

THE ARKANSAS ULTRA RUNNER

April

A Newsletter For The Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT-It's springtime! This time of year some people think of gardening Others turn to fishing or vacations. Me? I dream of getting fast again. After slugging it out in the battle of the 50K's with those bottle butted, corn row hopping joggers, I'm tired of finishing second. I used to be fast. I remember down in Mississippi on my grandmothers place ,I had to be. I told you before about the huge hog my grandmother kept out back. That hog was not only big she was quick. I saw a fat lady tap dancing one time at my high school talent show. She was really graceful and light on her feet. That sow was light on her feet, too, and she hung out by the outhouse. I was afraid of that hog. I remember the old folks sitting out on the porch at night talking. I overheard them ask about ole "so and so." Someone replied, "Oh, he went to(the outhouse) and got eat up by the hog! It impressed the heck out of me. From that time on I was a sprinter. In the late evening before bedtime I would cautiously make my way to the outhouse and then run like the wind the 40 yards back to the house. Obviously, that hog never caught me or I wouldn't be telling you this story. Thinking back on those days now, I don't believe I ever laid eyes on the hog but I did run from it and I was fast when I was younger. "Okay BigShot, bottom line it, please". Harley, the bottom line is that some of the people whipping me now, I use to beat like a drum not too long ago. Don't look for me on the trails for a while because I'll be on the track doing aps. Getting fast!!!!!!

AURA apologies go to Jackie Edmonds(AURA #(confidential) for leaving his time out of the *Sylamore 50K* results. Jackie's time was 6:15:56, 19 place.

In this issue we talk a lot about the *Little Giant Marathon*. I'll leave it to the winners to give you the race recap. The only thing I'll add is to tell you about the food. The pre race dinner was at the Black Angus Cafe. We could order from the menu or get the buffet. Naturally I got the buffet. All the shrimp, catfish and ribs I could get. The post race meal was pasta. All the pasta salad, spaghetti and bread I could get. I going back next year and get some more. Warm Regards.

HARLEY'S ULTRA NEWS OF THE DAY-I think the BigShot has finally lost it! With all the *Little Giant* stuff he overlooked the *Cross Timbers 50 Mile Run* on March 18th. Next month I hope we can profile a few of the participants and get the race story. As a preview, AURA's Kim Goosen was first female and Arkansan Bill Laster was second place overall finisher.

The AURA campout was a great time. About 20 dogs and runners went to the Albert Pike Trail over the weekend of March 11th. I plan on going back the first week in June for National Trails Day. Plan on going with me.

On March 25 the *New Spring Classic* had its debut. I think most people enjoyed the new bike section. Despite being marked with neon green ribbon about half the field missed the turnoff. Everyone seemed to take it good naturedly. Have a nice day!

AURA April Horoscope-Trying to live up to the ultra expectations of others could lead to a double whammie. Our running group's dynamics will soon change, but you will come out the winner. Feinting an injury will throw your competition off guard. Your purpose in the AURA is to make the BigShot look good.

THE ARKANSAS TRAVELLER 100 MILE RUN

Date: October 7-8, 1995

Place: Lake Sylvia Recreation Area, approximately 35 miles West of Little Rock.

Course: 17 mile loop followed by and out and back, 83 miles. The route uses Forest service roads and a seven mile section of the scenic Ouachita Trail. 30 Hour time limit.

Awards: Sterling silver buckles and plaques to the overall male and female winners. Sub 24 hour finishers to receive special enameled buckles. Buckles to all finishers under the 30 hour time limit. The Arkansas Traveller Award presented to the first male and female Arkansan to finish.

Entry: \$90.00 Limited to 125 entrants. Registration closes September 9th. For "Out of Country" banks, please add \$5.00. Entry fee is refundable up to September 9th. 50% return up until October 1st. No refund after October 1st.

Payable to: Arkansas Ultra Running Association
41 WhiteOak Lane
Little Rock, Arkansas 72227-3309

Charley Peyton, Race Director 501-225-6609

Past Results and Course Records

1991 76 with 49 finishers. 25 sub 24 hours.
1992 99 starters with 66 finishers. 36 sub 24 hours.
1993 101 starters with 75 finishers. 36 sub 24 hours
1994 129 starters with 80 finishers. 36 sub 24 hours.

Eric Clifton	16:30:04(91)
David Horton	17:19:28:(91)
David Horton	17:30:39(93)
Ray Bailey	17:35:11(94)
Don Aycock	17:40:02(91)
Chrissy Duryea	18:40:36(94)
Chrissy Duryea	18:50:36(93)
Shelby Clifton	19:15:41(91)
Chrissy Duryea	20:38:08(92)
Nancy March	22:04:39(93)

We expect to reach our 125 limit again this year. Please don't delay!

