

Volunteer Appreciation Breakfast

scheduled for November 28th.

ARKANSAS ULTRA RUNNER

December 1998

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-Reminder of the Volunteer Appreciation Breakfast at Murray Park on November 28th. If you read this, you are invited. Lou will lead an adventure run starting at 6:30 a.m. sharp from Pavilion #2. The route will be out and back from Murray Park, up into Walton Heights and through the woods to Pinnacle Valley Road(maybe 16 miles) and option to continue to Maumelle Park before returning(maybe 20 miles). Cooking starts at 9:00 a.m and we will stay until everyone leaves.

CORRECTION: It has been brought to my attention that the finish order for the Crystal Mountain Run of last month was incorrect. The 3rd and 4th finisher actually finished 6th and 7th. This means that the 6th and 7th finisher earn the big points of a 3th and 4th place finisher. I will make corrections in the point totals and publish them later on a slow news day.

We will need to make additional changes on the Indian Rock House run that is scheduled for December 20th at 1 p.m. Sunday afternoon. The run would normally be a 20 miler and that might be too much for people to finish the entire distance before dark. So instead of a 20 mile run it will be a 14 miler. 100 % Ouachita Trail.

On November 14 th at Sportsfest Weekend in Hot Springs, state chapter of the RRCA(Road Runner Club of America) presented awards in various categories to deserving winners. Congratulations to the following A.U.R.A members: Stan Ferguson and Roberta Orr(Ultra Runners of the Year) and to Ray Bailey and Lou Peyton(Masters Ultra Runners of the Year). Many thanks to Bob Marston who has kept the point totals during the year so that the Ultra Runners in Arkansas can be properly recognized.

David Samuel is planning a trail marathon and 17 mile fun run for Saturday, January 2nd, 1999, at Big Fork, Arkansas.(west of Glenwood). Complete details are in this newsletter. Next month we will vote on the "Trail Run of the Century" to be held at Albert Pike January, 2000.

For your information Arkansas has had several Arkies to finish 100Km and 100's this summer. Joe Fennel(Fayetteville) Elkhorn 100Km, Bill Laster at Hardrock, Ray Bailey at Wasatch and many more at the 1998 Arkansas Traveller. Below is the list that I have compiled.

 Elkhorn Mountain Endurance Run 100Km/Montana City, Montana.

Joe Fennel(98) 12:50:50(12th place/80 finishers)

WASATCH 100

Ray Bailey(97)	25:41:	
Ray Bailey(98)	30:50:	
Williams Gilli(89)	32:43:37	
Max Hooper(89)	34:01:17	Grand Slam
Nick Williams(89)	34:01:17	
Bob Marston(97)	34:12:	Grand Slam
Larry Mabry(89)	34:12:27	Grand Slam
Lou Peyton(89)	35:14:39	Grand Slam

HARDROCK 100

Bill Laster(98)	39:31:14
Nick Williams(93)	41:26
Dr. Feelgood(94)	43:41:47
Nick Williams(94)	46:49:10
Dr. Feelgood(97)	46:51:09

ARANSAS TRAVELLER 100

Ray Bailey(95)	16:42:33
Ray Bailey(96)	17:09:55
David Horton(91)	17:19:28
David Horton(93)	17:30:39
Ray Bailey(94)	17:35:11
Stan Ferguson(98)	18:02:05
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
Stan Ferguson(97)	19:43:46
Will Taggart(97)	20:31:12
Bill Laster(94)	20:44:29
Dave Cawein(92)	20:51:59

