

THE ARKANSAS ULTRA RUNNER

May 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION



Flatside Stagger Fun Run May 15th



MESSAGE FROM THE BIGSHOT-Two fun runs are coming up that I need to tell you about. The first is the *1st Annual Flatside Stagger*. This is a staggered start around the perimeter of the Flatside Wilderness Area. I estimate the distance at about 26/27 miles. My plan is to go out early Friday morning and secure a camp spot at the Pumpkin Trail Aid Station that is used at the AT-100. Lou will join me after she gets off work. Come and camp with us. You will run counter clock wise. Water will be set out every 5 miles+/- . If you want to run a 20 miler, you can drive to the twenty mile start and we'll make sure you get a ride to your car after you finish. Look for the course map at the end of this Newsletter for your suggested start time.

The second Fun Run is the 7th Annual Trails Day Celebration. The run leader, David Samuel, has sent me complete information about the run and it will follow on the next page. But, in addition to the run, we are planning a canoe trip(4/5 hours) on the Caddo River at Glenwood. You must reserve a canoe and send your deposit by June 1st. I have included the canoe rental address and phone number, too. Here are the directions to Albert Pike Recreation Area from Little Rock. I-40 to Benton, Hwy 70 to Hot Springs onto Glenwood. Passing Glenwood a couple of miles, right turn at Salem onto Hwy 84. Hwy 84 approx 12 miles to Langley. At Langley right turn on Hwy 369 and it is six miles to Albert Pike. There is excellent camping at the Campground but from experience the first weekend in June is really crowded. You should try to get there early Friday to find a choice spot.

1999 ULTRA TRAIL SERIES

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KING O' THE TRAILS

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MIKE DUPRIEST, Overall

ROBERT ORR, Master

D. M. Witt, Senior

Be hereby known to all

ULTRA PROFILE

AURA's Joe Fennel

Give us some stats: Age, real name, DOB, weight, etc.....*Joseph "Jose" Fennel, 47 years old, Stillwater, Oklahoma, 148 lbs*

How did you get started running?????????
Had to do something positive to deal with stress and being a hyperSOB, I had a lot of energy. On day in 1978 after work I decided to go for a run. When I returned, I drove the run and realized that I had run 4 miles in 30 minutes. I thought-Hey, this beats the hell out of happy hour everyday-but, not always.

PR's.....*10K/35:30, 15K/54:20, 1/2 marathon/1:19, Marathon/2:53, 50K/4:27, 50 Mile/7:09, 100K/13:?? and 100 Mile/22:07.*

How did you locate in Fayetteville. Did Coach McDonald come recruiting?????????
Came to Arkansas to open Applegate's Landing(Restaurant) I had visited Arkansas as a youngster and thought it was a beautiful Place. After Oklahoma, what did you expect. CHRIST NO! I was never a recruit at Arkansas, nor a walk-on. Didn't start running until I was 27. He wouldn't have won 32 NCAA Championships with runners like me.

Present training schedule consists of.....*I really don't train much anymore. I try to keep my mileage around 25-30 miles per week and 40-45 if I'm training for a specific race. I have found over the years that 40-45 miles varying the tempo and long runs will allow me to race well at a variety of distances. My biggest week ever was 62 miles, and probably 5 or 6 weeks over 50.*

What is your favorite place for training?????????????
I pretty much do all my training on trails, dirt roads and on the U of A "XC" course. 15% of my running is on



asphalt/cement. I love to be out away from hassles. I love the woods. Its peaceful and good for my soul!

I have noticed that you spend a lot of time in the wine country of California. Is it the good climate, weather or maybe the wine????????? *I love Northern California. Probably, the best trails in the USA! The climate is always nice, the wine is excellent. Red wine and trail running are my "drug of choice". I think It would be a gas to put together a running, wine drinking trip for about 12 to 20 people and go eat, drink and run. The Napa 50M/50K is awesome!*

Your were a sub 24 hour AT100 back in 1991 and then an injury laid you up for a long time. What was the nature of your trouble and how did you overcome it. You must of had a "pop-job".....*I was running very strong and as we all have done pushed too long, too had and burst the bubble. I blew my hip out at Sun Mart 1990 on the 2nd lap and ran well with 1 hip, but it took 2 years of rehab and patience to get back. Lesson learned: I would rather run for live and love than run fast and stay broken down.*

