

MIDNIGHT 50 Km/JULY 19TH

HELP WANTED!

THE ARKANSAS ULTRA RUNNER

AUGUST

A Newsletter For Members and Friends Of The Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT – No you are not seeing things. For those of you who do not subscribe to the ULTRARUNNER Magazine, this was the cover-page for the July issue. Pictured are Bill Coffelt, Stan Ferguson and Eddie Mulkey as they crested Pinnacle Mountain during the 2003 Ouachita Trail 50. With this picture receiving national exposure, I am going on record as predicting “big things” for the 2004 and beyond Ouachita Trail 50.

Members of the AURA recently drove to Missouri for a three day bike ride on the Katy Trail. A great time was had in Hermman, Missouri, our race headquarters. This was my third year on the *Rails-to Trails* bike path and I would like to go again in the fall or next spring/summer. It would be nice to make a full crossing if a shuttle could be worked out. Pictured below are the 2003 participants. Left to right are Bobbie Davidson, Pete Ireland, Gayle Ireland, The BS, John Knapp and Lynn Majors. Not in the picture is Lou Peyton who was the photographer.



2004 ULTRA TRAIL SERIES

The 2004 UTS kicks off on July 19th with the 14th running of the Midnight 50Km Fun Run. The Starting time is 8:00 p.m. from the Ouachita Trailhead parking lot at Lake Sylvia. Over the years, the starting time and distance have evolved to what it is today. It originally was a 60Km starting at 10:00 pm. For the last couple of years, various AURA members have volunteered to man the 7.5 mile aid station. Doing this has allowed us to offer a popular "25K". Chuck Desjardin and family have a prior commitment this year and will not be able to do this important aid station. Is there any AURA Brother or Sister who will do this rest stop? Call me before Saturday, the 19th, if you can. 225-6609 or chrlypytn@aol.com

2003 AURA RACE CALENDAR (building up)

(If you have a favorite race or run you would listed here, let me know.)

PLEASE NOTE THE DATE CHANGE ON THE MIDNIGHT 50KM

- Jul 19th The Midnight 50 Km Fun Run 31 miles (+/-) on FSR's. 8:00 pm start from the Lake Sylvia Ouachita trail parking area. No entry fee; no awards' no registration.
- Sept 2nd and 4th Annual Heart O Traveller Training Labor Day weekend. Lake Winona area 6:30 A.M. start for both days. Detail in coming issues. And at "*" below.
- Sept 13th OLEANDER PARK/USATF 100 MILE CHAMPIONSHIP. Sylvania, Ohio. Tom Falvey, 5835 Heildaway Lane, Sylvania, Ohio-43560
- Sept 27th Flat Rock 50 Km Trail Run. Independence, Kansas. Eric Steele 316-258-9602(h) or kus@ericsteele.com
- Oct 4th 13th Annual Arkansas Traveller 100 Mile Run. Application in next issue of the AURA
- Oct 11th Heartlands 100 Mile and 50 Mile Run. Cassoday, Kansas. Randy Albrecht 7826 Westlawn Court, Wichita, Kansas 67212. randyalbrecht@USAagbank.com
- Oct 18th Mountain Massochist 50 Mile Trail Run. Lynchburg, Virginia. David Horton, Liberty University, 1971 University Blvd, Lynchburg, Virginia 23502 or dhorton@liberty.edu
- Oct Palo Duro Canyon 50 Mile and 25 Mile Trail Run
- Dec 13th Sunmart 50K/50M Huntsville, Texas. www.sunmart-pwi.com or Rogers Soler's Sports at 210-366-3701

2004

- Mar 6th ^{Mississippi} Trail 50. Laurel, Mississippi.

* - For the Saturday Heart of the Traveller run on Sept 2nd, big plans have been made. Chrissy has arranged to have the gate to the Lake Winona picnic area opened early so that we can park in the picnic area. After the run She and Stan will be cooking hot-dogs. Bring your drinks and a lawn chair. Please do not park at the spillway. Run starts at 6:30 am. More on this next month

ULTRA CORNER

Your running articles are always welcome at the AURA. For their contributions this month, three writers will receive the coveted AURA bumper sticker

Berryman Trail 50-mile and Marathon Race

Berryman Trail, Mark Twain National Forest

Missouri

Saturday, May 24th

By: *Sister* Jamie Huneycutt(Fayetteville, Arkansas)

The Berryman Trail is located in Missouri between Cuba and Potosi, Missouri - that helps, doesn't it? From Fayetteville, it is about a 4 1/2 - 5 hour drive. We decided to run this because it is about the last 50-miler of the Spring that we could drive to easily. It is a single-track trail that is used by hikers, runners, mountain bikes, and horses. It is about 1.5 hours west of St. Louis. Victoria and David White and the S.L.U.G.S. (St. Louis Ultra Group) did a great job of putting this race on. The aid stations are adequate and only two of them were water/Gatorade (self-serve). The others had helpful volunteers and your standard ultra fare.

