

THE ARKANSAS ULTRA RUNNER

October/ 2001

A newsletter for members of the Arkansas Ultra Running Association

Volunteer Now!

Arkansas Traveller 100 Race Directors, Stan and Chrissy Ferguson, are looking for volunteers for this years race.

Contact them ASAP at 501-329-6688.

For up to the minute information on this years race look up the web-site <http://www.angelfire.com/ak3/at100/>

MESSAGE FROM THE BIGSHOT -After watching President Bush address the nation in the wake of the tragic sky-jackings, I will do my best to follow our COMANDER-IN-Chief's urging to "get back to normal". Normal in October is to talk about the *Arkansas Traveller 100 Miler* which will take place October 6th and 7th. Stan and Chrissy Ferguson have taken over from the Peyton's after 10 years of directing. They have done a great job in organizing and planning despite some significant roadblocks. All of the aid stations will be manned however there has been a significant dip into the volunteer force by the coinciding trip of a large group of Arkansans doing the rim-to-rim crossing of the Grand Canyon. Bottom line: We need you more than ever. Chrissy and Stan spoke to the ARK(Arkansas Running Klub) in North Little Rock two weeks ago about the status of the 2001 race. At that time they had a record number of entrants with runners from 33 states, Canada and Japan. With the bombing, I know that they have had some cancellations but there should still be a full field on race day. .

Concerning the 2002 Little Rock Road Runner Talent Show: My daughter-in-law's daughter, Avery, is now taking violin lessons. If I invite her to join forces with Little Albert and the Thumpers, what decent club member could not vote us "Best of Show"? We will be a force to be contended with next year.

The *ULTRA TRAIL SERIES* takes to the city on November 10th at Gulpha Gorge(Hot Springs) With the opening of deer season we will come out of the woods for a month. Hot springs has a fine network of trails that encircle the city. Pete Ireland will direct this race which will be 14 plus miles. Other additions and changes concerning the UTS relates to the December and January runs. Because of a conflict with the urban Adventure Run in Little Rock on December 8th, I have decided to move UTS #3 back a week to December 15th. This is the so-called *Mystery Book Run*. UTS #4 has been officially announced for January 5th-the *Anthens-Big Fork Trail Marathon* starting and finishing at the Big Fork Community Center

My nephew, Forest, from Portland, Oregon, breezed into town last month with four pairs of New Balance 991's. brand new in the box. He is trying to fence them. Being a

good Uncle, I paid him \$70.00 for two pair and now am stuck with a size 10.5 regular width and size 11 narrow width. Running store and mail order magazine price for 991's is \$130 .00 plus. I'll make you deal for \$45.00 and if you show me your AURA membership card I might knock of \$10.00. See the BigShot at 225-6609 or cpeyto@.aristotle.net. Trust me!

Last announcement! *The Ultra Smacker* scheduled for December 30th and 31st, 2001, highlighted in last month's issue of the AURA, has been cancelled.

ULTRA CORNER

WORLD CHALLENGE 100K

The Trip By Stan Ferguson

Trip was good, but there were lots of travel days. Very glad to be home.

Wed (8/22): Depart: arrive in Paris Thurs A.M. Bus, train, and van to Cleder in extreme NW France. There was great running on trails along the Atlantic coast. The race even used them a little bit. Sunday was the race (covered below). Mon: Toured with Lou Myers to cool nearby towns of Morlaix and Roscoff. Took overnight ferry from Roscoff to Plymouth (England) Tues: Several hour drive to London..—went through Bath, and stopped by Stonehedge. Had dinner friends Casi and Ray Chanslor (Acxiom-UK based) and visited for a while at their flat. Wed: Various business and rode the London Eye (Millennium Wheel)—a BigAss ferris wheel. Thurs: Flew to Aberdeen, Scotland with Lou and wife Ann, and drove to Braemar—location of Royal Highland Games. Fri: Visited cool nearby city of Perth: checked out course for the hill run—one of Highland games events. Sat: Royal Highland games (covered below). Big dress dinner and social at hotel in the evening. Decked out in Scottish gear—full kilt and the works. Unable to obtain a kilt with the Ferguson clan tartan, but Lou worked out obtaining one in the pattern of the Black Watch—legendary Scottish fighting regiment. Chrissy was in a fancy dress (imagine that!), and very impressed with the kilt look. A Scottish singer/guitarist entertained in the “Rebel Lounge” at the hotel (this was on the spot where the Early of Mar raised the standard of rebellion in 1715). What a delight when he played a traditional version of “Whiskey in the Jar”. Sun: Another run in the hills, checked out a couple of castles and other towns on the way back to Aberdeen, and flew back to London. Mon: Flew home; weather and American Airlines B.S. led to a Conway arrival just shy of 2 A.M., Tue.

