

## Headline!

# AURA Meeting Scheduled for May 13<sup>th</sup> at Maumelle Park

## THE ARKANSAS ULTRA RUNNER

May 2001

*A Newsletter For Members and Friends of the Arkansas Ultra Running Association*

MESSAGE FROM THE BIGSHOT - April was a great Ultra month; May promises to be even better. On Sunday afternoon, May 13<sup>th</sup>, at Maumelle Park, the AURA will have a potluck and RRCA organizational meeting. Pavilion Number 7 has been reserved from 4:00 p.m. to 9:00 p.m. A slate of officers will be presented and voted on. What will happen next the Bigshot is not sure of. There will be paper work to submit and approval granted from the RRCA National office. Stan Ferguson has agreed to serve as President; Mike Dupriest as Vice-President, The BS as Treasurer and Lou Peyton as Secretary. The process will probably be a struggle but a necessary one in the mind of the BS. With regards to the potluck, we will keep it simple.

Menu: The AURA will provide hamburgers and punch. It would be nice to have other things like baked beans, chips, salad or slaw. If you plan on attending bring a covered dish big enough for your family and several more. Bring your own cokes or beverages. We'll have to go cheap this first year. Lastly, to determine how many hamburgers to buy please RSVP by Wednesday the 10<sup>th</sup> of May. This means to call me if you plan on attending. 225-6609 or cpeyton@aristotle.net

There are three runs coming up in May/June. You will find an application for two in this newsletter. On May 12<sup>th</sup>, 6:00 p.m., the Saline County Striders will host the *One Hour and Six Hours Track Run* and on June 2<sup>nd</sup> David Samuel, AURA,USFS will lead the *National Trails Day Celebration run*. Sandwiched in between is the final Trail Series Run on May 19<sup>th</sup>, the *Catsmacker, UTS # 6.* Information is found on the *Catsmacker* near the Race Calander Site.

### News on the local front

Lloyd "Broad" Moore placed second in his age group at the *ASU-Beebe 5K* on April 28<sup>th</sup>. For those of you who are not aware, AURA's Chrissy Ferguson successfully competed in the *USATF National 100Km Championship* on March 24<sup>th</sup> in Pittsburgh and will be a member of the USA Women's 100-Km Team when they travel to France this summer. And not to be overlooked is our AURA brother, David Horton, who finished the *2001 Barkley 100* on April 1st. On the next page is a article he wrote about his quest at the *Barkley*.

## ULTRA CORNER

### 2001 BARKLEY-A Successful Barkley Race - At Last!!!

By David Horton

I have been fortunate enough to run many miles and many races and suffer much. Having run across America and run the Appalachian Trail, I had completed two of my major goals. Only one was left, the *Barkley 100 miler*. The other two were very, very difficult but before this year's *Barkley* I felt it was harder to finish *Barkley* than complete the other two challenges. My mind has not changed....*Barkley* was the hardest. I have completed the *Barkley Fun Run* (three 20 mile laps) four times. Before 1995, I felt the *Barkley 100* was not possible. Prior to 1995, the Fun Run was three loops of 19, 19 and 17. For the 100 miler you had to do 5 loops for a total distance of 110 miles and the time limit was only 50 hours! In 1995 Gary Cantrell, Race Director, added new segments, changed the loops to 20 miles and increased the time limit to 60 hours. At this point, I thought it was possible to finish five loops. Mark William (U.K.) showed that was possible by completing five loops in 1995, all in the clockwise direction. He also had excellent weather. The next year Gary changed the 100 to two clockwise loops, two counterclockwise loops and the fifth loop the runner's choice. In 1998, I had great weather and made it 3.5 loops before getting lost. I also did not think I needed a compass. Going in the counterclockwise direction is very difficult and you need to use a compass. I trained very hard for the 2001 Barkley. However I had a flare-up of my ulcerative colitis the week of the race. By Friday of race week, I felt mentally and physically ready although a bit intimidated by what lay ahead. In 1999 and 2000, I failed miserably and dropped out. Blake Wood performed remarkable in 2000, going 4.5 loops before being turned back by swollen streams. On this basis I felt like Blake and I had the best shot of finishing the 100 miles. He had four fun run finishes and I had four. I called Blake in December and told him I thought it was time an American finished Barkley. I told him that we should go at it together and finish this crazy thing. Gary had a few new surprises for us in 2001. He added a new hill, Hump Hill, and changed the routes slightly after Leonard's Butt Slide. Blake and I felt like Hump Hill added 20 minutes to each loop and the other changed added about 5 minutes per loop. We had thought that we might have a chance to sleep at the start of lap four or during lap five. It was not an option with the new course changes. My plan was to go out slower as I knew Blake was more conservative and going out too fast had hurt me in previous years. Our goal was to do three loops in thirty or thirty-one hours. The weather was very good this year although it did rain, sleet and snow and it was very cold at night. I wore a water proof jacket much of the time as well as gloves and mittens at times. The trail was slick for a while however overall I liked the cold weather. The Barkley is almost impossible when it is hot. The climbs are so tough you can sweat a ton even on cool days. The forth lap was the most difficult for us. We did this loop during Sunday night. We had trouble finding the books at the bottom of Little Hell and Leonard's' Butte Slide. We were extremely slow from the Garden Spot back to camp. WE ran out of food and both of us were bonking and shot when we got back to camp on Monday morning at daybreak. I told Blake that we had to get in and out of camp quickly