Think your back 100%??????? *No, I'm 90%, but if I'm smart I can run like I'm 100% I have to pick and chose competition but at times I can still pull one out of the blue—Like this years Sylamore Trail 50K. It was supposed to be a fun run but I was on and turned up the heat. I really didn't train much—just got lucky. I actually race twice in 1998—The Elkhorn 100K and the Napa 50K. Ran well in both and was pleased with the outcome. And, I didn't get injured.*

I know you are active with the Chilli Pepper Running Club and the running events that it coordinates. How did it happen?????? *The Chile Pepper was a brain child of my good friend "Rhino" and Me. We were coming home form Grandma's Marathon in 1988 and decided it was time to put on a 1st class event. Something different! Everyone was road racing so we thought "XC" seemed a good idea. I hadn't gotten into ultra yet, but by the next year, I had read about the Traveller 100 and a new love was born. White Rock Mountain area is where I did most of my training for the AT100 and two Pikes Peaks. I figured, if you can get toughened up at White Rock, you can do most anything(except altitude) We continue to do the Chili Pepper Cross Country races every year to give something back to Coach McDonald. We enjoy putting on the best CX race in the state but working with the Buffalo Gap Aid station at the AT100 and the White Rock Classic rates right up there. It's just nice to be able to give something to the Sport, support the runners and have a good time. The people associated with Ultras create a magic that is not there in other forms of running! Besides the White Rock 25/50K and the Chili Pepper Cross Country, our new adventure is a winter trail series in northwest Arkansas. Something like a series of three races, three different distances but all on some trails. In other words 6 miles, 12 miles and 18 miles. Combined times at the three will decide winners. Maybe next winter!*

Living in Fayetteville, and close to the UA track meets- Tell your AURA brothers and sisters who in you opinion was the best of the best of Coach McDonald's you every saw

run?????I don't think I can answer that question based only on performances, because there is so much more that is important. I won't mention names because so many of them are personal friends and so many have done "AMAZING THINGS!" But if I were to pick a person who has succeeded in the sport for a long time, had a lot of success and set backs, but through it all, always had a smile for everyone, it would be Rueben Reina. A great person, father and runner!

ULTRA TRAIL SERIES

The 1999 Ultra Trail Series came to a close without a whimper or whine. We had an afternoon start at the Walnut Valley Christian School on Hwy 10. The route went over Chenal Mountain and down the powerline trail to Denny Road and returned. I have not been in the area in so many years. To tell you when the last time was, it was the Marquee Desade Requalification Run in the early 80's that started from Max Hooper's house on Johnson Ranch. There was a huge crowd, many in costume. There was a jam-box hidden in the bushes near the Denny Road turnaround point where upon the more brazen runners paused and had a Twist Contest to the music of Chubby Checker. Were any of you there?

The Y2K Ultra Trail Series is in the planning stages. The date for the first one, The Midnight 50K(+/-) is set for July 31st, 1999.

CHENAL MOUNTAIN RUN-9 MILES(?) 4-11-99			
			POINTS
1	MARK OLIVER	1:04:30	57
2	MARY A. LAHODNY	1:13:18	56
3	JIM SWEATT	1:14:00	46
4	BOB McGOWAN	1:20	35
5	VICKI EZELL	1:21	45
6	KIMBERLY PAVELKO	1:22	34
7	SAM HARDCASTLE	1:45	29
8	CARRIE DUPRIEST	1:48	28
9	IRENE JOHNSON	1:51:42	22
10	LLOYD MOORE	1:51:42	23
11	LOU PEYTON	1:54:53	16
12	BOB FRANKLIN	2:00	17
13	TONY JOHNSON	2:35:00	11

AURA's ADVICE TO THE LOVELORN-Attention AURA #111: The answer to your delemma lies in the Orient. Follow the Bigshot's hunch and go offshore for companionship. Afterall, if it were not for mail-order brides, the West would have never been won and you probably be back in Pennsylvania digging for coal.

