

THE ARKANSAS ULTRA RUNNER

DECEMBER 1991

A Newsletter For The Arkansas Ultrarunning Association

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ATTENTION AURA: On December AURA member David Horton, Lynchburg, Virginia, will be home for the holidays. Lou has invited him to speak to AURA members and interested parties on his 2144 mile run over the Appalachian Trail last summer. He will talk after dinner at Grady's restaurant on 12th street. Remember 6:00 P.M., December 21st. I will probably order ahead to assure faster service.

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MESSAGE FROM THE BIGSHOT - The BigShot is sad. The passing of the Arkansas Gazette made me sad. Too many changes going on. I get nervous when things start changing. I remember back in the old days in December of '76 when Little Rock had its first (as far as I know) non-A.A.U. long distance road race. It was called the "Holiday Road Race". The distance was four miles. The course was Valley Club Circle out in Pleasant Valley. Terry Matthews, Otis Edge, Max Hooper, Glen Hickey, and Gary Smith were the organizers. I remember Glen Hickey called splits at the first mile. Gary called them at the third. The point of the story is that you'll never guess who covered it in the Gazette. If you said Richard Allin (Our Town) you're right. He had one of those "the sight of grown men in shorts on the street" type articles. But, it was the first article that publicized our running. It would take several years and a multitude of 10K's and Marathons before the race results moved from the society pages to the sports pages and eventually to a recreation section. When the Democrat got serious about coverage of running the Gazette matched it step for step and everybody seemed to benefit. Our running friends from across the country were amazed at the amount of print generated by local long distance running. The Gazette sent a reporter in 1986 to cover the Arkies at the Western States 100 Miler and the Democrat sent a reporter to Costa Rica in 1990. Both newspapers were present at the Shockaloe Trail 50 Miler last year at Mississippi. That doesn't begin to tell about the scrapbook of newspaper clipping I have of the Ultra Trail Series and other Ultra happenings.

It will be interesting to see what the lack of competition produces. I suspect that the BigShot will need to do a better job of reporting the Ultras. When you're the only game in town you get to call the shots. After all look at me "The BigShot".

Warm Regards,

A handwritten signature consisting of a vertical line and a diagonal line crossing it.

Ultra Profile - Tom Chapin

**Date and Place of Birth:** Born in Alamosa, Colorado 6/24/50

**Height - 5' 11", weight 175** (best running weight is around 160)

**How did you start running and why?** As a second grade boy out on the high plains of Texas, my family and I would be driving into town from visiting some farm family. I'd remark to my dad that we were going so slow that I could run faster than the car was going. Dad would just stop the car and let me out. I would run anywhere from a half mile to a mile at a time then Dad would let me get back in the car. I remember thinking while I'd be running, "I bet I could run like this all day long." That was not only where I first learned to appreciate running, but I also think that's where my desire for ultra running began.

**Number of Ultras Completed - 3** (the Maumelle 60K, Crosstimbers 50 and Ouachita Trail 50.

**Most Humbling Ultra Experience -** My first 50 miler at Crosstimbers. It's a double figure 8 loop. I was tutored ahead of time by Nick, Charley and Lou. Nick described how difficult one particular section of the course was. As Nick told it, I would be almost be on my hands and knees trying to get up one of the hills. After covering the entire course once (25 miles) I remember thinking what a strong runner I must be because I encountered nothing nearly so difficult as Nick had described. Then came the hill the second time around. I was almost on my hands and knees trying to get to the top. Shortly after making it to the top, I encountered what I call the "Screaming Cramps." From pride to humility in two miles. I'd been really introduced to ultra trail running.

**Running Injuries?** Several years ago I had to work through achilles tendon problems and in recent years have had problems with a chronic swollen knee.

**Ultra goals for the year?** Keep my running in the proper perspective and learn to "see" more in my running experiences. I intend to just stop, sit and listen once in awhile, even if it means getting left far behind (I'm usually pretty far behind anyway).

**What is your favorite piece of running gear?** I like the flexibility wearing a fanny back gives to the running experience. I don't have to know where I'm going when I start out from the house; I can just strap on the water bottles and take off.

**What ultra experience have you enjoyed the most?** I think some of the training runs I've been on have been most fun. One October morning about 3 years ago, Bill Laster, Otis Edge and I took off, not knowing where we were going. We ended up on a new single-track trail in the woods that none of us knew existed. It was so exhilarating that we were whooping like 9 year old boys as we ran through the woods (Bill and Otis might deny that, but its the truth).

