

# THE ARKANSAS ULTRA RUNNER

July 1994

*A Newsletter for The Arkansas Ultra Running Association*  
Volume Five, Seventh Edition

MESSAGE FROM THE BIGSHOT-Harley wants to thank each of you who helped make the Lou Peyton Birthday Run an enjoyable success. Especially, Debbie, Eric and Andrea Desjardin and Andrea Dillard who provided the midpoint aidstation(7.5 miles and 23.5 miles) and Linda Stribling who helped Lou and I at the turnaround point. Just thinking out loud, I think we've found a nitch with this nighttime run. After every good one I get to thinking if.....next year. How does the *Arkansas Midnight 50 Km Mountain Run* sound to you?

Tony and Irene Johnson have given me their new address. I am sharing it with you so that you can send them your race results. If you have given me them with in the last two months, I have given them already to Tony.

Tony Johnson  
1412 S. Harrison  
Little Rock, Arkansas 72204

As of July 26th, the AURA is classified as an international running association. Simon Hauser has been appointed our official European representative. He will assume his new post immediately upon reaching Switzerland. All kidding aside, we wish Simon, Chris and Amy the best of everything as they return home. "*Hey BigShot, does this mean that the AURA is franchising?*" Now there you go again, Harley. Always scheming to make a buck. It simply means that Simon has returned home to Switzerland. They promised to keep us posted on their activities and hopefully return so Simon can run the "*Traveller*" again.

For those of you who are working an aid station, running or pacing in the AT-100, put on your calender the HEART O'TRAVELLER LABOR DAY WEEKEND. We will have two training runs. On Saturday, September the 3rd, we will do the Winona Run approximately 24 miles starting at 6:00 a.m. from the Lake Winona spillway. On Labor Day we do the Smith Mountain Run approximately 20 miles starting from FSR 114 and FSR 2 at 6:00 a.m. I will set out water and flag the course. We hope to do some serious camping at Lake Sylvia. We have had some inquires from out of state runners who have entered the AT-100 and want to come up and train on the course with us. You can bet on the AURA doing it right with a couple of water melons or a pancake breakfast around the campsite. If you need more information call me at 501-225-6609

On August 13th we will start the 1995 Ultra Trail Series with the Flatside Pinnacle Run. The route will be the Ouachita Trail out and back from the Lake Sylvia TrailHead parking lot. Distance 19-20 miles with a special twist coming at the turnaround. Starting time is 7:00 A.M. About three weeks before the AT-100 we will have UTS #2, the Winona loop, approx 23-24 miles. This year the series will include the AT-100, the Ouachita Trail 50 plus some of our states 50 K's. We will have some of the shorter races, too, however with the

loss of some of our prime running areas to the hunting camps, we have had to adapt. The concluding run of the series will be the Arkansas Midnight 50 km Mountain Run in July. The big change in the series will be the registration form and a new method for scoring points. A complete explanation of the new system can be found under the ULTRA TRAIL SERIES UPDATE later in the AUR.

## ULTRA PROFILE—Dianne Bell, 1994 Queen of the Trail.

*Dianne, you are the Queen of the Trail in the 1994 Ultra Trail Series and completed lots of ultra races and runs this past year. Of the Arkansas Traveller 100, Ultra Trail Series, Ouachita Trail 50, Sunmart 50, White Rock Mountain 50Km, Sylamore 50 Km Clear Springs 50 Km, etc. What was your most enjoyable running experience in the past year?*

They were all enjoyable, but I have to say that the AT-100 was at the top because it lasted the longest. Finishing it was an incredibly overwhelming accomplishment that I had worked hard for.

