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NATIONAL TRAILS DAY CELEBRATION RUNS JUNE 1ST

THE ARKANSAS ULTRA RUNNER

May-June 2002

A newsletter for members of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT - AURA President Ferguson has called a meeting for May 18th. The place will be at 41 Whiteoak Lane in Little Rock, Bigshot's little home on the hillside. This will be a potluck. Chrissy and the OT50 will provide hamburgers so you are instructed to bring your drinks and something to go with hamburgers. Now listen closely. Because the BS house is not a large one, we will be outside. Bring your lawn-chair and light clothing. It is important that you RSVP so that we can coordinate who is bringing what. Call 225-6609 or peyton@aristotle.net. Our program is a video of the Western States 100 Mile Run. (Our president will run the WS100 this summer. For directions look later in this newsletter. 6:30ish

There are two big, local runs coming up in the next couple of weeks. The first is the Catsmacker on May 18th, 20 + miles on trails and logging roads. This will be the final 2002 Ultra Trail Series run. The run will start and finish at the Ouachita Trail parking lot at Lake Sylvia. Starting time is at 6:30 a.m.

The second run is on Saturday, June 1st, the 10th National Trails Day Celebration at the Albert Pike Recreation Area near Langley, Arkansas. Trail runs of 6, 10 and 17 miles are planned. There is no fee but you will need to sign a waiver. Plan on showing up by 7:30 a.m. for a 7:45 a.m. trail briefing. The runs will start at 8:00 a.m.

The Power-room has experienced a slow crash of the AURA label program. I have attempted to reconstruct a roster. If you notice an error on your address label let me know as soon as possible. There is no conspiracy. Just an honest operator error.

Sister Lou Peyton is inviting you to what she calls, "The Wild Hog Double Loop". This will be two 20 mile loops around Lake Winona. Water will be set out about every 6 miles. The date is Tuesday, May 7th. 5:00 a.m. start from the Lake Winona Spillway. Run 'til you drop or stop.

AURA BUSINESS

The AURA is approaching our 1st year anniversary as a Road Runner Club of America (RRCA) affiliate. As you recall our main purpose of going RRCA was the insurance that was provided for our races, fun runs and club socials. For your information, I am going to try to explain what all of this insurance business means.

At the beginning of the year we are billed for our insurance and are asked to list each of our races and approximate number of fun runs and meetings. We are also charged for each members on our roll. Our cost last year was in the neighborhood of \$300.00. The three races that I listed were the Arkansas Traveller 100, Sylamore 50Km and the Ouachita Trail 50. I listed the total number of fun runs as six and club meetings as (I forgot).

The following is a copy of a letter I sent to RRCA regarding this matter: *Sallie, I have a question about our RRCA insurance that I was asked recently by one of our members. The question concerned what we as a club needs to do to get RRCA insurance in place for an AURA race. I explained that at the beginning of year 2002, the club paid the fee (\$300). When I paid this fee I also filled out an information sheet that listed the three races that we as a club were putting on. Also, on this sheet, I listed the number of fun runs that we were going to have in 2002 and the number of meetings. With our money and information sheet turned in, no other paper work was needed. Am I right so far? I am aware of the "RRCA Additional Insured Certificate Request Form" This form is filled out only if you want a certificate of insurance sent to a third party such as the USFS or the city. If we decide to have a 4th race in the summer, all we would need to do is contact RRCA with the information requested on the original information sheet and it would be covered. Am I right again? Next question: concerning the fun runs which would be a club function but would not have entry fees, awards, etc. Just water or aid set out and every one runs and has fun. I listed on the information sheet that we would have six. No paper work is necessary for the fun runs or the meetings because they are a club sanctioned event, we would be covered. Am I right on these points?"*

Response from Sallie(RRCA)-*"Yes you are correct about what the RRCA insurance covers and about the procedures for adding events and obtaining additional insured certificates"*

Directions to National Trails Day at Albert Pike Recreation Area

Little Rock to Benton on I-30. Outside of Benton exit on Hwy 70w. Go through Hot Spings and continue on Hwy 70 W to Glenwood. Stay on 70w past Glenwood for several miles to the community of Salem and Hwy 84 Right on Hwy 84 and it is 13 miles to Langley. Right turn at Langley onto Hwy 369. It is six miles to the Ouachita National Forest and the Albert Pike Recreation Area. Allow at least 2.5 hours of driving time. You can do it.