**At the Arkansas Traveller 100 I should have...** Been 20 lbs lighter and eaten more. Otherwise, I think my strategy for the event was working extremely well for me.

**Favorite handlers -** My family!

**Favorite food and drink during an ultra.** I haven't found a drink I really like. At the AT 100 the hamburger at 49 miles was incredibly good. I like Payday candy bars on a run. Pretzels also seems to hit the spot.

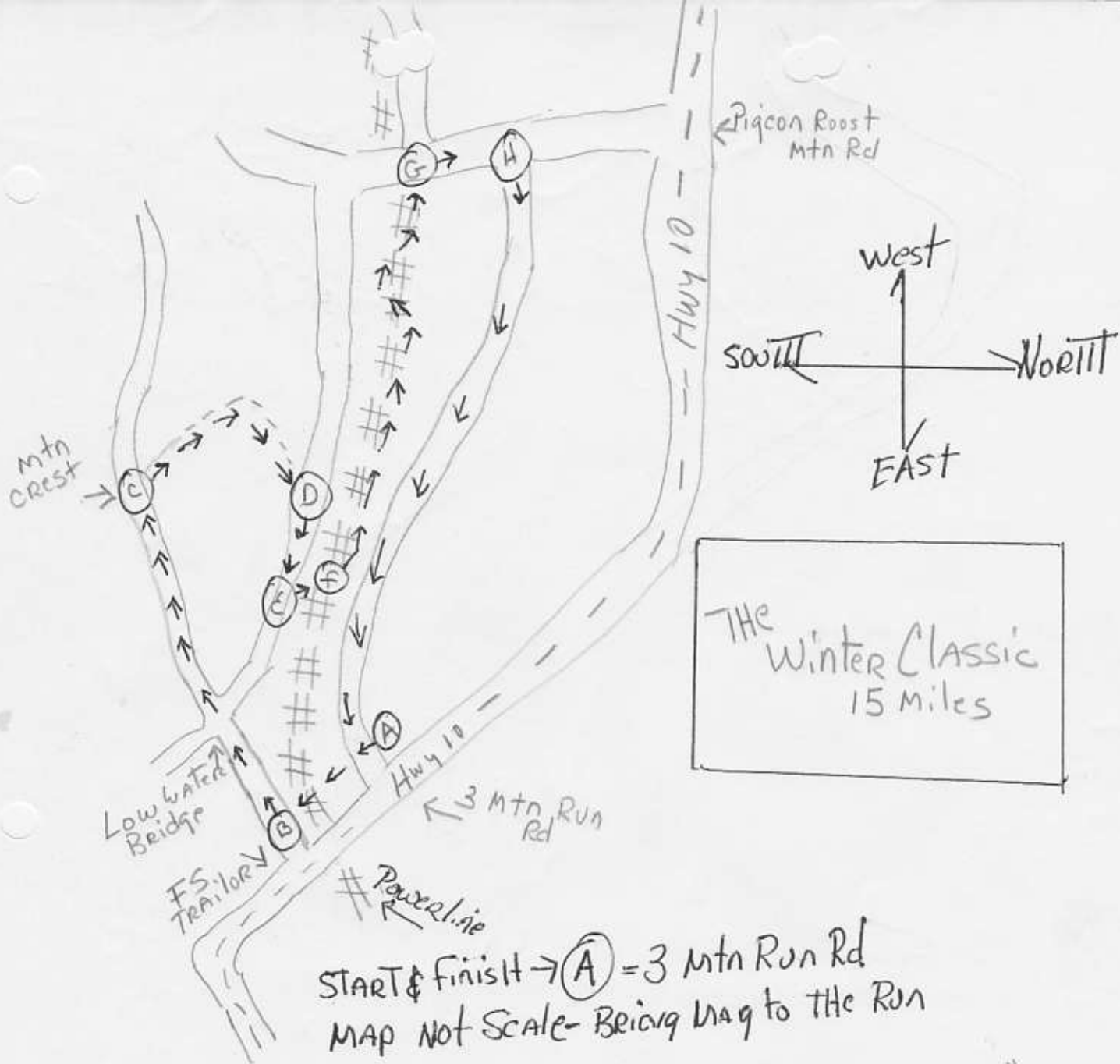
**Who are your favorite running partners -** Well, the Peyton group is a great one except that Charley, even when we finish at about the same time, won't run with me and Lou tells too many lies. And though I wouldn't tell him to his face, Otis Edge is not only a good running partner, but a great brother-in-law!