The Fayetteville group was delighted to see Bob Marston there, complete with his Arkansas flag that he promptly set up proudly. In trying to come up with an abbreviation for the Fayetteville group, Joe Williams and Steve McBee came up with F.U.C. (Fayetteville Ultra Club) and Jay Huneycutt thought of F.A.R.T. (Fayetteville Alternative Running Team). Jay's is probably less offensive and also includes the increasing number of trail runners in our area that haven't crossed over to the other side into ultra running . . . yet.

Arkansas kicked butt! Steve McBee in his first ever 50-miler not only won the race, he set a new course record. Barbara Bellows also set a new women's *and* Master's record and won the women's division. Joe Williams was 3rd overall and Jay Huneycutt was 5th, giving Arkansas 4 out of the top 5 overall slots. Bob Marston and I also finished among the 25 finishers out of 28 starters. In the trail marathon Israel Holby and Natalie McBee finished very strong in their first trail marathon. It is just a matter of time before they cross the line to the 50k (I'm pushing for them to run the Midnight 50k). All in all it was a fun time for everyone and the predicted rain didn't begin until the last finisher crossed the line. This is a nice, low key race. Just remember the Tech-Nu (I'm still fighting the poison ivy) and bug spray (mosquitoes). Here are the Arkansas finishers and times:

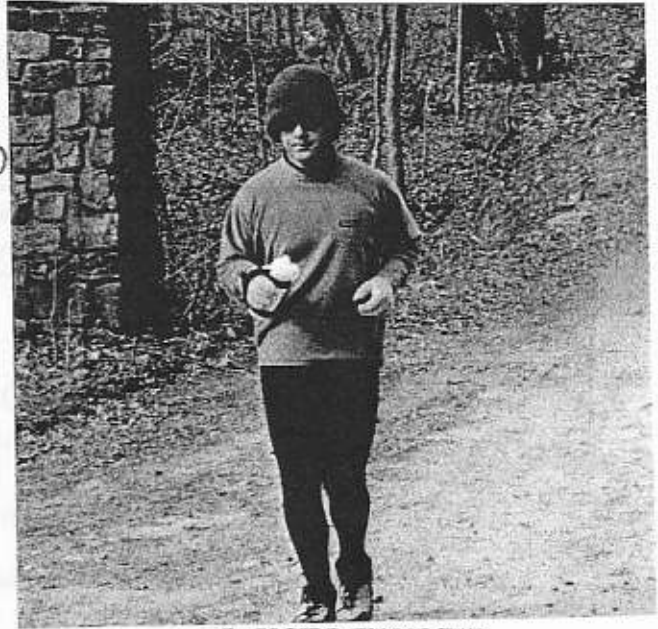
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Berryman Trail Results50-Mile

1. Steve McBee 8:31 (first timer, course record)
2. Barbara Bellows 9:26 (course record)
3. Joe Williams 9:35
4. Jay Huneycutt 10:06
22. Bob Marston 11:56
23. Jamie Huneycutt 12:39

Trail Marathon

3. John Muir 3:36
9. Israel Holby 4:28
12. Natalie McBee 4:30
15. Mario Martinez 4:58
18. Jack Edmonds 5:05
32. Hiram Byrd 6:15



JAY HUNEYCUTT

Medicine Bow Half Marathon and Rocky Mountain Double Marathon

May 25th, 2003 / Laramie, WyomingStory by *Brother* Maurice Robinson(Benton, Arkansas).

It was four o'clock in the morning, May 25, 2003 at Cheyenne when my son, Major Randy Robinson woke me. He was stationed at the Air Force base in Cheyenne and had signed up to run the Medicine Bow Half Marathon. I had entered the Rocky Mountain Double Marathon. They were to be the longest distances for each of us to have run. Quietly, we slipped into our running gear.

15TH EDITION; Number6

The AURA-Stan Ferguson President; Mike Dupriest Vice-President

Unlimited Talent

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We didn't want to wake up anyone who might think that we were crazy to pay that much money to get up that early, and run that far.

