

THE ARKANSAS ULTRA RUNNER

JUNE 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The Bigshot -

Congratulations to association members' Eddie Mulkey, David Horton and Lou Peyton for their first place finishes in the May 5th Ouachita 50 Mile Trail Race. Eddie and David combined with Donald Smith, North Carolina, to lead the men's field in a time of 7:10. Lou battled Alabamian, Linda Sledge, for a Ouachita Trail P.R. of 9:59. Dennis Fugate and Steve Shopoff both of Dallas tried for 2nd place. Dennis is a sub 20 hour 100 miler and Steve has won the Jackson Five-0 three times. It's worth mentioning that in 9th place was Dennis Herr who finished third in the 50 Mi. Massanuttan Mountain three weeks ago. David, Donald, Dennis and several others drove from Virginia for the race. Also worth mentioning are association members Billy Maxwell, David Cawein and Stephen Tucker who helped make this the most competitive field ever assembled for an Arkansas Ultra.

OUACHITA 50 MILE TRAIL RACE

- * 1. Eddie Mulkey, Ar., Don Smith, N.C.*David Horton, Va., tie 7 hours, 10 min. 47 sec.
- 4. Dennis Fugate, Steve Shopoff, Tex., tie, 7:26:20
- * 6. Bill Maxwell, Ar. 7:34:26
- 7. Raul Flores, Kan. 7:38:21
- * 8. Stephen Tucker, Ar. 7:42:09
- * 9. Dennis Herr, Va. 7:50:55
- 10. Kenneth Webster, Ms. 8:50:05
- 11. Bill Coffelt, Ar. 8:56:50
- 12. Jack Johnson, Tx. 8:57:53
- 13. Bob Williams, Tx. 8:58:10
- * 14. David Cawein, Ar. 9:06:41
- 15. Ron Vadyoga, Ms. 9:06:42
- * 16. William Gilli, Ar. 9:19:55
- 17. Eddie Humphrey, Tx. 9:23:59
- 18. Roy Haley, Tx. 9:28:19
- 19. Steve Watters, Tx. 9:29:05
- 20. Tony Kramer, Mo. 9:29:17
- * 21. Bill Laster, Ar. 9L32:57
- 22. Scott McDermott, Ar. 9:33:25
- * 23. Jim Schuler, Ar. 9:33:25
- 24. Ken Ashby, Tx. 9:39:52
- 25. Jay Norman, Tx. 9:41:03
- * 26. Larry Mabry, Ar. 9:43:54
- 27. Douglas Anderson, Mo. 9:45:17
- 28. John Price, Va. 9:45:42
- 29. Daniel Edwards, Ms. 9:49:17
- * 30. Lou Peyton, Ar. 9:59:28
- * 31. Nick Williams, Ar. 10:02:59
- 32. Linda Sledge, Ala. 10:05:11
- 33. Mickey Rollins, Tx. 10:06:00

OUACHITA 50 (CON'T)

- 34. Bob Lufkin, Ar. 10:08:24
 - * 35. Buddy Ritter, Ar. 10:12:24
 - 36. Bob Hanle, Ar. 10:20:38
 - 37. Gary Gould, Ms. 10:35:32
 - 38. Jim Dill, Ind. 10:37:56
 - 39. Mike Price, Ga. 10:40:00
 - 40. David Price, Mo. 10:40:00
 - 41. Andrew Nordeen, Mo. 10:40:00
 - 42. Doug Young Va. 10:45:20
 - 43. Bob Plunkett, Ar. 10:54:21
 - 44. James Netherton, Ar. 10:54:24
 - 45. Darrell Netherton, Ar. 10:54:34
 - 46. Samuel Branch, Ms. 11:00:30
 - 47. Carl Touchstone, Ms. 11:03:57
 - 48. Ivy Harrison, Ar. 11:11:35
 - * 49. Sam Hardcastle, Ar. 11:18:59
 - 50. Donna Hardcastle, Ar. 11:18:59
 - * 51. Jim Sweatt, Ar. 11:18:59
 - * 52. Charlotte Davis, Ar. 11:23:52
 - 53. Dallas Erdman, Minn. 11:29:41
 - 54. Mike Larson, Ar. 11:47:42
 - 55. Webb Sledge, Ala. 11:54:57
 - 56. Steve Butler, Tx. 11:57:58
- 50.5 MILES
- 57. Robert Homer, Tx. 12:20:21
 - * 58. Donna Duerr-Allsup, 12:40:02
 - 59. Will Turner, Tx. 12:48:46
 - 60. Mary Ann Miller, Tx. 13:07:05

These are the times as taken from the Arkansas Democrat. I placed an "asterick" by our fellow association members several whom participated in their first 50 miler. You have to be proud for them. James Hicks succumbed to an ankle injury at 36 miles. To run with fatigue is one thing but to run with pain is another. He was wise to stop. I have felt that disappointment before but it just makes you tougher to finish next time.

