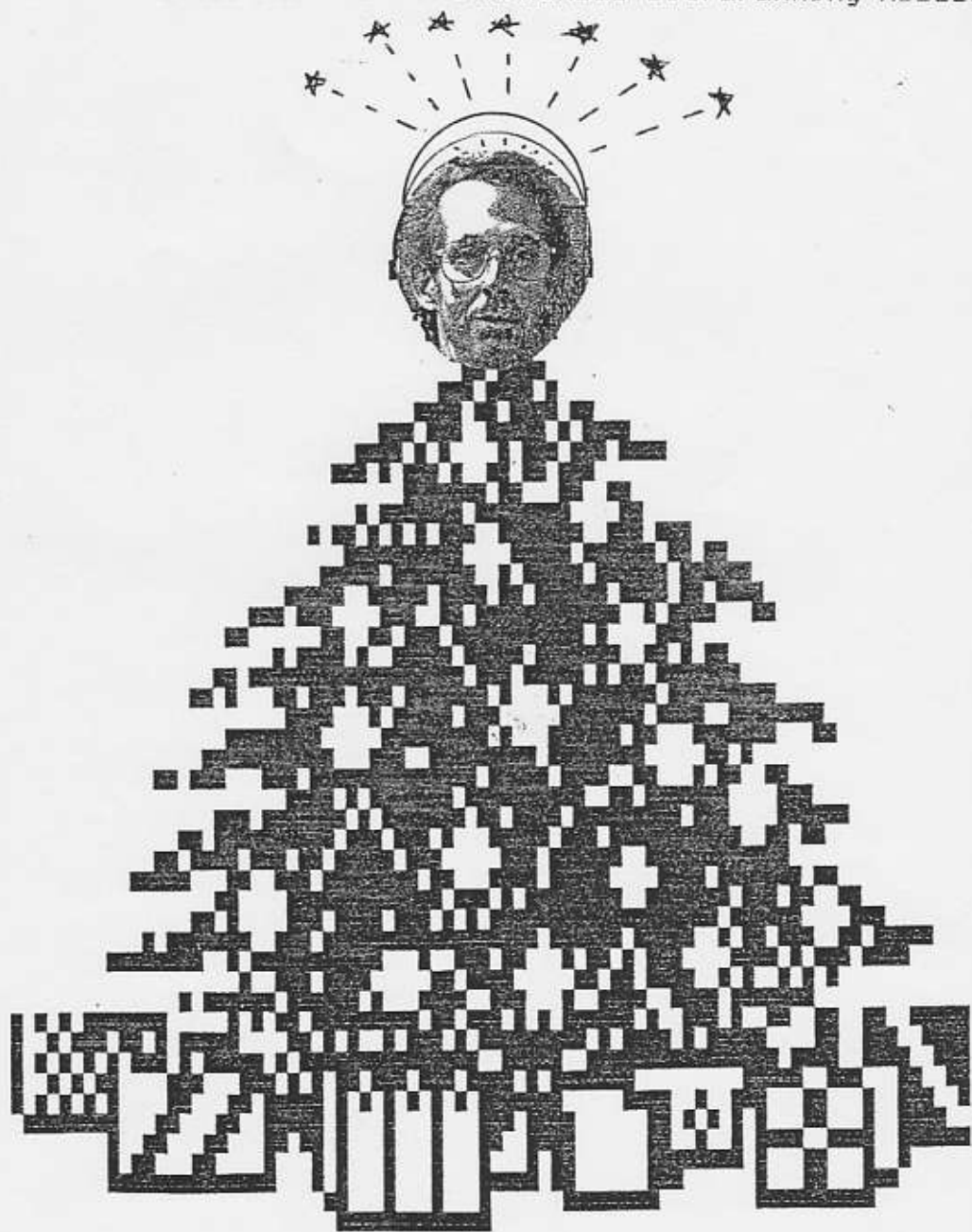


THE ARKANSAS ULTRARUNNER

January 1994

A Newsletter For The Arkansas Ultrarunning Assoc.



