

THE ARKANSAS ULTRA RUNNER

December 1992

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - The BigShot has been in his usual post race depression since the Traveller. Without the 100 miler to think about, it's like falling into a gaping black hole. I'll pull out when we all get back on the trails when deer season is over.

Congratulations to Bill Laster and Irene Johnson (A.U.R.A.) who were recognized November 21st during Healthfest weekend at Hot Springs as male and female Ultra Runners of the Year. Determined by a point system (what else is there). Bill was first at the 1991 Saline County Striders 24 Hour Track Run, 3rd at Cross Timbers 50, 40/139 at The Leadville 100 and a finisher at the Ouachita Trail 50. Irene was perhaps A.U.R.A.'s most prolific ultra runner. She was first at the Striders 12 Hour Track Run, 1st at Gocare 12 Hour Track Run, 3rd at the Midnight 60K, 4th at the Arkansas Traveller 100, and participated in the Sunmart Texas Trail 50, Ouachita Trail 50, Cross Timbers 50 and the Fort Valley 50.

Speaking of the Midnight 60K. Any early volunteers out there? Not much work--taking drop bags out, cooking pancakes, etc. I expect a bigger crowd this year/

Ultra Correction Time - The Clear Springs 50K was incorrectly listed on February 6th in last month's Ultra Race Calendar. The date should have been January 30th. I humble myself before the BigHead and ask forgiveness and, may I add, if you are looking for a pure trail run, take a drive down to Mississippi. Hey! It'll be springtime in South Mississippi then.

Have you heard anything from the Jackson Five-0 in Dallas? The scuttlebutt is that Ed Jackson is back at the Helm replacing Gary Millet. That explains the twenty dollar entry fee. If that's the case, the hype will probably be missing from the prerace activities but you'll still have the same course and good people to run with.

The Arkies appear to be well represented at the Sunmart Texas Trail 50 scheduled for December 19th. Lou and I are staying at the Sam Houston Inn in Huntsville. Let's do it.

The long awaited Running Arkansas Magazine was in the mail last week. It was edited by Lynn Warner of Camden. He wants it to become the statewide running magazine for Arkansas. I'll see to it that we get an Ultra Column every month.

I received a pack full of Strolling Jim 40 Mile applications in the mail last month from Race Director Gary Cantrell. It's unfortunate that the Strolling Jim conflicts with the Ouachita Trail 50.

The following is a note I received from AURA member Jeff Thomas:

Dear Friends:

You can help me fulfill a dream. Yes, you can make my dream become a reality. Interested? I hope so. Allow me a moment to share with you my dream. Since, I began running ultras, I have felt a distant call from the Natural State to run across it. So I put my brain into overdrive and decided to start my run in Fort Smith on February 26th and finish (alive) on March 4th in West Memphis. While running across this great state, I hope to raise money for the Arkansas Cancer Society.

What a dream! With a dream this large, I am in need of your special assistance to help me run across the state and raise money to defeat a tough opponent called cancer. Here's how you can help me make my dream a reality. I am in need of people who can crew for me, an entire week, several days, or just one. In addition to crewing, you may wish to run a day or two with me. My daily runs will average between 45-50 miles. You may also feel motivated to make donations. My goal is to raise \$10 a mile and finish with a total of \$2400 for the run. You may also donate other materials; such as food, or drinks (non-alcoholic of course). You may also donate money to help those crewing my run. This donation would help with the cost of gas, food, and hotel expenses.

I AM LOOKING FORWARD TO YOUR CALLS AS YOU OFFER ASSISTANCE WITH MY DREAM. PLEASE CALL ME AT (501) 664-6890. If I am not at home leave your phone number and a brief message on my answering machine. I will get back in touch with you.

Thanks,

JEFF

Can you believe that the A.U.R.A. year is coming to a close. We will be starting our 5th year. It's amazing where a letter written to a couple of running friends can lead you. Be careful!

Warm Regards,

ULTRA PROFILE - John Baker (1992 Arkansas Traveller 100-23:11:12)

How has the recovery gone?

I finished the race without any physical problems. I don't have all my toenails, but that is nothing unusual for Ultra runners. I have been on R & R since the 100, that is, rest and more rest. I did the trail series two weeks after the 100 - felt good - (George Bush) but a bit tired both mentally and physically. After a year of preparation and training for the 100, the month away from running has been refreshing. I have just started running again to prepare for the next ultra series run in December.

