

Ouachita Trail 50 On Tap For April 20th

THE ARKANSAS ULTRA RUNNER

April 2002.

A newsletter for members of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT - In last month's issue of the AURA I wrote a short note of the passing of our AURA friend, Clint Cussick. I am sure that every area running club's newsletter will have some kind of tribute to Clint in the coming month. Such is the legacy that he leaves. I first met Clint in the early 80's at the Lake Norrell Triathlon where he and I were doing something at the finish line. As I recall the bike leg was the last of the disciplines and it got rather anxious as the bikers raced to the finish. My first impression of him was not necessarily a good one. I thought he was sort of "crusty"*. Since that encounter, our paths crossed again and again. He never changed a bit but I grew to respect his personality and manner. Clint was the one constant in every race I was involved in. You could always depend on him to do whatever you needed to be done. If you needed someone to take the lead, he could be a leader; if you needed a follower he was the best follower there was. I won't mention the contributions he made to the Saline County Striders; or the Senior Olympics; or the Pikes Peak Marathon Society or the weekly running endeavors that he assisted in. I leave that to others. I will speak about how much he and wife, Peggy, meant to me at the Arkansas Traveller 100. When I asked for volunteers back in 1991, Clint and Peggy were at that first meeting and continued for eleven years at the Lake Winona Aid Station. I can never thank them enough for the friendship that I received over these years. After his death I was thinking of my impression of that first time we met and how little he changed over the years. He remained a little "crusty" but he was thoughtful and helpful and always a friend you could depend on. So....where do we go from here? I will try to do what I think he would want me to do. That is to continue on and be a friend to those who need a friend. Like I said last month, "He showed up; he made a difference and he will be missed."

* - Crusty: Adjective. A state of being with crust. A hard outer shell or coating underneath which is soft and likable. Example: Good bread and Clint Cussick

AURA CONFIDENTIAL- To Larry in Levy: Fast runners are fast because that is what they are. Training, diet and self-denial played no role in their abilities. God made them. You are a slow runner. God made you that way. You are what your are. Live it; love it. Get over it!

ULTRA CORNER

South Fourche River Mystery Run/UTS #7/March 16th, 2002-Official Results

PLACE	NAME	TIME	UTS POINTS
1.	Stan Ferguson	2:46:38	62
2.	John Jones	2:59:04	51
3.	Darin Hoover	3:07:11	40
4.	Chrissy Ferguson	3:14:01	59
5.	Kimmy Pavelko	3:45:36	48
6.	Jesse D. Riley	3:45:36	34
7.	Collins Cogbill	3:56:18	25
8.	Ted Bouden	3:56:18	25
9.	Pete Ireland	4:12:30	16
10.	Gary Speas	4:16:15	12
11.	Ernie Peters	4:16:16	9
12.	Patty Groth	4:18:06	34
13.	Rhonda Ferguson	4:18:06	34
14.	Gayle B. Hoffman	4:23:24	25
15.	Jim Sweatt	4:23:24	6
16.	Lloyd Moore	4:40:21	3
17.	James Merritt	4:40:32	2
18.	Kim Fischer	4:44:49	19
19.	Lou D. Peyton	4:44:50	13
20.	Beth Liner	4:56:44	9
21.	Ann M. Moore	5:14:20	6



Fourche River Trail- Left to Right-Rhonda Ferguson, Patty Groth and Pete Ireland

AOK 50K-March 2nd, 2002 Anitoka, Oklahoma

Maurice Robinson 5:59

Mississippi Trail 50-March 2nd 2002-Laurel, Mississippi.

Ann M. Moore 8:49:49

Race Report-By Dink Taylor(Pilfered off the internet by the Bigshot).

The 7th Annual Carl Touchstone Mississippi Trail 50 was held March 2nd on the Long Leaf Horse Trail at the De Soto National Forest. Almost 100 runners participated this year, and all seemed to have a good time. It rained heavily(as usual) the night before, but not at all during the race(for a change). The creeks were ample but not flooded, so no one complained of hot dry feet for very long. The course featured soft dirt trails and fire roads on 12.5 mile and 6.1 mile loops. The 12.5 mile loop had been modified to eliminate a 1.5 mile road section so everyone set personal course records this year. Despite the very wet trail and a new, slower course, a new race record was set in the 50Km. The 50 Km and 50 mile began at 6 a.m. in surreal predawn darkness. The temperature was in the 50's at the start and stayed pleasantly cool till nearly noon, but got over 70 by mid afternoon. Well supplied aid stations were positioned every two to four miles with easy crew access, No one had to worry about dehydration or lack of calories. Trophies and finisher mementos were awarded as each person finished. A full course chicken supper courtesy of South Central Regional Medical Center was served to each finisher and with the pleasant weather made relaxing in the picnic area most enjoyable.