*Your most prized running possession is.....My shoes(with orthotics) and my water bottle. Two in one!*

*The best ultra running advice that I have received is....."Do your best" and "You can walk some.....expecially hills."*

*Tell us a typical training week to prepare for a "big" ultra. Running about 65 mile weeks that includes some hill work and eating and sleeping right.*

*I understand that you are a practicing vegetarian. How does it impact your running? I believe I have the strength and endurance without eating meat. I do occasionally eat dairy products so I am not a strict vegetarian. I have the belief that it can be better for our cardiovascular system as well as other systems in our body with this diet. Dr. Ornish is one of my gurus.*

*What would be your ideal racing weight????????? At least 15 lbs less!*

*My idea of a perfect running camp is.....At least 5 days of running long runs(15-20) with hills and crashing the rest of the day to talk about running and other hobbies.*

*Before I started running, I used to.....Get lots of headaches and weigh more.*

*My biggest ultra strength is.....endurance!*

*If you could change anything, what would it be.....Have more time to run and get the forest service roads back to run on.*

*My Ultra goal include.....The 1994 Arkansas Traveller 100 and someday Leadville and Hardrock.*

Tell us some of the Ultra Runners you admire.....This includes a very long list because it is everyone in the AURA that I know. All of these people have encouraged me, with very ordinary ability, to do out of the ordinary things. Lou Peyton, The Bigshot, Steve Eubanks, Charley Peyton, Nick Williams, Jimmy Sweatt, Ann Moore, Gail Bradford, Donna Duerr, Kim Pavelko, Suzi Thibeault and Ann Trason-----to name just a few.

## ULTRA CORNER

### HARDROCK 100

JULY 8-9-10

Do you like to:

1. Glissade - Intentionally slide down a steep snow field-standing: using your feet like skis or sitting and sliding on your butt (long pants recommended).
2. Climb with attached rope straight up or down a mountainside of deep snow.
3. Transverse a trail that in a couple of spots is 6 inches wide.
4. Walk across a log crossing a stream 100 feet wide over rushing cold water.
5. Climb six mountains over 13,000 feet. A total of 11 climbs over 12,100 feet.
6. Cross scree-talus (loose rocks and dirt on steep mountainsides.)
7. Cross snow fields.
8. Spend two days and two nights with wet feet. There is no need to change socks because you would cross another stream or river soon.

As for me I don't enjoy any of the above. That is not my kind of running. I like forest service roads. The Arkansas Traveller course, the Vermont 100 Miler, the Rocky Raccoon 100 all have runnable surfaces. So why would I ever go to the Hardrock 100 Miler that starts and ends at Silverton, Colorado, and goes over mountain passes and into the towns of Telluride and Ouray. Most of my running adventures have been prompted by Max Hooper and this was no exception. After talking to Max about this race I got excitement flowing that I couldn't tame. I had to go anyway I could and do whatever it took to get a chance at completing this race.

Steve Tilley and Larry Mabry helped get me and my camping gear (lots of it) to Colorado. We arrived early Friday morning and climbed Handies Peak, 14,000. On Saturday we climbed Red Cloud Mountain, 14,000, and a twin peak, Sunshine. Larry and I got caught in a hail and lightening storm. We cowered against the side of Red Cloud and prayed for a safe decent. After this acclimating we drove to Ouray where the Arkies and all of the runners in the race gathered to train at altitude, to visit and to generally get psyched for the race. Five days of this preparation and we all moved to Silverton for the pre-race activities. At the start of the Hardrock there were 80 registered runners, 73 starters, 38 finishers.

Ann and Mitchell Moore were my pacer and support. Nick Williams had his wife, Ms. Scarlett, and Jim Sweatt was his pacer. Steve Tilley had Larry Mabry, Phil Cohn and Barrett Tilley. Bill Laster had T-Bear to assist him.

Our weather was good. No rain or storms but real warm and bright

sun both days. Night time was a cool 40 but again no rain. As one runner told Suzi Thibeault and me during the race. "This is a terrible race course but incredibly beautiful". At the top of each mountain I felt I was on top of the earth but I knew what went up so sharply must descend the same and it did. Mountain climbers and strong walkers do well with the course. I enjoyed the camaraderie of the event. I enjoyed being part of an action packed week and a half. The race was won by Scott Hirst 32:00:15 from Aurora, Co. and female winner was Margaret Smith 38:43. Arkie finishers were Steve Tilley 43:41:47; Nick Williams 46:49:10. Lou Peyton and Suzi Thibeault got to 90 miles/40 hours of forward motion.