ULTRA CORNER

OUACHITA TRAIL 50 MILE AND 50Km/April 20th

50 Mile Results

Place	Name	Time	UTS Points
1.	Stan Ferguson	8:10:53	63
2.	Paul Schoenlaub	8:35:00	52
3.	Mark Morris	8:54:30	41
4.	Joel Pull	9:52:27	35
5.	Darin Hoover	9:55:04	29
6.	<u>Roberta Orr</u>	<u>10:03:00</u>	<u>53</u>
7.	Dennis Thompson	10:08:19	23
8.	<u>Angie Ransom</u>	<u>10:10:22</u>	<u>42</u>
9.	Tom Mayfield	10:38:25	17
10.	<u>Barbara Bellows</u>	<u>10:42:12</u>	<u>31</u>
11.	Les Jones	10:47:37	13
12.	Tim Stroh	11:02:05	10
13.	Bill Tankovich	11:11:25	7
14.	Maurice Robinson	11:13:56	4
15.	Dale Keen	11:23:39	3
16.	John Jones	12:53:19	2

Ouachita Trail 50 Km Results

Place	Name	Time	UTS Points
1.	Joey Mayo	4:45:13	93
2.	Andrew Holton	5:33:15	82
3.	Billy Simpson	5:37:10	71
4.	Steve Mcbec	5:41:23	65
5.	John Hughes	5:56:16	59
6.	Brett Bassham	6:01:12	53
7.	Mario Martinez	6:04:12	47
8.	<u>Gwen Hewitt</u>	<u>6:18:48</u>	<u>65</u>
9.	Mike Heald	6:27:14	43
10.	Collins Cogbill	6:35:28	40
11.	Ted Bowden	7:00:07	37
12.	Rob Apple	7:04:10	34
13.	Elrod Marston	7:06:35	33
14.	Paul Turner	7:11:16	32
15.	Erik Moortgat	7:21:37	31
16.	Nick Avery	7:24:36	30

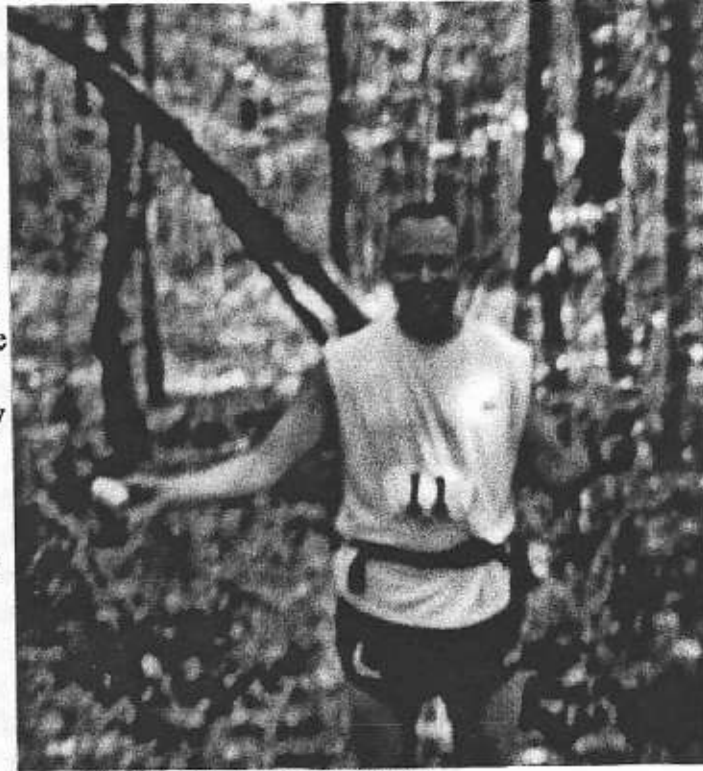
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17. <u>Holly Larkin</u>	7:24:59	54
18. Sam Crain	7:27:34	29
19. Duane Grigg	7:32:32	28
20. Elmer Beardshall	7:33:00	27
21. Warren McWirtter	7:37:38	26
22. <u>Gayle B. Hoffman</u>	7:40:04	43
23. Gary Speas	7:41:46	25
24. <u>Pat Cook</u>	7:45:11	37
25. Joe Hand	7:49:43	24
26. Jay Huneycutt	7:52:13	23
27. Jackie Edmonds	7:55:49	22
28. Larry Mabry	7:57:47	21
29. Tim Tache	7:59:20	20
30. <u>Paulette Brockinton</u>	7:59:55	31
31. Ernie Peters	8:00:56	19
32. Andy Colee	8:04:19	18
33. Shawn Schottmiller	8:09:20	17
34. Andrew Balogh	8:13:42	16
35. James Davis	8:14:37	15
36. <u>Nancy Davis</u>	8:14:55	25
37. Eddie Adatia	8:16:26	14
38. Hiram Byrd	8:34:10	13
39. Ronny Glossup	8:43:16	12
40. <u>Jamie Huneycutt</u>	8:43:27	19
41. R. C. Fason	8:54:12	11
42. <u>Lou Peyton</u>	9:08:16	15
43. Lloyd Moore	9:14:34	10
44. Steve Eubanks	9:20:06	9
45. Moby Overstreet	9:21:00	8
46. <u>Gina House</u>	9:30:00	12
47. Jon House	9:30:04	7
48. <u>Lesley Holton</u>	9:31:11	9
49. <u>Rosemary Evans</u>	9:40:50	6
50. Christo Varizo	9:40:50	6
51. Kenny Simpson	9:46:16	5
52. <u>Sarah Harris</u>	9:47:36	5
53. <u>Patti Pair</u>	9:47:37	4
54. John Stowers	10:25:07	4
55. Henry J. Osterloh	10:30:15	3
56. <u>Ann M. Moore</u>	11:04:10	3
57. <u>Lyn Friedman</u>	11:37:46	2
58. Lawrence Friedman	11:37:46	2

