

# THE ARKANSAS ULTRA RUNNER

January 2002

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

## Athens-Big Fork Trail Marathon and Blaylock Creek 17 Mile Fun Run scheduled for January 5<sup>th</sup>!

MESSAGE FROM THE BIGSHOT - January has been the traditional renewal month of the Arkansas Ultra Running Association. Check your renewal date adjacent to your name on the front of your envelope. If you are a candidate for renewal, I have highlighted your name and address. For your convenience, an application is enclosed in this newsletter.

The AURA is have a fun run on January 19<sup>th</sup>. 7:00 a.m. start from the Lake Sylvia parking lot to Hwy 7 via Winona Forest Drive. Water ONLY will be set out every 5 miles. Total mileage will be 40 miles (+ or -). When the water is set out an accurate mileage will be confirmed. If you want a 50 mile total you would need to start from Hwy 7 and run 5 miles to the top of #152/Winona Forrest Dr. and repeat that on the end to get a full 50 miles total. There is NO SAG WAGON. Everyone is on their own for everything. If you want a crew then invite someone to come crew for you. If the weather is ICY make the right decision for yourself.

Directions to the Athens-Big Fork Marathon - Hwy 70 from Benton to Hot Springs. Hwy 70 west from Hot Springs to Glenwood. West on Hwy 8 at Glenwood for 26 miles to the Community of Big Fork. Community center is on the right as you approach town. In case of hazardous driving conditions use your best judgment

IN SEARCH OF THE PERFECT ULTRA FUEL-The Cheese Burger-On this day, we visit the town of Keo not for antiques but burgers. This was on a biking excursion starting at Willow Beach timing it so that we arrived at Keo right at 11:00 O'clock. The eating place was called *Charlotte's Sweets* and is located just west of the cotton gin. I think the restaurant used to be a drug store back when Keo was a booming farming crossroad. But now the store has been converted to a quaint upscale eating establishment. I can see Heightsy folks eating at Charlotte's Sweet along with the city folks doing their antique shopping and coming over to eat between purchases. There were also a lot of farmers and farmers daughters coming in for a good meal. I had the Cheese Burger, of course and it was a dandy. Regular sized with a good bread. It might have been sour dough. It wasn't your typical burger; it was a fancy one. I could have gotten pie and those who did, raved over it. I did find out that they do catfish on Saturday night and I will be back. I will put my stamp of approval on *Charlotte's Sweets* it would be a nice place to take some Holiday company.

## AURA SPECIAL FEATURE

### INTERVIEW WITH AURA's COLLINS COGBILL

Arkansas Traveller entrant, 2000 and 2001

Greeting Collins After some reflection on this years AT100, how are you feeling?.....*I'm OK. I have been drinking a lot of beer, which is what I was doing in the weeks and months before the Traveller. I thought I had this one in the bag. I am going to get serious after the first of the year and try this whole thing over again.*

I see that this was your second attempt. But wait before answering as I have thought of another question to ask! You were with radio(CAREN) and saw the race from a support point of view. Is this what prompted you to enter in 2000?.....*Yes, while working at Buffalo Gap(Chili Pepper) in 1999 with the CAREN radio guys, I caught the fever to attempt the race.*

*Many of the guys in the radio club are military retirees or young nerds like me. But I've always loved the outdoors and done tons of cycling, both road and mountain.*

What did you think when you were a witness rather than the participant?....*.Working the AT100 as a radio person was thrilling. In many ways it is more fun than trying to run in the race. Because, you get to relax and drink beer. However, I felt very humbled by the runners because how can anyone possibly run 100 miles? This is insane. I was into running 5K races at this time. Oddly enough maybe I should stick with 5K races.*

Since you were a runner before entering the AT100, how did this impact your training?.....*I was a cyclist before the race and had completed a 100 mile cycling event and a 100K cycling event. I was a "wanna-be" runner. I began to run because it gave me more of a workout with my arms and generally speaking all over. Before 2000, you would have had to pry me off my bicycles.*

Briefly describe your race that first year(2000).....*My 2000 attempt was almost more enjoyable than 2001. The longest distance I had run before my 2000 AT attempt was about 20 miles. The very fact that I lumbered along the trail for almost 50 miles in 2000 was exciting to me, and propelled me to think I could finish this race without much trouble the next year.*

So you entered in 2001, did you think it would be easier with the new race directors?.....*New race directors? No factor. Stan and Chrissy are aliens. They are not*



from this planet. They are from a planet where everybody runs. But they are friendly Arkansans so I assumed they would let my sorry ass back in the race.

