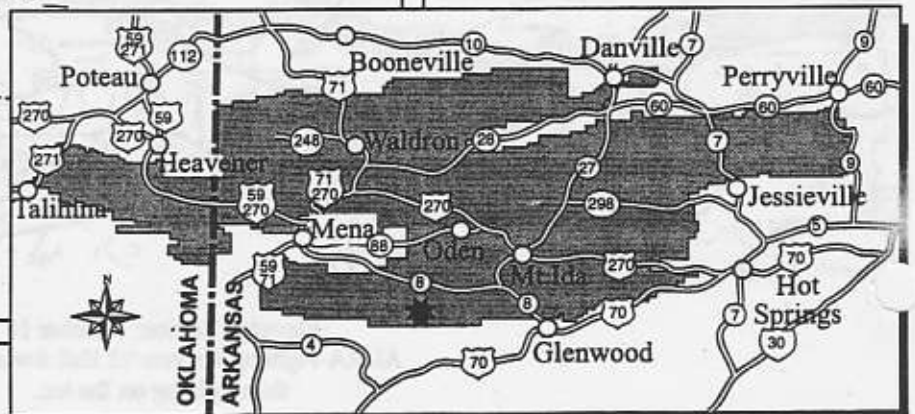
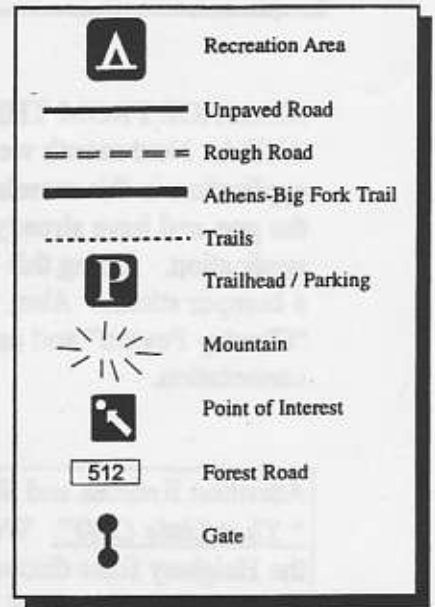
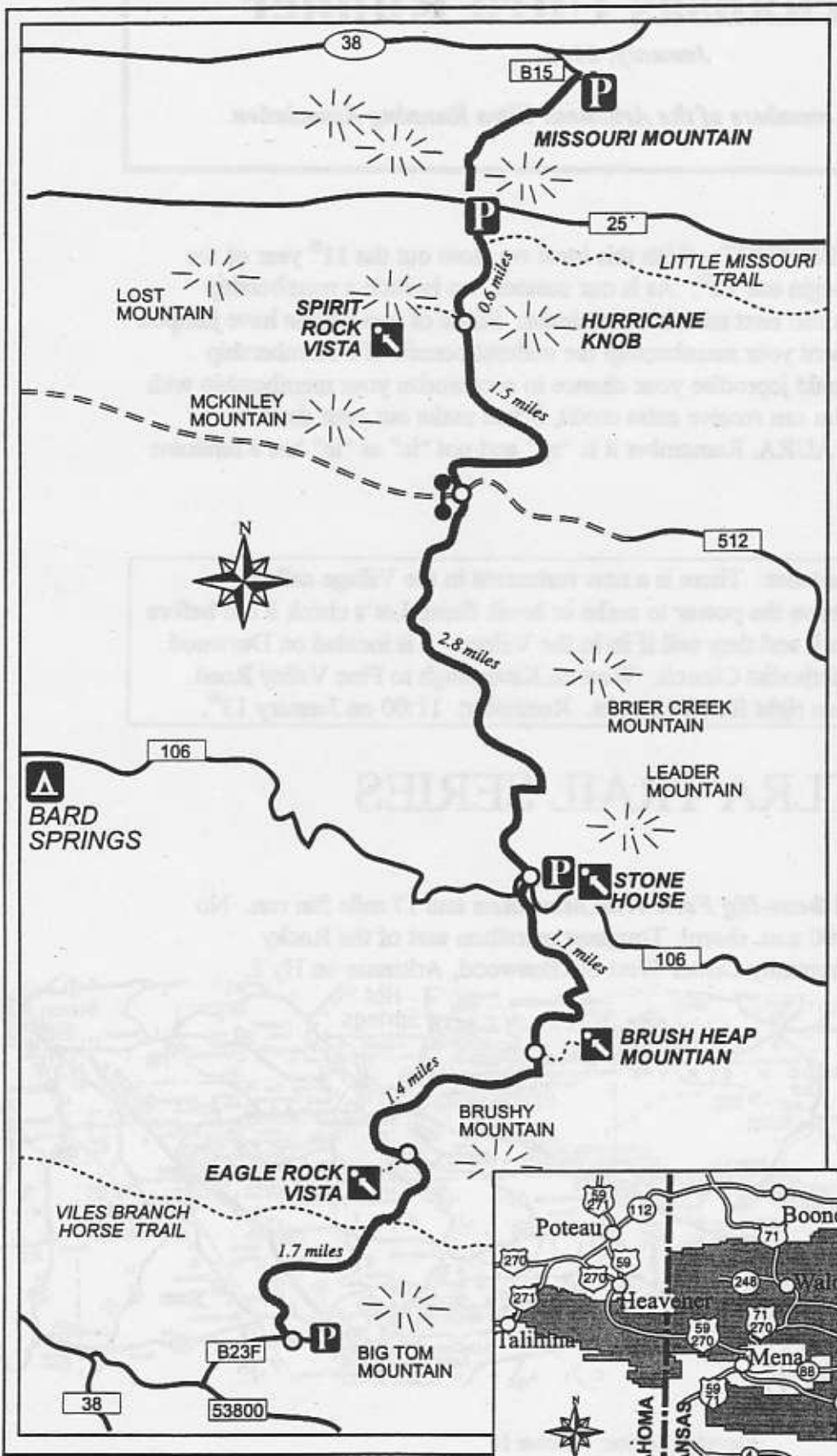
Jan 8th, 2000 UTS # 4-*Athens-Big Fork Trail Marathon* and 17 mile fun run. No entry; no awards. Start 8:00 a.m. sharp! Toughest marathon east of the Rocky Mountains. Big Fork Community Center West of Glenwood, Arkansas on Hy 8.



