

THE ARKANSAS ULTRA RUNNER

June/July(combo) 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT--Don't forget the National Trails Day Run on June 5th, Albert Pike Recreation Area, 8:00 A.M.. The canoe float on the Caddo River is scheduled for 2:00 P.M. at Wright Way Canoe Rental, Glenwood. If you have not already reserved your canoe, you might be out of luck. The number is 1-877-201-9149(toll-free).



ULTRA PROFILE

Mike and Carrie Dupriest

BigShot--Oops! Pardon me. I thought that the Mississippi Trail 50 was your first 50 Mile finish. But after reading my new UltraRunning Magazine, I see that both of you finished the Sunmart 50 Miler in December.



How do you juggle your training with work and the kids. In other words, who goes first?—(Mike) I run 5-6 days per week. I do hour runs with Carrie MWF and half hour on TTh. On Saturdays I usually go to Sylvia and run 17-20 miles. I lift weights 2-3 days per week, high reps/lower weights. (Carrie) Mike and I run together during the week. We try to be on the road by 5:30 a.m. and run about 6 miles or so. On Saturdays I usually run in the neighborhood with a friend. My goal is to run longer runs at Lake Sylvia on Saturdays when our children get a little older and can stay alone.

Do you run the shorter races or play other sports?—(Mike) The only short race that interest me is the Firecracker Fast 5K. I like to improve my time each year. Other sports: I do a little mountaineering and backpacking. (Carrie) I enjoy running the Arkansas Marathon each year, as well as the Firecracker 5K and the Lung Run Half Marathon. I am not a big competitor so I just run these because I enjoy it and/or support the cause. Other activities I enjoy are hiking and running with Aimee and Ashlee, and going to the pool with them in the summer to watch them swim.

Tell your AURA brothers and sisters a little of your running history. Any High School or College prep?—(Mike) I ran some track in Jr. High School, but was totally non-athletic in High School. When I joined the Army, I "learned" about running again in basic training...we ran

everywhere we went! When I got to a permanent duty station in Germany, I was fortunate enough to have a commanding officer who liked to run. We did 5 miles 5 days per week. When I got out of the Army, I went to college and kept up my running. Then I met Carrie and introduced her to running! We ran 5 and 10K but no long runs. I began to do more biking from 1985-1990. Then I decided to do the Mighty Might Triathlon and Searcy Triathlon in 1991, running was back in the picture. In late 1991, I began running with Buzz McNair. He told me about doing this 100 mile run called the *Arkansas Traveller*. For some strange reason this fascinated me. He also told me about the *Ouachita 50*. Around this same time I met Nick Williams and he convinced me that I could run 50 miles. Even though the longest run I'd done was 25 miles, I decided to do the *Ouachita 50* in May of 1992. I did finish..in 12:59, and I think I walked the last 10 miles. At that time I had had a new practice to build and we had small children, so my attention was pulled away from ultrarunning for awhile. (Carrie) My background is non-athletic, non-competitive, low self confidence as a student. When I was in my junior year of college. I decided to run a little to lose weight(too much pizza and chips) Then I met Mike, fell in love and got married. We ran every day after work for about 5 miles. This was sheer torture for me. My idea of a long run was 2 miles. But, I did get somewhat better at running and we did some short races during the 80's. I had babies during the early part of the 90's so I did a lot of walking and a little running. My first ultra run was the UTS Blue Jay Hollow 20 Mile run in May of 1997. The most distance I had done was 10 miles, so adding another 10 was a killer! But, I do have a very persistent streak in me and would not quit even though I felt pretty rough. However, from that day, I was hooked on a new way to run!

What do your non-ultra friends think about your running and finishing 50 mile runs?—

(Mike)I'm sure they comprehend the desire it takes to complete 50 to 100 miles on foot. Some of them helped support me in the AT100 in 1998. (Carrie) My running friends are highly supportive; they think it's awesome and incredible that I have the staying power to run the distances of 50K and 50 Miles. They always want to hear all the details of my runs, so maybe one day they will be out there too. My non-running friends and family don't really know what to say, but I get the impression they think I'm a little loony! Our children relate to distances by car travels so they think it's pretty cool that Mike and I can run the distance from Little Rock to Conway. However, they think it's just a normal thing and they talk about when they will run that far someday.

What perked your interest most about doing the ultra runs?—(Mike) I enjoy the challenge it takes to run for hours. The training and discipline of the mind and body, the pleasure of being in our natural world. (Carrie) I can empty my mind of all the stress I'm carrying around when I run. I can enjoy visiting with other people or I can enjoy the solitude.. I love the beauty of nature and I like the sense of accomplishment that finishing brings!

