

THE ARKANSAS ULTRA RUNNER

June 1994

A Newsletter For The Arkansas Ultra Running Association
Volume Five, Fifth Edition

MESSAGE FROM THE BIGSHOT-The June issue of the AUR is traditionally known as the "points" issue. In this issue you will find the final standings of the 1994 Ultra Trail Series plus the midway tabulations for the RRCA Ultra Runner of the Year. The later is being kept up by AURA's Tony Johnson. Tony and Irene are moving from their home in North Little Rock to a residence in Little Rock. In the interim he has asked that you not mail Ultra results to him. Instead, send them to Charley Peyton, 41 White Oak Lane, Little Rock 72227. By next month they should be moved in and we will publish their new address.

If you missed the awards dinner at Grady's, you missed a fine, ole time. One of my regrets is that when I was handing out awards and recognitions, I failed to mention the recent accomplishments of AURA Alberto Eubanks. Steve should have been given a "Hero Award" for finishing the Ouachita Trail 50 on April 30th and the next week ran a strong Strolling Jim 40.

I was going through my back editions of the AUR. For your enjoyment I have clipped part of the very first issue, February, 1989. It reads as follows:

Ultra Trail News - Harley has had a brainstorm and so has Professor Williams. How does an "Arkansas Trail Series" sound? They are proposing a five race format with points awarded (say to the 1st ten finishers). The runner with the most points will be awarded the title of "King of the Arkansas Trails". If we have women participating it will be "Queen of the Arkansas Trails". The format will be informal meaning no frills. No registration, no fees and basic ade (water). We'll be playing hardball. The runs will be as follows:

1. The Tom @ Harley Loop - 28 mile - formally called the super loop. Now named after the two runners who first conquered it on 1-28-89 - Tom Chapin and Harley.
2. Mobile Marathon - 26 miles.
3. 10 to 9 Run - Lake Maumelle at highway 10 over to highway 9 and back on the Ouachita Trail.
4. The Winona 50K
5. The Pipeline Express - Approx. 12 miles - North Shore landing to Highway 113 and back.

Here are the results of the trail series since that 1889 newsletter.

1990 King of the Trail--Eddie Mulkey
Queen of the Trail--Carroll Mathew
1991 King of the Trail--John Gross
Queen of the Trail--Trish O'Dwyer
1992 King of the Trail--John Gross
Frank Rivers/Masters
Queen of the Trail--Kim Pavelko
Lou Peyton/Masters
1993 King of the Trail--John Gross
Frank Rivers/Masters
Pete Ireland/Seniors
Queen of the Trail--Nancy Cunningham
Gayle B. Bradford/Masters
Ann M. Moore/Seniors
1994 King of the Trail--John Gross
Dr. Feelgood/Masters
Nick Williams/Seniors
Queen of the Trail--Dianne F. Bell
Lou D. Peyton/Masters
Ann M. Moore/Seniors

For you old timers, I have some good news. Well, its one of those good news, bad news situations. The good news is that the Mt Magazine 15K has been resurrected. The bad news is that it is on the same date as the Brushheap Mountain Trail Run, National Trails Day, June 4th. The Mt Magazine run was one of those unique Arkansas road races until it was disbanded about 10 years ago.

Under the "race rumor" category, I heard this day that there is going to be a 12 Hour track run in Conway sometime in June. I don't have any particulars on this as we go to print. Pass the word if you see something.

The next big run after the Brushheap Mtn Run is the Lou Peyton Midnight 50K, July 16th. More on this later but we plan to celebrate Lou's 50th birthday with a 50K run on the forest roads near Lake Sylvia. Same route as the Midnight 60K. Low key approach. Water and dropbags with a good aid station at the turnaround. Next month we will get specific. If you don't want to run but want to help with it, give me a call.

This is your first call on the Arkansas Traveller 100. Planning has been going quietly but smoothly. We have a good supply of entrants. All from out of state. Naturally we will be concentrating on this event more and more in the coming months.