# THE INSIDE by HARLEY

(A SATIRICAL LOOK  
AT ULTRA RUNNERS  
IN ARKANSAS)

## ARKANSAS TRAVELLER 100 The story behind the story





1. A to B -> follow old Logging Road to the F.S. TRAILOR.
2. B to C -> follow Forest Service Rd from the TRAILOR approx 3.5 miles to the Crest of the Mtn.
3. C to D -> follow Logging Road Down the Mtn to the Forest Road Just west of the "Bene Cave".
4. D to E -> follow forest Rd East to the Pink Ribbons (A mile) (+/-)
5. E to F -> follow old Logging Rd up the Mtn to the Powerline.
6. F to G -> follow Powerline West to Pigeon Roost Mtn Rd
7. G to H -> Right on Pigeon Roost Rd to 3 Mtn Rd.
8. H to A -> Run your Guts out to the finish

## ULTRA RACE REPORT

MOUNTAIN MASSOCHIST 50 MILER - 10-26-91. You've got to do it, but it won't be easy. Eight of us drove up to Lynchburg, Virginia, to run the acclaimed "Best Organized Ultra in the East". Tony and Irene Johnson, Max Hooper, Nick Williams, Bobby Franklin, Ivy Harrison, Lou Peyton, and the BigShot. It was a 14 hour drive Thursday night that got us into Lynchburg. After an afternoon of rest we went to the pre-race dinner at a local school cafeteria. You've never seen such a variety of pasta. Those ladies really know how to feed Ultra runners. Now for the race. The run begins on the Blue Ridge Parkway with approximately 4 miles of asphalt and then hits the logging roads and trails. The aid stations are two to five miles apart and each station gives the runners a seven hour and a twelve hour pace. You must maintain a twelve hour pace or you are retired from the race. A twelve hour pace might not sound too hard but it didn't leave extra time to chat at the aid stations. But even for a marginal Ultra runner like myself, I didn't have any trouble making the cutoffs. I found the race course to be everything I expected it to be. That is to say, very demanding. There were steep uphill and steep downhill. If you are a good walker and downhill runner you'd score well. Unfortunately I'm neither, but I was conditioned enough to maintain an even pace from start to finish. One thing I really liked about the event was the number of entrants- 220+. With this many runners you were never alone. Another thing I liked were the aid stations. Very friendly and supplied with everything you could want. Also every runner who requested it was lodged with a Lynchburg family.

This is a point to point race route and after the finish buses took us to the dinner and the awards presentation and then back to Lynchburg. It was good to see Race Director David Horton and some of the Arkansas Traveller 100 entrants: Eric Clifton, Shelby Haden-Clifton, Donald Smith plus Millie and Gary Buffington.

Would I recommend this race to you. YOU BET! Please understand that it's "tough". Just practice your uphill walking and downhill running. Any race that is growing in entrants every year like this one must be doing something right. Mark "Mountain Massochist 50 Miler" on your calendar for next October

### ARKIES

Nick Williams - 10:40:39  
Lou Peyton - 10:43:00  
Ivy Harrison - 11:04:56  
Charley Peyton - 11:37:00  
Bob Franklin - 44 miles  
Max Hooper - 32 miles  
Irene Johnson - 26.9 miles  
Tony Johnson - 26.9 miles

PIGEON ROOST MOUNTAIN RUN-14 miles NOVEMBER 2ND-Boy the first cold snap of the year really made some of you guys pucker up. I'll have to give you credit however, you got there for the all new Pigeon roost mountain run. This year we decided to go out and back so that we could see the leaders and also be a fool proof method of not getting people lost. (Wrong!) the field was loaded with talent with the arrival of Tom Aspel, Johnny Gross, R Ray Bailey, Stephen Tucker, Frank Rivers and master's leader Jack Evans. For the females it was Nancy Cunningham, and Paulette Brockinton. The course is relatively flat on both ends for 1.5 miles. Then there is the mile long Pigeon Roost followed by several miles of short up and down grades. At the turnaround Aspel, Gross and Bailey were the first to cross the creek. As Aspel and Bailey paused to drink, Gross turned and headed for the return. Nancy Cunningham ran uncontested to the turnaround. Her main competition, Kim Pavelko, had developed car trouble and arrived at the start ten minutes late. For the men it came down to a sprint with two hundred yards to go where Tom Aspel poured it on and finished 11 seconds over Gross.