Do you have a favorite ultra fuel, i.e. food or drink during a run?—(Mike) GU, Hammergel, Gatorade, Clip, electrolyte capsules, potatoes with salt and, when its cold outside, something hot tastes good. (Carrie) Chocolate GU, Gatorade, Aid station favorites: M & M's, fig newtons, pretzels, cheese sandwiches and watermelon.

Any races that you would like to do next?—(Mike) For 1999-2000, I would like to do: Lake City 50 in Colorado, AT100, Crown King Scramble, Boomtown, Silverstate 50, Leadville 100

and the Palo Dura 50. I also want to do as many of the UTS's runs as I can. (Carrie) Lake City 50 because I've never been to Colorado and the mountains are so beautiful and Palo Dura 50 because I've heard so much about the beauty of that area. AT100??? Well, the idea is planted inside my head and I am processing it, but the decision has not been made at this time!

Anything you would like to add about UR'ing?—(Mike) To be able to do this sport is a privilege and a blessing. To be able to be associated with people in ultrarunning is special. Let the adventures continue! (Carrie) I love the friendships that I have developed through AURA. The camaraderie among the ultrarunners is so neat; I appreciate the way all the runners encourage each other. I have gained much confidence through ultrarunning. I have learned that I can turn my stubbornness into an asset; it pushes me to finish what I start. I have learned to be tougher and not whine over the little things (like physical pain). I can gain insight to life's challenges because I have the time to think and problem solve when I'm on the trail. I find there is much peace and tranquility to be found when I seek it; it's a good time to pray.

AURA HOROSCOPE A mystery runner will soon appear and become your mentor to complete success. After your next ultra you could become known as "The total package" Despite what others say, being "quick like a bunny" might help you in a future ultra. A snap, haphazard decision, could lead to a momentous ultra year for you

ULTRA CORNER

Massanutten Mountain Trails 100 By Stan Ferguson

Date: May 8th, 9th, 1999

Place: Front Royal, Virginia

Elevation Gain/Loss: 16,700 feet

Starters: 101

Time Limit: 36 Hours

The Story: The MMT100 begins and ends at the Skyline Ranch Resort, near Front Royal, Virginia. By the days end, five runners would finish under the coveted 24 hour mark, 28 under 30 hours and 60(5 women) within the 36 hour cut-off.

Due to an upcoming trip planned to compete in the World Challenge 100Km in France, my wife Chrissy was unable to leverage additional time off from work to accompany me on this venture. The decision to attempt a difficult 100 mile run without a crew or pacer carried with it good and bad points. The daring and adventure of the "lone wolf" experience vs. not having someone there specifically to help me and ensure I got what I needed to keep going. In the next 24 hours we would find out how good or bad this idea was. Chrissy had assisted me in organizing my drop bags, which were distributed to eleven points along the race. This was especially important



for this race, as some of the aid stations are rather far apart. At one point in particular, it appeared from information on previous races that there would be a segment in the darkness that could take three hours. Typically, every five to eight miles included a significant climb, always up and down on a rocky trail. For those familiar with the Ouachita Trail, I would say that the trails were generally slightly more treacherous than that. Usually each mountain trail segment was divided by a short section of road--at the end of which would be an aid station. The longest climb of the course began at mile 24.5 and lasted just over 5 miles, going from 700 feet altitude to eventually 2500 feet at the top of Kennedy Peak, where you had to climb a small observation tower. This was a fairly remote and unmanned location, so a famous quote from our President Clinton was placed at the top of the tower, so as to have a test for someone if it was suspected that they skipped the obstacle! The steepest climb was up "Waterfall Mountain" at about mile 43. This was only an 800 foot climb, but it took place in just a little over half a mile.

The entire course consists of roughly a figure-eight loop which traverses up and over several times two parallel ridges of the Massanutten Mountain range. With mostly clear sunny skies, this provided for countless beautiful views, often in both directions, over the green valleys and the neighboring mountain ranges. Despite the great scenery the high point for me was sometime before 7:00 a.m. Saturday morning, about nine mile into the race. During a three mile section of a well maintained gravel road, a nice refreshing rain began. It was a hard rain for a time, but probably lasted only about twenty minutes. I still can't explain why, but that short section of running in the rain, all by myself, was my favorite point. Several times during the day more clouds appeared, and I know most of us wished for another rainfall to cool us off. But that never happened, and the day turned out to be mostly warm, sometimes slightly hot.