ULTRA CORNER

OUACHITA TRAIL 50 April 30th. Under the direction of Nick Williams, the Ouachita Trail 50 moved to a no fee; no frill format. This year the race attracted 20 runners. Two runners, Teresa Laster and Donna P. Duerr intended to stop at the halfway turnaround. Despite the lack of frills, there was still an ample amount of prerace excitement in the air at the 5:30 a.m. start. There were fast runners, strong runners and those attempting their first 50 on the starting line. At

the 15 mile North Landing Aid Station Bill Laster was the first to arrive followed by AURA's Ray Bailey. Ray was using the race to tune up for the Leadville 100 in August. At the turn, Laster still led but by the 36 mile North Shore Landing, Bailey was the first to arrive. He reported later that after leaving North Shore he ran strong until mile 42 where he died off. Nevertheless, his effort was good enough to hold off Laster by eight minutes. Pauline Knapp, an army helicopter pilot from Kansas, ran with Texan, Jim Godville. Due to their unfamiliarity with the trail, the duo took several wrong turns but hung on for her first 50 mile finish and the first female award.

A special note should be made of Pete Ireland(AURA) who had planned to do half but decided to push on with the return trip and finished his first 50 miler.

OUACHITA TRAIL 50 MILER/4-30-94

1.	Ray Bailey	7:41:33
2.	Bill Laster	7:49:25
3.	Neil Hewitt	9:05:00
4.	Jay Norman	9:35:51
5.	Ricky Williams	10:03:30
6.	John Renick	10:03:31
7.	<u>Pauline Knapp</u>	10:43:10 (first female)
8.	Jim Godville	10:43:10
9.	Nick Williams	10:46:56
10.	<u>Gayle B. Bradford</u>	11:40:00
11.	<u>Dianne F. Bell</u>	11:40:00
12.	Jim Sweatt	11:40:00
13.	<u>Linda Musil</u>	11:51:21
14.	Ken Ashby	11:51:21
15.	Peter B. Ireland	12:14:57
16.	Steve Butler	12:15:49
17.	Steve Eubanks	12:20:48
18.	<u>Ann M. Moore</u>	14:07:00
	20 starters	

STROLLING JIM 40 MILE RUN, May 7th.

The BigShot has asked all the Arkies who participated in the "Jim" to write a paragraph on their impression of the race.

Chuck Desjardin-The Strolling Jim 40 takes place in Wartrace, Tenn. This is a small town about an hour south of Nashville. Race director is Gary Cantrell, the same guy who puts on the Barkley Run. The race gets it's name from a famous Tennessee Walking Horse called Jim. This Strolling Jim was NOT a stroll!! The day started a little cool with no sign of rain in the skies. About 120 runners from a bunch of states lined up at 7:00 a.m. to partake in this 40 miler. The horn blew and we were off. Up a hill right away. This was a sign of many more hills to come. I ran as many as I could. Slow jogged some and just walked the others. They were tough. I ran the first 10 miles in 1 hr and 50 minutes. I was happy with this because I thought it was the kind of pace I knew I could handle and hopefully maintain the whole race. The race director had this sadistic sense of humor and

had printed in red on some of the hills "THIS IS NOT A HILL". Just call me a whimp then. At mile 20 the skies let go and down came the rains. I mean it rained for the next 15 miles. I got to 35 miles and the rain let up and I passed a couple of people struggling. Gave them a few words of encouragement and just kept pushing. I really wanted a sub 8 hours but it was not in the cards. Ivy's husband crewed for her and me and was just super. Running back and forth from Ivy and back to me I know must have been hectic. I was glad he was there. Made my day a whole lot easier. At about mile 37 Bob and Ivy came out again for me and gave me some more encouragement. I just couldn't run the last 5K in less than 30 minutes so I knew my sub 8 was gone but I just resolved myself to do the best I could and finish running strong. I finished running through the red ribbon spanning the finish line with arms high and was happy. It was tough but I finished tired, and sore but, uninjured. All finishers got a trophy and this one was my first. All and all a good day. Bob, Ivy, and I went to a Mexican place that night with some of the other runners and just had a great time talking over the race and just enjoying ourselves. The day ended as it began with a cool breeze and clearing skies.

Lou Peyton-I am real proud of my run with a finish time of 7:20. This was one minute slower than '93, however, I felt much better this year due to the cooling effect of the rain and the Arkie Crews of Linda Stribling, Bob Franklin, and (man from Mountain Home). Thank you Linda, Bob, and ??? The Strolling Jim is advertised as a 40 mile race. Even the t-shirt reads S.J. 40. Folks it is 41.2 and certified. If it happens to be a hot day as it was in 1992 you will declare the distance to be 80 miles. You won't remember that is is 25% dirt. You'll remember the solid pavement. It is tough. The course is beautiful through the Tennessee green countryside. In places there is a canopy of foliage overhead. If the temperature could be 40 degrees it would be perfect. You can fry your brain real quick if it is hot and sunny. We were lucky this year as we had rain and thunder showers. I seriously prayed that the rain would continue to the end. I want to crew for you wonderful people next year so help me pressure the Bigshot for 4 days for me on the Appalachian Trail prior to the Strolling Jim.

