

THE ARKANSAS ULTRA RUNNER

June 1993

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT—The Spring Running Camp, April 24th found us at Wolfpen campground in the Ozark National Forest north of Clarksville. Wolfpen is on the banks of the Mulberry River and is also on the old Yale to Oark 10K race course. Because of the closeness of the Ouachita Trail 50 and the Strolling Jim 40, running during the camp was at a minimum. We did hit the trail Saturday morning for a couple of hours and then several of the campers floated the Mulberry River. The format for this campout was the same as the previous seasonal campouts. We started with a two hour run Saturday morning on the Ozark Highland Trail then foraged for breakfast. Snacks and whatever were in order for the rest of the day. In the late afternoon there was a serious potluck and campfire. Sunday morning a shorter run option, big breakfast and then camp was struck. Its hard to beat. We are already planning a summer camp someplace.

I got a call from Steve Bridges recently concerning his Go-Care 6-12 Hour track Run, June 12 in Monroe, Louisiana. "Big Head" called to assure me that there would not be a track meet preceding the Go-Care this year. I've talked to several Arkies who stated there intentions of going down.

News from AURA members and significant others. We received a change of address card from Don Aycock recently. You remember that Don won the '92 Ouachita Trail 50 and was 2nd in the '91 Arkansas Traveller 100. He has departed Baton Rouge, Louisiana, and is now living in BloomField, Connecticut. We also received a nice note from AURA's Tom Holland who reports excellent running conditions at his new home in Scottsdale, Arizona.

A reminder about the RRCA standings for Ultra Runners of the Year. Tony and Irene Johnson have agreed to keep a record of standings and post results. If you would like a complete copy which addresses eligibility, point computation and rationale, see me in person or send me a SASE (41 White Oak Lane-72207). Lets make it work. When you finish an Ultra, get in touch with the Johnson's. They will do the rest--figure your points and keep results. Their address is: 1213 Park Drive, North Little Rock, Arkansas-72114.

ULTRA PROFILE — Raul Flores

So Raul, you last won the Ouachita Trail 50 back in 1991. What were your thoughts as you walked to the starting line this year?

My thoughts were waiting for the gun to go off instead someone said "go".

How did you (train), prepare for this year's race?

I was using this race for training. I'm running about (+) or (-) 100 miles per week.

Did you have a race plan? Did it change (eating, drinking, walking, crews, pacers) after the start?

No race plan. If there were someone with me maybe, a plan.

People often ask what you think about running for 7 hours. How do you respond?

Time goes by so fast. I think about music, pace, bounce, and I pray.

How did you size up you size up your competition this year.

N/C

During the Ouachita Trail 50 Miler, did you have low points? How did you pull out of them?

No low points. I felt good throughout the race and after.

When did you get that Ultra feeling (that good feeling that you get when you know you're going to finish)?

Crossing the line.

How has your recovery gone?

Very well. I haven't stopped running.

Do you have more ultra plans in the future?

Ice Age, Western States, Leadville 100, Arkansas Traveller 100, Texas Trail 50 plus maybe 5 marathon races in between.

ULTRA PROFILE — NANCY CUNNINGHAM

So Nancy, your last 50 miler was the Jackson Five-0 back in 1982. What were your thoughts as you walked to the starting line at the 1993, Ouachita Trail 50 Miler?

I was very excited to be attempting a 50 miler again. I have always considered the 1982 Jackson 50(6:53:12) as one of the highlights of my running career. Since that time I have hoped that I would be able to return to running ultras. I was probably more motivated by this race than any road race I've run in the past 5 years.

How did you (train) prepare for this year's race?

From about Christmas to the 1st of February I did almost no running. In February I resumed normal running (about 30 miles per week). By the middle of February I began adding 20 mile runs to my regular training. When I was comfortable with that distance I began running my 20 mile runs in an already tired condition. I would do something like a speed workout the night before and a 20 miler the next morning, or a hard run in the morning and a 20 mile in the afternoon. I wasn't concerned with speed but increasing endurance. Then I moved up to a 30 mile run in an already tired condition and ran it without walking. I used the April 17th trail run (21.4 miles) as my last long run and ran easy from then on.

spacer

Did you have a race plan? Yes! Did it change (eating, drinking, walking, crews, pacers) after the start?

