

# ULTRA TRAIL SERIES #6 SLATED FOR MARCH 8TH

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## THE ARKANSAS ULTRA RUNNER

MARCH 1997

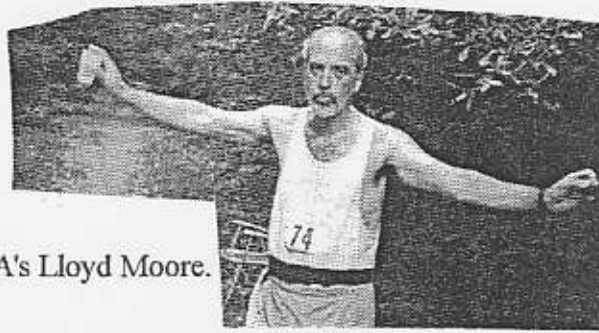
*A NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION*

**MESSAGE FROM THE BIGSHOT** - Ever wonder how races get started? With the Bigshot its usually in a weak moment when his guard is down. Following the races in February, the Rocky Raccoon, WhiteRock Classic and the Sylamore 50K, Lou and I had to make a visit to Mississippi to visit the mothers. With me at the wheel Lou began thumbing through the new *ULTRARUNNING*. Soon she queried me about a TransArkansas run. "If you loved me, you would help me do it. I would do it for you." Next she asked me why Arkansas didn't have a Fat Ass 50K like most other states do at New Years. I replied that the reason we didn't have a Fat "A" 50K at New Years is because she hadn't wanted one yet. Now she does! So this is the first call for the 1997 TransArkansas Run and the Arkansas Fat "A"50K. They won't go on the Ultra Calendar yet but with details pending both will be scheduled around X-mAS break. Our tentative course for the TransArk is from Texarkana to Lake Village in about 4 stages. The 50K will be on forest service roads at Lake Sylvania. Of course my way of doing it is to go low key, the ultra way, with as little responsibility as possible. If anyone out there has a better way to do it and would like to do the organizing, be my guest. Hey, maybe I won't have to buy any Christmas presents this year!

In the E-Mail correspondence was a post from "BigHead". He wanted to send me info about a 6-Hour track run he is promoting in Pensacola. Look for it in the RACE CALENDAR.



**BOB MARSTON  
LOU PEYTON  
DIANNE SWEATT  
AT  
ROCKY RACCOON**



## ULTRA PROFILE - AURA's Lloyd Moore.

Greetings Lloyd and congratulations for being the President Elect of the Little Rock Roadrunner Club.....*Thanks, Big Person, I've received a few sympathy cards but you're the first to congrats. Hope you'll continue to support by throwing AURA's weight our way.*

Does this mean we won't be seeing much of you on the trail?.....*Contrar-probably the same as each group has its own appeal to me. I like road races and since I don't hurt, I get my nature hit on the trails. Thanks, Rural Ruler.*

Give us the stats. You know-age, ideal weight, etc.....*51 years old and holding at 196lbs.If I were a horse at Oaklawn I wouldn't have to carry a jockey. I'd like to run at 180-185 lbs but my wife is too good of a cook.*

Just how did you start running?????????In 1991 I decided to run the FireCracker 5K with my brother, Charles(already an accomplished runner). My goal was to run the entire race without stopping. I wanted a shirt. The rest, I guess, is the stuff of which legends are made.