For a runner to have some low points during a 100 mile run is virtually inevitable I'm now positive that the number of these is proportional to the difficulty of the event. It was during one of mine on this day that I formed a new personal definition of what an ultrarunner is. Some consider that finishing any event longer than a marathon makes a person an ultrarunner. I would declare that it is running until you are down and feeling bad, you forging on and continuing to run until you feel better again, that defines you as an ultrarunner. I had major low points during the mid/upper 30's and 50's but bounced back to feel very good during the early 40's and 60's. I felt there were fairly natural bad spots. Approaching 70 miles, however, I began to have difficulty continuing to run a good pace over the rocks. Bruised and banged up feet, combined with a growing pain in my left Achilles/ankle area, began to really get my attention. After darkness set in, the reduced ability to see rock detail made things even worse. Where earlier in the day slight missteps were easily dismissed, now that warned that trying to run very fast--or sometimes even at all, might result in some major damage.

I had established 24 hours as my goal for finishing the race. Using available split times of several of the runners from the 1998 race, I included anticipated arrival times at numerous aid stations on a course description that I carried with me. Near the 39 mile point, I realized that I was about half an hour behind the schedule I planned--no doubt due to my first bad spell. I still felt a 24 hour finish might be possible, as I had built in about that much of a cushion in my plan. I was pleased that I managed to maintain that same deficit through the 66 mile point. But it was over the next mountain that I began to experience larger problems, and quickly fell another 30 minutes behind pace. The following section, call Short Mountain, is notorious for being a time killer. This was a new section added before the 1998 race. I was happily surprised that even feeling as bad as I did and while seemingly crawling, I still completed the section in the projected three hours. This put me in at 82 miles at exactly midnight. The next 18 and one-half miles (the race is actually

100.5 miles) were mostly a death march. It didn't really matter if I was going uphill or downhill, the only times I could run at all were if there were almost no rocks--which were rare. The thing I looked forward to most was dawn, because I knew there was no way I could go three more rocky climbs and descents and finish before daylight. At least in sunlight I would be able to see the rocks better. My absolute low point of the race occurred shortly after leaving the last aid station at 95 miles. It was 4:30 a.m. only a few hundred yards out I was barely walking and realized I was getting very chilled. Retracing the distance back to the aid station to get a long-sleeve shirt from my drop bag seemed too much, so I fumbled to get a garbage bag out of my pouch and punched a hole for my head. Cold and miserable, I hung my hands--one holding a flashlight and one holding a bottle, out of the bottom of the bag and slowly began walking up the last hill. About a third of the way up this 100 foot climb, I noticed my balance was not very good and decided I should make some air holes and get a little bit more involved in things. The climb was to the east and regaining my energy, I reached the top just in time to greet the sunshine. The moment I had been waiting for! It was still too difficult to do much running on the last rocky downhill but as it leveled out I did find I was able to manage a flat footed trot. As I approached the lovely meadow what led up to the Skyline Ranch Resort clubhouse and the finish line, I no longer had much concern over my finishing time and decided that a brisk walk was a more appropriate way to cap off the last 26 struggling miles of my adventure. I crossed the line in 25 hours 36 minutes and 28 seconds, and shook hands with race director, Ed Demoney, as he noted my time and tenth place finish on his clip board. He asked how I liked their trails, and I said, "THEY'RE GREAT!"

ULTRA CORNER(BONUS)

1999 Ice Age 50 Miler-Brooke Alexander

Congratulations, Brookes on your finish at the Ice Age 50 Miler near La Grange, Wisconsin, on May 8th(11:04:##). You were the first AURA member to finish this renowned ultra event since Al McGuire (AURA-Charter Status) completed the run in 1990, 12:00:00. Thanks for consenting to a short interview.



How did you prepare for this race? Any specific things you did beforehand or maybe wished you had done differently?—I have had so many injuries. I have not been able to do many long training runs--in fact my only long training run was a 50K at Lake Sylvia, the weekend before the Ice Age. My plan was to run the Ice Age 50K as a training run for the Vermont 100 in July. I changed to the 50 mile run three days before the race. Looking back, I wish I could have done more long training runs, and not done a 50K the weekend before the race.

How was the weather this year for the race in Wisconsin and what about the trail conditions?—The weather was perfect to me--overcast and chilly with temps. between 50 and 55 degrees. The trails were in excellent condition with some open meadows also many short hills and rocky flats. The hills were not high or long in length but seemed to me to be never ending. It was easier to walk down the steeper ones than to risk falling on the down sides.

