

RETREADS
1ST Wednesday
11:30 am
Franke's

The **ARKANSAS ULTRA RUNNER**

May/June 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. "Your time is up"

UTS #10 – The Catsmacker

May 21ST / 7:00 a.m.

Lake Sylvia parking lot.

MESSAGE FROM THE BIGSHOT – As a volunteer at the Ouachita Trail 50 I want to thank Stan and Chrissy for letting me be at the North Shore Aid Station. It was great fun to hang out with my fellow AURA mates and cheer on the real runners. I appreciate the hard work that they do to plan and execute this ultra race. Being an aid station captain is easy when you know that all of your needs and concerns have been planned for and met.

In this segment the BS gets to talk about his favorite subject –Himself. The question he poses is "Was the 3 Days of Syllamo the first stage race in Arkansas?" Listen and take notes. Back in the mid-eighties our small running group was just discovering running in the trails and woods. One of the group suggested that we have a running camp. And this we did. It started on a late October day at the Hwy 10/Lake Maumelle Picnic Park. The first day took us on the Ouachita Trail from Hwy 10 to Lake Sylvia parking lot where we camped. The next day, the route continued on the Ouachita Trail to Flatside Pinnacle and back to Lake Sylvia where we packed up and drove to the low water bridge on FSR 2 on the west end of Lake Winona where we camped the second night. The next morning we ran around Lake Winona. It was a grand, carefree, adventure. So much so that we planned a Spring Running Camp with the HQ being in one of the camp spots on 132C. After 2 grimy days, the Bigshot left the camp briefly on the pretext of checking up on something urgent at home. When he returned he was dressed completely in white (shoes, socks, pants, belt, shirt and cap. He even found a white dog to sidle up to him. The other campers did not take this well. One of the dirty onlookers made the comment that the BS looked like a "sperm". The following picture is of the Bigshot as he is abused by his fellow campers. So back to the original question. We did have a stage run before the *Syllamo* but I guess it probably won't qualify because we didn't keep times. It was still great fun.

17th Edition; Number 4

"A Prophet is never accepted in his home town"

RRCA Sanctified



Hey Bigshot
You *SUCK!*

He's a real
Piece of *work!*

Spring Running Camp 1989
A slimmer, trimmer BS with
His companion dog, Shotz.

AURA SPECIAL

An Interview with Angie Orellano

In January at the State RRCA meeting I was pleased to read that our *AURA* sister, Angie Orellano, was inducted into the Arkansas Road Running Hall of Fame. Angie's home club is the *Arkansas Running Klub (ARK)* however she is equally at ease in the *Arkansas Ultra Running Association*. Angie is competitive in distances ranging from the 5K to the 100 Miler. She is an eight time finisher of the Arkansas Traveller 100 and also finished the Rocky Raccoon 100 in Texas and the Leadville 100 in Colorado. Angie has so kindly agreed to sit down for a short Q and A about her induction and her running.

Congratulation on your induction into the Arkansas Road Running Hall of Fame. You are most deserving. Tell us what it means to you.

(Angie) It was an incredible honor I never dreamed would happen to me. There are many awesome runners in our State it was a humbling experience to be in their midst. To now have that title makes me feel like I have to continue to strive to do my very best in all my competitions.

You are a long time member of the Arkansas Running Klub. Can you tell us how you got into running back in the early years?.....

(Angie)I had been walking daily for several years and just got bored with how long it took to walk a short distance. One day I just decided to run until I got out of breath which was the distance between 2 light posts. Each time I was able to go a little farther without stopping. At 8 weeks my brother talked me into doing the Pepsi 10K in 1990. I wasn't even sure I could run that far but I completed the distance and now I was hooked and went on to run my first marathon at Memphis in December of 1993.



Angie at the White Rock Classic

You are also a member of the Arkansas Ultra Running Association. What motivated you to move into ultra running?

