

WhiteRock Classic Feb 6th

&

Sylamore Trail 50K Feb 26th

!!

ARKANSAS ULTRA RUNNER

February 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-What better way to celebrate a birthday than to spend that special day crewing for you friends for 12 hours. That right! Lou is planning the Bigshot's 57th birthday, February 13th with a 57 mile training run. You are welcome to come and run your age or run the BigShot's age. The 57 Miler will start at 6:00 a.m. from the Lake Sylvia parking lot and will be out and back on the Winona Forest Drive(132). Charley will set water out every 5 miles and take up his position at the 28.5 turnaround point. This will be across Hwy 7. You are welcome to include a dropbag with what you need that will be dropped off as you designate. If you want to run less than 57 miles plan ahead and turnback when you need so that you end up back at your vehicle. If you are experiencing icy road conditions and roads are unsafe to drive the run will be canceled. Thanx Lou Peyton at 225-6609



SEARCH FOR THE PERFECT ULTRA CHEESEBURGER-I didn't have to look any further than my favorite bait shop. There is something daring about paying for a box of worms and a bucket of minnows with a cheeseburger on the side. Since I retired exactly one year ago, my lofty goal in life is to go fishing once a week and have a cheese burger with French fries or onion rings. I've found some good ones and some not so good. I'd like to tell you about one place each month. If its bad, well, I'll just let the chips fall where they may. Like I said one time, " I just want to hurt somebody." This month I start with the best of the best; a 2-thumbs up. Pinnacle Valley Bait and Tackle Store on Pinnacle Valley Road near Maumelle Park. You've been by it many times. The cheeseburger was a regular size(as opposed to jumbo) and was cooked while I waited. Lettuce, mayo, purple onion, tomato, pickle on a warm bun. It was a tight, juicy piece of work. I told Lou, that what makes this cheeseburger stand above the rest is whoever made it had to have cared about it. I almost get tears in my eyes sharing it with you.

ULTRA TRAIL SERIES

| NORTH SHORT LANDING UTS #4 20 MILES 1-16-99 | | | |
|---|------------------|---------|--------|
| | | Time | Points |
| 1 | Jones Jones | 2:34:11 | 66.5 |
| | Craig Zediker | 2:34:11 | 66.5 |
| 3 | Bil Laster | 2:42:34 | 50 |
| 4 | Robert Orr | 2:45:34 | 44 |
| 5 | Stan Ferguson | 2:51:51 | 38 |
| 6 | Mark Oliver | 3:00:14 | 32 |
| 7 | Mike Heald | 3:01:18 | 26 |
| 8 | John Renick | 3:14:41 | 22 |
| 9 | Kurt Truax | 3:15:15 | 19 |
| 10 | Chrissy Ferguson | 3:16:55 | 60.5 |
| | Roberta Orr | 3:16:55 | 60.5 |
| 12 | Bob Walsh | 3:20:00 | 16 |
| 13 | Angie Ransom | 3:24:21 | 44 |
| 14 | Mike Dupriest | 3:25:08 | 13 |
| 15 | Greg Hosteins | 3:33:00 | 12 |
| 16 | Jim Schuler | 3:33:58 | 11 |
| 17 | Kimberly Pavelko | 3:40:00 | 38 |
| 18 | Bruce Mendelson | 3:45:00 | 10 |
| 19 | Nick Williams | 3:53 | 9 |
| 20 | Pete Ireland | 4:01:58 | 8 |
| 21 | Robin Booth | 4:02:00 | 32 |
| 22 | Maria Ohrn | 4:03 | 26 |
| 23 | Susan Niswanger | 4:09:44 | 20 |
| 24 | T. Laster | 4:09:45 | 16 |
| 25 | Lou Peyton | 4:12:12 | 13 |
| 26 | Gary Welchman | 4:16:36 | 7 |
| 27 | Brooke Alexander | 4:24:00 | 8.5 |
| | Rhonda Ferguson | 4:24:00 | 8.5 |
| 29 | Henry Osterloh | 4:28:00 | 6 |
| 30 | Patty Groth | 4:35:26 | 6 |
| 31 | Dor Dak | 4:35:30 | 5 |
| 32 | Donna Duerr | 4:35:44 | 4.5 |
| | Carrie Dupriest | 4:35:44 | 4.5 |
| 34 | David Smith | 4:--:-- | 4 |
| 35 | Gayle B Bradford | 4:40:00 | 3 |
| 36 | Jim Sweatt | 4:40:00 | 3 |
| 37 | Johnnie Knapp | 4:50:00 | 2 |
| 38 | Ann M. Moore | 4:52:00 | 2 |
| | 5 Hour Cut off | | |

