

THE ARKANSAS ULTRA RUNNER

JUNE 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - The Arkansas Traveller 100 applications are out. Our goal is to have a quality course and first rate aid stations. The other things that go into making it successful are no less important and there seems to be no end to these details. We will be offering a route that will challenge the veteran ultra runner but should be kind and gentle to the trained first timer. Our desire, also, is to offer an affordable 100 mile race. Our entry fee is low as far as 100 milers go. We plan on making it in under our budget by hard work, borrowing and begging. Most of you can sleep in your own bed the night before the race and drive to and from the start. No motel expense or airline tickets. We expect to hear from alot of the "Heart of America" folks as well as the traditional ultra runners on the east and west coast. A 100 mile race is top heavy with volunteers and Lou needs you. She also needs your equipment: igloos, card tables, Coleman lanterns, A.T.V.'s, etc. Just about anything you can think of to avoid having to rent these items.

We want you to be a part of this race. We want you to feel like this was your idea. By next month the course will be wheeled. I will be including a map and a rough elevation profile. As a teaser I'll tell you that the course goes over the highest point in the Winona district. Almost 1900 feet.

Lou and I are planning a series of training runs that will cover the length of the course. We'll set out water along the way.

The dates for these runs are:

- June 8 - - - 6:00 a.m start from parking lot at Lake Sylvia. 17 miles. The first segment which is a figure eight loop. Bring aid bottle(s).
- June 29 - - 6:00 a.m. start from parking lot at Lake Sylvia for 22 miles on forest service roads. Bring aid bottle(s).
- July 13 - - 6:00 a.m. start from Lake Winona parking lot and run to #132 and back for 25 miles + or -. Bring aid bottle(s).
- July 27 - - 6:00 a.m. start from road #2 and run to #132 and back for 20 miles. Bring aid bottle(s).
- August 10- - 6:00 a.m. start at #132/Y59L for the Smith Mountain Run. 20 miles. Bring aid bottle(s).

For more information call Charley or Lou Peyton 501-225-6609.

Watch your favorite newspaper's running column for additional details but of course you'll hear it first in the Arkansas Ultra Runner.

We all enjoyed Suzi Thibeault's summation of her experience at the Barkley Marathon in the May issue of the A.U.R. I found especially poignant her comment about why she does these ultra runs, "because I can". I believe were her words. That reminded me of what an old timer in Mississippi asked me long ago. He said, "BigShot, do you know why dogs lick themselves". I said, "I don't know". He said, "because they can"! I thought of him when I read Suzi's words. I also thought of Mr. Nick who is famous for his saying, "we're all animals on the trail".

Warm regards,

***The Arkansas Ultra Running Association Invites You To Challenge
The Beautiful Ouachita Mountains***

THE ARKANSAS TRAVELLER 100 MILE RUN

- Date:** October 5, 1991
- Place:** Lake Sylvia Recreation Area, Ouachita National Forest. 35 Miles West of Little Rock, Arkansas
- Course:** 17 Mile Figure Eight Loop Followed by 83 Miles, Out and Back on Mountainous Forest Service Roads, Jeep Trails and Seven Miles of the Scenic Ouachita Trail. 30 Hour Time Limit.
- Entry:** \$75.00 - Limited to 100 Entrants - Registration Closes September 5th.

For Entry Form and More Information: Send S.A.S.E. To:

Arkansas Ultra Running Association
41 White Oak Lane
Little Rock, Arkansas 72207
Lou Peyton, Race Director
(501) 225-6609

(Special to the A.U.R.A. newsletter) - Nick Williams plans to run the entire length of the Ozark Highlands Trail starting from Lake Fort Smith State Park. If anybody wants to join Nick or offer to be his handler call him after 6:00 p.m. weekdays at 225-5557. The dates for this run are from July 22 through July 25.

ULTRA SERIES RECAP -

You missed a good time at Grady's. We had about 15 faithful to crown the King and Queen of the trails. King Johnny! I'd like to thank all of you for the support you gave to the series. For your information we attracted 111 different finishers this year, up from 65 last year. We don't keep a record of starters. Our average was 27 finishers for the 10 runs with the low being eight at the Fall Classic and a high of 44 at the Pigeon Roost Mountain Run. Two people finished all 10 runs. Johnny and Jim Sweatt. Nick Williams and Bob Plunkett started all 10 but finished nine. For the women, Queen of the Trail, Trish O'Dwyer, finished seven runs. Likewise, Irene Johnson and Lou Peyton.

Next year Nick and I hope to have a firmer schedule of the dates and runs by the start of the series. We also would appreciate any suggestions to make it more attractive.