Eleventh Edition; Number 10
AURA-Fighting for you 'til Hell freezes over
then fighting on the ice.

Athens - Big Fork Trail

Ouachita National Forest



USGS 7.5 minute Quadrangle: Athens

ULTRA TRAIL SERIES-CONTINUED

Feb 5th, 2000 UTS #5-*White Rock Classic 50K*, and 25K. No Entry fee. 9:00 a.m. start near the Turner Bend Camp Ground on Hy 23 and run to the White Rock Mountain State Park and return. 25K's will be shuttled back to Turner Bend. Directions: I-40 West to Ozark(100 Mi) then North on Hy 23 for approx 12 miles. Forest Service Roads.

Mar 11, 2000 UTS #6-*The Widow Maker*-Approx 12 to 14 miles on abandoned logging roads and some bushwacking. 7:00 a.m. start from the Ouachita Trail parking lot at Lake Sylvia. Not the same route that was so despised last year.

ARKANSAS TRAVELLER DIARY

Dear Diary(DD)- Went to Camp Ouachita last week for the annual Lake Sylvia Community Project's Christmas Party. We had lots of ham and baked chicken. The country women are good cooks. They invite Lou and I every year and we take cheap gifts and play "dirty bingo". I don't like to play "dirty bingo" with some of the kids because they cheat. I think others know it too and perhaps that is the reason we didn't play this year. I like to go because they go out of their way to thank the Ultra Runners for the support we give to their organization. This year our profit sent to the group was \$1200.00. But we also learned something, DD. The caretaker house at Camp Ouachita is being renovated by the USFS and will be completed in January. Next on the list is the Great Hall and a couple of the out buildings. They have finally tapped into the big money. Oh DD, I got and e-mails from the e-PsychoRunner in Georgia. She wants to continue our website. She made me happy! We have several entries in the Traveller already. Both from out-of-country. The applications are not out yet but the money still keeps rolling in. Next month I will formally ask the USFS to "roll over" our Special Use Permit. The big man(lower case) told me at the Camp Ouachita Christmas Party that he had already done it. But, DD, I feel like we should formally request it to make it official. I think the big man likes me.

Nite/Nite DD.