What does it take to finish the Hardrock 100? At 70 miles, the Sherman Aid Station, my feet hurt so badly. I talked to Suzi about how bad my body felt. She assured me that her feet were just as bad. I made the decision to go on because I had given in to my feet at Barkley after completing two loops in April. At the next aid station, Pole Creek (80 miles), I asked the Medical Attendant to look at my feet. The Attendant applied Compede that Annie carried and taped my feet and she assured me that no permanent damage would be done and that my feet were not the worst she had seen. My feet felt immediately better, so off Annie and I went. We caught back up to Nick, Jim Sweatt, Suzi, and Kathy, Martyn Greaves and Uerick Kahn (race walker). They were surprised to see us but races are full of surprises. I was damned and determined to keep up this time. My feet would just have to keep working. Annie decided to stop at mile 85 giving her 26 miles. She sent me off with her clean gloves and gortex mittens and words of finishing. At 89 miles I thought we had the race in the bag. I was with Suzi and her pacer Kathy at 89 miles at 11 p.m. the second night into the run when Suzi's physical condition fell apart. She was spastic. I was so tired that I caved in mentally. I didn't care. Now two days later I regret that decision but what is done is done. It was a difficult course. The most rugged, energy sucking course I've ever been on. I hope to go back next year. It was not my kind of race but I wanted to finish and I still do. P.S. I had 7 hours to cover the last 10 miles. YUCK, How did I stop.

**Ann Moore adds:** Ann felt okay with the race, at least what she saw of it. Ann stated that nothing she did was dangerous. She had no fear for her life. She added "If you have acrophobia the sheer steepness and roughness could be a problem". Ann ran from Grouse Gulch mile 59.4 to Pole Creek mile 78.4. Thanks Annie for your company and cheerfulness.

### ***THE LOU PEYTON MIDNIGHT 50Km BIRTHDAY RUN-*** July 16th, 1994

(The following account will appear in *UltraRunning* magazine.)

It happens! The legend of Arkansas road and ultra running reached another milestone. Lou Peyton, AKA the Ole Gristle, turned 50 years old on July 22nd.

What better way to celebrate a birthday than to have a race in your honor. The run began at 8:00 P.M. to avoid the Arkansas heat and summer deerflys. The route was out and back on the well groomed

surface of the mountainous Winona Forest Drive.

With a rising moon in the background, one of Arkansas's premier ultra runners, Raymond Bailey, ran the race as a tune up for the Leadville 100. He reached the turnaround in 2:10 where Lou was serving her birthday cake. Lou had opted not to run her race having just returned from a "near finish" at the Hardrock 100. Raymond then produced a negative split to finish in 4:19:28. Kim Pavelko of Conway, Arkansas, has had difficulty with nighttime running in the past. The darkness of the Ouachita National Forest can be spooky. There are lots of things that crawl out onto the roads when darkness falls. Some runners chose to run with a light to avoid them; some chose to run without a light so they couldn't see them. This night, however, belonged to Pavelko. Assisted by her husband, Ricky, Kim focused herself to finish first female and fifth overall.

The race was so much fun that we will do it again next year. Look for it in Ultra running---The Arkansas Midnight 50Km Mountain Run.

**Ethan Busby adds:** Going over the upcoming running events in the RUNAROUND Newsletter of the Arkansas Road Runners, I saw this ultra 31 mile run listed to celebrate Lou Peyton's 50th Birthday. It just reached me at the time I found myself in one of my rare unconquering moods, so I thought to myself, I'd do it for Lou!

This article is bring a bit of advice for the rest of you out there that are contemplating entering into this phase of your running career. So listed below are some things not to assume, and advise on entering your first Ultra.

**DO NOT ASSUME:**

That just because an event is being put on to celebrate someone's Birthday, that it's going to be staged on an easy course.

That since there is water every 3 to 3.5 miles, it won't be necessary to carry a water bottle.

That once you've run 30 marathons, by easing up on your pace, that a 31 mile run would be "a piece of cake".

That just because you were asked to bring a flashlight, you probably would not need it, since you've run many times at night without one.

That you're going to be a shining example of the runner for all distances.