MESSAGE FROM THE BIGSHOT-Noel!....With this Christmas edition of the Arkansas Ultra Runner we end our fifth year. Now we push on into our sixth. This has been a great year for the AURA with our membership expanding from coast to coast. For the benefit of our new members maybe I should stop a minute and tell you a little about the history of the "Association."

It started one February as a letter to several running mates to reflect on a recent run we had made and to make a few comments about some of the up coming events. It was just a way to keep in touch between the next run. That's all. It started and remains after five years, 90% non-sense. Sometimes we get a story on ultra running that is of interest. Most of the time its just stuff the Big Shot makes up in his Power-Room. The official position of the Arkansas Ultra Running Association(AURA) is that you should join and support your local running club. Be an officer, attend meetings and volunteer to help in their events. The AURA has no officers and no meetings. Compare the AURA and your local running club to your local Baptist church and a TV evangelist. The Baptist minister can marry you and bury you. All the AURA(BigShot) can do is ask for your money. "*Hey BigShot, does this mean we are going to raise the dues this year?*" I'll get around to that later. That was Ole Harley, my bi-polar twin. He's generally on track and attempts to keep us on the straight and narrow. He was referring to the 1994 membership dues-\$10.00. Not bad considering that you get the following: A AURA membership card with your own individual Ultra number plus monthly newsletters where you are guaranteed to see your name in print at least once. Can you beat that!....The newsletter consists of a brief word of inspiration from the BigShot, a calendar suitable for attaching to your refrig, ultra cartoons, ultra profiles and articles pertaining to ultra running. As a yearly bonus, the BigShot publishes a Ultra-Horoscope to guide the members in their running decisions. Sometimes we well print articles by members but by experience we have learned that the running experiences should be left in the hands of the professional, the BigShot.

For your convenience, I am including a AURA Personality Inventory. Answer as truthfully and as completely as you can. Return in me at the address provided and attach your \$10.00 check payable to the name provided. When your test is scored your ultra number will be determined and sanctified.

AURA Personality Inventory (check all that apply)

1. The Peyton-Williams team is comparable to:
 - a. Griffin-Leggett
 - b. Abbot -Costello
 - c. Clinton-Gore
 - d. _____ (write your own)

2. I would like to see an Ultra profile on:

- a. Joey Buttafuco
- b. Scharmell Burnett
- c. Breezy Osborne
- d. _____

3. In the Ultra Trail Series, points you earn are:

- a. Tax deductible
- b. Redeemable at Safeway
- c. Worth \$1.00 a piece
- d. _____

4. My Ultra Number is:

- a. Transferable
- b. Underrated
- c. Worth its weight in gold
- d. _____

5. An Ultra Trail Series race is a good time to:

- a. Show my stuff
- b. Meet women
- c. Use the bathroom in the woods.
- d. _____

6. My AURA bumper sticker:

- a. Embarrasses my children
- b. Documents to my non-running family members that I'm crazy
- c. Increases the value of my car
- d. _____

7. I look forward to my Ultra-Horoscope because:

- a. I have problems that need to be solved
- b. I don't have a life
- c. I need to hear the truth
- d. _____

8. A fat lady tap dancing gracefully is analagous to THE _____
running skillfully on a rocky trail.(fill in the blank)

Make checks payable to: Charley Peyton \$10.00-1994
41 White Oak Lane
Little Rock, Ar 72207

January 1994 AURA

SUN MON TUE WED THU FRI SAT

PLACE REFRIG MAGNET HERE--(+)

						1 8:00 a.m. Great Wall of China Fun Run	
2	3	4	5	6	UTS# 4 THE 10-9er-10***		
9	10	11	12	13	14	15	
						JACKSON FIVE-0	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
						CLEAR SPRINGS 50 K	
30	31						

LAST DAY TO VIEW THE
OSBORNE'S LIGHTS

***Directions: From the HWY 10/I430 overpass go west on HWY 10 approx 18 miles to the Lake Maumelle picnic park. 7:00 A.M. start.

