

THE ARKANSAS ULTRA RUNNER

February 2002

A newsletter for members of the Arkansas Ultra Running Association

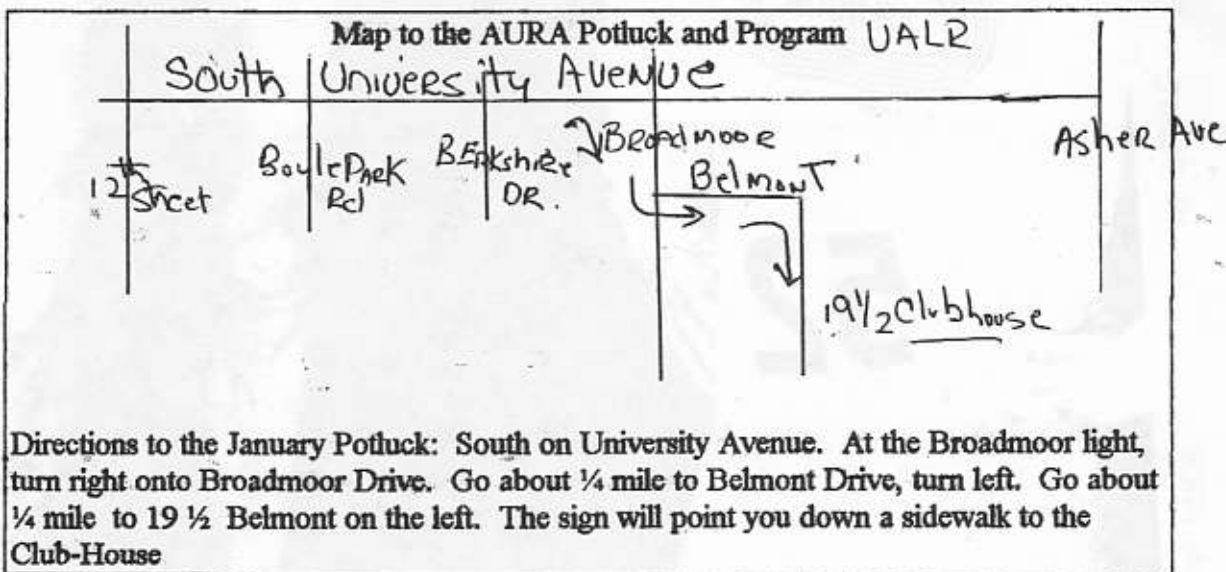
AURA POTLUCK PLANNED FOR SUNDAY JANUARY 27th JESSE DALE RILEY TO SPEAK

MESSAGE FROM THE BIGSHOT: With this issue we begin the 14th year of the AURA. The newsletter that you are holding is made possible by your AURA membership. In the Power-Room we don't believe in monetary surpluses. I have highlighted your address label on the front if you are a renewal candidate. Thank you.

President Ferguson has called an AURA Potluck and meeting for Sunday, January 27th at the Broadmoor Clubhouse. We will assemble beginning at 3:00 p.m.; eat at 4:00 P.M. and hear our speaker after the potluck. Our speaker is a "heavy hitter" in national and international ultra running, Jesse Dale Riley. For more on our speaker, there is an interview on the next page of this newsletter.

For the Pot-Luck, bring a dish that will feed yourself and several others. The AURA will have plates, forks, cups, soft drinks and ice. If you want other beverages, you are welcome to bring it. If you would like to assist with providing a liter of soft drink or sack of ice, etc, give me a call at 225-6609 or e mail cpeyton@aristotle.net.