Alberto S. Eubanks-My first thought of Strolling Jim is that I want to go back next year! It is a fun course and so beautiful every mile. The few hills come at a time when you are ready to walk and the flat stretches are almost too long. Wartrace and it's residents are a happy relaxed, interesting group of folks. Gary Cantrell must have been following in my tracks or something because we seem to be on the same wave length. Thanks to Linda Stribling for a great job of handling. It is a great race!

P.S. If this was 40 miles give me a quick 55 at Barkley in '95.

Jackie Edmonds-I have got to quit getting my training runs in during official runs. I enjoyed the "JIM" the entire group of runners were great company. Although I didn't break 5, 6 or 7 hours, my T-shirt was prettier than the others. Pam in purple was an inspiration to keep going. Hiram-First run over 50K distance. He also enjoyed the view of Pam in purple.

Irene Johnson-Strolling Jim was a adventure. Rolling hill, extremely scenic, lots of pavement. We did get lucky and have a rain most of the day. This was great! I loved the road markings and Gary Cantrell's humor. I would give it (on a scale of 1 to 10) a five.

Tony Johnson- "Hurry up, get across the road, don't let the train seperate you." (Huh, what train, where is it?) "Gary would just love that!" These were the first words heard from the RD's wife. While no train was in sight. Heck, I didn't even see the train. Seven o'clock came and "bam!" We were off. No race direction; just "go." I wasn't sure the race had started and the official clock showed we were 15 seconds into the race. There was only water to drink at the aid stations but there was plenty of it and placed at regular intervals. No goodie tables but that was okay. There was lots of support and there was a roving conquest vehicle all day long. Its a lot of pavement but a good run and very scenic. Off road consisted of 10 to 12 miles. It rained most of the day and even got chilly a few times. Everyone who finished got a trophy and a T-shirt. The shirt color depended upon your finish time.

Good race, fast times and lots of pavement.

Charley Peyton-For the first 25 miles I was thinking of a good excuse to quit. I felt tired and sluggish from the start. If it hadn't been for the thought of earning my points, I probably would have attempted to retire. At 18 miles I threaded my way under a barbed wire fence. There by the lush pasture and a small brook, I crouched down behind a rock wall and, as runners unknowingly filed by, attended nature. That was about as decent as I felt all day. I remember glancing at my watch and speculated that the first runner was probably finishing. This led me to thinking about ultra running and suffering. What we need to do is when the first runner crosses the finish line, declare a winner and stop the race. After all there can be only one winner. "Hey Harley, this sounds kind of radical. You're not one of them are you?" Look man, its got merit. Instead of having to explain what your time was, you get to glory in how far you ran. Logistically its simple. When the first runner crosses the finish line, fire a cannon. The race is then over and the runners out on the course pile in the crew trucks and head for the BBQ. Its kind of like what the Colonel (AURA's Dale Green) said one day before the Minute Man 10K a few years ago, "When the first runner crosses the finish line we will fire the cannon. When you hear the boom of the cannon, look down at your feet. If you don't see a finish line, you didn't win!"

1994 Strolling Jim 40 mile Run (Arkies)

Lou Peyton	7:20:04
Ivy Harrison	7:24:03
Hiram Byrd	7:34:02
Jackie Edmonds	7:57:11
Irene Johnson	8:05:17
Tony Johnson	8:16:31
Chuck Desjardin	8:31:51
Steve Eubanks	9:03:07
Charley Peyton	9:41:09

ULTRA TRAIL SERIES

UTS#8 Camp Robinson Mystery Run-13 miles/May 21st

About two weeks ago we were about to start the Wednesday Hump Day run when someone asked if I knew that the Hash House Harrier's Great Cross Country Race was on the same date and place as the Mystery Run. I let on that it wouldn't matter. We could work around it. I found out later that it would start at 9:00 a.m. Good! That meant that the fast runners could start our run at 700a.m. and do the Hash Run at 10:00. Then on Friday before the Mystery Run, I got a call from a runner asking if I had read the morning paper. "Camp Robinson had been closed for the weekend," they said. Now that made me pay attention. But after looking it up, I was relieved to read that only a remote section of the camp would be closed and I thought that if a runner gets lost way out there, they deserve getting bombed. With these two events and the reputation of the yearly Mystery runs, I decided to not take any chances. Jim(Sweatt) had marked the run with spray paint and flagging. The morning of the race I would start an hour early and make sure everything was as it should be. It was, and we had a excellent race. Despite what some runners described as Christmas tree type course markings, some runners still took the wrong turns but no one got so lost that they couldn't fine their way back. Congratulations to Ray(Bailey) and Kim(Pavelko) for their first place finishes. Incidentally, for those interested, this is the same starting point as the Wednesday Hump Day run. 5:30 p.m. start. Join us. The course is marked and there are short cuts if 13 miles is too far for you.

