

# *The ARKANSAS ULTRA RUNNER*

September 2005-The Early Bird Edition

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

[WWW.RUNARKANSAS.COM](http://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. *"Don't be an AURA stranger"*.

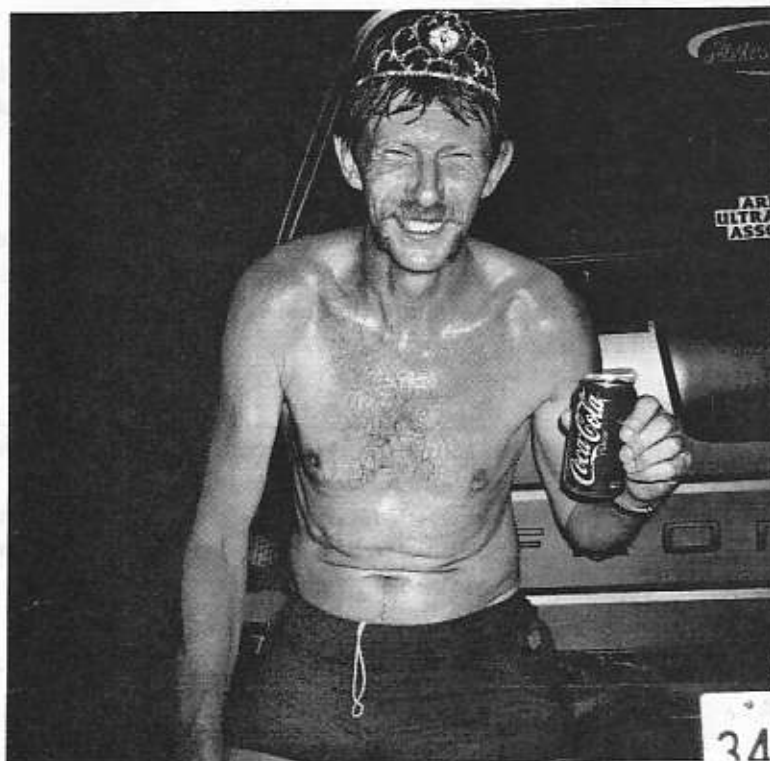
## ULTRA TRAIL SERIES

*Look on the net at [www.runarkansas.com](http://www.runarkansas.com) for the latest UTS point standings*

The UTS #2 run has been changed to the *Mount Nebo Run*. August 27<sup>th</sup>, 2005. The distance is 14 miles(+/-) starting and finishing at the Mount Nebo State Park. The run will start at 7:00 a.m. from the parking lot by the pool and camping area. This is the first year that the UTS has used

Mount Nebo and the hills that we have heard about for years will finally be visited.

With Mount Nebo taking over the UTS #2 slot, the *Smith Mountain Run* on September 5<sup>th</sup> will return to its original status as a "Fun Run" and will not be a UTS points run. See page 2 for more details.



Tom Aspel  
2005 Ultra Trail Series  
*King of the Trails*

17<sup>th</sup> Edition; Number 8

The AURA-Note changes in the Mount Nebo Run - UTS #2.

Established 1989; RRCA Sanctified in 2001

## *Arkansas Traveller Update*

### *Heart O' Traveller Training Weekend*

*Two fun runs* are scheduled to take place over the Labor Day Weekend. The Saturday run will be administered by Stan and Chrissy and will be an out and back route for a total of 24 miles. The start will be from the Lake Winona picnic area. Afterwards, Stan and Chrissy will have hot-dogs and chips and maybe we will can count this an AURA meeting. If you would like to bring a side dish to go with hot dogs, that would certainly be appreciated. The Labor Day run will be the Smith Mountain Loop, approx 23 miles. The run will start at the intersection of FSR 2 and FSR 114. Both runs will start at 6:30 am.

