

TIBRA-Doing one 100 will not be enough. Your efforts to become a Bigshot will be fruitful. Are you ready for that ultra grandchild? You will soon reap financial reward.

CANCER-Your next 50 will be filled with happy moments. Good news travels on two legs. Gloom, agony and despair are now for others. No brain; no pain.

CAPRICORN-Races entered now will be easy in the spring. Have a wonderful life. Your friends will find you. Don't start without new batteries. A little pain never hurt anyone.

ARIES-Ultra friendships last forever. Be fruitful and multiply. You won't be left too far behind. In 1994 you will be looked on as a running mentor. Be a pal to a slower runner.

VIRGO-Someone from your past will bring you unexpectedly good news. If you can do it, it's not bragging. Count on an ultra runner to be discrete. Someone special is following in your foot prints.

TAURUS-Good news is in the mail. Say hello to your new competition. Running with someone slow will bring you a special reward. Rawhide! that future 50!

AQUARIUS-Hold out for that new running outfit. Your ultra appetite will soon be licked. Happy days are here again! Your running injuries will fade into the sunset.

SAGITTARIUS-Oh my goodness, a PR is coming soon! You'll run faster in blue. A couple of extra pounds will give your strength in the spring. An ultra dream will come true.

ULTRA CORNER

CLEAR SPRINGS 50k(1-28-94) Joel Guyer, Race Director. About the course: Located 15 miles east of Natchez, Mississippi, in the Homochitto National Forest. Three 10+ loops of a single track, leaf covered dirt trail. Hilly. Good footing. No entry fee; no awards. Aid limited to water at 5 and 10 miles. BBQ dinner provided by Natchez area runner and friends after the run.

At the start of the race there were about 35 runners. 15 of these were AURA's. My favorite to win was a masters runner, Tommy Dykes of Vicksburg. I remember him from high school where he ran the 440 and the 880. He had "the gift." Strutting around the start was an older Canadian runner now living in Florida. He said that he raced with "Horton". He was preening a younger runner from Florida who was said to have run a 2:30 in winning the New Orleans Marathon two years ago. Not to be out done was Troy Delk from Perryville who was grooming his "boy" Dave Cawein of Morrilton. The scene reminded me of the movie Cool Hand Luke when Dragline(George Kennedy) was coaching Luke(Paul Newman) on how to eat boiled eggs. From the start these

Clear Springs continued.....

three. Dykes, Cawein and the Marathoner, would be the Leaders. But, at the end of the second loop, the Marathoner had decided that the chance of falling and slipping was not worth it. He and his coach piled into their car and headed back to Florida. By this time the rumor had it that he'd run a 2:19 marathon in winning at New Orleans. This left the door open on the third loop for Troy's boy Dave who had built a built a lead on Dykes and was the first to reach the finish line. The female lead was a toss up between AURA's Kim Pavelko, Gayle B. Bradford and Dianne Bell. The lead changed several times before Bell nailed it on the third loop. At the post race dinner, it was a male bonding affair. Eating BBQ chicken, spitting in the fire and listening to tall stories. A ***** weekend. (Five Star)

AURA's

Dave Cawein	Dianne Bell
Jim Sweatt	Gayle B. Bradford
Nick Williams	Kim Pavelko
Steve Eubanks	Lou Peyton
Joel Guyer	Scarlet Williams
Charles Peyton	Kathy Guyer
Troy Delk	
Ralph Hoffman	
Bob Horner	

THE ROCKY RACCOON 100 (2-5-94) Huntsville State Park, Texas. Five 20 mile loops using the *Sunmart 50 mile* course plus two out and back sections that consisted of forested dirt roads. Rolling hills; no significant climbs. Five aid stations with very supportive aid station workers and lots of variety. There seemed to be more an emphasis on staple food such as soup, sandwiches, beans and rice and hot drinks at night. But, there was a more than ample supply of cookies and sweets available. The five aid stations served as drop bag points. Crew access was available at three. No water crossings. The overall atmosphere was laid back and relaxed. My impression is that this is a PR course. Well marked day and night. In 1994 there were 45 starters and 31 finishers.

THE STORY---Before driving down to Huntsville my race strategy had been finalized. Lou would enter and pace me. We would walk the hills and run the flats and down hills. Eat and drink as much as I could and try to be at 60 miles before dark. My eating started at the motel at 4:00 a.m. When the alarm sounded I hopped up and eat a subway sandwich that I had purchased the day before. Continuing the routine. I ate powerbar quarters and peanuts at the first aid station (3.7 miles). At the #3 aid station at 12.6 miles I drank the first of my seven cans of Exceed milk. In between the aid stations, I drank the contents of my 32 oz water bottle. It was not surprising that despite the 80 degree heat, I gained three pounds after the first 20 mile loop.