WAY TOO COOL 50K - Race Report by Stan Ferguson

On March 9th, Chrissy and I were in Cool, California, for the Way Too Cool 50K. This race was formally known as the Cool Canyon Crawl, but ultrarunning is a big-time stuff in California and when the race changed directors after 1997...well, giving up your race name is something that people just don't seem to do there. Anyway, the only time I had done this race before was the last Cool Canyon edition. It was nice to visit the Northern California area again and see lots of familiar ultra faces. There were also several other non-western folks who traveled in for the race, including David Horton, Alabama BAD-Boy, Dink Taylor, Suzi Cope and former Arkie Jimbo Gill and his girlfriend Francesca Conte(2002 AT100 winner)

The race is kind of a loop, out and back, loop combination with about a third or so of it being on the famed Western States trail. On this day we knew it was going to be muddy. Although race day was mostly clear and cool, it had rained for several of the preceding days. There were countless shallow water crossings that under normal conditions you

could easily cross in the dry. Difficulty and time wise, I would rate this run(minus the mud)as being very comparable to Sylamore Trail. I think a little more climb than Sylamore, but the total distance is shorter.

I didn't really have much of an idea about how well I would run. After rather lackadaisical training most of last year, I have been a little better so far this year, but have yet to work into a quality training routine. My prior finish time here was 4:01, but at that time I had been running more hills and generally was just in better shape. Also, I'm pretty sure that the course was lengthened slightly in the process of changing race directors. I would have been thrilled to break 4:00, but thought that a more realistic goal would be just to go under 4:10. Did I mention that the course was muddy? About four miles into the run, I was cruising through a wide muddy area and lost my shoe. It was downhill, so I went several strides in my sock before I could reverse and retrieve my shoe with the top just barely showing out of the mud. That should have given me a good indication of how the day was going to go. In addition to the up and downs of the WS trail, the race has two infamous hills: Ball -Bearing hill at around 20 miles where you climb over 600 feet in a half mile, and Goat Hill which tops out at about the 26 mile point. Trudging up Ball Bearing was a struggle, and it didn't help that I remembered actually running it the other time I did the race. I think Goat hill is actually a bit gentler, and there are even a few switchbacks on it. But coming a little later in the race, it reality took a toll on me. I was happy just to drag myself to the top, not even paying much attention to the several guys that passed me going up. With about two miles to go, ultra legend, Frank Bozanich, caught up with me. We talked while trekking up the final rocky hill near the finish and both were just pretty glad it was over. Finishing in 4:17 and in 33rd place was somewhat disappointing but mainly it was an eye opener as to the status of my fitness and source of motivation to get more serious with the training program. Chrissy's time was 5:12 and she was the 22nd female. I think she was slowed down a lot by being such a social butterfly. The "Cool"50K has always been extremely popular consistently filling up in a matter of days. Since taking over as race director, Greg Soderhund has greatly expanded the entry limit from what it was before(I believe there were 600+ entrants this year). It is obvious he has some good people around looking very calm. There were 525 finishers and the most eventful thing Greg mentioned was that someone had fallen and broken their nose. Overall, Chrissy and I rated it much better than our previous experience. The course was very well marked and it seemed that there were people placed at every turn where it might be easy to go off course. At my previous Cool, I remember running for quite a while wishing to see a "confidence marker" that I was on the course. We also give it high marks in the amenities area. Entry premiums included a nice sweatshirt and a short sleeve dry release shirt; and the pizza provided by a nearby eating place was excellent.

RETREADS

(retired and tired runners eating out at different spots)

Old, retired runners eat out the first Wednesday of every month at 11:30 a.m. Franke Cafeteria on Rodney Parham. Dutch treat. Wear something old to identify yourself. Everyone else is welcome, too. We always have a reserved table.

REGIONAL ULTRA CALENDAR

APRIL'S AURA RUNNING HOROSCOPE-AQUARIUS-Now that the curse of sex has waned, your full ultra potential can be realized. CAPRICORN-Don't be your running group's "whinny baby". SCORPIO - Your most recent so-called running injury has about run out of legs. LIBRA-Giggling during a long training run could befuddle your competition.

