

Three Days of Syllamo

March 18th 19th and 20th

Enter Soon; Don't Delay

(threedaysosyllamo@mail.com)

The ARKANSAS ULTRA RUNNER

March 2005

The Newsletter For Members And Friends Of The *Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership.

MESSAGE FROM THE BIGSHOT - The BS was unavailable for comments this month. His column will return when he does.

FROM the AURA Editor - On the weekend of February 5th, AURA brother John Knapp suffered a stroke and was admitted to Saline Memorial Hospital in Benton. As I type this, he has been moved to the Rehab Floor and is undergoing extensive rehabilitation. If you wish to send John a note or a "get-well" card it might be best to send it to me as by the time you read this he might have been moved. My address is Arkansas Ultra Running Association; C/O John Knapp; 41 Whiteoak Lane; Little Rock, Arkansas 72227.

Arkansas Ultra Running Association

17th Edition; Number Two

A Member of the Road Runners Club of America

ULTRA CORNER

"Tales of the Traveller"

An interview with Dianne Seager

In 2004 Dianne completed her 10th 100 miler and her 8th Arkansas Traveller 100 Miler with a time of 23:12:17

Ultra Greetings Dianne! It seems that not too many years ago you were just another "Kavanaugh Girl". You know, one of the many you could find running on Kavanaugh Blvd. How did you make the transition from being a jogger to an ultra runner?.....*I was introduced to off the road (trail Running) by Tanya Plunkett (?) years ago at Forest Heights track where I did my 6 miles. She talked me into going out to do the Bear Run one New Years Day. It was a cold, rainy, miserable, crotch deep water crossings run and I swore I'd never do that again. I went back to the track and occasionally did 10 miles runs on Sundays. Then I met "crazy" Steve Eubanks who brought me out to the ultras introducing me to the Wednesday Bringle Creek run, Saturday training runs, then 50 k's and 50 milers. Then Eubie says "I want to run a 100 miler for my 50th birthday and I want you to pace me". Each time I would tell him he was "crazy" but I kept meeting great people-Lou, Charley, Nick, Ms Scarlett, Jimmy, Donna, Guil, Ralph, etc.*



*Pete Ireland, Dianne Seager and Harold Hays
(Power Room photo from the past)*

What a fantastic finish at the 2004 Arkansas Traveller 100. This was your 8th Arkansas with the others being in the 25(+) hour range. Can you divulge what made the difference this year?.....*I decided in early spring that it was time to do something different. So after I recovered from a broken toe in February from running into furniture, not running, I got to run more hills and continued with at least one weekly swim. (Lou had been trying to get me to do it for years) The break through, I believe was going to Colorado for two weeks and doing training runs, camping, resting, having fun and helping at the Hardrock 100 this past year. After I came back, I started to up my mileage some and run more consistently and faster on weekend runs.*

Also, training and being around some fantastic runners like Garry Speas, Harold Hays and Jim Sweatt, Collins Cogbill(sorry if I have left anyone out). AND FAB women like Roberta Orr, Tamara Zagustin, Magdalena Font and Lou Peyton(when I could find her) WOMEN RULE! I did lose some pounds. I needed to cut out some sweets(just not dark chocolate completely!) That helped and my patient who became my friend who I have told many of you about whom I dedicated my training and run to. He is a former marathoner – champion.

As you stood on the starting line did you plan on running sub 24? And, how did it happen?.....I planned on running my very best – what my body could tolerate. What happened was a surprise to me. I always hold back at the first as I have been ‘snake bit’ before. But I kept up a pace I felt was tolerable and got many comments by fellow runners and aid station workers thinking I was going out too fast. I just tried to focus on what my body was saying and dealing with conditions of weather and pace. The heat did make me slow down some but thank goodness I could pick it back up. I can’t be thanking Roberta Orr enough for encouraging me the last leg of that run as she paced me. Before I go to her I kept thinking “I know she is not going to let me walk much and I did not want her to either. We didn’t. I had very few low points. It was incredible. The worst was before and after the turn and I remember my legs hurting after the heat of the day. I slowed down and tried to drink as much as possible, pushed the rock salt and electrolyte pills and food. The low point was around the last 10 miles as usual. But again, Roberta’s encouragement helped me stay focused and I realized that I really could run more than I thought I could. We were both a little tearful coming down Forest Road 132C out of disbelief. I was finishing before the sun came up! Thanks to everyone I know in the ultra running group that encouraged me.

