

# THE ARKANSAS ULTRA RUNNER

December-2001

*A newsletter for members of the Arkansas Ultra Running Association*

**MESSAGE FROM THE BIGSHOT**-Congratulations to our AURA members for the RRCA awards given out at the State RRCA meeting in Hot Springs on the weekend of November 17<sup>th</sup>. Stan and Chirssy Ferguson were honored as **ULTRA RUNNERS OF THE YEAR** and Patty Groth and Robert Orr earned **MASTERS ULTRA RUNNER OF THE YEAR**. Our newest AURA member, Maurice Robinson, was given the RRCA's **MOST IMPROVED RUNNER Award**.

In addition, AURA's Joe Fennel of Fayetteville and the Chili Pepper Running Club, was honored as the State's **RRCA Race Director of the Year**. And perhaps most dramatic, at the Arkansas RRCA Convention at the Majestic Hotel Saturday afternoon, the 2001 Arkansas Traveller 100 Miler race shirt worn by Chrissy Ferguson tied for first in the **Best Race Shirt Design contest**.

Also, a happening on this weekend in Hot Springs. I report that our AURA sister, Rosemary Marston, was seriously injured in an auto accident on the way to Hot Springs. Latest report is that she went through surgery without complications and was in Baptist Rehabilitation Institute in Little Rock. By the time you read this she is no doubt at home and looking forward to a full recovery. Very good news after such a tragic accident.

For those of you who missed the November 10<sup>th</sup> AURA meeting at the Broadmoor Club House, I will relay to you now that you missed some very good ultra food and an important discussion regarding the Ultra Trail Series. It was decided that, at the discretion of the run director of a Ultra Trail Series run or club fun run, a donation box be made available so that participants could contribute 50 cents or a dollar to cover the cost of aid that might be provided or other expenses associated with the UTS. This would be strictly voluntary. Example: At the Mystery Book Run on Dec 15<sup>th</sup>, I plan on having a small box on the hood of my truck, It will have donation written on it. If you feel so inclined, slip a bill into it.

Speaking of the Ultra Trail Series, remember our **bad weather policy**. If you think it might be too bad to travel, or get back home, it probably is. Stay home and run another day.

## **ATTENTION RETREADS!**

**(RETIRED AND TIRED RUNNERS EATING AT DIFFERENT SPOTS)**

The first Wednesday in December, December 5<sup>th</sup>, at 11:30 a.m., the **RETREADS** will eat lunch at Luby's Cafeteria on West Markham/Chenal Parkway. We had six folks to enjoy lunch in November. Our youngest member has changed our name from **RETIREES** to **RETREADS**. Also, our youngest member would also like to change our location to **Franke's** for our January and February eating location. This we plan to do. Can you guess who our youngest member is? Wear a race memento so we will know you are a **Gang Member**. Just show up! No RSVP as we can't hear the phone ring.-Lou Peyton



## AN INTERVIEW WITH DARIN HOOVER

On October 7<sup>th</sup>, Darin completed the 2001 Arkansas Traveller 100 Miler  
in a time of 22:49:23, 22<sup>nd</sup> place

Greetings Darin and congratulations on your 100 mile finish. How about sharing with us your running background and some personal stats(age and ideal running weight).....*I have been a runner since high school, approximately 20 years. Several years ago I got serious about running due to living next to Larry Mabry. I am now 37 years old, 6 foot tall and weigh 160 pounds when running well but get up to 170 on occasion.*

Tell us your PR(personal records) at various distances you have competed in.....*My PR's are as follows: 800 meters-1:57; One Mile-4:30; Two Mile-9:51; 5K-16:40; 10K-35:21; Marathon-3:20 and 100 Mile-22-49-23. The track times up to 10K were in High School when I had some speed. I have not run a good marathon, yet.*

What perked your interest in doing the Arkansas Traveller 100 this year.....*I got interested in doing the Traveller in August. I was training real hard to qualify for Boston, and found out that my annual company meetings were the same weekend as Boston. I didn't want my training to go to waste, so I decided to try the 100 Miler. As you know, you cannot run in Arkansas without running the Arkansas Traveller at some point.*

Did you have or better put, what were your apprehensions about the race after entering.....*My main apprehension was if I was tough enough. I figured I was, but I didn't know how hard it would be. There are a lot of horror stories out there. (about people running the 100)*

So how did the race go for you?.....*My race could not have gone better. It was not as hard as I expected, and the help and encouragement was incredible, as was the weather on race day.*

