

AURA BEGINS NINTH YEAR THIS ISSUE.

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THE ARKANSAS ULTRA RUNNER

February 1997

A Newsletter For Members Of The Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT-With this issue we begin the 9th year of the AURA. Streamlined and downsized we hope to slip through the post office for the usual 32 cent postage. Of course printing doubles the price of a newsletter. Some of the more compulsive members have already sent in the membership dues. For the rest of you who might be interested the fee is \$10.00. Later in this issue you will find a membership survey to be used by those of you who might be sitting of the fence. Membership cards with the secret numbers will be mailed next month.

I recently received word from AURA's Gary Smith that he will be giving AURA members a 10% discount on items purchased at his new running store, *EASY RUNNER* on Bowman Curve. A question was posed to him if a AURA members had to show their membership card at the time of purchase. His reply was negative. All you needed to do was tell the staff that you are an AURA member.

Does any one have the results of the Sunmart 50K and 50 Miler? I'd like to have them to print up.

It seems like every year we work to exhaustion on the Arkansas Traveller. The months of November and December are spent in recovery. Just like those who run it say that that was my last time, I have also said it about being the Race Director. Its not the physical or mental duties that is fatiguing. Its the thought that there is someone out there better, more creative that could polish the rough edges of the AT-100 that I can never get around too. Someone more dynamic; a better communicator. Immediately after the race we always receive a lot of positive mail. I know the workers deserve it and this year was no exception. However around X-Mas I got a couple of letters that made it all worth while. I put them up to share them in the newsletter but where I put them now is anybody's guess. So the bottom-line is: The 1997 Arkansas Traveller date has been set for October 4th. Time for you to get training.

AURA ULTRA HOROSCOPE---Attention all Aquarius: Get a *MOJO* before your next 50 miler. Your Ultra future might include finding just the right Taurus to train with. Playing the right angle could get you rewarded with a lower Ultra Number. 1997 is not the year to go cheap!

AURA PERSONALITY INVENTORY



Unidentified adult(left); BigShot(right)

The BigShot is:

(Circle one)*

Maybe 1 2 3 4 5 No Way

Maybe 1 2 3 4 5 No Way

Maybe 1 2 3 4 5 No Way

Maybe 1 2 3 4 5 No Way

Telling Santa who has been naughty.

Receiving an obscene phone from to Madanna.

Massaging the ego of a backsliding AURA member.

Drunk!

*A score of 10 plus qualifies for the next level

NEXT LEVEL

Weekend Jogger ----The Following Phrases I Most Identify With----AURA

SHARING/CARING

TOUCHY/FEELY

HAVE \$10 TO SPARE

LIKE TO MEET CHICKS(CHICKETTES) ON THE RUN

LIKE TO BM ON THE TRAIL

WOULD LIKE TO BE A BIGSHOT

MY RUNNING EMBARRASES MY CHILDREN

I'VE NEVER HAD MUCH OF A LIFE

WOULD LIKE TO SEE A PROFILE ON BREEZY OSBORNE

Send the completed application along with \$10 to the following:

Charles Peyton

41 White Oak Lane

Little Rock, Arkansas 72227

You will be notified if you are a winner.



ULTRA CORNER

The Tall Peak Marathon



Wooden fire tower on top of Tall Peak

You probably won't read too much about the Tall Peak Marathon in the national running journals. Nevertheless, there was a 26.2 mile marathon held in Arkansas on January 4th. The race was first conceived by AURA's David Samuel who is employed by the US Forest Service in that district. David was apparently about his duties one day near the Albert Pike Recreation Area and on his drive back in decided to see how far it was from the highest mountain in the Ouachita National Forest, Tall Peak, to the speed bump at Albert Pike. He measured the distance from the mountain top to Albert Pike Recreation Area as 13.1 miles. A light went off in David's mind. Wouldn't it you? We have visited the area many times to use the trails that have been built over and through the mountains. David hosts the annual National Trails Day event the first Saturday in June. What about a winter marathon on soft forest service roads without creek crossings and little traffic? Last year, the first Saturday in January was freezing and snowing. This year it was a balmy 70 degrees. At 2,330 feet, Tall Peak is the second highest mountain in Arkansas. Its a drive up and on top is a bald with an old, wooden, two story fire tower. We were privileged to have a large group of runners come over from DeQueen. Some had come to the area before to run the trails; most were runners in the "novice" range. My job was to mark the course and have