ULTRA TRAIL SERIES

The Grindstone-22 miles. The Ultra Series resumed after a two month break with the first running of *The Grindstone*. It was a perfect day to race. At the start Frank Rivers, Masters King of the Trail, led the field through the four mile aid station. By the time he reached the Ouachita Trail at Flatside Pinnacle at seven miles, John Gross, the Trail King, and Hall of Famer, Tom Aspel, had closed the gap. Gross was the first to exit the trail at Grindstone. With 9.6 miles to go, he slugged it out over the hills to finish first male.

Paulette Brockinton, who had a 3:40'ish marathon at Memphis the week before, ran a steady race and eased through the field to finish with the big points.

UTS #3-THE GRINDSTONE RUN-12/11/93

1.	JOHN GROSS	2:53:45	
2.	FRANK RIVERS	2:57:40	
3.	RICK MASSEY	2:59:57	
4.	BILL LASTER	3:05:34	
5.	TOM ASPEL	3:05:34	
6.	DR. FEELGOOD	3:21:31	
7.	DAVE CAWEIN	3:21:32	
8.	JOHN HAMMEL	3:31:28	
9.	KEN MILLAR	3:40:18	
10.	FRANK SCHULTE	4:00:13	
11.	PAULETTE BROCKINTON		4:00:13 FIRST FEMALE
12.	DALE MORRIS	4:01:37	
13.	LARRY MABRY	4:01:37	
14.	PETE IRELAND	4:03:05	
15.	GARY SPEAS	4:03:37	
16.	NICK AVERY	4:07:33	
17.	DAVID SAMUEL	4:09:43	
18.	DIANNE BELL	4:10:00	
19.	JIM SWEATT	4:10:11	
20.	NICK WILLIAMS	4:12:00	
21.	KIM PAVELKO	4:13	
22.	STEVE EUBANKS	4:21:20	
23.	LOU PEYTON	4:21:20	
24.	SANDI VENABLE	4:22:10	
25.	JOAN YOUNG	4:22:15	
26.	GAYLE B. BRADFORD	4:25:00	
27.	IRENE JOHNSON	4:31:09	
28.	JAMES HICKS	4:48	
29.	JEANE COCKROFT	4:53:00	
30.	HARLEY PEYTON	5:02:40	
31.	MARA CAWEIN	5:25:00	
32.	BOB HORNER	5:25:00	
33.	BOB CANATTA	6:45:00	
34.	DEBBIE DESJARDIN	6:46:00	

WHITE ROCK CLASSIC

25K and 50K

No Fees, No Frills, No Wimps

Good Times * Hills From Hell
"Arkansas' Pike's Peak"

Saturday, February 12, 1994
9:00 A.M. SHARP!

Turner's Bend Campground on the beautiful Mulberry River
Take Highway 23, Pig Trail -- You Can't Miss It!

COURSE: 25K Climb three mountains to reach the summit of White Rock Mountain. Three water/aid stations available. Shuttle service provided back to Turner's Bend.

50K X2 with 5 water/aid stations
6864 Ft of ascent/decent for your running pleasure

***Aid Stations: Water, Gatorade, Limited Munchies. Chicken soup at both finish areas. Each runner should carry a 20 oz. water bottle.**

***Be prepared for inclement weather -- LAYER DRESS!**

***Course surface, well groomed dirt road -- VERY HILLY!**

***Post race cook out -- Burgers, "Dogs", Ranch Beans & "Fixins", Weather Permitting**

For Information call JOE FENNEL
1-501-521-0337

Sponsored by CHILE PEPPER RUNNING CLUB in affiliation with Turner's Bend Campground, RRCA and AURA