I had never been on the Ouachita Trail before so I wasn't sure what to expect. Once I was on the trail I realized the best way to run it was to let the trail dictate when it was time to run and when it was time to walk. When the trail was good I ran and when it was rough or steep I walked to avoid fatigue or injury. The other thing that changed was that I hoped to have a pacer the last 25 miles. My main concern was getting lost on the return but the trail was so well marked (thank you Bill and Theresa for all those pink ribbons!) that it wasn't a problem.

People often ask what you think about running for 8 or 9 hours. How do you respond?

People that ask this question are usually "non-runners" and they think running is incredibly boring. But those of us who love running know this isn't true. During an 8 or 9 hour run you have time to think of lots of things but the race itself takes concentration. You must stay tuned in to how your body is feeling and what it needs to keep going. Mentally you must stay focused on your goal and keep your motivation at a high performance level. I also think about how thankful I am that I can run. I reflect on the fact that every step I take and every breath I breathe is a gift from God. When I was running the Ouachita Trail 50 Miler I kept thinking about how neat it was that God let me do this!

What is your impression of trail running versus Jackson Five-0's flat asphalt loops?

It's like the difference between an adventure and running in circles! The Jackson Five-0 is nice if you're concerned with getting in a fast 50 miler, but I found the Ouachita Trail to be much more challenging and fun! I enjoyed the beauty, variety, and solitude of the trail.

During the Ouachita Trail 50 Miler, did you have low points?

Yes. *How did you pull out of them?* By staying mentally focused on the moment at hand. During a long run you can't let yourself get "psyched-out" by how far you've come or worry about how you'll finish. You must stay in the present and deal with whatever obstacle you're facing. I might also add that to me a race is just an illustration of life. I am a Christian and when I face problems in life or in a race I pray about them and ask God for his power to change the situation or his strength to bring me through it.

When did you get that Ultra feeling (that good feeling that you get when you know you're going to finish)?

At around 40 miles. I was thankful that I hadn't hit any brick walls yet and the thought even passed through my head that I might like to try a 100 miler!

How has your recovery gone?

I have been surprised at how quickly I have recovered compared to how I felt after running the Jackson Five-0. I think running ultras on trails as opposed to asphalt puts much less strain on you.

Do you have more ultra plans in the future?

Yes. If training goes well this summer I would like to try the Arkansas Traveller 100 Miler in the fall. I would like to return to the Jackson Five-0 in January.

ULTRA CORNER

OUACHITA TRAIL 50 MILE RUN - BOB MARSTON. The 68 starters began the race in very humid conditions and with a temperature warmer than one would have expected for that time of the morning. The forecast weather for the day called for overcast skies, occasional showers and temperatures in the 70's. Most of us were cognizant of the fact that comfortable conditions at the start of a 12 hour run would not bode well for agreeable midday temperatures. Fortunately, the overcast skies were with us for all but 5 or 10 minutes of the day and had the desired effect of keeping the temperature below 80. No rain fell until the last hour of the run so we had quite acceptable weather conditions if not footing.

As is always the case runners were upbeat at the start and anxious to get the challenge under way. I ran the first 3 or 4 miles with Neil Hewitt and was surprised to find that the lad had recently married. To my even greater surprise, I learned that his new wife was not blind, deaf and dumb but, in fact, the same fine young lady that many of us had met before. So, congratulations and good luck!

The one factor that was most focused on by the majority of runners was probably the footing. Rain during the past few days had made the soft areas muddy, the normally avoidable streams unavoidable and had left a little standing water along the trail. Except for Raul Flores and Ann Moore and possibly a few others the trail conditions made our times slower than in previous years.

Surprisingly, no one that I know of needed medical attention either during or after the race. I attribute that fact to the generally cooler temperature this year, the lack of sun and Ken Millar's decision to work rather than run the race.

Only three real changes to the run this year. The unmanned water stop normally at about the 19 and 31 mile points was deleted creating two 8 mile legs without aid. Had the conditions been warmer, some runners may have had a greater likelihood of difficulty though, the absence of that aid, was well publicized. Another change I found to my liking - Bill had marked the trail with orange flagging and blue ground chalk at all the turns making the trail very easy to follow. Excellent job! Lastly, there was no post race meal this year. Since they had plenty of left over spaghetti, a million brownies, soft drinks, beer and other edibles I did not find the lack of a meal any big deal.

