

THE ARKANSAS ULTRA RUNNER

APRIL 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The Big Shot -

To paraphrase a bumper sticker I saw recently, "So many runs; so little time". There's so much Ultra news I don't know where to begin. Let's start by saying that by the time you receive this newsletter, the Ultrarunning telephone hotline will be in service. To find out the time and place of the Saturday and Sunday run call 225-6609. If no one is at home a recorded message will give you all the information you need. Of course if we are at home, we'll give it to you live.

In case you haven't heard, Helen Klein, 67 year old grandmother, is scheduled to be in the Little Rock area visiting her daughter. Beside being Lou's personal hero and role model, Helen has been featured in Runner's World, Ultrarunning and countless other fitness publications. She is the oldest finisher of the Ironman Triathlon, the Western States 100 Mile Endurance Run and was one of four women to finish the Grand Slam of Ultra running this past year (four 100 milers in a summer). She and her husband, Norman, are race directors of many events including the Western States 100 Mile Endurance Run. Lou wants to get together with Helen and our Ultra runners while she's here. Maybe for a meal out or a run somewhere. Keep your head up on this one. When Lou finalizes her plans we'll pass it on to you. It should be the second week in April.

In January the Arkansas Democrat reported that two of our association members were planning a four day stage run on the Ouachita Trail. (Over 230 miles) Good luck to Bill and Eddie. I'll pass on that one.

Speaking of the Lasters, Teresa (T-Bear) told me that the work on the Long Crossing 50 Mile Trail Run, May 5th, is building up. Applications are already coming in.

I am announcing a policy change on our "psychobabble" rule. The reason for this change is because some of you are making interesting training runs and races but are unable to submit them to the Arkansas Ultra Runner because you are unable to describe a trail without telling me how it made you a better woman or a happier man. I want to hear when, where and how much so badly that I'm willing to endure that other part. We'll try it this way for a few months. The next time you make a good run write it down and send it to me so that I can share it with the other association members.

My Ultra friends Jack and Donna Allsup are in hard training for the Costa Rica Crossing. Jack has taken my advice as in last month's Ultra Running which was to train on similar terrain. In this case it means running the pavement. I hope to see Jack and Donna back on the trails when they get back from the Atlantic to Pacific crossing.

The Bigshot has a few adventure runs on the back burner that I need to tell you about now so that you might want to plan accordingly. I have always wanted to run on the Ozark Highland Trail. My first call on this gives the following general details: from the trailhead at Lake Fort Smith over to Highway 23 is approximately 38 miles. What I would like to do is to campout Friday night at White Oak Camp Grounds which is midway

between these two points. Saturday we'll split into two groups. One group runs from camp to the trailhead at Lake Fort Smith; the other group drives to the trailhead and runs to the camp. On Sunday we do the same routine over to Highway 23. That's one way to do it, I'm going to pencil in the first part of June for this one.

My next involves running the actual length of the Ouachita Trail using the buddy system. This means you run one day and your buddy runs the second day maybe 30 to 35 miles per day. I've sent up a few trail balloons on this one and so far they've all been shot down. We'll see.

See details on the Cross Timbers 50 Trail run on March 23 in the May newsletter.

Warm regards,

Training Run Report -

2-17-90 - Nick, Sharon, Lou and I ventured over to Highway 7 for a twenty-one mile run on the Ouachita Trail. We went in two cars traveling Highway 10 to Highway 9 at Williams Junction. Left for four miles on #9 to the Winona Forest Drive (#132). This is a well maintained one lane Forest Service Road that connects to Highway #7, north of Hot Springs. The distance might be twenty six miles from #9 to #7. Our scheme was for Lou and I to start running from #7 and run west on the trail to Highway #298. Nick would pick my truck up and take it to #298 where he and Sharon would run east twenty-one miles. Jack and Donna Allsup were planning to show up at #298 in their car and run a segment east then back to the cars on #298 and ferry Nick's van over to the trailhead at #7. A genius plan probably worked out by "Ferda", Jack's computer. "Ferda" had good intentions but Jack and Ms. Donna didn't show. Nick, being a wise man, decided to run short to the nine mile point at Ouachita Pinnacle and return back to #298. This turned out to be a two part run for Lou and I. The trail had taken a beating with a few hard days of rain and some of it appeared to be washed up with debris and rutted. Nevertheless it was typical Ouachita Trail action. Plenty of rocks, briars, leaf covered trails, downed trees and slow going. However, the trail was freshly marked and easy to follow. It seemed mostly uphill to the twelve mile point where I was started to hear Mr. Nick hooting on top of Ouachita Pinnacle. He told me that the next nine miles were good running with three climbs. With this information I blasted the last nine miles in 1:40 and found the trail to be soft and sure. All told the run took five hours flat with Lou about twenty minutes back. The last nine miles made the drive over worthwhile and I'd do it again.