I know you came out and did a couple of trails runs and caught the eye of the BigShot. what with you partnering with Darin Hoover and all. What happened to you in 2001 between the start and finish line?.....*On both of my attempts, I camped out at Lake Sylvia the night before the race. And, for some unexplained reason, I began to panic during the night before the race. I had almost packed my bags and driven home both years. Something compeled me to stay inside teh tent and stop panicking. What lies ahead is incomprehensible. I just try to lumber along the trails and have a good time. Most of the time it is very exciting. Highs and lows. As the day goes along, I begin to feel exhaustion setting in around the Powerline area. This is where I need more acute training. I've got to drag my worthless butt out there and train in the dark for several hours. There is no excuse for that. Darin Hoover passed me between Powerline and Chili Pepper this year and said I looked tremendous. I felt great. As darkness sets in, I start to panic and am depressed. At Turnaround Station, I'm cold and exhausted. I'm sitting down battering myself about the face. I've lost some brain function and am searching for a spaceship. I've got 2 or 3 friends at work who are capable of seriously injuring me. I may bring them along next year while I'm trying to weasel out.*

In retrospect what would you have done differently and what will you do differently next year?.....*More training runs. More cross training. Weight workouts. Putting on some football pad and doing some open field tackling with former linebackers. Getting people in my face yelling. Other races should include the OT50, Sylamore, Catsmacker, etc.*

The BigShot takes it personally when an AURA Brother or Sister has a negative experience. Are there any suggestions you would give him to help you in 2002? As you know three times is the charm? Example-more training runs, eating tips, drinking advice, power walking, etc....*I will complete the run next year so that I may return to the radio club and work at the race. This is not an easy race. A guy can experience a lot of fun working and being around the race.*

Oh Yes congratulation on the new addition to your family(born two weeks after the race) Give us some stats.....*Mary Claire Cogbill, 10-25-01, 8 pounds, 1 oz.; 22 inches long. Mom and Mary Claire are doing fine. Looking forward to the inooino stroller on*

### AURA Pre-renewal Inventory

(Instruction-Placed an "x" by all answers that apply)

The Bigshot is: A. A mythical creature. B. A soft-bellied poltroon C. A cash cow, D. A bell cow or E. An Ultra Toy.

What phrase most describes the A.U.R.A.: (A) Grand-Prix Free Zone, (B) Hall of Fame Breeding Factory; © The Special-Op division of the RRCA; (D) A sugar shack.

# ULTRA TRAIL SERIES

## THE MYSTERY BOOK RUN - UTS #3

December 15, 2001

The Mystery Book Run was a grand success. For you rookie AURA members, Mystery runs are not uncommon in the UTS. When you see Mystery attached to one of the Trail runs in means that there is a significant point of interest that will be high-lighted. It does not mean that the run will not be marked or some other nefarious plot. In this case, there was a cave, pioneer grave yard, mountain and a watershed reservoir. The original plan was to have a book on top of Forked Mountain however that meant that the Big Shot would have had to climb the mountain and set it out and climbed it a second time to retrieve it. That in it self would not have been a problem however the drive up the parking area was a rough one. So runners were given an option of summing Forked Mountain and earning extra credit or continuing the run and take a chance of losing finish points. Our AURA president was the only runner to earn extra credits. For his adventure it is most likely that President Ferguson will be awarded with a very good AURA Number when he renews his AURA membership this month.

### Results

Pl	Name	Time	Points	Credits
1.	Chrissy Ferguson	2:30:40	57	
2.	Angie Ransom	2:41:21	46	
3.	Kimmy Pavelko	2:43:--	35	
4.	Michael Dupriest	2:53:--	59	
5.	Jim Sweatt	2:53:--	48	
6.	Stan Ferguson	3:05:58	37	plus 25 Credits
7.	Maurice Robinson	3:08:45	31	
8.	Pete Ireland	3:20:40	26	
9.	Carrie Dupriest	3:25:18	26	
10.	Patty Groth	3:25:18	26	
11.	Jonathan Pennington	3:25:18	19	
12.	Vicki Ingram	3:36:35	17	
13.	Lou Peyton	3:42:05	11	
14.	Steve Eubanks	4:01:05	13	
15.	David Samuel	4:35:--	9	
16.	John Knapp	4:36:--	6	

21 starters

## **ATTENTION RETREADS!**

**(RETired and Tired Runners Eating at Different Slots)**

The first Wednesday in January, the 2nd, at 11:30 a.m., the **RETREADS** will eat lunch at Franke's Cafeteria on Rodney Parham. At our last lunch in December our youngest member read a poem that he had written. I share it with you below. Remember- Just show up! No RSVP as we can't hear the phone ring.-Lou Peyton

### RETREADS

So they gather, these hearty souls  
Arriving some, it seems, in chariots of gold  
To take of this fine food or ham  
Prepared by the finest of hands  
Some with near mythological pasts  
Because of endurance or because they were fast

For you mere mortals dining near,  
The tales of might you'll unlikely hear  
Not because they're tales of woe  
Or that you'll ever hear they were slow  
And not because you didn't ask  
But only because there wasn't time for the task

So as they leave in their funny little shirts  
Reminders of glory or maybe just hurt  
Memories of racing in sunshine and snow  
And times that really were not that slow  
These old retreads just came to eat  
Not to prove, again, how oh so fleet.