Don't forget the two 50K's coming up in February. The *White Rock Classic 25/50K* and the *Sylamore 50K*. Note that the *White Rock Classic 25/50K* starts at 9:00 A.M. I have not included directions to these two but if you need help contact me at the above



UltraRunning

April 1990

From the Power Room vault.
Standing on the right, *Jesse Dale Riley*
after the finish of the 1990 Pensacola 48
Hour Run



08/90
LOU FEYTON
31 WHITE OAK LANE
LITTLE ROCK



AURA MEMBER PROFILE

Jesse Dale Riley

From Gary Buffington, MD. Race Director and the developer of the sports drink, Conquest) He(Jesse Dale Riley) showed up as a 20 year old kid on the bus from Key West, Florida, at the Pensacola 48 Hour(indoor run) in 1988, our first year, and was his real start in Ultras. He had no clothes, no shoes, no sleeping bag, no money, and was "the dishwasher from Key West". Carla Kowalchuck from Thunderbay, Ontario, wife of runner John took him under her wing. Soon he was eating well, sleeping in John's bag, running on Astro-Turf on a 10 Lap per mile track in his bare feet. Carla gave him all of John's equipment. He wore glasses made out of Coke bottles I'm sure. He was the hit of the race other than the winner doing 220 miles!

Greetings Jesse. We in the local ultra community have heard of your name in "big time" ultra events and knew that you had relatives in the Little Rock area. Tell us what brought you to these parts and where did you come from?.....*I was born here in Little Rock and have lived here off and on for seven years of my life. My parents were both university professors(Papa passed on eight years ago)who are footloose and well traveled, so we all moved around a lot. My mom is Austrian and is teaching at Clemson the last 16 years and a world class scholar. My dad's kin still mostly live around here and my cousin runs the Little Rock Athletic Club. I moved back permanently last March.*

The BigShot tends to think of you as an organizer and a director of ultra happenings. You conducted the Trans-America Foot Race a few years ago and I am sure others. What others have you been involved with before or since the Trans-Am?.....*I had never even organized a 5K run before the Trans-Am in 1992. I organized a 100 mile run in Key West, Florida(where I lived for 14 years) in December of 1993. This run got probably the worst reviews I've ever read in ULTRARUNNING. From January-March of 2001 I organized the first ever race across Australia with a first prize of AU\$ 25,000(US\$ 13,000. It was won by the great Russian runner Kruglicov(who handed Kouros the only major defeat of his career in 1994). He averaged 7:20 per mile pace for stages of 70K/day and, believe it or not, he has done a 6:40 pace for 100K.*

I am assuming that you were a runner before you started directing. How did that go for you. Could you share some of the races, distances and P.R.'s.....*Most people don't know me as a runner because I'm a multiday specialist and I've rarely raced in this area. I'm proud to say, however, that I've run just about every distance anywhere there was a road. The Sri Chinmoy multi-dayraces in New York have been the competitive foundation of my career, but I've run in Siberia; run across the U.S. and Australia solo; finished two of Marshall Ulrich's races across Colorado(he gives the best buckles); ran 3000 mile runs across Canada and raced every distance from 200 meters to four attempts at the 1300-mile and one 2700-mile races in New York. PR's include 4:49/mile; 2:59/marathon;23:43/100 mile; 18 day:5 hours/ 1000 miles. I've done every kind of speed-work program, tried every diet and fasting, run well at a body weight form 155-180, won prize money in cycling(I cycled across the U.S. 3 times with*

my runners and race walked 44:43 for an 8K, bench pressed 255 lb., etc. I made the year end 6-Day list at ULTRARUNNING 1988-1991.

Give us some personal stats if you will. Like size, shape, ideal running weight, age, etc.*I'm 6'2" and 38 years old. I currently weigh 230 pounds and am just now getting back in shape. I weighed 175 for my marathon PR in 1994 and 210 for my 50K PR which is an admittedly soft 4:31 in 1998. My ideal weight for marathons is probably 175 to 180. Below that I get colds and flu all the time. For multiday I just try to train hard. By 1000 miles I generally lose 20-30 pounds and stay there for the rest of the run.*

What do you consider the race you are most proud of and maybe, why?.....*By far my best race was the one-time-only Lewis and Clark Trans-Washington in April of 1989. Conducted under truly horrifying weather conditions which included 30 MPH headwind and bitterly cold nights. I race-walked and beat all the runners (admittedly only one other finisher among 28 starters within the brutal 7-day 13 hour cutoff. This race was designed as a relay race and out of 300 relay teams to start only half finished.*