Anyway, here is a brief description of my first misadventure into this sport that practically calls for a death wish personality to enter.

I got to Lake Sylvia camping area close to an hour before the event was to start and mingled with a small crowd including Charley and Lou Peyton. I felt like a celebrity when Lou asked me to have my picture taken with her, thing "geese" in the company of a big time ultra runner.

As we finally got underway, my first assumption fell which was "the course is probably not all that bad".

The next thing I thought about as we ascended a 1.4 mile hill which took 20 minutes that it wouldn't take me that long to come down it. "Wrong", it took me 2 minutes longer to descend.

It was about the 4th water stop, that I started to have second thoughts about the necessity of carrying water. You see with terrain

that reminds you of Mount Fugi, it takes a tad longer than the 30 minutes I had allocated to get from one water stop to the other.

At the turnaround, it starting dawning on me that I already felt worse, than I felt at most marathons even at the 20 mile mark.

It was between the 1st and second pit stop on the way back that I started realizing the seriousness of my predicament. I'm still wondering, what might have happened to me, had it not been for the "sweet and wonderful" support people that came along and furnished me with a water bottle to help get me in.

Finally after about 3.5 hours, from the halfway point I was able to see the lights, designating the finish line.

My total time out on the dark (and brother it don't get any darker) back dirt roads was 6:04:09, which brought me to the finish in 9th place overall, and, Yes Farron there was more than 10 people in the event.

I may still survive this ordeal, and if I do I just hope to be able to try it again in order to redeem myself.

MY FINAL BIT OF ADVISE: BE LIKE MIKE!

When you get to the event, do just exactly what the Veteran Ultra Runners' there do. If they have an overcoat draped over their arm, start looking for an overcoat, etc. Most important of all is, Don't go to your first Ultra unless it's run by Charley and Lou Peyton.

ANYWAY, HAPPY BIRTHDAY LOU!!

### Results

1. Ray Bailey	4:19:28
2. Mule Martin	4:35:35
3. Ricky Williams	4:37:13
4. Randy Davidson	4:56:39
5. Kimberly Pavelko (1st)	5:15:42
6. John Renick	5:38:34
7. Ivy Franklin (2nd)	5:45:03
8. Pete Ireland	6:01:46
9. Ethan Busby	6:04:09
10. Chuck Desjardin	6:12:34
11. Sandy Venable (3rd)	6:18:10
12. Irene Johnson (4th)	6:28:00
13. Steve Eubanks	6:38:46
14. Bob Horner	6:41:44
15. Don Price	6:41:44
16. Mary Clendaniel (5th)	6:56:00
17. Ann Moore (6th)	7:13:27

## ULTRA TRAIL SERIES

The 1995 UTS will offer several changes. We will remain low key and charge no fees. But we will have a registration form which will consist of your name, age and the date. Our rules are few. They are:

1. Sign up for the series before or after a race or before the next race starts. I call this the "No retroactivity rule." Of course if you decide you want to run the races but not join the series you will

still receive your points but you won't be in the running for King/Queen of the Trail.

2. There will be a "throw out" run. In other words if we have 10 races in the series, your poorest performance will not be counted.
3. New method of scoring. See the example below. If there are 13 runners in a race, the first finisher(male) will receive 13 points plus the bonus. The last runner will receive one point and no bonus. Men will be separated from female in the scoring.
4. The judgement of Nick and Harley is final!

Men**	Points	Bonus Points	Total
1. AURA #13	13	50***	63
2. John Gross	12	40	52
3. Joey Buffifucco	11	30	
4. Jimmy Carter	10	25	
5. Bob Plunkit	9	20	
6. Prince Charles	8	15	
7. Charles Elvis Peyton	7	10	17
8. S. Goldstein	6	7	
9. BigShot	5	5	10
10. Tom Brokow	4	3	7
11. Peter Rabbit	3		3
12. Tommy Robinson	2		2
13. Rush Limbaugh	1		

\*\*--Same system for the women.

\*\*\*-BOLD-Indicates an Ultra Trail Series entrants.