OT50 Race Report

John Jones 50 Mile finisher

"It was extremely ugly for me. Heat running is not my forte. I would rather have sleet and snow than heat and humidity. Cramping up and puking around 23 miles. I was ill at the turn around. If Ricky(my pacer) hadn't been at the Turnaround I would have dropped. I started walking back. I made it to the North Shore Aid Station and was miserable. Last place at this point. Everybody else was pulled off the course. It took me 3 hours and 25 minutes to make it to North Shore Aid Station. The horseflies were trying to break me. I was running just enough to make the cut-off. I was going to quit at Northshore. Thirty-five miles is enough! Ricky called Stan and John Ed. Stan gave me some motivational speech-"BASTARD". I wasn't listening to his BS. I sucked it up and proceeded. Puked some more as big as blisters and finished with seven minutes to spare. I am spent. Not thinking about goals or anything for a week."



RUNNER JOHN JONES
HAVING A HAPPY MOMENT
AT NORTH SHORE STATION

Maurice Robinson-50 Miles Finisher

"FYI, Saturday I did the Ouachita Trail 50 Mile Ultra Run. I ran from Maumelle Park in Little Rock starting at 6 a.m. Ran(hiked) over Pinnacle Mountain from East Pinnacle Aid Station at mile 4.1. There was Lake Vista (water only) at mile 10.8, Northshore aid Station at Mile 15. and Hwy 113 Aid Station at mile 23.8. Hwy 10 Park Aid Station and the Turnaround was at mile 25.9, I changed socks and ran back the same way, except we ran over the shoulder of Pinnacle Mountain, not over the tip-top. Left IT band irritation from about mile 38 probably kept me from finishing under 11 hours which was my goal. Dropout never entered my mind, but prote



RUNNER MAURICE ROBINSON
HEAD DOWN AND WEARY

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cting my knee for future running did. Also, my legs had never been over the 31 mile mark before. After many elevatin changed throughout the day, I finished my first 50 miler in Maumelle Park at 5:03 p.m.(11:03). I haven't seen the results but am sure I finished. The temperature range was 62 degrees to 85 degrees, humid and mostly sunny. I finished tired but recovered rather quickly. Fatigue didn'tlinger, Today my quads are too sore to run up and down the bleachers. It was a "mother". It was a great, great deal! I want to do it again next year."