1999 ULTRA TRAIL SERIES

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QUEEN O' THE TRAIL

~*~*~*~*

Kimberly Pavelko, Overall

Angie Ransom, Master

Lou Peyton, Senior

Be hereby known to all

ULTRA CORNER

Now! All I'm going to say about Lou's trip to the Barkley Marathons in east Tennessee is that it is the Bigshot's last time to go. After four trips and nary a finish from Lou, I have pulled the plug. If she wants to go, I'm staying in town. Every year I've given a Barkley report. I won't bore you now other than to say it is an limited entry race-60 mile fun run(three 20 mile loops) and 100 mile race(five 20 mile loops) all within the boundary of Frozen Head State Park at Wartburg, Tennessee. The runners are given a map and directions to get around the course some of which is steep hiking trail with the rest being non existent trail up and down mountainsides through briars and blowdowns. The elevation gain per loop is 10,000 feet. There are 10 books stashed on the 20 mile loop and runners take a page from each book as proof that they indeed did the prescribed route. The books were titled "*Gone But Not Forgotten, Plane Disappearances, Beyond Reason, Farewell to the Flesh*", etc. I believe there is a 13 hour limit on each loop. Out of 32 starters maybe 3 or 4 will finish the fun run while only one person has ever finished the 100 mile. Bottom line-Lou got one loop in 21 hours after spending the night in a space blanket under a tree and the only reason I mention the Barkley trip is that it is a natural lead-in for my [Search for the Perfect Ultra Fuel-The CheeseBurger](#).

[The Search for the Perfect Ultra Fuel-The CheeseBurger](#). On Thursday afternoon we headed out for Wartburg, Tennessee, hoping to spend the night at the Natchez Trace State park about 100 miles from Nashville. Getting dark we come to Jackson, Tennessee, and make a decision to eat at Jackson instead of the State Park. There it was, exit 82-B, Cracker Barrel Restaurant. I like the Cracker Barrels because of their large selection of "yard art" and talking animals. Looking over the menu a see the cheeseburger and order with fries. I thought the fee was a little pricy but what's \$7.50+ when you're on a vacation. That cheese burger was one huge mother. Much larger that the biggest jumbo I ever had. It was too big. It took two hands to hold it. Not that it taste bad; I couldn't taste it at all. I had to eat through the bread to get to the lettuce and tomato then to the 1/2 pound of meat on through to the cheese and out the other side. What makes a good burger is the balance of being big but still able to get at least three or more of the makings between the lips.

The waitress saw me struggling and asked me if I could handle it. This is one case where too big is bad.

We leave the restaurant and do our thing at Frozen Head. Sunday morning when Lou finally finishes we decide to drive back to Little Rock. Making good time we near Jackson, Tennessee, about 3:00 p.m. and there is the sign again, exit 82-B, and the Cracker Barrel Restaurant. I pull the big rig to a stop and order up. Another \$7.50+ cheeseburger with fries. What I got was a twin to the one a few days earlier. I couldn't believe they had fooled me again.

The Barkley



Gary Cantrell prepares to light a cigarette that signals the start of the 1999 Barkley Marathons

My Barkley Story by Lucretia Peyton 4-4-99

The race started at approximately 9:50 a.m. Saturday. The starting time is always a surprise. A late start like 9:50 a.m. means that it will be more difficult to finish. Darkness on any section of Barkley destroys the will to finish. For me, I was half way down the Zipline Trail when darkness came. Let me back track to the start. Approximately 32 runners started the race. Going up the first Mountain, Bird Mountain, I dropped back to last place and had to walk hard to keep the two runners in front of me in sight. Over the

