

THE ARKANSAS ULTRA RUNNER

AUGUST 1992

A Newsletter For The Arkansas Ultrarunning Association

Message from the BigShot - Arkansas Traveller 100 update: Planning for the Traveller continues to go smoothly. So far we've accomplished a lot with a bare minimum of meetings. For those who don't know, let me introduce the leadership of the race. Dave Cawein and Jim Schuler, both of Morrilton and professional foresters, have worked hard with course measurement and markings. Tom Chapin, Minister of Music at Sixth and Izard Church of Christ, will cook our pre-race spaghetti and with his family will man the finish area. Dr Bob Galbraith, well known AURA runner, will be our Medical Director and will be assisted by Jack Evans. Lou (Peyton) is our computer whiz and makes a lot of phone calls for me. All of these Arkansas Ultrarunning Association Members have been invaluable in keeping the BigShot on track and moving forward. Our call for volunteers has been very pleasing. So far all but two of the aid station Captains last year have signed up to work again this year and with two months to go I'm sure with your help we'll round out these two slots and fill up the stations with workers. I'm getting excited just thinking about what some of you workers will experience. By the time you receive this newsletter, anyone who volunteered for the Traveller will have received a Volunteer's Newsletter outlining the race and the progress we are making. This will save on phone calls and meetings and keep you informed of developments. "Hey BigShot, don't suppose you'll take in any of them left out Ross Perot volunteers will you?" Yes sir, we can use them, too. "Will you make it your highest priority?" Man, I told you before, don't press it!

Now one more time. If you want to be in the action on October 10th-11th, call Lou or myself to put your hat in the volunteer's ring of honor.

If you plan on running the race, we'll treat you nicely. Buttttt, it's time to start thinking about entering. At this writing we have 52 runners entered from 15 different states and one foreign country. California and Washington lead the regions with 13. So far we don't have a big, big name entered but I expect this to change. Keep in mind the September 5th cut off. You'll get a refund if you withdraw before September 5th. It's your money but remember what Uncle Ray down in Mississippi used to say. Uncle Ray used to say "Your shroud won't have any pockets in it." He used to say that a lot.

The Ultra Trail Series dates are set for the first half of the series. We'll start with The Kono Road 12 miler on August 29th followed by the Wasatch Scramble on September 26th. Next up will be The IronHorse 18 mile + in November and The Winter Classic in December. The Dates of The IronHorse and Winter Classic are dependment upon the deer hunting seasons. Some of the changes in the Series format include a 50 year age division and a provision to throw

out one of the runs so that we will count only your top eight for the point standing. This way if you have to miss a run or have a sub-par effort you won't be penalized. Trust me! The BigShot just wants of help you!

Warm Regards,

ULTRA PROFILES- TOM HOLLAND

When did you start running? Why?

Nine years ago. I had quit smoking and was gaining weight. Cathy started running first with a friend. I started running to keep up with her.

(Note: From Cathy, Harley, I would like to add that anything I do, Tom HAS to do!)

How did you meet Cathy?

Through an acquaintance - Tom Jefferson! He kept trying to get me to ask her out and kept trying to get her to go out with me... then her boss called me for an interview and we met. We've been dating ever since.

Give us some statistics: Age - 43; Weight - 175 lbs.; Place of birth - Bloomington, Illinois; Etc. - 2 offspring, Aaron - 17, Lindsay 13, (teenagers!!)

What is your favorite piece of running gear? Vaseline
What brand and model of running shoes do you like?
Nike Air Structure

How do you stay so trim?

Say What? I wear bulky loose shirts to hide it. Eat cereals, bananas, chicken, 1/2% milk, juice, pizza, ice cream

What do your non-running friends say about you?

We're crazy, and addicted (to running).

Describe a typical training week.

Ice cream, pizza, long runs on Saturday and Sunday. Sleeping in and Cathy badgering me to run shorter runs (5-7 miles) when I want to sleep in or in the hellish heat of early evening.

What are your ultra goals for 1992?

The Peak in August; The Arkansas Traveller 100 in October; recover.

Do you have a running nickname?(yet)

No.

What is your favorite training route?