Can you describe the high points and low points on your race journey.....*One High was at the start. I felt like I was doing something truly incredible, and it seemed like a great adventure. The second High came after the Electronic Tower Aid Station at mile 92 and I knew I was going to make it. Another High was of course the finish. Finishing the race has put me on a high that still not subsided. There were two low points as well. The first was right as I was leaving the Powerline on the way home, Mile 68. I was so sore, cold and the night seemed very dark and long. The gals at Chicken Gap(Mile 70) and their racy outfits got me back going. The second low was at Lake Winona(Mile 85). I was tired, and a couple of people passed me like I was standing still. If I had had a car at Winona I would have dropped. 85 miles seemed like enough at that point.*

You are new to the ultra scene. Were there any surprises to you?.....*The most surprising thing was how friendly and supportive everyone was. The Aid was incredible. People helping out were genuinely interested in helping me finish.*

How has your recovery gone since your race?.....*Recovery has gone very well. I started running on Thursday after the race and now six weeks later am back to full training. Once I got some new skin on my feet, I was fine. Running on the trails really helps.*

Any words to the AT100 Volunteers who might be listening?.....*The volunteers really make the race. The encouragement and help they gave me not only got me through the race but also made it fun. Every time I got down or discouraged, some volunteer picked me back up some times physically and mostly with kind words or a helping hand.*

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## ULTRA TRAIL SERIES

*Gulpha Gorge Challenge-UTS # 2-November 10<sup>th</sup>, Hot Springs, approx. 15 miles.*

Pete Ireland, Run Director

PL	NAME	TIME	POINTS
1.	Kimmi Pavelko	2:59:53-55	7. Patty Groth 3:30:00-38.5
2.	David Cawein	2:59:53-57	8. Pete Ireland 3:33:30-23
3.	Gary Speas	3:25:36-40.5	9. Steve Eubanks 3:53:22-17
4.	Ernie Peters	3:25:36-40.5	10. Lou Peyton 3:53:51-27
5.	Larry Franklin	3:28:00-29	11. Henry J. Osterloh 4:11:06-11
6.	Carrie Dupriest	3:30:00-38.5	12. Ann M. Moore 4:35:00-21

The next two trail series runs are the Mystery Book Fun Run and the Athens-Big Fork Trail Marathon(A-BF TM). The Mystery Book Fun Run will be approximately 20 Miles and will start from the intersection of FSR 94 and FSR 86. See map for directions. The format for this run is as follows: We(You) will start at the 94/86 intersection and run west. Off of FSR 86 are points of interest. At each point of interest will be a book. Tear a page off of the book and resume the run. When you finish you should have four pages. The points of interest include Cedar Creek Reservoir, Forked Mountain, an Indian cave and a pioneer cemetery. Run will be marked; water will be provided. I will have maps available.

The A-BS Trail Marathon will start and finish at the Big Fork Community Center on HWY 8 on the right as you enter the community of Big Fork. In conjunction with the A-BF TM, is the 17 Mile Blaylock Creek Fun Run. Run Leader, David Samuel, has requested as we have done in the past, that each participant make a donation to the Community Center as the local folks will open it up for us and have bathrooms and hot coffee before the start. In the past a \$5.00, donation was appropriate.

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### IN SEARCH OF THE PERFECT ULTRA FUEL- *The Cheese Burger*

Today we visited the Presidential holy grill of burgers-Cotham's in Scott, Arkansas. This is home of the Hubcap and one of President(Governor) Clinton's favorite eating places. Because of this legacy it soon became apparent upon starting my burger search that Cotham's was the ultimate destination in my quest. I was not disappointed in my findings.