top and I lost sight of all the other runners. The day was hot, muggy about 80 degrees for a high temp. I started out in tights because your legs get shredded by the briars. Two and a half hours into the event I had to remove the tights as I was boiling hot. I felt like someone turned on the air conditioner when I removed the tights and wore shorts. The briars weren't too bad until I got to Big Hell and then they ate my legs up. I was so desperate on Big Hell that I was pulling myself up the hill holding on to the briars. I didn't care as all I wanted was to get back to camp with all the pages and to be alive. I saw my first runner at Coffin Springs (7.98 miles). This runner was from California and had dropped out here last year. I met Blake Woods' dad approaching the black pot(book #4) at the bottom of Leonard's Butt Slide. Blake's dad was hiking the course in the opposite direction. I crossed the New River and got some wonderful cold water to drink. I may regret this in the future (if I get sick) but I drank from flowing water and didn't treat it even though I carried iodine pills. I didn't take the time to treat the water and decided I'd take my chances. I was racing strong in last place! Up Little Hell. It was as always never ending but I know it well and what it takes. Lots of briars 3/4 way up the climb. Hours go by and I never saw a human or wildlife, maybe a squirrel, once. I found all the books, took pages, then as the sun was setting I started down the Zipline Trail (what trail) The trails at Barkley exist in Gary Cantrell's mind, only. Halfway down this section darkness set in. I got my headlight out. I was hoping to locate book #9 before dark. The trail I was on ran out. I crossed the creek but didn't think we crossed the creek but once two years ago when I was here. I checked out the topo map, the instructions and nothing made sense. I backtracked then got out map and directions and reread. Nothing made any sense to me. Back and forth, I went trying to understand, knowing that I was close and I was losing it mentally. I was very disturbed and knew my battery had about 4 hours of life. I decided to retrace the mountain I had descended and take the Chimney Top Trail back to camp. I lost the zipline trail and felt more panic. I knew I was in last place and it would be a very long time before other runners came through on their second loop. I wasn't even on the trail so they wouldn't find me. I decided to bed-down and try to sleep and go at it again at dawn. It was about 10:30 p.m. I found a tree and put on my two shirts, a nylon windbreaker, a plastic poncho, and covered my legs with a space blanket. It felt good to rest. I slept a short time. I got up and tried to find the trail again. Going away from the creek. This time I was up a steep hill where there were huge boulders like cap rocks. Huge blowdown (trees). I laid down beside a large rock when I gave up this time. I ate some raisin bread and then slept again. I thought I heard voices and yelled "yahoo", but got no response. The sky was beautiful. Large gusts of hot wind moved through. I slept again. I figured at dawn I can find my way out but I'll probably be starving hungry. Then at 3:30 a.m. I saw a light below me by the creek. I yelled, "yahoo", loud. The voice answered and shined a light up. I jumped up and yelled, "runner", and scooted on my rear end down this very steep hillside. I had to reach this person. After 5 minutes I was finally there and the person said, "who are you?" I replied, "Lou Peyton". It was Randy Isler from New Mexico leading the race. I told him I lost the trail, was confused and would he let me fall in behind him for a little while. He said, "Okay, that he had had a bad time on this(his second) loop. He ran a fast first loop (7:50) and had upset stomach. I could keep up with him. We didn't talk much. I wanted the last two books and I was desperate to keep up. I was still concerned about the 4 hour battery and I had one back up mini mag but those batteries can go 20 minutes sometime and hours, another. I worked hard to not

be a burden to Randy and he said he would climb Big Hell at his own speed and I said, "Okay". Let me tell you, I wanted out of there. I had lost my leather gloves during the sleep and scurry down the hill to get to the Savior with the light. I was now grabbing sawbriers and pulling my way up Big Hell. My legs were being chewed up but I wanted out of there. We got to book #10 and Randy said he was going to run when he hit good trail. He yelled back to me when he found the Candy Trail and I was on my own, finishing about 20 minutes after Randy. The Candy trail has the worse footing of any trail we have anywhere on Arkansas' most eroded trails. I promised God if he'd get me out alive I'd never do this again. I already look back on this race as a good experience but a promise is a promise. After Cantrell blew Taps on his bugle for me at the finish, a comment was made that I possibly owned the record for the slowest female non-finisher of one loop of the Barkley and I am proud of it. (non-finisher in that I was out of the cutoff but still got all 10 books). As Cantrell was blowing his beautiful music the BigShot and his handsome face walks up and comments, "where in the H--- have you been, I thought you had gone on your second loop without telling me", and smiling.

It was great to be back from "out there". The Barkley always wins!

ULTRA CORNER RESULTS

AMERICAN RIVER 50 MILE EDURANCE RUN, April 10, Sacramento, California.

Chrissy D. Ferguson	7:36:46	45th place
Donna P Duerr	12:24:31	529th place
Henry Osterloh	12:35:07	541st place

(548 official finishers)

The GRASSLANDS RUN April 3rd, Decatur, Texas.

Mike Dupriest	9:40:34	50 Miles
Sharon Williams	2:25:21	10 Miles

AURA/\$10.00/WALMART PRICING.
PER ULTRA YEAR
FEB1999-JANY2K

To reserve your canoe for the National Trails Day Canoe Float you must do so by June 1st. The group rate is \$27.00. A \$10.00 deposit is required by June 1st. When you make your reservation tell them that this is with the Forest Service NTD Group.

Wright Way Canoe Rental
P.O. Box 180, Glenwood, Arkansas 71943
Toll free 1-877-201-9149

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Attention all AURA Retirees and Slackers: Let's celebrate the 1st week of May. Join me on Thursday, May 6th, at 11:30 a.m. for Chinese at *New Fun Ree*. Kavanaugh Blvd near the Ice House. We will order from the take-out counter and that way we don't have to leave a tip! Heads up! The Bigshot doesn't do plastic so he will bring his own fork.

