

AURA'S GOOSEN WINS AT MASSANUTTEN

THE ARKANSAS ULTRA RUNNER

A Newsletter For Members of the Arkansas Ultra Running Association

June 1995

MESSAGE FROM THE BIGSHOT - The old mind is in the planning mode again. One of the neatest times I had recently was a cross county walk I did with several AURA members the last week in February. We explored the area that is east of Lake Sylvia and is bordered on three sides by the Winona Forest Drive, Hwy 10/9 and Hwy 324. There are three mountains in the area one of which is Nancy Mountain. I am purposing the Nancy Mountain Walk the week following the Sylamore 50. For MEN ONLY. There is a nice picnic area near the start. Perhaps some of our AURA women will volunteer to have a nice hot breakfast for us after our event. How about is gals?

With summer approaching, we have to start thinking about the Midnight 50k Mountain Run. I am tentatively placing it on July 29th. Although current race calendars are hard to find, I don't think I see a conflict. If one arises we will adjust. But plan on the 29th. As usual we will be low key, no entry. One of the things we might do is include it as the first race of the Trail Series.

Thanks for the participation at *Grady's* and the Trail Series award presentation. Congratulations to all the trail Kings and Queens: Ray Bailey, Chuck Desjardin, Nick Williams, Kimberly Pavelko, Ivy Franklin and Lou Peyton. Also, thanx to all of you who received the "other" awards and accepting them in good humor.

JUNE AURA HOROSCOPES - Your next Ultra finish will bring you outpourings of admiration and affection. Have another cookie and watch your stresses melt away(A little wine might lighten your load, too.) A pox will follow your competition. Soon you will be running with the debutantes and loving it.

HARLEY'S ULTRA NEWS OF THE DAY - As the by-line reads, AURA's Kim Goosen was the first place female at the *Massanutten Mountain Trail 100*, May 14th. The race story will follow in the newsletter. After surveying the latest issue of *ULTRARUNNING*, I see where Bob Horner completed 52 miles in the *Run Wichita 24 Hour Run*. Also, Les Hall of Yellville was in Highland, Illinois, April 29th, for the 3rd annual *Silver Lake Trail 50K*. Les finished 8th place with a time of 6:37.

Don't forget *National Trails Day* at the Albert Pike Recreation Area, June 3rd. Call me for directions(225-6609) or consult your May newsletter. Remember the 7:45 A.M. trail briefing and the 8:00 A.M. start.

ULTRA TRAIL SERIES

The *Camp Robinson Mystery Run* brings to a close the 1995 *Ultra Trail Series*. Congradulation to all the QUEENS and KINGS. Several new ideas were tried out this year: A limited registration, piggy backing the UTS to some of the established state ultras and a new method of compiling points(I am not sure that I even understand it). We also had our largest number of races, 11. Most of the comments about the series have been favorable. I have heard some reports that the series is too competitive; some that said the series was not competitive enough. I remember when the idea of a trail series first started we were in the planning stage for *The Long Crossing 50 Miler*(1989). Since then we now have the *Ouachita Trail 50*, *Arkansas Traveller 100*, *the Midnight 50k*, *the Sylamore 50k*, *the WhiteRock Classic 50k* and the *National Trails Day* runs. Plenty of ultra races are now located within driving distance of Arkansas. I'm reminded of the Choo-Choo train pulling the caboose up the mountain. Reaching the summit and starting down the other side the heavy engine is slowed thereby blocking the path of what could be a runaway caboose. My question do we continue with the series for next year. Is the series standing in the way of someone wanting to have another ultra in the area? Your comments are appreciated. Especially with regards to your favorite run, etc.

1990	KING	Eddie Mulkey	
	QUEEN	Carroll Mathew	
1991	KING	John Gross	
	QUEEN	Trish O'Dwyer	
1992	KING	John Gross	
		Frank Rivers	Masters
	QUEEN	Kim Pavelko	
1993	KING	Lou D. Peyton	Masters
		John Gross	
		Frank Rivers	Masters
	QUEEN	Pete Ireland	Seniors
		Nancy Cunningham	
		Gayle B. Bradford	Masters
1994	KING	Ann M. Moore	Seniors
		John Gross	
		Dr. FeelGood	Masters
	QUEEN	Nick Williams	Seniors
		Dianne F. Bell	
		Lou D. Peyton	Masters
1995	KING	Ann M. Moore	Seniors
		Ray Bailey	
		Chuck Desjardin	Masters
	QUEEN	Nick Williams	Seniors
		Kim Pavelko	
		Ivy H. Franklin	Masters
		Lou D. Peyton	Seniors



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The 1995 Camp Robinson Mystery Run, UTS #11.

