

THE ARKANSAS ULTRA RUNNER

OCTOBER 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The Bigshot - Here are some interesting statistics that demonstrate the competitiveness of the 1990 Ouachita Trail 50 Miler. Some of the competitors in this race have done rather well in the 100 mile races across the country this summer. Dennis Herr (9th) finished second at Leadville and second at Old Dominion 100 and was 25th at Western States 100. David Horton (tied for 1st) was third at Old Dominion 100. Donald Smith (tied for 1st) was 5th at Old Dominion 100. Lou Peyton, (1st female) was 3rd female at Vermont 100. Bill Laster 21st place was fifteenth at Leadville 100. Dennis Fugate (5th) was 3rd at Mohican 100 (Ohio).

A reminder concerning the trail series to you new people. The series is not a fun run. In order to crown the King and Queen of the Trail, several things must happen at each trail race. This includes a start. Meaning that when the Bigshot blows his whistle, the race officially starts. If you arrive late your race has already started. If you start early your time can't be counted. The point system is compromised if you vary from this rule. The other aspect is to sign your name and time. You do these things and Ole Nickie Boy and I will keep providing you with perfect weather on the trail runs.

From my correspondence file.

"Dear Harley:

Enclosed is my \$50.00 initiation fee that you requested. I look forward to being a member of Arkansas Ultra Runners Association and running with my Pikes Peak buddies in the Ultra Trail Series Races.

Sincerely,

Walley"

Retractions - The official times for the Vermont 100 Miler have been received. Please note that Nick Williams ran 28:15:35 and Red Spicer, A.U.R.A. in Amarillo, had a 23:34:19. Good effort by both.

Last month one of our association members loaned us a book entitled "Wild Trails to Far Horizons" by Mike Cudahy. I don't know if he was trying to punish me or what. This was the most difficult running book I've ever read. The author is English (or Scottish) and he describes the Ultra Running he has done in England for thirty years. He doesn't write like the Bigshot does in that everything is indirect and metaphysical. But he has given me some exciting ideas that would be perfect for the Arkansas Ultra Running Association. This fellow does some of the Ultra races but he writes about the trail running clubs and the routes that each club has organized. He would just try to complete a particular course or try to set the record for the course. One was 270 miles and took him over eight attempts to finally complete. My idea is to establish several Ultra routes in the

area and when someone wants to run one of the courses they could go out and do it. Keep your own time and then be recognized for your accomplishment. A nobel approach. This reminds me of what John Bates and Max Hooper did when they ran Death Valley to Mt. Whitney. I'll do some more thinking about this.

What a month. Injuries and depression abound. It can only get better. I heard someone say last week, "if it don't kill you, it'll make you stronger". With this in mind I count my blessings and try to get back on the trail.

Warm regards,

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On The Road Vermont - (A series of training tips to prepare you for your favorite 100 miler next summer). Let's start with the basics. You do know where Vermont is don't you? Yes, it's further away than Dallas or Memphis. In fact if you drove and averaged 50 M.P.H., it would take you 32 hours to get there. Approximately 1600 miles. Like I said, this is the basics. Let's let this first article be about logistics. Where, what and how. Plan on travel for two and spending \$1200.00. About three months before race day do some serious scouting to find the lowest airfare from Little Rock to Hartford/Springfield. We traveled Northwest for \$260.00, each. This was for Thursday - Monday. If we had stayed an extra day it would have been \$230.00 each. Call Budget Rental and reserve a compact car for those four days. \$40.00 per day. Next call the Woodstock Motel in Woodstock, Vermont and get a room for four nights, \$240.00; then go to the bank and get \$200.00 worth of travelers checks. You might want to buy maple syrup in Vermont at \$8.00, a pint. The plan is to fly from Little Rock to Hartford, rent a car and drive up Highway #91 - 160 miles to Woodstock. If you made reservations at the Woodstock Inn, call home for a dinner jacket and more money. If you are at the Woodstock Motel realize that this is not a Holiday Inn. A small room, shower, lamps, double bed, and a t.v. The telephone is in the office. The Woodstock Motel is run by a couple of elderly natives who watch your every move. No hanky panky here. They try to know who's in what room at all times. The motel is within walking distance to a diner off the tourist route. Pizza, spaghetti, sandwiches, etc. at reasonable prices.

\$1200.00 is not cheap. You might consider paying half and charging half or charge all and letting this be your five-year vacation. Have you ever picked up aluminum cans? Or save by stop drinking cokes. An idea--let's rent a bus and campout. Brilliant. One way or the other you need to go!

