

# THE ARKANSAS ULTRA RUNNER

December 1995

*A Newsletter For Members Of The Arkansas Ultra Running Association*

**HARLEY'S ULTRA NEWS OF THE DAY** - On December 22nd one of this country's premier long distance runners, David Horton, will be in town and is scheduled to talk about the 1995 Trans-America foot race that he completed this summer.

**Date:** Friday, December 22nd.

**Time:** 7:00 P.M.

**Place:** UAMS Radiology Conference Room

**Directions:** Park at the UAMS parking deck (Small fee required) A marked course from the parking deck will be set up. More Information call Lou Peyton at 225-6609.

David is a native Arkansan who now lives in Lynchburg, Virginia, where he heads the "Physical Education" department at Liberty University.

Ultra Trail Series # 5, The 10-9-10 Run. 7:00 a.m. from the Lake Maumelle picnic park on Hwy 10 about 18 miles west of Little Rock. 21 miles, out and back on the Ouachita Trail. No fee: no registration. Last year this run proved too tough for many of the participants as we had only two finishers. Myself and my attorney, John Gross.

Mark you calendar for December 2nd, 9:00 a.m. at pavilion #1 at Murray Park. Lou and I will be cooking pancakes for the Little Rock Roadrunner Club. Please come. We have more pancakes, honey, butter, coffee, hot chocolate than I know what to do with.

AURA's Kendall Penn of Searcy gave me a message today that he is going to Sunmart and is offering a ride to anyone who needs it. He can be reached at (501)-279-3085.

## AURA Renewal Notice

With the February 1996 issue of the Arkansas Ultra Runner we will begin the 8th year of the Arkansas Ultra Running Association. For your convenience, I have attached an AURA Personality Index for any who have a difficult time deciding whether they want to be an active member. For those who already know they want to re-enlist, send \$10.00. This will cover printing and mailing (at least 10 issues) Send to: Charles Peyton-41 White Oak Lane, Little Rock, Arkansas- 72227. Expect your membership card plus secret coded number in the return mail.

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# ULTRA CORNER

**ARKANSAS TRAVELLER WRAP UP** - In my haste to the printer last month I neglected to include two of our AURA member's comments about their experience during the '95 AT-100. Apologies to you both.

**PETE IRELAND** - Pete.....What made the difference this year? In 1994 you gave up the ghost at 77 miles. This year it was a 27:17:38. At the awards you even looked like you had had a good nights sleep..... Obviously the biggest difference for me this year was the weather. Last year my constantly wet feet resulted in painful blisters, that, along with a leg problem caused me to drop at 77 miles. This year the weather was superb. You out did yourself, Harley. You could not have asked for better weather. The mild daytime, a cool night, and the clear sky with lots of moonlight, helped keep the spirits up. This had to be, by far, the best conditions in the 5 year history of the Traveller. The aid stations were great, as always, which makes it easier, and an enthusiastic sendoff by Sam Hardcastle at the BM Road Aid Station in the dark of night helped get me across that rough stretch of Smith Mountain on the return trip. I felt great, except for a heel blister, virtually the whole way, and surprisingly still had some run left in me in the last few miles. (That run put my monthly mileage over the 100 mile mark for only the sixth time in 16+ years of running, and the second time this year.) It was great to feel so strong at the end in my first 100 mile finish. Some day maybe I'll have time to really train for one.

**Kendall Penn** - Kendall, you were dead meat at the 49 mile Powerline Aid Station. What's the story? I heard that the ultra babes didn't even try to get you to go on?..... In reference to your question, the injury that sidelined me at the Powerline was not an old one. In fact, I was stricken with it just an hour and a half prior while crossing Smith Mountain where I was attacked by a band of space aliens who bore a strange resemblance to Elvis in drag. I was able to distract them with a couple of cheeseburgers and a can of beer I picked up at the Drop-off Aid station at 40 miles. I was so traumatized by the event that I forgot about it until your questionnaire arrived.

