

## THE ARKANSAS ULTRA RUNNER

JULY 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - One item overlooked in last month's A.U.R. was the news about Charlotte Davis's record setting mileage on the track, April 20th, during the "Dusk To Dawn" 12 Hour Track Run. Charlotte ran 58 miles and bettered the unofficial record of 53 miles held by Barbara Hilderbrand in last year's run. We also musn't overlook that Tanya Perry and Donna Duerr ran 50 miles during this year's event. Things have certainly changed since I was growing up in southern Mississippi where I was just a pencil-necked country boy and my bovine hipped girlfriend ran like she'd been hopping corn rows. You've come a long way babies!

Speaking of Ms. Tanya. It was my pleasure to witness her tying the know of marital bliss with ole Sam Slugg himself. Now what do I do? Do I offer one of them their membership dues back, issue new A.U.R.A. numbers and membership cards to both or keep quiet and hope they won't notice? Anyway I can see many (many) happy miles down the road for these two. They had a pre-marital run the morning of the marriage. Unfortunately Lou and the BigShot had a prior committment to lead an eight mile training run at Lake Sylvia for the Natural State Mountain Bike Festival. We had about 20 runners to start. For some reason the stretch of trail from Sylvia to Brown's Creek is longer than I say it is. On reading the signs at the turnaround it says, "Lake Sylvia 5 miles". So if you were there, change your log book to read 10 miles instead of eight. Oh yes, it was reported that Bob Marston spotted a bear on the trail when he went out for his second loop. Bears have become more common recently. As I recall Robert Morgan, Stephen Tucker, Nick and Sharon Williams and Steve Eubanks are runners that I know about who have been lucky enough for a bear sighting. Not too long ago Mr. Nick was on the 10 mile loop from the forest service trailer and found a bear track. He identified it as a large male.

Several of us took a 30 mile run over the 100 mile course. At the finish I overheard some disparaging remarks about the time and distance. That is, six to seven hours to run 30 miles. Now if you stop to analize, it that's a pace far below a 24 hour finish. In a 100 miler you'd be in good position. You people relax. Trust me!

On 6-9-91 we had the first training run over the Arkansas Traveller 100 mile course. The 17 mile figure eight loop. We had approximately 25 runners. Among them was "The Sarge" (Ann Gray-Smith) who was in Little Rock on business from her home in Portland, Oregon. We were blessed with a cool day and, although this wasn't a race, there were several runners who were ready to move out. As we started I thought I saw "The Sarge" look my way. Probably admiring my newly found fitness. I was feeling good. Just like I did

several years ago when she had me drinking salt water on the long runs to put power and stamina in my legs. Anyway going past the Lake Sylvia entrance I sensed that she was wanting me to test her. As I picked up the pace and was running stride for stride with her, I felt her disappointment when I had to stop and retie my shoe. I made a gallant try to catch up but by then she had crested the first hill and slipped away. She had to settle for Jack Evans and that new girl, Kim. "The Sarge" looked real good with her new west coast haircut, a flat-top, or, as they say in Arkansas, a high-low. It doesn't seem like she's been away for a year and a half. She said that she and John would be back in July. I plan on double knotting my shoe laces. You don't disappoint "The Sarge" twice. For those of you who were on the run, the lowest point on the Arkansas Traveller 100, approximately 475 feet, comes just after you turned onto forest service road 805. Just past the second waterstop on the Ouachita Trail the elevation is about 1450 feet. That's about seven miles of uphill running.

Here are some changes in the Sunday afternoon run from the forest service trailer. We have been meeting at 2:00 p.m. Because of the heat, I propose that we change the time to 4:00 p.m. It will still be hot but we will avoid the direct rays of the sun. Of course, this is not a mandatory run. If you would like to run early in the morning be my guest. So far we've run the 10 mile loop and lately we've run east from the trailer over to Highway #300 and Pinnacle Mountain Park (8 to 10 miles). If you've never explored on the other side of Highway #10 from the forest service trailer it is an interesting run. Also, on Thursday afternoons at 5:30 p.m., Lou and I plan to run the Three Mountain Run (11 miles). The Three Mountain Run starts about a half mile west on Highway #10 past the forest service trailer. This is 11 miles of up and downhills and is perfect training for the A.T. 100. If you were to take the A.T. 100 from end to end and squash it into 11 miles, you'd have the Three Mountain Run. Just like taking a Clydesdale horse and squeezing it into a Shetland pony. "Hey Harley is that some more of that deductive reasoning?" Yea! You're catching on.

