

THE ARKANSAS ULTRA RUNNER

MAY 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - On my! I did it again and I wasn't even trying. Let me explain. Several of us have been doing deep thinking about the Arkansas Traveller 100 Miler and a meeting was set with the forest service people to discuss the route and the general requirements that needed to be addressed. Suddenly, I sensed a stall in the proceedings and it was like an electric bolt went through my tongue, I started blurting out numbers. It sounded like this: 805, 152, 132C, 132, 135, 212, 179, 114, 778, 2, 211, 962, 2, 114, 135, 32, I was exhausted. You talk about a big mouth. I had spewed out the route of the 100 mile run. The forest service people went scurrying for maps and the A.U.R.A. members, David Cawein, Jim Schuler, and Tom Chapin all but accused me of ram-rodging it. I couldn't help it. It was almost mystical. Anyway David is going to check out the distances and fine tune the route. It looks like a 14 mile figure eight at the start and then an 86 mile out and back from Lake Sylvia. Approximately 2 miles of asphalt, 7 miles of Ouachita Trail and the rest forest service roads. Next month I'll try to have a map.

On April 27th we will conclude the Ultra Trail Series with the Pipeline Express. Rough and rocky like you like it. Now, open your ears and pay attention: Lou has made arrangements for us to have the "meeting" room at Grady's on West 12t Street. 6:00 p.m. is the time to be there. If you plan to eat, call ahead and place your order so you don't overwhelm the cooks and have to wait late that night for something to eat. "I don't understand, Harley? What do I have to do?" That's okay it just shows you're paying attention. If you want a pizza or sandwich or spaghetti or salad call 663-1918 and say you will be there at 6:00 p.m. for the Ultra Running group and would like to order ahead. Don't use my name, please! Next, show up at 6:00 p.m. - 6801 West 12th Street and you'll be ready to chow down. Listen up man, relax! you're taking this thing too serious.

This issue of the Arkansas Ultra Runner we will focus on the Barkley Marathon. However, we shouldn't overlook some of the other ultras that were going on the weekend of March 23rd. Down in Leland, Mississippi, there was a high sky and heat. Several Arkies drove down from Little Rock. They were Max Hooper, Fallon Davis, Bob Hanle, & Wayne Elliot. Max was the only Arkie to cover the distance over the flat Deer Creek loop as the rest stopped short. Max was second master runner in a time of 7:37:32. Joel Guyer, A.U.R.A. member of Natchez, was first master runner in 7:09:45. Linda Sledge was the only female finisher and won the women's division in 7:47:56. Ray Krolewicz, was the overall winner in 5:54:06. This is the race I want to get back to and finish. My first time I tried this course in '86 my mind wasn't right and I dropped at 32 miles.

That same day down in Texas (Cross Timbers) Bill Laster of Little Rock battled the heat and a deceptively difficult 50 miler to finish 3rd with 8:07:07. A.U.R.A. member Bill Maxwell finished a strong 8th

place in 8:41:35. Three other A.U.R.A. members were not so lucky. Irene Johnson, Tony Johnson, and James Hicks stopped at 45, 32, and 25 miles respectively. You're still my heros.

Several months ago David Samuel asked me to head up the Roadrunner Club of America's Ultra Runner of the year Selection Committee. I along with Nick Williams, Buddy Ritter and David Cawein will be selecting the male and female A.R.R.C.A. Ultra Runners of the year. The ultra year will be from November 1, 1990 to October 31, 1991. The results of our totaling will be announced during Healthfest Weekend at Hot Springs. In addition to the ultra races and Ultra Series, we will be scoring the 6-12-24 Hour Track Runs. Our method for the scoring the track runs is as follows:

1. Eligibility - A resident of Arkansas during the competition.
2. Definition of an "Ultra" - An organized, timed event of 50K or greater.
3. Definition of an Ultra Series - More than seven off-road, organized, timed events of which one is of 50K or longer in distance.
4. In a track event, the 50K distance is the minimum distance that will be counted.

Function of the Selection Committee:

1. Identify Ultra Races - Newspaper and Running Magazines
2. Identify Ultra Runners - Same
3. Establish Competition Period - October 31, 1990 thru November 1991.
4. Criteria for Selection - Performance
5. Assign pts - All races weighted evenly, i.e., 50K scored same as 100 miler. In a track run your distance will be compared to the ranking in the January/February issue of Ultrarunning.

