

# THE ARKANSAS ULTRARUNNER

March 1993

*A Newsletter For The Arkansas Ultrarunning Association*

**MESSAGE FROM THE BIGSHOT** - The next Ultra Trail Series Race is #7, *The Spring Classic* 18 Miler. The date for the race is March 6th. In some running publications, it is listed on the 13th. I assume this date was picked up from last year so don't be fooled and show up on the wrong date. Follow the dates on the A.U.R.A. Calendar. Lou and I will be camping out afterwards. This won't qualify as a Spring Running Camp. You are welcome to join us.

Okay, I've waited long enough. I'm going to design the official A.U.R.A. t-shirt. By the next Three Mountain Run startup, I'll have it on.

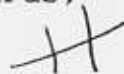
Update on A.U.R.A. members Dale Green, aka, "The Colonel" and Bob Marston. The Colonel is making plans to move again. From Little Rock the Colonel moved to Texas, then to Alabama and for the last couple of years he has called Searcy his home. In his membership renewal he mentioned that he would be spreading the Walmart gospel in Wisconsin until spring and then move to Clearfield, Pennsylvania. The big news is that A.U.R.A. stalwart, Bob Marston, has taken employment with the Missouri Air National Guard in St. Joseph, Missouri. Bob was a buttress to the BigShot and will be missed.

Just when you thought you had heard it all about the Holiday Crossing of the Ozark Highland Trail along comes an article on **crewing** the Holiday Crossing of the Ozark Highland Trail. Yes, I had to throw my experiences in, too. After all, five days of one's life is worth something. Crewing for those who have never had the opportunity is not as glamorous as running. So when I get the opportunity to tell about it I'll take what Harley will give me.

A little ultra business. At the *Great Wall of China* run someone gave me \$8.00 cash for an A.U.R.A. membership. In my haste to get the run started, I forgot to write down the name of the giver. If you were the one who gave me the membership, let me know.

Coming up next month the ever popular Ultra Running Horoscopes.

Warm Regards,



**ULTRA PROFILE** — Randy Davidson

*Give us some statistics on yourself:* Age, weight, height, family, etc.

39 years. 172 lbs. 6' 3", wife Susie, 2 daughters; Tracy and Vickie. Dog - Birney (the only one that listens to me - sometimes) Susie is my biggest support person. She is always waiting for me at the finish.

*How did you get started running? Ultra running?*

Reformed smoker that suddenly found himself out of shape and rapidly becoming overweight. Working in a store with a fresh bakery. This

was no problem.

When I began to find it exciting, counting the number of white lines in the middle of the road, I knew it was time for a change. Lou began encouraging me to come on some of the weekend runs, I did and found new life. Where else can you run in the mud, jump in the water and chase others through the woods and everyone (almost) thinks it's normal.

*This question is from Charley. I know you are a manager at Lou's favorite shopping place, Harvest Foods. How many miles do you figure you get in on the job per working day/week? If I kept up with it I likely wouldn't run because I felt I already had my daily mileage in. On the weeks the Peytons are out of town I have to work harder because I have to cut the help.*

*What shoe do you wear when training/racing? Asics Exhault , always.*

*How many times have you run Pike's Peak and your impression of the race and your performances(s) there? 3 times. Great race and group to train with. Again the race is just different, so I find it enjoyable. A little difficult to enjoy the scenery if you look off the trail you will often find yourself eating gravel.*

*Are there any ultra goals for you in 1993? Arkansas Traveller 100. No special time, just want to finish.*

*What did you like about pacing a runner at the 1992 Arkansas Traveller 100? Marty Greeves was great to run with after I taught him to speak southern. I learned a lot in conversation through the night that I feel will help me.*

*What kind of runner would you like to be known as? I'm just a middle of the pack runner that enjoys the company of the other runners. I don't talk much but I'm a helluva listener.*

*Please complete. My weekly running schedule looks like this - 5 to 10 miles daily with a 12/13 mile run in the middle-week. Usually a long run of 15 to 20 on the weekend.*