Warm regards,



#### ULTRA TRAIL SERIES UPDATE -

On August 3rd we will kick off the 1992 Ultra Trail Series with the 12 mile Wasatch Scramble. Approximately 8 miles of powerline. You know you loved it last year.

We are trying to work around the established runs in the area and I will list the dates through January. The format will be the same as last year except for a masters division, 40 and over. Do any of you creative people have a suggestion of what to call the master's winners? The runs are listed later on the last page of the newsletter.

ULTRA PROFILE - TONY JOHNSON

Editor - Give us some vital statistics.

Tony - Age - 41; Height - 5' 10"; large frame' Weight 200 lbs. (at present on a diet; I will be down); Married 15 years (to same woman).

Editor - When and why did you start running?

Tony - I started running 1984 because I weighed 321 lbs. and my mother kept telling me I was going to blow up. All she needed to do was stick a pin in me. My sister enrolled me as a team member on her team for slim-a-thon. I told her that I wasn't interested and she told me if I'd do it she would buy me a new pair of tennis shoes. Well, who can turn down an offer like that. I lost 30 lbs. in 30 days. You couldn't tell by looking at me but I could sure feel the difference. I thought as long as I kept loosing weight I would continue. I bought a pair of Reebok's and started running. There wasn't much running to it at first, like maybe 10 feet at a time, but I was determined to do it. I watched my diet very carefully, ran daily. and as more weight dropped off, the further I could run. After a couple of months I could really see a difference in the way I was looking and feeling and I loved it. It felt great, better than great. I've been running ever since and loving it. I'm in better health now than I was at 20. Best thing I've ever done for myself bar nothing.

Editor - What appeals to you about ultras?

Tony - Put it another way, I'd rather be running and feeling good about myself than sitting in front of the T.V. set, overweight, sucking down a Snicker bar or something just as damaging and feeling lousy about myself and everything around me. Running is great and since I can't run fast I'll run long.

Editor - What is your ideal running weight?

Tony - Around 170 lbs., which I will see again in the very near future.

Editor - What is your favorite running shoe?

Tony - Nike seems to work best for me at my present weight but I also like Saucony quite a bit.

Editor - What kind of mileage did you run before the Ouachita Trail Five-0?

Tony - I ran the trail itself. I'd start at Hwy. 10 and run to Maumelle Park one week and the next I'd run from Maumelle Park to Hwy. 10. I ran a 50 miler in Mississippi and one

in Texas, and I also ran the Maumelle 60K. I have a eight mile loop at home I run quite a bit. I also participated in most of the Ultra Trail Series events, also the Great Bear Run. I'd average about 40-50 miles a week. Sometimes more, sometimes less.

Editor - You train alot with your wife, Irene. Are there any advantages?

Tony - She keeps me motivated just trying to keep up with her. She's great company and is game for anything that I'm game for. She's there for me if I need her and vice-versa. Having a running partner gives us something to talk about and we both appreciate what the other goes through during and after a run. Just having her out there with me is great even though she's way out there (for now).

Editor - Who is the stronger runner?

Tony - Irene is stronger in the longer distances but I'm a little stronger in the shorter distances of 1/2 marathon and down. She's tough in the long haul.

Editor - Have you had any running injuries and how did you overcome them?

Tony - I guess everyone who runs has had running injuries of one kind or another. I've had bad problems in both legs. The worst being my right leg. I took naprosyn and wrapped my leg with a neopreme wrap. I'd wrap the quad area with the wrap anytime I ran. Keeping my thigh wrapped worked best for me instead of wrapping the knee itself. I did this for almost two years.

Editor - What is your secret of downhill running?

Tony - I try and not fight the hill but become part of it and flow with it. I try and strike heel first and lengthen my stride a little. I try and not tighten my thigh so much when I land and I try to put a little spring into each step.

Editor - What is your favorite running food and drink?

Tony - Vanilla wafers and peanut butter, sometimes a Powerbar or two. I drink Conquest and Cytomax and water, of course. I like a nice cold coke after a run. It taste the best.

Editor - What are your favorite non-running activities?

Tony - At the present running pretty much takes all my spare time. I aslo like to bicycle some but running is my thing. We go to the movies a lot and eat out when we can.

