

THE ARKANSAS ULTRA RUNNER

February 1995

A Newsletter For The Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT-I have been placed on AURA probation. I made a mistake, OK!! Who hasn't. I was called to the back door by Lou and my daughter, Jennifer Ann.. They proudly pointed out a full grown raccoon walking through out carport.. What I did next, I'm still a little hazy. But my daughter says that I, upon me seeing the coon, ran outside and picked up the first thing I could find and threw it at the coon who had by then walked into the back yard. Hey, it was lucky throw! That hair brush hit the coon square in the side of the head. It must have been a sign. Either that or a flashback from my days of growing up in Mississippi. Down there if you saw a squirrel, rabbit, chipmunk, it didn't matter what, you "got" it. Anyway I'm on probation for a month. I think that Harley will find that putting out this Newsletter is not as easy as it looks. I'll check with you next month. Its all yours, Harley. I still think it was a sign from my upcoming Rocky Raccoon 100 entry.

ULTRA NEWS OF THE DAY BY HARLEY--Word up from Leland, Mississippi, is that Grant Egley, race director of the Mississippi 50 has moved to North Carolina. This means that two to the long time ultra races in the area will be calling it a day. The second one is the Jackson Five-0 in Dallas which will have its final go January 21st.

Good news from Texas. AURA member Kimberly Pavelko was the first female finisher at the Rocky Trails 50 miler at Inks Lake State Park, Texas, November 19th. Next month we hope to profile Kimberly and her victory.

Don't let the Clear Springs 50K, January 28th, pass you by. Homochitta National Forest, Clear Springs Campgrounds. 7 a.m. start. Three loops of a hilly, dirt trail. Recommended by the AURA. Roxy, Mississippi.(east of Natchez) No fee. BBQ pot luck after the race. Contact Joel Guyer at 1-601-446-6496 or Harley at 225-6609 for the real details.

With the February issue of the AUR, our membership drive ends. Send your dues to the address listed later in the newsletter. While your at it, be a running hero and join your local RoadRunner Club. Tell them I sent you.

First call on the AURA Spring Campout--The weekend of March 11th. Place--Somewhere in the Ouachita National Forest near the Albert Pike Recreation Area. Primitive Camping Style. Runs will cover the Eagle Rock and Spirit Rock Loops. Plan now. More details later. Call me if you have questions.

Don't forget that the results of the WhiteRock Mtn 50k and the Sylamore 50K will be used for the Ultra Trail Series. If your name appears later in the UTS Points Results there is no need to tell me you want to be in the series. You are. However if your name is not, let me know you want to be included. Please don't go the race directors of these two races. They won't know what you are talking about.

Harley

THE SYLAMORE 50K

FEBRUARY 18TH

Allison, Arkansas

Bill and Teresa Laster-1-501-666-6621

Warning! RX only
not for resale

1995 ULTRA HOROSCOPES

ARIES-Your ultra destiny now begins. Prepare well and outsmart your competition. Bad girls have fun, too. The ultra signs are right for you. To much anticipation might lead to a disappointment.

TAURUS-Blue skies will show you the way. People who like you, really like you. Your next age group will be your best. Romance on a long run could spell trouble with a capital "U". Drink lightly from the ultra cup

GEMINI-A new relationship will boost your running. Consult the expert with your ultra quires. Your future is in teamwork, not in being a bigshot. Rush is right! Confused and alone, a light cometh your way.

CANCER-An ultra brother is not heavy. Your potential is unlimited. You deserve a good time. Work hard and victory is yours. No body loves you like your BigShot. Loose lips sinks ships.

LEO-You will receive a sign from an ultra friend. Share your ultra knowledge. A mighty oak was once a nut like you. Good news will come running on two legs. You're a 10.

VIRGO-Training setbacks are in the past. Don't look back, you might see the BigShot. Your ultra runs have been lonely but that will soon change. You can handle a low AURA Ultra number. Prolights.

LIBRA-History will judge your ultra running kindly. Tensions could rise at your next race. New friends are on the way. Catch up on your AURA reading. You make it look so easy!

SCORPIO-You will prove to be invincible. You are thought of as being fast. Make the first move on the training run and place yourself in control. Inside that body is a sleeping giant. All of your old injuries are history.