*List some of your P.R.'s.*

1:36 - Half Marathon

3:38 - Marathon

*What is your favorite piece of running gear? I have two. My water bottle and my hat. As long as I have my bottle I never worry about taking off on a new trail by myself in the woods. My hat keeps the summer sun off my head and warms it in the winter.*

## ULTRA CORNER

*Clear Springs 50K(1-30-93)Man, the Mississippi-Louisiana wing of the A.U.R.A. can throw a party. Last year was my first time on the trail and I vowed to return to enjoy the festivities. Don't get me wrong,*

there weren't a lot of festivities but what there were was worth going back to. Lou and I went down a couple of days early to acclimate in Vicksburg and speak southern. Friday afternoon we rendezvous at Joel and Kathy's (Guyer) home and awaited the rest of the Arkies.

The course is a keeper. Three 10+ mile loops through the mixed pine and hardwoods of the Homochitta National Forest. There aren't any sweeping vistas or scenic overlooks on this route. The beauty of this trail surrounds you in all directions. "*Hey BigShot, are you moonstruck? Don't talk like that. It makes me uneasy.*" Relax Pal. I'm just trying to describe the area. Don't be so phobic. To get back to the subject the course has lots of short choppy hills with no shortage of sharp turns and twists through the deep woods. Generally the footing is good and dependable. Oh yes, one more thing. There were numerous creek crossings, however, all but one was crossed by wooden bridges. If they hadn't had the wooden bridges I would be writing a different article.

When we drove to the starting area the first person I saw was Don Aycock. When Don was living in Baton Rouge, he used to train a lot on the course. You might remember him from the 1991 Arkansas Traveller (17:40:02). Also milling around were the newest members of the A.U.R.A., Webb and Linda Sledge from Alabama. Linda is recovering from foot surgery and vows to return to form as soon as possible. The other A.U.R.A.'s on the starting line were Ralph Hoffman, Gayle Bradford, Donna Duerr, Ann Moore, Jim Sweat, Lou Peyton, Nick and Sharon Williams, Joel and Kathy Guyer. All together there were about 30 runners.

This is a no entry fee, no registration type of race. You kept your own time. Just you and the trail. Sometimes it's good to run a race like this.

After the run, Joel's friend Glenn Green had barbecued chicken and the works. I remember Glenn cooking chicken at the first Shockaloe Trail 50 and last year at Clear Springs. I kept thinking about the food the whole way. Perhaps that explains why I stopped after my second loop. I just got hungry.

#### *THE ROCKY RACCOON 100 MILE* (February 6-7, 1993)

Good news from Mickey Rollins's Rocky Raccoon 100. Four A.U.R.A. members were on the starting line plus a couple of close associates. I telephoned Tony Johnson and Bob Marston for this article and they graciously supplied me with a race recap. The BigShot always looks for the positive and, after talking with them, there was no shortage of pluses at the first running of the newest 100. The course is five 20 mile loops in and around the Huntsville State Park. About 60% covered the Sunmart Texas Trail 50 mile race course. There were five aid stations for each 20 mile loop which served the usual cookies and cokes, but also brought out the rice and beans, sandwiches and hot soup early Saturday afternoon. The weather was described as cool to cold at night. There was one significant creek crossing which runners went through five times. A.U.R.A. member Bob Marston P.R.'ed with a 23:38. Tony ran 65 miles before retiring. Irene Johnson ran to 75 miles. Steve Bridges got in 50+ miles. Old friends Bob and Bev Canata walked to finish in the time limit. The race was won by Don Aycock with a 14:48. Susan Gimble, 42 year old female from California won the women's division in 19:17. There were 34 starters. 20 were

sub 24 hour finishers.

Tony said it was a good race. That's good enough for me!

