

# THE ARKANSAS ULTRA RUNNER

APRIL 1992

*A Newsletter For The Arkansas Ultrarunning Association.*

Message from the Bigshot-ATTENTION ARKANSAS ULTRA RUNNING ASSOCIATION MEMBERS! This is your chance to get in on the ground floor. Lou Peyton is talking up the crossing of the Ozark Highlands Trail next winter or spring. The format will be like the Ouachita Trail Crossing this past December 28th. The idea is a go at your own pace and provide your own crew, etc. You can run all or part of the event. Think about it.

From Down South - Arkansas Ultrarunning Association member Joel Guyer has been real busy. Joel recently ran the Birmingham 50 Miler on February 7th and finished 6th overall in a time of 7:20.

**FLASH** - Don't forget that the remaining Ultra Trail Series races start at 6:30 a.m.

In his efforts to guide you to your personal bests for the coming year the BigShot is publishing an exclusive Ultra Running Horoscope. Read yours carefully.

## ULTRA HOROSCOPES

**ARIES** - YOU MIGHT CONSIDER A SLOWER START. YOUR FRIENDS WILL WELCOME YOU BACK. WEAR GREEN IN YOUR NEXT ULTRA. PLAY THE LOTTERY WITH YOUR ULTRA NUMBER.

**TAURUS** - YOU WILL BE PLEASED WITH LONGER HAIR. YOUR APPETITE WILL BE YOUR DOWNFALL. A FAST FIFTY IS IN YOUR FUTURE. SOMEONE SPECIAL WILL RUN TO YOU.

**GEMINI** - DON'T GIVE UP ON HIM. BOW YOUR BACK IN THE NEXT 100. DON'T WORRY ABOUT SUNDOWN. LOOK FOR A BREAKTHROUGH IN YOUR NEXT 50.

**LIBRA** - THEY WILL ALL BE IN AWE AT WHAT YOU RAN. YOU WILL HAVE A GOOD TRAINING MONTH. TRY FOR ONE MORE COMEBACK. DO I HEAR BELLS IN YOUR FUTURE?

**LEO** - THERE IS SOMEONE HAIRY IN YOUR FUTURE. WATCH YOUR STEP AT THE START. YOU WILL FIND SOMEONE TO RUN PAST. DON'T SLIP UP NOW.

**VIRGO** - PROTECT YOURSELF. STAY BEHIND THE LEADERS AT THE NEXT 50. WATCH YOUR BACKSIDE. VICTORY CAN BE YOURS. A 100 MIGHT NOT BE YOUR DISTANCE.

SCORPIO - IT'S NOT TOO HARD TO TAKE A DAY OFF. YOU'LL RUN FIVE ULTRAS IN 1992. BIG POINTS ARE COMING YOUR WAY. A NEW PAIR OF TIGHTS CAN HELP YOU.

SAGITTARIUS - YOU WILL GET LOST BUT FIND YOURSELF. LOOK FOR A BIG LIGHT COMING YOUR WAY. YOU WILL GIVE UP A BAD HABIT. STAY AWAY FROM RAILROAD TRACKS.

CAPRICORN - YOU WILL LOSE FORTY. RUN FORTY AND BE FORTY IN 1992. YOUR TRUE FRIENDS WILL SHIELD YOU. A VOICE FROM THE PAST WILL FIND YOU. YOUR NEW RUNNING NAME SHOULD BE "SPEEDY".

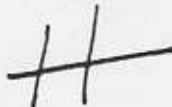
AQUARIUS - A 10K ON CONCRETE IS NEAR. DON'T FORGET TO HUG A FRIEND. 1992 LOOKS LIKE A BEAUTIFUL YEAR. THERE IS A LOVE CHILD SOMEPLACE.

PICES - PAY HOMAGE TO THE BIGSHOT. THERE CAN BE NO VICTORY WITHOUT DEFEAT. YOUR TRAINING WILL DRASTICALLY CHANGE. A FAST ULTRA IS NEAR.

CANCER - REACH OUT TO AN ARCH RIVAL. ULTRA RUNNERS DON'T LIE. EVERYONE'S NOT OUT TO GET YOU. THE CONSPIRACY MIGHT BE REAL.

The response to the Arkansas Ultra Running Association membership drive has been very pleasing (as it usually is). You new members can rest assured that what you're reading is a 100% USA product. The BigShot pledges that the A.U.R.A. will be one of the few remaining institutions that accepts no articles from Japan.

Warm regards.