The Wyoming sky became brighter as we drove the final forty miles on I-80 to the start of the races at the Lincoln Monument, south of Laramie. The monument marks the highest point (El. 8,640 Ft) along transcontinental Interstate 80. There was no time to spare before the 6:00 am start. In the 46 degree air we were stretching like real racers at the starting line when the gun fired into the heavy fog. We quickly lost sight of those who took off like rabbits. The marathoners and especially the old double marathoners were a bit more cautious. The races were all out-and-back on predominately forest service roads. Randy and I ran together until we reached the turnaround for his half marathon.

As the fog lifted I said, "Randy, look! There's a pond down in the valley." He said, "Dad, that's snow in the shade of the spruce trees." Later, I said, "Look at all the dead trees in that aspen grove." Randy said, "Dad, they aren't dead. It's still cool up here and they just haven't leafed out yet." Well, ignorant me. It wasn't the hot, dry and treeless West as I had envisioned. This time of year it was cool, damp and lush with trees and vegetation. We wished each other well and Randy ran back to a satisfactory finish, naturally a PR.

It was for fun that I ran and kept moving ahead, rarely looking back. To survive, I took handouts from the faithful at aid stations that were spaced about 3.3 miles apart. We ran through the large Vedauwoo Recreational Area in the Medicine bow National Forest. Across the way and above us, I could see Turtle Rock, one of the major features of the Wyoming Marathon Races. After 26 miles, I made a 10 minute pit stop to change shoes and socks, down a can of nutritional energy stuff, and restock my two fuel bottles.

The hardest thing for me after the change at the turnaround was getting back into the groove of running as the temperature approached 80 degrees and the wind speed increased. I pushed it. I endured. I never wanted to quit. I had to learn to walk. I asked myself, "Am I moving?" I was. As I spanned the miles, I tried to be creative in thought. The mind kept going back to, "Run to that tree. Walk to rock. Run to that clump of grass. Look at this...I'm gaining on that runner, etc." I received a real boost of energy from storm clouds with lightning and thunder that came up at about 44 miles into the run.

I had neither mental nor physical history of running beyond 50 miles, but the pull of the finishline and the thought of loved ones waiting there for me to finish carried me through the last few miles of the course. Rare emotions overcame me as I ran up the slope to the finish line and the clock which indicated 10:55:58 as I crossed the line. It was good enough for a 10th place finish out of 30 starters and 25 finishers. Hey, I'm becoming an Ultra runner...I value that. Maurice

KETTLE MORaine 100

Eagle, Wisconsin/June 7th, 2003

Article by AURA's Paul Schoenlaub(St. Joseph, Missouri)

HELP WANTED AT MIDNIGHT 50KM

Kettle Moraine 100 is in the Kettle Moraine State Forest in southern Wisconsin. It is a beautiful easy rolling trail through both hardwood and pine forest, as well as about 5 miles of open meadow that has to be crossed twice in the first 100K (my least favorite section of the course). It encompasses primarily the Ice Age Trail and about a 7 mile section of the "Nordic Loop".

The race consists of two out-and-backs: a 100K out-and-back (which is also the 100K race option for this race) followed by a 38 mile out-and-back. I think I read that the course has about 6000 feet of elevation gain, which is mostly in the form of easy rolling hills - - - very runner friendly. The trail has some roots and rocks, but for the most part is pretty runnable. There is one section that is a little more technical from about mile 78 to about mile 84. I found this section to be the most difficult last year because it was dark long before I got to that section. This year, however, I had planned to attempt to get there earlier and have some daylight for at least part of that section (more about that later).

As the race began, I planned on going out very easy and had planned on getting into the first aid station (mile 5) at about 47:30. As I was leaving the aid station, I looked at my watch just as it turned over to 41:00 - - - so much for a slow start. I was running relaxed in the cool morning air, but the humidity was very high. I tried to slow down a little over the next 5 miles or so, but I think my body just decided the cool morning air felt way too good to run slowly in. I was relaxed, so I just went with it, FINALLY slowing down to my targeted 9:30 pace by about mile 12 or so. I came into the 16 mile aid station about 12 minutes early, but still felt relaxed. Shortly after that is where some of the open meadow begins to rear its ugly head (actually, it was very pretty - - - but the sun was beginning to get high in the sky, making the low 70s temperature and the high humidity seem pretty warm).