Now for some behind kicking. I'm tired of hearing the critics of the series put it down because of their ignorance of what an Ultra Trail Series is. First what is an ultra? My definition is any distance over the marathon. The shortest distance recognized for the record in Ultrarunning Magazine is 50K. The definition of an Ultra Trail Series (R.R.C.A./Arkansas) is a series of seven or more organized, off road (trail or forest service roads) races of which one or more is 50K or greater in distance. This was made up by the BigShot, of course. Now here's the kicker. Listen closely and follow my reasoning. The BigShot is an ultra runner. He's run 50K's, 60K's and 50 milers this year. However, everytime he runs he doesn't cover an ultra distance but he still considers himself an ultra runner. Likewise with the series, every race is not ultra distance but one or more will be of ultra distance. It's called deductive reasoning. It's called an Ultra Trail Series, thank you. To simplify it. If an apple equalled an orange and a pear equalled an orange then the apple would be a pear. Let's get off this subject and talk about the race - The Pipeline Express - 12 miles.

Despite what some of you people think. I can't control the weather. Driving out to the Pipeline Express early Saturday, it rained so hard I thought about calling off the race figuring that no one would show up. Coming down Wye Mountain there were waterfalls at every turn. I was frankly worried about the creek at the midpoint as it was probably impassable. But rounding the corner at North Shore Landing the cars were stacking in. Folks from Oklahoma and Missouri. Eighteen runners in all and Shatz the Highpoint Hound. Lordy, Lordy, the out-of-staters wanted to do a trail run. At the start Warren Wisner from Missouri and Johnny Gross took the lead. Warren, with a heavier frame and longer legs forged through the creeks and held the advantage over Johnny. Ultra runner, Irene Johnson, led by her pacer, Tony Johnson teamed up to open a two creek lead over Lou Peyton, 46 year old mother of two. At stake was 2nd place for Queen of the Trail. Lou had found her four men to boss around and used them to form human chains over the swift water. While Johnny was being swept away Warren pulled ahead to a first place finish. He appeared to enjoy his first Arkansas trail race and the water soaked Arkies. In fact, he said he thought about moving down here. He really liked the race. Meanwhile, while they were finishing, Shatz, the Highpoint Hound, had balked on the return trip over the water. His owner, Donna Duerr, suffered a D.N.F. having to stay behind and pacify the animal. Back to Warren. Warren stated that he runs about sixty miles a month, and races a thirty-six minute 10K and high sixteen minute 5-K. However, on a fair surface I don't think he is a threat to the King.

PIPELINE EXPRESS RESULTS

- 1. Warren Wisner.....1:34:55
- 2. Johnny Gross.....1:37:38
- 3. John Pankey.....2:03:49
- 4. Jim Sweatt.....2:07:15

PIPELINE EXPRESS RESULTS (CONT'D)

- 5. Ed Zajac.....2:18:47
- 6. Ernie Peters.....2:18:48
- 7. Tim Zajac.....2:20:00
- 8. Pat McDaniel.....2:25:50
- 9. Nick Williams.....2:28:36
- 10. Bob Plunkett.....2:28:36
- 11. Tony Johnson.....2:30:45
- 12. Irene Johnson.....2:30:45
- 13. Pete Ireland.....2:53:46
- 14. Lou Peyton.....2:54:29
- 15. Steve Eubanks.....2:58:30
- 16. Jean Cockroft.....4:26:00
- 17. Kim Bertram.....4:28:00

ULTRA REPORT

The 4-C Trail Run - 50 Miler on April 20 - There were several new 50 milers this year sponsored by the growing east Texas Ultra Runners who apparently have decided to branch out from the traditional Cross Timbers and Jackson Five-0. Such is the case of the Four-C 50 Miler in the Davey Crocket National Forest located about 30 miles from Nachadoches, Texas. At the urging of A.U.R.A. (Mississippi) member, Joel Guyer we signed up for the first running of the Four-C Trail 50 Miler. After a seven hour drive we arrived at the Mission Tejas State Park, pitched our tent and shared a good spaghetti dinner with about 60 other ultra runners. It was hot and humid that afternoon but during the night a cool front crossed east Texas and we awoke to a perfect ultra day. The race starts and finishes in the park and goes about five miles on blacktop and forest service roads to the trailhead. Going out was free and easy running with Nick and Lou and a few others. Up ahead I could hear Joel giving someone a hard time. I laid low. Ms. Scarlett was going out for 25 miles and would shuttle back to the park later. I won't give you the step for step picture of the race but just say that we were all pleased to finish. The trail appears to follow an old abandoned tramline (logging railroad) in the deep forest and for the most part was a soft carpet of pine needles. Unfortunately Texas had received a lot of rain and in places the trail was boggy. For a first time race it went pretty smoothly and I wouldn't hesitate to recommend this one. The race director wants to avoid the blacktop highway and improve on the group camping arrangements next year. Other than running short of food on the post race meal I won't offer any serious grips. We had a good time.