The Race

Some may have already seen high level results: the highlight for the U.S. was that one of our men placed second. Top three teams were (Men) France, Belgium, and Germany; (Women) Russia, France, and Germany. I'm not positive, but I think our women were fourth place. The men's winner was from Japan. Following our Rich Hannah, the French came in with 3rd through 6th place, and then another in 10th. The race was a beautiful 50K loop (done twice) originating from the town of Cleder (population around 8,000) and

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13TH EDITION; Number 9

The AURA-Where the buck stops!

going through nice country-side and surrounding villages and by numerous castles and nicely kept estates and villas. Several miles followed a road by the coast (Atlantic ocean) and some of this even took to a wide trail.

Our friend (and Chrissy's adopted father) Lou Myers came over from London to help crew the American team. The route allowed convenient driving for crews to access aid stations at approximately 8K, 22K, and the finish (50K/100K) of each loop. The U.S. had several crew vehicles, so in addition to one or two groups following the man and women at the four easy stations, we had a couple of others at less convenient spots.

Chrissy's Experience

Chrissy's aim was to maintain about an 8-minute mile pace for as long as possible. She was reasonably close to this at the 8K, 22K, and 35K points, and seemed to be doing okay, but we became a bit worried when she was late getting into the halfway point in Cleder. She finally came in at nearly four and a half hours, looking very distressed. I was trying to find out from her what she needed but she could not communicate. She was gasping for breath, unable to speak. I called for Lou to retrieve Sue Herbert—wife of the U.S. team's doctor (and a physician herself), who had been riding with us. Having asthma, Chrissy always carries an inhaler, but she indicated she had tried it several times already with no effect. We carried her to the medical tent (nearby, since this was close to the finish), where she got the attention of other medical personnel. This was a very scary time for her and all of us. Her larynx or a muscle in her throat had spasmed (possibly triggered by an asthma attack), and would not release. Following a couple of injections (I forget of what) and some oxygen, she slowly got back to normal breathing. Although within an hour she was back functioning fairly well, she was out of the race. So that's what happened to Chrissy and how she came to DNF.

When she started doing better, the rest of the crew went on, and we stayed in Cleder. This would allow us the rare opportunity to see the winning man come in, so we made our way to the finish area. All the announcing was strictly in French, so it was hard to discern exactly how things were going, but we could definitely make out that Rich Hannah was in the top five. The winner, a Japanese runner came in running very strong, but there was quite a gap after him. It sounded as though Rich might be next. We anxiously awaited. Sure enough here he came! The previous best showing by an American man at the World 100K was third place. But he was not moving very well—nowhere near the pace of the winner from Japan. We were cheering and yelling along with the huge supportive crowd when to our shock Rich collapsed less than ten yards from the finish line. Luckily he was a couple of minutes ahead of the next runner. He was able to slowly rise up and make it to the finish.

The emotion I got from witnessing this was overwhelming. To see a runner (--OUR runner) give so much, on the world stage, and have such success, has to be the most inspiring sports moment I've ever witnessed first hand. I feel it would have to rank up there with how Dodger fans felt when Kirk Gibson hit that famous home run. Rich ran an extremely smart race. He said that he took over second place with about 15K to go, but that his hamstrings were completely shot:--that he just tried to hang on.

A former Olympic trials marathon qualifier, for about six years Rich had been struggling with injuries and unable to do much serious running. His last U.S. 100K team appearance was in 1994 when his 6:45:55 helped the U.S. men claim their first World Challenge 100K team medal, a bronze at Lake Saroma in Japan. This year he ran 6:43:09.

Our next runner was Howard Nippert—posting another solid performance in his third appearance at the World 100K, placing 13th with 7:01. This was a good basis for possibly edging Germany for third place, but our other top prospect, Dave Dunham had to withdraw, along with Tom Johnson—the indisputable best American 100K runner during the 90's. So the third scoring spot came down to Jim Garcia. Jim hit a really bad spot at 80K, and had a rare subpar performance, coming in at 7:40.

ROYAL HIGHLAND GAMES

There is a series of "Highland Games", but this is the big one—the "grand finale". The Queen and Prince Charles and William were there. It was like a big track meet held on grass, with mass bagpipe bands competition and some other unique events.