(Angie)It was really by sheer accident. I had done a few marathons and actually jumped from that distance to my first 100 at the Arkansas Traveller in 1995. I was on a training run with George McDonald in July and started asking him questions about it because he had done it once. Before our run was over I had expressed I would like to do one and how about the next one in October if he would run it with me. After he got over his shock he couldn't resist my persuasion so we were committed and continued training for 3 more months. He is a great running partner and we finished in 23:50. It was after this I started doing some 50K's and 50 Milers.

Since your finish at that first AT100 you have completed ~~many 50K's~~ 50 Milers and 100's. If I am correct you have completed the Rock Raccoon 100, Leadville 100 and the Arkansas Traveller 100 eight times. Do any of these ultra race stand out in your memory and why?.....*(Angie)It would have to be Leadville! By far the biggest challenge of all of them. The high altitude is a killer not to mention the mountain's Hope Pass. I feel very fortunate to have completed it on my first attempt.*

So what is next in the ultra world for you? Are there races and runs that you would like to do?.....*(Angie)My dream a few years ago was to do the Grand Slam but my personal family situation made it remain only a dream. Now I'm more free to do these things but I'm a little older. So we'll see.*

AURA MAY/JUNE HOROSCOPE(Generic)- Destiny demands a sub-24 hour 100 from you this year. The days of "your best not being good enough" are behind you. When an ultra grabs you by the scruff of the neck, don't just lay there. Fight back.

AURA BONUS REPORT

THE BARKLEY MARATHONS

April 2, 2005

Frozen Head State Park

Wartburg, Tennessee

The *Barkley* takes place on the first Saturday in April in the vast expanse of Frozen Head State Park near Oak Ridge, Tennessee. It consists of three 20 mile loops for the 60 mile fun run and five loops for the 100 miler. The field is limited to 35 runners (plus or minus). The course is unmarked and unaided except for two water drops. The route follows abandoned hiking trails from the 1930's plus some serious mountain bushwhacking. Runners are given a written description of the course and advised to purchase a topo map from the park. With the topo map runners copy from the RD's master map the route and the location of 11 checkpoints or books stashed in the vicinity of the checkpoints. Runners tear a page out of each book and turn them in to the RD as proof that they did the correct course. Around the campfire I'll tell you real story of the *Barkley Marathons* so that you will have "the rest of the story.--BigShot

Crewing at the *Barkley* by Lou Peyton

Pete Ireland, Charley Peyton, and I were camped at Frozen Head State Park from Thursday March 31st until Sunday morning April 3rd. What a beautiful, quiet area of Tennessee for us to spend the weekend doing what we like and with people I admire.

Friday about 5:00 p.m. the skies looked like we might get some rain so I hurried about the camp to get spaghetti and meatballs and pasta ready for us to eat... We barely finished our meal when it started to rain... I didn't even get to clean up the cookware as the rain began to come down pretty hard and the wind picked up... Charley and I tent camped and Pete camped in his van with a rain fly for a covered porch... We started to stir around the camp about 6:15 a.m., Saturday morning. The race is not known for an early start... but that can change with the Race Director's mood. If he waits until about 9 a.m. for the race to start it makes the race more difficult for all the runners because they finish the 20 mile loop at dark... Even the fast runners finish their first loop about dark and average to good runners finish up to 9 and 10 p.m. The cutoff time for the first loop is 13:20...

Back to the Saturday morning and start of the race... At 7:20 a.m. Gary Cantrell (R.D.) blew the conch shell which signaled 1 hr. until the start of the race... Pete checked his face pack and got everything ready... At 5 min. until race start most runners started to walk to the start line which is a yellow gate leading out of the park.. The R.D. lit a cigar to signal the start of the race... No, "go" or gunshot... just the lighting of a cigar and the runners took off up the Jeep road leading out of the park... The runners at check-in were told to purchase a topo map and to use Cantrell's master copy map to mark their own maps with a highlighter and to put an X where the books are stashed on the course... If your race # is 25 you are to pick page 25 from each of the books and return the pages to the R.D. at the finish of your loop... If you have all of the 11 pages,