Now for some of the "people" comments. Bill Torrey returned to the long running "bidness" with a 4th place finish. Bill was thrown out of the Hash years ago because he couldn't stand briars, water, mud, poison ivy or excessive quantities of beer so I was quite surprised to see him out there. After 8 or 12 more of these the Hash may just let him back in. Nancy Cunningham was 5th overall, ran a super race and may try to "go hard" at the Jackson 50 next winter. In keeping with the Conway tradition (Hawk, Rivers, Potter, etc.) she

looked like she was ready for a wedding after the run. Is it the water up there? Normal people, ya know, finish these things, look for a place to sit or lay down within about 2 feet of the finish line, puke, down 4 or 8 beers, puke and then try real hard to forget they have legs. I think Nancy finished and headed right for her paint kit and comb. I gotta admit though, through my glazed over eyes, she sure made the post race landscape a lot prettier. The Master paced Sam Hardcastle to a very fine finishing time on a day not conducive to good times and helped make Jethro's return to the ultra bidness a successful one. Annie Moore, attracting men like Alberto attracts women had two pacers most of the way. With the Mule and Billy Maxwell along she managed a time more than an hour faster than last year. The Dog ran with Gayle Bradford and they got in with plenty of time to spare. As much difficulty as she has with her stomach, it is always very heartening to see her do a fine run. (I understand Ralph was hosting a tupperware party while the boss ran.) In spite of their not finishing, I was most pleased with the efforts of Bob Harrison and Bob Horner. Bob #1 got in about 46 miles in spite of being on the tail end of the flu and doped up on antibiotics. Trail runs with nasty footing normally give Bob Horner difficulty. He acknowledges it and yet he was out there trying to get a good smart run in. I think he did a great job, running within himself and avoiding injury. Kudos to Les Hall and Alberto Bumble for making maximum use of the allotted time and finishing in 11:59:04. Les told me, in the last 2-3 hours, Alberto made him run and talk like a girl and, at one point, turned to Les and said, "Jeanie, you are the hairiest woman I have ever seen."

Very disappointed Jack Evans and Ivela Harrison were not running. Much of the enjoyment in doing these things, if there is any, is being on the trail and watching your friends meet the challenge and cheering them on. Fortunately, the Jackal and Ivela were on the course throughout the day and really helped us along. Mara Cawein was paced from the turnaround by her husband, David, and appeared to have worked hard and merited her fine finish. Though she didn't finish, I was very pleased to see Kim Pavelko on the run. She got a good run in and hopefully it will help her to get back to the winning form we're accustomed to seeing.

Irene Johnson did a fine solo job to finish third among women. Usually Tony accompanies her so this was an excellent independent physical and mental effort. Tony "John Wayne" Johnson felt and, from my perspective, looked like tromped on dog doo about 1 mile from the turnaround. He took a 15 minute break at the turn and then, as has become his custom, "bludgeoned the door down" by dragging his butt, gut and rolls through the last 25 miles. I never, ever, ever, want to have to deal with the adversity that Tony and Gayle regularly have to put up with in these things.

After having enough of my inane banter, Neil Hewitt disappeared into the mud and finished with a fine time and, I think, feeling better than he expected he would. Good to see John McGrew on the trail again. He went out real fast, didn't take enough fluid and dehydrated well before the finish. He told me he had to really fight the urge to quit. In spite of getting dizzy whenever he tried to run he won the fight and finished within the limit, walking, I think, the last 10 miles. Raul Flores and two of his buddies from Kansas City finished 1,2,3. One of our better hopes to crack the top 3, Billy Hoe

Torrey, had all he could handle just trying to stay ahead of Nancy Cunningham. He hasn't yet learned that, as a man, second woman sounds a lot better than 4th or 20th man. Dennis Fugate knows this. Good to see him again. He WAS second woman (6th overall). He'll be at Western States again this year (via the lottery) and expressed some concern about the 37 feet of snow still on the ground on the course.

Worthy of great note was the pacing Larry Mabry did for Roger Amick. This was Roger's first 50 and they got it done in 10:45:50. A great time on this particular day. The first 50 is very, very special! CONGRATULATIONS! Now, the real abuse starts - give Harley or the Master a call.