Report From The North Shore Aid Station-BigShot

On April 20th, the ultra community witnessed the annual Ouachita Trail 50 Mile/50Km. With Chrissy and Stan Ferguson as race directors the last two years, the race has begun to regain the prestige that it enjoyed when it first started about 12 years ago. This year there were 87 official entrants. The RD's threw in a big twist at the beginning of the race— Pinnacle Mountain. Instead of a rather benign $\frac{3}{4}$ mile out and back at the start, the runners made straight for the mountain. What a treat! I expect that this new addition will put the race on the ultra map. But this is not why I write this column tonight. I wish to talk about the good and the bad ultra runners and why it is so frustrating sometimes. Here is the rundown. My job is to set up the North Shore Aid Station at 15.3 miles. The afternoon before the race, I go out a mile and $\frac{1}{2}$ and set out the turnaround sign for the 50K runners. I always write some sort of phrase on the sign to give the runners pause. Phases like: "Don't be the weakest link" or this year it was "Don't be a whinny baby, baby". This year the lead 50K runner was from Colorado and it was his first time on the trail. He passed the Aid Station and was off to the turnaround. Soon he returned and was trying to remember what he had seen. He said, "Ouachita Trail Foot Path" or something similar. Several things went through my mind. The first was that he did not go the turnaround. I wondered if the sign was removed or did he not understand the race instructions? He could tell by the look on our faces that he did not reach the turnaround sign. What I did next was wrong. I told him to "go". He on the other hand made the right decision. He got a drink of water and headed back out to find the sign. No complaining. Just doing the right thing. When he returned he was now in second place by six minutes and never could make up the difference. I felt terrible but have a tremendous respect for this runner.

The second incident happened later. Much later. Our aid station's cut-off was 9:45 a.m. Meaning that any 50 Mile runner not there by that time had to switch to the 50Km. About 10:00 a.m. a runner from out of state and again on the trail for the first time, entered the station. He was informed that he had missed the cut-Off and would have to downsize to the 50K. He protested a little and explained that he had taken a wrong turn but was running good and was doing his best groveling to continue in the 50 Mile. But cut-off are for a reason and he was now in the 50K. But, he said that he wanted some extra miles and would go beyond the 50K sign. I thought, "whatever". Around 2:45 in the afternoon the last official 50 Miler returns back to our station. We do some calculations and find ourselves short one runner. You guess it, the runner wanting more mileage. At 3:00 p.m. he shows up and explains that he got to feeling really good and went on to the 50 Mile turnaround on Hwy 10. . We were not ugly to him but I did not make him feel welcome. He left our station on the return to the next aid station at the East

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Side parking lot at Pinnacle Mountain. Somewhere in the process he bypasses the aid station and goes to Pinnacle Mountain State Park. There I am told he had to have park ranger assistance to get on the right trail to the course. Leaving East Side Pinnacle Aid Station, he eventually gets to the finish line. I'm not certain which route he took. Sometimes you want to strangle people like this. I guess there is no way to physically remove someone from the course. But for all of his free lancing you don't have to give him a finish time. I guess that would be just punishment.

Just when you think you have got it all figured out someone will always try to find a way to test you.

Directions to Peyton House for May 18th AURA meeting. -Little Rock; Cantrell and Mississippi intersection. When Mississippi crosses Cantrell, it becomes Keightly. North on Keightly, go three blocks downhill to Whiteoak Lane. Turn right and we are the 5th house on the left. Park intelligently. 6:30-'ish



The BigShot is shown working harder than he ever has just trying to make your life more bearable.

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. at Franke's Cafeteria on Rodney Parham. Dutch treat. Wear something old (running memorabilia) to identify yourself. Everyone else is welcome, even wannabes, slackers and job-holders. Heck, somebody has to pay the taxes. Give Lou Peyton a call at 225-6609 if you need a wake-up! (reminder)

REGIONAL ULTRA CALENDAR

MAY's AURA RUNNING HOROSCOPE- LEO-Suffering in silence could be your gift to Ultrarunning. CANCER-Your wise counsel might soon be tested by a very wealthy running hottie. SCORPIO-Putting all of your ultra-eggs in one basket might lead to rotten consequences. GEMINI-Being a hammerhead could soon work to your advantage.

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

Oct 19th, 2002 **18th Annual Palo Duro Trail Run** - Amarillo, Texas. 50 Mi and 50 Km. Contact: Red Spicer 6100 W. 45th Street, #627, Amarillo, Tex 79109.