ULTRA RACES

1st place - 20 points
 2nd place - 15 points
 3rd place - 10 points
 75%ile - 5 points
 50%ile - 3 points
 Finisher - 1 point

ULTRA SERIES

1st place - 20 points
 2nd place - 15 points
 3rd place - 10 points

TRACK RUNS

75%ile - 20 points
 50%ile - 15 points
 25%ile - 10 points
 0-25%ile- 5 points
 Finisher- 1 point

6. Select the Ultra Runners of the year male and female.

The A.U.R.A. bumper stickers are selling like----well, they're selling like bumper stickers. I've still got plenty left. Remember two dollars will get you one red and white Ultrarunning logo. While you're in the mood buy one more for a back-up. Sure to be the collectors item. Call Lou Peyton. She might deliver. 225-6609

Warm Regards,

ARKANSAS ULTRA RUNNING PROFILE - DONNA P. DUERR-ALLSUP

A.U.A. - HOW DOES IT FEEL TO BE MARRIED TO A FAMOUS ARKIE?

D.D.A. - I AM CONTINUALLY INSPIRED BY HIS KINDNESS, SUPPORT, KNOWLEDGE, EXPERIENCE, WISDOM, CONCERN FOR OTHERS, TOUGHNESS, MASTERY OF THE ENGLISH LANGUAGE, HUMOR, HANDSOMENESS, ADVENTUROUS SPIRIT, CHOCTAW INDIAN HERITAGE, AND THANKFUL THAT I CAN EVEN BE IN THE SAME HOUSE WITH HIM! (GUESS WHO HELPED ME WRITE THE ANSWER TO THIS PORTION?)

A.U.A. - GIVE US SOME STATISTICS ABOUT YOURSELF -

D.D.A. - AGE: 35; PLACE OF BIRTH: CHEYENNE, WYOMING; IDEAL RUNNING WEIGHT: OH, YOU WOULD HAVE TO BRING UP THAT SUBJECT! I EXCEL IN SHORTER DISTANCES (5K'S AND 10K'S) AT ABOUT 56.7 KILOGRAMS OR LESS, BUT MY CURRENT WEIGHT OF 59 KG., OR 90, GIVES ME MORE STRENGTH AND STAMINA FOR LONGER HAULS; HEIGHT: 5'5"

A.U.A. - WHAT IS YOUR FAVORITE RUNNING SHOE?

D.D.A. - ANYTHING BY SAUCONY, WITH THE "COURAGEOUS" WORKING WELL FOR ME NOW. I'M CONCERNED, THOUGH, THAT SINCE I'VE STARTED TRAINING FOR AND RUNNING ULTRAS, MY SHOE SIZE INCREASES BY ONE EVERY TIME I BUY A NEW PAIR (ABOUT EVERY SIX MONTHS). HOPEFULLY THE SPREADING WON'T CONTINUE ENDLESSLY! I ALSO LIKE NEW BALANCE.

A.U.A. - HOW DID YOU START RUNNING AND WHY?

D.D.A. - I WATCHED A FRIEND RUN THE PEPSI 10K ABOUT ELEVEN YEARS AGO AND CONCLUDED THAT IF IT WAS THAT INVIGORATING TO BE A BYSTANDER, IT MUST BE EXHILARATING TO BE A PARTICIPANT. I ALSO WOULD BE REMISS IN NOT GIVING SHARON ("MIZ SCARLET") WILLIAMS A TREMENDOUS AMOUNT OF CREDIT FOR UNCEASING ENCOURAGEMENT IN THOSE EARLY YEARS.

A.U.A. - WHAT IS YOUR BEST ASSET FOR RUNNING?

D.D.A. - STICK-TO-IT-TIVENESS.

A.U.A. - DESCRIBE HOW YOU FELT BEFORE, DURING, AND AFTER YOUR 50-MILERS.

D.D.A. - ANXIOUS, ANXIOUS, RELIEVED.

A.U.A. - WHAT ULTRA ACHIEVEMENT ARE YOU MOST PROUD OF?

D.D.A. - RUNNING ACROSS COSTA RICA IN FIVE DAYS.