IN SEARCH OF THE PERFECT ULTRA FUEL-The Cheeseburger- -"Cothams" on 3rd and Victory here in Little Rock. I had heard so much about this place, I felt I should crawl in on my knees with eyes tightly closed least I be struck down. When I was employed, I confess to going down to Scott, Arkansas, several years ago intending on having a "Hub Cap" but as my luck would have it, they were closed on that Monday. I went unrequited until now. I don't know if the Scott place is still there but I believe that this formerly TGI Friday restaurant will make it. Back to the HubCap. It fulfilled all my expectations. It is King. Now however I am starting to reflect that maybe bigger is not necessarily better. I felt like I did when I got invited to one of Jennings Osbourne's BBQ's. It was a little too much! I'm thinking now that bigger is not working for me. I mean where will it stop. What if Jennings switched over to cheeseburgers. I think my problem is that I am trying to eat 16 ounce Hubcaps with Big-Mac lips. I know its heresy but I think the best burger is a warm Sonic Burger #2 with mayo, lettuce, tomato and for less than \$2.00. .

ULTRA RACE CALENDAR

A listing of Ultra Runs in Arkansas and Surrounding States.

(Place your refrigerator magnet here)

- Feb 5th, 2000 **White Rock Classic 50K, and 25K.** UTS #5 No Entry fee. 9:00 a.m. start near the Turner Bend Camp Ground on Hy 23 and run to the White Rock Mountain State Park and return. 25K's will be shuttled back to Turner Bend. Directions: I-40 West to Ozark(100 Mi) then North on Hy 23 for approx 12 miles. Forest Service Roads; big mountains.
- Feb 5th, 2000 **Rocky Raccoon Trail 100.** Huntsville, Texas Contact: Mickey Rollins at (713) 468-8115 or e-mail <micracon@flash.net>
- Feb 19th, 2000 **Sylamore Trail 50K** Allison, Arkansas. Contact: Randy and Bobbie Davidson <SYLAMORE50K@AOL.COM(PREFERRED) OR (501)868-5555
- Mar 4th, 2000 **Mississippi Trail 50/50K.** Laurel, Mississippi. Contact: Carl and Brooke Touchstone. (228)897-2861 or Steve DeReamer((601)649-3680.
- Mar 18th, 2000 **Cross Timbers 25 and 50 Mile** Lake Texhoma, Texas.
- Mar 25th, 2000 **The Grasslands 50 Miler**(plus shorter distances) Decator, Texas. Contact: Suzi Cope e-mail<4suzi@ibm.net> or http://www.ntrr.org/
- Apr 1st, 2000 **Ouachita Trail 50/50K** Little Rock, Arkansas. Contact: Ann M. Moore (501) 225-1143 or E-Mail <RunAnnRun@AOL.com>
- May **Strollin' Jim 40.** Wartrace, Tennessee. Contact: Gary Cantrell

ULTRA CORNER

A Day On The Ozark Highland Trail-BY Nick Williams

My son, Richard, and I went to the trail on Monday, the 20th, and went 37.5 miles. It was very cold and I got sick. My chest was rattling and I was spitting up the green stuff. When we got to highway 23 we retired. But...we are going back to run the other sections one at a time. We both wore back packs. His weighed at least 15 pounds and mine seven pounds. We did not have a crew meeting us at the road crossings and that would have made it easier. We carried a water filter and got water from the streams. It took us just under 12 hours to cover the 37.5 miles. This first section from the trailhead at Lake Fort Smith State Park to Hwy 23 had at least 6 major climbs. If you looks at the elevation gains and losses, the first section looks to be the hardest. It was certainly hard especially with a load on our backs. It was one of the most beautiful trails I have been on. Beautiful vistas, too. We were going to camp out but it would have been miserable in the 10 degree weather. We both look forward to doing the next sections. Maybe later in the year might be best such as early or mid spring.

ARKANSAS ULTRA RUNNING ASSOCIATION MEMBERSHIP APPLICATION


NAME _____
ADDRESS _____

Charley Peyton
41 White Oak Lane
Little Rock, Arkansas 72227

AURA Millennium Membership Fee \$10.00
AURA Bumper Stickers-\$2.50, two for \$5.00

YOUR NAME
YOUR SECRET ULTRA NUMBER

The Arkansas Ultra Running Association



NAME _____
A.U.R.A. # _____

HIS CARD:

A HAPPY, FULFILLED
RUNNING MAN

NOT TO BE DUPLICATED

THE UNCARDED RUNNER
SAD AND GLOOMY