Anything about the Aid Stations that we could use at the AT-100? I bet they served lots of cheeses!—Absolutely no CHEESE! Can you believe it? One of the entrants remarked that he could not find a place in Whitewater to buy any cheese at all. Aid stations had standard fare-very adequate-but not as good as the Traveller.

I know you have had some nagging aches before the run. How did it go. Did you come out in pretty good shape for your next big run?—All of the rest from my previous injuries enabled me to be mentally and physically rested for this run. I had the usual aches and pains and had a wonderful day.

At what point in the race did you realize you were going to have a good one?—When I made the cut-off at 33 miles with time to spare is when I started to really feel good. Three years ago, I did not make the cut-off and was mentally demoralized.

Any additional comments?—Three days before the race, I asked my mentors, Lou and Carl, whether they thought that I could pull this off with my lack of training. They assured me that I could. It is incredible what the power of faith in another human being can do. Since they told me that I could do it, I never really doubted that I could as long as I did not quit. Thank you my friends! And, oh yes, Bigshot--you are the greatest!

AURA FUN RUN REPORT

The Flatside Stagger

The Flatside Stagger round the perimeter of the Flatside Wilderness Area in the Ouachita National Forest west of Little Rock on May 15th was a pleasant success. We had about 17 people to show for 28 miler, one for the 20 miler and two AURA members who ran just a section as a training run. This was a staggered start run where the slower runners started at 5:30 a.m. and the faster runners at 30 minute increments later. I could tell that there was some hesitancy about a start like this but nevertheless the slow ones did start at 5:30 a.m. and the balance showed and started between 6 and 7 am. By the midway point most of the runners were pretty well bunched with the fast runners starting to pull away. I thought it would be fun for the slow(a relative term) to start early and see how far they could go before being passed by the faster runners and the faster runners could go out fast and try to catch up to the ones who started early. And since everyone slows down near the end, the spread is closed and we could sit around and eat pancakes together. It worked out just right and we will do it again next year.

One interesting thing that happened that weekend. I went out early to secure our camping spot and Lou would meet me after work. I was joined by Bob Pester from Leadhill who came down for the run. About dusk I moved my lawnchair out in the road to wait the arrival of Lou and my dinner. As I peered down the road, a very mature black bear walked out of the forest and stood in the middle of the road about 100 yards from where I was sitting. I yelled for Bob and he came running. Now Bob has been all over the county and spent years in Alaska. He says, "That's the biggest black bear I've ever seen. I think he's coming this way." I felt a cold chill run up my back. But--- he was just looking our way and never knew we were around. He eventually ambled off into the bushes. Shortly after Lou arrived with my BBQ and Bob and I got to tell our bear story. Later that night I had a few regrets. I should have charged that bear and see what would have happened. I hear they are skittish. With Bob as a witness a legend could have been born. Huh, huh-another opportunity lost!

FLATSIDE STAGGER FUN RUN/May 15, 1999	
Alternate start; times reported by the runners.	
Jim Sweatt	4:45
George McDonald	4:57
Angie Ransom	4:57
Mike Dupriest	5:11
Carrie Dupriest	5:17
Kimberly Pavelko	5:17
Ernie Peters	5:54
Lucretia Peyton	6:06
Larry Mabry	6:11
Pete Ireland	6:17
Johnny Knapp	6:34
Lloyd Moore	6:45
Ann M. Moore	6:50
Jane Lee	6:50
Bob Pester	6:58
19 starters	
FLATESIDE 20 MILER	
Drew Mashburn(AURA)	Time not available



**"BECAUSE ITS THE WAY I'VE
ALWAYS DONE IT,
THAT'S WHY."**

ATTENTION AURA MEMBERS

Around the 1st of July, I would like to place an order for either AURA logo shirts or Ultra Trail Series shirts. If you would like to get in on this, let me know by calling 225-6609 and leaving it on my answer machine. Unless otherwise stated these will be long sleeve cotton. The price will be at our cost. I will need to know your size. LX, L, M, or S. If you wear XXL the price will run about a dollar more. If you have strong feelings about the type, let me know asap. 501-225-6609