because we had to do loop five faster than loop four. I thought this was possible because loop five would be all in the day light-hours. I really did not want to go out on loop five but Blake was getting ready and I had to follow. I drank three cans of Equate Plus and stuffed myself with food. I felt like I was going to throw up. When we left camp we talked very little for a long time. Mentally it was very difficult during the first three books. After climbing the Zip Line, the Equate kicked in and I started feeling much better. We made great progress and got to the New River, about half-way through the loop, in five and half hours. At this point, we realized we were going to finish and break Mark William's time as well. However the Barkley is never completely finished with you. We talked a lot and didn't think about our time until Jury Ridge. At this point we realized that we had better pick it up to make sure we made it in time. What a relief and joy it was to see the folks waiting at the gate and finish line. After seeing the pictures on Steve Peros's website, I realized how bad I looked. I did not feel that bad but I sure did look bad! Blake and I then showered after three very long days. Blake only had one blister and I did not have any. I could only sleep about three hours afterward. I awoke very early and packed and drove back to Lynchburg by myself. I did have to stop twice to take two thirty minute naps I called my wife shortly after I finished and she said she was "proud of Me" and that meant a lot to me. The Barkley is like nothing else in the Ultra world. It is the hardest thing I have ever done. I feel extremely happy and satisfied to have completed the *Barkley 100*. What's left? In June, Doug Spence, Scott McKenzic and I are attempting to set the speed record on the John Muir Trail. I will leave my Barkley space for someone else to suffer in America's toughest Ultra.

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THE GRASSLANDS, 10, 25 and 50 Miles  
LBJ Grasslands National Park, Decatur, Texas  
March 31<sup>st</sup>, 2001

*THE GRASSLANDS (MY IMPRESSION)* By: Lou Peyton

For several years, actually since it's inception, Charley and I have wanted to attend and participate in Suzi Cope's Grasslands Event. Grasslands is located in the Lyndon B. Johnson Grasslands National Park 15 miles outside of Decatur, Texas. We arrived in Decatur, picked up my race packet, ate a meal and decided to drive out to the Tadra Point where we planned to camp. Bad Move. We could have waited five minutes and followed Suzi to the Tadra Point /Race start/finish after race packet pickup closed. I however was more interested in finding a meal than finding the camp. BAD, BAD, BAD. After the meal we started for the camp. After several false starts, touring the town square, for one, we drove 10 miles down a farm rd. with me in terrible doubt but I looked at the gas gage and NO WORRY THERE - after about 10 miles Charley turned us around. I convinced him to let me ask direction. Lyndon B. Johnson Grasslands National Park has got to be well known, I thought. A proprietor in a truck stop knew the Grasslands. He fishes there. He asked, "where in the Grasslands do you want to go"? It's huge. I said, "the Tadra Point". This happened to be near his fishing lake which he pointed out to us on his personal map. He sold us the map for \$6.00. We were in business now. I felt like we

could eventually get there. It was 8 p.m. After several more false roads we got to camp at 10 p.m. Whew!! The race would be easy compared to finding the camp. We camped in the back of the truck and the first thing I heard Sat. morning was Suzi's voice giving workers instructions on parking cars, aid stations assignments at 5:20 a.m. The sky was clear, stars still out. Runners started arriving for the 7 a.m. 50 mile start. The 10 and 25 milers started at 8 a.m. 175 runners in the total events. The course is laid out in loops blue, yellow, white, and red. Each loop returns to the start/finish area. At times the loops run together. Then the blue, i.e. whichever loop you are on goes off in a different direction. It's like running on the Ouachita Trail. One must pay attention or you could be off trail. The markers were close though like every 1/8 mile. I just thought blue, then yellow and forgot everything else. EVERYTHING ELSE! I didn't get off course and I ran 98% of the time alone. I chose that though and I let my mind flat-line and it felt good mentally. The aid stations were superb. The best. Wonderful and real often. Ice at 99% of the stations all day. electrolyte drinks, Electrolyte tabs provided, Advil at some if not all stations. The best cookies. The cookies were either homemade or from the best bakeries in the world. Every way chocolate chip cookies can be produced. I ate 105 chocolate chip cookies. I thought chocolate chip must be Suzi's favorite cookie. There were oatmeal and other cookies, crackers, chips, bananas, soft drinks and ice, ice, ice.