What kind of mileage did you put in before the Traveller?

I averaged about 45-50 miles per week. However, most of that mileage was accumulated during long runs on Saturday and Sunday. The weekday runs averaged about six miles.

The back to back 24 milers Labor Day weekend were a great morale booster for me. They were a solid test of my level of conditioning for the 100. I had very good runs both days in 90 degree conditions. I knew the 100 would be cooler.

Did you have any strategy to guide you?

I had plenty of excellent advice from other Ultra runners. I followed Bill Laster's advice to run a steady pace, keep within my capacity and not push it during the 100 or else I would probably crash. I also followed Irene Johnson's wonderful advice to just keep moving until you get to the finish line. I told myself many times during the run to just keep moving until you get to the finish line. The combined strategies worked very well for me.

What were you thinking about the night before the race? (Concerns, fears, etc.?)

My biggest concern was what it was going to be like running for 10 hours in the dark. My only night training run was a 15 miler at the Great Wall of China. Since the Traveller was my first 100, I was not sure what would happen to my body and mind after the 50 mile mark.

What and how often did you eat and drink during the race?

I carried a water bottle and drank frequently. During the 50, I overdosed on Conquest. In the 100, I diluted it to half Conquest, half water. My diet consisted of gourmet items such as power bars, bananas, oranges, chicken soup, cookies, and some items I'm still not sure about. I ate so much that during the last 20 miles it was difficult to eat, but I forced myself to eat bananas and cookies.

Did you have a pacer or crew for the race? Did you want a pacer or crew, please comment?

Based on the Laster/Johnson strategy I was planning to use, I felt a pacer might force me to run faster than I should. I did not use a crew, but will if I run another 100. There were times when I did not have the items I needed in a drop bag, such as batteries.

Please complete - The best advice I received was -

From Irene Johnson during a training run. She said, "just keep moving until you get to the finish." Simple advice, but it kept me mentally focused on my goal of stepping over the finish line.

Please complete - I was most surprised by -

My finish time and how good I felt physically and mentally at the end of the run. How peaceful it was running alone over Smith Mountain in the dark. How positive and helpful all the people at the aid stations were, even in the wee hours of the morning.

Please complete - If I could do it again I would have -

Not let a Californian catch and past me in the last three miles for third place in my age group. However, I had a great time getting to

know Ian from Canada during those last 5 miles. Since it is difficult to see at night without a light, I would carry more batteries.

My next Ultra goal is -
To run the Western States 100.

I like to wear ? on the run.
Running shoes, shorts and a singlet. The bugs bother me when I run naked. However, for the 100 I changed into long-sleeve shirts several times, added tights, a polypropylene shirt, a windbreaker and gloves.

John, do you have a background in sports? If so what? Don't be modest.

My major sport in high school was ice hockey but I also played baseball and football. In college I was on the "lager" team.

How did you start running?

I used to run 40-50 miles a week during my college days using the original New Balance shoes. I retired from running to a 16 year career development race which added considerable girth to my mid-section. In 1986, after the clothes no longer fit, I bought a modern pair of New Balance running shoes and started training. I did the 5K, 10K, marathon circuit for several years including a trip to Boston before discovering the Ultra group. My life has not been the same since!

What was a typical weekly training schedule six weeks before the A.T. 100?

Monday	-	Rest
Tuesday	-	5 - 7 miles
Wednesday	-	8 - 10 miles
Thursday	-	5 - 7 miles (Fast)
Friday	-	Rest or 5K
Saturday	-	15 - 20 on trails
Sunday	-	10 - 15 on trails

Where are your favorite places to train?

I love the Three Mountain Run to Pigeon Roost for a good hill workout. I always enjoy the interesting runs the Ultra Association has for us through the National Forest and Ouachita Trail. I love cold streams, briars, bears, snakes, etc. Real macho-womo communing with nature running, or is that psycho?

What advice would you give someone who is thinking about the 1993 Arkansas Traveller 100.

Join the Arkansas Ultra Running Association, go to all their training runs for the 100 and do plenty of long runs. The long runs will teach you how to develop a pace that works for you and that will get you to the finish. For people who have been road racing, the Ultra training runs will show you the value of walking. You have to prepare yourself mentally to do a lot of walking during a 100.

