

THE ARKANSAS ULTRA RUNNER

July 1994

A Newsletter for The Arkansas Ultra Running Association

Volume Five, Sixth Edition

MESSAGE FROM THE BIGSHOT-LOU PEYTON MIDNIGHT 50K. 8:00 P.M. from the Ouachita Trail parking lot at Lake Sylvia. Out and back on well groomed, forest service roads(The Winona Forest Drive). Water set out about every three miles with a dropbag aid station at the turnaround. No entry; No frills. No gifts. Come and celebrate Lou's 50th birthday. If you are injured, tired or don't have a life and would like to assist with the race, call me when you can. I have openings for sag wagon duty or manning an aid station.

With the start of the 1994 running year, we have had quite a few new runners to join the AURA. Perhaps it is time to give these new fledglings a brief history and the current operation plan of this fine group. It started in February of 1989 as the brainchild of Harley and the BigShot, the bipolar twins. It was a power burst. It was an effort to keep in touch with running mates between the long runs. It started and remains 95% non-sence. The BigShot says its a diary. Your diary! He keeps it for you. Its a way to preserve for prosperity what you did in ultra running. An example is the Ultra Series run called "*The Great Wall of China.*" Years from now when you are old and gray you can open your encyclopedia and show your grandchild a picture of the Great Wall of China and tell them, " I ran that d...ed thing back in '94. As an added bonus you get a membership card with your own personal identification number known only to the BigShot. If we haven't run out of AURA bumper stickers, you'll get one, too. We have no officers and no meetings. Occasionally we get together and meet at a good place to eat and talk about running. Although not required, Harley urges all AURA runners to be a member of and support your local RoadRunner Club. The BigShot envisions himself as one of those TeleEvangelist. Like Jimmy Swaggert or Jim Bakker. They can't marry you or bury you. They can only ask for "help". So, be an active member in a RRCA club and support them with your attendance at monthly meetings, serving as a officer or volunteering for a race. As for as the AURA, just keep the "help" coming. Oh!, One more thing. When you finish that hard ultra race, the BigShot will know about it. Rarely he will invite you to write about it. In all candor he feels that something as important as writing about ultra runs should be left in the hands of the Professional, the Bigshot.

Harley has been doing some serious ultra reading. Three books he has reviewed. The first is entitled *Soul, Sweat and Survival on the Pacific Crest Trail* by Bob Holtel. This book tells of the author's adventures in running the Pacific Crest Trail. If you like reading about hardships and misery on a run, this is your book. My next book *Ten million Steps* written by Paul Reese and Joe Henderson. Its about a 70 year old California runner(Reese) who recovers from cancer and celebrates by running coast to coast(3,192 miles). His goal was to cover a marathon a day. I can identify more with this book than the Pacific Crest Trail. Reese, the author, started the run

with a chronic knee problem but was able to make his goal without any significant problems during and after. He shed some interesting comments about the pains he encountered along the journey. Pains like finishing a day's run with knee pains so bad that he could hardly walk but by next morning, after a night of worry, he felt as good as new. Or, just running along at peace with the world when a sharp knee pain would strike that would almost send him to the pavement. But after a couple of steps, he was okay. He had some interested comments about the different states he ran across. Yes, he did run through Arkansas. After he finished he went to the Hospital for an MRI. The exam determined that he was none the worse for the wear. My last book was called World Walk by Stephen Crain. This was a surprisingly good read about the author's four year walk around the world. Of the three I enjoyed World Walk best of all.

ULTRA PROFILE- Y.T. Thompson

So Y.T.....You really turned some heads at the Sylamore 50K and now the Pennar 40 Miler on June 4th. What was a typical training week like to prepare for these two runs? My training schedule is pretty erratic. I rely on my history to get me through these long runs. But I do try to maintain a solid schedule of 6-8 miles daily Monday thru Thursday, off Friday and a long run on Saturday-10 miles or so with a 20 miler at least once before doing the long run. However, I do spend a lot of hours on the lifecycle at War Memorial Fitness Center. This really helps strengthen my quads.

What about your ultra diet! No!! I do try to stay with a low fat diet during preweek but on weekends I usually pigout on all kinds of bad stuff.

From the rocky, mountainous Sylamore to the flat, fast Pennar. What is your favorite surface to race and train? I like the trails like the Sylamore and would spend more time on them if I could. The flat asphalt surface at Pennar was really monotonous and I don't like the altitude at Pikes Peak although I haven't had any problems with it.

My most prized running possession is----the water bottle with a strap to hold in my hand that Tom Tucker gave me before Pennar. It was a lifesaver for me.

If I could, I'd run like-----I did ten years ago!

Getting back to Pennar, did you meet any fellow AURA mates there? Exa. BigHead! No. It was a small group of people who mostly seemed to know each other and several of them knew Ivy Franklin from the Ultra Races in the area.