I noticed that some of you were cheering and rooting for a finish for Mary Ann Miller of Dallas. Maybe some of you were praying a little and keeping your fingers crossed so that somehow she would have the courage to make it. DON'T BE DECEIVED BY THIS WOMAN and that little limp of hers. She might not see or hear well but when it comes to Ultras she is as tough as they come. She has won a 48 hour track run and several years ago when it was so cold at the Jackson Five-0 that they cancelled the race but then relented and let the out of towners run it and the following weekend let the Texans run it, Mary Ann ran it both times in 8:08 and 7:58. A bit of trivia here. Who holds the female Jackson Five-0 record that was set on that cold day in Dallas? The answer is on down in the newsletter. Back to Mary Ann. Yes, she ran it back to back weekends. She's slow on the trail but on the asphalt she's like the Bigshot, a Bulldog.

I worked the North Shore aid station and enjoyed seeing all the runners. Fresh and spiffy at 15 miles but at 35 miles there was a tendency to hang around the aid station.

I said that I would never run the Ouachita Trail again because of the rocks and my tendency to fall on them. After watching you people have so much fun, I've changed my mind. I've got to do it next year. Maybe even get me a training group going. You know how the Bigshot is.

Now who will follow me to Virginia in October to run the Mountain Masochist directed by David Horton?

We can't leave the Ouachita Trail 50 Mile Race without thanking Bill and Teresa Laster for the work they put in making it a great race.

From now on when you see AURA think Arkansas Ultra Running Association.

Nick and Harley, two AURA members, are fine tuning the 1990 Ultra Trail Series. Their objective is to promote trail and Ultra running. If you missed the 1989 Series you have a chance to make it up. We plan ten runs of varying distances - 12 to 31 miles on forest service roads or trails. Some of the runs you'll like and some you won't. Please don't feel intimidated by the stories you hear. Come and join us.

Trivia Answer - Nancy Cunningham of Conway ran a 6:53 in 20⁰ weather.

On 6-9-90 Lou and I will travel to Lake Fort Smith State Park (Highway 71 at Mountainburg) for a 60K run on the Ozark Highlands Trail. It will be out and back to White Rock Mountain. We'll camp at the State Park and begin the run early Saturday. I have a trail guide if you are interested in more information. Any takers out there?

For those of you who are new to Ultra running and like it, you might not know about the "Real" magazine for Ultra runners. It's called "Ultrarunning" and can be ordered by sending \$20 bucks to P. O. Box 481, Sunderland, Ma. 01375. You'll receive race information, results, and articles about Ultras. It is not like Runner's World Folks, it's hardcore. If you think about it you're hardcore yourself.

Lou Peyton just received a supply of applications to the Gibson Ranch Classic. A 6-Day Race directed by Norman Klein, December 29, in Sacramento, Ca. I want someone from here to do it.

I received a newsletter from Dan Millet, Race Director of Jackson Five-0 recently. His news is that there is consideration given to forming a Texas Ultra Series which would schedule the five Texas Ultras: Jackson Five-0, Houston 50, Cross Timbers 50, Palo Dura Canyon 50 and a 24 Hour Track Run.

At last the end is near. Stay in your seats while I guide you through fatigue and queasiness with other important Ultra information.

Warm Regards,

HARLEY

FORMAT FOR THE ULTRA TRAIL SERIES

1. The purpose of this series is to promote trail running and to provide recognition to our most successful trail runners.
2. Runs will be on trails or forest service roads.
3. Each run will be scheduled in the Democrat and Gazette newspapers.
4. No entry fee. No entry registration. If final results are wanted, each runner should furnish to us a stamped self-addressed envelope.
5. Be advised that the terrain is hilly and often rocky. Although no trail or marathon experience is required, for your own well being you should be an experienced runner.
6. All routes will be flagged or floured.
7. Aid (water) will be set out as it is feasible prior to the start. Participants will be notified of the aid stations.
8. Finishers will keep their own time on a roster provided by us.
9. Points will be awarded to the finishers in the following manner:

	<u>MALE</u>			<u>FEMALE</u>	
1st	"	50	points	1st	"
2nd	"	40	"	2nd	"
3rd	"	30	"	3rd	"
4th	"	25	"	4th	"
5th	"	20	"	5th	"
6th	"	15	"	6th	"
7th	"	10	"	7th	"
8th	"	7	"	8th	"
9th	"	5	"	9th	"
10th	"	3	"	10th	"
11th & over	"	1	"	11th & over	"