#### SYLAMORE TRAIL 50K (2-21-93)

Last year I told you people about the Sylamore Trail near Mountain View. As a refresher, it is 14 miles long and starts at Allison near where the Sylamore Creek runs into the White River. There are three National Forest Campgrounds on the trail: Blanchard Springs, Gunner Pool and Barkshed. Perfect aid stations for a race or trail run. A week before the race there were heavy snows in the area. (24 inches in Mountain Home) Race day started with the ground still ice and snow covered, but a warm 50 plus degrees. At the start of the race I took off with the leaders and was actually the first to leave the blacktop. I wanted to see the leaders cross the Sylamore Creek. Race Director and front runner Bill Laster waded the creek and took a few extra minutes securing a rope to the far bank. He was then off to the trail. The course climbs out of the Sylamore and follows the mountainous, rugged terrain for 14 miles. Surprisingly the footing was generally good despite being snow covered in places and boggy to wet in others. Once you got used to it, the running was not too bad. The scenery takes a back seat to no place. There were huge overhangs of ice. I heard them crashing down the whole way. Luckily they seemed to be falling in other places. The melting snow created plenty of waterfalls in the normally dry bluffs.

I don't have a full race account to give you yet but once Laster took to the trail he made up ground on the leaders and quickly took command.

He was the first to the turnaround and when I met him on the return (18 miles) he lead a string of runners with about 2-3 minutes between them. The first behind Laster was Mike Heald (a 75 mile 12 hour track runner), Bill Maxwell and Dave Cawein. At the trail end and Cawein had made up the distance on Heald and Maxwell to finish second.

Donna P. Duerr was the first female on the trail but took a wrong turn early on. This left Gayle B. Bradford and Lou Peyton to share the lead. Bradford was the first into the turnaround point and looked like a winner. However a sore knee held her back and with disappointment she withdrew from the race. This left Peyton to team with Dianne Bell, a newcomer to ultrarunning. There is a reason Peyton is called "Old Gristle". She steadily moved along and pulled away when Dianne had a sinking spell at about 20 miles. Donna P. Duerr ran a negative split and passed 13 runners on the way back but was not quiet fast enough to makeup the distance on Peyton who finished in 7:05. This was a good one.

#### SYLAMORE TRAIL 50K

1. Bill Laster	5:09	20. Tim Biggs	7:09
2. David Cawein	5:23	21. Charles Peyton	7:10
3. Bill Maxwell	5:33	22. Donna Duerr	7:13
4. Stuart Johnson	5:34	23. Mara Cawein	7:20
5. Mike Heald	5:43	24. Ken Millar	7:21
6. Joel Guyer	5:44	25. Steve Hoffman	7:23
7. Tim Ruth	5:47	26. Dianne Bell	7:23

8. Jack Evans	5:48	27. John Baker	7:23
9. Charlie Smith	5:51	28. Les Hall	7:35
10. Jim Sweatt	5:58	29. James Hicks	7:35
11. Dale Powell	6:05	30. Michael Zawada	7:36
12. Ray Bailey	6:07	31. Jean Cockcroft	7:36
13. Troy Delk	6:10	32. Bill Sims	7:38
14. Nick Williams	6:35	33. Tom Tucker	7:50
15. John Renick	6:46	34. Yvonne Thompson	7:56
16. Lee Hess	6:50	35. Steve Eubanks	8:03
17. Gary Welchman	7:02	36. Ralph Hoffman	8:13
18. Lou Peyton	7:05	37. Ann Moore	8:59
19. Pat Meier	7:09	38. Buddy Adcock	8:59

## ULTRA TRAIL SERIES

U.T.S., #6-*The Great Wall of China*, 20 miles, February 6th. I tell you this run keeps getting better with age. It combines the right amount of hills to show your strength plus long stretches of relatively flat dirt roads to show off your speed. Normally we don't like to have a series race three times in a row for fear that boredom will set in. A little variety even in ultra running helps to keep the sparks burning. The point leaders John Gross, Frank Rivers and Senior John Baker took the day off along with female open leader Nancy Cunningham. This opened the door for several new comers to earn those big points. Lesa Allen was the first female to finish. Ray Bailey and David Allen have returned to form to lead the men to the finish. We can just about close out the female masters and senior category as Gayle Bradford and Ann Moore seemed to earn big points every time out. Get the plaques ready, Harley!

