

THE ARKANSAS ULTRA RUNNER

July 1995

A Newsletter For Members of The Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT - Despite a few conflicts the date for the Midnight 50K Mountain Run will be July 29th, 8:00 P.M. Just how much aid will be available is still in question. Right now we plan on having at least one good station at the turnaround. I think we can manage two drop bag points at about 7.5 miles and the turnaround. If you would like to volunteer, Give me a call at 225-6609. Just a minute please. "No I don't know where your card is. Son, do you lose everything? Sit down and try to think where you saw it last." Excuse me please. As I was telling you, We'll start from the Ouachita Trail parking lot at Lake Sylvia. Out and back on FSR 132. Water every four miles give or take. No entry or registration. The race will serve as the first race of the *Ultra Trail Series*. Remember this is an adventure run and you are expected to be self sufficient.

HELP WANTED: AT-100

HARLEY'S NEWS OF THE DAY - There were lots of ultra victories this month. The two Kim's, Pavelko and Goosen, finished 100's this month and both are profiled in the ULTRA CORNER. Kim Goosen was first female at a very tough *Old Dominion 100*, Woodstock, Virginia. Kim Pavelko finished her second 100 at the *Mohican Trail 100* Loudon, Ohio. I have a '94 tape(30 minutes) of the *Mohican Trail 100* if anyone is interested. Word up from Natchez is that Joel Guyer ran the *Pennar 40 Mile Run* on June 3rd and finished in 3rd place. I guess you have heard by now that the Hardrock 100 has been canceled. The decision was not totally unexpected as we had been following the snow report closely. One of the race directors said that there was about 350 per cent more snow in the higher mountain passes than normal for this time of year. Next month we'll try to highlight the exploits of AURA's David Horton who as we speak is racing across the USA in the *1995 TRANS-AM FOOTRACE*. As a summary there were 14 starters on the morning of June 17th - Huntington Beach, California. The first day was 52.8 miles. Day 2 - 44.6 miles. Day 3 - 36.9 miles. Day 4 - 52.9 miles. Day 5 - 28.5 miles. In all, 2925 miles will be covered in 64 day. No days off. His condition and spirits are reported to be good. He is experiencing some problems with shin pains but all is go. He is in second place behind Dusan Mravlje(Germany), 30:01:24. David is +50:42:00 behind.

July's AURA Horoscopes - Ultra love; unrequited. In times of doubt, consider the trail less traveled. Brighten your colors and kick off your next race in style. Your ultra prints will be found in the sands of time. A good night's sleep might be just what the doctor ordered.

ULTRA CORNER

Sri Chinmoy 24 Hour Track Run

May 28th and 29th. Seattle, Washington. The following thoughts are offered by Max Welker, our Pacific Northwest AURA representative (Tacoma, Washington) and two time finisher of the *Arkansas Traveller 100*.. Max ran 118 miles and finished 1st Masters and 2nd overall (by 3 miles). It was reported to be a beautiful, sunny day but hot by local standards-mid 80's. Other than my grinding out the 472 laps, he shares two items with the AUR:

1. I have been training with a heart rate monitor for five months and used it in the race to gauge my level of effort. You know how important it is to hold back in the early stages of any ultra and the HRM gives you an objective measure of how hard your are working (especially important in the heat). All you need to do is add the self-discipline to follow your race plan.

2. My walking strategy was to walk the first half of each curve on every lap from 5 miles to the finish, and it worked like a charm. The only time I changed that was when I walked an entire lap two different times so that I could eat some soup, and for the last couple of hours I walked about 2/3's of each curve. The day after the race I was moving pretty slow, but not very sore. I can't say that I'm going to hang up my trail shoes, but I think I'll try another one of these in the fall and am thinking about doing a multiday race after that. (My God BigShot, I must have lost my mind. I can't believe I put that in writing.)

The BigShot adds: Nice article Max! Look for your points in the mail.