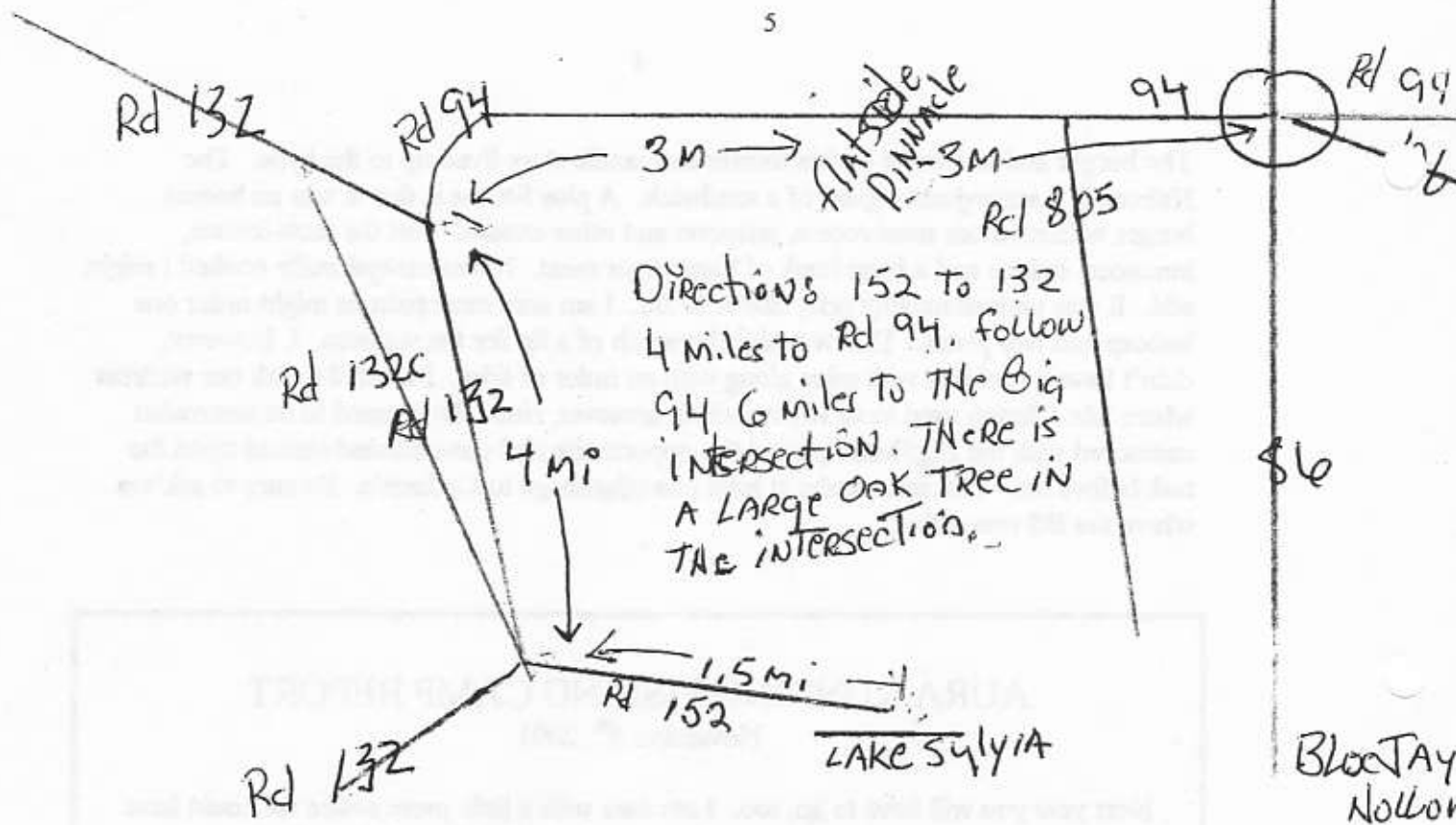


The burger and ambiance of this former mercantile store lived up to the hype. The Hubcap is a super-jumbo giant of a sandwich. A plus for me is that it was an honest burger without those mushrooms, jalapeno and other exotics. Just the facts-lettuce, tomatoes, onions and a huge hunk of hamburger meat. It was exceptionally cooked I might add. It was understandably pricy about \$7.00. I am sure most patrons might order one hubcap and two plates. That wouldn't be much of a tip for the waitress. I, however, didn't have a problem with mine along with an order of fries. I wanted to ask our waitress where Mr. Clinton used to sit when visited, however, since she seemed to be somewhat enamored with the BigShot, I passed the opportunity and concentrated instead upon the task before me. You must make at least one pilgrimage to Cotham's. Be sure to ask'em where the BS was sitting.

## AURA RUNNING/FISHING CAMP REPORT

November 5<sup>th</sup>, 2001

Next year you will have to go, too. I am sure with a little more notice we could have had a bigger group but as it was a good time was had. Ralph and Gayle Hoffman have a fish camp on the White River about three miles downstream from Buffalo City where the Buffalo River enters the White River. It has a kitchen, bedroom and bathroom on the top level and an open screen porch on the step-down. Lou and I slept on mats on the porch. They are in the process of building a home off of the flood plain next to this fish camp cabin. Saturday morning Ralph shuttled me to Buffalo City where I floated back in the canoe to the cabin fishing for rainbow trout. I caught four. My bait was a trout lure called a "Super Dooper". The rest of the gang ran from the cabin to Buffalo City; Lou made the return trip on foot, 22 miles. The following day(Sunday) Lou and I paddled from the cabin to Northfork, about 3.5 hours. I fished with my *Super Dooper* and Lou paddled. We were in separate kayaks. I caught five rainbow trout. When we got to Northfork, Ralph soon arrived to shuttle us back. We loaded the boats and I, being excited by my good luck, tossed my fishing rod into the back of the truck. I tossed it just as Lou was walking by and the Super Dooper snagged her in the tip of her nose. Since she was now bent over the tailgate, I did the only thing I could think of and bit the line into so she could stand upright. So there we are standing on the boat ramp Ralph and I staring at Lou who by now is being real still with the chrome and red *Super Dooper* dangling from her nose. No one is laughing. Lou says, It doesn't hurt; Ralph says, "Ooooh S---!". Ralph then goes to the truck and produces a gigantic pair of pliers and puts his glasses on. He repeats, "Ooooh S---!". Seeing the situation with his pliers, I tell Ralph that I have a pair of "Long-nosed" pliers in my coat(no pun intended). There was nothing else for me to do but grab Lou by the face, take hold of the treble hook and yank. I was much relieved when the hook popped out and no one fainted. On the drive back to the cabin, there was not much conversation. I wanted to brag on my *Super Dooper* for catching all those rainbow trout but had the better presence to keep my mouth shut. By next year when we have another running/fishing camp it will have passed over.