#### *Directions to the Saturday, September 3<sup>rd</sup> run, 24 miles(+/-) 6:30 a.m. start*

Hwy 10 west from Little Rock. At the Williams Junction Grocery Store, turn left onto Hwy 9. Follow Hwy 9 approx 5.5 miles to Lake Winona Road. Turn right. Go 4 miles(the first two are blacktop; the last two are gravel) to the Lake Winona picnic area. Turn left at the gate and follow the road to the picnic tables. Run will start promptly at 6:30 a.m. Course will be marked and water set out. It is important to remember that the picnic area does not normally open this early. Thanks to the hospitality of Lake Winona Ranger, Mr. Johnson, the area can be used. Please respect his privacy by keeping the noise to a minimum at the early start as not only is this a picnic area but also his home.

#### *Direction to the Monday, Labor Day Run, September 5<sup>th</sup>. 23 miles, the Smith Mountain Loop. 6:30 a.m. start.*

Follow directions above to Lake Winona. Continue past the Lake Winona picnic area. You are now on FSR 114. Follow FSR 114 for 7.5 miles to the intersection of FSR #2 and 114. This is a three way intersection with ample room to park. Run will start at 6:30 a.m. Water will be set out; course will be marked. One aid station about midway with water, coke and PowerAde. Bring goodies to share after the run.

Alternate route to the Smith Mtn Run – From the Lake Sylvia parking lot, go up FR 152 1.5 miles to the intersection with FR 132. Follow FR 132 for about 8.5 miles to the three way intersection with FR 75. Turn left onto FR 75 and go downhill for 1.5 miles to FR 114. Turn left and go about ¼ mile to the intersection of 114 and FR 2. Park out of the way.

**THE EDITOR'S NOTE –** Tragedy paid a cruel visit to the Arkansas running community in August. I am unworthy to write of it. I feel like things will never be the same; they won't. I feel like all the joy has been snuffed out of running; it won't be. In time memories will fade and life will return to normalcy. My resolve is to grab hold to life as it passes by and hold on tightly. On the journey my vow is say only kind words about people I know and to be a friend to those who need one.

— *BigShot, August 8<sup>th</sup>, 2005.*

# AURA SPECIAL FEATURE

## 2005 BADWATTER135

Congratulations to Greg Eason for an Outstanding Performance at  
Badwater

By Jamie Huneycutt

The Badwater 135-mile race across Death Valley in July had been calling my name for 5 years. The first time I met someone who had completed the race I was surprised that they did not seem super human. Then I read the book about Badwater by Kirk Johnson and I really started thinking that I needed to go out there and check it out if I was going to consider trying it myself. When I saw Greg Eason's name on the list in March I contacted him to see if I could go with him help crew and pace. In Badwater it is a requirement to have at least 2 crew members. I think that would be too few people because your crew provides your aid stations and every other type of support imaginable. Anyway, he agreed to let me go and the Arkansas Badwater Team was formed. Greg Eason was our runner with his lovely wife Heather Eason as Crew Captain. Lou Peyton, Magdalena Font and I made up the other crew/pacers. We left the Thursday before the race began on Monday, July 11<sup>th</sup>. Although I could write a long story on all of our misfortunes just getting to Furnace Creek, I'll save those stories for long runs and social gatherings. After buying 45 gallons of water, 8 – 20 pound bags of ice, numerous items of food, beverages and other supplies we headed for Furnace Creek. Furnace Creek was just as I imagined. It was out in the middle of the dessert and when we arrived it was 116 degrees (but hey, it is a dry heat). We ran about 40 minutes the first afternoon we arrived just to feel what it would be like to run in an oven. On Saturday we ran another short run, went sightseeing and swimming. If you remember the old Borax commercials on TV you must be my age or older as Heather and Greg didn't know what we were talking about. There are old Borax mines in Death Valley and the dessert scenery is very beautiful. I really can't describe it accurately; you just have to see it to believe it. Sunday was the pre-race meeting where we ran into old friends. Since there are only 81 athletes selected for Badwater they were all introduced. I believe 21 states and 12 countries were represented with a large contention from Germany. Among the other awesome athletes were Dan Jensen (Vietnam Viet with a prosthetic leg), 2 blind runners, 70-year old Jack Denness from England and 64-year old Sigrid Eichner (a female from Germany).