## GREAT WALL OF CHINA 20 MILE

1. Ray Bailey	2:18:20	21. Charley Peyton	3:16:00
2. David Allen	2:22:04	22. Lou Peyton	3:20:20
3. John Riley	2:29:00	23. Jim Hays	3:24:18
4. David Cawein	2:29:57	24. Mara Cawein	3:27:30
5. Tom Zaloudek	2:35:28	25. Larry Matthews	3:27:30
6. Robert Meech	2:36:25	26. Cathy Holland	3:28:52
7. Steve Graham	2:38:35	27. Gayle Bradford	3:28:52
8. Robert Morgan	2:46:26	28. Steve Eubanks	3:35:18
9. Troy Delk	2:46:30	29. Jean Cockcroft	3:35:18
10. John Renick	2:51:50	30. James Hicks	3:35:18
11. Jim Sweatt	2:57:44	31. Don Lukas	3:35:18
12. Ken Millar	2:59:35	32. Kimberly Pavelko	3:48:27
13. Pete Ireland	3:03:50	33. Tom Tucker	3:56:00
14. David Samuel	3:08:09	34. Yvonne Thompson	3:56:00
15. Nick Williams	3:08:50	35. Bob Horner	4:01:34
16. Tim Biggs	3:09:50	36. Ann Moore	4:01:34
17. Lesa Allen	3:11:06	37. Sandi Venable	4:23:16
18. Ron Hale	3:12:58	38. Rosemary Haluszka	4:23:23
19. P. Brockinton	3:13:02	39. Karen Teague	4:24:22
20. Dianne Bell	3:15:00	40. Sharon Williams	4:30:00
		41. Ralph Hoffman	4:30:00
		42. Corky Binz	4:43:00

# THE INSIDE by Harley

A SATIRICAL LOOK AT ARKANSAS ULTRA RUNNERS



NATIONAL TRAILS DAY/JUNE 5TH. 1993  
BRUSHHEAP MTN. TRAIL RUN. ALBERT PIKE RECREATION AREA (6 MILES  
NORTH OF LANGLEY, ARKANSAS) CHALLENGE THE TRAILS ALONG THE LITTLE  
MISSOURI RIVER AND OVER THE ATHENS-BIGFORK HISTORIC POSTAL  
SERVICE TRAIL. 8:00 a.m. NO FEE  
CONTACT DAVID SAMUEL (AURA) AT (H) 767-1591/(W) 356-4186

## CREWING A MULTIDAY TRAIL RUN-BIGSHOT

On December 30th, five runners set off on a rainy, foggy morning in an attempt to run the 165 mile Ozark Highland Trail in four days. The Ozark Highland Trail is located in the Ozark National Forest in northwest Arkansas. The following account is from a crew perspective. Hopefully, runners attempting similar adventures might learn from my experiences.

I don't say too much about the Ozark Highland Trail Crossing. When I do, the question is always asked, "How far did you run, Charley"? I say, "I didn't run a step, I was the crew". The questioner then says, "Oh", and changes the subject. I think to myself, "you probably never needed a crew".

Let's start at the beginning and I'll give you the lowdown on crewing for the 165 mile crossing of the Ozark Highland Trail to be called the O.H.T., hereafter.

We, Jim Schuler (running friend from Morrilton, Arkansas), Lou Peyton(my wife) and I, drove to the O.H.T. trailhead on Tuesday, December 29th, and spent the night in the Lake Fort Smith State Park, CABIN #4. Tuesday night was spent eating and planning our meeting points and route for the next day. We had trail maps that showed the forest service roads and trail intersections that the crews would be driving to.

Waking to a light rain, the runners and crews began to assemble for the planned 7:00 a.m. shove-off. The other crews were Chuck Desjardin for Ivy Harrison and Bob Franklin and Christine Hauser for her husband, Simon. All from Little Rock; all worthy AURA members.