1. Ray Bailey	1:24:26	14. Ernie Peters	2:07:58
2. Dr. Feelgood	1:36:06	15. Pete Ireland	2:20:51
3. Peter Walters	1:42:00	16. Lost One	2:21:12
4. Jim Sweatt	1:42:55	17. Steve Eubanks	2:21:14
5. Frank Schulte	1:43:10	18. Gb Mablevale	2:25:55
6. Nick Williams	1:52:04	19. Chuck Desjardin	2:26:38
7. Ken Millar	1:55:00	20. Ruth N	2:26:52
8. Kim Pavelko	1:55:33	21. Lou Wintroath	2:29:20
9. Dan McCullough	1:56:37	22. Dale Wintroath	2:29:20
10. Paulette Brockinton	2:01:08	23. DP Duerr	2:34:14
11. John Mcgrew	2:05:00	24. Ann M. Moore	2:40:01
12. Lou Peyton	2:07:52	25. T-Bear	2:40:01
13. Gary Speas	2:07:53	26. Charles Peyton	DQ'ed

1994 ULTRA TRAIL SERIES FINAL POINT STANDINGS

WOMEN'S RESULTS

Dianne Bell-Queen of the Trail
 Lou Peyton-Queen of the Trail/Masters
 Ann M. Moore-Queen of the Trail/Seniors

Place	Name	Pt's	# races		
1.	Dianne Bell	255	7	19.	Melisa Mclead 15 1
2.	Lou Peyton	225	8	20.	Bettina Browntoe 15 1
3.	Kim Pavelko	210	5	21.	T-Bear 11 3

4.	Paulette Bockinton	145	4	22.	Donna P Duerr	10	1
5.	Gayle Bradford	103	6	23.	Karen Teague	6	2
6.	Lesla Allen	80	2	24.	Rosemary Marston	5	1
7.	Karen Call	80	2	25.	Laura Halpen	5	1
8.	Sandi Venable	61	5	26.	Mara Cawein	4	2
9.	Jean Cockcroft	51	4	27.	Corkie Binz	4	2
10.	Nancy Cunningham	50	1	28.	C. V. Davis	3	1
11.	Irene Johnson	44	4	29.	Cathy Holland	1	1
12.	Ann M Moore	40	4	30.	Linda Stribling	1	1
13.	Joan Young	40	2	31.	Tally Ward	1	1
14.	Lou Wintroath	27	3	32.	Robin Booth	1	1
15.	Donna Hardcastle	20	1	33.	Mary Clendaniel	1	1
16.	Cindy Truax	20	1	34.	Kathy Kincaid	1	1
17.	Ivy Harrison	20	1	35.	Ashley Wagner	1	1
18.	Wonda Loftis	17	2	36.	Debbie Desjardin	1	1