On 2-24-90 we ran the Tom-Harley Loop. 30 Miles. A perfect day. Bright blue skies with a cool breeze. We were met at the start by Tom Chapin on his mountain bike. Tom is recovering from knee surgery and said that he is getting better and would be going with us soon. We all renewed acquaintances and swapped lies. It sure was good to see him. I asked about Otis who has had a mysterious injury. Tom said that Otis was running an hour a day now. Although Tom didn't say it, I got the impression by the way Tom hung his head that his brother-in-law had, as we say in Mississippi, "grained out" during his lay off. Ole Otis

will be alright now that he is running again. For you trivia buffs. Who organized the Little Rock Roadrunners Club and served as it's first President. You're right if you said, Otis Edge. Now who was the second President? Back to the Tom-Harley. We soon spread out on the downhill side of the first mountain at four miles. I would occasionally see Nick and Lou eating and drinking up ahead but could never catch them. At sixteen miles I hit the powerline and met Tom running my way. He had gone home and gotten Otis who was running up ahead with Nick and Lou. What a good feeling to be around my Ultra buddies. At the base of Pigeon Roost Mountain I was alone again and walked the entire hill. (1 mile) From then it was a matter of survival to the finish in 6 hours. Lou and Nick had a 5:48. What a run. We should do it every month.

Ultra Training Tip -

"How to avoid injury during the Taper." As simple as this sounds, I have succumbed to injury during the taper down phase of my Ultra training after enduring the mega mileage weeks and overdistance runs.

It's almost like an uncontrollable urge that comes over me when the mileage drops and my system starts to come back to life. An urge to experiment. To try to find that missing ingredient in my training that will prove to be the key to an easier Ultra. Let me give you two examples. Three years ago I got a little anxious before the Jackson Five-0 and thought that my quads needed a little fine tuning. I figured that running backwards uphill would build up my quads just enough to put me over the edge. Wrong! I remember feeling a little twing in the left foot as I pumped up Overlook Hill in reverse. On race day I got a neuroma like stab in the ball of my foot that stopped me at exactly 30 miles. My next idea was before the first Governor's Cup (50 Miler). This time it was my hip flexors. I had the idea that they were too tight. I remember watching Edwin Moses run the hurdles on T.V. and thought that if I could bring my legs back like he could, I could run like a deer, too. I prescribed a little hip stretching. My method was to walk around the living room on my knees. Not overdo it but just a little to build my confidence. Wrong again! The muscle pull still bothers me after almost eighteen months.

My rule of thumb (with one exception) is that if you are not doing it a month before the Ultra, don't start it. This includes stretching and everything. Use willpower. Think about baseball! Rejoice in feeling good and being able to rest. My one exception is an exclusive I saw in "Runner's World" last month. The article described a can't miss exercise to cure knee problems forever. Of the six or seven exercises described, I saw one I liked. The squat. At this moment I have a 10 lb. sandbag in my hands and am dangling it between my legs. The object is to squat till the sandbag touches the floor. I'll have some fine quads before Cross Timbers on March 23.

Ultra Trail Series -

Results of the "Pipeline Express" 12 Mile Run. I hate the taste of feathers. Whenever I eat crow I just want to beat the stew out of somebody. "What are you talking about, Harley"? I was quoted in the Arkansas Democrat as saying that Johnny Gross would not be a factor in the trail series because he was a little shy about running through the

creeks and icy wetlands. I probably don't understand that "Hash" mentality because I was proven wrong in my prediction. Johnny finished first in the final series run almost two minutes ahead of the overall series winner, Eddie Mulkey. Conditions on the pipeline are always wet. But after a week of rain, the ruts and creeks were full to the brim. Although the weather service said that the Little Rock temperature was 42°, there was ice on the muddy pipeline waters.