Map to the Mystery Book Fun Run (Not to scale) - Approx. 12 miles from Lake Sylvia parking Lot.



Stan, Chrissy, Patty plus Kim Fischer hold to their RRCA Awards

### AURA ULTRA HOROSCOPE

Leo-You will soon, possibly, be singled out for Ultra success. Cancer—You can, and should, have it all in 2002. Scorpio-The Anointed One might soon call upon you for a financial sacrifice. Aries-Your passion for Ultras could be ignited in the springtime.

*Place your refrigerator maggot here*

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## REGIONAL ULTRA CALENDAR

- Dec 8<sup>th</sup>, 2001 SUNMART TEXAS TRAIL ENDURANCE RUNS-50k/50 MI  
Huntsville, Texas. 210-366-3701
- Dec 15<sup>th</sup>, 2001 THE MYSTERY BOOK FUN RUN- UTS 3#, Approx. 20miles. Plus/minus. Exploring points of entrants in and around the Flatside Wilderness Area. 8:00 A.M. start.
- January 5<sup>th</sup>, 2002 ATHENS-BIG FORK TRAIL MARATHON UTS #4. And BLAYLOCK CREEK 17 MILE FUN RUN Big Fork Community Center. David Samuel, Run Leader
- Feb 2<sup>nd</sup>, 2002 10<sup>th</sup> ROCKY RACCOON 100 MILE TRAIL RUN  
Huntsville, Texas.
- Feb 2<sup>nd</sup>, 2002 WHITE ROCK CLASSIC 25/50k UTS #5 Turner Bend Store on Hwy 23. Joe Fennel and the Chili Pepper Running Club. 9:00 A. M. start
- Feb 16<sup>th</sup>, 2002 SYLAMORE 50k UTS #6 Allison, Arkansas Contact Randy and Bobbie Davidson 501--868-5555. Application in this newsletter.
- Mar 3<sup>rd</sup>, 2002 A-OK 25K and 50K Atokja, Oklahoma Contact Mary Ann Miller 972-424-7844
- Mar 3<sup>rd</sup>, 2002 MISSISSIPPI TRAIL 50K/50 MILE-Application next month in this Newsletter
- Mar, 2002 THE WIDOW MAKER LAKE SYLVIA REC AREA- Arrangements pending.
- Mar 30<sup>th</sup>, 2002 GRASSLANDS RUN 25 AND 50 MILE Decatur, Texas Contact Suzi Cope 817-410-2401
- Apr 6<sup>th</sup>, 2002 UMSTEAD 100 MILE ENDURANCE RACE Raleigh, North Carolina  
Contact Blake Norwood 919-847-7613
- Apr 20<sup>th</sup>, 2002 OUACHITA TRAIL 50 Little Rock Arkansas. Contact Chrissy Ferguson 501-329-6688  
Applications are out. Look for one in this Newsletter soon.
- May 4<sup>th</sup>, 2002 STROLLING JIM 40 Wartrace, Tennessee Contact Gary Cantrell, 322 Union Ridge, Wartrace, Tennessee.
- May, 2002 THE CATSMACKER Lake Sylvia Rec. Area Arrangements incomplete.
- May 18<sup>th</sup>, 2002 BISHOP HIGH SERRA ENDURANCE RUNS. 50 mile, 50K and 20 Mile runs. 9<sup>th</sup> Annual. Contact Marie Boyd, Rt. 1; Box 62, Bishop, Ca 93514.. Phone 760-873-5373 www.bhs50.com
- Aug 10<sup>th</sup> 2002 THE MIDNIGHT 25k/50k (UTS #1)Lake Sylvia area. Arrangements pending.