1. Three Mountain Run.
2. Three Mountain to Pigeon Roost Vista
3. Whatever BigShot has planned.

I like a runner who -

1. showers regularly
2. can carry a tune while whining

Who do you appreciate most?

The other runners and ESPECIALLY those who give their time to put water out and organize runs.

ULTRA PROFILE - CATHY HOLLAND

Being an Arkansas UltraRunning Association member means.....

Fun! I enjoy running with everyone. I haven't met a runner yet that I didn't like. Everyone in the A.U.R.A. is encouraging and caring, crazy, and fun. It seems like so many of the members are genuinely interested in helping you finish a run. I've learned a lot about long runs that only experienced runners can tell you.

When and why did you start running?

I started running February, 1982. A friend of mine, Lynn Evans, had been running three miles a day and had lost 30 pounds over a 4 month period. She looked great and loved it and told me, "there's nothing to it after that first mile". The next month I did my first 5K and then did my first 10K the following month. It just goes on and on and on.

What and where is your favorite running area?

I love trail running. To date, I haven't found one trail run that I wouldn't do again.

What is your ideal running weight?

I'm 5'10: and my ideal weight is 140. However, I must say a Little Rock doctor once told me I should weigh around 120-125 lbs. to run the distance I do. So I changed doctors.

Do you cross train? Tell us about it.

Yes, I try to do weights 4 x 's a week and I do bench aerobics 2 x's a week.

Do you have a special diet? Please tell us about it.

For years I have always followed the Weight Watchers Diet. In January, I switched to a low-fat diet. I find I get to eat more food, but maintain my weight easier.

Do you have any ultra goals in the future?

Yes. I want to get my speed back. My P.R. in the New York Marathon was 4 hrs. and 15 min. I would love to be able to do 26.2 miles of

trails in that time. Then I would feel confident enough to try a 50K.

Who are your favorite training partner(s), why?

Sandy Walker - she's great! Sandy trains in rain or shine, heat and cold (unlike someone else I know very well and have been dating for over nineteen years). Sandy always encourages me to try to do each run a little better and she loves to get to the top of the hill first, turn around and say "you're doing great, you can do it". If she weren't there, I'd walk, I'm sure. She doesn't whine and charges ahead.

Who are your running hero(s)?

Lou Peyton, without a doubt. She has done so many unbelievable runs, set her goals and achieved them and she always passes me in those damn, long, hard runs. But someday...

Someday I'd like to (running)...

run a 50K first and then attempt a 50 miler. I've had knee problems and may be to overly cautious, but I really don't want to have to give up running.

Please describe a typical training week.

Usually 42+ (two weeks ago I did 67 miles) anyway, we run on trails behind Otter Creek during the week. On days that I do bench aerobics, we run 5-7 miles. Usually 10 on Wednesdays, and this summer we started doing long runs on both Saturday and Sunday.

I think my best distance is....

My best, gee, I enjoy 15-18 miles. After that, unless the weather is cool and the moon is in the right position, it becomes whining time. What is your most prized running possession?
My water bottles - like American Express, I can't leave home without them..

Why do you run?

I run because I like too! I have old running buddies who really think I'm nuts to be running the distance I'm running now. It's hard work, but if I didn't enjoy it, I certainly wouldn't do it. I'm not really fast, but I feel good about myself that I can even do it, and when I run a little bit faster one day than another, that's just a perk.

THE ULTRA CORNER

WHISKEY CHITTO ADVENTURE RUN - TONY JOHNSON

7-11-92 - We arrived in Alexandria, Louisiana, around 7:30 P.M., Saturday evening with plenty of time to set up our tent and sleeping bags. Bob Horner and BigHead (Steve Bridges) were gone to set out water. Bob said that after setting out water that he had his doubts about being able to find the course.

When I talked to BigHead on the phone about the run, I asked him if it was marked and he said, "yea, well sort of, you're a hasher you will figure it out". Well, let me tell you, following flour and toilet paper is NOT the same as following stars and moonbeams.

Before the run started everyone was going through their normal ritual of preparation. Everyone was finally ready to start except BigHead. There he was by moonlight putting on anti-bug juice and packing away sandwiches, Vaselineing his legs and packing away sandwiches, checking his flashlight and packing away more sandwiches. Well, you get the picture. Finally all greased up and sandwiches packed away he was ready, all 6'5", 250(+) pounds (what a man)!