Lou, Chrissy, and I were entered in the Hill Race—a short fell run up the "Maroone" (a near by hill) and back, with a loop around the arena at the beginning and end. It was allegedly just shy of 2 miles total, but I'm not sure how that was figured. I would have sworn it was a good mile and a half each way. Perhaps, since it's a fell run (where you can take any route you wish), they measure it as the crow flies. I believe the climb was about 1500 feet. The race was a really cool experience, and impossible to describe in a brief manner, so I won't try. Out of about a hundred participants, I was probably 20th-give or take. My time was roughly 22 minutes to the top/checkpoint, and 10 minutes back. This was truly "extreme" running. —Beyond trail running. Lou describes it as the true essence of running, and I can see where that comes from. Running at it's most basic level—from here to there.

IN SERCH OF THE PERFECT ULTRA FUEL- The Cheeseburger. Sometimes(always) the grass looks greener on the other side of the fence. I have passed this place a thousand times as it is within blocks of my backyard. No! I'm not talking about Cantrell Road's *Backyard Burger*. I am reverently writing about *The HOP*. Not *IHOP*, the *HOP*! A block west of the Cantrell/Mississippi intersection and across from McDonalds. Of course I bought the super-jumbo, along with a Taco Salad and a large order of fries. I will only say one thing about it and you can draw you own conclusion-Who or whomever assembled that burger cared about what they were doing and that says it all for my taste! The super-jumbo was as big as four regular burgers and I should know better as I almost made my sick trying to eat it all. Next time we won't get the Taco Salad.

On a sad note I report the closing of the west Pulaski County Burger Triangle. Sam's in Roland has folded along with Double D's down the road at Monnie Springs. That leaves only Big D's Café as the only one still standing. But, the last time I drove all the way out to Big D's they were having a private party and I couldn't get in. I'll probably not go back; I will hurt them.

MNB Bank Arkansas Marathon Entry Form

October 14, 2001 – 7:00am – Malvern, AR

Name:	
Last:	First:
Date of Birth:	Sex:
Address:	
City, State, Zip:	
Shirt Size: M L XL	Age on 10/14/2001:
Release: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Malvern Runners, the City of Malvern, the County of Hot Spring, ArkansasRunner.Com and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race and/or club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.	
Signature:	Date:
Parent Signature if under 18 years:	Date:
<p>Make checks payable to Arkansas Marathon and mail to: Arkansas Marathon c/o Dale Burns 1200 Clardy Street Malvern, AR 72104</p> <p>The Arkansas Marathon is a point to point course. Last transportation from finish line to start leaves Tyndall Park in Benton at 5:30am.</p> <p>Circle One: Need ride from finish line to start? Yes No</p>	
Fees: \$25 pre-registered, \$35 day of race	

Life Is Good!!

Or

OCTOBER 14TH

ARKANSAS MARATHON

The AURA has an official aid station at mile 11 of the Arkansas Marathon. If you would like to be a part of our station, call me at 225-6609. Great fun PLUS earn bonus points.

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REGIONAL ULTRA CALENDAR

- OCT 6TH, 2001 **11TH ANNUAL ARKANSAS TRAVELLER 100 MILER**
- Nov 10th, 2001 **GULPHA GORGE CHALLENGE**- UTS # 2 -14 Miles. Gulpha Gorge
Campground, Hot Springs. Trails. Pete Ireland, Run Leader Details next month.
- Dec 15th, 2001 **THE MYSTERY BOOK FUN RUN**- UTS 3#, Approx 15 miles.
Plus/minus. Exploring points of entrants in and around the Flatside Wilderness Area.
- January 5th, 2002 **ATHENS-BIG FORK TRAIL MARATHON UTS #4**. *Big Fork Community
Center*. David Samuel, Run Leader
- Feb 2nd, 2002 **10th ROCKY RACCOON 100 MILE TRAIL RUN**
Huntsville, Texas. Application next month in Newsletter.
- Feb 2002 **WHITE ROCK CLASSIC 25/50k UTS #5**
- Feb 2002 **SYLAMORE 50k UTS #6**
- May 18th, 2002 **BISHOP HIGH SERRA ENDURANCE RUNS**. 50 mile, 50K and 20 Mile runs.
9th Annual. Contact Marie Boyd, Rt 1; Box 62, Bishop, Ca 93514.. Phone 760-873-5373 www.bhs50.com