SAGITTARIUS-Gloat your ultra finishes. Sway gently to the ultra beat. There is room at the top for only one BigShot. Run with your heart. Beware of the ultra beanball.

CAPRICORN-Don't take your ultra victories for granted. Heavy hangs the head that wears that wears the crown. A handsome dividend will run your way. Don't provoke your competition, let sleeping dogs lye. You deserve better.

AQUARIUS-When in doubt, go downhill. Never apologize for your ultra victories. Reckless running has its own special reward. When all else fails, lie. Shedding a few pounds now, will make a big difference in the spring.

PISCES-Stick to the facts, and figures will run your way. If you can do it, its not bragging. You will find Points in the most unexpected places. Avoid the easy. Your ultra fantasy will soon prove to be reality

ULTRA PROFILE-*Ms Scarlet Williams*

Greetings *Ms Scarlet*.....

Congratulation on your Sunmart 50K; your first ultramarathon. Give me one word to describe how you feel about your effort. Take two if you need them.....*SATISFIED-I can set a goal and attain it. GRATEFUL-I have the health to do this. And grateful to Nick and other ultrarunners who encouraged me.. I'm especially grateful to Ann Moore who said I couldn't do it.*

Can you tell the AURA readers about your training leading up to the Sunmart.....*23 years of putting miles in the bank. I kept my basic plan of 25 miles a week(running and aerobics and weights)but added increasingly longer runs on the weekends from 12 to 25 beginning in September.*

We have got to know. What was Mr. Nick's advice for you before the start?.....*"Don't worry-eat and drink a lot. You'll lose weight later."*

31 miles is a long, long way. Did you have a strategy for eating and drinking during the run. Or, walking and running.....*If wasn't nailed down, eat it! I ate at every aid station and really like the yogurt covered graham crackers! I drank only water.*

On running in general, I remember a cold windy day at the St. Louis Marathon ten years ago when you went for a finish at your first marathon while "others" fell away. What do you consider your strongest asset when it comes to distance running.....*Accuracy! I generally manage to stay on the course and perseverance. I don't like to "fall away."*

If you could run like anyone, who would be your choice. What about run with someone.....*No offense but I love running alone. (Usually there's no one as slow as I am anyway, and I can think and enjoy nature.) Sometimes I'd like to be stronger/faster and be able to run and "talk trash" with you guys.*

Your favorite piece of running attire is.....*anything Purple.*

The best running advice you have received is.....*"Keep your mouth closed while you run and you'll never get hurt." Mr. Nick, circa 1978.*

It has been 10 years from your first marathon to your first ultra marathon. Anything else brewing in the future.....*Maybe a few more 50K's As you can tell, I don't like to rush into anything.*

1995 Sunmart 50 Mile

11. Ray Bailey	6:50:08
46. Neil Hewitt	8:20:24
59. Kim Goosen	8:32:16
82. Kurt Truax	9:05:16
83. Bob Marston	9:05:18

1995 SunMart 50K

38. Ricky Williams	4:37:27
187. Cindy Truax	6:16:06
219. Bob Pester	6:44:00
227. Les Hall	6:49:36
234. Bob Horner	6:54:39

95. Max Welker	9:13:58	253. Scarlet Williams	7:27:03
97. Jim Sweatt	9:17:15	260. Steve Eubanks	7:36:13
197. Randy Davidson	9:37:30	266. Bev Cannata	7:53:02
126. Lou Peyton	9:47:48	276. Debbie Desjardin	8:16:10
135. Dianne F. Bell	9:52:14	277. Bob Cannata	8:16:10
138. Nick Williams	9:52:43		
195. Chuck Desjardin	11:34:20		

AURA MEMBERSHIP PROFILE-Phase 1

If you answer yes to three(3) or the 10 statements consider yourself a candidate for the AURA.

1. I feel my only friend is the pain in my right knee.
2. To have an ultra number and membership card is very important in my life.
3. I'm a touchy-feelly/sharing-caring type of person.
4. It thrills me to see my name in print.
5. I'm down and out in Arkansas.
6. I dream of becoming a BigShot
7. I'm afraid of being left behind.
8. I'm still crazy after all these years.
9. Hold my check until _____ (fill in the blank)
10. BigShot, I saw your face in the crystal ball.