Lightning Lloyd G. Moore  
12/4/01

The BigShot atop Hope Pass  
Leadville, Colorado, August  
2001



## AURA's PROFILE O' THE MONTH-Maurice Robinson

Other interests besides running include deer hunting, riding his Harley-Davidson and family matters. He is currently serving as President of the Saline County Striders.

Greetings Maurice and congratulations on being named Arkansas' RRCA Most Improved Runner. This means you have either been running a long time and suddenly got better or you just started and have gotten real good elaborate if you will. *A. Thanx Big Shot, the RRCA award is a big honor. There were several other runners that deserved it. I actually started running last year at age 58 for the first time in my life. I started at the bottom. When a person begins running as poorly as I did, there is just nowhere to go from there but up.*

Do you have a background in athletics? *A..At Corning High School, I was All-State in football and played collegiate ball at Ouachita for two years. I gave that up to study engineering at the University of Arkansas. I never knew I liked to run until late last year. Now I yearn to run except right after a marathon or more.*

Describe a typical training week as far as distance and intensity goes. *A. Two days a week I do short easy training runs. On Tuesday I normally bicycle to the Benton track and run intervals. On Thursdays It's hills or tempo runs. Nothing on Friday. Then the best part comes on weekends... Races and/or long runs, especially on trails. Caution your readers -Trail running is habit forming.*

Any injuries yet? *A. No injuries yet, but one IT band does seem to regulate how seriously I train. No one wants a serious injury!*

Have you been running long enough to have any role models? *A. I look up to almost everyone in the local running community. Special to me are the dedicated runners that I have watched long before I ever started running. The perseverance of those unnamed individuals has been encouraging to me.*

Your first ultra was the 2001 Midnight 50 Km. Any surprises? Have you done anything with the Points you earned for finishing so well *A. Big Shot, I was scheduled to do the 25 Km fun run but the aid was soooo great that I survived the additional 6 miles. It was my first 50K as well as my first night run. I ran with Pete(Ireland) for several miles and he gave me some good advise. It was hot even in the middle of the July night. The setup at the finish line was certainly surprising. Points earned. I'm not aware of any points that I've earned with anybody.*

I see that you did your second Ultra recently in Louisiana late in November. Can you tell your AURA brothers and sisters where it was and how did it go. *A. On November 24<sup>th</sup>, I finished the Big Dog Ultra Trail Run in Ruston, Louisiana. My time was 5 hours and 31 minutes. It was a 10 miles loop that was run three times plus a one mile loop for mile 21. We started with the 4, 10 and 20 mile folks also. There were a lot of elevation changes every 3 or 4 miles. I jammed a big toe and fell hard on mile 21 but managed to complete the course. I'm glad that I did it. Some day (or night) I might run beyond 50Km.*

*Place your refrigerator magnet here*

Place your refrigerator magnet here

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## REGIONAL ULTRA CALENDAR

AURA HOROSCOPE-GEMINI-Hobnobbing with the Ultra Elite could turn your future around. ARIES-A life of gluttony is the only thing that separates you from victory. LIBRA-Forget your past mistakes and concentrate on the here and now. APRICORN(AURA sisters)Dolling up after your ultra could lead to a romantic windfall.(AURA brothers) Avoid finish line Sirens as they will could lead to your downfall.

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

Jan 19<sup>th</sup>, 2002 WINONA FOREST DRIVE FUN RUN. 40 Miles plus or minus. Out and back on the Winona Forest Drive. 7:00 a.m. from the Lake Sylvia parking area. Water only.

Feb 2<sup>nd</sup>, 2002 10<sup>th</sup> ROCKY RACoon 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 December newsletter. .

Mar 2<sup>nd</sup>, 2002 MISSISSIPPI TRAIL 50K/50 MILE-Application next month in this Newsletter

Mar 3<sup>rd</sup>, 2002 A-OK 25K and 50K Atokja, Oklahoma Contact Mary Ann Miller 972-424-7844

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 Application this issue.

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 next month.

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.