After the start, we cranked up the vehicles and convoyed to meet the runners 6.4 miles in. Although clearly shown on the map we could not find the forest service road. After spending an hour or more looking we gave up and headed for the Dockers Gap Trailhead at 10.4 miles. I just got out my sweets and cookies as the runners arrived.

From that point on, we found all the trail intersections without too much difficulty. But because of that first experience in being unable to find the aid point, the rest of the journey remained somewhat stressful. **Lesson #1 - Don't assume that a road on the map will necessarily be there and, if it is there, it will be marked.** The forest roads as a rule were well maintained. However, rainfall and hunting traffic in some places "churned up the mud", so to speak. **Lesson #2 - I could not have made it in my Honda** A four wheel drive wasn't necessary but a high riding pick-up was.

At 22 miles we had our first casualty. Bob Franklin dropped out. He made a good try but he had been running a fever from the start. He now assisted Chuck with crewing for Ivy. Day one ended at 40.5 miles near the community of Cass and a restful night in a church parsonage. **Lesson #3 - A little pre-planning and calling around can reduce your expenses.** We found that the small communities would offer you a place **to spend the night if you only asked.** Jim was our master planner

Day two began a rainy, balmy, 62 degrees. By the time we drove to our start, however, the weather had changed and the temperature began to drop. It would be bitter cold by the afternoon. **Lesson #4. Don't assume the weather will stay like you like it.** I was cold all

day. Water jugs were freezing and the runners switched from sweets and cookies to hot soup and peanut butter or turkey sandwiches. I will have insulated boots next time as my Nikes felt like ice on my feet. Day two ended on a cold ridge called MoonHull Mountain at mile 78.3. The runners covered 37.8 miles. They were 7.7 miles behind in the planned four day O.H.T. Crossing schedule. We had planned to be at Ozone Trailhead, mile 85.6, at the finish of the second day. Leaving Moonhull Mountain, we spent the night in a Volunteer Fire Department building at Oark. The crew (me) prepared the dinner. **Lesson #5-Pre-cook all of your food so that when you finish for the day, all that has to be done is a warm-up.** Also, use paper plates. Even though pots and pans had to be washed, the less washing the better. This was opposed to the runner's philosophy that since I have to wash anyway, let's eat off the blue camp plates. As you can tell by day two, the crew asserts himself.

Day three begins very cold. I resolve not to get cold today and pile on the warm clothing. Since the run was cut short yesterday, Jim is worried that they would have to pass through the Hurricane Creek Wilderness Area at night without crew support. A distance of 17.5 miles. Later during the day, I volunteer to find the abandoned trailhead of Chancel, 10.9 miles into the wilderness area. Using a map, I drive about 30 miles and finally locate the area situated in a deep hollow twelve miles from pavement. **Lesson #6-Get good maps.** The topo maps are good for runners but crews needed topo's plus National Forest road maps and a State Highway map.

After finding Chancel, I got panicky. I'd driven too many miles and am supposed to meet Jim and Lou at Big Piney Campground, a good thirty miles away. **Lesson #7-Keep a full tank of gas.** The big Ford I drove kept a full tank of gas forever and then the gas gauge dropped to a quarter tank in the blink of an eye. I headed for the highway. All of the stores I passed, and there were few, were closed (it's New Year's Day). Luckily, I find the store at Deer, Arkansas, open and fill up. From there it's a rush to the Big Piney. **Lesson #8-Nothing is more important than driving safely.** The runners can't go on without the crew. I probably drove too fast but arrived at Big Piney campground just before the runners. I told them the good news about Chancel 10.9 miles away. They trudge off into the Hurricane Creek Wilderness area. The crews close rank and head north to Chancel with me in the lead. Arriving at the Chancel Trailhead at dusk, I built a fire and am treated like a hero by my fellow crew members. Day three ends with 116.7 miles accumulated and 38.4 miles for the day. We all stay the night at the Piney Inn Bed and Breakfast at Deer.