A.U.A. - DO YOU HAVE AN ULTRA DIET?

D.D.A. - YES. I EAT EVERYTHING AND A LOT OF IT.

A.U.A. - DO YOU HAVE ANY ULTRA PLANS IN THE NEAR FUTURE?

D.D.A. - THE DUACHITA TRAIL 50-MILER ON MAY 4, ARKANSAS' 100-MILER ON OCTOBER 5, AND POSSIBLY THE DUSK 'TIL DAWN 12-HOUR TRACK RUN ON APRIL 19/20.

A.U.A. - WHAT DO YOU EAT AND DRINK ON THE LONG RUN?

D.D.A. - I PREFER SNICKER BARS, BAGELS, GUM, AND LOZENGES FOR FOOD AND ORANGE JUICE AND WATER MIXED TOGETHER IN EQUAL PARTS FOR DRINK, AND WILL ACCEPT ANYTHING OFFERED TO ME BY FELLOW RUNNERS.

A.U.A. - DESCRIBE A TYPICAL TRAINING WEEK.

D.D.A. - MONDAY: 4 MILES; TUESDAY: 4 MILES; WEDNESDAY: 10 MILES; THURSDAY: 10-15 MILES; FRIDAY: 4 MILES; SATURDAY: 20 MILES; SUNDAY: 8-10 MILES

A.U.A. - DESCRIBE WHAT YOU'D LIKE TO DO IN TRAINING.

D.D.A. - I'M FAIRLY PLEASED WITH THE MILEAGE I LOG IN, ALTHOUGH IDEALLY I'D LIKE TO INCREASE IT TO AT LEAST 80 OR 90 MILES A WEEK AND INCLUDE SOME SWIMMING AND WEIGHT TRAINING.

A.U.A. - WHAT IS YOUR SECRET RUNNING AMBITION?

D.D.A. - MORE LIKE A DREAM. AN IMPOSSIBLE DREAM. TO ACCOMPLISH THE "GRAND SLAM" OF FOUR 100-MILE RACES IN ONE SUMMER.

A.U.A. - WHO ARE YOUR FAVORITE TRAINING PARTNER(S)?

D.D.A. - LOU PEYTON AND TANYA PERRY.

A.U.A. - HAVE YOU HAD ANY RUNNING INJURIES? IF SO, PLEASE ELABORATE.

D.D.A. - I'M THANKFUL FOR NOTHING SERIOUS.

A.U.A. - WHAT IS YOUR FAVORITE TRAINING SURFACE?

D.D.A. - I'M ADDICTED TO THE TRAILS AND DIRT ROADS, ALTHOUGH I'M NOT VEHEMENTLY OPPOSED TO RUNNING ON PAVEMENT.

A.U.A. - WHERE IS YOUR FAVORITE PLACE TO RUN?

D.D.A. - ON THE "BREAD BASKET" (FOREST SERVICE ROAD OFF OF HIGHWAY TEN), MAINLY BECAUSE I DON'T GET LOST AS MUCH THERE.

A.U.A. - ANY OTHER COMMENTS YOU MIGHT LIKE TO MAKE?

D.D.A. - PLEASE REMEMBER ME IN YOUR THOUGHTS THIS SUMMER AS I ATTEMPT TO COMPLETE THE MOST DIFFICULT MOUNTAINS IN OUR 50-STATE CLIMBING PROJECT SO THAT I MAY RETURN TO RUN THE TRAILS WITH YOU ALL AGAIN!

ULTRA RACE REPORT -

Great Maumelle Scenic 60K/4-6-91 - The eighth edition of the Great Maumelle Scenic 60K is now history. Etched in your mind so to speak. Race Director Bob Hanle always provides a good route, plenty of aid and unique finishing prizes.

This year the official start was 7:00 a.m. however, runners were given the option of starting early and keeping their times. Most Arkies are honest, trustworthy folks, you see. About 9 or 10 runners did start

GREAT MAUMELLE SCENIC 60K (CONTINUED)

between 5:00 a.m. and 6:00 a.m. and the rest toed the line at 7:00 a.m. The main competition for the men was in this wave: Johnny Gross, Eddie Mulkey, Sam Green and Bill Maxwell. For the women there was ultra winner Irene Johnson and Lou Peyton, 46 year old mother of two. The BigShot considered himself a darkhorse since working on a new gait for a month. He had been stressing high knee lifts and pushing off behind. Trying to bring my heels up high in the back like the big boys do.