1994 ULTRA RACE CALENDER

JANUARY 8TH UTS #4 10-9ER-10
JANUARY 29TH Clearsprings 50 K-Dirt trail in the Homochitto National Forest with gentle, rolling hills and creek bottoms. No fee, no awards. Limited aid. Joel Guyer, 3508 Eastbrook road, Natchez, Mississippi, 39120. 601-446-6496. 3rd annual
FEBRUARY 5TH Rocky Raccoon 100 miler.
FEBRUARY 12TH White Rock Mountain Classic.***
FEBRUARY 19TH UTS# 5
FEBRUARY 26TH Sylamore Trail 50 K****
MARCH 19TH UTS# 6 The Spring Classic and AURA Campout.
MARCH 19TH Cross Timbers, 50 miles and 30 K.
MARCH 26TH Mississippi 50 Mile Run. See the BigShot for applications.
MAY 7TH Strolling Jim 40, Wartrace, Tennessee. 75% asphalt; 25% gravel road.

****-SYLAMORE TRAIL 50 K. SATURDAY, FEBRUARY 26TH. ALLISON, ARKANSAS, WHICH IS LOCATED ALONG THE WHITE RIVER AT THE JUNCTION OF HWY 5,9, AND 14. T-SHIRTS TO ENTRANTS PRIOR TO 2-11-93. 7:00 A.M. START. COURSE IS OUT AND BACK WITH APPROX 2 MILES OF ASPHALT. LAST YEAR 39 STARTERS AND 35 FINISHERS. MINIMAL AID WILL BE PROVIDED. ONE AID STATION WILL BE AT THE TURN AROUND. WATER, CONQUEST AND SOME FOOD ITEMS WILL BE PROVIDED. CUT-OFF: 9 HOURS. FACILITIES: CAMPING IS AVAILABLE AT THE BLANCHARD SPRINGS CAMP GROUNDS FOR A MINIMAL FEE. MOTELS NEAR THE START AND FINISH-BRICKSHY'S COUNTRY CROSSROADS RESORT MOTEL-CAFE(501)585-2226 AND JACK'S FISHING RESORT(501)585-2211. CONTACT: BILL LASTER, 2300 REBSAMEN PARK ROAD APT #E208 LITTLE ROCK, ARKANSAS, 72202.

ULTRA CORNER

DATELINE: Huntsville State Park, Huntsville, Texas. 12-18-94.

Good news from Texas!!!!!!! BigShot didn't quit. The Story.....Lou and I left Thursday morning heading for Huntsville. Took a wrong turn at Lufkin, Texas, and decided to spend the night in Livingston, 43 miles from Huntsville and approx 70 miles from Houston. Because the race Headquarters was at the Sheraton Crown Hotel near the Houston Airport, we decided to go directly to the Hotel the next day and pick up our race packet and amenities. Then drive up I-45 68 miles to our motel in Huntsville. The race brochure listed 25 Arkies plus a couple of out of state AURA members. In the 50 miles and 50 K 600 plus runners were expected to start. On race morning the temp was in the 50's and lightly raining. FYI the course for the 50 miler is four 12.5 mile loops in the east Texas piney woods. No rocks or hills. With the exception of a three miles out and back section on a dirt road, the route consists of a rolling,twisting,single track trail. Fast but be careful of tree roots. At about nine miles I took a direct hit on a snag that sent me sprawling. Soon there after, my big toe joint began to hurt alittle. By my end of the third loop my

"alittle" had turned into "alot" and I didn't know if I could go on. In desperation I took two Advils and moved out. By the time I reached the first aid station at about two miles, my pains were gone and I knew it was in the bag.

Some of the pluses of the race are the two meals provided, the amenities(two shirts, sunglasses, coffee mug, calculator, swiss army knife, towel, sport bag, cap), six aid station per loop, a variety of aid, well marked trail, and unique finisher awards(Tyvac jackets and leather sport bags.) It has my stamp of approval.

Now for the bad news. Because of my usual late night finishes I didn't get all the AURA's times. When I get the official results I will include them in the next newsletter.

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