Even with our steady pace. Lou and I found ourselves in nearly last place by the time we reached the first aid station. My old feelings of getting left behind returned. We probably went a little

Rocky Raccoon continued.....

too fast after that as we eventually reached the 60 mile mark in 13:34 with 20 mile splits of 4:08, 4:26 and 5:00. Pulling out for the forth loop that ultra gloom paid me a visit. I was soooooo tired and there were soooooo many miles to go. A few miles later some of my AURA mates must have started to pray for me as I began to mull over some of the advice I was given. All you have to do is keep moving, don't stop, all you need is a 29:59:59. I thought back to the leader board at the 60 mile finish. It said "Lou Peyton was in 4th place with 13:34. That meant we had 16:26 to cover 40 miles. My mood elevated. We had it in the bag. Oh, it wouldn't be easy. Where I had pulled Lou the first 60 miles, she pulled me the last 40. I blistered my balls of the feet and found running difficult. On the positive side I found that with all the eating and drinking I'd done during the day, my energy stayed constant throughout the race. At night we never experienced the desire to sleep. What really helped were the aid stations and the helpers. I never picaed for cookies or candies. Instead, I ate the sandwiches, soups and the specialties that each station offered. What had worried me about the course before the start were the roots and stubs along the path that had tripped me at the *Sunmart*. Surprisingly, they weren't a problem. Even at night where they were picked up easily by our flashlights.

About a mile from the finish Lou started to pick the pace up. When I yelled what was up, she said that there were two women closing from behind and to stop complaining and move up. Somehow I managed to slowly pick it up and we jogged over the fish line where Race Director, Mickey Rollins, was waiting with outstretch arms. It was a beautiful thing.

When I finished it seems like I was "rushed" by well meaning runners who asked the same question----What are you going run next? Western States, Leadville or Vermont? In the after glow of my great finish, I am reminded of words I heard recently--"He built a house by the side of the road and became a friend to man." " *Hey BigShot, When are you going to run another 100.*" PSHAW! The thought of another 100 makes me break into a cold sweat. I've got mine. Go get yours now. We will talk about it later.

WHITE ROCK MOUNTAIN CLASSIC 25K and 50K(2-12-94) The T-shirt read "Arkansas's Pikes Peak". The post race meal consisted of hotdogs and hamburgers. Not bad for a no fee, no frill race. When Race Director, Joe Fennel(AURA) of Fayetteville called and told me about his plans to have a run to White Rock Mountain, my mind went back to Jim(Schuler, Simon(Hauser), Ivy(Franklin) and Lou's crossing of the Ozark Highland Trail a year ago. The race course would cross the trail near the top of the White Rock and the start and finish would be near the church parsonage where we had spent the first night. What a challenge! For those of you who were unable to make it, let me set the stage. The run starts off Hwy 23, the Pig Trail, just north of the Turner Bend Campground on the Mulberry River. The route was on Forest Service roads which were well groomed and cushioned from the recent snow fall. In fact there still a lot of snow on the road but not enough to impair footing. There are three climbs to the top of White Rock Mountain and the 25K turnaround. The last climb is five miles long. Despite the

White Rock Mtn continued.....

no frill format. Joe and his crews went first class. There were two aid stations out and back with hot soup and aid at the 25 K turnaround. For those opting the 25K, a shuttle bus was waiting to bring runners back to the campground.

At the start of the race there were 65 runners. At the 25K mark, Dave Cawein was the first 50K runner to reach the top in a time of 2:29. He ran a negative split on the return to finish in 4:44. Dianne Bell continued her winning ways by edging Ivy Harrison near the finish with a time of 6:17:29.

Next year Joe will probably go big time with entry/registrations. Rest assured it will be done right again. With more advance and advertising, its going to be big.

RESULTS

1. Dave Cawein	4:44:10	11. Sam Barnes	6:16:45
2. Ricky Williams	5:04:19	12. Dianne Bell	6:17:29
3. Dr. Feelgood	5:20	13. Ivy Franklin	6:17:45
4. Gary Neville	5:43	14. Nick Williams	6:17:48
5. Bo Black	5:44:30	15. Kim Pavelko	6:17:48
6. Jim Sweatt	5:45:00	16. Sidney Spitzer	6:30
7. Tom Worthy	5:45:20	17. David Samuel	6:43:02
8. Ken Millar	5:56:59	18. Dick Kuehl	6:46:06
9. Jim Schuler	5:57:01	19. Steve Eubank	6:53:35
10. Jason Shaw	6:15:04	20. Jean Cockcroft	6:55:47

ULTRA TRAIL SERIES

UTS #5 THE GREAT WALL OF CHINA-February 19th. Enjoy the GW of C while you can. I hope it won't be gated but I suspect by next deer season the land will be leased. Then we can just think about those hills and creek crossings. Some of you people are running on memories already judging by the finish times. Not so with King and Queen candidates John Gross and Dianne Bell. Using David Allen as a pacer during the early going, Gross built a comfortable lead over the rest of field. Although his 2:15 was not his PR, 2:09:20, it was more than enough for first place points. In 1993, Bell ran her first GW of C finishing just ahead of the Bigshot with a time of 3:15:00. This year, she displayed the speed that has produced victories at Clear Springs and White Rock Mtn 50K's. Oh, to be young again.