At the start the talk was on the weather as it was predicted to be in the high 80's and sunny. My thought was on the traffic on Highway #10. I settled into a comfortable pace and soon found myself in the rear battling Jim Brewer, 72 year old North Little Rock runner. At the eight mile aid station I asked the aid workers how the race was shaping up and he said Johnny was far ahead followed by Maxwell and Green. Green had run 90 miles that week and Maxwell had just competed in the Cross Timbers 50 Miler two weeks before. That left Mulkey to challenge. At 30K I was prancing like a racking horse, not making any headway but still next to last. I decided to abandon my new stride and get into my survival shuffle. About this time Mulkey decides to retire at 26 miles. At 30 miles I finally let loose and give myself permission to feel tired. Taking stock of things the weather was not too bad with a slight breeze and overcast skies. The traffic was heavy but at my speed I could step off the road without loosing time. I knew I had it in the bag. Congratulations to Johnny Gross for his victory in 4:27. Lou Peyton and Irene Johnson battled it out from about 22 miles with Irene Johnson finishing ahead. However, Leslie Dudley started at 5:00 a.m. and finished as first female in 6:03.

I want to drop Race Director Director Robert Hanle a note and thank him and his aid workers on a good race and continuing the tradition of a yearly run around Lake Maumelle.

THE BARKLEY

The History of the Adventure - Suzi Thibeault - The Barkley Marathons namesake Barry Barkley wisely missed the endurance events inaugural race in 1986. Race Director Gary Cantrell takes great pleasure in the myriad failings of BARKLEY entrants including those with the sense not start the run. The first BARKLEY runner was unofficial as well as unsuccessful. When James Earl Ray escaped from Brushy Mountain Prison on June 10, 1977, the bloodhounds ran him to ground in 54 hours. Ray, the convicted murderer of civil rights leader Martin Luther King Jr., was found hiding beneath a pile of leaves, just a few miles northeast of the prison. Scratched, bruised and exhausted, he surrendered meekly. The Cumberland Mountains of Tennessee surrounding Brushy proved a barrier more effective than its walls.

For the last five years the toughest mountain trail run in the country has been held over that same terrain, which is within the 12,000 acres of Frozen Head State Park wilderness. The course is

THE BARKLEY (CONTINUED)

55 miles long, with a 36 hour time limit for finishing and consists of three loops around the park perimeter. The third loop is shortened slightly to conform to the 55 mile distance but it only cuts off two miles of the most runnable section. The majority of the course consists of a trail built by the Civilian Conservation Corp in the 1930's. It is called the Boundary Trail and follows true to the park boundary, regardless of what land features they might cross. Hikers prefer the more civilized trails in the center of the park and the Boundary Trail has become a feral creature, escaping from domestication and turning wild once again.

The first seven miles of the course are littered with over one thousand trees that have fallen across the trail. One third of the race is across country with no trail, and runners must forge a path through blackberry tangles, sawbriar patches, and locust tree forests. These inconveniences pale when compared to the difficulty of the climbs an entrant must repeat on each loop. The total elevation gain is about 27,000 feet in the 55 miles. The most prestigious 100 mile endurance race, the Western States 100, in comparison has only 18,000 feet gain.

The two most memorable uphill ascends ascend the slopes of Frozen Head Mountain, so named for its frequent crown of late season snow. The first is called HELL, and was familiar to the convicts of Brushy Mountain State Prison, who mined coal in this area around the turn of the century. They marched daily, carrying their tools up the 52% grade of the HELL trail's 1300 foot elevation climb in 1/2 mile.

The runners reward for attaining the summit of HELL is a downhill dirt road to the base of the mountain again. RAT JAW is the name of the route beneath the powerlines to the fire tower, through sawbriars, and up 1000 feet to the top of Frozen Head again.

There are a few miles of real mountain trails in the final third of the course, where the runners have the chance to dust off their seats from the BUTT SLIDE, and dry out after the river crossing, and regain mental composure in time to face the start of another loop.