Your favorite piece of running gear is.....*1. My new electric blue spanned tights. They feel good and I think I look like a speed skater in the winter Olympics. 2. The new matching blue LRRC uniform. 3. New matching blue Iranian watch given to me by the head of Timex for Asia.*

What do you consider your strongest running asset.....*Good recovery, obsessive personality and Dr. Nix(another story).*

You've done a couple of ultras this past year, OT-50 and the Midnight 50K. Any other ultras in the immediate future?.....*Hopefully, those plus any close enough to attend. There's one in the fall, but not being a railroad buff, I've yet to make it. Hope to soon. Is it long?*

By the way, how did you do at the Midnight 50K I've seen various reports.....*Results of the race have haunted me. My reputation, I guess, preceded me. Thus the assumed low listing. I still want my damn points. There could be litigation if I don't get 'um. I even led the race for several yards.*

Can you give your fellow AURA's a typical training week?.....*It has been three days a week unless race specific. Tues/Thursday 4 to 6 miles, Sunday long. Due to the Nix man, I may be able to run on consecutive days now. So watch out.*

What about your diet and your running. How does that work?.....*Obviously, not very well. I'll watch some fat grams but other than that I consider eating a good reward for running good - more important than points or shirts.*

I know you are a big fan of the UALR X-Country Team. Any plans to help get the word out on their meets, etc.....*I'm a fan of any sport where athletes lay it out there(and don't prompt the spectators to*

*applaud)(i.e. the latest fad in some team sports such as basketball and football). Yes, because we don't have a local or state sports section anymore, I'd like not only to have a few local meets but also be advised of them. Rodney(UALR's coach) promised another chance for us to run the X-Country course this year.*

Okay, last question--If it came down to two people, you and the BigShot, a time trial, who would win. Be honest!.....*In all honesty, I'd be afraid for the Big Person. His clandestine inquiry, vitamins, etc, concerns me, however, he hasn't trained or raced since he had the "blow out kit" in his hair and I'm not sure he could keep up with this "wanabe" trail bubba.*

## ULTRA CORNER

### *Rocky Racoon 100 Trail/February 1st, 1997*

The weather for the Rocky Racoon this year was near perfect. Of course the runners complained that it was too warm. Don't they always! For the workers and crew(me) it was ideal. Just cool enough for a sweater and just warm enough to be comfortable at night in a lawnchair.

Four Arkansans were entered in the 1997 Rocky Racoon 100. All finished. Angie Ranson finished with a 23:02:53, Lou Peyton, 25:19:02, Bob Marston, 25:50:45 and Dianne Sweatt with a 26:54:47.

Overall winners were Californian's Ben Hian - 13:42:57 and June Gessner(female)19:38:08.

### *The WhiteRock Classic 25K, 50K/February 8th, 1997*

The WhiteRock Classic is billed as Arkansas's answer to the Pike Peak Marathon that so many of the Arkansans pilgrimage to each year. For those who have never participated, the run starts at the Turner Bend Campgrounds on Hwy 23 about 13 miles north of Ozark, Arkansas. The turnaround point at 25 Kilometers is on the top of White Rock Mountain, site of one of the most remote State Parks in Arkansas. There is no entry fee or registration. This is AURA's Joe Fennel and his Fayetteville running club's(The Chili Pepper Running Club)gift to Ultra Running. February is the off season for the canoe rentals at Turner Bend and the shuttle bus that would normally be picking up exhausted canoers a month later make the round trip to the mountain top to bring the 25k runners back. When the ultra runners, 50 K, get aid at the mountain top, their option is to run back. By vocation Joe is a restaurateur, owner of *Jose's*, a Mexican restaurant in Fayetteville. As good of a runner as he is he is equally skilled at meal planning. The first year it was hamburgers and hot dogs; this year it was pasta salad, bake beans and sandwiches. No one went away hungry. As I stated above this is Joe's and the Chile Pepper Running Club's gift to running.

This type of running does not appeal to everyone. If you are conscious of your split times and like to run the flat, asphalt marathons, the White Rock might not be your cup of tea. However to the adventurous, the running spirit can be renewed. From the start to the White Rock Mountain State Park at the turnaround is 15.5 miles of well groomed national forest roads. Three mountain climbs going out and two climbs coming back. This year a mid-February snow shower had dusted the trees and covered the higher elevations. It was almost like nature knew we where coming.