1. John Gross	2:15:17	18. Kim Pavelko	3:15:52
2. David Allen	2:24:48	19. Frank Schulte	3:17:51
3. Dr. Feelgood	2:30:27	20. P. Brockinton	3:17:51
4. Mike Heald	2:30:27	21. David Samuel	3:22:39
5. Dennis Fugate	2:37:17	22. Steve Eubanks	3:32:12
6. Steve Garrett	2:45:22	23. Rick Martinek	3:32:30
7. John Renick	2:52:48	24. Gayle Bradford	3:33:32
8. Markus Allewelt	2:55:15	25. Bob Marston	3:33:34
9. Dave Cawein	2:58:06	26. Jean Cockcroft	3:41:19
10. Troy Delk	3:06:38	27. Lou Peyton	3:41:22

11. Danny Williams	3:06:38	28. Chuck Desjardin	4:08:13
12. Dianne Bell	3:09:55	29. Irene Johnson	4:07:57
13. Nick Williams	3:11:17	30. Tony Johnson	4:07:57
14. Jim Sweatt	3:11:17	31. Barney Clark	4:10:23
15. Ernie Peters	3:12:07	32. Rosemary Marston	4:17:05
16. Lesa Allen	3:13:03	33. Sandi Venable	4:17:05
17. Larry Mabry	3:14:48	34. Charles Peyton	4:43:00

ULTRA CALENDAR

MARCH 19TH	UTS #6 THE SPRING CLASSIC. Directions: Go to Lake Sylvania. Park. 7:00 am start. 20 miles.
MARCH 19TH	Cross Timbers 50
MARCH 26TH	Mississippi 50 See BigShot for an application.
APRIL ?	UTS 7 Date and place to be determined.
APRIL 30TH	Ouachita Trail 50, The Long Crossing. Nick Williams 225-5557. More detail next month.
APRIL 30TH	CAP Charity Run, 24 Hr. Boco Raton, Florida. Steve Bridges (407) 367-3794.
MAY 8TH	Strolling Jim 40. See BigShot about an application.
MAY 15TH	Tentative date for UTS#8 Camp Robinson Mystery Run.
JUNE 4TH	NATIONAL TRAILS DAY. Brushheap Mountain 17.2 Mile Trail. Contact David Samuel at (501)356-4186(w), (501)767-1591(h)
JULY	The Lou Peyton 50K, A once in a life time event.
LABOR DAY WEEKEND	Heart O' the Traveller Weekend at Lake Sylvania
	A saturday and a monday runs over the AT100 Course
OCTOBER 8TH and 9TH	ARKANSAS TRAVELLER 100

MORE MESSAGES FROM THE BIGSHOT

A. Starting the first Wednesday in March, we will start the Humpday Run at Camp Robinson. Show up and run the trails. Starting time 5 to 5:30 p.m. Run as a group or as individuals. Directions: Military Road off of McArthur Drive. Go through the front entrance, take the first left at the the top of the hill. Go one block and take the nes left fork. Then take the first right. Go one block and park. If all else fails, go the the orange and white checkered water tower and look.

B. Next month I will be giving out the address where to send your race information with regards to the RRCA Ultra Runner of the Year. Begin now by listing your races. Times and places if applicable.

C. This is the last month to turn in order of the AURA long sleeve shirts. Give Lou a call at 225-6609 ASAP.

THE ROCKY RACCOON 100

A BEAUTIFUL THING



March 1994 AURA

PLACE YOUR REFRIG MAGNET HERE (+++)

SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
		HUMPDAY RUN CAMP ROBINSON			VICKSBURG 10K	
6	7	8	9	10	11	12
		HUMPDAY RUN CAMP ROBINSON				
13	14	15	16	17	18	19
		HUMPDAY RUN CAMP ROBINSON			CROSS TIMBERS 50 UTS #6-THE SPRING CLASSI AND CAMPOUT.	
20	21	22	23	24	25	26
		HUMPDAY RUN CAMP ROBINSON			MISSISSIPPI 50	
27	28	29	30	31		
		HUMPDAY RUN CAMP ROBINSON				

AURA'S Dave Cawein on the way to victory. Clear Springs 50K



Arkansas Ultra Running
Association
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