IN SEARCH FOR THE PERFECT ULTRA FUEL-The Cheeseburger

Today we report from Argenta on East McCain Blvd. Specifically, just beyond the railroad tracks in the Market Plaza. On the left is the Market Cafe, our destination. I'm here because my friend, Joe, (not his real name) tipped me off that a good cheeseburger could be found at his hang out. I could tell that he was somewhat hesitant in clueing me in but he relaxed when I promised not to screw it up for him. It seems that he eats there regularly and knows the waitresses. I made my meet up time for noon but was chastised that we might not be able to get in because the truckers and working men and women start piling in about then. Luck was with us as a train come through just before noon and blocked off the traffic. Joe and I, of course, ordered without benefit of the menu: Cheeseburger and fries. After ordering I looked around the restaurant and decided that I'm coming back for the fried catfish dinner. Although this is supposed to be about burgers I must add that the Market Cafe is very similar to Homer's out on East Roosevelt Road only without the politicians. Now to the Cheeseburger. Joe was right; it was worth the drive. It was a juicy jumbo with a very large squeezed down grilled meat patty. I bet they just plopped down a jumbo meatball on a sizzling grill and pressed it out with the spatula. By the time it was done, it was platter size and thin. Just right to spill over the lettuce, onion, tomato and jumbo bun. I rate it a AAA. We didn't tarry too long at the table. I was wearing my new Kenworth cap and I could tell some of the patrons(waitresses ,too) were starting to get inquisitive about my employment and I had promised Joe that I wouldn't screw it up for him.

ULTRA TRAIL SERIES UPDATE

The Y2K Ultra Trail Series kicks off July 31st with the Midnight 50K(+/-). Following that is the most impressive series that we have had in a long time. The dates have not been set for most of them pending the setting of dates for the established/traditional races(regional ultras and local grandprix's). I will list a tentative schedule and the Trail Series rules:

Y2K ULTRA TRAIL SERIES 9th Annual Midnight 50K-UTS #1 July 31st, 1999

8:00 P.M. Start from the Ouachita Trail parking lot at Lake Sylvia Recreation Area. Out and back course on well maintained Forest Service Roads. Water every 3 to 4 miles. Well stocked aid station at 7.5 mile and the TurnaRound. Personal drop bags can be sent out to the Turnaround.

No Fees; no applications; no awards.

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Direction: Hwy 10 west approx. 30 miles to Hwy 324 (1.5 miles past Williams Junction) Left on Hwy 324 and follow 4 miles to the parking lot. Are you confused and need more info call Lou Peyton at (501)2256609

Sept	Mistery Run	16-18 miles	Into parts unknown
Nov	Blowout Mtn Run	Arrangements incomplete	
Dec	The Widow Maker	16 to 18 miles	
Jan	Y2K Trail Run of the Century	26.2	
Feb	White Rock Classic	50K	
Mar	Flatside Stagger	28 miles	

Y2K UTS Rules

1. To eligible to the King and Queen of the Trails awards, three of the seven runs must be completed.
 2. Of the seven runs, only six will be counted in the point standings.
 3. Points will be controlled, counted and awarded by the Bigshot.
 4. The "do right rules" will be enforced.
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Attention all retirees, slackers and idlers: Join the Bigshot for a touch of Hollywood as he travels to Jerry Van Dyke's Soda Fountain in Benton. Follow I-40 to Benton and look for the exit that has a direction sign to Jerry 's. It is either the last or the next to the last exit in Benton. Right turn and go back over the freeway and follow the signs. It is in downtown Benton next to his movie theater. Date: JUNE 8TH; 11:30 P.M. If you get there before I do, ask to be seated in the back where it is not as noisy. All the malt machines and miniature trains running around the roof wreck havoc on the Beltones(hearing aids).

ARKANSAS TRAVELLER DIARY

Dear Diary: Planning for the Trav is in full swing. Time for me to wake up Jim, Dave and Tom. Not too much change from last year. The FS is going to close the campground at Sylvia after Labor Day so that means we will be at Camp Ouachita. Since I burnt my bridges with the toilet company, I guess I will have to start digging cat holes behind the Great Hall. The volunteer force which I worry about all year keeps getting better and better. Our AURA Brothers at DeQueen want to come up and help and I of course has selected a garden spot. Ole Mickey from Houston told me that he was coming back to Smith Mtn(Of course he didn't ask) and my church want so come out for an all nighter. Makes me wonder about my Baptist friends. Next month I'll start with the Volunteer newsletter. Oh my, DD! Do you remember Danny? That's right, Danny. He was the young man that showed up for the Midnight 50K several years ago and after the run had no one to take him home to Morrilton. He called me from Germany where he is in the Army and wants to come and run the AT100. The Peytons and Danny must have bonded during our tormented drive to Morrilton that night. Nite-Nite DD