ULTRA CORNER

Napa Valley 50/50 November 7th, 1998

Fellow AURA Friends,

This was a great run, even with the horrible weather. On a good day, the trails would be very nice, today they were creeks. I plan on a return trip, wine, dine and a little run in the California woods. Anyone interested, give me a call 501-521-0337

Happy Trails—JOSE (Joe Fennel/2nd place 50K-4:37:16)

As the storm door slowly began to open the Tuesday before the first running of the Napa Valley Trail run I slammed it shut. Thursday dawned crystal clear as I marked the course with ribbon and 250 lbs of biodegradable chalk. Friday morning the ugly weather, reminiscent of El Nino, began to rear its ugly head. Pushing the door closed with everything I had.. I realized that a mere RD was no match for the mother of all mothers- Mother Nature. Friday evening I watched as the chalk ran down small streams into rivers and finally into the raging torrent that worked its way down river through Calistoga and on to the Pacific.

As the first major storm of the year began to hit the California Coast I wondered if any of the 147 participants signed up for the race would show up. I arose at 2 a.m. to hang glow sticks for the start and erect signs for the hopeful runners to make their way to a start line. The rain had been falling hard for 10 hours as the runners started to show. As the 6 a.m. start time drew near I was unable to give the pre race briefing that I had hoped. In an effort to get the runners on their way, a quick one minute synopsis was given and they were off. Immediately I vowed to have better accommodations for my runners next year. The following day I made arrangements with a Forest Retreat Company that happens to be just two miles away.. 100 units that can hold four adults with suites and banquet facilities with aid next years event.

Above all a special thanks to all the volunteers and sponsors who supported this event. I felt really bad for the volunteers that stood in the cold rain all day. I know from all the e-mails I have been receiving, the runners realize how important the aid stations volunteers were to their success.

Devin Sawchuck led the runners through the first 9.2 mile loop in 1:15 minutes. Kevin would eventually win the 50K in 4:12:07 and Jill Crop would take top honors for the women in 5:20:28. The 50 mile event was led by Rick McCarthy and John Angel who tied for the inaugural win in 7:52:45. Alexandra Condon won in 8:30:52.

Next years event will be scheduled for November 6th, 1999. Interested individuals should keep an eye on our web site at www.csmevents.com

Dan Barger RD

Athens Big Fork Trail Marathon and 17 Mile Fun Run

January 2nd, 1999/Ouachita National Forest

WOW! If you weren't there you missed a real treat. David Samuel tried to get the word out as did Charley about this first time Trail Marathon. The weather was horrible for 24-36 hours prior to the start. It was even snowing at the start but the forecast was that the weather would improve as the day progressed. The streets were fine for travel. Charley remembers that the temp was 39 degrees when we left LR. I was undecided what to wear but decided on heavy, old polypro tights, singlet, coolmax long sleeve shirt and very light nylon jacket with hood, polypro cap, visor, thermax gloves, one large water bottle and large waist pack. The choice on clothes was right for me.

At the Big Fork Community Center 8:00 a.m. David was giving directions, which I missed because I had to make a pit stop before the gun. We had a nice warm community center, coffee, bathroom, chairs to sit and a welcome feeling from the local community. All of a sudden we were out the door, the aid station workers, Carrie Dupreist, (3.6 mile) Charley Peyton (8.5), and David Samuel at the turnaround (13.1) were in their vehicles and David yelled, "go". Four runners were in the 17 mile fun run and 4 runners in the marathon. 0.8 mile on paved road then a right turn approx 1.6 miles on good gravel road, 0.2 on primitive logging road. I noticed that other runners were not walking on the baby hills. They were running away from me. Okay I couldn't see the other runners and there was a forest service road to the right. A dilemma, I yelled, "yahoo", no answer. I started up the FS road to the right then decided that the other participants must have stayed on the main road so I went back to the road and looked for footprints. No footprints in either directions because it was wet and gravel and there was no nothing. I continued on down the road then stopped and decided to read the map I carried. Heck, it looked like, by the map, that we turn off to the left not right when we exit this road (remember I was in the bathroom when instructions were given). I resigned myself to the fact that I might be doing a run on my own if I didn't see runners or markers. This might be an hour out and back on this road if I didn't find something. It was snowing and I was not going off on a trail not knowing more than I did at this moment. I prayed that I was on the right road. About 1/2 - 3/4 mile further there were the markers, a cone and white streamers to the left up another narrower dirt road. I did say a couple of thank you prayers. I felt so good. It didn't matter if I was behind as long as I was on the right path. Up the road to the left 1/2 mile and there a trail sign and white paint blazes on trees. Great, good, wonderful! Up and over a REAL climb. Blowdowns, some rocks, tree stubs, real trail over Missouri Mtn. (#1). A long down and runnable across a dirt road and there was Carrie Dupreist and daughter and a water stop. I was instructed by Carrie to cross the wooden bridge that was slick with ice and go straight up and over Hurricane Knob, (Mtn. #2), and McKinley Mtn. #3. There were numerous stream crossings and over to one side and back following white blazes and the water was VERY cold. I wore wool socks and yet my feet were freezing because they were in water. I was doing okay though because bygosh I was on the right trail. The trail went on and on up the next Brier Creek Mtn. (#4). These were real tough climbs and very long but no need to use hands, thank goodness. I prayed to stay on my feet and I was able to do that throughout which was a miracle in itself. I was starting to think that the runners in the fun run should be on their return path any minute. Then I thought maybe everyone