MENS'S RESULT

King of the Trail-John Gross

King of the Trail-Dr. Feelgood/Masters

King of the Trail-Nick Williams/Seniors

1.	John Gross	280	6	43.	Tony Johnson	4	4
2.	Dr. Feelgood	230	8	44.	Chuck Desjardin	4	4
3.	David Allen	160	4	45.	John Pragle	3	1
4.	Ray Bailey	90	2	46.	Lloyd Moore	2	2
5.	Jim Sweatt	66	8	47.	Terry Baskin	2	2
6.	Mule Martin	65	3	48.	Stan Venable	2	2
7.	Rick Utley	60	2	49.	Ron Thompson	2	2
8.	Frank Rivers	55	2	50.	Dale Wintroath	2	2
9.	Mike Heald	50	2	51.	David Samuel	2	2
10.	Dave Cawein	47	6	52.	James Hicks	2	2
11.	Frank Schulte	42	3	53.	Rick Martinek	2	2
12.	Nick Williams	41	8	54.	Dave Mortas	2	2
13.	Bill Torrey	40	1	55.	Danny Williams	2	2
14.	Robt Morgan	40	1	56.	Jerry Doty	1	1
15.	Dennis Baeyens	40	1	57.	Terry Morrison	1	1
16.	Rick Massey	30	1	58.	Terry Odell	1	1
17.	David Laser	30	1	59.	Todd Laurey	1	1
18.	Peter Walters	30	1	60.	Simon Hauser	1	1
19.	Paul Sobus	25	1	61.	Tim Biggs	1	1
20.	John Hummell	24	3	62.	Dave Maxwell	1	1
21.	Dennis Fugate	21	2	63.	David Kennedy	1	1
22.	Tom Aspel	20	1	64.	David Smith	1	1
23.	Mark Oliver	16	2	65.	Bob McKinney	1	1
24.	Randy Davidson	16	2	66.	Fred Schmidt	1	1
25.	Jack Evans	15	1	67.	Nick Avery	1	1
26.	Steve Smith	15	1	68.	Bob Horner	1	1
27.	John Renick	11	2	69.	Bob Canatta	1	1
28.	Ernie Peters	11	5	70.	Roger Rains	1	1
29.	John Jones	10	1	71.	John Bailey	1	1
30.	Dan McCollough	9	3	72.	Bob Marston	1	1
31.	Matt Ohl	8	2	73.	John Lucas	1	1
32.	Troy Delk	8	2	74.	Gary McEwen	1	1

(continued on next page)

33. Steve Eubanks	7	7	75. Wayne Bennett	1	1
34. Larry Mabry	7	5	76. Travis Mann	1	1
35. Dale Morris	7	3			
36. Markus Allewat	7	1			
37. Pete Ireland	6	6			
38. Charles Peyton	6	5			
39. Don Fletcher	5	1			
40. Gary Speas	5	3			
41. Paul Laureys	5	1			
42. Barney Clark	4	4			

1994 ULTRARUNNER OF THE YEAR
STANDINGS

NAME	RUN	TIME	PTS.
Mary Clendaniel	Sunmart 50K	6:47:09	20
Karen Teague	Sunmart 50K	7:47:50	20
Kimberly Pavelko	Cross Timbers 50Mi	11:14:00	140
	Sylamore 50K		80
	Sunmart 50Mi	10:06:04	75
			295
Diane Bell	Sunmart 50Mi	10:54:46	60
	Sylamore 50K	6:31:09	65
			125
Ann Moore	Sunmart 50Mi	11:12:50	60
Ivy Franklin	Strolling Jim 40		50
Irene Johnson	Sunmart 50Mi	10:12:30	75
	Rocky Raccoon 100Mi	24:16:00	300
	Mississippi 50Mi	10:05:12	50
	Strolling Jim 40	8:05:00	50
			475
Lou Peyton	Sunmart 50Mi	9:46:07	75
	Rocky Raccoon 100Mi		170
	Sylamore 50K		40
	Barkley Marathon (38Mi)		20
	Strolling Jim 40		50
			355

1994 ULTRARUNNER OF THE YEAR
STANDINGS

NAME	RUN	TIME	PTS.
Patrick Riley	Sunmart 50K	5:13:38	30
Les Hall	Sunmart 50K	6:30:37	20
	Mississippi 50		50
			70
Hiram Byrd	Sunmart 50K	6:30:38	20
	Strolling Jim 40		50
			70
Chuck Desjardin	Sunmart 50K	7:13:00	20
	Strolling Jim 40		50
			70
Tony Johnson	Sunmart 50Mi	11:47:10	50
	Strolling Jim 40		50
			100
Jackie Edmonds	Strolling Jim 40		50
Steve Eubanks	Sunmart 50Mi	11:35:00	50
	Strolling Jim 40		50
			100
Tim Biggs	Sunmart 50Mi	9:45:02	50
Dale Powell	Sunmart 50Mi	8:58:04	60
Jim Sweatt	Sunmart 50Mi	8:38:47	75
David Cawein	Sunmart 50Mi - 75	8:16:49	150
	Sylamore 50K - 75		
Bill Torrey	Sunmart 50Mi	7:17:55	75
Charles Peyton	Sunmart 50Mi		50
	Rocky Raccoon 100Mi		120
	Sylamore 50K		30
	Mississippi 50Mi		50
	Strolling Jim 40		50
			300

BRUSHHEAP MOUNTAIN RUN-17 MILES
NATIONAL TRAILS DAY
JUNE 4TH