Do you have any ultra secrets in training, food and drink that you can share with your AURA brothers and sisters?.....*I have a million secrets for training success, but everyone tells me my advice is CRAZY!*

On the whole at this stage of your career, what kind of Ultra runner do you consider yourself to be. Road, Track, Off Road or Trail?.....*I'm a road runner primarily, if only because I like to get the best possible time and only road races encompass every possible distance. Trail races generally stop at 100 miles, track at 1000 miles. More important to me is the weather. I am a heavy weather specialist owing to the multi-days where you are forced to push on around the clock without regard for the conditions. Old timers may remember the great Kouros setting a world record 178 miles 24 hour around about 1985 in New York in a hurricane., He beat Atlanta's Steve Warshawer in second place by 50 miles. He is an inspirations to us multi-dayers.*

Any injuries related to running you have experienced?....*I have been badly injured over every part of my body, but my "favorite" area is the Achilles/calf area. I'll never forget my first ultra, the first Pensacola 48 Hour in '88 where I got my 24 hour PR. It was indoors on tennis courts, 7.6 laps per mile with square turns and I did 70 miles of it barefoot. By the time I made 100 miles, I couldn't bend a single part of my body. I had to fall down to rest. I had a massive, throbbing headache (first headache I had ever had). Ironically, I did not have a single blister. I had very little appetite for a week after that, which is saying something if you know the way I usually pig out! If you run long enough and hard enough almost every bodily function begins to get injured and shuts down. You won't be able to eat, drink or sleep. You're too hot or too cold or both.*

What does the future hold for you? Any races you would like to do that you have not done before or maybe some you have done and would like to do again?.....*I hope the future hold more PR's. But probably I'll never get down to marathon weight again. Now I mainly run for the joy of getting out in the sun or rain. My dream is to write/film an autobiography. 'WHAT A STRANGE TRIP IT HAS BEEN', as the song says.*

2002 ULTRA TRAIL SERIES

2002 Athens-Big Fork Trail Marathon-1/05/02

Race Report by David Samuel

The Third Annual Athens-Big Fork Trail Marathon was run on January 5th from the small town of Big Fork, 17 miles east of Mena, Arkansas. The course runs south through the Ouachita National Forest to just north of Athens, Arkansas and back. The annual event was sponsored by the Arkansas Ultra Running Association, the Southwest Arkansas Striders, Ouachita Amateur Radio Association and the Big Fork Community Center Association.

After many days of nice, cool, dry weather, the weather changed during the early Saturday morning hours. As many of the runners from all over the state of Arkansas were crawling out of bed, many at 4 a.m. for the drive to Big Fork, they had doubts about attempting this demanding run in temperatures of 35-40 degrees. A cold rain is tough anytime but to cross over a mountain at near 2,000 feet elevation with a wind chill of 20 degrees you have to be one tough mountain runner. Many of the runners compared the Athens-Big Fork Trail Marathon to the Pikes Peak Marathon held at Colorado Springs every August. They declare that the Athens-Big Fork course is more demanding because it has mountains for the entire distance whereas the Pikes Peak run is basically uphill for 13 miles. And downhill for 13 miles. Perhaps the Athens Big Fork Trail Marathon is truly the "Toughest marathon east of the rocky Mountains". This course includes the 10.1 miles of the historic Athens-Big Fork Postal Service Trail built to carry mail through the Ouachita Mountain range by horse back. The trail was built for horses not for hikers or runners and the 10% plus grades make the uphill very difficult to hike much less run. Participants in the marathon ran the entire length of the Athens-Big Fork Trail going over eight mountains with names like Missouri, Hurricane Knob, McKinley, Brier Creek, Leader, Brushheap, Brushy and finally, Big Tom. After reaching the 13.1 mile turnaround on a gravel road below Big Tom Mountain, the runners headed back for Big Fork over the same eight mountains.

The overall winners this year were Stan Ferguson(Conway) and Barbara Bellows(Fayetteville). Bellows rewrote the course record for the female division by 24 minutes.