Our Arkansas Badwater Team was amazing. The 5 of us come from different backgrounds and athletic experiences. I think this was one of our many strengths. Another of our strengths was that everyone was very open minded and helpful. I never sensed any tension between any of us – and face it, we were pretty much joined 24/7 for a whole week. I've never participated in an Adventure Race but during this experience I always felt that we were in this together and success would prevail. Greg's group started at 6:00 am and it was already pretty warm. All of the chatting that occurred up to this point suddenly stopped on the drive to the start. Almost everyone had pacers, which were not allowed until mile 17 unless you were over 60 years of age. The 4 of us met Greg along the way from the Cargo van. The 17 mile mark was back at Furnace

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Creek near our pre-race cabins. At that point Magdalena and Lou left with Greg (Magdalena pacing and Lou crewing) while Heather and I bought more ice. I have a new appreciation for ice. Without it no one would survive the race. I took over running with Greg and we ran into the second check point at mile 42 in Stovepipe Wells. Greg had volunteered for a medical research project in which they could take a small amount of blood and determine his electrolyte levels in 2 minutes. This test was called an E-STAT. His sodium was just slightly under normal so the physician told me to "have him keep doing what he is doing". This was interesting because Greg was drinking around 15 ounces a mile and taking 3 – 4 E-caps per hour. He needed all of this because the temperature in the shade at Stove Pipe said 122 degrees. There was no shade on the course. Greg was running this perfectly and took a much needed break at this point. Everyone took a shower, ate and rested for the next section. Of course more ice was bought. Greg then took off running with Lou. Somewhere up the long climb out of Steve Pipe Pam Reed passed our support vehicle looking strong. The sun finally set behind the mountains and we were delighted to have finished the first day in the heat.

The night was relatively cool after what was endured earlier. The stars were amazingly beautiful. I ran with Greg, and then Magdalena began running with him again. During the early morning hours Greg started having blister problems and Heather pulled out an arsenal of foot care products. I swear that she could become a Podiatrist! She had even been to a class on taking care of feet. She was so patient and kind and got Greg back on the road. The second day was not as hot (I believe 110 degrees) and windy. The scenery was still breathtaking and still so indescribable. We saw Monica Schultz pass by with her ever present smile. Heather went out with Greg while Lou, Magdalena and I crewed. We took turns pacing and crewing the whole day and Magdalena was the "cook" of the group. She could whip out the Coleman and have Ramen Noodles ready in a flash. Those 20 cent bags of goodness were the big hit of the race. Lou was nicknamed "the note taker" as she always wrote everything down and that was most helpful during the whole week. The long stretch after Darwin coming onto Lone Pine dragged on for everyone and we were running out of ice. At this point we were only 19 miles out from Lone Pine so I went into town and brought back ice and pizza. Magdalena had a great idea for Greg to switch pacers every hour. That worked very well and was a nice change. As we'd wait for the Greg and whoever was pacing we'd laugh, tell stories and cheer for other participants. Every person out there had a common bond so there was a lot of camaraderie between all of the runners, crew and pacers. Heather, Lou, Magdalena and I all would have an idea of what Greg should eat so we kept him fed and watered. We jokingly said that he had 4 wives for the week. Greg was such a good sport at all times. I knew when no one was overly upset regarding our ordeal just in flying to Las Vegas that Greg had an excellent chance of finishing this race.

It was a relief to finally arrive in Lone Pine and have hamburgers at McDonald's. It is amazing how a change of food can greatly uplift one's mood. At that point we were going to let someone rest at the hotel but none of us wanted to miss the last 13-mile climb up Mt. Whitney. Heather was with Greg when Lou, Magdalena and I got lost in the van trying to find the last turn. At that point we decided to stay together since we'd been awake for so long and only had about one brain if you put all of our brain functions together. As we climbed Mt. Whitney it became comfortably cool and began to smell like the mountains of Colorado. The last 13 miles up Mt. Whitney at night were beautiful with the stars shining and the pace cars with their lights glowing. I was fortunate to climb the last few miles with Greg and I can certainly understand all of the written reports of hallucinations out there. One plant looked like a giant piece of corral to me and I wasn't nearly as tired as Greg! The last mile the entire crew could "run" together and so he finished with all of us by his side. The Race Director was there to congratulate and take pictures.