Tom Holland and I decided after working the 1991 A.T. 100 that we should take up the challenge. We kept encouraging each other during a year of training and preparation. We also questioned our sanity on

many occasions. If you can train with a friend or support group, it will help you get through those long runs on very hot summer days.

Who else is responsible for your A.T. 100 finish?

Charley and Lou Peyton and Nick Williams for all their efforts during the year in organizing the training runs, putting out the water, and keeping us informed about the schedule. I would not have been prepared without their support and efforts.

THE ULTRA TRAIL SERIES

The Arkansas Ultra Series #3/The IronHorse-18 miles.

October 31st, 1992



To paraphrase a line from an award winning movie (Field of Dreams), "Have a race and they will come". And so it was with the third race of the Arkansas Ultra Trail Series (UTS)- The Ironhorse. Before the race runners were asking, "Why Ironhorse." Answer: We try to give the races the Ultra Trail Series names so that the runner's psychic as well as their physical is involved in the run. As sometimes is customary before the start, there was an "educational" prerace briefing from THE RACE organizers, Charley Peyton and Nick Williams.

"In days gone by when the railroad were being built across the great plains, the Indians they encountered were amazed and frighten by the long line of track and the huge locomotives. They had no word in their vocabulary for locomotive and referred to them as IronHorses. On the run today some of you will be amazed and frighten at what you'll see. Some of you will even see your own IronHorse."

The runners, with their minds now occupied with doubt and challenge, were off to 20 miles, not 18, of hills, trails and forest service roads.

The reigning UTS King of the Trail, John Gross, fell in behind the leaders, Robert Morgan and David Allen. After four miles the run follows under a powerline right-of-way before hitting a seldom used section of the Ouachita Trail. Despite being freshly marked, the trail was grown up in lots of places with cane and briars making travel slow and difficult. Said Bob Cannata of Vermont, "This trail is a jungle." More than once the leaders belly flopped. Waiting his element, Gross let the leaders slug it out and break the brush. When the runners left the trail and hit the FOREST SERVICE road with 10 miles to go, he showed the field how he got to be the "King". The last 10 miles and not a step to walk. The first female finishers were Lesa Allen and Donna P. Duerr. However, after close examination, it was discovered that they had missed a critical turn on the trail and had cut the run short by about three miles. This gave the female honor to 50 year old Lou Wintroath who appears to be fast becoming addicted to off road trail running.

IronHorse 10-31-92 Results

1. John Gross	2:26:43	26. Ron Hale	3:21:59
2. Jack Evans	2:28:37	27. Gary Welchman	3:23:22
3. Ricky Utley	2:31:43	28. Pete Ireland	3:24:10
4. Frank Rivers	2:32:30	29. Beagle	3:25:
5. Mike Carter	2:35:00	30. Ron Thompson	3:27:28
6. David Allen	2:36:37	31. Nick Hauber	3:31:00
7. Bill Torrey	2:47:14	32. Ima Brother	3:31:25
8. Robert Morgan	2:47:47	33. Don Banker	3:38:33
9. Kurt Truax	2:48:50	34. Tery Baskin	3:40:30
10. Neil Hewitt	2:49:52	35. Lou Winthro	3:41:17
11. Steve Tilley	2:52:52	36. Rick Martinek	3:43:11
12. Jim Sweatt	2:55:26	37. Cindy Truax	3:45:
13. Jim Hays	2:59:14	38. Paulette Brockinton	3:46:42
14. Lynn Hartwick	2:59:14	39. Irene Johnson	3:46:42
15. Bob Marston	3:01:25	40. Bob Horner	3:52:22
16. Dale Wintroath	3:07:54	41. Lou Peyton	3:53:02
17. B. Breland	3:10:01	42. James Hicks	3:54:02
18. Lesa Allen	3:10:19	43. Gayle Bradford	3:57:08
19. Ernie Peters	3:12:26	44. Donna Hardcastle	3:57:36
20. Mike Sells	3:16:01	45. Ralph Hoffman	4:04:40
21. Bob Lawson, Jr.	3:16:45	46. Linda Stribling	4:21:25
22. John Baker	3:16:59	47. Hal Crisp	4:22:09
23. Donna P. Duerr	3:20:00	48. Ann Moore	4:22:09
24. Jerry Daniel	3:20:00	49. Bob Cannata	4:41:59
25. Nick Williams	3:21:	50. Charley Peyton	5:04:

ULTRA CORNER

THE BENTON 24 HOUR TRACK RUN (NOVEMBER 6TH)
As Experienced by Bob "Chicken Wings" Horner

The third running of the Benton 24 Hour Track Run found eight outstanding athletes ready to duke it out. Bill Howerton - 2nd place finisher last year took an early lead. Frank Rivers was second with Bob "Chicken Wings" Horner in third. After two hours Howerton had a two lap lead on Rivers with Horner seven laps off the pace.