1. Ray Bailey	1:24:17*	14. Dan McCullough	1:56:47
2. Alfredo Atilano	1:30:54	15. William Nelson	1:56:47
3. Stan Ferguson	1:33:26	16. Dianne F. Bell	1:57:00
4. Bill Torrey	1:37:20	17. Paulette Brockinton	2:03:20
5. Mark Oliver	1:38:10	18. Malcolm Miles	2:03:30
6. Larry Ausbrook	1:39:37	19. Fletcher Ward	2:03:30
7. Harold Hays	1:39:40	20. Angie Ranson	2:04:13
8. Jim Sweatt	1:41:11	21. Steve Eubanks	2:05:00
9. Karl Lemier	No time	22. Lloyd Moore	2:16:41
10. Kim Goosen	1:41:50*	23. Pete Ireland	2:19:43
11. Larry Cook	No Time	24. Ron Thompson	2:20:00
12. Kimberly Pavelko	1:50:58	25. Chuck Desjardin	2:23:46
13. Bouden Ted	1:54:06	26. Elaine Gimblet	2:24:00
* = New Course		27. John Knapp	2:24:00
Records		28. Robin Booth	2:24:00

ULTRA CORNER

THE OUACHITA TRAIL 50

April 29th. Out and back on the Ouachita Trail. Race Directors Bill and Teresa Laster. AKA, "The Race That Wouldn't Die". In 1994 the race was disbanded but at the last minute revived by Nick Williams who organized the race as a no entry, no frill, fun run. In 1995 the Lasters upgraded the race to a low entry, limited aid, adventure run. This year three things stand out: Ray Bailey set a new course record; Kim Goosen continued her Ultra winning streak and former AURA member, Eddie Mulkey, returned to racing form.

PAST RESULTS OF THE OUACHITA TRAIL 50:

1989	Eddie Mulkie	7:03:06	Jan Fugate	8:59:19
1990	Eddie Mulkie	7:10:47	Lou Peyton	9:59:28
	Donald Smith			
	David Horton			
1991	Raul Flores	7:50:21	Jennifer Miksch	8:56:47
1992	Don Aycock	7:21:51	Debbie Peebles *	7:59:52
1993	Raul Flores	7:16:43	Nancy Cunningham	8:27:00
1994	Ray Bailey	7:41:33	Pauline Knapp	10:43:10
1995	Ray Bailey *	6:48:17	Kim Goosen	8:19:40
	*--Course Record			

THE STORY by Van Davis, AURA.

Greetings Van. You caught the BigShot's eye at the Ouachita Trail 50 yesterday. How are your feeling today?.....*The day after the race I had to fly to Michigan on business. I was so stiff and sore in the ankles I could hardly walk. I almost missed flight connections in Detroit because I had to walk so slowly. Today is Thursday and I feel fine.*

I know you did the Palo Duro Canyon 50 back in November. How has your training been going since.....*I've been training very consistently since White Rock. My goal this Spring was to requalify to run Boston in 1996. I did requalify at the Cowtown Marathon in February and had one of my easiest marathons. It never really hurt much. I guess I ran too slow. Palo Duro was a wonderful experience, too. Such a well put on and laid back run. A great place for my first fifty.*

Describe a typical training week.....*I run between 35 and 45 miles a week. My old body won't take more. I run four days and take three off! I run 10 miles on Tuesday and Thursday, five on Saturday and 15+ on Sunday. My pace is around 7:35 per mile on roads. I run the mountains roads in Hot Springs and, every couple of weeks, do trail runs with Charlotte to get ready for Pike's Peak.*

The last time I saw you on the Ouachita Trail was back in the Fall of '91 when we did the Fall Classic(28 miles). If I remember you pulled out a little early, if you know what I mean.....*What appealed to you with the Ouachita Trail 50?.....The degree of difficulty appealed to me. I knew I had done 50 on a road, but the rocky terrain was a scary additional challenge. As Mr. Nick told me at the starting line, this was a "whole different deal". Charlotte and Bill(Laster) had also told me how tough the footing was going to be from North Shore Aid Station. And, they were right.*

Tell me about the ankle braces. By your strong finish they must work.....*After 21+ years of running all distances, my ankles are shot. I take a risk of falling on roads, let alone trails. The splints make all the difference. I had no problems with my ankles. I wish I could say they slowed me down but they didn't. I also have a bad disk and wear a back brace. If it weren't for plastic and Velcro I probably couldn't run at all!*

Did you have a strategy for eating and drinking during the race or pacing yourself.....*I knew I had to drink constantly and I did - that's absolutely essential!!! The eating was helpful, I guess - but I did it mostly to pacify that Charlotte, who thinks I'm too thin and she's probably right. I went out slow and came in even slower(about 1/2 hour slower on the return). It worked for me - speed is a disaster for novices like myself. Charlotte taught me that.*

Did you do what you wanted to do?.....*Yes. I wanted finish in under 11 hours and prove to myself I was an ultra runner(not a good one, mind you, but one who*

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could say he had completed this distance and this course successfully). It was and is terribly important for my self esteem! You see, I've never been a good runner - just a plodder!