you officially finished one loop and if you are within the time allotted you are allowed to continue... After the runners were out of the park, my plan was to wait about an hour and go for a run/hike on my own using the maintained trails in the park and the jeep roads... I left camp about an hour after the race started. I had told Charley which roads and trails I would be traveling and I told the R.D. and others around the campfire where I was going... which is legal but runners may not be assisted in any way during the race until they return to the campground where they can be assisted with food and clothes. When I left the camp it was raining and cold (38 deg)... As I climbed on the jeep road the rain turned to sleet and then to snow... Snow covered the ground and the wind was ferocious... I met two hikers on their way back to camp and they told me, "Mam, you might be tougher than we are but the ground is covered in snow... I just think you should know"... I told them I might turn back soon... I did wish I had someone with me but I wanted to go my own pace.... I was excited about seeing the area from the jeep road... My destination was to go to Coffin Springs where the fast runners would arrive about 3 hrs. I arrived there in 3:20 or so and no runners had been there... There are two water drops (sometime) on the course if the park workers will deliver the water bottles which means they are there sometime and sometime, not... The water was there... About 30 gal. of water... No runners had arrived because the ground was covered in snow and no footprints... I walked to where the runners go into the woods after the water stop and no footprints there so I knew they had not reached this point... My dilemma was-- do I wait?... I could not as I was freezing. My feet were wet and I had to keep moving. I went back to the jeep road and to the intersection and another decision I had to make-- Do I go back to camp or continue with Plan A.. which was to go to the highest point on the course and water stop #2 at the top of Frozen Head Mountain... Now, I know if the weather is horrible on the ridge it will be worse at a higher elevation... but I decided to continue until the footing got slick. The wind was blowing gale force and I thought about limbs falling and decided I'd better run to stay warm if I were to get to Frozen Head Mtn (3324')... I came to several trails that would take me back down the mountain(s) into camp. I made a mental note of the trail I wanted when I returned from the mtn. top... On to the top I went... After about 12 minutes of power walking everything became white... the road... the air, the woods... It was all white and there was the last curve to the top... I decided that not any of the runners would make it this far so why should I go to the water jugs and what if I couldn't find this road in the whiteout... I remembered talk in the camp about the female runner dying at the Grand Canyon because she made several bad choices and was stuck where she couldn't go up and couldn't go down... I decided that it was my choice and I would retreat to lower elevation. So down I went and took the South Old Mac Trail which took a long time... It is just under 3 miles down to pavement. I passed about 5 waterfalls and creek crossings... Everything was beautiful... I was thinking and wondering how the runners were doing... It was very cold when I finally got off the trail and back on the pavement and just under a mile to the campground... 4 hrs. had elapsed... I looked in the tent to tell Charley that I was back.. No Charley... I looked in Pete's van and there he was holed up... It was too cold and miserable in the tent... I went to the R.D. and checked in and told him I saw no runners or footprints at Coffin Springs at 11:40 a.m. The race had started at 8:20 a.m. ... While I was standing at the R.D.'s camp the first DNF'er came running back into camp then just moments later, one of the two female runners in the race came into camp. Within an hour about 9 runners dropped at Coffin Springs which is 1/3 of the distance of the race (about 6 1/2 miles)l... Now here is where the race fun really begins... The runners who DNF come back to camp with unbelievable stories of what happened to them and

