

ARKANSAS ULTRA RUNNING CLUB NEWSLETTER

VOLUME IV

MAY 1, 1989

The Long Crossing Update - Final plans for "The Long Crossing Ouachita 50" Ultra run scheduled for May 13, 1989 have been completed. Response has been excellent for a first time race. Currently there are 30 runners who have entered the event. The total number of runners is expected to reach 35-40 by the May 1st cutoff. States from California to Florida will be represented. The runners and one guest will be treated to a spaghetti dinner on Friday night beginning at 6:00 p.m. All volunteers are also invited. The starting time will be at 5:30 a.m. sharp for those early birds who are interested. For the not so early riser, the winner should cross the finish line around noon or shortly afterwards on Saturday. All other runners will follow, up to the 6:30 p.m. cutoff. The race can be viewed from several locations along the course. The turn around (25 mile mark) is located out Highway 10 near the Highway 113 intersection. The race crosses Highway 113 and 300 several times and the runners will be on pavement from the Visitors Center to the Maumelle Park. A cook out consisting of hamburgers and all the trimmings is planned to begin as soon as the first runner crosses the finish line. All volunteers will be welcome to attend the cook out. Awards will be presented to the runners at 7:00 p.m. Many volunteers are still needed. If interested in working part or all of the race. Please contact Theresa or Bill Laster at 666-6621 to arrange a work schedule.

Training Run Report - On 4-8-89 several of us had the good fortune of running the Breadbasket Loop (21 miles) with Jan & Dennis Fugate from Dallas. We were all pumped up before the start and several of us had P.R's. The weather was ideal and I believe that Jan and Dennis enjoyed seeing springtime in the Ouachita Mountains. When we finished running we talked for about fifteen minutes and then the Fugates were off down the trail again for five more miles, to our amazement. I guess that is what a sub 20 hour 100 miler will do.

Newspaper article furnished by Professor Williams reads - "Tick time is coming. In recent years the danger of contracting Lyme disease

from Deer Ticks has gained national publicity. Protect yourself with an insect repellent containing Diethyltoluamide, commonly known as DEET. Check yourself often. Use a buddy system if possible. (Editor: I've heard him say that a million times)

Ultra Training Tip - The two great enemies of Ultra Runners are fatigue and depletion. The March issue of the Arkansas Ultra Runner dealt with hard/easy method of ultra training in order to successfully finish a 50 to 100 mile race. This issue will cover DEPLETION.

Runners have two sources of fuel during ultra events. These are fat and glycogen. Fat is an unlimited source of energy (3500 calories in a pound) and is stored throughout the body. Glycogen stores however are rather limited (remember hitting the wall in a marathon) and are found in the muscles, liver and a few other places. The body doesn't burn pure glycogen and then when that is expended switch over to fat. Rather, it burns a combination of the two at a ratio directly related to your effort. DEPLETION occurs when your effort expends the glycogen and it is not replenished. It is of some benefit to carboload to increase your glycogen stores before the big one. Also, one benefit of that regular 30 mile training run is an increase in the amount of fat burning enzymes in your cells.