Old Dominion 100

June 3rd. Woodstock, Virginia. Hilly, rocky trail and jeep roads. 17th annual. 14,000 feet of climb. Course records: Eric Clifton - 15:10 and Vicki Johnson - 20:47. 28 hour cut off. AURA's Kim Goosen was first female- 22:08.

Goose! Congratulation on your *Old Dominion* victory. How are you feeling today (recovery wise)?.....*Well, BigShot, as I am writing this, it has been 17 days since OD, and I am more tired now than the day after the race. What can I say, I'm not as young and carefree as I used to be.*

How was the weather this year at the *Old Dominion 100*?.....*The weather was varied. One minute the hot sun was beating down, sucking the very energy from your being, and*

the next, thunderstorms broke, causing near mudslides on parts of the trail. It was, in summary, an oven one minute, a deluge the next!

Your race strategy for the OD was a little different from last months *Massanutten Mountain Trail 100*. What was it and how did you do?.....22:08 *The morning of OD, I had Eric Clifton on one side, saying, "Goose, go out hard run, run like hell!" And on the other, I had David Horton telling me, "Goose, I think you need to go out slow, and not push till mile 75. That's when the real race begins. "I told Eric, "but I always go out like you. This race I am going to try something different." So I did. I went out behind all the women and most of the men. I won from behind, which was a new sensation. And, I actually "sprinted" at the end of OD(probably a "fast" 10 minute last mile), versus "crawling" in like my last two Hundreds. Perhaps the old timers know a thing or two after all...*

How do you feel about *Hardrock* being canceled and what about *HR* next Year?.....*Relief, grief, and a bit of anger. To be honest, the way I feel now, I don't think I could have finished Hardrock. So in retrospect, if I go next year, perhaps I will cut back on the number of 100's leading up to the month before Hardrock.*

Again, congratulations for being such a good representative of the AURA.....*Thanks for the interview BigShot. Even though I have been "traveling the ultra circuit", so to speak, I will never forget my proud standing as a card caring member of the AURA.*

NATIONAL TRAIL DAY

Albert Pike Trail - June 3rd. 18 Miles

1. Paul Rains	2:42	
2. Paul Lowrey	2:44	
3. Joyce Taylor	3:15	
4. Dale Powell	3:23	
5. Fred Champion	3:23	
6. Sam Tagert	3:32	
7. Dick Johnson	3:33	
8. Pete Ireland	3:38	*
9. David Samuel	3:39	*
10. Gary Ballard	3:49	
11. Tab Horn	3:55	
12. Steve Eubanks	3:58	*
13. Jon Lucas	3:58	
14. Veryl McKibbin	3:59	
15. Donna Duerr	4:14	*
16. Irene Johnson	4:15	*
17. Ira Slover	4:40	

18. Joy Ballard 4:53
19. Annette Enderlin 4:53
20. Shirley Slover 4:55
21. Chuck Desjardin 4:57 *
22. Y T Thompson 4:57 *
23. Michael Moulton 5:17
24. Tony Johnson 5:44 *
25. Charley Peyton DNF *

*--AURA

Laurel Highlands Trail 70 Mile Challenge Run

June 10th. Ohiopyle, Pennsylvania(southwestern Pennsylvania). Point to point from Ohiopyle to Steward. 16th annual. Crew points every 12 to 15 miles. Runners must have crews to enter. 18 Hour time limit. 38 starters including AURA's Nick Willaims.

The Story by Charley Peyton.