**ULTRA PROFILE** - Roger Williams (first borne son of AURA's Nick and Scarlet Williams) Roger paced his dad, Nick Williams, from the 58.6 mile Turnaround Aid Station to the finish.

How did it come about that you would help (pace) Mr. Nick at the 1995 AT-100 .....Nick used his infamous philosophy and said that since I'd run 15 miles in 1991, 41.4 miles would be a piece of cake. Besides, I like the people that he runs with and have enjoyed the outdoors for as long as I can remember.

A month earlier you and Nick ran the Quivering Quad 50km in St. Louis. What was the difference between a 50K and 41 miles for you.....For me it was 6 hours of running. It took 6 more hours to run 11 miles. That's crazy! Also, that meant 11 more miles to

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hear the stories. Then hear Sweatt and Bell say, "Come on Nick, we've already heard that one," and to have Nick say "Well, if they can't take a joke, \_\_\_\_\_ 'em. The stories flowed as deep as the stuff they were spread in.

How had you trained for these two runs?.....For the 50K, I ran 20+ miles a week for 6 weeks. Two 10K's on pavement during the week and a eight mile run on the weekend on trail. I slacked off a bit for the 41.4 miles by only running on the week end about 12 on Saturday and 6 on Sunday. This allowed me to get use to the trails. The trail is where it's at anyway. Pavement running is for young, fast people.

Did you feel any pressure in pacing Mr. Nick to his 500 Mile Award. You know, what if he had quit on your watch?.....The only pressure I felt was constantly on the inside of my bladder. I couldn't believe how often I had to use the little boy's room. There really was no pressure. Nick would have finished the race with or without my being there. He is in the best shape he has ever been in and, as you know, there is a thing called stubbornness. This lies deeply in Mr. Nick so that when he sets his mind to something, he's going get it done.

Any new stories?.....I heard every detail about Dianne Bell trying to kiss two snakes on different occasions. I heard some things about relatives and the fact that I was supposed to be a girl named Rebecca. Mainly, stories were created on the run. From Dianne and me singing duet to Beatles songs to Joel Guyer calling me a dumb SOB for claiming that I am Nick's kid.

Were there any low points? Did you have to get tough with him?.....There was a low point just before the sun came up. Nick said that we'd get renewed energy when it did arise, and we did. We were trapped between the Racoon and the Pumpkin Trail Aid Station. I was out of water, hungry, cold and we couldn't run. That four mile stretch turned into a two plus hour extravaganza. The only thing I could think of was to tell jokes. It seemed to work because Nick blew snot out of his nose and repeated his punchline. And, if you know Nick, this was a sign of approval.

What did you eat and drink during the run?.....We ate soup mainly until he said I'd better get something solid in me. The Traveller is a four hamburger run, by the way. It amazed me that no matter how much I ate, I was always hungry. I wanted a shot of Wild Turkey at the Chili Pepper Aid Station. Those Fayetteville boys had just polished off their second bottle, Darn!

What was the best advise you received before pacing?.....No one gave me any advice, except to make'em laugh. I think I accomplished that goal. I learned that in order to have someone finish one of these runs, it helps to run ahead of them a bit to provide temporary goals for them to reach. The run had become a series of small goals for the man. I think that it helped.



You overall comment on the Traveller?.....I loved it. Well, all except for the stretch from 95 to 98 which took forever and the rocks were very prominent. Next year, I'll wear tougher midsoles, because I think I bruised my feet permanently from that part. Maybe I'll run it next year with the old man's shoes. They seem to be super-shoes anyway.

What next? Will Mr. Nick repay you and be your pacer somewhere?.....Right after the Traveller, I had dad sign us up for the Sunmart 50 Miler in Houston in December. This 50 will be easy and will make me sign up for the Traveller next year. I cannot imagine running an Ultra without him. He is my father a a great individual, which makes the running so enjoyable.