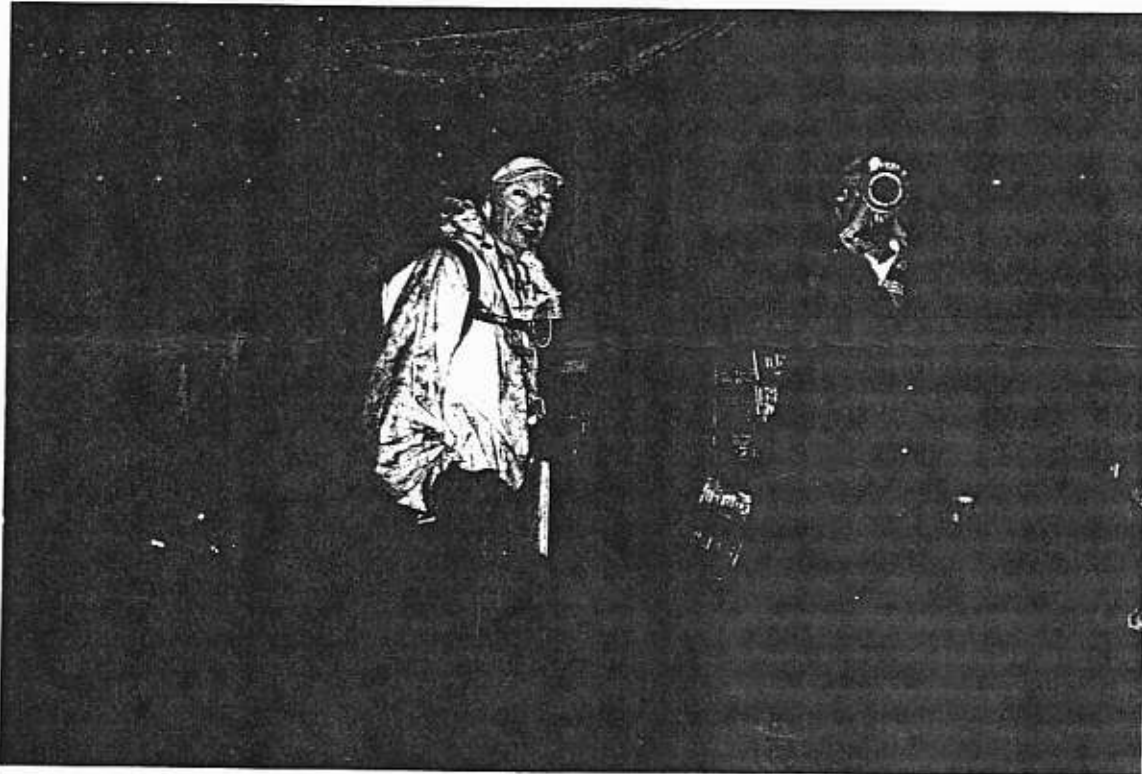
why they are back at the campfire... When a runner returns to the campground and dnf's the R.D. plays Tapps on his bugle so that everyone in camp knows another runner has dnf'ed.... There is much harassing and fun to be made of everyone who drops... Around the campfire runners are eating the frozen chicken that the R.D. puts on the campfire continuously for the whole weekend... I saw 40# of frozen chicken... There could have been more...

It takes a good sense of humor and a desire to have a good time under unusual and difficult circumstances to enjoy being a runner at the Barkley...

I come away from the Barkley (I've been there 4 times as a runner and once as a groupie) feeling refreshed and with renewed vigor to get out and DO SOMETHING FOR GOODNESS SAKE... BARKLEY IS JUST 11 months and 23 days away.

Pete Ireland ran $\frac{3}{4}$ of a loop in approx. 12 hrs... Pete is an excellent sport... He appeared to enjoy the event and now that he knows what is really OUT THERE ... My money's on Pete for his return and finish of a couple of loops next year baring no blizzard and freezing temperatures. No one completed the 100 miles... Andrew Thompson got to 88 miles... Word was that after the first loop conditions did improve but the energy that it took the runners to complete loop #1 (18 runners out of 35 did complete one loop) had to have taken a great toll of energy and desire. What a blast it was to be at the Barkley one more time... I sure had a good time and hope to be back there next year.

In the next issue the ARKANSAS RUNNER, Pete will write of his experiences at the Barkley. With his permission, I will run it in the AURA in a coming edition.