The Medical Team reported that his electrolytes were almost normal and they were very pleased with his input/output, etc. **Greg became the first Arkansas finisher of Badwater and also won a belt buckle for his sub-48.** He ran the race in 42:52 and more than exceeded his goal. I had the great opportunity to spend time with an incredible group of people and I'll never forget it. After returning home both Charley and Jay had to be very patient in hearing about Badwater for weeks on end. It was very helpful to go out there and have first hand experience as there is nothing that compares to the extreme conditions and the determination of these athletes. The race was very well organized and the RD and volunteers were most helpful. I am also happy to report that Jack Denness (70), Sigrid Eichner, Dan Jensen and one of the blind runners also finished. I am so grateful that Greg, Heather, Lou, Magdalena and I shared this awesome experience at

## BADWATER135 My Story, too. By Lou Peyton

Two years ago Greg Eason attempted the Badwater135 in Death Valley but succumbed due to vomiting and dehydration at approximately mile 44-45. This was very disappointing for everyone especially Greg who decided to give the race another "GO" this year.

Greg contacted me in February and asked if I wanted to be part of his CREW again for the Badwater Trip...I thought about it for a day and replied, "YES"...I secretly hoped that he would change his mind...

He gave me several chances to back out but said that he would like for me to be a part of his team...I felt that I needed to go...Other members of the team were Heather, Greg's wife...Heather was #2 in Charge...I'd call her the Captain...Magdalena Font, of Little Rock was to serve as a pacer as was Jamie Honeycutt from Fayetteville...

We left for Badwater on Thursday, July 7th with plans to return the following Thursday, July 14<sup>th</sup> ..

We flew to Houston, Texas where storms delayed our flight...We got to Las Vegas about 2 a.m. and spent the night. The next morning we rented a cargo van and a Toyota Carolla to use as crew vehicles.

Then we all went to a Wal-mart and an Albertson Store to buy supplies for the race. You can't find things like sliced turkey, ham, etc., at the general store in Furnace Creek where we would spend Fri. Sat. & Sun. nights. There are two restaurants at Furnace Creek but prices are higher. The cost of a hamburger was \$9.00....but served very nicely...linen napkins, etc...Turkey wrap sandwich about \$9.00 or \$10.00...

We arrived in Furnace Creek (a small village) about 4:30 p.m. Friday and immediately went for a run - Greg, Magdalena, & Jamie...I walked the same route. Heather did a different walk around the village and golf course....We went to sleep early like 8:30 p.m. with plans to meet and them run/me to walk at 9:00 a.m. This was done for heat training not for run training... We all went for a swim...nice big pool...maybe Olympic size... We (girls) swam laps...side of pool was hot enough to burn feet.

We drove to Badwater...the start, and walked around... ..I must mention that when first drove out to Badwater where the race started, I observed a group of what appeared to be foreign students positioning themselves around their van. I looked closer and they had a carton of eggs and were getting ready to fry one on the van. It was 120 + degrees. Then drove to the Borax Mine where Heather had run earlier in the day.

Sunday- 9:00 a.m. Girls (Magdalena, Jamie, Lou, went to the pool and swam about 10 laps)...Then worked putting the signs on the van and car...Name of runner...race#....Arkansas, front, back and both sides. 1 p.m. was runner check-in. 3 p.m. was mandatory runner/crew meeting..This meeting lasted two hrs. Every runner was introduced...Interesting but very

long... There were two medical studies available to the runners who wanted to volunteer..Greg volunteered for the electrolyte study and was to kept records of his input and output...Urine was saved in a special bottle...This was great to help us keep up with one's health...blood was taken 3 times...before race, during race, and after race.

