

THE ARKANSAS ULTRA RUNNER

*A Newsletter For Members of the Arkansas Ultra
Running Association*

March 1995

MESSAGE FROM THE BIGSHOT-The date of the Spring Running Camp is the weekend of March 11th. The place is the Albert Pike Recreation Area. Direction: When you enter the Albert Pike Recreation Area, turn left onto FSR 106. It crosses the Little Missouri River immediately after the turn. My plan is to go down early Friday and find someplace to set up a primitive camp site on FSR 106 between the turn off and the Athen/Big Fork Trail Head(5miles).The runs will be optional. I will have maps that show a 27 and a 21 mile loops. We can talk about shorter distances. Plan on pot lucking Saturday after the run. Call me with your questions.

Those of us who went to Mississippi for the Clear Springs 50K had a great weekend of running and hospitality. Although no times were recorded at Clear Springs, Dink Taylor from Alabama, was the first finisher. AURA's Ray Bailey was second. Gayle B. Bradford was the first female. If I am not mistaken, this is Gayle's 4th Clear Springs finish and her second victory. I hear that our hosts, Joel and Kathy, Will be coming to the running camp.

The BigShot is feeling some pressure for a multiday run on the Ouachita Trail. For you impatient members, this is how things get started. I'm thinking now that a three days, two nights might be just about right. Probably next March would be the best time. We can think about it

In this issue we introduce a new feature-**ULTRA PERSONALITIES**. I have asked three AURA's who have distinguished themselves in the past months to tell share with us their impressions of es that they have participated in.

In this issue you should find your Official Ultra Registration Card and your Ultra Number. A few of

you will notice that your Ultra Number has been lowered. This is the ultimate goal of possessing a number. It's like a pilgrimage; a journey of plenty into the Spartan life. Its like an old man being made into a child. I want you to know that I worked longer and harder than I ever have trying to get you a lower number. Some of you people, however, will have to continue on your way. But I want you to know that I am working for you.

"Hey BigShot, something's missing! What was your time at the "Coon." Well, I'll tell you, Pal, I'm a sick man and that's not even all of it. I was dragging from the 2nd loop. By the 4th loop, I had had enough. It reminded me of picking cotton down in Mississippi. The old timers used to sit on the porch and talk about "choking the bowls." I'd start out fresh with both hands working eagerly right and left carrying that heavy sack down the row. As the day wore on, the fingers and arms, back and legs would get heavier and heavier. Soon I went to grabbing the cotton bowl with the left hand and try pry the cotton out of the bowl with the right. I was choking the bowl at the "Coon". "Man, I hurt! Hey brother, that's enough! Get away from me. It sounds contagious. "

AURA MARCH HOROSCOPE-Retiring during an ultra run will bring you respect and admiration. Share your ultra limelight with your mentor. A race application filled out while in a romantic mood might bring you a fantastic PR. Nothing tastes as good as being thin is.

UTS # 9. The New Spring Classic. March 25th
7:am. Lake Sylvia. No fee.

UTS #10. The Ouachita Trail 50. April 29.
Application and fee required.

UTS #11. The Camp Robinson Mystery Run.
Approximately 14 miles(+)(-). May 20th. Camp
Robinson. No fee.

HEADLINE: AURA's Kim Goosen wins the
1995 Rocky Racoon 100 Trail 100. See the
following profile.

ULTRA PROFILE-Kim Goosen

Kim, congratulations on your 1995 Rocky Raccoon 100 victory. Give your fellow AURA's stats, you know, some vital statistics.....Age: 22; Height: 5 ft 5.5 inches; Weight: 120lbs(give or take 5 lbs depending on time of yr and training level); Years running: about 10.