Out On
The Town



7TH ANNUAL NATIONAL TRAILS DAY CELEBRATION

8:00 AM --- SATURDAY, JUNE 5, 1999

ALBERT PIKE RECREATION AREA --- OUACHITA NF

TRAIL BRIEFING BEGINS AT 7:45 AM AT THE ALBERT PIKE AMPHITHEATER...MAPS AND A DESCRIPTION OF THE HIKE/RUN COURSES WILL BE DISCUSSED...ATTEND IF POSSIBLE

THERE WILL BE THREE HIKING AND RUNNING OPTIONS AVAILABLE. THEY ARE:

1. **18-MILE "BRUSHHEAP MOUNTAIN" CHALLENGE.** THIS LOOP COURSE BEGINS AT SPEED BUMP IN AREA "C" OF THE ALBERT PIKE RECREATION AREA. COURSE CROSSES THE LITTLE MISSOURI RIVER BRIDGE WITHIN THE RECREATION AREA ON ROAD 106 AND CONTINUES (2.1 MILES) TO THE "WINDING STAIRS" TRAILHEAD. THE COURSE THEN LEAVES THE ROAD TO THE LEFT AND FOLLOWS THE LITTLE MISSOURI TRAIL FOR 2.9 MILES; THEN RIGHT ACROSS THE RIVER ON THE VILES BRANCH TRAIL FOR 3.5 MILES; THEN RIGHT ON THE ATHENS- BIG FORK TRAIL FOR 3.2 MILES; THEN RIGHT ON ROAD 106 BACK TO THE STARTING POINT IN ALBERT PIKE RECREATION AREA. THIS CHALLENGING COURSE INCLUDES TWO RIVER CROSSINGS, 15 CREEK CROSSINGS AND OVER FOUR MOUNTAINTOPS (BRUSHHEAP, BRUSHY AND LEADER MOUNTAIN TWICE).

2. **6-MILE "WINDING STAIRS" WATER CHALLENGE.** BEGINS AT WINDING STAIRS TRAILHEAD, APPROXIMATELY 2 MILES FROM ALBERT PIKE RECREATION AREA. THIS OUT & BACK COURSE WILL INCLUDE SCENIC VIEWS FROM THE CLIFFS ABOVE THE LITTLE MISSOURI "WILD" RIVER SEGMENT AND TWO RIVER CROSSINGS. THE THREE-MILE TURNAROUND WILL BE AT THE INTERSECTION OF THE LITTLE MISSOURI TRAIL AND VILES BRANCH TRAIL. THERE WILL BE A FOREST RANGER THERE WITH WATER.

3. **1-MILE "BLUFF MOUNTAIN" HIKE.** NO WATER CROSSINGS BUT A FAIRLY STEEP HIKE TO THE TOP OF BLUFF MOUNTAIN FOR A GREAT VIEW OF THE UPPER LITTLE MISSOURI "SCENIC" RIVER SEGMENT. THE TRAIL BEGINS AT THE AMPHITHEATER.

--- REGISTRATION FOR THE EVENTS WILL BEGIN NEAR THE AMPHITHEATER AT 7:00 AM.

--- PLEASE PLAN TO ARRIVE AND REGISTER PRIOR TO THE TRAIL BRIEFING AT 7:45 AM.

--- ALL NTD EVENTS ARE FREE...NO ENTRY FEES, NO T-SHIRTS, NO AWARDS.

FOR FUTHER INFORMATION, CONTACT THE CADDO RANGER DISTRICT - (870) 356-4186.

Tom

#132

(water)

#132

For Key -
Mtn - #2742
Grave yard

#124

(water)

FLATSIDE STAGGER FUN RUN

Suggested starting times:

5:30 a.m.-Slow runners or those who will run with someone slow.
6:00 a.m.-Have never brought home a trophy but consider yourself faster than the above.
6:30 a.m.-I usually finish mid pack and have a good time.
7:00 a.m.-I never win but have been known to place in my age group.
7:30 a.m.-People tell me I am good.

#75
(water) →

#132

- Start(132 to 94)=0.5 mi*
 - 94 to 86=4.5 mi(water)
 - 86 to 124=6.8 mi(water)
 - 124 to 132=5 mi(water)
 - 124 to 132/75=5mi(water)
 - 132/75 to finish=5 mi(pancakes)
- *all distances relative

#135

Start

#132

20 mi
#805

#86

#86

CHARLEY & LOU PEYTON
41 WHITE OAK LN.
LITTLE ROCK, AR 72227