Editor - What is your happiest running memory?

Tony - Completing my first marathon in Madison, Mississippi. I was so elated and excited about finishing I could hardly wait to

run another (even though my leg's felt like jelly and my tummy felt upside down).

Editor - What physical asset helps the most with your running?

Tony - My legs. I guess my legs would be my best physical asset. I have large thighs. As a matter of fact my left thigh is larger than my right. So much larger that if I don't wear long stretch pants (to the knees) they will rub together and blister up. I couldn't run a step without them. My legs are strong and dependable.

Editor - What are your long term running goals?

Tony - To run Pike's Peak in six hours thirty-minutes, and to complete the Arkansas Traveller 100 miler in October.

Editor - What is your running nickname?

Tony - "No Nutz" (because I don't have any, so they say)

Editor - Is there any advice that you'd like to give to the BigShot?

Tony - Keep up the good work, BigShot. The Ultra Trail Series are a big hit with me and I appreciate all of your efforts, your's, Lou's and Nick's. There's a lot more to doing this than most people realize. I can't advise you on your running since you beat me in the Ouachita Five-O. You're looking good. Thanks BigShot and friends for everything.

#### ARKANSAS TRAVELLER 100 TRAINING TIPS -

(A series based on BigShot's ultra knowledge gleaned from many D.N.F.'s)

EATING AND DRINKING FOR THE RUN - This is the second article on preparing for the A.T. 100. I hope that you first timers will pay heed. Let's begin with the basics. Water. On a hot 100 miler it's not unusual to drink up to 30% of your body weight. A 7% drop in body weight and you're dead in the water. Start your hydration at least the day before the event. Wake up those kidney's so that while on the starting line you will have the urge to go to the bathroom. Once the run is underway drink a bottle of liquid every two miles. If you find yourself going to the bathroom every two miles, you're in good shape. So rule #1 is if it's warm drink a bottle of liquid every two miles. Your choice of liquid can be water, pop, tea or the sport drinks such as Exceed, Gatorade, or Metabolol. A bottle of sport drink has about 250 calories. Try to take in at least 200 calories per hour. Your goal should be to replenish your calories from the very start. Remember you will miss two breakfasts, a lunch and a supper. In addition you'll burn around 500 calories per hour of running. My suggestion is to substitute a sports drink for plain water. You'll maintain hydration and get your calories. Conquest is a good electrolyte replacement fluid and is made with nutrisweet. At the aid stations will be "food".

Browse lightly but regularly. Eat what looks good to you. Rule #2 take in from the start at least 200 calories per hour.

Now with all that said. Rule #3 is as follows. Practice this eating and drinking routine on your training runs! I can't over emphasize this. Know what agrees with your system before the event.

TRAINING RUN CALENDAR AND ULTRA TRAIL SERIES UPDATE -

Lou wants to do a couple of night runs in July and August. If you see a "p.m." start on the run in the A.U.R.A., it's not a typo. Be there with your flashlights, water, food and don't forget your garbage bag in case of a downpour. The dates for these runs are:

- June 29 - - - 6:00 a.m. start from parking lot at Lake Sylvia for 24 miles on forest service roads. Bring aid bottles. Water will be set out.
- July 13 - - - 6:00 a.m. start from Lake Winona parking lot and run to #132 and back for 25 miles + or -. Bring aid bottles. Water will be set out.
- July 19 - - - 8:00 p.m. start from forest service trailer on Highway 10 for the 16 mile loop. Bring flashlight, extra batteries, water bottles, food. No water set out.
- July 27 - - - 6:00 a.m. start from road #2 and run to #132 and back for 20 miles. Bring aid bottles. Water set out.
- August 10 - - - 6:00 a.m. start at #132/Y59L for the Smith Mountain Run. 20 miles. Bring aid bottles. Water set out.
- August 16 - - - 8:00 p.m. meet at Lake Winona parking lot for the 20 mile loop. Bring extra flashlight, batteries, food. One water stop provided.