The BS knows that you finished the Texas Rocky Raccoon 100 in 1995 and 1996(PR 26:22:42) and entered but did not complete the Hardrock 100 in Colorado several years ago. With your apparent “make over” is there any chance that you will attempt Hardrock again or maybe Leadville?.....*I am on the waiting list for Hardrock 2005 and maybe/possibly I will enter another 100 this summer—who knows?*

AURA FUN RUN REPORT

Big Rock Mystery Run

Fort Roots/North Little Rock, Arkansas
January 22th – Chrissy Ferguson Run Leader
9 Miles (+/-)

1. Stan Ferguson	1:11:00	12. Jonathon Ransom	1:49:00
2. Mark Oliver	1:15:58	13. Louise Armstrong	1:49:40
3. Lance Reaves	1:23:15	14. Tina Coutu	1:51:30
4. Doug Pierce	1:23:15	15. Lou Peyton	1:15:45
5. Mike Dupriest	1:25:00	16. Vicki Ingram	2:02:58

6. Tim Biggs	1:39:00	17. Marainne Park	2:02:58
7. Paul Mattocks	1:41:20	18. Suzanne Hodges	2:08:20
8. Pete Ireland	1:42:46	19. Joan Scarlata	2:08:35
9. Carrie Dupriest	1:46:29	20. Charley Peyton	2:13:42
10. Patti Groth	1:46:29	21. Johnny Knapp	2:35:30
11. Brendon Ransom	1:49:00		



Photo Chrissy Ferguson, center, giving instructions at the Big *Rock Mystery Fun Run*

AURA Adventure Day Report

On February 12th, the BS put Adventure Racing Team-AURA through his annual live-fire training exercise in the Lake Sylvia area. Captained by Pete Ireland and complimented by Lou Peyton and Matt Morton, *Team AURA* made us all proud. The format consisted of finding 14 Checkpoints scattered within a one mile radius. Five teams of 3 or more participated. *Team Friday Nite*, captained by Nick Williams and Co-captain Kim Fisher, was the first team back before the four hour cut-off. *Team Gemini*(Jim Schuler) and *Team Awesome Trios and More*(Corky Zaloudek) made very courageous moves through the mountainsides. Entry for the event was a can of beef stew. While the teams were plotting UTM's and taking compass readings, the BS cooked the stew and made biscuits in his oversized dutch oven. He got a lot of compliments over his stew. Already there is talk of a rematch as it is felt by some, not many, that perhaps one of the teams was given an unfair advantage.

ULTRA TRAIL SERIES

White Rock Classic 50 Km/UTS #6

Cass, Arkansas

February 5th, 2005

Ricky Williams, Run Leader

- | | |
|-------------------------|---------|
| 1. Stan Ferguson | 4:17:07 |
| 2. Bill Coffelt | 4:33:35 |
| 3. Israel Holby | 4:48:00 |
| 4. Chuck Campbell | 5:35:00 |
| 5. Kim Morton | 5:02:45 |
| 6. Darin Hoover | 5:06:21 |
| 7. Tom Aspel | 5:10:13 |
| 8. Magdalena Font | 5:13:13 |
| 9. Paul Schoenlaub | 5:20:08 |
| 10. Stuart Johnson | 5:20:08 |
| 11. Robert Vogler | 5:20:14 |
| 12. Roberta Orr | 5:33:00 |
| 13. Murry Chappelle | 5:34:56 |
| 14. Chrissy Ferguson | 5:35:42 |
| 15. Maurice Robinson | 5:35:42 |
| 16. John Muir | 5:35:42 |
| 17. Jamie Huneycutt | 5:55:43 |
| 18. Ilona Peterka | 6:09:00 |
| 19. Angie Orellano | 6:11:00 |
| 20. George Peterka | 6:16:00 |
| 21. Bryce Davenport | 6:19:00 |
| 22. Jim Sweatt | 6:24:00 |
| 23. Kimmy Riley | 6:43:00 |
| 24. Patty Groth | 6:36:26 |
| 25. James Barber | 7:01:00 |
| 26. Lou Peyton | 7:17:00 |
| 28. Paulette Brockinton | 7:22:00 |
| 29. Greg Bourn | 8:10:00 |



AURA's Paul Turner at the mile 5 Aid Station
2005 White Rock Classic

(Early Starter)
(Early Starter)
(Early Starter)
(Early Starter)
(Early Starter)

Results of the *White Rock 25 Km* will be posted when available.

RETREADS (*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with runner related items to identify ourselves. Let's bring our old press clippings this month. *say gang™*