2002 ULTRA TRAIL SERIES
MEN

NAME	#1	#2	#3	#4	#5	#6	#7	#8	TOT
Ray Bailey	65	X	X	X	X	X	X	X	65
Mike Parker	54	X	X	X	X	X	X	X	54
Jay Huneycutt	43	X	X	X	10.5	X	X	23	76.5
Randy Melloar	37	X	X	X	X	X	X	X	37
Wade Lewis	31	X	X	X	X	X	X	X	31
Maurice Robinson	25	X	31	15	X	X	X	4	75
Mark Brooks	19	X	X	X	X	X	X	X	19
Craig Carney	8	X	X	X	X	X	X	X	8
Ross Setter	8	X	X	X	X	X	X	X	8
Gary Speas	8	40.5	X	X	X	X	12	X	60.5
Ernie Peters	8	40.5	X	X	X	X	9	25	82.5
Jim Hoofard	5	X	X	X	X	X	X	19	24
Tom Worthy	4	X	X	X	X	X	X	X	4
Melvin Edwards	3	X	X	X	X	25	X	X	28
Pete Ireland	2	23	26	11	2	23	16	X	103
Dave Cawcin	X	57	X	X	X	X	X	X	57
Larry Franklin	X	29	X	X	X	X	X	X	29
Steve Eubanks	X	17	13	2	X	13	X	9	54
Henry J. Osterloh	X	11	X	X	X	2	X	3	16
Mike Dupriest	X	X	59	X	X	45	X	X	104
Jim Sweatt	X	X	48	21	15	58	6	X	148
Stan Ferguson	X	X	37	61	65	X	62	63	289
Jonathan Pennington	X	X	19	X	X	X	X	X	19
David Samuel	X	X	9	X	X	X	X	X	9
John Knapp	X	X	6	X	X	X	X	X	6
Tom Brennan	X	X	X	50	43	X	X	X	93
Darin Hoover	X	X	X	39	25	81	40	29	210
Mario Martinez	X	X	X	33	10.5	65	X	47	155.5
John Jones	X	X	X	27	X	66	51	2	146
Jim Beach	X	X	X	6.5	X	7	X	X	13.5
Brandon Neal	X	X	X	6.5	X	X	X	X	6.5
Bill Coffelt	X	X	X	X	54	X	X	X	54
Rick Baugh	X	X	X	X	37	X	X	X	37
Mike Heald	X	X	X	X	31	X	X	43	74
Dennis Margiss	X	X	X	X	19	X	X	X	19
Jim Thornton	X	X	X	X	6	X	X	X	6
Bob Marston	X	X	X	X	4	48	X	33	85
Patrick Hargiss	X	X	X	X	5	X	X	X	5
Roger Rains	X	X	X	X	3	X	X	X	3
Greg Eason	X	X	X	X	X	103	X	X	103
Craig Zediker	X	X	X	X	X	120	X	X	120

Robt Orr	X	X	X	X	X	97	X	X	97
Jackie Edmonds	X	X	X	X	X	52	X	22	74
Jim Schuler	X	X	X	X	X	49	X	X	49
Ted Bowden	X	X	X	X	X	44	25	37	106
Collins Cogbill	X	X	X	X	X	29	25	40	49
Jessie Dale Riley	X	X	X	X	X	X	34	X	34
Lloyd Moore	X	X	X	X	X	X	03	10	13
James Merritt	X	X	X	X	X	X	2	X	2

WOMEN

Name	#1	#2	#3	#4	#5	#6	#7	#8	TOT
Jamie Huneycutt	58	X	X	X	38	16	X	19	131
Dianne Seager	47	X	X	X	X	X	X	X	47
Kerstin Schnacke	36	X	X	X	X	X	X	X	36
Patty Groth	30	38.5	26	X	26	18	34	X	146.5
Tina Coutu	24	X	X	X	X	X	X	X	24
Heather Eason	15	X	X	X	X	40	X	X	55
Holly Larkin	15	X	X	X	X	X	X	54	69
Lou Peyton	8	27	11	32	10	6	13	15	122
Kimmy Pavelko	X	55	35	43	32	66	48	X	279
Carrie Dupriest	X	38.5	26	X	X	13	X	X	77.5
Ann M. Moore	X	21	X	X	4	3	6	3	37
Chrissy Ferguson	X	X	57	X	X	X	59	X	116
Angie Ransom	X	X	46	X	49	X	X	42	137
Vicki Ingram	X	X	17	X	17	X	X	X	34
Barbara Bellows	X	X	X	54	60	X	X	31	145
Kim Fischer	X	X	X	26	X	8	19	X	27
Gayle B. Hoffman	X	X	X	X	17	24	25	43	92
Joan Scarlata	X	X	X	X	7	X	X	X	7
Roberta Orr	X	X	X	X	X	52	X	53	105
Beth Liner	X	X	X	X	X	X	9	X	9
Rhonda Ferguson	X	X	X	X	X	X	34	X	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