What was the best advice you received before doing this race?.....*Charlotte, my ultra idle(???does that mean I'm not moving!!!)told me all I needed to know to finish. Go out slow, don't worry about time, drink constantly, keep moving and don't spend time in the aid stations - make peace with being out there all day. And most importantly she said, "get your ass moving and quite your whining, then I'll be proud of you". The aid stations volunteers were wonderfully uplifting, too - I never knew how indispensable these kind of people were until my first two 50's.*

What advice would you give a novice entering the OT-50 for the first time?.....*Know that if a mediocre runner such as myself can finish, you probably can to. Just use your head and run within yourself. Run slow but steady, watch the ground, drink constantly, walk frequently, and eat occasionally. Run to finish. Make time your ally by paying no attention to it. Leave the race to the BIG DAWGS. I promise you, crossing the finish line standing upright is reward enough - there has been little in my running "career" as exciting as the last 100 yards of my two 50's. The euphoria is still with me five days later.*

Did the weather effect your performance?.....*Yes The coolness was a blessing. I didn't like the thunderstorm, though. Seeing "death by lightning" to my obituary doesn't really appeal to me.*

What about some vital statistics.....*age ideal running weight, etc.....I'm 51 years old, 6'0" tall, 128 pounds. Have a beautiful 19 year old daughter, Erin, who is a freshman at Rhodes College and am happily married to the kindest and toughest woman I've ever known, Charlotte.*

Your strongest feature.....*I can run a extremely steady pace for long periods. I must have "turtle genes" - slow, but usually sure.*

My favorite piece of running gear is.....*My back brace. I couldn't run without it. I look like a skinny beer delivery man. No matter, it lets me run.*

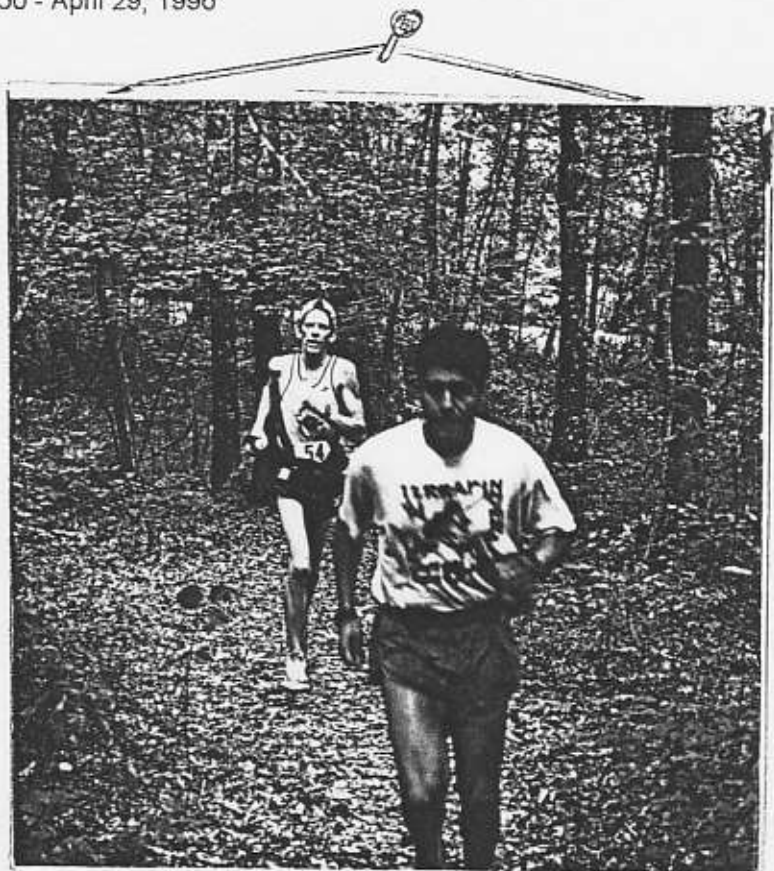
If you could change anything about your running what would it be?.....*That I could have Bones Bailey's speed and endurance plus Jack Evan's looks.*