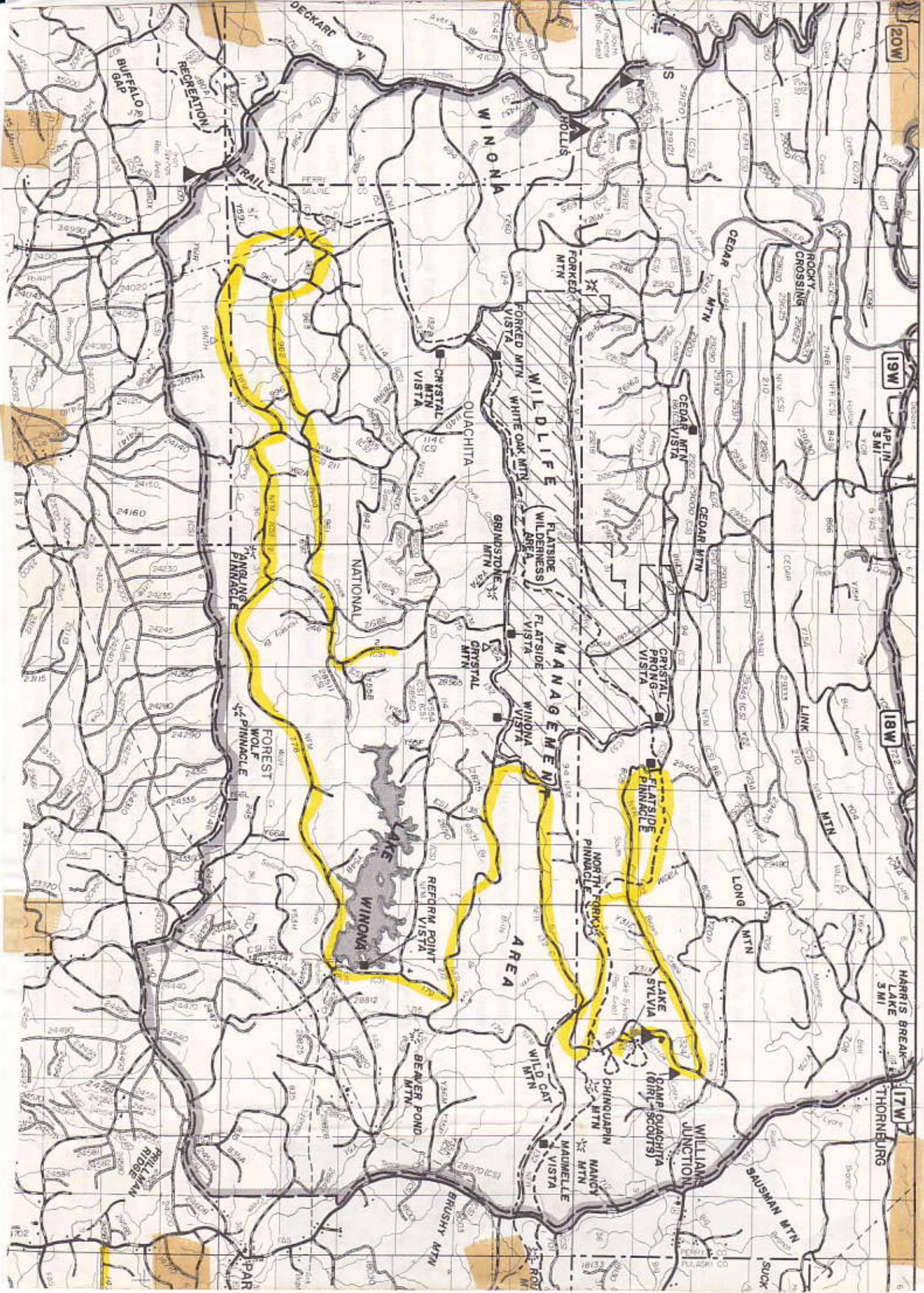
For more information call Charley or Lou Peyton 501-225-6609.

ULTRA TRAIL SERIES UPDATE -

The Ultra Trail Series runs are as follows:

- Wasatch Scramble 12 miles (powerline)-----August 3
- Tom-Harley 50K-----September 14
- Volunteer For The A.T. 100 Miler-----October 5
- Pigeon Roost Mountain Run-----November (?)
- Winter Classic 15 Miler-----December 14
- Great Wall of China Run 20 Miler-----January 11
- Smith Mountain Run 50K-----February
- Spring Classic 18 Miler-----March
- Mobile Marathon 21 Miler-----April
- Loop-De-Do 17 Miler-----May

THIS IS A MAP OF THE ARKANSAS TRAVELLER 100 MILLER



Appalachian Trail "Conquest"  
David Horton

2144 Miles: Springer Mountain, GA to Mt. Katadin, ME  
GOAL: To Finish In Less Than 60 Days

Progress Report #7

\*David wants me to do these reports every four/five days now - he must think I have nothing else to do. I said that I would "TRY", but couldn't promise. So we'll see how this goes for now.