RESULTS

1. Tom Aspel	1:29:50	17. Kim Pavelko	2:11:00
2. John Gross	1:30:01	18. Paulette Brockington	2:11:01
3. Ray Bailey	1:30:15	19. Pete Ireland	2:15:10
4. Jack Evans	1:33:15	20. Lou Peyton	2:19:12
5. Frank Rivers	1:33:50	21. Tony Johnson	2:20:44
6. Jere English	1:45:01	22. Sandy Walker	2:21:00
7. A.O. Brotherton	1:45:02	23. Charlotte Davis	2:29:02
8. Nancy Cunningham	1:47:00	24. Rosemary Haluska	2:36:35
9. Bob Marston	1:47:25	25. Tom Holland	2:42:26
10. Jim Sweatt	1:47:34	26. Cathy Holland	2:42:26
11. Neil Hewitt	1:53:00	27. Gayle Bradford	2:47:31
12. Ernie Peters	1:59:34	28. Donna Duerr	2:47:31
13. John Baker	2:03:07	29. Jim Smith	2:49:01
14. Bruce Nunnally	2:07:00	30. Rick Greer	2:49:01
15. Sam Hardcastle	2:08:58	31. Corky Binz	3:10:32
16. Frank Schulte	2:11:00	32. Tom Zaloudek	3:10:32
		33. Sharon Williams	3:13:00

6-12-24 HOUR TRACK RUN (11-15-91)

A.U.R.A. MEMBERS DO THE TRACK - When I was in Junior High School down in Mississippi, my friend David Schaffer and I went to the county fair one fall night. Die David was wearing his football cleats. David was tough. As we walked behind the ferris wheel, he stepped on one of those long thick black cables that connect the generators to the carnival rides. The wires must have been hot because you should have seen the look in David's eyes when those cleats popped. "Hey Harley, you getting senile? I want to hear about the track run not something that happened 40 years ago!" Okay, already. I'm trying to make some excuses for myself. Backoff! Six weeks before the track run, I experienced a sharp electric like pain in the balls of my feet. I'd get that same look in my eyes when I felt my feet when I ran that ole David had in his eyes when he stepped on that live wire. Except for the Mountain Massochist 50 miler (I don't know why I didn't hurt

there). I haven't been able to run much. I signed up for the 24 hour track run and really got depressed and irritable over the uncertainty of how I was going to feel. Well I started out and was surprised that I felt so good, no pain. Then I got scared after two hours I convinced myself to stop while I was feeling good. That's my story. But you other A.U.R.A. members accounted for yourselves very well. Read On.

Ivy Harrison won the 6 Hour Track Run with 33.97 miles. She was handled by Bobby Franklin who handled and ran. Ole Bobby has many talents.

(Bob Franklin 16.80 miles). Al "Loose Screw" Maguire looked at home on the track as he ran and walked 39.92 miles. Al needs to give us all some walking lessons. Al is to (11-20-91) have surgery on the knee to have a couple of screws removed. Al is probably already back to training. Ann Moore settled into the 12 Hour Run and stayed for the whole thing. I tip my hat to you, Ann. You went round and round covering 46.32 miles. Irene and Tony Johnson arrived late for the 12 Hour Run but used their heads and didn't try to make up for lost time. Irene won the 12 hour event with 46.62 miles. Tony had 46.62 miles also. Les Hall, A.U.R.A. candidate, was

as strong as anyone on the track. He looked as fresh at the start as he did at the finish. (53.87 miles) Bob Horner entered the 24 Hour Track Run and did it right. After banking a few miles on Friday he got a good night's sleep and came back for a strong 73.50 miles total by Saturday's end. The same can be said of Steve Bridges, potential A.U.R.A., who reached his 50 mile goal after sacking out Friday night. Last year's winner Joel Guyer, ran his ultra but succumbed to planter fasciitis after 50

miles. Lou Peyton, my handler centered the race after I dropped and ran for eight hours before deciding the track was like living with the BigShot,

too tough. She recorded 34.72 miles and assumed a position on the sideline.