### AURA's Slow Runner Attitude Inventory (Answer for bonus points)

- Runners are slow because they are weak and don't train. T or F(circle)
- Slow runners are generally happy and laugh alot. T or F
- Slow runners often don't get aid. T or F
- Slow runners never hurt or feel bad. T or F
- There are more slow runners than fast runners. T or F
- Most fast runners think they are slow. T or F
- Slow runners have a life. T or F
- Slow runners make better race workers. T or F
- I am a slow runner. T or F

### ARKANSAS TRAVELLER UPDATE

Plans for the Arkansas Traveller 100 continue to plod along. At the present time (7-25-94) we have 47 entrants from 17 states and Canada. Texas leads with the largest number of entrants followed by California. The response to the volunteer call has really been good. Some aid station workers have had to decline and we will miss them. I am confident that others will step forward. Lou is in charge of the solicitation of workers. If you or you know of anyone who wishes to help, give her a call. Next week the First of three volunteer

newsletters will be sent out. A special treat awaits you.

Now for your edification, here is the unofficial listing of the Arkansans who have completed a 100 mile trail or "off road" race. If I have missed your time, date or race, please let me know about it. I would like to make it official. Now.....is anyone interested in compiling a list of the 50 mile finishers?

### Rocky Raccoon 100

Bob Marston(93)	23:38:44
Bob Marston(94)	24:15:36
<u>Irene Johnson(94)</u>	<u>24:19:00</u>
Charley Peyton(94)	27:10:00
<u>Lou D. Peyton(94)</u>	<u>27:10:02</u>

### Leadville 100

Stephen Tucker(89)	21:32:45
Ray Bailey(92)	22:39:29
Bill Laster(90)	22:43:35
Bill Laster(91)	22:55:45
Bill Colfelt(90)	24:43:11
Bill Laster(92)	25:22:15
Bill Laster(88)	26:07:54
Larry Mabry(91)	27:27:
Nick Williams(88)	28:31:37
Max Hooper(88)	28:31:40
Larry Mabry(88)	28:37:24
Larry Mabry(92)	28:40:12
Mike Heald(92)	28:40:13
Larry Mabry(89)	28:47:38
<u>Lou D. Peyton(88)</u>	<u>28:48:44</u>
<u>Lou D. Peyton(89)</u>	<u>28:58:34</u>
Max Hooper(89)	29:11:34
Tom Holland(93)	29:44:36

### Western States 100

Stephen Tucker(88)	20:26:05
Bill Maxwell(91)	23:48:41
Bill Colfelt(88)	24:28:03
Max Hooper(88)	25:22:49
Larry Mabry(90)	26:37:07
Larry Mabry(89)	27:06:31
Nick Williams(91)	27:33:45
Max Hooper(86)	28:13:13
Max Hooper(89)	28:20:57
<u>Lou D. Peyton(89)</u>	<u>28:29:52</u>
Bob Marston(93)	29:34:18
Bob Marston(94)	29:45:02

NOTE: AURA'S BOB MARSTON SUCCESSFULLY THE 1994 WESTERN STATES 100.



### Vermont 100\*

<u>Lou D. Peyton(90)</u>	21:17:03
William Gilli(90)	23:34:53
<u>Lou D. Peyton(89)</u>	24:23:20
Max Hooper(89)	25:54:50
Larry Mabry(89)	25:54:50
Bob Marston(92)	28:11:58
Nick Williams(90)	28:15:35

\* I do not have results of the 1991 Vermont. Can anyone help out? It is probably in the October 1991 issue of UltraRunning. This is the issue with AURA's Joel Guyer on the cover running through a burnt out section on the Elkhorn 100km in Montana. The burnt out forest makes Joel look exceptionally strideful.

### Old Dominion 100

Stephen Tucker(87)	18:59:40
Max Hooper(87)	25:30:58
Max Hooper(88)	28:40:05
<u>Lou D. Peyton(87)</u>	29:20:02
Nick Williams(87)	29:20:02
Dan Bartell(87)	29:48:44

### Wasatch 100

Williams Gilli(89)	32:43:37
Max Hooper(89)	34:01:17
Nick Williams(89)	34:01:17
Larry Mabry(89)	34:12:27
<u>Lou D. Peyton(89)</u>	35:14:39

### Angeles Crest 100\*

William Gilli(89)	29:39:44
Max Hooper(89)	30:42:51
<u>Lou D. Peyton(89)</u>	31:15:36

\* I do not have the 1990 Angeles Crest results. Can anyone help?