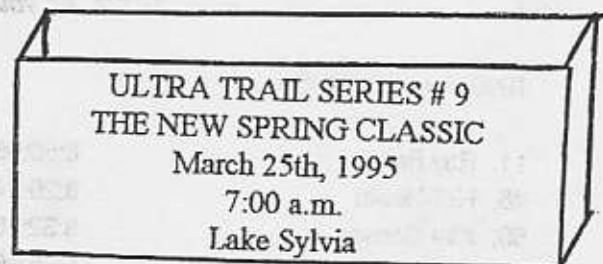
Phase 11

1. Hold your breath BigShot, please.
2. Thanx but I have a life now.
3. I liked being bossed around.
4. I crave a normal family.
5. I can handle safely an AURA membership card.

The AURA is 90% non-sense. It is a historical chronicle of your ultra accomplishments in 1995. Now beginning its seventh year. Send \$10.00 for your permit. If you have already joined please don't send anymore money.

Send: Charles E. Peyton, Jr.
41 White Oak Lane
Little Rock, Arkansas 72227-3309

SUGGESTIONS:



ULTRA TRAIL SERIES

The Eagle Rock Loop-by Bob Pester

January 7th, 1995-I guess it takes a little time to get used to the runs sponsored by the AURA. I ran the Labor Day "Heart of the Traveller" and, though the hills were a little more than I was ready for, the runs were basically what I had expected: The ups and downs of the backroads and trails of the Ouachitas.

This was not the case with the Eagle Rock Loop. The run info that AURA sent out made it look like a repeat of the Labor Day event - just a different location. A 27 mile loop course, no big deal. I had increased my mileage since Labor Day, and this time was expecting the hills. It was not until the starting line, when AURA's David Samuel gave the trail briefing, that the truth came out. He stated that we would be crouch deep at the first two crossings of the Little Missouri River in 20 degree weather then follow a stream that we would have to ford at least a dozen times. Finally we would meet a series of five mountain climbs before following another stream back to the start. I had never forded a stream before, or run over even one mountain. But I had recently completed my first 50K and been running 60 mile weeks on a few hills. I thought I had a shot at it.

The main thing what scared me was getting lost. We had maps, and the trail was to be marked with white rectangles most of the way, and yellow triangles part of the way, but I knew I would feel safest if I followed someone who knew where they were going. So when we started I immediately fell in behind David. His pace was a little faster than I was comfortable with, but I was determined to hand in with him at least through the two river crossings. Dave and I and the BigShot made the first crossing together. I couldn't believe I was actually wading through a river on a chilly, overcast day in the middle of January, but it wasn't too bad. It only took a few hundred yards to get the feeling in my legs back. I'd never run in totally saturated shoes and socks before either, but it didn't seem to be a problem. Before the next crossing David took a pit stop and I caught up with Lou Peyton in time for the next river. She was with a group of 6 or 8 runners who held hands and made a human chain across the deepest part of the river. I grabbed on to the last position and chained across. This was a neat experience in runners cooperating with and helping each other through a difficult part of the course and I loved it. But I did learn an interesting aspect about chaining: The last person in the chain is in the water the longest, and this river was COLD. After this crossing it took more than a few hundred yards to get the feeling back in my lower extremities. But I had made it through the parts that I was the most worried about, so now could drop off to a slower, more comfortable pace, and just plod it out. So I thought.

As it turned out, there were still a few challenges to be overcome. The many creek crossings were actually fun. The water has hardly ever over knee deep, and after 6 or 8 fordings, it even seemed to be getting warmer. My main problem was with the trail markers. The white rectangles were blazed on trees, were fairly new and obvious, some old and faded. In some places there were more than I needed, but at other times I'd go an uncomfortable long time without seeing one. After a few hours into the run, I started to get pretty hungry so I stopped to get some peanuts out of my pack. At the place where I stopped I just happened to look around and notice the white trail markings turning off behind me. Had I not stopped there to eat, I would have missed the turn which was what happened to the Bigshot.

Since the white trail took off up the mountainside, I decided to put on a dry pair of socks for that part of the course. This was a token gesture as my shoes were soaked. It gave me a little psychological lift. Up the mountain I went, in route to the first water stop at FSR 106. That section of trail was rugged, but uneventful, except that I ran out of water around Eagle Rock Vista and I met one of the faster runners(Ray Bailey) who was off trail near the base of Brush Heap Mountain. We searched for the trail together for a spell but as soon as we found it, he took off like a jackrabbit, and I continued my plodding.