Bill Coffelt(97)	20:54:01
Dr FeelGood(93)	21:08:51
Joel Guyer(91)	21:20:16
Ray Bailey(98)	21:47:00
Steve Hyndman(91)	22:04:30
Joe Fennel(91)	22:05:02
Neil Hewitt(95)	22:26:48
Geo. McDonald(93)	22:33:06
Dr. Feelgood(95)	22:51:55
Simon Hauser(93)	22:55:08
Ellis James(96)	22:55:33
John Baker(92)	23:11:12
Will Taggart(96)	23:24:04
Ricky Williams(98)	23:31:21
Steve Tilley(96)	23:41:55
Angie Ransom(95)	23:50:17
George McDonald	23:50:17
Rick Massey(94)	23:30:31
Jim Schuler(91)	23:36:24
Larry Mabry(93)	23:41:42
Robert Orr(98)	23:50:37
Roberta Orr(98)	23:51:35
Lou Peyton(93)	23:52:05
Angie Ransom(97)	24:28:27
Larry Mabry(96)	24:29:30
Tom Holland(92)	24:41:24
Dale Powell(95)	24:54:00
Nick Williams(92)	24:59:08
Lou Peyton(92)	25:12:46
Irene Johnson(92)	25:27:46
Suzi Thibeault(92)	25:28:29
Lou Peyton(94)	25:32:20
Charlotte Davis(93)	25:37:37
Georg McDonald(97)	25:52:16
Jim Sweatt(96)	25:54:31
Dianne Sweatt(96)	25:54:31
Dianne Sweatt(97)	26:22:57
Kimberly Pavelko(95)	26:30:48
Nick Williams(95)	26:33:15
Jim Sweatt(92)	26:48:54
Dianne Bell(95)	26:53:19
Jim Sweatt(95)	26:53:20
Lou Peyton(98)	27:01:56
Nick Williams(93)	27:15:47
Pete Ireland(95)	27:17:38
Ivy Franklin(96)	27:25:44



**Ann and Lou pose after the
1998 Arkansas Traveller 100**

Teresa Laster(95)	27:26:24
Donna P. Duerr(91)	27:31:43
Charlotte Davis(91)	27:35:04
Bob Horner(92)	27:36:34
Nick Williams(97)	27:36:45
Jay Huneycutt(98)	27:41:00
Jamie Huneycutt(98)	27:41:00
Nick Williams(91)	27:43:50
Irene Johnson(94)	27:48:05
Jim Sweatt(94)	28:03:38
Nick Williams(94)	28:03:39
Gayle Bradford(94)	28:03:40
Dan McCollough(95)	28:05:52
Nick Williams(96)	28:18:32
Pete Ireland(96)	28:22:03
Chuck Desjardin(95)	28:26:40
Dan Scharbor(98)	28:36:21
James McNair(91)	28:38:36
Irene Johnson(91)	28:40:16
Tony Johnson(91)	28:40:16
Tony Johnson(93)	28:43:58
Pete Ireland(98)	28:52:22
Dianne F. Bell(93)	28:59:41
Les Hall(91)	29:04:19
Donna Hardcastle(91)	29:04:20
Sam Hardcastle(91)	29:04:21
P. J. Salmonson(93)	29:07:41
Ann M. Moore(93)	29:10:03
Donna P. Duerr(98)	29:14:38
Brooke Alexander(98)	29:15:30
Kim Pavelko(98)	29:17:00
Donna P. Duerr(92)	29:27:14
Ann M. Moore(92)	29:37:25
Steve Eubanks(93)	29:47:39
Harold Hayes(98)	29:56:10

**Arkansas
ROAD RUNNER CLUB OF AMERICA**

Stan Ferguson , Roberta Orr, Ray Bailey and Lou Peyton

1998 ULTRA RUNNERS OF THE YEAR

ULTRA PROFILE

Ann Trason

10 times Ultra Runner of the Year, 1998 Grand Slam completion and
First Female of the 1998 Arkansas Traveller 100 Miler

(BigShot) Training wise, what are you doing now after five 100's.....(Ann) *I sitting on my butt. I had ankle surgery on October 28th and the surgeon tells me that I will not be able to run for six to eight weeks. December 8th is the earliest. I was originally scheduled to have the surgery last January. I went against conventional wisdom (what is new) and put off the surgery so that I could run the Slam. The next few months the emphasis is on Carl's running and racing. He is going to run the Quad Dipesea at the end of November and I am trying to persuade him to run Sunmart.*

I understand you did GU and water at the AT100. Were you pleased with the outcome? What if it had been colder or hotter. would you have eaten more real food or electrolyte stuff?.....*Well, in addition to GU and water, I also used Karl King's Succeed electrolyte pills at the AT100. I consumed a pill about every hour to two hours until it got dark. I also ate pretzels, hard candies and jelly beans. Early on I drank Cytomax. This minimalist approach seems to work well with me. Although, If it is cold I have been known to eat a turkey sandwich or two (hold the mustard). I tried to eat a turkey sandwich at the Traveller but the best I could do was look at one. Late in the race I have a general craving for chicken noodle soup. But if it is hot there is no substitute for ice cubes. Not that I think about it I ate a fair number of ice cubes at the Traveller on the return trip and I am just not sure if I had any chicken noodle soup. One of my biggest regrets at the AT100 was that I was not able to eat the gumbo that was being served up at the BM Road aid-station. (I hope I have the name of the station right) My stomach was a little upset on the return trip and I thought it was best for the other runners if I limited my food intake to things I was fairly convinced would stay down.*