Any advice you could give to us poor souls slugging it out in the back of the pack.....*People in the "back of the pack" are just as tough and gutsy as those at the front. The courage factor is the same: Knowing you are going to hurt for a long time and accepting it.*

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OUACHITA TRAIL 50 - April 29, 1996

Ray Bailey	6:48:17
Eddie Mulkey	7:09:32
James Holzknecht	7:41:19
Bill Laster	7:50:16
Bill Antholine	8:19:40
*Kim Goosen	8:19:40
Gary Guilliot	8:21:15
Randy Davidson	8:27:44
Neil Hewitt	8:52:58
Ken Ashby	9:08:44
*Kimberly Pavelko	9:36:08
John Renick	9:51:47
Chuck Cofer	10:05:38
*Camille Yarbrough	10:05:38
*Lou Peyton	10:15:18
*Dianne Bell	10:26:37
Jim Sweatt	10:26:39
Nick Williams	10:28:10
*Teresa Laster	10:29:21
*Gayle Bradford	10:29:21
John Stowers	10:31:06
Steve Eubanks	10:40:50
Wayne Lauritzen	10:46:12
Van Davis	10:45:23
James Musshafen	11:10:59
*Joan Carleton	11:17:49
Pete Ireland	11:19:18
Don Withers	11:28:50
Robert Morgan	11:32:41
Jim Barnes	11:47:40
Chuck Desjardin	11:50:06
Richard Stevermer	11:50:20
Mark Stevermer	11:50:20
Leo Lavender	11:57:06
*=Female	
47 starters	



Ray Bailey in the foreground with his pacer, Alfredo Atilano, running into the North Shore Aid Station, mile 36, OT-50.

Photo by Charley Peyton

THE STROLLING JIM 40

May 7th. Wartrace, Tennessee, about 65 miles south of Nashville. Race Director Gary Cantrell. 17th year. Distance 41.2 miles. Course records: Andy Jones-3:59; Janice DeHaye - 5:19. The race starts and finishes in downtown Wartrace. The race makes a large loop through the rolling Tennessee hills. 75% of the route is asphalt that is pleasingly

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soft with the rising temperatures. Aid stations consists of water every 2+ miles. There is also a roving aid station with plenty of Conquest. At mile 30 the race course leaves the asphalt for the "Wall". This is Cantrell's term for about five miles of dirt and gravel surfaced washboard hills that are a killer to the untrained. The race finishes next to the Historic Walking Horse Hotel where a large tent is set up to serve the BBQ. This is a marathoner's ultra and it regularly attracts the cream of the East coast ultra runners. There is no official cut off time. Most who can, manage to finish. For what it is worth, AURA's Stephen Tucker ran a 4:41 *Strolling Jim* back in 1986.

1995 AURA results:

Dan McCullough 7:45
Steve Eubanks 8:59
Donna P. Duerr 8:59

THE STORY by Dan McCullough, AURA.

Dan.....I see where you went to the Strolling Jim 40. How did you do?.....*I did okay. (7:45, I think.) I really felt good for most of the race.*

What did you think of the course. Did the pavement bother you?.....Boy, that's a lot of pavement for trail runners. My knees started to hurt pretty bad by the 35 mile mark, but no lasting damage I'm glad to say.

I'm sorry I couldn't make it four in a row at the Jim but Lou had me detailed working a local race. How was the weather this year?.....Sunny and 80's. I was worried about the heat, but every one was saying how much cooler it was this year. Otherwise the entire field of runners were very depressed because the BigShot wasn't there.

Cantrell really builds up the "Wall" as he calls it. For the Florida boys the "Wall" might be something to dread. But, for an Arkie, it was nothing. Right Dan?.....Hills, what hills? No really I don't think there is any thing to dread unless, like you say, if you're a Florida boy.

Any advice on trainig for the Jim that you could pass on to the rookies?.....*Yes, don't follow my training example.*

Do you think you'll go back and try to run a sub-7?.....*I'd love to go back, but a sub 7--? I might need to actually train. Maybe the BigShot could train me? Yea, that's it. "Trained by the BigShot", WOW!*

Congratulations and thanx, Dan.....BigShot, you are the greatest!

Harley's Trail Tip: Your tanning and toning training regimen might bring you up a little short at the next Ultra. Get out there!!!!!!!!!!!!!!

MASSANUTTEN MOUNTAIN TRAIL 100

May 13th. Front Royal, Virginia. Ed Demoney, Race Director. 35 hour time limit. Densely forested, rocky trails. First annual. Winners: John Esslen 23:08 - Kim Goosen 29:50.