Day four is suppose to be our last day. A planned 46 miles. The day starts uneventful as we crew the runners every four miles or so. Then it appears that the runners will not have crew access for 8.4 miles. But since the road is reasonable, we press on but come to an abrupt halt at a mud puddle when the road turns impassable going up the mountainside. Let me help you visualize the situation. Beyond the mud puddle was a house. It would be too kind to call it a cabin. It was a shanty. A shack! Rusted out cars, garbage scattered about. Old stoves and refrigerators laying on their sides, and the animals. Cats everywhere. There must have been at least six dogs barking and running about. There was a half grown Dalmation pup tied up and barking. Some of the dogs looked deformed. One had a large white



eye, one carried its hind leg hiked up and one had a normal body but a small, skinny head. In the chicken coop was this Tom turkey in full strut parading around. With all the dogs barking the front door opened and this mountain man appeared. He had a cat in one arm and what looked like books in the other. Although close by, he never acknowledged our presence. I had a eery feeling about the situation. Good ole Bob volunteered to take his 4 x 4 up the mountain and crew the runners. The rest of us left the area and headed for the Ben Hurr Trailhead at mile 135.6. Before the runners arrived Bob and Chuck drove up with Ivy in the cab. My thoughts returned to that eery feeling I had had. After running strongly for 130.7 miles, Ivy's knees became too painful to go on and she retired. **Lesson #9 - Multi-day trail runs are difficult and not everyone will finish.** With a sense of loss, I watched them drive off for Little Rock.

Day four and on a cold, foggy knob of a place called Stack Rock Trailhead at 151.8 miles, the runners decide to retire for the day. It was about 8:30 P.M. and they had been running 13:20 hours. **Lesson #10 Be flexible.** A four day crossing was our plan. A fifth day was required. We all had allotted an extra day in case of the unexpected. As it turned out it would have been impossible to continue in the dark. We pile into the truck and drive 27 miles to the Mocking Bird Motel south of Jasper on Highway 7.

A 9:00 a.m. start begins day five. 13.2 miles to the finish. Our first crew stop is planned at 9.2 miles. But due to high water at Richland Creek, we can't ford. I wade the creek and hike the aid in. Only one more stop, the finish at Wollum, Arkansas, seven miles west of St. Joe on Hwy 65. **Lesson #11 Don't drive in gravel.** In my haste to reach the trailhead I drove off onto the gravel bar at the Buffalo River overlooking the finish. The rear wheels buried. All this way to get stuck at the end. Christine saves the day by producing a rope and pulls me free. I didn't want the runners to see me like that. At 1:30 p.m. the runners appear at the Wollum Trailhead, mile 165. Hooray! They clasp hands and ford the Buffalo River and, after a quick change of clothes, we head for Little Rock.

**Lesson #12 - to finish a run like this a little luck is in order.** As they crossed the Buffalo River, the river guage St. Joe read 6 feet. The next day the gauge read 26 feet and near flood stage. Cold, heavy rains had moved through the area. We were lucky.

#### MILEAGE AND RUNNING TIME

December 30, '92	-	40.5 miles	-	12:08 hours
December 31, '92	-	37.8 miles	-	12:00 hours
January 1, '93	-	38.4 miles	-	12:59 hours
January 2, '93	-	34.1 miles	-	13:20 hours
January 3, '93	-	13.2 miles	-	4:30 hours



# March 1993 AURA



SUN MON TUE WED THU FRI SAT

	1	2	3	4	5 <i>UTS #7-THE SPRING CLASSIC</i> <i>ARKANSAS MARATHON</i>	6
7	8	9	10	11	12	13 <i>THE WOMEN'S RUN</i>
14	15	16	17	18	19 <i>CROSS TIMBERS 50 MILE</i>	20
21	22	23	24	25	26 <i>MISSISSIPPI 50 MILER</i>	27
28	29	30	31			

UTS #7 DIRECTIONS:  
 Follow Hwy 10 34 miles to  
 Lake Sylvia parking area.  
 7:00 A.M. start.