How does it feel to have your own AURA Ultra Number? I makes me feel like a REAL ultra runner.

The Pennar is one of the BigShot's favorite races that he's never been to. Hopefully one day we can. Tell us about your experience.

I decided to run Pennar because Ivy Franklin convinced me it was a great race and it seemed like a good excuse to spend a few days in Florida. But when Ivy got sick and had to cancel, I almost changed my mind. But, Tom Tucker wanted to go, so I reluctantly agreed to go with him. My original plan was to run as long as I could and then dropout. When we got to Pensacola and picked up our race packets, I was really surprised at the small number of people registered and they all seemed like experienced ultra runners. The race started at 4:00 A.M. from a parking lot in the middle Pensacola beach. It was dark and humid. Tom and I were the only runners without a support crew. This made me nervous because we had been warned about the heat and cautioned to drink plenty of water to avoid dehydration. I had two water bottles, however, and felt like I could make it okay.

We had been running for about an hour and a half when it began getting light and it seemed to cool off a little bit. Then one of the most beautiful sights of the run occurred. The sun came up bright and clear and there were beaches on both sides of the road. That was when I realized why everyone thinks this is such a great race. The feeling didn't last long as it began to get pretty warm! We were running on the main roads between Pensacola. There were lots of traffic and no shoulder. There were no trees, so it was impossible to get any shade.

I knew I was getting enough water because I was making a pit stop about every 5-6 miles. There was a lot of construction going on the course and portapotties were so plentiful I didn't lose a lot of time looking for a spot which could have been a real problem since there are no trees out on the beach. Water stops were about every 3-6 miles so I never had to worry about getting enough fluids, in fact, I only had to get into my second water bottle out one time. The Turnaround was at the end of the Nauaure(sp) Bridge at about mile 23 and this is the area where the terns nest. We were fortunate that they didn't try to attack us this year, but they did make a lot of noise. I was still feeling pretty good at this point and decided to push on. By 30 miles, my legs were really getting tired, and I was walking more than I was running. But overall I was still in good shape and had plenty of time to make the 10 hour cut off even if I walked the whole distance. I managed to continue running and walking until about mile 34 and just walked in the rest of the distance and finished in 8:50.

Tom Tucker, who had trained better than I had for the run had a great time of 7:30 and was waiting for me at the finish. When the race workers asked me what I needed, I said "I want a beer" which they immediately produced and washed me down with a water hose. That really felt good!! Then we all went to the swimming pool at the motel and afterward had pizza and beer and I was given an award for being the second woman finisher.

This race was very well administered. There were plenty of aid stations and the race workers were extremely friendly and helpful. Will I go back next year? Maybe!! But if I do I'll train more thoroughly.

ULTRA CORNER

Brushheap Mountain Run/June 4th

On June 4th, a goodly number of trail runners went down to the Albert Pike Recreation Area in the Ouachita National Forest near Langley, Arkansas. The occasion was National Trails Day. AURA's David Samuel was one of the organizers of the event which consisted of 1,5,10 and 17.2 mile hikes and runs. The trail runs along side and crosses the Little Missouri River before visiting some pretty impressive mountain climbs. The was a fun weekend of camping and running which I plan to do again next year.*

Brushheap Mountain 17.2 Mile Trail Run

1. Ricky Williams	2:34:48
2. Steve Cole	2:47:26
3. Sam Taggart	3:13:31
4. Kim Pavelko	3:25:26
5. Tab Horn	3:32:00
6. Pete Ireland	3:44:24
7. David Samuel	3:57:03
8. Charley Peyton	4:19:55
9. Steve Eubanks	4:24:42
10. Robert Horner	4:32:34
11. Michael Moulton	5:18:00
12. Shirley Harris	5:41:00
13. Annette Enderlin	5:42:00
14. Tucker Steinmetz	6:03:00

*-Also down on the Albert Pike were Dr. Feelgood, Ann M. Moore, Jim Sweatt, Nick Williams and Lou D. Peyton. These five started two hours early and ran 26 miles of pure trail. Their finishing time was around seven hours plus.

ULTRA TRAIL SERIES

The 1995 Ultra Trail Series will soon be starting up. Mr. Nick and I are proposing a change in the format that we think will significantly improve the series. The changes include having a registration form and a new method of scoring. (also known as "Points")

The registration form will have your name, gender and division. Divisions are the same as previous years: Open, Masters or Seniors. A runner won't have to register to run the series however to receive points they will. We plan on having our usual shorter distance runs and with the registration form we can include the longer races such as the Arkansas Traveller 100, Ouachita Trail 50 Miler and maybe others. All I would need to score the race is a copy of the race results. There would be no additional work on a race director if their race was designated as included in the Trail Series.