At six hours Howerton still led with Horner now in second place 14 laps back. Rivers retired with leg problems and Jeff Thomas moved into third place. At this point in the run Horner was tempted to try to close the gap but decided to stay with his race plan which was to complete 100 miles in 24 hours. Thomas developed problems with his feet and legs during the race. He persevered and had a personal best under difficult conditions. After 24 hours the final result was Howerton, Horner and Thomas.

Veteran multi-day racers Bev and Bob Cannata turned in good performances with Bev winning the women's race by outlasting Gayle Bradford (last year's winner). Bradford had problems early in the race and took a long break. Upon returning she ran like a gazelle but

there were too many miles and not enough time to catch Bev.

After a good start Steve "Big Head" Bridges decided to sleep the night away. On returning he made his best effort ever and got his 100 Km (62.2 miles)

SOME PAST RACE REFLECTIONS

As great a runner as Bill Laster is he is equally great running a race from the sidelines. He traveled with weary runners giving words of encouragement. He served food and drink to meet the runners desires or needs and he even massaged dead legs to give them new life.

I found 100 miles on the track to be much harder on me, both physically and mentally, than was the Arkansas Traveller. I slept 14 to 16 hours a day for four days after the track run and I did not start running again until eight days afterward.

The following two articles appeared in the *Arkansas Running Club's* monthly newsletter (November).

THE ARKANSAS TRAVELLER 100 MILER

By: Ann M. Moore

When Denny Webster called me a couple of days before the Arkansas Traveller 100, and asked me to write an article about the race, I really hesitated to agree to do so because as I told Denny I was afraid that I might not finish. He assured me that would not matter. Well, it might not have mattered to him, but it certainly did to me. This was one of the reasons, that slow as the going was for me, I was determined to make it.

My experience was totally good for the entire run. The aid stations were helpful and encouraging all day and night long. Mary Alice and her husband, Guy, and crew were out almost as long I was for a full dose of very hard work. The logistics of getting all of the food, drinks, first aid supplies and people to man the aid stations is tremendous. This is one of the areas that I heard Charley Peyton say that he was going to address next year. He wants to do more for his volunteers.

Even as a real novice ultra runner, meaning that I've never done any high altitude 100's such as Leadville or Western States, I did not think that the course was horrible. It was very hilly and there were several sections of four to five miles at a time of rough and rocky hills. But since I did not fall down even in the dark I did not mind the rough spots. Also, keep in mind that I walked almost all of the hills from the very beginning, and that I had trained on the course over a period of months so I was very sure of when I could do some running.

I have to admit that I do not think that I could have done this run on my own. Even though the aid stations were plentiful and very supportive, I would have had an even longer night and morning without

my pacers. I asked Carla Branch and Carl Cerniglia to pace me. Both graciously agreed to do so without really knowing how much fun was out there.

Of course their talents as two of the fastest runners in the state were totally wasted on me. Carla met me at the 58 mile aid station about 9:00 p.m. This was a surprise because we had planned to get together at 68 miles. Fortunately for me she did come early because it was right after this that I became miserably sleepy. At one point I had to hold her arm in order to keep from staggering. With a lot of help from caffeine, I did wake up and had no more problems staying awake until just before sunrise. Carla helped me by being so upbeat and by handing me my bottles, jacket and by keeping me going in the right direction. Carl started to pace me about sunrise. It was a good thing that I could not see what I looked like at that point, because the finish line pictures were scary. This was aside from that fact that my running clothes looked like they had been designed by a clown with a sick sense of humor. As everyone knows, I have lots of "running outfits". But I managed to put together tights and tops that were unspeakably unmatched.

