

ARKANSAS ULTRA RUNNERS

MARCH 1989 VOLUME 11

GREETINGS ULTRA RUNNERS

Long Crossing Update - Plans are still being finalized. Nothing really important to report. We have had several people who have stated that they will volunteer to help. After the Cross Timbers Trail Race on March 18th, T-Bear is getting up a series of training runs that will cover the race course. We will try to have one a weekend. You will notice that I have one listed in the Arkansas Gazette for March 11th called the Pipeline Express. This is one that will be included in the 1990 Ultra Trail Series. I will be going to Pizza D'Action at 6:00 p.m. March 11th to debrief if you care to join me.

Harley's Ultra Training Tips - How can I run ultra training runs and avoid overuse injuries? Use the hard easy method like I do! To finish an ultra event you must have speed and endurance. My training schedule allows me to have speed workouts and ultra distance training runs. By speed, I mean striding out at a comfortable 7:30 to 7:45 pace; by ultra distance I mean 21-30 mile runs. How do you do this, Harley? My training week begins on a Sunday and ends on Saturday. A hard day followed by an easy day; a hard week followed by an easy week.

1st week	S.	M.	T.	W.	T.	F.	S.
	10 Mi.	4/4s.	4/4f.	4/4s.	4/4f.	4/0s.	21-30 Mi.
2nd week	0	4/4s.	4/4f.	4/4s.	4/4f.	4/0s.	6-8 at 7:30-7:45 pace

My basic mileage is a split workout Monday thru Friday. Four in a.m. four in p.m. Slow s. alternated with fartlick f. The long runs of the 1st week are at your ultra pace. The 6-8 miles on the 2nd week is at a sustained pace.

Six to eight weeks of this and you will be ready to finish a 50 miler.

Training Run Report - Saturday, February 25th, Arkansas Ultra Trail Runners were treated to the Lake Sylvia to Maumelle Run. Distance was anywhere from 8 to 31 miles depending on who got lost or had had enough. Trail conditions were not optimum with leaves covering the rock trail making it some what hazardous in places. The 1990 Ultra Series will cover the Highway 10 to Highway 9 section which has terrain that varies from swampland mountainous footing. Regardless there is some breathtaking scenery overlooking Maumelle River. I was disappointed in Highway 9 to Sylvia section. When the leaves are off the trail it offers a beautiful 8-9 mile run. I will produce a map soon for this run.

Trail Trivia - If you were on an Arkansas Ultra Running Club training run and were going down a very brushy trail and being floowed by a lady runner would you --

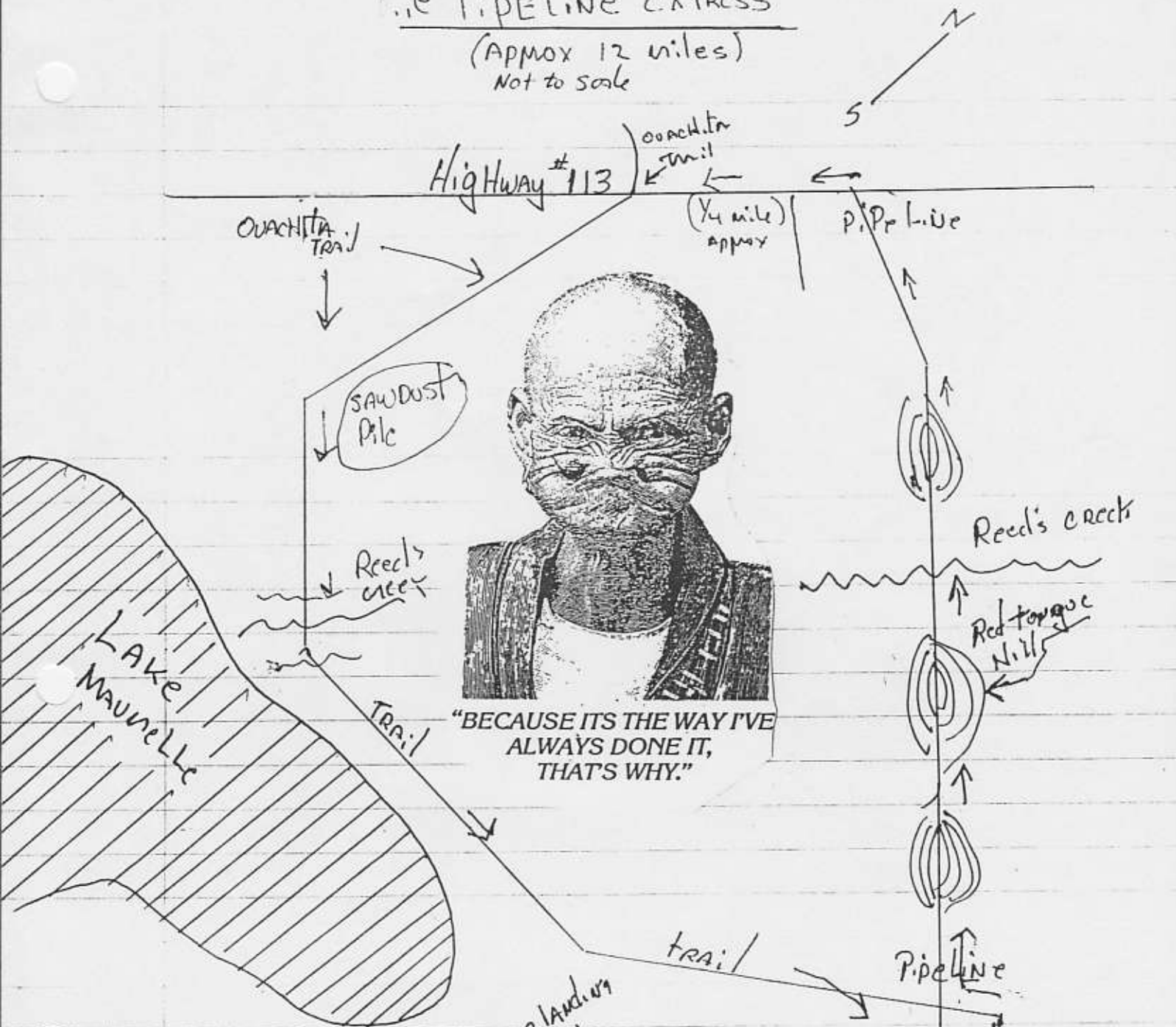
1. Hold the branches back to avoid letting them smack the lady following you in the face.
2. Let them smack her in the face.
3. Let her go first and take your chances that she'll hold them for you.
4. None of the above.

If you answered #4 you are correct. Because you know that ladies are not allowed on Arkansas Ultra Runs. Women only.

Happy Trails!

The Pipeline Express

(Approx 12 miles)
Not to scale



Pipeline Express Route
Counter Clockwise
Start at North Shore landing
follow Ouachita Trail to the
Pipe Line. Pipe Line to
Highway 113. 1/4 mile to
Ouachita trail (Left turn)
Trail Back to North Shore.
(if all the cars have left, you
were last)