ULTRA PROFILE - JEFF THOMAS

*Jeff, since you're a new ultra runner tell us a little about yourself?*

I'm a native of Arkansas. I just moved back to Arkansas after spending four years in Fort Worth, Texas. I am currently working at the Baptist Medical Center as a Chaplain Intern

*Give us some statistics - Your ideal running weight, age, shoe size, etc.* I am 5'3" and weigh 110 lbs. My ideal body weight for running is 120 lbs. However, I have the problem of not being able to gain weight easily. I struggle to keep my weight at 110 lbs. I am a 27 year old runner who wears a 6 1/2 Nike Athena.

*Prior to joining the Arkansas Ultra Running Association what kind of training and racing did you do? Give us a typical training week for you.*

Prior to becoming an A.U.R.A. member, I cycled and ran. My running was inconsistent at best. Therefore most of my races were on a bike. My training week is: Monday off; Tuesday 60-70 minutes (hills); Wednesday 80-100 minutes (intervals); Thursday 60-70 minutes (hills); Friday off; Saturday a long run of at least 2 hours or a race. Sunday 8-11 miles.

*Tell us about your P.R.'s.* At 1 mile - 5:05; 5K - 18:55; 10K- 38:56; Marathon - 4:11:33. I just attempted and completed my first marathon at Booneville on 3-7-92.

*Since you're a little short (Jeff inserts, "Is this a pun?") on ultras at this point, have you any ultra races in the future.* My plans are to attempt the Ouachita Trail run in May and to continue to run in the world famous Ultra Trail Series. As I gain experience and endurance I want to attempt the Arkansas 100 Miler and later do a multi-day run (but not to the bathroom).

*What kind of training do you do besides running?* I have given up all other forms of training at this time in my life. One day I hope to include more cycling in my training, (but for now I am enjoying running).

*Have you ever had any running injuries?* In January I experienced problems with my left hip. This has been my only injury that has forced me to curtail my running. This injury came, of course, just before the Jackson Five-0.

*If you have had any injuries how did you get over them?* I sought the medical help of a local doctor. He gave me Tolectin, and I rested for about nine days. The hip works great now, but is a good excuse to use in the future events when I don't finish a race.

*What do you like to eat on ultra runs?*

Since I am still new to the trails, I am still experimenting. But for now I enjoy Powerbars and water. I have tried other drinks, but they leave me thirsty.

*What about your ultra diet? If you decided to change your diet what would you do?*

I follow a very scientific approach to my diet. I eat what my wife cooks! I eat a lot of pasta based foods. If I changed my diet, I would eat more fruit and low fat foods, but still could not give up Twinkies.

*What is your favorite running possession?* My jacket I received at the Jackson Five-0, because it was my first ultra even if I had a D.N.F.

*What has impressed you about ultra running (runners)?* I enjoy the fellowship and support of other runners. I enjoy the noncompetitive nature of our runs.

If you could be a BigShot for a day what would you do? I would hold an ultra run of about 100 yards and give myself a 99 yard head start, so I could finally finish first. I would also disqualify all runners who run a mile faster than 10:00 minutes.

## THE ULTRA CORNER

On a cold rainy night with nothing else to do, I compiled a list of Arkies who completed the Jackson Five-0 from 1981 to 1992. Read carefully. Some of the names and times might surprise you. You ultra junkies will have a feast.

David Horton	6:18:22	Buddy Ritter	7:50:20
Ray Bailey	6:20:15	Buddy Ritter	7:53:10
Eddie Mulkey	6:30:40	Larry Mabry	7:58:14
Bill Torrey	6:31:11	Lou Peyton	8:01:02
Nancy Cunningham	6:53:12	Lou Peyton	8:11:12
Henry Hawk	6:53:12	Al Maguire	8:11:19
Bill Laster	7:05:39	Lou Peyton	8:17:02
Bill Maxwell	7:07:34	Falon Davis	8:19:01
Bill Cofelt	7:10:28	Charley Peyton	8:27:28
Bill Laster	7:12:22	Bob Hanle	8:28:52
Carla Branch	7:19:15	Bob Hanle	8:36:49
Falon Davis	7:21:21	Charley Peyton	9:14:22
Mike Heald	7:22:59	Irene Johnson	9:21:00
Buddy Ritter	7:27:15	Otis Edge	9:25:00
Larry Mabry	7:28:04	Charley Peyton	9:28:12
Falon Davis	7:29:03	Tony Johnson	9:31:00
William Gilli	7:34:22	Dan Bartell	9:43:50
Wayne Elliot	7:38:14	Robin Hanle	10:28:16
Larry Mabry	7:41:03	Al Maguire	10:41:43
Larry Mabry	7:41:52	Al Maguire	10:42:30
Wayne Elliot	7:44:00		
Lou Peyton	7:43:59		
Larry Mabry	7:45:09		
Falon Davis	7:46:50		
Falon Davis	7:50:20		