When you are in your training mode what surfaces do you prefer and what about companionship. Do you train alone, with Carl, with a group or club?.....*My favorite surface is definitely the trails. Carl and I are very fortunate to live a half mile from a Trailhead. There are only two things that get me to run on the roads: Rain and training for a road ultra such as Comrades. When I am injured or coming back from an injury I will run on a treadmill. We have a treadmill at our house and we set it up in front of a window that has a wonderful view of the Golden Gate Bridge in San Francisco, quite plush really. Carl is my best running buddy. My hope is when our four month old pup, Wasatch, gets older she will become our little trail companion. Presently, I run most of my long weekend outing with Carl. During the week Carl and I run with a group on Wednesday in Marin County (north of San Francisco. The group, UltraMarin, runs 15 miles in the summer and 13 miles in the winter.*

I know you had to have been leg weary after four 100's this summer. Did you come out of the AT100 with any significant or unusual aches or pains?..... *It was more of a question of what didn't hurt and the answer to that is "not much".*

Tell us about what running shoes that work for you.....*My present love is the Nike Air Swift Triax. They are sold as a light weight road shoe but do not let that fool you. The Swift Triax is a very responsive, cushioned shoe with a nice size toe box.*

Do you presently run 5K's or 10k's etc.....*If I am training for a road ultra that is 100km or shorter, I will run either 5k's or marathons. I am not very fond of the 10K distance—it elicits too much pain.*

What about cross training like biking or weights for you.....*I try(emphasis try) to lift weights(upper body only)three times a week. I only get on a bike if I am so injured that I can not run. If I am really trashed I will jog in the pool.*

In training do you do any special diet?.....*I try to stay away from red wine and chocolates.*

Are there any new cutting edge, Ultra things in California that will eventually make it this way?.....*Karl King's Succeed electrolyte pills are becoming very popular. The capsules can be consumed with or without replacement drinks. Many runners are taking the capsules, drinking water only and forgoing electrolyte replacement drinks altogether. Equipment wise, I noticed a lot of runners in California, as well as Utah, using bladder systems for carrying water. With this type of system a person can carry over two liters on their back and they do not have to worry about water bottles.*

Going to Sunmart?.....*If Carl goes I will go and crew him.*

Would you have running idols.....*The only idol I have is not a running idol and that is Nelson Mandela.*

Any advise you would like to give us(AT100)?.....*Get rid of 212 Road. Seriously, you all do a wonderful job at the Traveller. As you say, it is really too much fun to miss.*

BONUS QUESTION-I know you have done the Sawtooth Odyssey in Idaho in years past. Do you happen to remember a loud mouth, vulgar Arkie there by the name of Joel Guyer. His wife was nice however. He is(as an aside) the name sake of the BM Road aid station.....*I have done the Sawtooth Odyssey twice but I do not remember Joel Guyer or any loud mouth people for that matter. Both times the Odyssey was loads of fun and so beautiful.*

ULTRA CORNER

Race Reports

Hardest Marathon on Earth by David Samuel-AURA #12

The 6th Annual Leadville "Mosquito" Marathon was run on July 18, 1998. The race is advertised as the continuously highest and possibly the hardest marathon on earth. The 10,150' start and finish in downtown Leadville, Colorado, is the lowest place on the course. 70% is on jeep road, 15% on single track rocky trail, 10% is cross country with trail and 5% is paved. Total vertical ascent is 5,500'. 70% of the race is above timberline and 80% is above 11,000'. Mosquito Pass (13,186') is crossed twice at mile 8 and 14.

Since my vehicle accident in February, I have been slowly recovering from a ruptured disk. I had been doing lots of hiking and long, slow runs. I needed a challenge to get me back on track. Leadville did the job...it was great!!!! Leadville, my 26th marathon, will always be remembered as an "Extreme Adventure". Believe it or not, that day of climbing up and over Mosquito Pass even exceeds my 1981 Pikes Peak Marathon experience.