Runner comments

Stan Ferguson(Conway)-*Thanks David. FYI-My watch(air pressure base altimeter)the total ascent for the run was about 7160 feet. It read 7090 descent. Not bad!*

Jim Beach(Tulsa, Oklahoma)-*Let me say THANKS! I had a great time Saturday. You and all your volunteers did a great job. The race was well organized. The aid stations were well placed and stocked. And the volunteers were the best. I can't say enough how much I appreciated the folks who are willing to stand in the mud on a cold rainy Saturday just to give support to a few crazy souls.*

Results/Male

Place	Name	Time	Points
1.	Stan Ferguson	4:56:07	61
2.	Tom Brennan	5:36:35	50
3.	Darin Hoover	5:44:36	39
4.	Mario Martinez	6:04:00	33
5.	John Jones	6:49:19	27
6.	Jim Sweatt	7:10:10	21
7.	Maurice Robinson	7:59:08	15
8.	Pete Ireland	8:12:59	11
9.	Jim Beach	9:14:20	6.5
10.	Brandon Neal	9:14:20	6.5
11.	Steve Eubanks	9:21:58	2

Our Ultra Brothers Steve Chaney and Don Higgins started the marathon but stopped as planned at the Turnaround where their wives and the Southwest Arkansas Striders had the aid station. For their effort, a reward is being considered.

Results/Female

1.	Barbara Bellows	6:01:00	54
2.	Kimmy Pavelko	6:23:00	43
3.	Lou Peyton	8:17:00	32
4.	Kim Fischer	9:21:38	26

2002 Blaylock Creek 17 Mile Fun Run

Place	Name	Time	Credits
1.	Mark Oliver	3:38	50
2.	Jim Schuler	4:13	40
3.	David Samuel	6:41	30
4.	Joan Scarlota	6:57	25
5.	Ann M. Moore	7:00	20
6.	John Knapp	7:10	15

Place your refrigerator magnet here

(@)

REGIONAL ULTRA CALENDAR

AURA HOROSCOPE-ARIES - In 2002 you will test positive for AURA. **PISCES** - Because of your malleability, your motives to hoist a spring spawning run might be scrutinized. **SAGITTARIUS** - Don't underestimate the value of pitty in establishing a new ultra relationship. **VIRGO** - Choose your alliances wisely and avoid an Ultra pucker..

- Feb 2nd, 2002 10th ROCKY RACON 100 MILE TRAIL RUN Huntsville, Texas.
- Feb 2nd, 2002 WHITE ROCK CLASSIC 25/50k UTS #5 Turner Bend Store on Hwy 23. Joe Fannel and the Chili Pepper Running Club. 9:00 A. M. start.
- Feb 16th, 2002 SYLAMORE 50k UTS #6 Allison, Arkansas Contact Randy and Bobbie Davidson 501--868-5555 . Application in December newsletter .
- Mar 2nd, 2002 MISSISSIPPI TRAIL 50K/50 MILE-Application in December Newsletter
- Mar 3rd, 2002 A-OK 25K and 50K Atoka, Oklahoma Contact Mary Ann Miller 972-424-7844
- Mar 16th, 2002 THE SOUTH FOUCHE MYSTERY RUN UTS #7. 20 miles plus. 8:00 A.M. start from the Flatside Pinnacle parking area on FSR 94. Out and back on forst service roads. No water crossings
- Mar 23rd, 2002 AURA Fun Run. "The Widow Maker". 12 to 15 miles +/- . Arrangements Pending.
- Mar 30th, 2002 GRASSLANDS RUN 25 AND 50 MILE Decatur, Texas Contact Suzi Cope 817-410-2401
- 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 next issue.
- May 4th, 2002 STROLLING JIM 40 Wartrace, Tennessee Contact Gary Cantrell, 322 Union Ridge, Wartrace, Tennessee.
- May 18th, 2002 THE CATSMACKER UTS# 9 Lake Sylvia 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
- Aug 10th 2002 THE MIDNIGHT 25k/50k (UTS #1) Lake Sylvia area. Arrangements pending.



AURA sisters, Lou Peyton and Vicki Ingram, midway through the Mystery Book Run in December 15th.

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