Let me get away from the ultra business a few minutes and talk about a 10K run Lou and I went to last month. The race was the Vicksburg, Mississippi, RUN THRU HISTORY 10K. Our times were not impressive but it didn't matter. I remember a 42 minutes 10K back in '81 was much easier than the 57+ minutes I turned in this year. The point of the story is that this year was the 13th race and attracted the largest field ever. Over 1400 runners and walkers. 650+ 10K runners - 600+ 5K race walkers and 150+ one mile racers. How can this be when the race is advertised as a run on the hills that stopped General Grant during the Civil War. A most unlikely place to have a race since a P.R. is out of the question. There is not a flat place for the first 5.5 miles. Steep hills, up and down the whole way. Yet, at the starting line there were young and old in all shapes and sizes eager to take the challenge. How can a race continue to attract a quality field year after year? It's called good organization and

marketing. The race organizers realize a runners P.R. is important but runners sometimes might want a little more - a challenge. They advertise the race that way--as a challenge. Also they realize that there are a lot of people out there who want to be a part of the event but were not runners. Hence, a 5K race walk was initiated that started five minutes after the run with both finishing in the same location.

The celebration atmosphere after the finish was hard to beat. Instead of a "hand out the trophy and go home attitude", there was a live band playing old time rock and roll, free food and drink. We got more than our money's worth.

To bottom line it, race organizers that give the runners what they want will continue to thrive for some time to come.

Several A.U.R.A. members were among a large contingent of Arkansans that traveled to Lake Texhoma, Texas for the annual Cross Timbers 50 Mile Trail Race on 3-21-92. Weather conditions were reported to be perfect. The times for the A.U.R.A. members were as follows:

Jack Evans	8:56:08
Bob Marston	9:04:26
Jim Sweatt	9:09:03
Tony Johnson	11:59:35
Irene Johnson	11:59:35

Next month we hope to have a complete recap of the Cross Timbers, the Mississippi 50 Miler, and the Barkley Marathon.

## ULTRA TRAIL SERIES REPORT

The Spring Classic - March 14th - Who says you have to run a 50 miler to have a good time. This 18 mile route is why I enjoy the Trail Series. It was a tough challenging course with plenty of competition and camaraderie. What a great race was run by overall winner Frank Rivers who charged up the 2.5 mile uphill start to let the field catch him if they could.

Second place finisher, Dave Cawein caught Frank who was running with Steve Hindman of Jacksonville on the four mile rough section going up F.S.R. 212 and was barely in the lead at the second water stop at 9 miles. With a full water bottle Dave didn't stop and was able to put some distance between Frank and Steve. However two miles later at 132C Frank was running faster on the flats and pulled away the last six miles.

New A.U.R.A. member, Kim Pavelko dominated the women's lineup and appears to have overcome her past problems with depletion. Was it something the BigShot said? I got my second wind with seven miles to go when I caught Sam Hardcastle who was walking with Tom Holland. Sam and I picked it up and went looking for Bobby Franklin or Tony Johnson. I guess I poked around too much at the start as these two never came into sight. And at last the finishline. Where else in a race can you come to the finishline that's lined with lawn chairs awaiting the next finisher. It's hard to beat.

If you didn't make it to the post race campout, you missed a treat. The weather couldn't have cooperated more. Some of the campers even got out for a slow 15 miler Sunday morning. There were a lot of tales to tell around the campfire. I don't think I could do it justice to describe the goings on. We'll do it again next year.

#### SPRING CLASSIC (RESULTS)

1.	Frank Rivers	2:12:58
2.	Dave Cawein	2:15:26
3.	Jim Schuler	2:26:31
4.	Jim Sweatt	2:26:43
5.	Neil Hewitt	2:26:53
6.	Ken Millar	2:27:40
7.	Jeff Thomas	2:32:43
8.	Gary Welchman	2:38:28
9.	Bob Marston	2:40:40
10.	Kim Pavelko	2:41:17
11.	Nick Williams	2:44:59
12.	Steve Hindman	2:44:59
13.	Ernie Peters	2:45:03
14.	Cheryle Potter	2:45:15
15.	Don Potter	2:45:16
16.	Paulette Brockinton	2:48:23
17.	John Baker	2:51:10
18.	Tally Ward	2:55:29
19.	Bob Franklin	2:55:58
20.	George Thibideaux	3:58:00
21.	Pete Ireland	3:01:29
22.	Lou Peyton	3:01:39
23.	Sandy Walker	3:04:54
24.	Tony Johnson	3:06:59
25.	Cathy Holland	3:07:05
26.	Tom Zaloudek	3:14:08
27.	Donna Duerr-Allsup	3:16:30
28.	Donna Hardcastle	3:20:14
29.	Gayle Bradford	3:20:40
30.	Charley Peyton	3:28:20
31.	Sam Hardcastle	3:28:20
32.	Ralph Hoffman	3:43:27
33.	Mary Clendaniel	3:44:47
34.	Corky Binz	4:21:20