Poor Mr. Nick! Two days before we were to leave town, Nick wrenched his back loading a 5 gallon water jug into his van. Hardly able to walk, Lou and I loaded him up and set out for the 17 hour drive to Ohiopyle. The first night we spent in West Virginia after driving through the mountains of Tennessee and Kentucky. We could sense Mr. Nick getting stronger as we entered Pennsylvania. You know Pennsylvania is not a half bad place. Green, forested mountains(the Alleghenies) and lots of quaint towns along the back roads. This is ski country in the winter but in the summer I got the feeling the area was a little depressed because of all the yard sales along the way. I was to serve as the crew and Lou was to crew and pace if the opportunity availed. There were no aid stations. Just check points manned by radio clubs who kept track of the runners progress. Crew points were spaced 12 to 15 miles apart. Those who knew the lay of the land were able to meet their runner closer but since we didn't have a detailed map we pretty much followed what the Race Director, Ted Massa, provided. The course starts at the Ohiopyle State Park and climbs about three miles to top of the mountain. Then it is a rolling ridge for the duration. 99.9% trail. Rugged, rocky trail covered by dense, humid forest so thick you thought you could be in a rain forest. A beautiful course. After the prerace meal, Ted Massa, a tall, quiet, bispectacled man, told Lou, Nick and I about the race and his concern for the safety of the runners. One of the main points he stressed was the 5:00 P.M. cut off time at mile 46 check station. In the 16 years of the *Laurel Highlands* race, no runner had left the 46 mile station and finished the race in the allotted 18 hours. On race day Mr. Nick was in good spirits and well oiled. When we first meet him a 11 miles he was all business and running with some studs, Fred Pilon and Bert Meyer. At the next station, mile 18, he was one hour ahead of the cut off and warmed up. At the 32 mile point he was in with 30 minutes to spare. Here Lou jumped in with her *Hardrock* pack and was to pace him to mile 46. Now.....here's the rub. If I've done my calculations right, you can average 4 MPH to pass the 32 mile point. But to get to the 46 Mile Check Point by 5:00 P.M. you

need to average 4.5 MPH. Mr. Nick missed it by 13 minutes. I know Mr. Nick's back wasn't right but he never complained or offered an excuse. Mr. Nick; still my hero! Thanx for the opportunity to crew.

For you AURA's. My services as an experienced crewman are available next year.

Lou Peyton adds:

What did you think of the trail(footing, terrain, etc)? *The Laurel Highland trail from 32 miles to 46 miles was like I would imagine the African jungle to be - giant, green leafy plants - ferns for acres four and five feet tall. Mountain laurel in full bloom everywhere just like azaleas in the South. It was like the "land of the giants" plus rocks and boxcar sized boulders. Just beautiful with a canopy overhead all the time. We were 98% of the time on the top of a ridge that was so wide and fern covered that it felt like we were in a low damp jungle.*

How did it feel to be a pacer with Mr. Nick?..... *It felt good except for the heat. I wanted to get on the trail so badly to see what was "out there". I was saving myself for Hardrock thus I didn't/t enter the race. I had plans to run 38 miles with Nick.*

After Mr. Nick missed the 46 mile cutoff by 13 minutes, did you in fact tell Ted Massa, the Race Director, that there were no Arkies who could finish the race?..... *BIG SHOT!, I told Mr. Massa that Nick was in good shape and that he had a crew and a pacer. He was eating cheeseburgers and drinking and we could finish and finish well. I know rules are rules but the cut off was ridiculous on this section. I told Mr. Massa that if Nick didn't get to finish we could not go home and recommend this race to our running friends. Yes, I did say if Nick couldn't finish, no Arkie can finish!!*

When do you plan on writing the Race Director and apologize for your conduct and deportment after Mr. Nick was pulled. The Bigshot was thoroughly embarrassed..... *I've thought about it but I'm still mad and frustrated. I even said "You race directors are all alike." Ted Massa was a nice man and he listened and never showed anger at my display of emotion.*

You didn't answer my question----(?)

The Mohican Trail 100

June 17th. Loudon, Ohio. 30 hour time limit. Scenic trail loops. 6,500 feet of climb. 6th annual. Starting field included AURA's Kim Pavelko, Conway, Arkansas.