Approximately 150 runners participated in the marathon and another 100 or so in the 15-mile fun run. Almost all of the runners were ultra trail runners who have completed mountain endurance runs such as the Leadville 100, Western States 100, Imogene Pass and Breckenridge Crest. I was afraid I was in way over my head. However, I accepted the challenge and went out real slow with lots of walking during the first eight miles. I had planned a day of hiking and enjoying the scenery of the Rocky Mountains. Boy did I get both!!!

Although I met runners from all over the United States, my best buddy was "Stan the Man" from Baltimore, Maryland. We ran together from mile five to 14 miles until I finally pulled ahead after crossing over Mosquito Pass the second time. Although I could see one or two runners most of the time, I ran alone from 14 to approximately 23 miles when I caught up with a lady from Portland, Oregon who was using this run as high altitude training for a run next month in Peru. Since I didn't wear a watch, I discovered that I was behind my estimated finish time of 8 hours. Bonito, my support crew, was expecting me in around 3 p.m. Anyway, we picked up the pace on the downhill into Leadville so we could break 9 hours. Our final time was 8:50:11, a pace of approx. 20 minutes per mile.

My greatest memory of the marathon will always be the slide down the snow cornice at an elevation of nearly 14,000'. A race volunteer assisted us down to a fixed rope where we sat and slowly let ourselves down the steep slope for about 10'. We then let go of the rope and slid down the cornice for another 150', breaking ourselves with the heels of our running shoes.

What a ride!

Grand Slam by Neil Hewitt AURA #64-Addison, Texas.

"This year 35 ultrarunners attempted the Grand Slam of Ultra Running. 21 would complete the journey. In this group, acquaintances became friends, and friends became good friends."—Neil Hewitt



Ultra Friends-On Sunday, September 13th, I finished the Wasatch Front 100 Miler, and by doing so I completed the Grand Slam of Ultra Running. The Grad Slam is four 100 miles runs in 13 weeks-Old Dominion, Western States, Leadville, and Wasatch. Wasatch was the toughest run of them for several reasons. First, it has 24,033 feet of climb and 23,523 of decent. and the altitude ranges from 5,000 feet to 10,043 feet (averaging 8,000 feet). Second, it was the forth 100 in 13 weeks. And third, I was injured going into the run, and become more injured shortly after starting the run.

The long version starts at 5 a.m. in Layton, Utah. I was the last one to cross the start line. I started this silly ritual at Old Dominion this year, and have done this for every 100 in the Slam. There is no need to go out fast in this run. During the first six miles you climb from 5,000 feet to 9,170 feet. At 5:15 a.m., my left foot catches a root. I stop myself from falling by putting all my weight on my right leg. My right knee does not hold up. I don't fall but I have searing pain running through my knee. "Its over!", I screamed. I stood beside the trail in the dark, and I'm convinced the Eagle(Slam trophy) will not land at my house. I've had this knee problem for years. I usually recover from it within days of doing nothing. But, I can't do anything for several days. My emotions hit the floor. I feel like I have let my crew, pacer, and everyone else down. "Think positive! You've got 35:45:00 to go!" I start moving. At first I can barely walk. I have a severe limp. The pain recedes some, but it will be my constant companion for the next 99 miles.

At 15 miles I arrive at the first aid station with crew access. It has been 4 hours since I hurt my knee. I tell Mitch Allen my crew and pacer, that it is going to be a long day and a half, but I'm going to keep moving until I miss a cutoff. I leave the station 35 minutes before cutoff. I actually enjoyed the next seven to nine miles. The knee is working, and I am enjoying the trail. This area is beautiful. I didn't enjoy the scenery as much as I should have because I was focused on the knee pain. Somewhere between 22 and 24 miles, I stepped on a rock with my right foot. SNAP! I hop to a stop. I can feel the pressure of the shoe get tighter and tighter as the right ankle swells. The pain equals that of the knee. I look to the sky an ask God if he is sending me a message. I don't get an answer until Sunday morning. My emotions hit bottom again.. I know I was going to have troubles with finishing because of the knee, but now, how can I ever expect to finish? I reflect back to three positive experiences I've had during the past year. I paced Jay Norman at Angies Crest, Robert Tarverini at Rocky Raccoon, and Mitch Allen at Vermont. Each of these runners had challenging days, but they pushed on even when I would have quit. They were my role models. I took two more ibuprofen and started walking. "I will not quit! I might get pulled for missing a cutoff, but I won't quit!" I eventuality start running flats again. I don't trust my ankle on the down and ups. There aren't a lot of flats at Wasatch though. Surprisingly, I pass a few people. They are having a worse day than I am. I remind myself that complaining won't do any good. Constant forward motion is the only thing that will help. Soon, I'm tentatively running down hills. I arrive at Big Mountain(mile 36), and I'm greeted by Mitch and Joyce Prusaitis, and thunder and lightning. I haven't mentioned that on of the things that did go right for me so far was the