Pete being tapped out of the Barkley Marathons by Race Director, Gary Cantrell

ULTRA CORNER

Ouachita Trail 50 Miler

April 16th, 2005
Little Rock, Arkansas

1. Raymond Brintle	8:17:24	17. Paul Turner	11:59:53*
2. Stan Ferguson	8:33:25*	18. Willie Lambert	12:07:48*
3. Paul Schoenlaub	8:46:50*	19. Boyd Lawrence	12:20:26
4. <u>Kimberly Morton</u>	<u>8:57:35*/(!)</u>	20. Greg Goodson	12:29:28
5. <u>Dana Overton</u>	<u>9:34:25</u>	21. John Opalko	12:33:50
6. Jim Cummins	10:29:59	22. Jim Sweatt	12:34:18*
7. Kyle Baldwin	10:44:29	<u>23. Carla Branch</u>	<u>12:38:15</u>
8. Gerardo Ramirez	10:44:29	<u>24. Brenda Bonner</u>	<u>12:38:15</u>
9. Tom Mayfield	11:00:45	25. Ken Bland	12:38:15
10. <u>Amanda Perron</u>	<u>11:19:10</u>	<u>26. Patty Groth</u>	<u>12:41:36*</u>
11. Steve Kirk	11:28:41*	27. Pete Ireland	12:41:36*
12. Ricky Pampo	11:30:51	<u>28. Dianne Seager</u>	<u>12:49:50*</u>
13. Rene Vallalobos	11:36:06	29. Gary Speas	12:49:50*
14. Michael Samuelson	11:36:28*	30. Mickey Bevill	12:53:10*
15. Murry Chappelle	11:46:38	<u>31. Holly Lynch</u>	<u>13:38:12</u>
16. Maurice Robinson	11:53:48*	32. Tim Mosteller	13:38:12

* - Denotes AURA brother, sister or babe

(!) - Set new female course recore

Ouachita Trail 50 Km

1. John Muir	5:02:43	<u>32. Carrie Dupriest</u>	<u>7:28:08*</u>
<u>2. Roberta Orr</u>	<u>5:23:00*</u>	<u>33. Sophia Creighton</u>	<u>7:29:42</u>
3. Tom Aspel	5:42:39	34. Larry Creighton	7:29:42
4. Terry Jamieson	6:03:11	35. Robert Parsons	7:38:40
5. Chuck Campbell	6:06:29	36. Josh Spore	7:46:08
6. <u>Lydia Gibson</u>	<u>6:18:56</u>	<u>37. Becky Yih</u>	<u>7:47:31*</u>
7. Mike Stansberry	6:24:37	38. George McDonald	7:47:31
8. Michael Dupriest	6:24:38*	39. Bernard Arrambidez	7:50:45
9. <u>Mindy Wilson</u>	<u>6:27:56</u>	<u>40. Paulette Brockinton</u>	<u>7:56:09*</u>
10. Jason Thomas	6:29:22	<u>41. Brenda Ransom</u>	<u>7:56:09*</u>
11. Steve Hobbs	6:31:29	42. Eric Jerrell	7:56:09
<u>12. Stephanie Dill</u>	<u>6:35:28</u>	43. David Reagler	8:04:35*

17th Edition; Number 4

"A Prophet is never accepted in his home town"

RRCA Sanctified

13. David Blankenship	6:37:41*	44. James Burks	8:04:51
14. Eli Perez	6:38:49	45. Ernie Peters	8:05:46*
15. George Peterka	6:42:18*	<u>46. Hilde Haynes</u>	<u>8:16:29</u>
16. Mario Martinez	6:42:49*	47. Kenny Simpson	8:19:29
<u>17. Angie Orellano</u>	<u>6:43:32*</u>	<u>48. Suzanne Volner</u>	<u>8:16:57</u>
18. Larry Gifford	6:45:53	<u>49. Lou Peyton</u>	<u>8:28:59*</u>
<u>19. Barbara Bellows</u>	<u>7:02:15*</u>	50. Wayne Bowen	8:47:14
20. Chuck Parks	7:04:23	51. Charles Richardson	9:08:52
21. James Barber	7:06:17	52. Eddie Adatia	9:15:52
22. Allan Dunkling	7:07:38	<u>53. Shirley Musfy</u>	<u>9:32:56</u>
23. Benny Yih	7:11:21*	54. Jerry Potter	9:56:06
24. Mack Varner	7:12:13	<u>55. Angela Ivory</u>	<u>10:03:59</u>
25. John Deloney	7:13:16	<u>56. Jules Baclar</u>	<u>10:03:59</u>
26. Shawn Dennison	7:17:56	<u>57. Celeste Advanthaya</u>	<u>10:24:18</u>
27. Craig Bills	7:20:28	58. Chris Luke	10:24:18
28. Buddy Gibson	7:20:48	59. Robert McGehee	11:16:19
<u>29. Francine Johnson</u>	<u>7:23:04</u>	60. Robert Lyle	11:16:19
30. Don Curtis	7:23:04	<u>61. Elyse Baclar</u>	<u>11:37:04</u>
31. Terry Waller	7:23:04	<u>62. Layne Reibel</u>	<u>11:42:28</u>