I seemed to maintain my pace pretty well throughout the first 50K. I slowed it down a little and came into the 50K aid station (turnaround) only 4 or 5 minutes ahead of schedule. I was very comfortable with that, but had begun developing some stomach problems. I spent a little longer at this aid station than I had planned, but I wanted to take my time and make sure I picked up everything I needed before heading back. As it turned out, I had waves of severe stomach pain on and off for the next 5 to 6 hours. I also had trouble (for the first time ever) putting down Hammer Gel. I didn't have a nausea problem while I was running, but every time I put some Hammer Gel in my mouth, I almost lost my entire stomach contents. I had to fight this for hours. Eventually, after about mile 60, both the stomach pains and the "gel nausea" subsided. The problems had taken their toll though. I ran the second 50K in about 6 hours, compared to 4:50 for my first 50K.

As I headed out of the 100K aid station, I was somewhat tired, but otherwise feeling pretty good. Everything checked out fine at the aid station and I was in and out of it in about 6 minutes. Coming out of the aid station, Joel Lammers caught up with me and we ran the next 18 miles together. I enjoyed the next 3+ hours of running with Joel. We were basically just clicking off the miles at this point just hoping to get through as much of the technical section as possible before dark. I came into the 81 mile aid station (the second turnaround) just after the sun had set, but still had a little light left. I was pleased I had made it through the technical section the first time with daylight, but now I knew I wouldn't make it all the way back through it in the light. So, as I left the aid station, I picked up the pace to see how much trail I could cover before I had to turn my light on. I made it at least a couple of miles before pulling the flashlight out of my pack. I think some of the outbound runners (with lights) thought I was a little strange running

Jeppss! Kettle Moraine
out!!

HELP WANTED AT MIDNIGHT 50KM

without my light as it began to get dark, but I found that much easier than trying to use the flashlight before it would cast a good shadow.

Okay, by now, I had less than 18 miles to go and had been hitting the Coke a little the last few aid stations. During the day, my diet had consisted mostly of oranges, boiled potatoes, Hammer Gel, Clip II, some Succeed Ultra, and lots of Succeed Caps supplemented with rock salt. At night, I was backing off the boiled potatoes and cutting back on the oranges, while maintaining the Hammer Gel, Clip II, and Succeed Caps. From about the 77 mile aid station to the end, I was hitting the Coke pretty hard. At the 81 mile turnaround the 2nd place runner (1st masters runner) was about 30 minutes ahead of me. By mile 85, I began to get a little deluded and thought that maybe I could catch him. So, off I went, now really pushing pretty hard every chance I could (i.e. run hard when there was some energy in the legs).

As I pulled into the 95 mile aid station I saw two flashlights about 50 to 75 yards ahead on the trail. Sure enough, that was Dave Dehart and his pacer. I was shocked to see them so soon. That was my motivation to down a little extra Coke at the aid station and take off. I probably only spent about 30 seconds at that aid station and I was off. I passed Dave less than 5 minutes out of the aid station, right as we approached a short, but steep, hill. I ran about halfway up the hill before I had to stop and walk. After that, for the last 5 miles of the race, I continually had visions of Dave passing me while I was walking up a hill. I began pushing as hard as I could, looking back occasionally for the dreaded "light in the darkness" behind me, but never saw him again. When I was leaving a short meadow section about 400 yards from the finish, I looked back one last time and THOUGHT I might have seen a light emerging from the woods. In response, I mustered all the energy I could and "kicked" it into the finish. (Does anyone know how to define a "kick" at the end of 100 miles??? - - - wish I knew how fast I was going).

As it ends up, I finished 2nd place overall, 1st place masters division, which I was very happy with. Ironically enough, my final 5 miles took about 47 minutes (almost the exact time I had planned to run that first 5 miles of the race in). And Dave came in about 20 minutes later, so I guess all that hard running at the end was not as necessary as I thought it was. But I was very pleased with the finish time of 18:14:46, just 15 minutes slower than my goal of a sub-18 hour finish.

The high temperature for the day was only about 73 degrees, but the high humidity took its toll on the runners (and I attribute the high humidity to my stomach problems earlier in the day as well - - - best explanation I can come up with). There was about a 50% drop out rate (about 82 starters and 41 finishers).

Kettle Moraine is a very well run race. Great aid stations, great volunteers, and very friendly runners.

I have taken it pretty easy the last 3 weeks in hopes of recovering quickly. I am resuming training this week (4th week post race) for my next event. I'm looking forward to taking a much needed vacation in Colorado in mid August culminating with the Leadville Trail 100. Beyond that, I'm not sure what I'll be doing in the fall. Flatrock 50K, in Independence, Kansas is a pretty sure bet. It was my first ultra and I think that running it for the 3rd time would be a fun way to begin my third year of ultrarunning. Then maybe Glacial Trail or JFK in October or November. These two races both look pretty good since I'm looking for a good 50 miler this fall and they both have their own unique appeal.