Carl also kept me going forward no matter what. Then when we hit the last mile, and the signs listed the quarters to go to the finish he reminded me that it would be like going around the track four times. This analogy made me somewhat testy because I don't much like the track. But even the last mile finally passed and Carl delivered me safely across the finish line where I was grateful to be.

Carla says that she is fascinated with the idea of doing 100 miles herself. Pacing me cured Carl of any such notions.

My mental and physical recovery has gone remarkably well. No sore muscles after a couple of days. The large blister on my heel has given me fits, but it is getting well.

So have I made future ultra plans? You bet! What, when or how I don't know, but I'll be back out in the dark on the roads and trails again soon.

THE LAST FORTY-TWO MILES by George McDonald

Late Friday afternoon, the day before the Arkansas 100 miler, Bill Dunaway called looking for a favor. When he asked me what I was doing that weekend, I replied, "Helping a friend roof his house." He said, "I've got something you might like to do instead." Bill said he was in a bind because he promised to pace Suzi Thibeault the last 42 miles of the Arkansas 100 and needed a replacement. My memory is not too clear as to why he couldn't do it, although I now can think of several!

Bill tried to encourage me by saying he did it last year with no problems. He used that macho guy thing, knowing full well if he said

that, I would have to accept the challenge!) He caught me in a weak moment and I said yes. So, with vague directions on how to get to the 58 mile turn around and what I needed to take, Bill briefed me on his escapade from last year and what I might expect. (The only thing he didn't help with was, how do you explain to a non-running spouse you are going to spend all night running 42 miles, when she knows what little training you've been doing?!)

Bill said last year he got there just as Suzi was ready to leave the turn around, so I decided to leave home at 3 PM, hoping to arrive by 4. Saturday found me trying to get better directions (to no avail) and trying to figure out what to take with me. I made at least five trips to WalMart to load up on several items. (I didn't have Max Hooper to follow around the store like Dan Bartell did, so I had to make my own decisions on which brand of peanut butter and snacks to pack).

Driving to Lake Winona, I arrived at the aid station below the dam, and was shown a map of how to get to the turn around. (it's amazing how all the roads look the same). I spent the next 45 minutes completely lost. I'm sure glad I located someone else heading to the turn around, or I might still be out there! (You know how much guys hate to ask directions when they know exactly where they are!) Walking up to the aid tent at 4:50, I asked if Suzi had arrived. They said she had already come and gone...After reviving me with CPR, they assured me that she hadn't arrived and was still out there and running with Nick Williams.

Exchanging running tips with Larry Mabry, Bob Marston, Sam and Donna Hardcastle, I began to settle in and prepare for what lay ahead. As runners came through, it was like a war zone. Each had his or her own way of getting ready for the battle that was to follow.

About 6:15 Suzi and Nick came into view. Since I had never met her before, Sam informed me, "You will have your hands full!" Suzi's first comment as she walked up was, "So you're the guy I'm going to spend the night with!" (What had I gotten myself into??)

After Nick and Suzi doctored up their feet and loaded up their bottles, we were off. It's amazing the things that are discussed on the trail. You can cover a lot of family history in a short time. Being my first time as a pacer, I wasn't sure what I was to do or say. Bill had said, "Keep them awake and always moving." That was easier said than done, as I found out later! After I blew the punch line to, "How did 3 Aggies drown in the back of a pick-up?", (they couldn't get the tail gate down), I knew it was going to be a long night. As darkness fell, the full moon gave an eerie look to the woods surrounding us. The flashlights of other runners coming at us reminded me of the search for E.T. (It's no wonder he ran away from them!).

It was very encouraging to see ARK members at several aid stations. Thanks for still being awake and encouraging us! You don't know how much it means to come upon the lights of an aid station. The

smiles really picked us up! As we approached Buffalo Gap, (I loved the names of the aid stations!), it became apparent that ultra runners eat differently. I felt like a kid at a church potluck dessert table, and Mom wasn't looking! While grazing through the goodies, and putting a major dent in the M&M's, along comes Ann Moore looking perky and smiling. (She looked a lot better than a few others we had already seen!) Trading a few words, we were on our way.