The BigShot covered 8 miles in two hours then took a long rest. He had intended to do more the next day. Possibly hit the track in time to be photographed by the sports reporters. However none appeared.

#### BENTON 6-12-24 HOUR TRACK RUN

##### SIX HOURS

1.	Dennis Fugate	40.42
2.	Ivy Harrison	33.97
3.	Larry Cook	33.48
4.	Sharon Strobel	30.00
5.	Harold Hays	22.32
6.	Michelle Nall	22.03
7.	Bob Franklin	16.80
8.	Gary Jones	5.72

##### 12 HOUR

1.	Les Hall	53.87
2.	Irene Johnson	46.62
3.	Tony Johnson	46.62
4.	Ann Moore	46.32
5.	Jackie Edmonds	14.39

##### 24 HOURS

1.	Bill Laster	120.3
2.	Bill Howerton	110.11
3.	Gayle Bradford	91.03
4.	Peter Butler	90.76
5.	Bob Horner	73.5
6.	Steve Bridges	50.09
7.	Joel Guyer	50.09
8.	Dale Stiles	43.15
9.	Al Maguire	38.92
10.	Lou Peyton	34.72
11.	Russell Neymer	18.10
12.	Charley Peyton	8.00

THE YEAR OF THE FOREIGN INVASION  
1991 MOUNTAIN MASOCHIST 50 MILER  
By David Horton

A strong foreign contingent added to an already strong field of runners from the United States, made the ninth running of the MMTR a special year. Tomas Rusek of Czechoslovakia; Nail Bairamgalin, Gennadi Shvets and Nurziya Bagmanova from Moscow Russia, made this a truly international race. Tomas, a 2:22 marathoner (6:47 100km) and Nail a 2:32 marathoner, along with Nurziya's 2:48 marathon would prove to be heavy competition for the American runners this year. Nurziya would give course record holder (8:36), Shelby Hayden-Clifton a run for her money in the female division.

Eric Clifton set the course record in 1990 with a time of 7:02. He had plans to be the first runner to break the seven hour barrier this year. Dan Landry and training partner, Jim Spencer both of Seminole FL, were back to improve on their 2nd and 11th place finishes of 1990. David Drach (Leasburg, NC) and Donald Smith (Danville, VA) also had aspirations of winning the coveted 1st place award as well.

Another runner (hiker) of note was also on hand for his very first ultra. Scott Grierson (Maineak) of Bass Harbor, ME decided to give ultra-running a try. Scott and I became fast friends this summer as we both set out to break the 60 1/2 days record for covering the 2,144 mile Appalachian Trail. Scott, hiked an average of 16 hours and 10 minutes per day (38.3 miles) to complete the A.T. in 55 days, 20 hours and 34 minutes. I ran the trail and was fortunate enough to finish in 52 days, 9 hours and 41 minutes. I had told Scott that he should try an ultra someday and that he could probably do very well. I asked him how many miles he had run in training this year. He said that he had run about 50 miles total in his "lifetime"!! We were to find out how effective hiking the A.T. was in preparing to run a 50 miler.

The 1991 MMTR almost didn't happen this year. On Sunday, Oct. 20, six days before the race was to begin, the biggest forest fire in 10 years in the George Washington National Forest began. It eventually consumed 2,000 acres. All fall, there had been very little rain. The forest was very dry and full of dead and fallen leaves which resulted in extremely dangerous conditions. The fire was under control by Wednesday, but would not be completely out until the day AFTER the race. Also, on Wednesday, another fire started north of the finish in Montebello. The fire never reached the race trail, but runners could see and smell the smoke in one particular section. It wasn't until Thursday night, Oct. 24, 36 hours before the race was to begin, that I received official confirmation that we could still hold the race. The butterflies in my stomach finally subsided. This was a race director's worst nightmare!

Over 350 people were present for the traditional pasta smorgasbord on Friday night at Heritage Elementary School cafeteria. An array of pasta dishes were provided by local runner's wives to all runners, crews, and aid station workers. Everyone seemed very impressed by the colorful T-shirts and sweatshirts given to all entries. My wife, Nancy, came up



with the idea for the shirt, which was eventually designed and printed by Ink Runs. Roy Maahs of World of Color, remarked that it was the prettiest race shirt in the 1,500 races he has photographed. Here's a little trivia for you MMTR runners: The mountain runner depicted on the shirt wore the race number "2144". Now what significance could that have?