Simon Hauser left nothing in the bank. He obviously intended to hammer this thing and he did. As he left the spillway trail and started on Highway 300 he had one guy about 30 yards behind him. You could sense that they guy on his tail thought he had Simon. He began to run at a pace just a bit faster than Simon's. Knowing he was there, Simon just held his steady pace. The guy managed to get within 10 yards and then just died and began walking. Simon relentlessly kept it up and finished about a minute and a half ahead of him. Finishing a fifty mile run with someone running up your butt the last 5 is not a pleasant way to do this business. Good show Simon!

Also very nice to see the Texas contingent - Mickey Rollins, John Stowers, Jay Norman, Linda Musil, Ken Ashby, 35 et al. Gigolo (Ashby) ran a 100 miler 4 weeks earlier and nearly broke 20 hours. Linda was the real 2nd woman, 16 minutes ahead of Irene. Irene said she was doing all she could just to hold off Mara Cavejn. Mike Heald does not appear to be basking in his great Leadville victory last summer as he was second woman (11th overall). See, doesn't second woman sound better? I think the Master came up with that and I don't think he's ever finished better than 2nd woman (except maybe at Barkley). Ladies, please don't take offense. If a guy can finish second woman, he's done great!

Charlie Smith is in the business again in a big way having finished this one in 9:44:48 - SECOND WOMAN!

Joel "Sharecropper" Guyer "graced" us with his presence again. The Mississippi scratch farmer was moanin' 'bout how he only done got a half acre a beans in thus far this year - normally he grows 2 maybe 3 acre - and he ONLY grows beans. I'd always wondered how a guy could run 50 miles and chew tobacco and poot all the way. Well, I now understand the pootin' part.

We always see Linda, Mary Alice, Rosemary and others at these things and their great encouragement and support is hugely appreciated. Sandi Venable worked rathe than ran this year and really helped a lot of people. Mary Alice worked the turnaround and then paced James Hicks the last 25 miles. Of course, much thanks to the Mule and Teresa for another fine edition of the Ouachita Trail 50.

1. Raul Flores	7:16:43	27. Sam Hardcastle	10:38:19
2. Andy Bauroth	7:39:18	28. Nick R. Williams	10:39:19
3. Stewart Johnson	8:10:53	29. Pat Riley	10:40:30
4. Bill Torrey	8:14:28	30. Roger Amick	10:45:50
5. Nancy Cunningham	8:27:00	31. Larry Mabry	10:45:50
6. Dennis Fugate	8:35:56	32. Russell Kennedy	10:48:40
7. Tony Lassiter	8:37:21	33. Paul Stone	10:48:40

8. Jay Norman	8:52:19	34. Linda Musil	10:52:24
9. Rick Massey	9:00:40	35. Bill Maxwell	11:02:06
10. Joel Guyer	9:01:28	36. James Skaggs	11:08:06
11. Mike Heald	9:09:33	37. Irene Johnson	11:08:32
12. Jack McDearman	9:12:56	38. Mara Cawein	11:11:44
13. Troy Delk	9:16:37	39. Norvel Roberts	11:11:59
14. Neil Hewitt	9:28:49	40. Lee Hess	11:13:56
15. John Renick	9:32:05	41. Robt. Wolfe	11:14:40
16. Charles Smith	9:44:48	42. Kevin Bloom	11:16:34
17. James Godville	9:48:59	43. Bill Harding	11:21:59
18. Donny Horadam	9:48:59	44. Ken Howard	11:30:27
19. Ken Ashby	9:58:56	45. Steve Butler	11:32:12
20. Mario Martinez	10:00:32	46. Sandy Spaulding	11:32:54
21. Bob Marston	10:05:40	47. Gayle B. Bradford	11:34:51
22. John McGrew	10:09:58	48. Jim Sweatt	11:34:56
23. Simon Hauser	10:13:14	50. Leo Lavender	11:35:27
24. William Blackie	10:14:59	51. Mickey Rollins	11:37:18
25. Paul DiMarco	10:32:34	52. John Stowers	11:37:18
26. Sam Barnes	10:32:46	53. Les Hall	11:59:04
27. Don Griffiths	10:36:20	54. Steve Eubanks	11:59:12

AURA finishers out of the 12:00:00 time limit: James Hicks-12:02:06
 Tony Johnson-12:15:00 Ann M. Moore-12:27:57