We had a good turnout despite a conflict with the Arkansas Marathon in Booneville the same day. There were the regular series runners plus a few first timers. Most notably were Dr. Steve Tilley, Larry Mabry, Al Maguire and Jim Stanley. We started about a quarter mile from the trailhead on Highway 300 so as to let the fast guys get off unimpeded. The Ouachita Trail to the pipeline is flat and covered with pine straw. Ideal for whooping and hooting. At the pipeline it is a five mile session of hills, rocks, and creek crossings. A careful eye was necessary to avoid falls. I ran in the back to take a few pictures and to mark the turn off with flour for the return. As usual Johnny and Eddie battled it out for the lead in conditions that were ideal for these two "Hashers". The second tier consisted of Tom Zaloudek, Jim Sweatt, Jim Schuller, Bill Laster and Bill Maxwell of Mountain Home. Al and I ran together through the pines and he commented that this was a fast pace. This was his first time out and he did not realize that all the series runs have been horse races from the start.

At the pipeline and trail junction, Nick Williams was observed to stop and give one of those "I don't know what to do looks". It was a look last seen at the Wasatch Front 100 Miler last September where ole Nick was wanting to pace Suzie Thibeault (Auburn Ca.) but needing to run with Max (Hooper). He was torn with indecision. The maternal vs. the paternal. What would he do? Max versus Suzie. He chose Max and went on to finish. Now it was that same feeling. To run with Dr. Tilley or pace Carol (Mathews). Dr. Tilley wanted him; Carol needed him. The maternal versus paternal triangle was happening to Nick again. What would he do. We'll see in a moment.

Meanwhile Eddie, who is gearing up for Cross Timbers on March 23rd, had made a tactical error in wearing Nike Waffle Racers and his feet were feeling every rock. On the downhills where he usually is superior to Johnny, he found himself falling behind. At the eight mile mark Johnny was 35 yards ahead and running smoothly. Back to the intersection. We see Nickie Boy hooking up with Steve Tilley thereby leaving Carol to ward off her challengers by herself. He had probably assessed that as long as Carol was running, she would get the points and win the series and if she couldn't run, he didn't want to be around when she tried to wring someone's neck. Nick is smart. Carol did prove to be the fastest female out racing an improving Irene Johnson and Mrs. Consistant, Donna Hardcastle. Lou Peyton. 45 year old mother of two, was a surprising fourth. Congratulations to Johnny and Carol for their victories.

Ultra Running Profile - Carol Mathews

Dimensions - (height and weight) - 5' 11½", 148 lbs.

Age 33

Number of years running - Ten

Longest you've ever run (miles) - 50 miles

Most pleasing race finish - Governor's Cup 1989

Running hero(s) - Lou

Favorite pacer - Lou, Donna, and Nick

Profile (Continued) -

Most difficult race you've completed - Maumelle 60K 1989
Favorite training surface - Trails and grass
Best liked shoe - Nike Air Stabb
Describe your best feature - Eyes
Your best sport - Ultra running
Usual weekly mileage - When in training - 40 miles per week
Marathon P.R. - 3 hrs. 20 min.
10K P.R. - 41 minutes
Favorite non-running activity - Horseback riding and biking
You would like to be remembered as - A strong willed person
Do you have a "running name" - No
Typical running week - Unscheduled
Best liked food - Oysters (raw, cooked, boiled)
Do you eat on the run - Yes
Do you take day(s) off - Yes
Do you cross train - Yes
Describe your long term goal(s) (running) - Ironman (Hawaii) and 100 miles
Hometown - RUSSELLVILLE

Congratulations to Eddie Mulkey and Carol Mathews for their first place finishes in the 1989 Ultra Trail Series. Special trail placques are being made and will be presented at a later date (soon).

The three goals of the series were to attract new recruits to our training runs, provide a showcase for runners to demonstrate their talents and provide training opportunities for those of us going to 50 and 100 mile trail runs during the spring and summer.

The success was more than any of us anticipated. We attracted over 65 different runners to the seven races. 53 males, 12 females signed the results sheet. We attracted several sub 2:40 marathoners who produced finish times that the organizers would have thought impossible in the beginning.

Without explaining the point system. Consistency proved to be the key to victory in the men's division. Eddie participated in all series races finishing first two times, second three and third two times. For a total of 265 points. The exception to my consistency rule was Sam Hardcastle who finished all seven races and amased 11 points. Such is life. On the women's side Carol finished first four times and second once for 47 points. Donna Hardcastle, Sam's wife, made all seven runs and was still in contention at the last run. Her 37 points are due a congratulation.