From the very start, I felt that this was not a day for records to be broken. The starting temperature was higher than normal (50 degrees) for this time of year, and the temperatures continued to climb up to 75 degrees by afternoon. This didn't seem to have much impact however, as the 31 women and 182 men began a 50 mile "stroll" through the beautiful Blue Ridge Mountains. The 213 runners was 53 more starters than in 1990. With this kind of growth, who knows what the future holds for the MMTR.

As is Clifton's custom, he jumped out to an early lead of two minutes over Bairamgalin and Rusek by aid station 2 (5.7 miles). Smith was one minute behind the foreign runners with Spencer, Drach and Landry another minute back. The three front runners pulled into aid station four at 8:03 (11.2 miles) with Spencer seven minutes back, Drach and Smith eight minutes back of the two lead foreign runners. From this point on, it turned into a two man race between Rusek and Bairamgalin, as Clifton and the others weren't running up to their past performances.

By aid station 9 (24.6 miles), Rusek had edged ahead of Bairamgalin by one minute. Rusek's lead continued to increase, reaching nine minutes at the exit of the five mile loop (38.6 miles). Rusek still had a six minute lead at Forest Valley (43.0 miles), but Nail cut the lead down to three minutes at aid station 16 (47.1 miles) and closed to one minute and 39 seconds at the finish. The diminutive Nail had several ugly American expletives when he found out how close he was to Rusek when he finished.

Spencer was the only front runner who stayed anywhere close to the foreign runners, as he ran a strong race placed 3rd in 7:40:18, thus only three runners broke 8 hours this year vs. six who broke eight hours in 1990. Landry was the second American, placing 4th overall.

Shelby Hayden-Clifton jumped out to a three minute lead over Bagmanova by aid station 3 (8.4 miles). Bagmanova checked into the next aid station (11.2 miles) one minute ahead of Shelby. From there on, Bagmanova pulled rapidly away from Shelby and the rest of the field.

By the beginning of the infamous 5-mile loop, Bagmanova had a 30 minute lead on Shelby and was 7th place overall and 20 minutes ahead of Shelby's record pace of the previous year. From there in, however, Bagmanova slowed down and finished in 8:45:48, the 2nd fastest time ever recorded by a woman on the MMTR course. Shelby took 2nd in 9:02:16, her second fastest run on the course. The Master awards went to Tomas Rusek and Noel Relyea (Newark, DE 9:56:29). The Grand Master awards went to Phil Parker (Decatur, AL 9:08:16) and Janet Johnson (Medford, NJ 11:02:35). Bernie Davis claimed his second Mountain Man award and Theresa Duncan running her first ultra, won the Mountain Woman award. The Mountain Man and Mountain Woman awards are given to the top area male and female runners.

Grierson (Maineak) demonstrated that hiking the A.T. is very good ultra training as he finished in 71st place with a time of 10:20:55. On Sunday, however, you could tell Grierson had paid a great price, as he moved around like a 100 year old man. The ultra community may have found a new and interesting character as Grierson seemed to really enjoy himself. He even said that he would like to try the Leadville 100 Miler someday. This comes from a man who has now ran a total of 100 miles in his life to date.

The MMTR has a 12 hour time limit in order for runners to qualify for the marble finishers award. The highlight of the entire race came when Austin Royle (Lloyd Harbor, NY) came into sight on the last straight-away to the finish. When I first saw him, I looked at my watch. He looked to be about 400 yards away with only 1:19 left to beat the 12 hour limit. Everyone started calling out to him and cheering him on. His pace quickened as he started to sprint towards the finish. Voices could be heard calling out the seconds remaining. He was giving it all he had. With one last push, Royle crossed the finish line just three seconds under the 12 hour limit (11:59:57). He finished at a faster pace and to a louder cheer than any other runner. The only cheer that even came close was when Dennis Herr, otherwise known as the "Animal", threw me, clothes and all, into the trout pond adjacent to the finish line (but I made sure he went right along with me into the pond.) I didn't do anything to deserve it either!

Plans are already being made for the 10th Mountain Masochist Trail Run. A special commemorative coin may be minted for all finishers and golf shirts may be given to all entries. I would like to see as many people as possible experience the "Best Trail Race in the East".

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