Monday 6:00 a.m. first heat of three,30 runners in each....Greg was in first heat... Aid every mile if you want it...No handing off from the van..no bicycle pacing.. After first 17 miles and checkpoint runner can have a pacer...Magdalena was first pacer...and paced until about mile 35-38...Jamie paced to mile 42...Greg got a cool/not cold bath at Stove Pipe Wells(where we had a motel room) and rested for 2 hrs...Magdalena gave him a massage...I paced Greg when he left Stove Pipe Wells through the section we had a problem with two years prior and started up the long incline out of D.V. to Panamint Springs...I paced approx. 5 miles then Jamie paced for about 4-5miles...It was now dark and Heather sent us two back to the motel to clean up, rest for 2 hrs. check out and return by 4-4:30 a.m. We did just what I mentioned. That left Magdalena to pace through the early morning hours...They ran a downhill for 6 miles to Paniment Springs...There his electrolytes were checked...Greg ate a lot of food and got immediately nauseated and threw up...He was recovering from the sick spell when Jamie and I returned to the course...Jamie then took over pacing.. His feet hurt and he had Heather work on them several times trying to lance blisters underneath callouses and 10 miles later his heels)...

Magdalena iced her legs/shins and was pretty worn down...She still functioned but one could tell she was pretty tired BUT...she and Heather had had no sleep...Greg said he wanted Heather to pace him at this point...They were moving pretty slowly. 20-23 min. for some miles...

Afternoon, day 2 was very warm up to 110-117 temp...With 20 miles to Lone Pine we were running out of ice...Jamie volunteered to drive the car to get ice, some food, and check us into the motel in Lone Pine...This was the low point mentally and emotionally, for me...It was so darn hot...I was so tired and we still had a long way to go...I was concerned because Greg was clinging to Heather being his pacer...It brought back some memories from 2 years prior when he felt bad and then got sick...He was just quiet...I said, when Greg stopped at the van, again, "*I want to say something*" ...He said, "*go ahead*"...I said, "*quitting is not an option*" ...I thought maybe he needed a 2 hr. rest like the day before...I thought maybe his body was saying I need rest...He asked how much time he had left and somebody else answered...He stated that he still planned to go under 48 hrs...I said, "*well don't do that for me*" and he answered back, "*I'm not doing it for you I'm doing it for me*" ....I was thrilled to hear that he was still planning to finish and to finish fast...I had no idea how he felt...I was pretty emotional...I was about to break out into a big boohoo...Somebody asked me a question like what time is it and I answered but was breaking up and several other people were breaking up, too...The funny thing was that this got us back on track...Magdalena said, "we are all going to take a turn as pacer every hour"...Jamie he was back pretty quick from her trip to town.....about an hour...Jamie mentioned that she missed the big showdown and melt down... We all pulled it together and we each paced for an hour from there to the finish and the attitude of the group changed...The day was waning and the temp started to drop and everything went from shaky to VERY GOOD...Our spirits lifted and we were on track...Lone Pine was in the distance,120 miles...I paced Greg into Loan Pine...where they were waiting...Heather took Greg through Lone Pine and onto Whitney Portal Rd. and uphill for a couple of miles...Everything went GREAT...It was very exciting to be going on the last leg of the event...The wind was blowing and was cool...The stars were so bright and looked close enough to touch..The lights from Loan Pine were below us..We could hear waterfalls to the side of the road...Life was Grand and we were on our way to the finish...Greg was walking strong... We were power-walking up Mt. Whitney Rd... When Jamie took her turn pacing , Heather, Magdalena and I drove on to the finish... We parked, rested about 15-20

minutes...Magdalena stood outside and was on guard for them approaching...It was cold standing around outside the van... We went to the finish-line and told them our runner was coming -#35... Then we walked down to meet Greg & Jamie... about ½ mile...or less... We all crossed the finish-line together. Greg's finish time was 42:52 in 30<sup>th</sup> place.

The awards were on Wed. at 6 p.m. in Loan Pine...A wonderful ceremony... In summary, Badwater is the toughest yet, outside of Barkley... The heat and lack of sleep are what make this race tough... The course is very good... Scenery is a #10... Race management is excellent...