Apr 6th, 2002 UMSTEAD 100 MILE ENDURANCE RACE Raleigh, North Carolina.
Contact Blake Norwood 919-847-7613

Apr 20th, 2002 OUACHITA TRAIL 50 UTS #8 Little Rock Arkansas. Contact Chrissy Ferguson 501-329-6688. Application in last month's issue.

Apr 27th, 2002 PROMISED LAND 50 Km TRAIL RACE. Lynchburg, Virginia. David Horton Race Director. Liberty University, 1971 University Blvd, Lynchburg, Virginia, 24502.
Website extremeultrarunning.com

May 4th, 2002 STROLLING JIM 40 Wartrace, Tennessee Contact Gary Cantrell, 322 Union Ridge, Wartrace, Tennessee.

May 18th, 2002 THE CATSMACKER UTS# 9 Lake Sylvania Rec. Area. 20 miles +/- . Some trail; some FSR. 2002 Ultra Trail Series finality.

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

Jun 1st, 2002 NATIONAL TRAIL DAY RUNS 17, 10, 6 mile Fun Runs. Ouachita National Forest, Langley, Arkansas. Albert Pike Recreation. More details later.

Aug 10th 2002 THE MIDNIGHT 25k/50k (UTS #1) Lake Sylvania area. Arrangements pending.

Aug 31st, 2002 HEART OF THE TRAVELLER TRAINING RUN#1-Lake Winona area

Sep 2nd, 2002 HEART OF THE TRAVELLER TRAINING RUN#2 -Lake Winona area

Oct 6th, 2002 12th ANNUAL ARKANSAS TRAVELLER 100 MILER

Oct 19th 2002 20th MOUNTAIN MASOCHIST TRAIL RUN - 50 MILES- Lynchburg, Virginia application will be included ASAP. David Horton Race Director. Liberty University, 1971 University Blvd, Lynchburg, Virginia, 24502. Website extremeultrarunning.com

Next Month-2002 AURA Membership Numbers No politicing or groveling, Please!

2002 Ultra Trail Series Rules;

1. Age group determined by your age at the time of the 2001 Midnight 50K(7-22-01)
2. Every effort will be made to determine your correct age.
3. To be eligible for the King and Queen awards, you must complete at least four UTS runs.
4. We will have one "throwaway". I.E. only eight of the nine scheduled runs will count in the final standings.
5. At the Ouachita Trail 50K and 50 Miler, either of the races can be used for the points standings.
6. 0=Open; M=40/49; S= 50/59; SS(super senior)=60+
7. First person to complain about the rules, get to be in charge 2002.

Point Structure

In a Ultra Trail Series run, Males compete against males and females against females. Each category is given basic points and bonus points. Your basic point total is a function of your finish order.

- 1 = 50 pts
- 2= 40 pts
- 3= 30 pts
- 4= 25 pts
- 5= 20 pts
- 6= 15 pts
- 7= 10 pts
- 8= 7 pts
- 9= 5pts
- 10= 3 pts
- 11 and above 1 point.

Bonus points are dependent on the number of runners in your group(Male or female.) If there are 25 males, the first gets 25 points 2nd 24 point and so on the 25th runner gets 1 point. So you are guaranteed at least 2 points in a UTS run. What a deal!

Ties among your group? Your points are averaged with your partner.

MEN

NAME	#1	#2	#3	#4	#5	#6	#7	TOTAL
Ray Bailey	65	X	X	X	X	X	X	65
Mike Parker	54	X	X	X	X	X	X	54
Jay Huneycutt	43	X	X	X	10.5	X	X	53.5
Randy Melloar	37	X	X	X	X	X	X	37
Wade Lewis	31	X	X	X	X	X	X	31
Maurice Robinson	25	X	31	15	X	X	X	71
Mark Brooks	19	X	X	X	X	X	X	19
Craig Carney	8	X	X	X	X	X	X	8
Ross Setter	8	X	X	X	X	X	X	8
Gary Speas	8	40.5	X	X	X	X	12	60.5
Ernie Peters	8	40.5	X	X	X	X	9	57.5
Jim Hoofard	5	X	X	X	X	X	X	5
Tom Worthy	4	X	X	X	X	X	X	4