weather. It was cool, high clouds and no wind. Perfect until now! Surprisingly, the ankle swelling has gone down a little, but it is still ugly. Mitch straps an ice pack on my knee. Joyce fills my Camelback and got me a sandwich, and then they tell me to leave. For 30 minutes ahead of the cutoff. Within minutes, the cold rain, hail and sleet hit. I put on my Sunmart jacket and rain poncho, and keep going. It is cold but refreshing. The lightning is close. I think back to my previous pleas to God and wonder if this is his answer. I wonder if the knee and ankle pain would go away if I were hit by lightning. I decide my current pain is the lesser evil. The storm passes quickly. As I unbundle I realize my knee feels really good (relatively). The ice pack worked! My spirits soar as the last drops of rain fall. The next 15 miles are some of the easiest of Wasatch. The elevation decreases 1,500'. The climbs are gradual by Wasatch standards. There are a lot of rocks however. I spend most of the time watching my feet instead of looking at the scenery, but the time passes quickly. I arrive at Lam Lams Canyon (mile 51) ahead of schedule. I'm on a 30 hour pace. I'm amazed at how I went from 60 minutes ahead of cutoffs to a 30 hour pace. I know the table can change. Mitch will pace me the final 49 miles. Lambs Canyon is the lowest point on the course (except the start and finish). Over the next 35 miles, there are five serious climbs (by western ultra standards). You spend 20 miles over 8,000'. And, unless you are front runner, you do it all in the DARK! To be honest, I don't remember much about this part of the course except the dark. There was only a quarter moon. It didn't come up until 1 a.m. Someday, I will go back and hike this section during the day. I have a feeling the scenery is spectacular. The other thing I remember is Mitch kicking my butt out of the aid stations, reminding me to eat, telling me to drink, and running ahead to aid station to make sure I had a chair and my drop bag was ready. It is a blessing to have an experienced ultra runner pacing and crewing for you. We saw the sun come up just as we crested the last big climb at 85 miles at 9,500'. At that time I was coasting. The previous climb took a lot out of me. I told Mitch that there was no way to break 30 hours, and I would be very happy with a 31 or 32 hour finish. For the first time, I allowed myself to think about where I would put the Eagle. I popped some more ibuprofen. We took a couple of pictures and shuffled down the mountain. Mitch had a chair and turkey sandwich ready with I got to Mill Canyon (mile 87). He asked to see the pace chart I had prepared for the race. A few seconds later, he said I was 60 minutes ahead of schedule, and 10 minutes under a 30 hour time. All I had to do was hit the pace I planned on before the race. Of course the planning was done before running 87 mile, before my knee and ankle, before climbing 23,200 feet, and before having stomach problems. Did I mention stomach problems? Somewhere around 60 miles my stomach said NO MAS! I knew I had to get the calories but I was not tolerating solid food. I could choke down coke, sports drink, gels and an occasional sandwich. I was running on fumes. I think I called Mitch a @#&!& lair. He gave me the chart and sure enough he was right. But there was still the issue of hitting the planned pace for this 1/2 marathon long section. Just minutes before I was very happy with 31 to 32 hours. Should I try for the sub-30 buckle and risk blowing the knee, ankle, stomach, or some other body part? I told Mitch we would try to hit the pace but we would see where we stood at Cascade Springs (92 miles). Mitch said, "Fine, get your ass out of the chair and start running!" It felt great. With the sun up, I could again see the rocks, holes and obstacles on the trail. My confidence in the knee and ankle increased. Mitch is convinced we are running a 8 minute pace. Four miles later we cross a stream that goes up to my knees. Cascade Springs aid station is a mile away. Mitch takes