1995 ARKANSAS TRAVELLER 100 APPLICATION

Last Name First Name MI

Street Address

City/State Zip Code

Phone Number

Sex _____ Date of Birth ____/____/____ Age _____

Do you suffer from allergies? If yes, explain.

Are you presently taking prescription medication? If yes, explain.

Previous Ultra experience (be brief) _____

What do you anticipate your 1995 AT-100 finish time to be: _____.

Please read the following statement and sign below:

In consideration of your acceptance of this registration, I, intending to be legally bound hereby, for myself my heirs, executors and administrators, waive and release the Arkansas Ultra Running Association, race workers, U.S. Forest Service, and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for injury, harm, loss, inconvenienced or damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby consent to and permit emergency treatment in the event of injury or illness. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any purpose without obligation or liability to me.

I have read the registration information provided and certify my compliance by my signature below. I also understand that my registration fee is non-refundable after October 1, 1995.

Signature _____

T-SHIRT SIZE: S M L XL (circle one)

There will be a free spaghetti dinner October 6, 1995, for the runner ^Eone guest. There will be a \$5.00 fee for each additional guest.

Enclosed: \$90.00 registration _____
\$5.00 per spaghetti dinner _____
TOTAL _____

When your entry is received, you will be sent a confirmation letter.

ULTRA CORNER

The Little Giant Trail Marathon By Kim Goosen

On Saturday, March 4th, about 20 brave runners gathered to run the first annual *Little Giant Trail Marathon* held in Poteau, Oklahoma. Rick Anderson, the race director, changed the course at the last minute due to icy conditions on the Ouachita Trail sections. Originally the course was one 26.4 mile loop. He changed it to two out and back sections. This increased the distance to about 29.4 miles. We all wished Rick had extended it just a bit further to make it a "50"K however 29.4 miles of this hilly course was quite enough running that day.

The race began at approximately 8:00 a.m. in somewhat cool conditions (35 degrees). I knew I went out too fast when I discovered that I was the first runner to reach the first turn around at seven miles and ahead of my friend, Neil Hewitt of Dallas. By eight miles Neil caught up with me and I played tag with him for about three more miles before "letting" him go. The course was rolling hills, with a very steep incline at the end of the first out section. There were three manned aid stations and one unmanned one.

The nice thing about out and back courses is that you can see where your friends and/or competition is at each turn around point. For most of the race, Linda Musil and Lou Peyton were only about twenty to thirty minutes behind me, and Lou was working harder to catch Linda each time I saw her.

I was passed by a few other men as the race went on, Ken Ashby, Jay Norman, Jack Johnson, and a runner everyone called "Chisom."

Overall this race was very well put on for it's first year. Rick and his crew worked hard to make the run enjoyable and safe for all the runners. There was both a pre-race and post-race meal, plus a T-shirt. The overall winners received paintings done by local Native American artists. I would recommend that any runner who is within driving distance try and make it to this race next year. It was not only extremely fun, but unique in the near flawless race management for a first year run.

Rick Anderson, Race Director adds: Dear Lou and Charley, I don't know how to say thanks. I first called you all back in October of '94. I wanted to do a trail run at that time but I didn't know the first thing about it. Throughout the following months, I ran into many obstacles. Mostly from the locals and the forest service. The locals told me that there was no such thing as ultra running. That should tell you a lot about the mentality around here. After that, the forest service kept putting up obstacles after obstacle before we finally got a permit. There were many times that I felt like it wasn't worth the trouble. It was those times that you all pulled me through. Thanks for the list you sent me as well as the encouragement through those months. The forest ranger stayed out on the course through the entire event and seemed impressed. This after he chastised me for changing the race course that morning. I changed the course because of the ice that would have made it hard to make the eight hour time limit that they requested. AARGH!!!! Any way, I would like to keep in touch as your race gets closer. I owe you one! I hope that you realize that if it wasn't for you (AURA's) our race would have been a big bust!

HARLEY'S Trail Etiquette

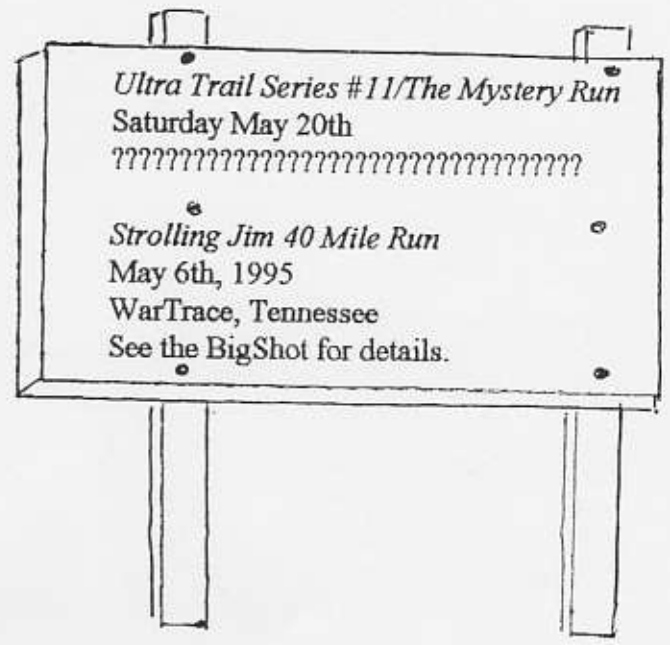
Rule Number 1-What's said on the trail, stays on the trail.