Kim, last Saturday afternoon a group of us got together and watched the 1994 Mochican Trail 100 tape. Could you feel us cheering you on?.....*Yes. I thought about you all a lot during the race.*

How did you do?.....*I finished in 28:08:06. 6th woman.*

Describe the course layout and trail conditions..... *The course starts and finishes at the Mohican Wilderness Campground. There is a 10 mile section of dirt roads through the farmlands, then about 70 miles of trails and then another 20 mile section on dirt and asphalt roads. There were several creek and river crossings during the trail section. It was not rocky and was very well marked.*

How did you feel throughout the race. Any low or high points?.....*I felt great until my feet started aching at about 60 miles. About every ten miles after that I would have a low point due to nausea, being sleepy or my aching feet. I would feel better when I'd get to the next aid station and when it got daylight again.*

Did you see any familiar faces?.....*Yes. They had done the Arkansas Traveller and I remembered them from it. I made a lot of new friends. Most people asked me about the Traveller or about Bill Clinton. Everyone had good things to say about the Traveller.*

Did you have a pacer?.....*My dad crewed for me and we drove up to Ohio together. My Dad found a pacer for me at about 70 miles. He was from Ohio and had run the race before.*

What are the positive things about the race that stand out in your mind?.....*I was born in Ohio and lived there until I was twelve. The race brought back a lot of memories due to the farms, hay, horses and groundhogs. The course had a lot of variety and a lot of hills. It was hot but the course was very shady due to the forest. I could enjoy the awesome course because I didn't have to watch for rocks.*

How has your recovery come along. Any aches or pains?.*My feet are tingly. I had to put up with foot achiness during the last 20 miles. I slept for 4 hours right after I finished. I could walk and stand up and down real well afterwards.*

What next?.....*I hope to finally finish the Traveller.*

Kim, I'm going to talk to the Man about enhancing your Ultra Number!.....*Thanks Big Shot, you are what you are.*

ARKANSAS TRAVELLER UPDATE

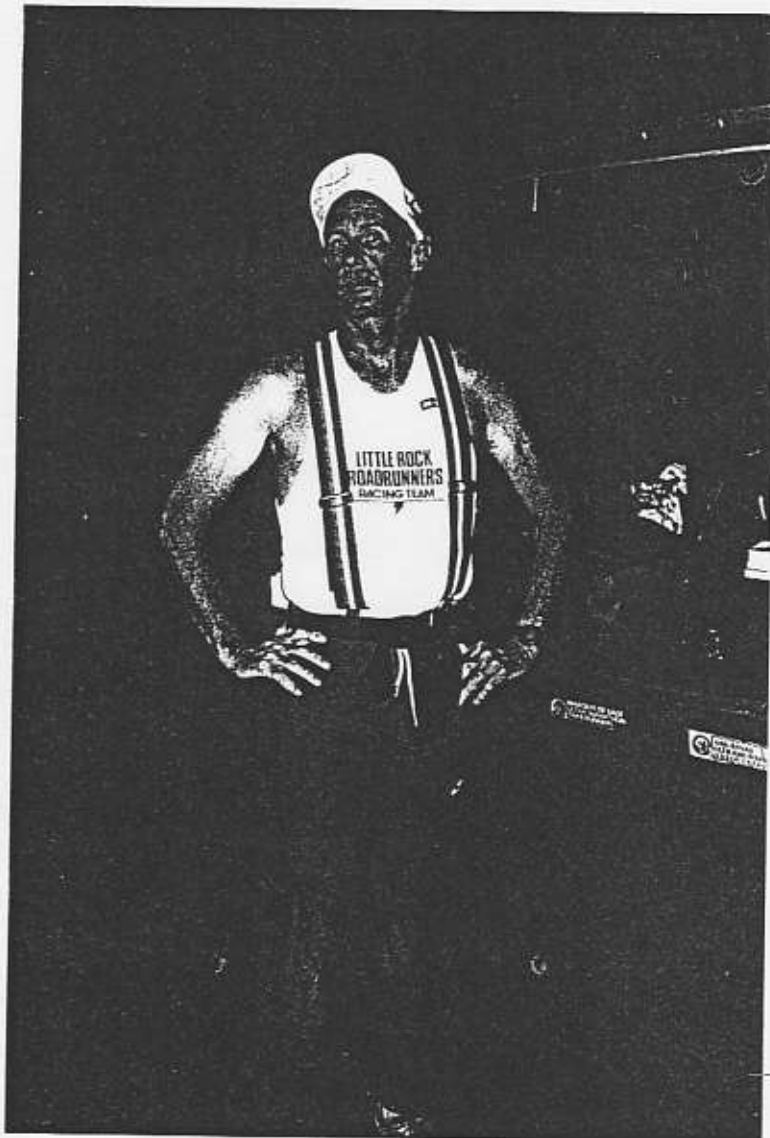
Dear Diary(DD)--June 25th. 40 runners entered from 17 states.