THE COACH DOCTOR

MESSAGE FROM THE COACH DOCTOR – My compliments to our AURA sisters who for the most part have kept themselves prim and proper. Some of our AURA brothers, on the other hand, should be ashamed. Its not entirely their fault. They are victims who fell prey to Ultra Myth #2 - *Ultra runners can eat anything*. It wasn't true then and it is evident that it is not true now. In a prior newsletter the Coach Doctor lectured on "*Ultra Rehab*". In this issue we compliment *Ultra Rehab* with "*The Ultra Diet*". You will notice as you look around the class that a lot of the ones in *Ultra Rehab* are enrolled in *Ultra Diet*. Listen closely as he lectures on turning your running life around. All he wants from you is three pounds of fat in six weeks. Just in time for the *Ouachita Trail 50*. If you lose just three measly pounds you'll look younger and run faster. The cut-off at the OT-50 will again be within your reach. So this is the plan, read it and weep. I want to you to push the High Carbo, South Beach, Atkins diets into the corner. You are now on the Coach *Doctor Diet Plan*. Rule number one is that it is all about the calories. You burn so many a day; you take in so many a day. If you take in more than you burn, you store the surplus calories as fat. Are you still with me? Rule two: All foods have calories. Some more than others. I'm not going to talk here about grams of fats, proteins and carbohydrates or healthy and organic or vitamins and minerals. You're not stupid; you're just weak! Losing three pounds is all about calories. Write this down "multiply your "*wake up in the morning*" weight by 15. If your weight is 200 lbs and you multiply by 15 the answer is 3000. Rule Three says that you have to eat 3000 calories a day to maintain your 200 lbs. *Pitiful!* Rule Number Four – A pound of fat has, for the sake of making it easy, about 3500 calories. I've heard it be more than that but we'll use 3,500 as a ball park figure. The plan calls for you to cut your caloric consumption to about 1800 to 2200 calories a day. Rule Five – The Coach Doctor knows what your weaknesses are. You must avoid certain foods. For six weeks you must not eat *chips*. Six chips contain 140 calories. You are consuming a half bag daily, minimum. Abstinence is a must. When the sun starts going down salt up a few carrots with a little salad dressing. You can make it until dinner. No desserts. A little pie if you must but no cookies. Two chocolate chip cookies contain 160 calories. Substitute an apple, orange, or apricots. A handful of almonds will help with the withdrawal spasms but avoid salted peanuts as you don't know when to say when. Rule Number Six - Tweak your dinner habits. Avoid fried foods as much as possible. Eat food that are green and red(beets, beans, asparagus, lettuce, broccoli; avoid things white and yellow(potatoes, bread, pasta, rice and corn.

Are three pounds too much to ask of a brother in need? I think not. It'll be worth it when and AURA babe(or a sister) tells you, "*Oooh! You look buff?*"



UTS and REGIONAL RACE CALENDAR

(Place Refrigerator Magnet here)

It is now March and we still could be encountering ice and snow conditions on some of the UTS runs. . If you think the roads are unsafe to drive, they probably are.

2005

- Mar 6th, 2005 **A OK 50k/25k Atoka, Oklahoma** Mary Miller 972-424-7844
- Mar 12th, 2005 **Mississippi 50 Trail Run.** 50 Mile, 50 K and 20K. Laurel,
Mississippi.info@ms50.com. Take note of this new date.
- Mar 18-19-20th **Three Days of Syllamo** UTS #8. Mountain View area. Entry required.
Email threedaysofsyllamo@mail.com Entries limited to 100.
- Mar 19th **Cross Timbers 50 Mile 50k/25k/13 mi/5mi** Sherman, Texas.
www.hillcountrytrailrunners.com
- Mar 26th **The Grasslands 50k/26m/13mi/10k.** Decatur, Texas. Suzi Cope
www.hillcountrytrailrunners.com
- Apr 16th, **Ouachita Trail 50 Miler/50Km** UTS #9. Little Rock, Arkansas. Stan and
Chrissy Ferguson, RD's. 501-329-6688.
- May ??? **Strolling Jim 40** WarTrace, Tennessee. Info not yet listed In
UltraRunning
- May 21st **The Cat smacker** UTS #10. Lake Sylvia Rec Area. Stan and Chrissy
Ferguson, RD's. 501-329-6688.
- May 28th **Berryman 50K, 50 Mile Potosi, Missouri** David White Email
DavidWhite465280@cs.com

AURA Horoscopes-March/Generic

Trying to live up the expectations of well meaning friends might not be in your best interest at the present time. Now that the curse of sex has waned, you are free to live up to your full ultra potential. Your lust for fine foods might sabotage your promising ultra career. A timid approach to training could lead to a rather lack-luster results in the fall.

AURA FUN RUN

The Corkscrew

March 12th, 2005

10 to 11 Miles of Mountains

7:00 a.m. start.

Description: Very mountainous National Forest roads including four miles of rough jeep roads. Course will be marked with flour. Water only at about midway. Crude maps will be provided.

Directions: West on Hwy 10 [35 miles] to Williams Junction Grocery Store. Turn left onto Hwy 9. Go about 6 miles on Hwy 9 to Lake Winona Road. Turn right and go three miles on Lake Winona Road. The first two miles will be blacktop; the third mile will be gravel. After three miles look for FSR 715 on the right. Follow FSR 715 for 1.8 miles to the intersection of FSR 715 and 179. Park.

Format: Bring a tube of frozen biscuits and a jar of old jelly or honey that you might have in your refrigerator. The BS will have his oversized Dutch oven by the campfire and we can all eat hot biscuits after the run.. If you would like a guided tour over Beaver Pond Mountain that can be arranged.

Contact Charley Peyton at 501-225-6609 or chrlypytn@aol.com if you have any questions

Arkansas Ultra Running Association, RRCA Club

MEMBERSHIP APPLICATION

Annual dues for the AURA are \$15 (this includes all family members). A \$1.25 of this amount is for a subscription to the RRCA's quarterly magazine, *Footnotes* for one year.

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



(Please print)

Name _____ Sex: M F

Phone _____ E-mail address _____

Address _____

City _____ State _____ Zip _____

Other family members _____

If you are already a member of an RRCA club, and would just like to receive the AURA newsletter, please check here---->

Membership 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 Ultra Running 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 _____