aid at the turnaround. The first runner, Conway's John Jones, got to the turn in 1:56. Pretty good considering all the incline. The first marathoner female was Dianne Sweatt. Followed by Carla Branch. Ms Branch arrived just as the run started but spent 50+ minutes in the ladies room car sick. Eventually, she revived and started on her own. By the turnaround, however, she was closing in on Dianne.

By marathon standards, The Tall Peak probably will not impress too many. But it was probably one of the toughest marathons around; maybe was one the first marathons of the year and more than likely had the fewest finishers, seven. John Jones said at the turnaround that all he wanted to do was break 4:00 hours and he did with a 3:49:33. Carla Branch who started ill and 50 minutes late, caught Dianne Sweatt before the finish with a 4:31:30.

It seems that there were lots of distances being run this day and I got to see a different side of running that I hadn't seen in a long time. A couple of ladies from DeQueen who had not run over six or eight miles set out to complete a half-marathon, 13.1 miles. They made it and were they happy. A few whose goal was to run to the half-marathon, got to the turnaround and felt so good that instead of stopping decided to go on and try to run as far as they could before I would pick them up on my return. As I left Tall Peak I picked up the runners on the road. No one quit. They were just trying to run as far as they could. When I got a truck full and gradually began to pass the runners doing the Marathon, they were excited. I heard them comment that they had heard "that" runner or "this" runner had run a 50 Miler or a finished 100 milers. I could tell from the runner's stride that even marathons can be tough. I wish they could have felt the enthusiasm that these novices, as I call them, had for them. Next year a couple will probably join you.

TALL PEAK MARATHON---1-4-97			
1	JOHN JONES	3:49:33	
2	JIM SWEATT	4:19:55	
3	CARLA BRANCH	4:31:40	
4	DIANNE SWEATT	5:14:00	
5	LOU PEYTON	5:35:00	
6	JANE LEE	6:11:00	
7	ANN MOORE	6:48:00	
TALL PEAK 20 MILERS			
	STEVE CHANEY	4:08	
	DON HIGGINS	4:08	
	TREY HARGIS	4:05	(18 MILES)
	ROBIN DANIEL	3:42	
	LYNN DANIEL	3:59	
	EDNA MARTIN	3:59	
	GREG BOURNS	4:20	
	DAVID SAMUEL	4:12	

ULTRA CALENDAR

WHITE ROCK CLASSIC 25K AND 50K 9:00 A.M. TURNERBEND CAMP GROUND. DIRECTIONS: I-40 TO OZARK. NORTH AT OZARK ON HWY 23. ABOUT 13 MILES ON HWY 23 TO MULBERRY RIVER. NO FEE. GREAT RACE! MOUNTAINOUS. HOSTS: AURA'S JOE FENNEL AND THE CHILI PEPPERS.

Feb 1 Rocky Racoon 100

Feb 8 WhiteRock Classic 25K and 50K. UTS # 5

Feb 15 Sylamore 50K. See enclosed application.

Mar 1 Mississippi Trail 50, Laurel, Mississippi. Carl Touchstone, RD. Desota National Forest. See Charley for an application or info.

Mar 8 The LoggerHead-20 Miles UTS #6 7:00 a. m. Lake Maumelle picnic park on Hwy 10.

Mar 22 Cross Timbers Trail 50, Lake Texhoma, Texas. See Charley for an application or Apr The

Chicken Neck UTS # 7. Arrangements pending.

Jun 7 National Trails Day. Albert Pike Recreation. Ouachita National Forest. Langley, Arkansas.



Charley & Lou Peyton
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