STROLLING JIM 40(41.5 MILES) MAY 1ST-Lou and I opted for the 15th running of the annual Strolling Jime 40 in south central Tennessee. The course is 75% asphalt and 25% gravel roads. The hills are rolling and the course takes you about the horse farms of Bedford County. This is Tennessee walking horse Country. In fact Strolling Jim was the name of a legendary walking horse in the 50's who is now buried close to the race headquarters in Wartrace, Tennessee. The 1st male finisher is the race is crowned the "Iron Horse"; the first female is referred to as the "Iron Maiden". This is a marathoner's ultra and attracts the cream of the east coast ultra runners. It also has a cult following. Each year several of the old time ultra runners meet a the "Jim" to gather at the back of the pact and fight the hills together. The race also seems to attract lots of young women, too. There were about 115 starters this this year and because there is no official cutoff, most who can, manage to finish. I cut an hour and 26 minutes off of my 1992 time to finish 55th place in 7:11. Lou finished 59th with a 7:19. AURA's Eric Clifton repeated his 1992 performance finishing 1st in 4:24. For what its worth, AURA's Stephen Tucker ran a 4:41 at the Strolling Jim back in 1986. That's a pretty good showing!

ULTRA TRAIL SERIES

WILDCAT MOUNTAIN RUN-MAY 8TH. Nineth and final race of the 1993 Ultra Trail Series. 10 plus miles on mountain bike trails, forest service roads and pink ribbons.

Dear Charley

5-11-93

Just want you to know how much I enjoyed the Wildcat Mountain Run. My first trail. It was a nice course to run and to enjoy. I can't imagine the work to put it together.

Looking forward to the series next time.

Thanks

Lloyd Moore

P.S. Boy, I wish that one creek crossing hadn't got confused!

Lou, put other positive comments here.

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WILDCAT MOUNTAIN RUN - 10 MILER

1. John Gross	1:12:50	13. Pete Ireland	2:05:08
2. David Allen	1:14:27	14. Lou Peyton	2:05:20
3. Mark Oliver	1:31:46	15. Ernie Peters	2:05:53
4. N. Cunningham	1:33:18	16. Gayle Bradford	2:05:55
5. Jim Sweatt	1:50:52	17. Lloyd Moore	2:06:27
6. Lesa Allen	1:52:26	18. John Hampton	2:07:18
7. Frank Rivers	1:54:30	19. Ivy Franklin	2:07:30
8. Sam Hardcastle	1:58:30	20. Bob Franklin	2:09:20
9. Charley Peyton	2:03:10	21. Cathy Holland	2:12:15
10. Dr. Feelgood	2:03:20	22. D. Hardcastle	2:56:13
11. Nick Williams	2:04:50	23. Lisa Johnson	2:56:14
12. Kim Pavelko	2:05:05	24. Ralph Hoffman	3:00:00

With the WILDCAT MOUNTAIN RUN, we close the books on another successful Ultra Trail Series. We had 133 different runners to participate in the nine race series. Hail to the Queens and Kings. The following is the complete standings for the series. The number in parentheses indicated three or more races participated in.

OPEN MALE

1. <u>King</u> John Gross	265 (6)	24. Tim Hays	20
2. David Allen	200 (7)	25. Jim Smith	16
3. Tom Aspel	145 (3)	26. Steve Graham	15
4. Ricky Utley	110 (3)	27. Don Fletcher	15
5. Ray Bailey	105 (4)	28. Adam Vital	15
6. Jim Sweatt	84 (8)	29. Tim Biggs	11
7. Mike Carter	77 (3)	30. David Hesser	8
8. Bill Torrey	75 (3)	31. Terry Baskin	7
9. Neil Hewitt	71 (5)	32. David Laser	6
10. Robert Morgan	70 (4)	33. Randy Davidson	5
11. Dave Cawein	50 (3)	34. Barry Vardaman	3
12. Johnny Reed	40	35. B. Breland	3
13. Simon Hauser	37 (4)	36. P.J. Hayes	2
14. Jim Schuler	35	37. Jeff Thomas	2
15. Mark Oliver	31	38. Harold Hayes	1
16. John Jones	30	39. Bob Brown	1
17. John Riley	30	40. A.O. Brotherton	1
18. Paul Kaufman	30	41. James Metcalf	1
19. Ken Berry	25	42. Mike Sells	1