Ultra Trail Series - The Winona 50K

You might say that we came out smelling like a rose on this one. After a week of 100+ weather and several phone calls concerning the possibility of us cancelling the run, what a pleasant surprise it was to be greeted by drenching thundershowers and overcast skies on race day. No doubt the field was cut short by the fear of the hot temperature and the sound of thunder that rolled in before daybreak. Or, it could be that 31 miles was too formidable. Nevertheless, we had a quality field present lead by point leaders Johnny Gross and Patricia O'Dwyer. Altogether there were 24 starters. Due to the distance

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involved in this run, I decided to drive and service the runners and let Mr. Nick be the facilitator. That is, he would find a pack of novice participants and coach them to the finish. Making sure they were always on course and drinking plenty of fluid. Of course his job as facilitator entailed lots of conversation to take the edge off the steep hills.

At 7 miles the lead pack of Gross, Tom Aspel, and Eddie Mulkey passed the aid station in 50 minutes. The first female, O'Dwyer, was approximately 20 minutes behind. By 20 miles Johnny Gross had pulled to a 50 yd. lead over Tom and about three minutes on Eddie. O'Dwyer ran uncontested throughout. However, newcomer Pat Torvestad shows that she has the grit to challenge for the lead if the opportunity presents.

For your information Johnny Gross ran a 7:00 pace and Tricia ran a 10:06 pace. (calculation by J.O. Allsup)

Ultra Trail Series Schedule -

October 6th - Bastille Day Run - Approximately 22 miles. 6:30 a.m. start. Directions - follow Highway #10 approximately 10 miles from I-430/#10 Overpass to the forest service trailer on left. Park there. This run has never been attempted. It will include approximately 4 miles of gentle powerline trails. Aid will be provided at the (turnaround).

November 3rd =Autumn Classic - 28 miles on the Ouachita Trail. 7:00 a.m. start. Directions - follow Highway 10 to Highway 9, continue on Highway 10 until you see a Lake Sylvia Recreation Area sign. Turn left. Follow that road to Lake Sylvia State Park. There will be a parking area where the Ouachita Trail crosses this road just past Lake Sylvia. This is the start/finish.

December 8th - 10-9-10 Run - Approximately 20 miles. 100% Ouachita Trail out and back. Water provided at turnaround. Directions: Follow Highway #10 approximately 18 miles from the I430/#10 Overpass to Lake Maumelle picnic area on the right. This is just before the last bridge crossing the west end of Lake Maumelle. 7:00 a.m. start.

WINONA 50K RESULTS

<u>MEN</u>		<u>WOMEN</u>	
1.	Johnny Gross 3:37:50	1.	Patricia O'Dwyer 5:12:14
2.	Tom Aspel 4:06:14	2.	Pat Torvestad 5:37:-
3.	Eddie Mulkey 4:28:27	3.	Ivy Harrison 5:44:10
4.	Jim Sweatt 4:55:38	4.	Charlotte Davis 6:04:43
5.	Van Davis (tie) 5:32:08	5.	Donna Hardcastle 6:06:-
6.	Bob Galbraith(tie)5:32:08	6.	Joan Carlton (tie) 6:15:-
7.	Sam Slug 5:39:31	7.	Carol Mathew (tie) 6:15:-
8.	Drew Mashburn 5:59:00	8.	Irene Johnson (tie) 6:44:22
9.	Sam Hardcastle 6:06:-	9.	Sandy Venible (tie) 6:44:22
10.	Nick Williams 6:15:-	10.	Tanya Perry 7:26:00
11.	Steve Eubanks 7:28:00	11.	Mary ClenDaniel 8:48:00

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ARKANSAS ULTRA RUNNER POINT LEADERS

FEMALES- (23 Runners)

1.	Trish O'Dwyer	145	points
2.	Pat Torvestad	95	"
3.	Barbara Hilderbrand	45	"
4.	Karen Mulkey	40	"
5.	Charlotte Davis	35	"
6.	Donna Hardcastle	35	"
7.	Irene Johnson	33	"
8.	Lou Peyton	30	"
9.	Pam Wynn	30	"
10.	Ivy Harrison	30	"

MALES - (48 Runners)

1.	John Gross	140	points
2.	Tom Aspel	90	"
3.	Eddie Mulkey	70	"
4.	Ken Gould	55	"
5.	Jim Sweatt	42	"
6.	Stephen Tucker	30	"
7.	Steve Tilley	25	"
8.	Bill Torrey	20	"
9.	Bob Galbraith	19.5	"
10.	Van Davis	18.5	"