WANTED: AT-100 HELP! Aid Stations look pretty good. Hurting for people who can monitor the course and make sure the glow lights are up and for people who can ferry dropouts back to Sylvia. Going to meet with Jim, Dave and Tom tomorrow. I think I'll lay down the law.(Ha Ha) Getting time to order the buckles, glow lights and conquest.

VOLUMN 7 - 6TH EDITION -- A Chronicle of Ultra Running in Arkansas

Money, money, money. Do you think we should honor the five time finishers this year? I've got some ideas I'd like to run past you. DD, here is a listing of the Arkansans and, or, AURA's who have finished the *Traveller*. DD you're so quite. Is something wrong?

Ray Bailey(94)	16:35:11
David Horton(91)	17:19:28
David Horton(93)	17:30:39
David Horton(92)	18:46:47
Ray Bailey(94)	18:50:37
Bill Maxwell(91)	18:59:46
Bill Coffelt(91)	19:40:58
Bill Laster(94)	20:44:29
Gene Thibeault(93)	20:32:56
Dave Cawein(92)	20:51:59
Dr FeelGood(93)	21:08:51
Joel Guyer(91)	21:20:16
Steve Hyndman(91)	22:04:30
Joe Fennel(91)	22:05:02
Max Welker(94)	22:30:42
Geo. McDonald(93)	22:33:06
Simon Hauser(93)	22:55:08
John Baker(92)	23:11:12
Max Welker(93)	23:13:06
Rick Massey(94)	23:30:31
Jim Schuler(91)	23:36:24
Larry Mabry(93)	23:41:42
Lou Peyton(93)	23:52:05
P.J. Salmonson(94)	23:52:05
Tom Holland(92)	24:41:24
Nick Williams(92)	24:59:08
Suzi Thibeault(91)	25:05:09
Lou Peyton(92)	25:12:46
Irene Johnson(92)	25:27:46
Suzi Thibeault(992)	25:28:29
Lou Peyton(94)	25:32:20
Charlotte Davis(93)	25:37:37
Jim Sweatt(92)	26:48:54
Nick Williams(93)	27:15:47
Donna P. Duerr(91)	27:31:43
Charlotte Davis(91)	27:35:04
Bob Horner(92)	27:36:34
Nick Williams(91)	27:43:50
Irene Johnson(94)	27:48:05
Ed Fishman(92)	28:03:04
Jim Sweatt(94)	28:03:38
Nick Williams(94)	28:03:39



Nick Williams at the start of the Laurel Highlands 70 Mile Trail Run

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Gayle Bradford(94)	28:03:40
James McNair(91)	28:38:36
Irene Johnson(91)	28:40:16
Tony Johnson(91)	28:40:16
John Salmonsan(94)	28:56:28
Ed Fishman(94)	28:58:59
Dianne F. Bell(93)	28:59:41
Les Hall(91)	29:04:19
Donna Hardcaastle(91)	29:04:20
Sam Hardcastle(91)	29:04:21
Suzi Thibeault(93)	29:07:30
P. J. Salmonson(93)	29:07:41
Ann M. Moore(93)	29:10:03
Donna P. Duerr(92)	29:27:14
Ed Fishman(93)	29:31:01
John Salmonson(93)	29:31:01
Ann M. Moore(92)	29:37:25
Steve Eubanks(93)	29:47:39



Lou Peyton running the
Albert Pike Trail

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