The change in the scoring will make it easier for the Bigshot to keep track of the divisions. First, your score will be determined by the number of runners in the race. If there are 25 finishers, the top runner get 25 points and the last runner gets one points. Bonus points will be award to the top five.

In the next issue we will have a complete copy of the series rules.

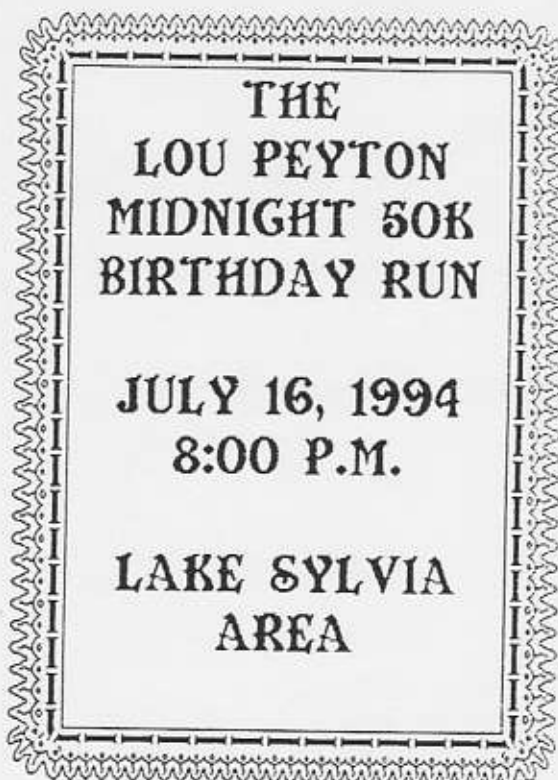
ARKANSAS TRAVELLER UPDATE

If you were a volunteer for the Arkansas Traveller 100 in 1993, you should have received Lou's questionnaire about working the race on October 8th. Every year a couple of aid station workers decide that they want to participate in the race as a runner and although I really hate to lose good workers, we who have completed 100 milers look forward to these first timers taking the challenge. I have to think back sometimes and remember what our goals were when we first organized the Arkansas Traveller 100: 1. Provide a race in Arkansas so that our running friends across the country could come to our state and see the training area that we use and, 2. provide a 100 mile race for our local runners who for whatever reason might not venture to California, Vermont or Colorado for an ultra finish. With that in mind, we take a lot of pride when a volunteer signs his name on the dotted line. But.....workers are what make the race and we would like anyone interested to let us know as soon as possible. I will be promoting this in the months to come but for now call Lou if you want or even know someone who might be interested in working. It is a lot of fun.

Now for your edification, here are the Arkansans who have completed the "Traveller". Next month we will list all the AURA members who have finished the Arkansas Traveller 100 plus all the Arkansans who have completed any 100 miler any where. "*Hey Harley, I bet you start with the Rocky Raccoon*". But of course!

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
Dave Cawein(92)	20:51:59
Dr. Feelgood(93)	21:08:27
Steve Hyndman(91)	22:04:30
Joe Fennell(91)	22:05:02
George McDonald(93)	22:33:06
Simon Hauser(93)	22:55:08
John Baker(92)	23:11:12
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

<u>Lou Peyton(92)</u>	25:12:46
<u>Irene Johnson(92)</u>	25:27:46
<u>CharlotteV. Davis(93)</u>	25:37:37
<u>Jim Sweatt(92)</u>	26:48:54
<u>Nick Williams((93)</u>	27:15:47
<u>Donna P. Duerr(91)</u>	27:31:43
<u>CharlotteV. Davis(91)</u>	27:35:04
<u>Nick Williams(91)</u>	27:43:50
<u>James McNair(91)</u>	28:38:36
<u>Irene Johnson(91)</u>	28:40:16
<u>Tony Johnson(91)</u>	28:40:16
<u>Tony Johnson(93)</u>	28:43:58
<u>Dianne Bell(93)</u>	28:59:41
<u>Les Hall(91)</u>	29:04:19
<u>Donna Hardcastle(91)</u>	29:04:20
<u>Sam Hardcastle(91)</u>	29:04:21
<u>Ann M. Moore(93)</u>	29:10:03
<u>Donna P. Duerr(92)</u>	29:27:14
<u>Ann M. Moore(92)</u>	29:37:25
<u>Steve Eubanks(93)</u>	29:47:39





July 1994 AURA

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3	4	5	6	7	8	9
THE SPORTSTOP FAST 5 K				THE HARDROCK 100		
10	11	12	13	14	15	16
					LOU PEYTON MIDNIGHT 50K	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
					AT-100 TRAINING RUN 6:00 A.M. 17 MILE LOOP LAKE SYLVIA TRAIL PARKING	
31						