Greg's taking the medical test proved well for him..It made him and us very conscious of his salt/electrolyte intake...He was fine the whole way on electrolytes...

From the Big\$hot - The question was asked in last month's newsletter: Was Greg the first Arkansan to complete *Badwater*. The answer: In 1986 Max Hooper completed the Western States 100, The Lake Tahoe Run and in October ran from Badwater, the lowest point in the USA, to the summit of Mount Whitney, the highest point in the continental USA, and back to the Whitney portal. The following year, I believe, the race was officially organized to be run in the summer months and go from Badwater to Whitney Portal- 135 miles. Going to the Whitney summit is not part of the race. If you answered that Greg is the only Arkansan to run the Badwater 135 you are correct.



At The Badwater 135 Finish  
(L to R)- Jamie Huneycutt, Heather Eason, Greg Eason, Lou Peyton and Magelena Font

## ULTRA CORNER

Bethel Hill Moonlight Boogie 50 Mile June 18<sup>th</sup>, 2005 Ellerbe, NC

4<sup>th</sup> Kevin Dorsey 8:19:45  
5<sup>th</sup> Mike Samuelson 8:45:43 27 starters

On August 9<sup>th</sup>, 2005, Arkansas native and Virginia resident, David Horton completed the 2650 mile *Pacific Crest Trail* from the Mexican to the Canadian border. Reports I received over the internet state that Horton finished the run in 67 days. David still has family in Arkansas and visits on a regular basis. It sure would be nice to hear David's story when he makes his next visit to the state. Can we make the happen? Stay tuned.

Report your Ultra-marathon times to [chrlypytn@aol.com](mailto:chrlypytn@aol.com)

### AURA'S SEPTEMBER HOROSCOPE

**Scorpio** - Your stone cold heart will be warmed somewhat by a fleeting encounter with a long, forgotten running companion. **Aries** - Fortified by your new training regimen, your mid-drift bulge will soon be history. **Aquarius** - A Sub-24, 100 mile performance will polish your image and you might again be a marketable commodity. **Generic** - To be a Bigshot, you must beat the Bigshot.

## THE COACH DOCTOR

The Prophet is never accepted in his home town.-Bible

In the January issue of the *AURA* the Coach Doctor listed the **Six Keys** for the marginal runner to finish the *Arkansas Traveller 100*.\* Today the Coach Doctor's lecture is on item number 4 – **Eating On The Run**. He starts by stressing in the strongest terms that Key #4 is directly dependent upon Key #5 – **Ultra-Marathon Training**. In other words without #5, #4 will not be successful. There is so much material to cover, the CD will divide the lecture into two parts and place them strategically within this newsletter. One of the reasons I feel compelled to approach the subject is because I have overheard conversations over the months concerning what to eat and what not to and how much and when. One well respected AURA sister equated eating in a Ultra to putting gasoline in a car. The more you ate, the longer you ran. As if running an ultra-marathon was solely dependent upon one's eating habits. Proper training for an ultra-marathon had been pushed to the rear.

Let us begin. There are two enemies in running a 100 mile race: Fatigue and Depletion. We will now discuss - Depletion. The two sources of fuel for runners are fat and glycogen. Fat is in unlimited supply and is stored throughout your body. There are approximately 3,500 calories in a pound of fat. You expend calories in order to run. For example, it costs you about 100 calories to run one mile. Glycogen, the other source of energy, is stored in the muscles, liver and maybe a few other places and its supply is limited. In running you burn fat and glycogen together at a ratio related to how much effort is required. In an all out sprint you would burn more glycogen; in a 20 mile hike you would burn mostly fat.

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event. Following the last 20 miler the week before the race, a runner's diet was primarily protein. Then about three days before the race, the diet switched to a high carbohydrate intake. The thinking was that after depleting your glycogen stores on that last 20 miler and then eating solely carbohydrates just prior to the race, the body would over compensate and store more glycogen than normal. This was known as carbo-loading. It is thought that in a well trained for marathon the body meters out glycogen for the first 20 miles gradually depleting and switching over and utilizing more fat. If you had mistakenly gone out too fast, your effort used up your glycogen and as you began to use fat you felt like you had "hit a wall". The wise marathoner trained hard then chose a slower race pace that did not deplete his glycogen stores and thus finished the marathon avoiding hitting the wall. It can be a beautiful thing to feel like one can run forever.