THE STORY by Kim Goosen(Edited of course by the BigShot)

I had heard there was a new 100 miller called Massanutten last fall, when my friend Mark Mills from Rhode Island, told me he had entered. I tried to interest other Arkansas in the race but no one would take a chance. When I heard that David Horton did the entire course in two days and took him 20 hours, I knew it would be a tough one. Evidently the race director agreed with me as he upped the cutoff times from 30 to 35 hours.

I spent the entire week prior to the race hanging out with Horton and his friend, Muffy(Reid) so my competitive instincts were at an all time high when the race began at 4:30 A.M. I had even donned "Warpaint" on my face, colored sun screen. Before the race I had plans to run with Chris Scott for a few hours, but took off instead with a newcomer to the ultra scene, Ian Torrence(age 22, another generation X ultra dude) He and I ran together for another two hours until he stepped off the trail and I foraged on. He would later pass me when I got lost after Kennedy Peak. It was funny to see his face on a later out and back section when he realized he was ahead of me.

I felt really good for about 40 miles, until I got through the Duncan Hollow section, which was full of creek crossings. The major problem in my last 100 was blisters which forced me to walk the last 10 miles. This time I vasolined my feet and put nylons over them hoping to prevent that problem from occurring.

Just before 60 miles my feet started to hurt and I popped a couple of Motrin. When my pacer (Fred Pilon) picked me up at 62 miles I thought I had a chance to catch a few runners up ahead. We ran; it hurt! We walked the ups and ran the downs. By the time darkness fell, I knew I was in for a very long night. My pace went from four MPH to less than two. When we stopped at mile 75 and examined my feet, I had my first thoughts of quitting. But, some wonderful lady gave me a dry pair of socks. I took three aspirin and Fred and I continued on.

Around 82, I began to feel extremely nauseous. Fred was ahead of me talking, and I blacked out for a second. He told me I was probably just sleepy, and to lie down on the trail. I was out like a light for almost 50 minutes. Awaking, I plugged on talking a little about running but mostly quietly plodding along trying to stay on the trail.

When daylight came I knew the battle was mostly over. But my rejoicing was premature, as when we reached the bottom of the mountain, the rain fell. I had a hard time not taking this personally, as every time I prayed for God to please stop the rain, thunder broke and it fell harder. I tried to walk faster and kept praying. I stopped talking and starting singing church songs in my head to take my mind off the pain.

We finally got to the last aid station at mile 95.8. You would think I could be psyched with so little distance left. But at the rate I was going I knew I still had a least 2 hours left, and in the rain. I tried to play up the "hypothermic" angle with Fred, but he wouldn't buy

it. This was the only time during the race that he used the "Drill Sergeant" approach to pacing. He wouldn't let me get a blanket, instead instructed me to get my soup and go, and get on with it. I was a little miffed, and actually tried to run the next mile. Which hurt like hell, but it was one less mile to go. Somehow we make it through the last few miles. Much of the course was washing away in the rain and what would have been tiny creeks to step over were now gushing streams. The only good part about running through the rain was the cold water numbed the blisters enough to run more.

The best feeling in the world was running into the finish(it was only a few yards, but hey, I ran.) This was the hardest ultra I have ever done. It took me almost as long to do the last 30 as it did the first 60. Sometimes you have a successful run, sometimes you DNF, and sometimes you just finish. This race was not a win, but a personal triumph. And that is really what doing ultras are all about in the end.

ARKANSAS TRAVELLER DIARY

Dear Diary(DD) - Great news, DD. I got a telephone call from Mickey Rollins and Joe Fennel last week. Mickey called from Houston and said that he wanted to come up again for the Traveller but this year be an Aid Station Captain. Joe, AKA "Jose", wants to come down with several of his Chili Pepper Running Club members from around Fayetteville and run an Aid Station, too. DD, I tried out a new joke at the Trail Series Award and it went over pretty good. Perhaps I'll save it for the volunteer picnic. More good news. I almost forgot about the National Guard man who called me wanting to make up some scale maps. I'm to get him some topo maps of the race course and he said that he could scale it down to where he could locate a runner any where on the course give or take 10 yards. Boy, DD, he must have a satellite! At the present time we are getting about one entry a day. I hate to think what it will look like in August. Next week I'll be sending the volunteer letters out. We should be in good shape. The only thing I have'nt done is contact the Radio Club. I've got to find that number. I need to call Dave and Tom, too. Tell Dave I saw him in the Mohigan 100 Miler tape that the RD sent me. Dave really looked thin in the video. I wonder what Tom's up to. He probably has contacted his brother-in-law and family in Texas about working the Trav. Don't you think, DD?



WORKING FOR YOU!