After the water stop, I learned the rest of the truth about the course. It was not only long, and rugged but steep and long. This was slow work and I got off the trail several times. I kept hooting and howling periodically to see if any other runners would answer but none ever did. I knew some were quite a ways ahead of me but I kept expecting the ones behind me to catch up, especially as I was spending quite a bit of time searching for the trail. Eventually I make it over the third mountain, and bout halfway down the other side I looked out across the valley at number four-the biggest, most massive mountain I have ever seen in the State of Arkansas. I didn't know they grew them that big here. For a minute I thought I was back in the Rockies. As it turned out, the trail went up through a saddle, so we didn't actually have to crest the massive mountain and to my surprise and happiness the trail came to waterstop number two.

It was basically downhill the rest of the way. A few more stream crossings. One extended misdirection, which allowed Bob Horner to catch up with me. I was quite happy to have someone to visit with and help search for blazes after being alone since mile 5. The rest of the way was probably the best marked of them all and was almost anticlimactic except that Bob was afraid we weren't going to make it in before dark. As it turns out we didn't but the BigShot was out on the trail about a mile from the finish with encouragement and flashlights. We declined the lights as there were still a few out behind us who would need them even more. We did the last mile in a pretty dim twilight that faded to dark by the time we hit the finish line.

The entire event had taken ten hours, and I was amazed that I was still on my feet and felt as good as I did. My feet hurt, but that was to be expected. My legs were not very sore and I actually still had energy. I had never exercised for this long at this intensity in my entire life. It gives me the confidence I need to schedule a 12 hour run or a 50 miler. After I recover, of course.

ULTRA TRAIL SERIES #6-EAGLE ROCK LOOP/27 MILES/JANUARY 7TH,1995

1. RAY BAILEY	5:13:37
2. KIMBERLY PAVELKO	6:13:29
3. KEN MILLAR	6:32:13
4. STEVE EUBANKS	7:12:00
5. DIANNE F. BELL	7:12:00
6. NICK WILLIAMS	7:12:00
7. JIM SWEATT	7:12:01
8. DAVID SAMUEL	7:32:04
9. LOU PEYTON	7:35:00
10. CHUCK DESJARDIN	7:37:38
11. ROBERT MORGAN	8:38:53
12. BOB HORNER	10:01:08
13. BOB PESTER	10:01:09
14. ANN M. MOORE	10:19:30
15. TONY JOHNSON	10:19:30



UTS #5, The 10-9-10-Adventure Run(Times Not reported last month)

1. John Gross	4:22:05
2. Charles Peyton	6:52:50

OFFICIAL UTS STANDINGS(1thru 6)

MEN	
RAY BAILEY	238
JOHN GROSS	230
JIM SWEATT	139
RICK UTLEY	98
NICK WILLIAMS	90
RICKY WILLIAMS	86
DON PRICE	73
KURT TRUAX	69
CHARLEY PEYTON	51
KEN MILLAR	50
STEVE EUBANKS	49
DR FEELGOOD	46
ROBERT MORGAN	41
CHUCK DESJARDIN	39
DAVID SAMUEL	37
DAN MCCULLOUGH	36
PETE IRELAND	35
LEE WYATT	22
DALE MORRIS	17
SAM HARDCASTLE	13
ED FISHMAN	13
BOB HORNER	10
BOB PESTER	5
GARY SPEAS	3
TONY JOHNSON	2

WOMEN	
KIMBERLY PAVELKO	205
LOU PEYTON	141
DIANNE F. BELL	120
IVY FRANKLIN	97
GAYLE BRADFORD	94
KIM GOOSEN	54
ANN M. MOORE	42
PAULETTE BROCKINTON	32
SANDI VENABLE	27
IRENE JOHNSON	20
RITA SPEAS	10
DONNA P. DUERR	6
ROSEMARY MARSTON	4

WHITE ROCK MOUNTAIN 50K

FEBRUARY 11TH

Hwy 23 at the Turner Bend Campground.
Joe Fennel-1-501-521-0337