off, and when I arrive, I have dry shoes, socks and shirt waiting. My bottles are refilled quickly. Mitch tells me to quit talking to the volunteers and get out to the aid station. We have 2 hours and 10 minutes to cover 7.3 miles. There is a little hill with 800 feet of climb. We can do. Except for the little hill, you lose 1,700' of elevation in the 7.3 miles. It is on a dirt road except for the last two miles that are paved. They call that little hill the "wall". By Wasatch standard, it is a little hill. My North Texas Standards it is an ass kicker. But we know it is the last thing the course will throw at us. We crest the Wall and see this beautiful valley. The town of Midway is visible in the distance. We start talking about drinking beer. For the first time in 28 hours, I'm really enjoying myself. I've come from the valley of defeat two times. I will finish. The eagle will come home with me.

Official Time: 29:24:51/67th place. 198 starters; 151 finishers.

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ULTRA RACE CALENDAR

Dec 12th	<u>Sunmart 50 Mile and 50 K Trail Runs-Huntsville, Texas.</u>
Jan 2nd	<u>Athens-Big Fork Trail Marathon</u> and 17 mile fun run. Charley Peyton-Information at 501 225 6609
Jan 23rd	Jackson Five-0 and 50K-Dallas, Texas. John Jenkins 214 823-9122
Feb 6th	Rocky Raccoon 100 Miler-Huntsville, Texas. Mickey Rollins 713 568-8115
Feb 6th	WhiteRock Classic/25K and 50K-TurnerBend, Arkansas. Chili Pepper Running Club/Joe Fennel
Feb 13th	East Texas Ultra Runners 25 & 50K-Tyler, Texas. Debbie Peebles 903 581-1749
Feb 20th	Sylamore 50K-Allison, Arkansas Teresa Laster 501 666-6621
Mar 6th	Mississippi Trail 50-Laurel, Mississippi. Carl Touchstone(601)649-3471(w)
Apr 10th	Umpstead 100 Mile Endurance Run-Raleigh, North Carolina. Blake Norwood 919 847-7613

ULTRA TRAIL SERIES

Due to a conflict on December 12th, the UTS #3, The Indian RockHouse Run has been moved to December 20th, Sunday

afternoon starting at 1:00 P.M. We regret any inconveniences that this causes you.

Place your refrigerator magnet
(here)

1999 ULTRA TRAIL SERIES RACE CALENDAR

Muzzleloader Gun Deer Season-Oct 17th thru 25th & Dec 19th thru Jan 3rd.

Modern Gun Deer Season-Nov 14th thru Dec 6th

1. JUL 25 MIDNIGHT MOUNTAIN RUN

2. SEP 12 CRYSTAL MOUNTAIN CLIMB. 18 MILES(+/-).

OUT AND BACK ON FOREST SERVICE ROADS. HILLS.

START FROM THE LAKE WINONA SPILLWAY ON FSR 778.

3. DEC 20th (Sunday afternoon) INDIAN ROCKHOUSE RUN.

14 MILES(+/-) OUT AND BACK ON THE OUACHITA TRAIL

START ON HWY 10 AND LAKE MAUMELLE PICNIC PARK.

1:00 P.M. Start early if you dare but no points.

4. JAN 16 NORTHSHORE LANDING RUN. 18.4 MILES.

OUT AND BACK ON THE OUACHITA TRAIL. START FROM

PINNACLE PARK, NORTH SIDE.

5. FEB 6 WHITE ROCK CLASSIC 50K. OUT AND BACK

ON WELL GROOMED FSR'S. SPONSORED BY THE CHILI

PEPPER RUNNING CLUB. Hwy 23 at Turner Bend on the

Mulberry River.

6. MAR 14 THE WIDOW MAKER. 16 TO 18 MILES. SOME

BUSHWHACKING NECESSARY PLUS PRIMITIVE TRAIL

AND SOME FSR ROADS. LARGE LOOP STARTING FROM

LAKE SYLVIA PARKING LOT.

7. Apr 11 CHENAL MOUNTAIN TRAIL RUN. 9 MILES(?)

OUT AND BACK ON ROUGH, ROCKY, MOUNTAINOUS

POWERLINE RIGHT-OF-WAY. START AT THE WALNUT

VALLEY SCHOOL PARKING LOT ON HWY 10.