Off we go. It's now 9 P.M. as we walked to the trailhead where we stopped, checked our bearings, and BigHead pointed the way. Well, right off the bat Bob Horner asks, "Steve, are you sure this is the way"? BigHead replied, "Bobbbb!" 'Nuff said, and away we go ready to conquer 32 miles.

Ten minutes into the run the trail disappeared and everyone was asking, "where's the trail, see any blue marks"? Everyone's lights were shining into the trees, onto the ground, and into each others faces. It looked like the grand opening at the local Honda dealership. Well, wouldn't you know it, it took a woman to lead a bunch of guys out of the woods. Irene spotted the trail and off she went. "I got blue, I got blue", she screamed and everyone followed. It seemed like we were on our way until a swamp jumped into our path. After some hesitation, BigHead plowed through the middle leaving dry ground for the rest of us to cross. Blue marks were spotted and off we go again. This section was runnable and for 45 minutes we were able to maintain a decent pace. The trail ended at a forest service type road where we had to once again hunt for the trail. BigHead had to resort to his handy dandy topographic map. After a couple of minutes of pondering and asking for more light, a decision was made. "That way", he said. We were off once again. The trail crossed the road about one-half mile or so down, we spotted blue marks and into the woods we go. Bob Horner yelled, "hey, something's biting my legs, let's get out of here." The trail crossed another road where we were once again lost. Again BigHead resorted to the topo map. "More light", he says. After another few minutes of pondering, the way is pointed out and away we go. Exactly where, we're not sure! The road was runnable and the moon full. Who could ask for more? We crossed the trail after about 30 minutes of running. There were plenty of blue marks but little opportunity to run. The trail was grown up to the point that there was NO TRAIL. We followed blue marks until they could no longer be spotted. Here we were 20 miles (I think) smack dab in the middle of Kisatchie Forest with no trail in sight. Boy, we really were lost this time! The trail hadn't been used since the days of Columbus. After what seemed like an hour going in circles we came upon a gas pipeline. Well unanimously we voted to follow the pipeline. It started out friendly but quickly changed. The grass got taller, mud got deeper, nettles (whatever they are) got worse. All we could think of at this point was how do we get out of here. Unsure of how much time passed someone spotted a faint light in the distance. Ya-hoo civilization, we thought and for the first time in several hours we felt some relief. As the lights got closer the gasline ended at a cattle gate which we proceeded to climb over. That

gate will never be the same. We crossed a field filled with cow patties and the sounds of cows in the background, but none actually seen. We crossed another cattle gate which we proceeded to climb over. The gate seemed to fair well until BigHead climbed across. I'm sure the owner will see them and wonder what kind of animal ran into them. Well once again we were on a dirt road but unsure to where it might lead. We chose to go right and it brought us out onto a paved road. At this point, BigHead knew where we were. He estimated approximately 15 miles away by road. Not sure how many by trail. Bob Horner speaks up and says he is not going back into the woods again. We all agreed to continue by road. The majority of us were out of water at this time and had no idea where the water was located. We opted to follow the road to a small town, (Craven). There we found water and BigHead found food. We ran the last 10-15 miles on pavement. We have no idea how far we actually went. We were out 5 hours and 3 minutes. Five people started the run. Five people got lost and five people found home again. Despite everything, we had a great time and wonderful adventure.

THE HARDROCK 100 - (The following information was gleaned from a telephone conversation with Arkansas native and A.U.R.A. member, David Horton following his victory in the inaugural running of the Hardrock 100 July 10, 11, 12, starting from Silverton, Colorado.

Forty-two year old David Horton became the first easterner to win a major 100 mile race in the western states. David said that someday he would have to give in to age but that he would do so only grudgingly. The course is tough. The average elevation is 11,100 feet. There was one 14,000 (+) foot climb and six passes just under 13,000 feet. In the last 2.1 miles the trail climbs 2,600 feet. David ran 33:37 followed by well known ultra runner Dennis Herr in 35:48. Three runners ran under 36 hours. There were 43 starters and only 16 making the 48 hours cutoff. David said that the scenery was awesome and the race has the makings of a classic. He would go back to the race.