4-C TRAIL RUN - 50 MILER RESULTS

- Joel Guyer.....8:18
- Nick Williams.....10:10
- Lou Peyton.....10:10
- Charley Peyton.....10:52
- Scarlett Williams..(25 miles)

Ouachita Trail Fifty Miler - May 4th - The excitement in ultra

running to me is in uncertainty of not knowing whether you will finish the event. Likewise the best ultra feeling is when you reach a point in the run when you know you're going to make it. Such as the case of the Ouachita Trail when the Cloverdale Junior High cheerleaders were calling my name as I sped away from the 25.4 mile aid station. I was beginning to tire but I knew I had it in the bag. To me the course and the weather are not finishing factors in this race. You know when you sign up it will probably be hot and that the rocks will have grown by the time you reach the North Shore aid station at 36 miles. The finishing factor that makes the race stand out are the excellent aid stations, awards and pre and post race meals. The thought of a buckle and a salty hamburger was like a carrot in front of a horse. Despite the 20 dropouts this year the number would probably have been higher if it weren't for the encouragement and assistance of Bill Laster and the helpful volunteers. In victory and defeat the A.U.R.A. members accounted for themselves very well. For those who D.N.F.'ed there's always next year. For those who crossed the finishline---- you're tough!

ARKANSAS TRAVELLER 100 TRAINING TIPS -

(A series based on BigShot's ultra knowledge gleaned from many 100 D.N.F.'s)

For you A.U.R.A. members the Arkansas Traveller 100 offers you several advantages over the runner who has to fly into the area the day before. The first of these is a good night's sleep in your own bed.

The next advantage is your knowledge of the course. This brings us around to my first rule on finishing an ultra. Train on similar terrain. Go out to Lake Sylvia and go over sections of the course for your long run. The A.T. 100 has very few level spots. Train your quads to take the downhill and get to know the course so you won't be intimidated by it.

The second rule on finishing an ultra is to practice your walking. You probably think you'll run every step but you won't. In a 100 miler hills are made for walking. Condition your legs to brisk walking.

My third rule on finishing is don't injure yourself before the start. If you train at 30 m.p.w. don't jump your mileage to 90 or 100 m.p.w. You'll never make it to the starting line if you do. Think however about long runs. You are a low mileage runner. Think about doing most of your mileage on one day. A training method used by successful ultra runners is to train on the weekends and rest up during the week. A reasonable goal in my opinion is to run/walk 25-30 miles on Saturday and 10 to 15 walk/run on Sunday. Start now. Your pace doesn't really matter. 100's are very liberal on cut offs. (14 hour for 50 miles). Remember the finishline is your goal.

Next month we'll talk about eating and drinking during the race.

Appalachian Trail "Conquest"

2144 Miles: Springer Mountain, GA to Mt. Katadhin, ME

GOAL: To Finish In Less Than 60 Days

Progress Report (This running log was provided by Nancy Horton, wife of A.U.R.A. member David Horton, Lynchburg, Va., who is running the length of the Appalachian Trail.)

David left Lynchburg at 10:15 p.m., May 7 on Amtrak on his way to Georgia. About 20-25 people were at the station to give David a "grand" send-off. Gary & Millie Buffington will be joining him in Georgia and will be spending a few days with David on the trail.

Day 1 (May 9) David left Springer Mountain, GA at 6:54 a.m. to begin the most challenging feat of his lifetime. It was raining, raining, and raining!!! All day long - no storms, just a lot of rain and very foggy. David was disappointed in the fact that he couldn't see the scenery around him, but the rain kept the temperatures cool. Gary & Millie saw two bears run across the road into the woods where David was running, but to David's despair, he didn't see them. Better luck next time! **He finished the day with 37.1 miles in 8:44.**

Day 2 (May 10) Still raining! He finished the scheduled **45.3 miles in 11:55.** This was a very hard and long day. He had some problems with low blood sugar at one point, but got it under control.

Day 3 (May 11) Will it ever stop raining? **38.9 miles in 8:55.** This has been the easiest day so far. He had a surprise waiting for him - three Liberty students were waiting for him at the top of one mountain. He was really excited to see them and appreciated them being there. Gary and Millie are still with him and taking excellent care of him. Thanks guys!!

Day 4 (May 12) **41.5 miles in 10:31.** This was over the scheduled mileage of 39.8, but he felt good and might as well get it in while you can. It was still raining today as well. Gary and Millie will be leaving tomorrow. However, a replacement crew has already arrived and will be taking over for a day or so.