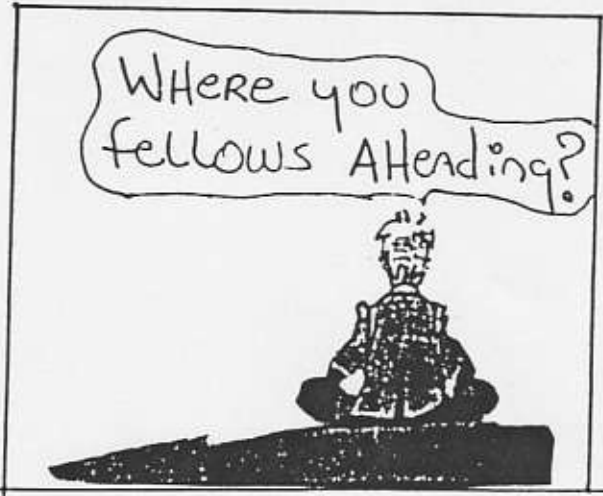
Suzi and Nick began to indoctrinate me on running 100 mile races. The training is based on long runs and learning how and what to eat. (I can handle the last part real well!) As the night wore on, I began to see what my part in this was to be. The miles were taking their toll on the mental capabilities of my companions. They began to depend more on my encouragement to continue placing one foot in front of the other. When runners follow a course they've run before, they compare how they feel, their time, and where they had problems. Ultras are no different. It helps to hear you're on pace, something funny that happened last time, or where you overcame a low spot. We mentioned Dunaway's name in vain several times. Suzi still has a pink warm up jacket (previously white) permanently stained by Bill's red shirt!

The last 5 miles had to be the worst to keep Suzi and Nick going. The temptation to sit or lay down, as they put it, "for just a second", I knew would spell disaster. At 4 miles from the finish Nick was ready to put an end to it and pressed on leaving Suzi and me to battle the last few miles. As she struggled, I began to banter, constantly encouraging her. Suzi slowed and sat on a rock, then laid down. As I tried to encourage her, she said, "Just let me sleep for 1 minute." This was the only minute she would get (I was so mean.)

The deer hunters spent the night removing light sticks marking the trail. They also made an attempt to remove us! 2 miles from the end, one hunter came barreling down the trail, forcing Suzi to take one too many steps to the right, and down the embankment she went. So down the embankment I went, grabbed her sleeve and pulled her up.

At 7:20 A.M., Suzi finished and finally got to lay down and sleep. The peaceful look on her face told me the battle had been won and now I, too, could relax and head home to sleep. Being a pacer is hard work. From being a leaning post while they put on warm-ups, patting them and sympathizing with them when they get sick, giving a helping hand when needed, and talking and constantly encouraging them through highs and lows onward to the finish. It was worth it! Thanks, Suzi and Nick, and congratulations on a fine run!

THE
INSIDE
LOOK
(A SATIRICAL LOOK
AT ARKANSAS ULTRA RUNNERS)



ULTRA RACE CALENDER

DECEMBER 12th(UTS#4) THE WINTER CLASSIC-16 -18 MILES. MOUNTAINOUS WITH MANY CREEK CROSSINGS. 7:00 A.M. START. DIRECTIONS: APPROX .3 MILES PAST THE FOREST COMMISSION TRAILER ON HWY 10.

DECEMBER 19th SUNMART-TEXAS TRAIL 50.

JANUARY 1ST GREAT BEAR RUN. 25 MILES. TERESA LASTER, ARKANSAS ULTRA RUNNERS. NO FEE; NO WIMPS.

JANUARY 9TH UTS #5- THE PIPELINE EXPRESS. 10-12 MILES

JANUARY 30th Clear Springs 50 KM Steve Bridges, 1813 Filhiol, Monroe, Louisiana-71203

FEBRUARY 6th/7th THE ROCKY RACCOON TRAIL 100. MICKEY ROLLINS, 1945 CAMPBELL RD. HOUSTON, TX 77080

FEBRUARY 21st SYLAMORE TRAIL 50 KM. TERESA LASTER, ARKANSAS ULTRA RUNNERS.

MAY 1st STROLLING JIM 40 MILE RUN. GARY CANTRELL, 233 UNION RIDGE, WARTRACE, TN 37183, OR, SEE THE BIG SHOT.

MAY 1st OUACHITA TRAIL 50. LITTLE ROCK, ARKANSAS. TERESA LASTER.

AUGUST 1st THE MIDNIGHT 60 K. ARRANGEMENTS PENDING.

Charley & Lou Peyton
41 White Oak Lane
Little Rock, AR 72207