ATHENS - BIG FORK TRAIL MARATHON

(and 17-Mile Fun Run)

*** 8 AM, Saturday, January 2, 1999 ***

Big Fork, Arkansas

A 26.2-mile extreme adventure up and over 16 mountains on the historic Athens-Big Fork trail built some 125 years ago by the U. S. Postal Service to carry mail through the Ouachita Mountains from the community of Athens to the community of Big Fork. This trail was restored about ten years ago with the assistance of the Ozark Society, Bayou Chapter and the Student Conservation Association. Almost all of the trail is in the exact location as constructed by the Postal Service for horseback mail carriers, not for hikers or runners. Rather than running east to west along creek beds like other trails on the Ouachita National Forest, this trail runs north to south across the mountains. Trail features include spectacular views of the Ouachitas from such high points as Spirit Rock Vista, Brushheap Mountain and Eagle Rock Vista (see map for locations). The trail is well marked with white rectangles.

The start of the Athens-Big Fork Trail Marathon will begin at the Big Fork Community Center on State Highway 8 on the east side of Big Fork, Arkansas. The course will be along the south shoulder of SH8 for 0.8 mile turning right on Road 38, a Forest Service well-groomed gravel road, for 1.6 miles to B15, a primitive access logging road, for 0.2 miles to the trailhead. The Athens-Big Fork Trail begins there at 2.6 miles from the Community Center.

The first mountain is Missouri Mountain (#1) and it is one mile from the trailhead on B15 to the trailhead on Road 25. This trailhead (3.6 miles) is the access point to the Eagle Rock Loop Trail with the Little Missouri Trail downstream to Little Missouri Falls. However, you will continue straight ahead on the Athens-Big Fork Trail up the next mountain (#2) through the gap at Hurricane Knob (4.2 miles).

Down again and then up mountain #3, McKinley Mountain, down again to Road 512 crossing (5.7 miles). From Road 512 going gets real tough with two more mountains, #4 - Brier Creek Mountain and #5 - Leader Mountain. It is 2.8 miles on this stretch bringing you across Blaylock Creek (probably knedeep) to the trailhead on Road 106 at 8.5 miles. This is the turnaround for the 17-mile Fun Run.

Now for the Mountain Marathoners, continue across Road 106 and up to the tropical forest on Brushheap Mountain (#6) at over 2,000' in elevation, topping out at 9.6 miles. Down again to East Saline Creek and up again to Mountain #7, Brushy Mountain and Eagle Rock Vista (11.0 miles). Down again and across Viles Branch and up Mountain #8, Big Tom Mountain. Down Big Tom to Road B23F Trailhead (12.7 miles). Take a right turn on this gravel road for 0.4 mile to the 1/2-Marathon turnaround and water station.

Now for the return trip...Big Tom, Brushy, Brushheap, Leader, Brier Creek, McKinley, Hurricane Knob and finally Missouri Mountain. 16 mountains crossed and a "sunset" finish in Big Fork, Arkansas!!!

No entry fee, no t-shirts, no awards. Water available at start, 3.6 miles, 8.5 miles, 13.1 miles, 17.7 miles, 22.6 miles and finish. Water bottle a must, noon snack good idea, and if planning on walking the uphills, a flashlight may be needed for the return trip over Missouri Mountain.

It is deep regrets that we write of the death of our good friend Simon Hauser. Simon passed away October 30th in Zurich, Switzerland, after battling colon cancer. Dr. Hauser and his wife, Christine, lived in Little Rock for three plus years while he was doing research at the UAMS and VAMS. He was a good friend to running and of the A.UR.A. He was a sub-24 hour Arkansas Traveller and also completed among others the Pikes Peak Marathon, the Ouachita Trail 50 and the 165 mile Ozark Highland Trail Crossing in 1993. He is survived by his wife and three daughters. If I can be brief-All of you who knew Simon knew him to be such a nice, pleasant, gentle man who loved running, life and his adopted State of Arkansas. Christine has sent word that she hopes to visit the "States" maybe next year. One of Simon's last wishes is for Christine to return to Arkansas and show his daughters the trails where he used to run.



Left to Right: Simon, Lou Peyton, and Jim Schuler as they begin their last day on the Ozark Highlands Trail-January 1993



Jim, Lou and Simon wade the Buffalo River at Wollem Ford to finish the Ozark Highland Trail Crossing



**Simon, Daisey(dog) and Jim
Ozark Highland Trail**