Each lap the competitor must validate adherence to the course by producing a page torn from each of the six books hidden on the course. No aid is provided during the race, but individual drop bags are hauled out and left at the 7 and 12 mile marks on the loop. These are the locations runners can leave food, bottled water additional clothes, and the all important flashlights. Darkness is one more dimension of difficulty in an ultra distance endurance event.

The BARKLEY'S reputation of being "the race that eats its young" is clearly established with a record of 6 entrants who have finished the 55 miles in the 36 hour limit. One runner, Tom Possart, finished but was disqualified for missing a small section of road on one loop. A total of 89 entrants have started and not finished. No woman has finished more than one 19 mile loop under the time limit of 13 hours.

THE BARKLEY (CONTINUED)

There are no awards.

| | | |
|------------------------|-------------------|-------|
| Previous race results: | 1988 Ed Furtaw | 32:14 |
| | 1990 David Horton | 26:22 |
| | Eric Clifton | 26:22 |
| | David Drach | 26:22 |
| | Milan Milanovic | 33:39 |
| | Fred Pilon | 34:09 |

THE BARKLEY MARATHONS - Lou Peyton

The punch line first. I had a wonderful time! I thought the highlight of this trip to Frozen Head State Park, 30 miles north of Knoxville, Tennessee would be getting to visit and spend time with my good friend Suzi Thibeault from Colfax, California. Wrong! Meeting Gary Cantrell and hanging out at Frozen Head State Park with well known ultra runners such as Shelby Clifton, Nancy Drach, Doyle Carpenter, Rick Hamilton, John Lewis and several others who were supporting and encouraging the 36 race participants was the best of the best in running experiences. Let me back up to Thursday before the race on Saturday. Nick Williams offered me a ride to this race. We left Little Rock at 5:00 p.m. Thursday and arrived at Oak Ridge, Tennessee at 4:00 a.m. Friday morning. Nick drives straight through no matter what the distance. On arrival Nick went to bed. After drinking hot coffee and cokes all night sleep was not for me. At 7:00 a.m. we met all of the runners and had a breakfast of blueberry pancakes and more coffee. After breakfast it was time to grocery shop, make sandwiches, pack drop bags and go out to the start of the race, a 40 minute drive. At Frozen Head we met Race Director, Gary Cantrell. Now here is the man who advertises his race as one that you cannot finish. I expected an older man. This guy is a kid. How did he get such a reputation in his 24 years. He told me that he is 24 when I couldn't figure out if he was 20, 30, 40 or a young 50. That means that he started writing for Ultrarunning Magazine when he was 13! After hours of Barkley talk and renewing acquaintances we ask Gary about the pre-race meal. He said, "gather up some sticks and start a fire". He then proceeded to unload a case of frozen chicken parts. We thought he was kidding but no - an hour later we are cooking our chicken and had 3 dishes added to the potluck table which consisted of one package of forks, one package of paper plates. Then we settled into how rustic this is going to be. Our dinner napkin was an old t-shirt that David Horton dug out from under the seat of his truck and we passed it around the table. Laughter and jokes abounded and then we drove back to town for rest. I slept this night until the 3:40 a.m. wake-up call. A thunderstorm was raging at wake-up time. By the start of the race at 6:00 a.m. there was only a slight drizzle. We are off and up the first mountain. Now let me say that Nick was in his element here as he was leading a pack of ten runners. Several were Soviets and Poles who couldn't speak english. Nick, Suzi, Nancy Hamilton from Maryland were the runners in charge as they had memorized the course from the description or had a knack for wilderness survival. My job was to keep up. This was like a Hash run in that we were on a trail, then the trail

THE BARKLEY MARATHONS (CONTINUED)