The next trail series run is the Mobil Marathon on April 18th. The course is out and back for a total of 21.5 miles. Lots of hills but no creek crossings. To get to the starting line from Little Rock go west from the I430/Hwy 10 Overpass for approximately 8 miles to the Ferndale Cutoff Road on the left. There will be a sign pointing to Ferndale. Go four miles on the Ferndale Cutoff to Ferndale intersection at the stop sign. Turn right onto Kanis Road and go 5.8 miles to the county line. Park on Brushy Mountain Road on the left. Remember the 6:30 A.M. start.

LETTERS TO THE EDITOR:

Dear BigShot:

Since you recently completed a 50 miler and a 10K, both on PAVEMENT, is it true that you'll soon give up long trail running and return to your first love - water aerobics?

The T. Word

BIGSHOT - When you pay your A.U.R.A. dues, I'll respond.

Dear BigShot:

I would like to get a better ultra number. I was hoping for something in the teens or single digits. Could I possibly have two or three numbers? Oh, please, please, please? See, that way I could have one number for each of my outfits - I could use 12 when I wear my mauve, two-tone running suit and possibly 8 when I run in my tiger-orange tights and top. Also, please let your readers (and Mr. T.) know that my name is not Crazie Annie; especially if you're calling me at the Club.

Thank you.

Ms. Ann Moore

BIGSHOT - Come on Annie, get a life! You people have got to realize that there's only room for one at the top.

Dear BigShot:

Can we have vittles about every two miles on the next ultra series run? I need to eat on these runs and, frankly, Chuck Wagon (that's my little lady, Donna) is gettin' plumb tired of haulin' all my food for ten or twenty miles. Why, she's begun to eat some of it - some of MY food! Wouldn't need much, maybe 4 or 5 pounds of bacon, couple dozen eggs, quart or two of juice, all done up just right about every two miles. The little skinny guys mostly carry their own food and probably wouldn't eat much anyway so, you wouldn't need to put too much out.

Thank ya. X

Jethro Hardcastle

BIGSHOT - Give me a break! I knew all along you were a TAURUS.

OVERHEARD ON THE TRAILS - By Bob "Rabbit Ears" Marston

Deaddog: "Well, on my next attempt at a hundred, all I know is, I'm gonna do everything Donna does. She got through it - if I do everything she does I think I'll be able to do it too."

The "T": "But Deaddog, she sleeps with Sam."

Deaddog: "If that would get me through a hundred, well, it just might be worth it.....Nah, I don't think I could handle it.....But you know, having to sleep with Sam may be what made her so tough."

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At mile 18 of a 22 mile run: "If the Poop Gods make one more demand on this run, I'm gonna need a new butt."

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What's the difference between broccoli and boogers?

- kids don't eat broccoli.

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"Well, how bad ya think Harley lied on this one."

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"We're comin', Mueller, we're comin'."

- the resolved cry of a small group of Americans as they try to run down Ken Millar, an elderly, displaced goober, from Canada (does this guy have a green card?)

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Nick, beer in hand, a little swagger to his now tired step, after the Spring Classic 18 miler, as he watches Louetta finish behind him:

"I kicked Lou's butt - AGAIN!!"

RACE SCHEDULE (ABBREVIATED)

APRIL 18TH--MOBIL MARATHON/21.5 MILES--ULTRA TRAIL SERIES #9  
MAY 2ND-----OUACHITA TRAIL 50/ LITTLE ROCK, ARKANSAS.  
MAY 2ND-----STROLLING JIM 41.5 MILES/WARTRACE, TENN. (SEE HARLEY)  
MAY 16TH-----the LOST TRAIL MYSTERY RUN--ULTRA TRAIL SERIES #10

NEXT MONTH--NEWS ABOUT THREE SHORT ULTRA RUNS DOWN IN LOUISIANA.