Melvin Edwards	3	X	X	X	X	25	X	28
Pete Ireland	2	23	26	11	2	23	16	103
Dave Cawein	X	57	X	X	X	X	X	57
Larry Franklin	X	29	X	X	X	X	X	29
Steve Eubanks	X	17	13	2	X	13	X	45
Henry J. Osterloh	X	11	X	X	X	2	X	13
Mike Dupriest	X	X	59	X	X	45	X	104
Jim Sweatt	X	X	48	21	15	58	6	148
Stan Ferguson	X	X	37	61	65	X	62	225
Jonathan Pennington	X	X	19	X	X	X	X	19
David Samuel	X	X	9	X	X	X	X	9
John Knapp	X	X	6	X	X	X	X	6
Tom Brennan	X	X	X	50	43	X	X	93
Darin Hoover	X	X	X	39	25	81	40	181
Mario Martinez	X	X	X	33	10.5	65	X	108.5
John Jones	X	X	X	27	X	66	51	144
Jim Beach	X	X	X	6.5	X	7	X	13.5
Brandon Neal	X	X	X	6.5	X	X	X	6.5
Bill Coffelt	X	X	X	X	54	X	X	54
Rick Baugh	X	X	X	X	37	X	X	37
Mike Heald	X	X	X	X	31	X	X	31
Dennis Margiss	X	X	X	X	19	X	X	19
Jim Thornton	X	X	X	X	6	X	X	6
Bob Marston	X	X	X	X	4	48	X	52
Patrick Hargiss	X	X	X	X	5	X	X	5
Roger Rains	X	X	X	X	3	X	X	3
Greg Eason	X	X	X	X	X	103	X	103
Craig Zediker	X	X	X	X	X	120	X	120
Robt Orr	X	X	X	X	X	97	X	97
Jackie Edmonds	X	X	X	X	X	52	X	52
Jim Schuler	X	X	X	X	X	49	X	49
Ted Bowden	X	X	X	X	X	44	25	69
Collins Cogbill	X	X	X	X	X	29	25	54
David Smith	X	X	X	X	X	9	X	9
Jessie Dale Riley	X	X	X	X	X	X	34	34
Lloyd Moore	X	X	X	X	X	X	03	03
James Merritt	X	X	X	X	X	X	2	2

WOMEN

Name	#1	#2	#3	#4	#5	#6	#7	TOTAL
Jamie Huneycutt	58	X	X	X	38	16	X	112
Dianne Seager	47	X	X	X	X	X	X	47
Kerstin Schnacke	36	X	X	X	X	X	X	36
Patty Groth	30	38.5	26	X	26	18	34	146.5
Tina Coutu	24	X	X	X	X	X	X	24

Heather Eason	15	X	X	X	X	40	X	55
Holly Larkin	15	X	X	X	X	X	X	15
Lou Peyton	8	27	11	32	10	6	13	107
Kimmy Pavelko	X	55	35	43	32	66	48	279
Carrie Dupriest	X	38.5	26	X	X	13	X	77.5
Ann M. Moore	X	21	X	X	4	3	6	34
Chrissy Ferguson	X	X	57	X	X	X	59	116
Angie Ransom	X	X	46	X	49	X	X	95
Vicki Ingram	X	X	17	X	17	X	X	34
Barbara Bellows	X	X	X	54	60	X	X	114
Kim Fischer	X	X	X	26	X	8	19	27
Gayle B. Hoffman	X	X	X	X	17	24	25	49
Joan Scarlata	X	X	X	X	7	X	X	7
Roberta Orr	X	X	X	X	X	52	X	52
Beth Liner	X	X	X	X	X	X	9	9
Rhonda Ferguson	X	X	X	X	X	X	34	34

- UTS #1 2001 Midnight 50Km-July
- UTS #2 Gulpha Gorge Challenge-November
- UTS #3 The Mystery Book Run-December
- UTS #4 Athens-Big Fork Trail Marathon-January
- UTS #5 The White Rock Classic 50Km-February
- UTS #6 The Sylamore Trail 50Km-February
- UTS #7 The South Fourche River Mystery Run-March
- UTS #8 The Ouachita Trail 50 Mi/50Km-April 20th
- UTS #9 The Catsmacker-May 18th



Trail Favorites-(L to R) Ernie Peters and Gary Speas complete the Widow Maker Fun Run

Arkansas UltraRunning Association, RRCA Club
MEMBERSHIP APPLICATION

Dues are \$15 per year and include all family members.

Make checks payable to: Arkansas Ultra Running Association
41 White Oak Ln
Little Rock, AR 72227



Please print

Name _____ Sex: M F

Home phone _____ Work _____

Address _____

City _____ State _____ Zip _____

E-mail address _____

Other family members:

WAIVER: I recognize that running and related activities are potentially hazardous. I assume all risks associated with participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas UltraRunning Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities.

Signature(s) of adult member(s) / Date



Steve Eubanks, Lou Peyton and Clint Cussick(center)
at the 2002 Arkansas Traveller 100.