The trails were horse trails sometime single file sometime wide. There had been rain for a week before the race. I'd say if the race had been two days earlier I don't think it could have been held on that course because there were wet, boggy areas. The trail reminded me of 1/4 Cross Timbers, 1/4 Ms. Trail 50, terrain and soil (not the swimming) 1/4 Sunmart but no tree roots. NO ROCKS. The big factor for me was the sun. Sun can kill. We were blessed with temperature 50's start 70's the high. There was wind in areas of the course. Green, green grasslands, Black Jack Oak forest. Small roller coaster hills, not boring but interesting. No leaves on the trees. We had a little cloud cover 1/4% of the time; the other 75% of the time, full sun. Sunscreen is a MUST HAVE unless you like sun. I DO NOT. The entrants got a Raceready purple Coolmax cap sleeve (cover the shoulder type shirt and a pair of Raceready trail shorts for finishing the 50 miler. A belt buckle can be purchased for \$25.00 for 50 Miler finishers, only. The belt buckled looked beautiful from what I saw. I think I NEED one! Suzi's taste in everything showed during the race. That means the race is A-! in all aspects but----- wear a white cap, white neckerchief, white shirt and take your sunscreen unless you like to start your spring with a full dose of sun.

#### AURA's at the *Grasslands*

50 Mile - Lou Peyton.....11:21:18(25 credits)

25 Mile - John Knapp.... 6:39:59 (25 credits)

10 Mile - Jackie Edmonds 1:55:10(25 credits)

AURA HOROSCOPE-Monica eyes only spells trouble. Lose a few pounds now and lighten your summertime load. Your thirst for points will soon be quenched. Fake an injury in the spring and get a leg up in you age group. The BS knows who is naughty.

## 2001 OUACHITA TRAIL 50Km/50 Mile - April 21<sup>st</sup>, 2001

### Race Report and Times by Chrissy and Stan Ferguson-Race Directors

So I was out with a bunch of my friends celebrating my 40<sup>th</sup> birthday last December when Ann Moore mentioned that she didn't feel she would be able to put on the Ouachita Trail 50 race again in 2001, due to complications with the health of her husband. She had resurrected the race in April of 2000, after a couple of years that it had been missed. She asked if I would be interested in putting the race on, and, being that I had sucked down several margaritas, it sounded like a pretty good idea. This would ensure the continuing of the race, and would be another way to raise money for the USU Fund, which helps the U.S. 100K Team. That was before two major ice storms hit the state—one being the worst ice storm in Arkansas in the last century. So now there were more than just the normal logistics of putting on a race—there were about twenty miles of trail with downed trees to be dealt with. After getting approval to work on the trail, I recruited volunteers from the local ultra running community, fellow running club members and various friends from work and play to spend several of their weekends working on the trail. After 150 working hours with chainsaws, shears, four-wheelers and old fashioned hard work, at least that section of the Ouachita Trail was ready for racing.

Race day wound up a bit warm for running 50 miles. 85 degrees and high humidity so early in the year is especially challenging. At least we were blessed with a nice breeze that gave some relief in the open areas and occasionally parts of the trail. Roger Parman ran the out section with the 50 Miles leaders and turned around to cruise in with a new 50 K course record, besting Dave Cowein's winning time last year, and thus setting a new 50K record. Ultra new comer Gwen Hewitt(sister of Tim Hewitt)finished strong to win the women's 50K. Her first ultra resulted in a 50K course record, too.

In the 50 Miler, Dink Taylor, set the pace early, but there was no attempt at a record on this day. And as the day warmed up, nearly everyone just got slower. Taylor was passed a around 36 miles by eventual winner Stan Ferguson and later by seasoned adventure racer Greg Eason. The top three women ran very close most of the race with several changes of position. Finally, former New Yorker and new Arkansan, Barbara Bellows(Fayetteville)made a good push over the last 20 miles to take the win.