20. Rick Williams	25	43. Bob Lawson	1
21. Stan Novak	25	44. Terry Daniel	1
22. Tom Zaloukek	23	45. Scott McDermott	1
23. Mike Middlebrook	21	46. Jon Lucas	1
		47. Ed Strickland	1

OPEN FEMALE

1. <u>Queen</u> Nancy Cunningham	300 (6)	9. Mara Cawein	60
2. Lesa Allen	285 (7)	10. Cheryl Potter	40
3. Kim Pavelko	170 (6)	11. Mary Clendaniel	25
4. Donna P. Duerr	125 (5)	12. Lisa Gertsch	25
5. Jenny Devine	110 (3)	13. Talley Ward	20
6. Donna Hardcastle	82.5(3)	14. Lisa Johnson	20
7. Dianne Bell	70 (3)	15. Karan Helmbeck	15
8. Irene Johnson	67.5(4)	16. Jane Lee	7

MASTER MALE

1. <u>King</u> Frank Rivers	265 (6)	20. Roger Amick	30
2. Troy Delk	150 (4)	21. James Hicks	26.5(6)
3. Bob Marston	141 (5)	22. Pat Riley	25
4. Nick Williams	140.5(8)	23. Pat McDaniel	21
5. Ernie Peters	115(6)	24. Lloyd Moore	15
6. John Renick	110 (3)	25. Sam Taggart	15
7. Sam Hardcastle	102.5(4)	26. Tom Holland	15 (3)
8. Jack Evans	101 (3)	27> Larry Mathews	10
9. Ron Hale	68 (5)	28. Jim Merritt	10
10. Ken Millar	56	29. Ron Thompson	8
11. Dr. Feelgood	55	30. John Mitchell	7
12. Mark Smith	50	31. Tom Chapin	7
13. Dave Samuel	47 (4)	32. Harry Jenkins	7
14. Lynn Hardwick	45	33. Pete Perkins	7
15. Joe Fennel	40	34. Gary Welchman	5
16. Steve Eubanks	36.5 (5)	35. Rick Martinek	4
17. Tony Johnson	34 (3)	36. Tom Tucker	3
18. Ralph Hoffman	31 (9)*	37. Steve Hoffman	1
		38. Gary Jones	1
		39. Bill Dunnaway	1

MASTER FEMALE

1. <u>Queen</u> Gayle B. Bradford	287.5(9)*	9. Corky Binz	51
2. Lou Peyton	280 (7)	10. Cindy Truax	50
3. Cathy Holland	262.5(7)	11. Karen Teague	35
4. Paultett Brockinton	180 (4)	12. Linda Schmidt	30
5. Rosemary Haluszka	117 (6)	13. Ivy Harrison	30
6. Sandi Venable	70 (3)	14. Margaret Parett	20
7. Lindsay Stribling	65 (3)	15. Y.T. Thompson	15
8. Gene Cockcroft	60	16. Ms Scarlett	6

*-Ralph and Gayle were the only runners to complete all 9 races.

SENIOR MALE

1. <u>King</u> Pete Ireland	290	(8)	11. John Hampton	30
2. John Baker	250	(6)	12. Fred Schmidt	30
3. Chaley Peyton	188	(7)	13. Hal Chrisp	28
4. Bob Horner	145	(7)	14. John Knapp	25
5. Kurt Truax	100		15. Francis Johnson	20
6. Beagle	90	(3)	16. Dwight Blizzard	20
7. Bob Franklin	65		17. John Bahker	15
8. Dale Winthroath	65		18. Clint Cussick	13
9. Bob Meech	50		19. Bob Black	7
10. Ken Plummer	50		20. Bob CAnnata	5
			21. Vladimir dePain	1
			22. John Nabors	1

SENIOR FEMALE

1. <u>Queen</u> Ann M. Moore	280	(6)
2. Lou Winthroath	100	

ULTRA SHORTS—Important news to follow: National Trails Day June 5th. Go Care 6/12-June 12th, Midnight 60 K-July 30th. Order your AURA T-shirts, AT-100 training run from Lake Sylvia parking lot June 19th(6A), AT-100 Campout July 10/11, Wednesday training runs at Casmp Robinson.