had gotten in the truck with Charley at 8.5 miles and we would all going to be hauled back to the community center because it was too cold and wet to be doing this run today. Going down Mtn. #5, Leader Mountain I met Dale Powell and pat Riley from Mena on their return.

I noticed that the sun was beginning to shine on the western slopes and it felt wonderful and warm. Down, down, down and along Blaylock Creek (a large wide creek and ahead were two more runners from DeQueen, one being Don Higgins dressed in yellow just like myself (we were two tweety birds, I thought). The other runner an EMT who was introduced at the start just in case we needed his professional abilities. They were exiting the creek and told me where they thought best to cross. This creek was real swift and wide and about thigh deep. Charley later saw kyakers on their way somewhere, fast. So much for my idea that everyone was in the truck with the heater on waiting for me to arrive so we could be shuttled back to the community center. On to the truck at the road crossing and Charley handed me a cup of hot chicken broth mixed with onion soup. He said, "do you want to quit"? I said, "yes", "but where is Kim"? He said, "she is just ahead, maybe 10 minutes. I knew I couldn't quit if she kept going because we were the only two women in the event. I refilled the water bottle and added CLIP drink, grabbed some cheese slices and headed up the trail. All of a sudden I met Kim backtracking looking for her visor which was on the trail. She was excited, "Isn't this the best trail run, yet", she asked? I answered, "yes", (mumbled), "yucca, she's enjoying this torture", but I'm not going to let her know I just wish we could all stop and get warm. She said, "the tallest mountains are yet to come". I mumbled something affirmative and couldn't believe we were in for the whole show! I was thinking, "what have I've gotten into now and I can't let go". I was just behind Kim going up this next climb, Brushheap Mountain over 2,000'. Up and down, that was the name of this game. Going up Mtn. #7, Brushy Mountain I met David Samuel on his trek to visit with Charley. David had parked his truck at the turnaround and was hanging white streamers and checking on the race participants and getting in some miles himself. I was not a happy camper but I tried to not let David know how I felt and I was still cold and did I tell you about the wind on the mountain tops. The wind sounded like a hurricane. The windchill must have been much below zero but we were just up and over and the sun was beginning to feel wonderful on the western slopes.

I had run part of this course before. The first 3.6 miles were new for me. The middle section from 3.6 miles is part of The Eagle Rock Loop that many of us AURA's have run before but now from the bottom of Brush Mtn. and crossing Viles Branch this is new territory to the right and going towards Shady Lake and Athens, Ar. Now white ribbons marked a sharp turn to the left and up Big Tom Mountain. Big Tom was a really steep gigantic climb by Arkansas standards. Looking off to the left is an incredible view of the mountain I had just accended and the rock ledge on that far mountain reminded me of some of the views at The Barkley Marathons in Tennessee. Beautiful woods and dense forest. This was another world from the traffic in West Little Rock. This was a beautiful trail, lots of waterfalls because of the rains we had encountered the prior 24 hours. The brightest skies and warm sun down the other side of Big Tom to the forest road and turn right and about 1/4 mile to David's truck to replenish with water. Now it was time to turn and backtrack.

I don't know how one's attitude can do a complete about face after so much struggle to get to the turnaround but all of a sudden I knew how fortunate I was to be on this trail doing

this very event. How happy I was that I could run, climb, scramble and slither if I had to and enjoy this scenery that we have in Arkansas. I just didn't know that we have such incredible mountains on which there are already trails to train. The historic Athens-Big Fork Trail was built 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 ten years ago by the U.S. Forest Service with the assistance of the Ozark Society, Bayou Chapter and the Student Conversation Association. My return trip over this out and back Trail Marathon was just the opposite of the first half. I was totally elated to be on the trail and the turns and mountains just whizzed by in my mind. I was estatic! I was going to finish. I had warmed up from the sunshine and I was the luckiest person alive.