The Best Blood Award went to John Stowers and Pam Cook. Pam suffered an early fall but finished the race. Her next jaunt was to the emergency room where she received 15 stiches her hand. John avoided stitches in his head, but did cause quite a bit of concern at on of the aid stations. Our favorite finishing quote came form Jamie Huneycutt: " Well, that was significantly challenging!". Honorable mention in that category was Jim Sweatt's confession that he though he owed the race more money because he felt he put in more than 50 miles.

My special thanks go to all the volunteers who helped out on race day, and especially to all the people who helped clear the trail. With the race proceeds, and extra amounts donated specifically to the U. S. 100K Team, we were able to donate a total of \$300.to the USU Fund, which will help send our team to France this August to compete in the annual *World Challenge 100K*.

\*By next year we will be sure to find out exactly how many times this race has been run(to be either the 12 or 13<sup>th</sup> edition). I hope all the runners will return and bring some friends) We would like to have double the crowd and double the fun in 2002

## OT 50 Miler

## OT 50 Km

Place/Name	Time/Points	Place/Name	Time/Points
1. Stan Ferguson	7:49:51(64)	1. Roger Parman	4:47:50(71)
2. Greg Eason	8:14:01(53)	2. Mario Martinez	5:25:06(60)
3. Dink Taylor	8:46:59(42)	3. Steve McBee	5:28:29(49)
4. Robert Orr	9:00:47(36)	4. John Gaston	5:29:06(43)
5. Barbara Bellows	9:19:18(57)	5. Gwen Hewitt	5:46:54(59)
6. Kimberly Pavelko	9:39:51(46)	6. Blair Whisenhunt	5:56:01(48)
7. Angie Ransom	9:58:47(35)	7. Bill Matheny	5:57:31(37)
8. Mike Parker	10:39:25(35)	8. John Renick	6:06:51(31)
9. Jim Sweatt	11:06:37(24)	9. Amanda Perron	6:18:05(37)
10. Michael Dupriest	11:32:17(18)	10. Ricky Pampo	6:18:05(25)
11. Richard Maloof	11:38:49(14)	11. Collins Cogbill	6:19:15(21)
12. Ron McBee	11:42:50(11)	12. Mike Proctor	6:26:50(18)
13. Jamie Huneycutt	12:08:38(29)	13. Pat Cook	6:42:14(31)
14. Duane Grigg	12:14:44(8)	14. Earnie Peters	6:45:47(13.5)
15. Rick Gastelum	12:20:24(5)	15. Gary Speas	6:45:47(13.5)
16. Carrie Dupriest	12:23:50(20)	16. Heather Eason	6:57:23(25)
17. Patty Groth	12:23:50(20)	17. Jeff Baillie	7:07:15(11)
18. Rene Villialobos	12:26:18(4)	18. Lee Hess	7:19:16(10)
19. Mark Wright	12:35:47(3)	19. Buddy Jones	7:40:27(9)
20. Lou Peyton	12:55:43(11)	20. Kenny Simpson	8:07:53(8)
21. Mark Higginbotham	13:05:39(2)	21. Ann Nguyen	8:11:07(19)
		22. Curtis Cormier	8:11:07(7)
		23. Donna Duerr	8:16:51(13)
		24. Jerry Potter	8:16:51(6)
		25. John Stowers	8:19:29(5)
		26. Ann Moore	8:44:14(9)
		27. Johnny Knapp	8:52:58(4)
		28. Jerry White	8:58:10(3)
		29. Henry J. Osterloh	9:03:44(2)
		30. Sherry Joy	9:15:52(6)

\*To answer Chrissy's question about the history of the OT-50. The first race was on May 13<sup>th</sup>, 1989.. It was called the Long Crossing, 50 Miles on the Ouachita Trail. Teresa Laster was RD, the Bigshot was Assist RD, Tom and Tammy Chapin, Bill Laster, Otis Edge, Lou Peyton and Nick and Sharon Williams were the others who assisted in the organization. It was aptly named by the Bigshot to reflect the long distance runners would have to travel between the North Shore Aid Station and Hwy 113(8.3 miles). The

following year the name was changed to the *Ouachita Trail 50*. Bill and Teresa Laster were the directors and continued as directors until 1993. They abandoned the run after 1993, however, Nick Williams took it up in 1994 as a low key, no entry race. In 1995 and 1996 Bill and Teresa returned again as race directors putting on a low entry, limited aid race. In 1997 Nick again took it up as a no entry, low key fun run. In 1998 Ann Moore had her *Black Dog 50K/50 Miler* and there was no *Ouachita Trail 50* in 1998 or 1999. In 2000 Ann revived the *OT50* as a full fledged race, adding the 50k distance. In 2001 the Ferguson's replaced Ann as race director. So to answer the question as to how long the *OT50* has been going on—9 years if you don't count the first year; 10 years if you do count the *Long Crossing*.