The big difference in Marathoners and Ultra-Marathoners, in my opinion, is that a "true Marathoner" runs at a pace that shunts the blood away from the stomach and kidneys and loads the blood to the legs, heart and lungs. In essence this shuts the digestive system down and he is left with only the fuel stores that he started with and no more. Ultra-marathoner has trained himself and is able run at a pace that allows his body functions to continue to operate. A properly trained ultra-marathoner can replenish his fuel stores(glycogen) by eating high carbohydrate foods on the run. *Lets take a short break; smok'em if you've got them.*

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.

## THE COACH DOCTOR -*Second Period*

In our first period, the Coach Doctor lectured on **why** you need to eat during a 100 mile ultra-marathon. In our second period, we will talk about **what** to eat. Being a marginal 100 mile finisher, there will be lots of Ultra-veterans who are more than willing to offer you advice on this topic. . Do not fall into the trap of believing everything you are told

There are three examples that I want to share with you. The first concerns the North Pole Eskimos. On their long treks over the frozen ice in their dog sleds or in their kayaks in open water hunting whales and seals, they subsist solely on meat and blubber.(fat and protein) Example two is the diet of the Mexican Indians who were brought up to the Leadville 100 in the early '90's to showcase their speed and stamina. During the run they carried a pouch containing parched corn and maybe some hot peppers.(Carbohydrates) The last example is about the great eastern European runners who raced the TRANS AM(Race Across America) in the mid-90's. Starting in Santa Monica, California, and finishing in New York City they ran an Ultra distance every day the entire width of the USA eating what? If you said they drank diluted coke on the run you would be correct. Believe me when I tell you that they chowed down at the end of the day. Unless you fall into one of the three categories I mentioned above, you need to have an eating plan developed for your 100 miler which in the CD's opinion should be high in carbohydrates but also balanced out with a little protein and fat. The Arkansas Traveller aid stations are the greatest. You will find at the aid stations items that are sweet, salty, store bought and homemade. At the present time you need to be practicing eating on your training runs. You might like only liquid supplements like Ensure + or one of the other trendy products and avoid the standard pretzels and M&M. Some people enjoy potatoes; others cheeseburgers. The array is too many to mention. But remember you do need to eat and why.

pretzels and M&M. Some people enjoy potatoes; others cheeseburgers. The array is too many to mention. But remember you do need to eat and why.

During the run you are likely to forget everything the CD has told you so here is your back up plan. Growing up in Mississippi, it was not unusual to see poor people up against a clay bank on the roadside. Perhaps they innately sensed that there were minerals in the soil that drove them to supplement their diet by eating dirt. This I call *PICA* or the urge to eat unusual things. As you enter an aid station and know that you should eat but not quite sure what to eat, do the following. Take a look around the aid table and just see what looks appealing. In the same manner that the people I saw eating mineral clay in Mississippi, the aid station variety will be so great that there will be something that will draw you to it. It is okay to get you calories from gatoraid or M&M's or chips if that is what you might be craving. With that said, don't be a nervous eater, and whatever you do, avoid gorging yourself. You want to take in 200/300 calories an hour maybe more maybe less depending on how you feel. And remember from our previous lectures, it doesn't take a lot of chips or cookies to mount up to 200/300 calories. Too much intake and your system will be rebelling with an upset stomach and diarrhea. It is tough enough to finish a 100 miler. It will be even tougher and most unpleasant to try to finish when you turn green

One last word concerns what I wrote in the *January 05 AURA*. "*You will finish a 100 miler on your training but lose it on your eating.*"

*Class Dismissed!*

\* The *Six Keys for the Marginal Runner To Finish The Arkansas Traveller 100* represents only the opinion of the Coach Doctor.

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