10. Runs are often isolated. Be smart and carry a running pack that includes water bottles, a plastic garbage sack and any food needs.
11. Each run begins with a trail briefing. Participants must be there.
12. The official clock is punched at the start of the race. All late runners will be timed on this clock.
13. In inclement weather use your better judgement about traveling. If Nick or Harley make it to the start it will be judged as "official". If a race is cancelled all efforts will be made to reschedule.
14. Ten (10) monthly runs are planned. Beginning in July and ending in April.
15. The male and female with the most points will be crowned "King and Queen of the Trails" and be so honored for the duration of the running year.

OFFICIAL SCHEDULE

- July 14 - Pigeon Roost Mountain Run. 6:30 a.m. Trail briefing - 12 miles. A modified version from last year and will not include the "Power Lines". Directions - Following Highway 10, 16 miles from the Cantrel Road/I430 Overpass to a forest service road on your left. Park there.
- August 11 - Wasatch Scramble - 6cramble - 6:30 a.m. Trail briefing. Approximately 12 miles. Extremely hilly. Must combine walking and running. Directions - Follow Highway 10 past

Lake Maumelle to Highway 113. Go 1.5 miles past 113 on Highway 10 to Bringle Creek Road turn right go approximately one mile to an A.P.& L. substation on right. Park there. Be prepared to earn your breakfast.

Ultra Profile - William Gilli, Brinkley, Ar.

Who are you -- I am 33 years old, and was born and raised in California. I moved to Arkansas 5 years ago to practice upon graduation from medical school at USC. I now practice in DeValls Bluff at the DeValls Bluff Health Center.

Number of years running? I have been running regularly for five years since moving to Arkansas. During medical school, while unknowingly training improperly for my first marathon, I sustained a partial tendon tear of my right achilles tendon. I was unable to run for over 12 months. I ran my first marathon in January 1988. I have been running Ultras for one year.

Ultra training around Brinkley? I mainly run on the streets during the week, plus some running on the school track and some gravel roads. The hill training in Brinkley consists of two overpasses and bleachers at the football field. So I try to drive to Little Rock and run the trails at least once a month.

Best physical feature? I've been told my buns. I was told after the Jackson Five-0 that I was winner in the unofficial buns contest. I was told my shorts weren't short enough for me to be considered in the legs contest.

Worst physical feature? Flat, ugly feet--wider at the arch than at either heel or toe. Especially after last year's Angeles Crest 100, (just ask Lou).

Favorite Ultra distance? 50 milers.

Number of Ultras run? Six

Think about while racing? Running form, calculating my split times, and in some instances, getting to the next aid station without getting lost.

Favorite training surface? Well groomed trails and asphalt.

Running nickname? None that has been mentioned to my face.

Other sports? Cycling, skiing

What next? Within the next year, I plan to run Vermont 100, Angeles Crest 100, Dallas 24 hour run, and the Jackson Five-0.

Long term running goal: 1. Grand Slam
2. Boston Marathon

Running heroes: Larry Mabry and Max Hooper

Why did I start running Ultras? I met Larry Mabry--do you need more?

William Gilli (Continued)

Well, I started running long trails with Larry and somehow he talked me into the Long Crossing 50 Miler and I was hooked!

Do you have a training partner? Not usually! The local people around Brinkley think i"m the only crazy person in the country that runs in rain, snow, whatever.

Cross-train? Yes

Best shoe: Nike Air Stabb and Nike Air Spans

Favorite running clothes item: Neon shorts and tights.

Best Ultra weight: 140 lbs.--which is not my current weight!

Typical training week: Monday-Friday: 5-7 miles each morning before work. Weekday afternoons, about twice a week, I like to do interval training at the local track. Saturday: 15-25 miles; Sunday: Try for 10 miles.

Taper before a 100 miler: Avoid speed workouts for about 10 days, and limit long runs for two weeks prior.

Advice to a runner who has never run an Ultra: Run some of the trails with Larry, Lou or Nick, and if you like the trails or marathons, try a mellow 50-miler, such as Ouachita Long Crossing (but not after the floods) or Jackson Five-0 in Dallas.

If you can run a marathon, you can run a 50 miler:

If you can run a 50, you can run a 100:

It's all just mental and misery.

THE
INSIDE
by HARLEY
(A SATIRICAL LOOK
AT ULTRA RUNNERS
IN ARKANSAS)



"RUNNERS ON THE TRACK" - A Jack O. Allsup Production
Admission \$25.00