* - Denotes AURA brother, sister or babe.

113 starters for both races.



Kim Morton at North Shore Aid Station on course record pace.

17th Edition; Number 4

"A Prophet is never accepted in his home town"

RRCA Sanctified

THE COACH DOCTOR

A Prophet is never accepted in his home town – The Bible

The Coach Doctor is trying to solve a problem-“Why have the AURA abandoned the Rocky Raccoon 100 Miler?” I was looking over the results for 2005 and saw no Arkies. But to my pleasant surprise was the name of our brother from Memphis, Kevin Dorsey, who ran a 23:58:35. As a little background, the race was started by Mickey Rollins from Houston who entered the AT100 in 1991 and went back home and started his own 100 in the Huntsville State Park, Huntsville, Texas. The same State Park as the Sunmart 50 Miler. The “Coon” was pretty popular for the first 5 or 6 years for the Arkies then interest seemed to fade. Why? Was it competition with the White Rock 50Km which shared the same date? Perhaps it was not as glamorous as the western or eastern 100’s. Maybe we just got tired of doing the Sunmart in December and doubling back to the RR100 in February. The BS thought Mickey had a marketing problem with the name Rocky Raccoon 100 and should be called it the Texas Trail 100 Mile Foot Race. Something to jog your imagination. But, what does the BS know about anything. A couple of years ago Mickey burned out and turned over the race to Joe Pursatitus, a well know ultra runner from the Austin area. Just as Stan and Chrissy have elevated the status of the AT100 when they took over from Lou and Charley; so has Joe elevated the Rocky Raccoon. He is a quality guy and I am going to push hard for the Arkies to support the RR100 and to put it on the consideration list for 2006. There are no easy 100 milers however the RR100 is easily within reach of any of our AURA members. For those who don’t like loops (there are five 20 miles loops) don’t be so elitist. Trust me when I tell you ~~that~~ once you get into the run you will be thankful that you don’t have to think about where you are and where you need to go.

Next issue of the AURA, I will enter the Achieve vault and publish all of the Arkies (and AURA as feasible) who have completed the Rocky Raccoon 100. For complete info on the subject do www.hillcountrytrailrunners.com and follow links to the Rocky Raccoon 100.

Photo on right is of AURA brother Kevin Dorsey At the Athens-Big Fork Trail Marathon in January. Kevin finished the RR100 in February and also the Umstead 100 in North Carolina in April 2nd with a time of 19:28 and change.



ULTRA TRAIL SERIES

Due to technical problems beyond my control, I am unable to print the current UTS standings.
To obtain this information do www.runarkansas.com and punch on Ultra Trail Series.

The Catsmacker



GRC Fun Run

Saturday, May 21, 7:00 A.M.

From the Ouachita Trail access
parking lot at Lake Sylvia.

Distance: 20 mi. (+/-)

Features:

Terrain: Gentle hills

Surface: Ouachita Trail, forest roads
and 4-wheeler trails

An (AURA) Ultra Trail Series race
FUN!!

To get there: Take Hwy 324 off of Hwy 9, approximately 9 miles South of Perryville. Go about 4 miles to the entrance to Lake Sylvia, then about a quarter mile past it to the parking lot. Water will be available every 4 to 5 miles. You are encouraged to carry a water bottle and any snacks you want. For more information, contact Stan.

Arkansas Ultra Running Association
41 WhiteOak Lane
Little Rock, AR 72227