Because runners didn't have to choose which distance they would be running, no one is really sure of who is doing what distance. The only sure way to tell in the 50K is when you meet the runners coming back as you are still on the way up. In the starting field was Arkansas' premier ultra runner, Raymond Bailey, who is the current State RRCA Ultra Runner of the Year and also is a three time winner of the Arkansas Traveller 100. At the

turnaround, Raymond found himself in an unexpected second place. Henry Farris, a marathoner from Rogers, Arkansas, had taken a five minute lead by the 20 mile aid station and was holding his minutes when he passed the last aid station with 4.5 miles to go. When Raymond and his running mate, Bill Laster, came to the last station, Ray stopped for a drink and looked concerned that Farris was not slowing and commented that maybe they had let him get too much distance on them. I.E., 4.5 miles to go and Henry with a 3/4 mile head start. Laster however didn't pause and called for Ray to "come on". After all this might be a no frills race but it still was a race. From my vantage point at the 26.5 mile aid station I thought that Ray and Bill might close the gap but the marathoner looked too good with his five minute lead. Much to my surprise I learned that the marathoner Farris "balled up" (ultra word for hitting the wall) on the steep down hills on the way back. Remember I said that it was three mountains out and two coming back? That equates to two down hills going out and three coming back. Down hills to a ultra runner is the time to make up distance.

The first female to make the top and start the return was Keda Steinert, a Fayetteville school teacher. She ran unopposed on the way back to Turner Bend. This was her first try at ultra distances and it seemed that the more miles she ran the more exhilarated she became.

Others weren't so blessed with speed and miles slowed as the day worn on. Nobody complained. After all the White Rock is worth finishing and like we say about education, *they* can't take a finish away from you.

Thanks for the memories Joe, I'll do what I can to spread the word next year.

### *WhiteRock 50K Results*

1. RAY BAILEY	4:23:25	
2. BILL LASTER	4:27:15	
3. HENRY FARRIS	4:52:45	
4. RICK BAUGH	4:55:00	
5. JIM SWEATT	5:23	
6. KEDA STEINERT	5:27	1st Female
7. JIM SCHULER	5:38	
8. KIM PAVELKO	5:49	
9. CARLA BRANCH	5:50	
10. SISSY HARPER	5:52	
11. TOM WORTHY	5:58	
12. JASON SHAW	6:34	
13. BILL MYERS	6:34	
14. DONNA DUERR	7:23	
15. UNIDENTIFIED		
16. JANE LEE	8:15	
17. ANN MOORE	8:20	

**AURA's MARCH ULTRA HOROSCOPE-** Think ahead before your next ultra, and fame and fortune might follow in your footsteps. Your veil of goodness might soon be lifted by a Pices tattletale. Argos, think positive this month because others might be noticing you and making judgments. Could the Bigshot be a Guardian Angel?

## Sylamore 50K/February 15th, 1997

On Feb 13th, Little Rock received almost six inches of snow. On February 15th the 5th Annual Sylamore 50K, Mountain View, was scheduled. We dodged the bullet again and race day was a beautiful, high sky day.

Ray Bailey was again the winner just ahead of Arkansas native, David Horton. First time Ultra finisher, Roberta Orr, of Little Rock, was the first female in at the Sylamore.

1997 Sylamore Trail Results			
1. Ray Bailey	4:24:58		
2. David Horton	4:31:05		
3. Mule Martin	4:38:17		
4. Stewart Johnson	5:03:01		
5. Robert Orr	5:17:06		
6. John Bailey	5:45:41		
7. Lee Hess	5:48:33		
8. Joel Guyer	5:50:40		
9. Toney George	5:55:31		
10. Bob Marston	6:08:20		
11. Jim Schuler	6:13:49		
12. Tom Webb	6:19:24		
13. Jackie Edmonds	6:29:54		
14. Roberta Orr	6:31:16	1st female	
15. Phil Miller	6:39:38		
16. Duane Grigg	6:45:33		
17. Michelle Munzner	6:50:42	female	
18. Jenny Devine	6:50:42	female	
19. Susan Townsend	6:50:49	female	
20. Rodney Diggins	6:50:49		
21. Paulette Brockinton	7:17:39	female	
22. Donna Duerr	7:27:54	female	
23. Deborah Boggs	7:30:49	female	
24. Janet Lane	7:42:16	female	
25. Kim Pavelko	7:45:04	female	
26. Jim Sweatt	7:45:05		
27. Nick Williams	7:45:06		
28. Tim Biggs	8:00:24		
29. Robert Mckenney	8:00:25		
30. Steve Eubanks	8:15:44		
Ann Moore	9:00+	female	9 hour cut-off
Rosemary Marston	9:00+	female	
41 starters			