\* \* \* \* \*

## *PALO DURO TRAIL 50 MILER*

On October 28th a large group of Arkies traveled to the "Grand Canyon of Texas" just south of Amarillo, Texas, at the Palo Duro Canyon State Park. The race directors are Red Spicer and Bob Givens and they have been trying to get the Arkansans to come over for their race for years. Last year Van Davis and Irene Johnson completed the race. This year the race was switched from 10 five mile loops on asphalt to two out and back 25 mile sections on a single track trail that they were instrumental in building and which now bears their names. There were 56 starters and 41 finishers in the 50 miler and 43 starters and 43 finishers in the 25 mile race. Although it is a long drive to Amarillo, it turned out to be a most enjoyable weekend of camping and running. I recommend to you the Palo Duro Canyon 50 Miler.

### RESULTS

Van Davis(left)  
10:32:08

Nick Williams  
11:04:24

Lou Peyton  
11:31:48



# ULTRA TRAIL SERIES

## *Candlewood Mountain Run -12 miles /11-4-95*

1. David Allen	1:37:05
2. Randy Davidson	1:44:22
3. Mark Oliver	1:44:39
4. Jim Sweatt	1:54:57
5. Ernie Peters	2:10:20
6. Dianne Bell	2:11
7. Nick Williams	2:17:06
8. Pete Ireland	2:21:07
9. Kim Pavelko	2:22:22
10. Donna Hardcastle	2:41:40
11. Lou Peyton	2:44:53
12. Sam Hardcastle	2:47:00
13. Kathy Alstadt	2:50:00
14. Steve Eubanks	2:50:00
15. Charles Peyton	DQ'ed

Race calendar for the series:(Some of the dates are tentative)

July 29th	Midnight 50 K Mountain Run
September 4th(Labor Day)	Smith Mountain Loop, 24 miles
October 7th	Arkansas Traveller 100 Miler
November 4th, 7:00 A.M.	Candlewood Mountain Run 20K
November 26th, 2:00 P.M.	The Demonstration Run(TBA)Allsopp Park- 6 mi.*
December 9th, 7:00 a.m.	10-9-10 Adventure Run, 21 Miles
January 7th	Round Mtn Loop(Albert Pike Trail) 21 Miles.
February 3rd	White Rock Classic 50K
February 17th	Sylamore 50K
March	New Spring Classic, 21 Miles.
May 4th	Ouachita Trail 50
May	Mystery Run, ?K

Remember that the Trail Series features adventure running. Expect the unexpected. Carry weather gear and a water bottle.

\* As I write this we have just returned from the Demonstration Run at Allsopp Park. Judging by the sparse turnout and feedback from the runners, the Allsopp Park 6 miler will remain a fun run having been judged as not worthy of Trail Series status.

**ULTRA HOROSCOPE** - Throw your past efforts on the ultra dungheap, good times are just around the next bend.

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# ULTRA CALENDAR

Dec 16th	Sunmart Texas Trail 50 Mile and 50 Km.
Jan 27th	Clearsprings-Bighead Memorial 50 Km. Joel Guyer (601)446-6496
Feb 3rd	Rocky Raccoon 100 Mile Run
Feb 3rd	White Rock Classic 50 Km
Feb 17th	Sylamore 50 Km
Feb 24th	Nancy Mtn Co-ed Cross Country Walk-Details sketchy
Mar 2nd	Mississippi Trail 50
Mar 23rd	Cross Timbers Trail Run, 50 Miles and 30 Km.
May 4th	Ouachita Trail 50 Miler

## AURA PERSONALITY INDEX

I have \$10.00.	Add	10 points.
I fantasize about running with Lorainne Bobbett	Subtract	6 points
Having a membership card at this point in my life is very important to me.	Add	3 points.
I am a touchy, feelly, sharing, caring kind of guy/gal.	Guys Subtract	5 points
	Gals Add	5 points.
I have some yet unheard of running stories to tell	Add	3 points
My friends often ask me to shut up.	Subtract	5 points.
Without my Ultra Horoscope I have no direction in my life.	Add	2 points.
<u>I am willing to lead a search party for the BigShot</u>	<u>Add</u>	<u>5 points.</u>
A balance of 10 points or more establishes your eligibility for membership		{ ? }

Arkansas Ultra Running  
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