Rule Number 2-Never ask an Ultra runner what their time was. Ask instead how did you do.

Rule Number 3-If your running mate says "I've got to step off the trail", don't look back.

Little Giant Trail Marathon(29.4 miles) March 4th, 1995

1. Neil Hewitt	4:41:42	*
2. Ken Ashby	4:53:48	
3. Jay Norman	5:01:29	
4. Jack Johnson	5:02:03	
5. Chisholm Duepree	5:11:16	
6. Kim Goosen	5:21:54	*
7. Johsn Hargrove	5:53:46	
8. Linda Musil	5:57:00	
9. Lou Peyton	6:01:36	*
10. Steve Eubanks	6:13:19	*
11. Bonnie Allison	6:21:52	
12. Jodee d'Avignon	6:23:12	
13. Chuck Desjardin	6:32:36	*
14. Irene Johnson	6:40:15	*
15. Charley Peyton	7:08:50	*
16. Betty Norman	7:12:15	
17. Bob Horner	7:41:32	*
18. Ann Moore	7:54:41	*
(*) AURA		



ULTRA PERSONALITIES

NEIL HEWITT

Neil, congratulations on your Little Giant Marathon victory.....*How much effort did it take? It was an easy, fun run. There aren't trails like the Ouachita in Dallas. I miss it!*

I see that you did well at the SunMart 50 Miler with its relatively flat trail. What a contrast to the Little Giant. What kind of trail running do you prefer?.....*I like a tough, hilly trail. I have a real hard time running loops. Loops are hared on the mind. To be honest, I miss running the Trail Series. That is the kind of trail I like.*

Lets see.....*you've been in Texas for a couple of years now. How do you find the Dallas running community.....I met Jay Norman and Jack Johnson a few weeks after moving to Dallas. We travel to Mickey Rollins runs occasionally. But there aren't many long trails, so the trail runners are few and far between.*

Are you in the "Hash.".....*Yes, I'm proud to say I'm a Hasher. My hash name is "TapeWorm". That name has stuck as my running nickname.*

Describe a typical training week. mileage, weather, etc.....*My training goals for a week are 35 to 50 miles, vim twice(mile each time), weights twice a week, and mix in a little stairmaster and bike. I'll train outside in almost any weather with the temp. over 32 degrees.*

Any significant P.R.'s in your past.....*Yes! The past six months have been pretty good to me. In October '94, I set a PR at 50K at the Rocky Raccoon 50K(4:19).m Then I set a new one at the Jackson Five 0/50K(4:09). And, at Sunmart, I had my best 50 mile-8:20.*

What do you consider your favorite ultra distance to race.....*My favorite distance is a trail 50K. You can run the whole race hard, and not hurt afterward.*

Give us some stats.....*Age, ideal racing weight; height, years running, etc.....I'm 34, but my wife tells everyone I act 18(because of the running). Ideal weight is 168-172 lbs. I'm 6'4" with size 14 shoes. I started running with the Hash in 1990.*