NATIONAL TRAILS DAY REPORT

At 4:00 a.m. the alarm went off and we were on our way to Albert Pike for the 11th Annual National Trails Day runs. Well almost we were off, when Lou announced that she had caught the "bug" and would not be able to run. At 4:05 a.m. I went back to bed and would have to rely on others for the full scoop.

By all accounts the 7:45 a.m. trail briefing was well attended. The USFS personnel putting on the event this year made their announcements. Two of which were significant. (1)-Due to high water on the Little Missouri River, the trails would not be used. Instead the runs were out and back on Forest Service Road 106. (2) - Due to expenses and maybe other circumstances, this would probably be the last year that the run will be sponsored by the USFS. I knew that there was a possibility of this happening since the organizer for the first 11 years, AURA brother David Samuel, retired from the USFS this year. You can't transfer passion. I have heard that there are several running clubs who regularly attend NTD expressing an interest keeping it going. I will keep you tuned to any developments. Until then, the BS gives thanks for the 11 years of good memories at Albert Pike.

1. JOHN MUER	2:21:47	25. LARRY FRANKLIN	3:57
2. JON BITZER	2:28:08	26. JAMES MCNAIR	3:58
3. DANNY MANN	2:29:XX	27. WANDA KIRCHNER	4:10
4. JEREMY MAXWELL	2:31:32	28. JOHN KNAPP	4:20
5. STEVE MCBEE	2:37:24	29. ISMA HOBBY	4:57
6. STAN FERGUSON	2:41:53	30. JOHN PELL	5:15
7. RICK UTLEY	2:41:53		
8. CHRISSEY FERGUSON	2:44:52(1 ST FEMALE)	10 MILE RUN	
9. SAM SANDERS	2:46:18		
10. RYAN MCCLAIN	2:48:03	1. ROB WISTROD	1:11:14
11. JOHN JONES	2:53:47	2. PHILLIP CAR	1:33:11
12. DARIN HOOVER	2:56:XX	3. TIM POOLE	1:33:11
13. NATALIE MCBEE	2:57:XX	4. OAKLEY ALLEN	1:35:35
14. TODD MATHEWS	2:59:42	5. TIM COMLESS	1:40:XX
15. ELLIS JAMES	3:04:XX	6. CHRIS BETTIS	1:46:37
16. KEN PORTIE	3:09:05	7. TOM SINGLETON	1:47:37
17. STEVE CHANEY	3:10:XX	8. LINDA WOOD	1:46:45
18. HAROLD HAYES	3:14:07	9. TIM HALL	1:47:15
19. KYLE KRUGER	3:15:XX	10. BETTY SOBESKI	1:47:15
20. PETE IRELAND	3:39:33	11. JON LUCAS	2:37:XX
21. DOTIE REA	3:40:03		
22. JOHN HUGHES	3:41:59		
23. PAN RUSCH	3:46:XX		
24. PAUL MATTOX	3:53:XX		

SPECIAL AURA OPPORTUNITY

This is your invitation to attend the 18th Annual Little Rock Roadrunners Club Talent Show and Potluck. I have been authorized by LRRC President Tom Barron to invite whomever I choose. I hope to see you and as many of your society members as possible on the event day.

Pavilion #7 at Maumelle Park has been reserved for the afternoon of August 7th. The potluck will begin promptly at 6:30 p.m. and the show shortly after 7:00 p.m. I would expect the "talent portion" to last about an hour.

The purpose of this endeavor is to have fun. For one hour we can forget about the rigors of summertime training: the aches and pains of road and trail miles and the apprehension of what awaits us at Pikes Peak, Leadville and the fall races.

Each family needs to bring a side-dish that would feed themselves plus a couple more. The LRRC will furnish the drinks, plates, utensils, etc..

It is not necessary but as the "talent scout" I would hope that your club might possibly have one or two acts to fill our program. In the past we have had magic and animal acts; singing and dancing; comedians and storytellers and those who could do unusual things with themselves. TALENT has always been optional. In short, we will take anything.

I will follow up in the weeks ahead to see if anyone has stepped forward to represent THE AURA. In the mean time I would be glad to talk to anyone who expresses an interest. My number is 225-6609 or email CHRLYPYTN@AOL.COM.

Charley Peyton *IS MY NAME; BOOKING TALENT IS MY GAME*

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ultraRUNNING

JUNE 2003



PERIODICALS

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