would disappear and everyone looked for landmarks that were described in the race brochure. I learned quickly to stay close to Nick and Suzi or I would have been lost the first hour. When these two found the trail they were off and you'd just better be able to catch up. I knew what I was getting into from the start. I had told Nick the week before on a training run that he was not responsible for me and I was not responsible for him. Now it was really happening. I was going to be left in the deep, dark woods of Tennessee if I couldn't keep up. I had a map and a compass but what does that mean when they're running away from you. Once I started screaming my wild animal call going up Hell Hill. They all had pulled that ravine ahead of me and were out of sight. I yelled fifty times and I could hear Nick hooting going over the next ridge. I kept screaming and kept climbing. Hell's elevation gain is 1300 ft. in 1/2 mile - no trail. Nick told me "just grab yourself by the a-- and keep up". He meant it! I'm not going to describe the whole course but I am going to ask, how can anything so scary be fun? I don't know but it is! It took us 4 hours and 18 minutes to cover the first seven miles. I told this back at camp to a male runner who had run one or two loops for the past four years. This runner lived in Oak Ridge, Tennessee. He said that was a good time as it took him 5 hours to go that first seven miles. The race is all that it is reputed to be. When I finally got back to camp (5 minutes behind Nick, Suzi, and Nancy) in 10 hours and 15 minutes for loop #1 Gary Cantrell asked me "are you going on"? I answered, "Are you crazy, back out there. However, I will be back". This was not the year to go on. I needed Thursday night's sleep. I needed to be well. Not caughing, hoarse, and half sick. I dropped after the first loop. After my decision, Gary said, "you can go over there and eat more chicken". That's just what I did. Gary's wife, Sandra was still cooking that frozen chicken. I then got a hot shower and visited with some real interesting runners and slept until Nick made round #2 which he finished at 5:40 a.m., Sunday. Suzi, and Nancy Hamilton went on to finish the 55 miles and become the first women to win the Barkley in 34:+ hours. The cutoff was 36 hours. Suzi was the 6th finisher and Nancy was the 7th out of 10 finishers. Arkansas' David Horton finished 5th overall. David stopped upon finishing his second loop. Sleeping all night, he got back in the race, caught and passed Suzi and Nancy. Dennis (the Animal) Herr from Virginia finished 1st with a new course record of 25:+ hours.

P.S. This race is not for everyone but for a few it is a hoot! A super hoot! I hope to get another chance next year.

THE BARKLEY MARATHON - Nick Williams

The Barkley Marathon was very hard. I'm not going to say anyone can do it. What I will say is if you like to walk, run, climb at a 60° angle, slide on your buns for 1/2 mile dodging thorns, climb ravines, wade creeks and rivers holding onto each other to keep from being swept away, climb over and under trees, and look for spots where books were placed for you to tear out sequential pages to prove you had been there, then this is the "run" for you.

THE BARKLEY MARATHON (CONTINUED)

Yes, I was in Hog's heaven. The only thing lacking was an ass kicker (Sharon). Where were you when I needed you?

I retired after two loops and daylight in sight. I had no guts!!

Pluses for the run.

1. Where else can you go and have to cook your own pre-race chicken (frozen)?
2. Run with four good women (Lou Peyton, Nancy Hamilton, Nancy Drach, and Suzi Thibeault)?
3. Eat unlimited numbers of cheeseburgers (5)?
4. Cover the kind of ground I like?

Minuses for the run. None really. Gary Cantrell in his instruction said, "this race is not fair. It is not reasonable, you will not finish."

I had a ball and did not finish. (no guts!!)

10 people did finish including two women.

Conclusion: This race is like child birth. The further you get away from it, the more you think you like it.

Yes, I'm going back and I'm taking my ass kicker with me!

EIGHTH GREAT MAUMELLE SCENIC 60-K
RACE RESULTS

| | | |
|-----|-------------------|------|
| 1. | Johnny Gross | 4:27 |
| 2. | Sam Green | 4:41 |
| 3. | Bill Maxwell | 4:53 |
| 4. | Larry Mabry | 5:42 |
| 5. | Mike Hiald | 5:42 |
| 6. | Wayne Elliot | 5:58 |
| 7. | Leslie Dudley | 6:03 |
| 8. | Robert Orr | 6:03 |
| 9. | Buddy Ritter | 6:10 |
| 10. | Paul Christopher | 6:11 |
| 11. | Taylor Carr | 6:15 |
| 12. | Irene Johnson | 6:16 |
| 13. | Lou Peyton | 6:17 |
| 14. | Ernie Peters | 6:20 |
| 15. | Tony Johnson | 6:33 |
| 16. | Bob Plunkett | 6:45 |
| 17. | Kathleen McComber | 6:47 |
| 18. | Mary Alice Spann | 6:47 |
| 19. | Charley Peyton | 6:56 |
| 20. | Jim Brewer | 7:32 |
| 21. | Tanya Perry | 7:57 |
| 22. | Ann Moore | 8:00 |