**AID STATION WORKERS  
SYLAMORE 50K**

*1997 Sunmart 50 Miler/December 14th*

AURA's and/or ARKANSANS

## 50 Mile

8. Gary Grilliot	6:21:16
29. Stan Ferguson	7:14:36(tie)
Chrissy Duryca-Ferguson	
105. Carla Branch	8:47:19
122. Bob Marston	9:01:10
126. Angie Ranson	9:05:31
133. George McDonald	9:15:53
150. John Renick	9:32:51
270 finishers	

## 50 K

36. Neil Hewitt	4:27:17
136. Mark Oliver	5:18:28
195. Jay Huneycutt	5:43:08
196. Jamie Huneycutt	5:43:39
235. Pete Johnson	5:57:53
242. Jackie Edmonds	6:02:15
246. Pat Riley	6:04:43
247. Dale Powell	6:05:09
324. Rob McGruder	6:42:21
341. Hiram Byrd	6:59:32
380. RoseMary Marston	7:20:23
385. Donna Duerr	7:24:06
410. Chuck Desjardin	8:04:07
411. Debbie Desjardin	8:04:08
438 finishers	

## ULTRA CALENDAR

Mar 8th **The Loggerhead**, UTS #6. 20 miles, out and back on the Ouachita Trail and forest service roads. 7:00 a.m. start. Directions: West on Hwy 10 approx 18 miles from the I-430 overpass to the Lake Maumelle picnic park that is just before the last bridge crossing Lake Maumelle. Same start as the former "10-9-10 Run". Thrills without frills.

Mar 15th **AT 88.3 Mile Hike/Run**. Lynchburg, Virginia. No fee, no frills, no aid, no winners. Appalachian Trail in South/Central Virginia. David Horton, Liberty University, Box 20,000, Lynchburg, Virginia, 24506.

- Mar 22nd *Cross Timbers Trail 50 Mile and 30Km.* Lake Texhoma, Texas. Jay Norman, 972-556-1347.
- Mar 29th *Holiday Lake, 50Km Race.* Appomattox, Virginia. Double loop course on trails, forest service roads and dirt roads. David Horton, Liberty University, Box 20,000, Lynchburg, Virginia, 24506.
- Apr 19th *UWF Argonauts 6 Hour Charity Run.* Pensacola, Florida. Mostly flat asphalt 1.0 mile loop on service road through scenic University of West Florida. Benefits UWF Cross Country Teams, C/O Athletic Department, 11,000 University Parkway, Pensacola, Florida, 32514.
- Apr *The Chicken Neck.* UTS #7. 10 to 12 miles on the southern shore of Lake Maumelle. Still trying to find a place to park off of Hwy 300. Arrangments pending and incomplete.
- May 3rd *Strolling Jim 40.* Wartrace, Tennessee. Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee, 37183.
- Jun 7th *Nationals Trails Day.* Albert Pike Recreation Area. Ouachita National Forest, Langley, Arkansas. 6, 10 and 17 mile trail runs.
- Jul *The 1997 Midnight 50K Mountain Run*
- Aug *Annual Heart O' Traveller Training Labor Day Weekend.*
- Oct 3rd 1997 Arkansas Traveller 100 Miler.



ANGIE RANSOM  
1997 ROCKY RACCO