SPECIAL TO THE ARKANSAS ULTRA RUNNER

Dear Harley,

People often ask me what ultra runners are like. I have come up with the following:

SOME RUN OUT, - AND SOME WALK IN.
SOME ARE SERVING, - SOME COMMANDING;
SOME ARE SITTING, - SOME ARE STANDING;
SOME REJOICING, - SOME ARE GRIEVING;
SOME ARE WEEPING, - SOME ARE LAUGHING;
SOME ARE THIRSTING, - SOME ARE QUAFFING;
SOME ACCEPTING, - SOME REFUSING;
SOME ARE THRIFTY, - SOME ABUSING;
SOME COMPELLING, - SOME PERSUADING;
SOME ARE FLATTERING, - SOME DEGRADING;
SOME ARE PATIENT, - SOME ARE FUMING;

SOME ARE MODEST, - SOME PRESUMING;
SOME ARE HELPING, - SOME HARMING;
SOME ARE RUNNING, - SOME ARE WALKING
SOME DEPARTING, - SOME ABIDING;
SOME ARE SENDING, - SOME ARE BRINGING;
SOME ARE CRYING, - SOME ARE SINGING;
SOME ARE HEARING, - SOME ARE PREACHING;
SOME ARE LEARNING, - SOME ARE TEACHING;
SOME DISDAINING, - SOME AFFECTING;
SOME ASSIDUDUS, - SOME NEGLECTING;
SOME ARE FEASTING, - SOME ARE FASTING;
SOME ARE SAVING, - SOME ARE WASTING;
SOME ARE LOSING, - SOME ARE WINNING;
SOME REPENTING, - SOME ARE SINNING;
SOME PROFESSING, - SOME ADORING;
SOME ARE SILENT, - SOME ARE ROARING
SOME ARE RESTIVE, - SOME ARE WILLING;
SOME ARE DRINKING, - SOME ARE RELIEVING
SOME ARE BOUNTEOUS, - SOME ARE GRINDING;
SOME ARE SEEKING, - SOME ARE FINDING;
SOME ARE HIDING, - SOME REVEALING;
SOME COMMENDING, - SOME ARE BLAMING;
SOME ARE QUIET, - SOME DISPUTING;
SOME ARE RESTING, - SOME ASPIRING;
SOME ENDURING, - SOME DERIDING;
SOME ARE FALLING, - SOME ARE RISING;
SOME ARE HURTING, - SOME ARE HEALING;

PRETTY WELL SUMS IT UP.

JACK O. ALLSUP

RACE CALENDER

August 1st The MidNight 60K-10:00 P.M. Saturday night. Out and back course on FSR 152 and 132. Water and dropbags every 4 miles approximately. 9 in total. Start at 10 P.M. sharp from the Lake Sylvia parking lot where the Ouachita trail begins. No entry fee; no registration. Breakfast of pancakes and grits after. 225-6609 for information.

August 15th Wild Azalea TRail 50Km-Alexandria, Louisiana. 7:00 P.M. Contact Steve Bridges at 318-342-1318

August 15th AT-100 Training Run. Start at 6:30 A.M. from the intersection of FSR 114 and FSR 2 approx. seven miles on FSR 114 past Lake Winona. Pick your distance from 24+ Miles, 20 miles and 12 miles(three options). The 24 and 20 mile option will go over Smith Mountain.

Ultra Trail Series -

August 29th - The Kono Road 10-12 miles. 6:30 A.M. Directions:
8 miles on Kanis Road past the Ferndale intersection
to Nicoles Springs Road on the left (approximately two
miles past the Mobil Marathon). Turn left and go about
two blocks. Park there off the blacktop.

Sept. 26th - Wasatch Scramble 12 miles. 6:30 A.M. Start.
Directions: Follow Hwy. 10 to Hwy. 113, continue on
Hwy. 10 for 1.5 miles past Hwy 113 to Bringle Creek Rd.
Turn right and go one mile to an A.P.& L. substation.
Park there.

November ? - The IronHorse - 18 miles. Date T.B.A.

December ? - The Winter Classic - 18 miles. Date T.B.A.

Call Nick Williams at 225-5557 or Charley Peyton at 225-6609 for trail
info.

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