Already plans are being made for new runs and new versions of the old runs. If any of you have suggestions. Give Nick or Harley a call and state your preference for the 1990 Ultra Trail Series.

1989
ULTRA
TRAIL SERIES

NAME	Alpena Roost 16 mi	Grand Basket 21 mi	Tommy Haxley 30 mi	10-9-10 21 mi	Bob/Matthew 21 mi	MINOUA COPP 20 mi	PACIFIC EXPRESS 12 mi	Grand total	Place	Male
Ed Mulkey	1:48 (40)	2:20 (25)	3:35 (50)	2:50 ⁵⁷ (45)	2:20 (40)	2:09 (25)	1:27 (40)	265	1	
John Gross	1:45 ⁴¹ (50)	2:46 ⁰⁵ (50)	/	2:57 (15)	/	2:08 (40)	1:25 ²⁷ (50)	205	2	
Tom Apel	/	/	/	3:27 (10)	2:19 ⁵⁸ (50)	2:06 ²⁸ (50)	/	110	3	
Tom Zaludek	2:03 (15)	2:20 (40)	3:53 (40)	/	/	/	1:46 (10)	105	4	
David Quinn	2:08 (10)	2:49 (5)	4:35 (8.5)	/	2:37 (25)	2:29 (20)	/	68.5	5	
Bill Laster	/	/	4:03 (15)	2:55 (20)	3:22	/	1:38 ⁵⁷ (20)	55	6	
Bill Maxwell	2:12 (5)	2:46 (15)	/	/	/	2:46 (7)	1:37 ⁴¹ (25)	52	7	
Don Munn	/	/	/	2:50 ¹¹⁶ (45)	/	/	/	45	8	
Jim Sweatt	2:43 (1)	3:12 (1)	DNF?	4:32 (1)	3:00 (20)	2:48 (5)	1:42 (15)	43	9	
Robt Morgan	/	2:43 (20)	4:02 (20)	/	/	/	1:58 (1)	41	10	
Stephen Kee	1:49 (25)	/	/	/	/	/	/	25	11	
Ray Briley	/	/	3:53 (25)	/	/	/	/	25	12	
Chuck Campbell	/	/	/	2:55 (25)	/	/	/	25	13	
David Samuel	/	/	/	4:21 (3)	3:12 (15)	2:53 (3)	2:02 (1)	22	14	
Mark Gulk	1:58 (20)	/	/	/	/	/	/	20	15	
David Ascer	/	/	/	/	/	2:39 (15)	1:46 (5)	20	16	
Jim Schulerz	2:31 (1)	/	4:35 (8.5)	/	/	2:42 (10)	1:46 (7)	16.5	17	
Nick Williams	2:34 (1)	/	/	4:10 (7)	3:12 8.5	3:24 (1)	2:06 (1)	16.5	18	
Ernie Peters	2:39 (1)	/	/	4:40 (1)	3:12 8.5	3:09 (1)	/	11.5	19	
Sam Harbottle	2:43 (1)	3:18 (1)	5:37 (5)	4:32 (1)	3:39 (1)	3:09 (1)	1:58 (7)	11	20	
Buddy Ritter	2:24 (1)	2:48 (10)	/	/	/	/	/	11	21	
Harley Peyton	3:17 (1)	4:05 (1)	/	4:41 (5)	3:40 (1)	3:31 (1)	2:36 (1)	10	22	
Kevin Miller	3:05 (1)	4:05 (1)	/	4:38 (1)	3:17 (5)	2:57 (1)	/	9	23	
Gay Wade	2:10 (7)	/	/	/	/	/	/	7	24	
Scott McDermott	/	2:48 (7)	/	/	/	/	/	7	25	
Tony Johnson	/	/	5:53 (3)	/	3:22 (3)	/	2:13 (1)	7	26	
James Nicks	/	4:00 (1)	6:00 (1)	4:57 (1)	/	3:18 (1)	/	4	27	
Ricky Otley	2:16 (3)	/	/	/	/	/	/	3	28	
Wm Gilli	2:31 (1)	/	/	4:36 (1)	/	/	2:05 (1)	3	29	
Ron Hale	2:48 (1)	/	/	4:57 (1)	/	3:1 (1)	/	3	30	
Staveloyd	/	/	/	/	/	/	1:48 (5)	3	31	