Day 5 (May 13) Today begins his run through the Smokey Mountains. Five days of rain! **37.8 miles in 10:01.** He climbed the highest point on the Appalachian Trail today, 6,800 ft. (He told me that he passed a group of hikers and the smell of perfume was wonderful! - boy, did that make him think of yours truly!) This is also the first night he will have to sleep on the ground since he started. He is ahead of schedule, but tomorrow he plans to take it easy and finish with his scheduled stop.

FIVE DAY TOTAL MILEAGE: 200.6 miles (4.4 miles ahead of schedule)

FINAL FEMALE RESULTS

1.	Trish O'Dwyer.....	310
2.	Irene Johnson.....	193
3.	Lou Peyton.....	185
4.	Charlotte Davis.....	135
5.	Pat Torvestad.....	130
6.	Paulette Medler.....	100
7.	Karen Mulkey.....	90
8.	Carol Torrey.....	90
9.	Donna Hardcastle.....	74.5
10.	Barbara Hilderbrand..	45
11.	Carol Mathew.....	42.5
12.	Sandi Venable.....	41
13.	Tanya Perry.....	41
14.	Joan Carleton.....	35
15.	Donna Duerr.....	35
16.	Jean Crockcroft.....	33
17.	Pat Wynn.....	30
18.	Ivy Harrison.....	30
19.	Kathleen McComber...	25
20.	Sharon Williams.....	23
21.	Ann Moore.....	17.5
22.	Nancy Simpson.....	15
23.	Margaret Perritt.....	8
24.	Corkie Benz.....	8
25.	Vicky Smith.....	5
26.	Cara Cawein.....	3
27.	Mary Clendaniel.....	2
28.	Sherry Cloud.....	1
29.	Gayle Bradford.....	1

FINAL MEN'S RESULTS

1.	Johnny Gross.....	410
2.	Tom Aspel.....	310
3.	Jim Sweatt.....	188
4.	Eddie Mulkey.....	130
5.	Steve Tilley.....	113
6.	Stephen Tucker.....	75
7.	Ernie Peters.....	75
8.	Robert Morgan.....	66
9.	Ken Gould.....	55
10.	Jack Evans.....	50
11.	Warren Wisner.....	50
12.	Van Davis.....	42.5
13.	Allen Morton.....	42.5
14.	Nick Williams.....	40.5
15.	John Panky.....	30
16.	Ken Millar.....	28
17.	Charlie Smith.....	27
18.	Bob Plunkett.....	21
19.	Bill Torrey.....	20
20.	Ray Bailey.....	20
21.	Pete Greene.....	20
22.	Ed Zazac.....	20
23.	Bob Galbraith.....	19.5

FINAL MEN'S RESULTS (CONT'D)

24.	Tom Zaloudek.....	16
25.	Dale Powell.....	15
26.	Don Fletcher.....	15
27.	Steve Eubanks.....	14
28.	Sam Hardcastle.....	13
29.	Bob Torvestad.....	12
30.	Jim Schuler.....	12
31.	Roy Hayward.....	10
32.	Joel Guyer.....	10
33.	Tim Zazac.....	10
34.	Jim Hicks.....	8
35.	Pat McDaniel.....	8
36.	Tony Johnson.....	7
37.	Rick Wilson.....	7
38.	Lee Munsey.....	7
39.	Troy Delk.....	7
40.	Steve Solberg.....	7
41.	Bob Marston.....	5
42.	Ron Hale.....	5
43.	Arthur Kerns.....	5
44.	Tim Seery.....	5
45.	Pat Kenworthy.....	5
46.	Pete Ireland.....	4
47.	Mule Martin.....	3
48.	Harley Peyton.....	3
49.	Max Hooper.....	3
50.	John Mitchell.....	3
51.	David Samuels.....	2
52.	Charles Alexander....	2
53.	Al Maguire.....	2
54.	Jim Smith.....	2
55.	Steve Garrett.....	1
56.	Larry Mabry.....	1
57.	Rick Brown.....	1
58.	Allen Fitzgerald.....	1
59.	William Gilli.....	1
60.	Brent Peterson.....	1
61.	Ron Gimbelt.....	1
62.	Bruce Nunnerly.....	1
63.	Stan Weber.....	1
64.	John McCaleb.....	1
65.	Mark Oliver.....	1
66.	David Laser.....	1
67.	Kim Bertram.....	1
68.	Phil Rice.....	1
69.	Buddy Ritter.....	1
70.	Gerald Clem.....	1
71.	Drew Masburn.....	1
72.	Roger Williams.....	1
73.	Bruce Shackelford....	1
74.	Frank Shulte.....	1
75.	Randy Davidson.....	1
76.	John Carpenter.....	1
77.	Rick Greer.....	1

MEN'S RESULTS

78.	Fred Reddoch..	1
79.	Chas. Lang....	1
80.	Karo Johnson..	1
81.	John Dancy....	1