Day 33 (which is actually Day 34 on the itinerary) Monday, June 10 - New York here I come! 45.9 miles in 11:34. Reached a hot 90 degrees today, but had a good run considering. Saw two wild turkeys. Had some "Ben & Jerry's" ice cream - it was fantastic! Ray Cimera & Dick Hearn are with him now for a couple of days. Physical problems seem to have subsided for now - feeling good!

Day 34 Tuesday, June 11 - went through a really small cave on the trail today, called the "lemon squeeze". It was a tight fit even for David. He couldn't imagine how a hiker with a big backpack could get through there easily. Finished today with 42.8 miles in 11:36.

Day 35 Wednesday, June 12 - Started at 4:47 a.m. this morning. This is his earliest start to date. 38.9 miles in 10:35. Only saw one day hiker today and a mommy and several baby grouse. He said the mother grouse almost attacked him. DAVID FINALLY SAW HIS BEAR!!! But, he kind of cheated - He was running on the trail through Bear Mountain Park. As he was running along, he came to an 8 ft. chain-link fence and the only opening he found was padlocked. He could see the "blaze" mark of the trail on the other side of the fence. Well this presented somewhat of a dilemma. Should he go around or over the fence? I bet you guessed that one! He climbed over that sucker, which turned out to be the Bear Mountain Zoo. And thus, his meeting with a bear. Steve & Mary Ann Feller are keeping David company today and tomorrow.

\*David thinks he may have gained quite a bit on "Maniac" today - On the trail, there are places for hikers to "sign-in" with their name, date and time. On this particular day, David came upon four such stops. The first two registers showed Maniac signing in on 6/13, the last two he had signed in on 6/12. This means that David has possibly caught up with Maniac to within a day. Is it possible that David could catch him in the next day or so? Although David somewhat denies there is a competition between he and Maniac - we know better don't we? However, I know David truly wishes him the "best of luck". They will have both accomplished an amazing feat, no matter what happens at the end.

DAY 36 (Thursday, June 13) - 48.4 miles in 12:11. David is now in Cornwall Bridge, CT. Quote from David, "God made a masterpiece when he made today." It was such a beautiful day, low humidity, low temperatures, nice cool breeze, gorgeous scenery -truly magnificent. Nancy Hamilton joined the Feller's today. This afternoon, Nancy was joined by Bert Meyer to relieve the Feller's and they will be with him tomorrow as well.  
\*\*Move him up another day - He is 75.9 miles ahead of schedule!  
(Day 38 should now be Day 36.)



\*Another word about Maniac - David's not sure what he's doing. His three sign-in points today were confusing. Each point had a different date, 6/12, 6/13, 6/14, which doesn't make any sense. However, a clerk at the Post Office in Cornwall Bridge today, told David that Maniac was through there on Wednesday, 6/12. Whether he's trying to deceive David for whatever reason, or whether he is showing signs of disorientation, we don't know. Well, for whatever reason, David is just going to keep chugging onward at his own pace - what will be, will be. **HE'S NOT BACKING OFF!**

**TOTAL MILEAGE TO DATE: 1451.3 in 36 days (2 days ahead of schedule).** At this rate, David feels that he could possibly finish by June 30 or July 1. We'll see!!

\*David feels GREAT!!! The Lord has truly given him an extra measure of grace this week! Good weather, beautiful scenery, very little pain, good support crews and a lot of close communication with a wonderful and loving God! Thanks for your continued prayers!

\*Because he is ahead of schedule and trying to increase his mileage daily, the itinerary will only give you his approximate location. The other night he wasn't even sure what town he was in, but somewhere 10-15 miles further than his schedule showed. He also missed two mail drops, but they will be forwarding his mail home.

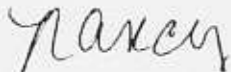
**David's verses:**

**Philippians 4:14** "I can do all things through Christ which strengthens me."

**Philippians 4:19** "But my God shall supply all your needs according to His riches in glory by Christ Jesus."

\*My home number is (804) 239-1324. You may call anytime after 6:00 p.m.

Runner's Widow,



Nancy Horton