ULTRA TRAIL SERIES

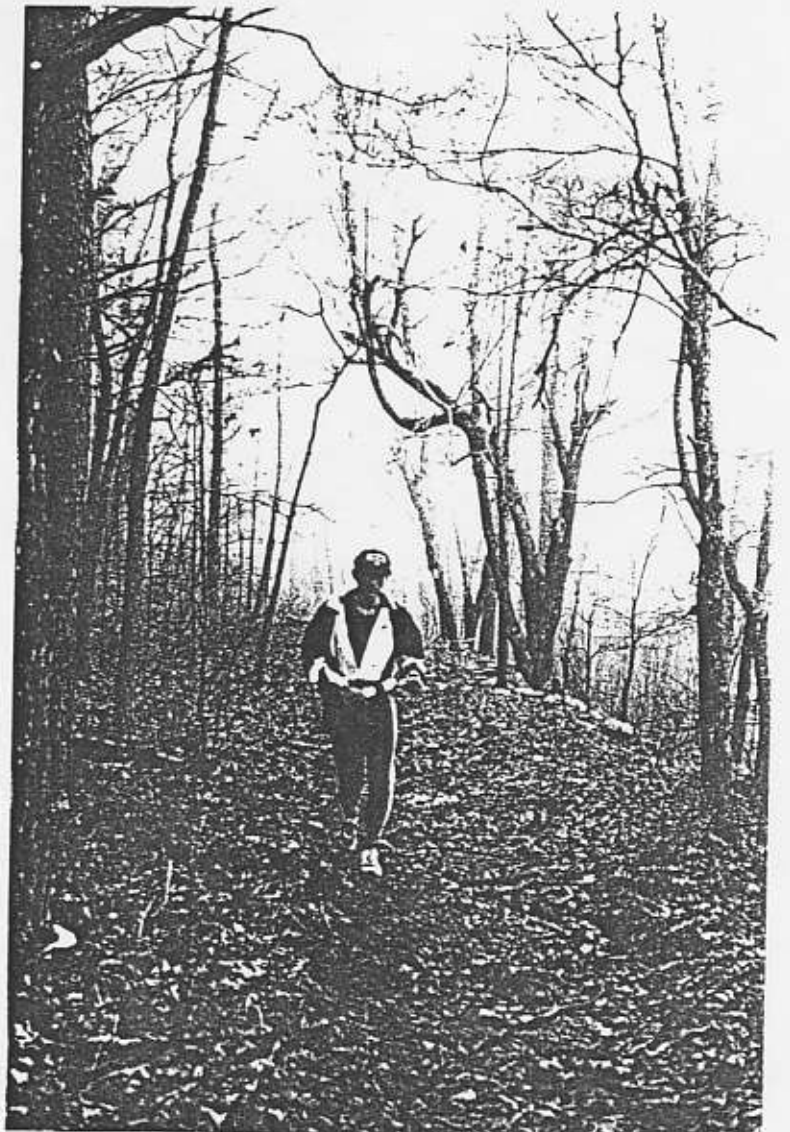
The New Spring Classis 3-25-95/18 miles(+/-) UTS # 9

1. Ray Bailey	2:22:45
2. Jim Sweatt	2:59:32
3. Jim Schuler	3:03:29
4. Kim Goosen	3:04:10
5. Kimberly Pavelko	3:05:38
6. Denny Webster	3:10:00
7. Barbara Duncan	3:10:00
8. Dan McCullough	3:17:02
9. Lou Peyton	3:17:20
10. Steve Eubanks	3:22:05
11. David Samuel	3:22:58
12. Dianne Bell	3:40:00
13. Lou Wintroath	3:43:27
14. Dale Wintroath	3:43:27
15. Chuck Desjardin	3:43:51
16. Charley Peyton	3:46:26
17. Pat McDaniel	3:51:06
18. Irene Johnson	3:59:02
19. Ann Moore	4:10:20
20. Sandi Venable	4:23:40
21. Tony Johnson	4:37:30
22. Bob Horner	5:07:04
23. Jane Schwartz	5:08:40

Ultra Trail Series #10/*Ouachita Trail 50 Mile Run.*
Saturday, April 29, 1995
5:30 a.m. Maumelle Park, Pavilion #3.
\$5.00 entry fee. Contact Bill/Teresa Laster
5904 N. Country Club Blvd.
Little Rock, Arkansas 72207

ULTRA TRAIL SERIES POINTS THRU UTS #9(The New Spring Classic)

Ray Bailey	446	Kim Pavelko	313
Jim Sweatt	241	Lou Peyton	238 1st senior
John Gross	230	Ivy Harrison	203 1st master
Nick Williams	121 1st senior	Kim Goosen	173
Ricky Williams	118	Gayle B. Bradford	164 2nd master
Rick Utley	98	Dianne F. Bell	159
Steve Eubanks	83 2nd senior	Ann M. Moore	77 2nd senior
Dr. FeelGood	82 1st master	Sandi Venable	34
Dan McCullough	78	Irene Johnson	34
Don Price	73	Paulette Brockinton	32
Chuck Desjardin	72 2nd master	Rita Speas	10
Kurt Truax	69	Donna P. Duerr	6
Charles Peyton	64	Rosemary H. Marston	4
Jim Schuler	58		
Ken Millar	57		
David Samuel	54		
Robert Morgan	41		
Pete Ireland	41		
Harold Hayes	29		
Lee Wyatt	22		
Dale Morris	17		
Bob Horner	15		
Sam Hardcastle	13		
Ed Fishman	13		
Bob Pester	5		
Tony Johnson	5		
Gary Speas	3		



The BigShot pulls the mountain
at the *Little Giant Marathon*.
Notice the fog in the background!

Picture by Tony Johnson.