Charley met me at the major intersections just to check me through (he does this for all of our runners on his trail series as no one is ever left out there to finish or die). Everybody who started this Trail Marathon finished. As I was within a half mile of the finish three of the participants were driving away. I crossed the finish in 8:17. I was 4:06 to the turnaround (so that is a half marathon in 4:06). I started out in last place and was at the turnaround about 1 1/2 minute behind Kim Pavelko and Mike Dupriest. The second half was just wonderful. I don't have the full time results as David Samuel has them.

John Jones from Conway won the Marathon. One funny thing, when I met John on his return I was ascending Brushy Mountain and John was coming up, I said something like, "good going, John", and I heard him whimper. I know that all finishers must be as proud as I am. Thank you, David for the course. I hope we can run this again in the future and thank you Carrie Dupreist and Charley for helping the fortunate ones who were there to experience something really spectacular

Lou Peyton

| Athens-Fork Trail Marathon 1-2-99 | | | |
|-----------------------------------|---------------|---------|----------------|
| | | | |
| 1 | John Jones | 5:35:58 | * |
| 2 | Mike Dupriest | 7:43:00 | * |
| 3 | Kim Pavelko | 7:45:00 | * |
| 4 | Lou Peyton | 8:17:50 | * |
| | | | |
| Athens-Big Fork 17 Miles Fun Run | | | |
| | | | |
| 1 | Dale Powell | 4:26 | |
| | Pat Riley | 4:26 | |
| 3 | Steve Chaney | 5:50 | |
| | Don Higgins | 5:50 | * |
| | | | |
| | | | *-AURA Members |

BALLOT FOR ARKANSAS TRAIL "RUN OF THE CENTURY"

The course will be determined by AURA members

- 1995 Eagle Rock Loop - 26.8 miles
- 1996 Round Mountain Loop - 25 miles
- 1997 Tall Peak Marathon - 26.2 miles
- 1998 The "Big" Albert Pike Loop - 32 miles
- 1999 Athens-Big Fork Marathon - 26.2 miles



Ballot must be received by 6-15-99. Only AURA members who have participated in one or more of the above may vote. The run however will be open to all who wish to participate.

signature

AURA #(required)

(confidential)

Mail to: David Samuel
439 N. Ross Maddox Rd
Pearcy, Arkansas 71964

or

Charley Peyton
41 White Oak Lane
Little Rock, Arkansas 72227-3309

ULTRA RACE CALENDAR

- Feb 6th WhiteRock Classic/25K and 50K-TurnerBend, Arkansas.
9:00 a.m. Hwy 23 13 miles north of Ozark at I-40
- 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

AURA HOROSCOPE - GEMINI-You're scaring the daylights out of us. Get a grip on it. SCORPIO-Pity is underated; use it to your advantage. SAGITTARIUS-Kiss up to your competetion; you might catch them sleeping. CAPRICORN-When you next toe the line, listen to what the little man has to say. LEO-You might as well start waving the white flag now!

1999 ULTRA TRAIL SERIES RACE CALENDAR

1. JUL 25 MIDNIGHT MOUNTAIN RUN *m.*
 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 13 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. 1:00 P.M. Sunday
 afternoon.

A.U.R.A Eligibility Profile

| | |
|----|------------|
| A. | 10 Credits |
| B. | 07 Credits |
| C. | 05 Credits |
| D. | 03 Credits |

PAY DAY

- The most important thing in my life of running is(circle all that apply):
 - Having a low AURA Number
 - Carrying my personalized AURA Number from year to year.
 - Using my AURA Membership card for theater discounts
 - Remembering to include the BigShot in your "Will".
- In the AURA newsletter I would like to see:
 - More Ultra recipes
 - Funnier cartoons
 - Ed McMann's picture
 - Articles on feeling another runners pain.
- I can never get enough of:
 - Seeing my name in print.
 - Feeling my right knee.
 - Being down and out in Arkansas
 - Seeing the Big Shots face in the crystal ball.
- I desire the lowest possible AURA Number because:
 - After rehab, I can handle it safely.
 - I don't mind being bossed around.
 - I have low self esteem.
 - I'm a touchy-feely/sharing-caring type of girl.

5. One of the reason I enjoy the Ultra Trail Series:
- A. I get to BM off in the woods.
 - B. I get to impress the Babes
 - C. I don't have a life anymore.
 - D. I'm still crazy after all these years.

Total you score and send the results plus \$10.00(S&H) payable to

Charles Peyton
41 White Oak lane
Little Rock, Arkansas 72227



**DON HIGGINS(AURA # {confidential}) and Steve Chaney cross
rain swollen Blaylock Creek at the 8.5 mile point at the Athens-Big Fork Marathon.**