### Mohican Mania 100

Bill Maxwell(90)	23:07:
Dave Cawein(90)	23:24:

### Hardrock 100

Nick Williams(93)	41:26:
Dr. Feelgood(94)	43:41:47
Nick Williams(94)	46:49:10

NOTE: DR. FEELGOOD AND NICK WILLIAMS FINISHED THE 1994 HARDROCK 100!

## Mardi Gras Ultra Distance Classic

Joel Guyer(91) 20:03:56

The following is a list of all Arkansans and/or active AURA members who have completed the *Arkansas Traveller 100 Mile Endurance Run*

David Horton(91)	17:19:28		
David Horton(93)	17:30:39		
David Horton(92)	18:46:47		
Ray Bailey(93)	18:50:37		
Bill Maxwell(91)	18:59:46		
Bill Maxwell(92)	19:18:01		
Bill Coffelt(91)	19:40:58		
Gene Thibeault(93)	20:32:56		
Dave Cawein(92)	20:51:59		
Dr. Feelgood(93)	21:08:27		
Joel Guyer(91)	21:20:16		
Steve Hyndman(91)	22:04:30		
Joe Fennel(91)	22:05:02		
George McDonald(93)	22:33:06		
Simon Hauser(93)	22:55:08		
John Baker(92)	23:11:12		
Max Welker(93)	23:13:06		
Jim Schuler(91)	23:36:24		
Larry Mabry(93)	23:41:42		
<u>Lou Peyton(93)</u>	<u>23:52:05</u>		
Tom Holland(92)	24:41:24		
Nick Williams(92)	24:59:08		
Suzi Thibeault(91)	25:05:09		
<u>Lou Peyton(92)</u>	<u>25:12:46</u>		
<u>Irene Johnson(92)</u>	<u>25:27:46</u>		
<u>Suzi Thibeault(92)</u>	<u>25:28:29</u>		
<u>CharlotteV. Davis(93)</u>	<u>25:37:37</u>		
Jim Sweatt(92)	26:48:54		
Nick Williams((93)	27:15:47		
<u>Donna P. Duerr(91)</u>	<u>27:31:43</u>		
<u>CharlotteV. Davis(91)</u>	<u>27:35:04</u>		
Bob Horner(92)	27:36:34		
Nick Williams(91)	27:43:50		
Ed Fishman(92)	28:03:04		
James McNair(91)	28:38:36		
<u>Irene Johnson(91)</u>	<u>28:40:16</u>		
Tony Johnson(91)	28:40:16		
Tony Johnson(93)	28:43:58		
<u>Dianne Bell(93)</u>	<u>28:59:41</u>		
Les Hall(91)	29:04:19		
<u>Donna Hardcastle(91)</u>	<u>29:04:20</u>	<u>Donna P. Duerr(92)</u>	<u>29:27:14</u>
Sam Hardcastle(91)	29:04:21	Ed Fishman(93)	29:31:01
<u>Suzi Thibeault(93)</u>	<u>29:07:30</u>	John Salmonson(93)	29:31:01
<u>P.J. Salmonson(93)</u>	<u>29:07:31</u>	<u>Ann M. Moore(92)</u>	<u>29:37:25</u>
<u>Ann M. Moore(93)</u>	<u>29:10:03</u>	Steve Eubanks(93)	29:47:39
Bob Cannata(91)	29:16:32	Bob Cannata(93)	29:51:23



# August 1994 AURA

SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 PIGOUT 5Km MORRILTON
7	8	9	10	11	12 UTS# 3 FLATSIDE MOUNTAIN RUN LAKE SYLVIA-7:00 a.m.	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	HEART O' TRAVELLER WEEKEND OF TRAINING RUNS. SATURDAY SEPT 3rd AND MONDAY LABOR DAY		