#### REGIONAL ULTRA CALENDAR

MAY 5 <sup>TH</sup> , 2001	<u><i>STROLLIN' JIM 40.</i></u>
Wartrace, Tennessee	Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183
MAY 12 <sup>th</sup> , 2001	<u><i>SIX- HOUR TRACK RUN.</i></u> Benton High School Track
MAY 19 <sup>TH</sup> , 2001	<u><i>THE CATSMACKER UTS #6</i></u>
Lake Sylvia area	See race info below.
JUNE 2 <sup>ND</sup> , 2001	<u><i>NATIONAL TRAILS DAY - 17, 10, 6 Mile Runs.</i></u>
Langley, Arkansas	Albert Pike Recreation Area, Ouachita National Forest
JULY 21 <sup>ST</sup> , 2001	<u><i>THE MIDNIGHT 50K(+/-) - 8:00 P.M. start from the Lake</i></u>
Sylvia, Ouachita Trail parking lot.	2002 Ultra Trail Series #1

UTS=Ultra Trail Series run.

UTS #6, The Catsmacker. 21 miles(+/-) on forest and 4-wheel type roads plus a small portion of the Ouachita Trail. Guaranteed fun or your money back. This will be an official Arkansas Pike's Peak Marathon Society training run. No fee; no t-shirts. Cheap-ass awards(if any) presented by the Conway Running Club. 6:30 a.m. start from the Ouachita Trail parking lot at Lake Sylvia.

#### *Philosophy of the Arkansas Ultra Runner Newsletter(1989).*

Everyone wakes up in the morning and everyone goes to bed at night. Except for your spiritual considerations, everything that happens between the time you wake and go to bed is relative. This newsletter started out as my way of corresponding with my ultra running friends. Just a note to keep in touch between the big runs. Over look that misspelling and dangling participle and try to catch a little humor or glean a little insight if you can find it. Nothing so serious as to take away from a good run. Warmest regards- The Bigshot.

**9<sup>TH</sup> ANNUAL  
OUACHITA NATIONAL FOREST  
NATIONAL TRAILS DAY  
CELEBRATION**

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**JUNE 2 - 8 AM**

**ALBERT PIKE RECREATION AREA  
6 MILES NORTH OF LANGLEY, ARKANSAS**

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**7 AM - REGISTRATION BEGINS - AREA "C" BATHHOUSE**

**7:45 AM - TRAIL BRIEFING - AREA "C" AMPHITHEATER**

**ALL NTD EVENTS FREE - NO T-SHIRTS - NO AWARDS**

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**18-Mile Brushheap Mountain Challenge**

- Start at speed bump in front of Area "C" bathhouse. Cross Little Missouri River bridge on Road 106. Continue 2.1 miles on Road 106 to "Winding Stairs" trailhead. Left on Little Missouri Trail and cross Blaylock Creek. Continue 2.4 miles on Little Missouri Trail, crossing Little Missouri River into the "Winding Stairs" area. Continue another 0.6 mile along "Wild" Little Missouri River to 1<sup>st</sup> water station. Right on Viles Branch Trail, cross Little Missouri River followed by 13 crossings of Viles Branch over 3.5 miles to the 2<sup>nd</sup> water station. Right on Athens-Big Fork Historic Postal Service Trail over Brushy and Brushheap Mountains for 3.2 miles to the 3<sup>rd</sup> water station. Right on Road 106 for 4.1 miles to the 4<sup>th</sup> water station at the "Winding Stairs" trailhead. Continue 2.1 miles back to speed bump at Area "C" bathhouse in Albert Pike.

**6-Mile Little Missouri River Hike/Run**

- Start at "Winding Stairs" trailhead (2.1 miles from Area "C" bathhouse) on Little Missouri Trail. Cross Blaylock Creek and continue on Little Missouri Trail. Cross Little Missouri River into the "Winding Stairs" area. Continue 2.4 miles on Little Missouri Trail to water station and 3

**1-Mile Bluff Mountain Hike**

- Start at Area "C" bathhouse across small bridge over Little Missouri River. Hike up Bluff Mountain overlooking "Scenic" Little Missouri River.

**Directions**

From Hot Springs take Highway 70 west 36 miles through Glenwood to Salem. Turn west on Highway 84 and go 13 miles to Langley. At Langley turn north on Highway 369 and go 6 miles to the recreation area.