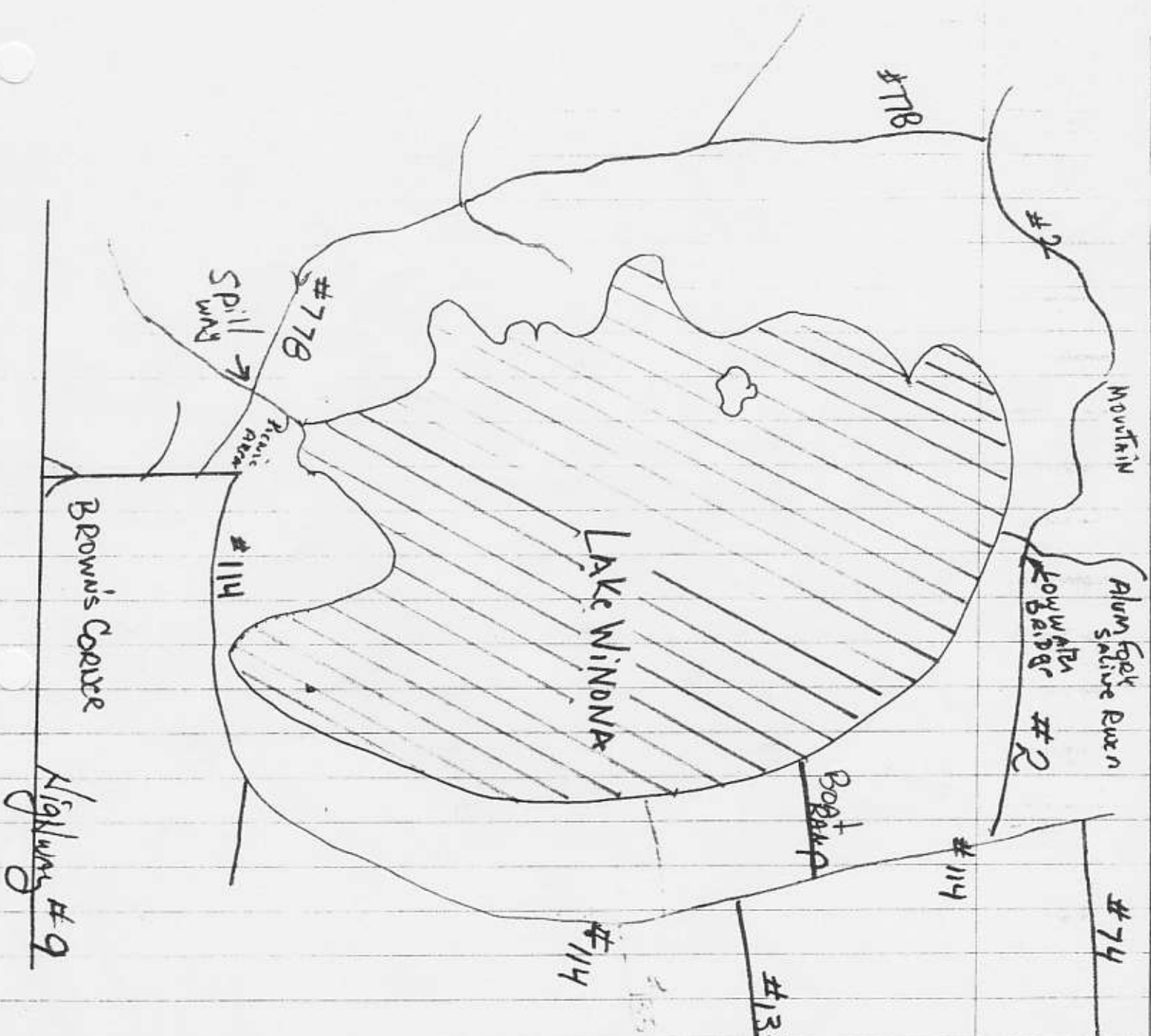
The big difference in an Ultra Runner and a marathoner is, in my opinion, that the Ultra Runner has trained himself to run at a pace that allows his body functions to continue to operate. A marathoner will charge off at a pace that shunts the blood away from the stomach, kidneys, and gut and loads the blood to the heart, lungs, and legs. In essence this shuts his digestive system down and he is left with only the glycogen stores he started with and no more.

The Ultra Runner takes pride in replenishing his glycogen stores on the run. How do I do this Harley? By smart eating! My guideline is to take in approximately 200 calories an hour. Starting after the first hour and continue throughout the event. I judge my effort by when I have to urinate. If I am on schedule, I know my digestive system is functioning and ready for food. If I can urinate; I can eat. What to eat is an individual lesson learned by trial and error. Fruit, cookies, crackers, grits, Exceed, Carboplex, peanut butter sandwiches. Think in small portions. Bananas made me burp at Cross Timbers but two cookies and Exceed were just right.

To complete a 50 to 100 mile run, your glycogen stores must be continuously replenished in order to finish fast and strong. I know you wouldn't want to embarrass our women.

Trail Trivia - In running what is meant by the term - Slam. You wouldn't know this answer because I just made it up. I'll explain. In basketball we have the "dunk". A dunk signifies a "In your face, sucker" attitude that one player uses to display his skill over his competitor. In football, we have a "spike" after a touchdown and is a macho expression that says "I beat you, baby, take that!" Now to the "slam". I have noticed a trend lately on our Ultra Training Runs. It seems that it has become a status symbol to finish a long run and leave. Recently on the Mobile Station run the parking spaces were filled. When I finished, mine was the only car remaining. I can envision it now. As a runner finished, he quickly got in his car and looked back toward that last mountain. Then he slammed his door and drove off. The first runner slammed his door on eight people, the second slammed on seven and so on down to me. I got "shut" out.

Warm regards.



WINONA loop (20 mi)
 Picnic Area to #2 7-8 mi
 #2 to #778 2-3 mi
 #778 to Picnic Area 8-9 mi