What were you thinking about while waiting for the race to begin:.....*Prior to the race I was thinking about whether or not I had enough clothes on(had too much), and if I needed to carry a flashlight at the start(I did). I was also thinking about who I would start out with.*

Briefly tell us about your training leading up to race day.....*I didn't know I was going to run the "Coon" until a week and a half before the race, but I did essentially the same training as the people already going from Arkansas. I average during normal training about 60 miles a week, with one good long run a week(20+ miles), one track session(mile intervals) and one day of hill repeats. I took two days off before the "Coon" and didn't run at all.*

Did you plan how you were going to run?.....*The night before, I planned to run the first 50 miles with Steve Eubanks. I ran the first couple of miles with Steve, with Randy Davidson, Dianne Bell, and Kim Pavelko close by. But when Randy went on ahead so did I and I ran the first two 20 mile loops off and on with Ian Hutchinson, the only foreigner in the race(Calgary, Canada)*

Tell us about your eating/drinking during the event.....*I drank an entire bottle of powerade between aid stations, and ate something at every aid station: Candy, cookies, pretzels, crackers, potatoes...anything I could carry in my hands basically!*

What did you think about the course, route?.....*The "Coon" is a relatively flat course, and I have noticed that people who do a lot of hundreds tend to run about 2-3 hours faster on this course. The trail sections were mostly smooth, with a few roots every now and then. The out and back sections were tedious but fairly runnable. Overall I'd say the "Coon" is an excellent course for someone's first 100 miler.*

How did you feel after the first loop.....*I felt really good after the first loop; my plan had been to get in three loops before dark, which would be 4 hours per loop, and I did the first loop in 3 and a half hours.*

What about at 60 miles, the end of three loops?.....*I still felt pretty good at 60 miles. I had made my goal of getting in three loops before dark(took 11 and a half hours), and my brother had done me the service of finding me a pacer. An unexpected surprise at mile 60 was to see that my mother and father had driven down to watch the race!*

How important was having a pacer to you?.....*Tom Shopoff of Houston was the runner who paced me. He had come to the race to just volunteer and help out, and my brother convinced Tom to pace me when my brother(a non-runner)saw how much actual running pacing could entail. Tom was great-he put up with a lot of whining, crying, screaming, and the phrases,"I've never been in so much pain!", which I*

must have said over 100 times on the last loop. I had never run at night before, and I think I would have dropped in the night had I not had a pacer.

Now that you're seen the course, what do you think your potential down there is?.....I think if I were to run the "Coon" again, I could knock at lease an hour off by not spending so much time in the woods(bad trail stomach for the first two loops..) Also I think knowing the course could knock off another 30 minutes if the conditions were similar. If I were to go back in decent shape, I'd like to do around 20 hours or under.

Tell us how that last 20 mile loop went.....The last 20 miles(specifically the last 10) were really HELL. The bottoms of both my feet were complete blisters, so I could not run much without a lot of pain, and when I did run it was really slow. I didn't even have a "photo finish"-it was more like crawling in! I had never run a night before either, so my slowest loops were the last two. I wish I had done some night running prior to the race.

What was on your mind coming into the finish?.....I wanted to do just that, FINISH! Tanya Maulden(second place finisher) was as close as 20 minutes behind me at one point on the last loop, but if she had caught me I wouldn't have challenged her much. I was just so thankful that the 100 miles was about to be over!

You've earned yourself an AURA nickname. Any preferences?.....I've been "Goose" ever since running track in high school, and it seems to work as a trail name. It it's okay with the BigShot, I'd like to keep GOOSE as my AURA nickname.

ULTRA TRAIL SERIES

WHITE ROCK CLASSIC by Joe "Jose" Fennel*

"Hills From Hell".....It was cold, 25 degrees at Turner Bend, and a light snow was falling. The weather report from the top of White Rock Mountain was 20-25 MPH winds and horizontally blowing snow. It was a perfect setting for 70 hardy, crazy souls to match their will against a course we refer to as "Hills From Hell": Arkansas' version of Pike's Peak," and they would not be deterred.

They came from as far away as Toronto, Wichita, Texas, and of course, Mississippi, but, as always, the "Arkies" showed their ultra abilities and lack of good sense! On hand to take their shot at course records were Ray "Bones" Bailey, a 2 to 1 favorite to continue his winning ways over a field that consisted of Bill Laster, Joel Guyer, Ricky Williams, Jim Sweat, and of course, Nick Williams- just to name a few. It was a safe bet as Ray went out hard(2:06 to the top) and had others asking "What's Ray on?" He said after the race that he thought he could run back to the bottom in an hour and a half, but he soon found out that the White Rock Mountain Classic makes you pay for every step along the way. His 1:57:07 split on the return was enough to destroy the field. The only thing missing was Johnny Gross trying to catch him. Where was Johnny?

The 50K Men's record was destroyed by 39 minutes as Ray's time of 4:05:07 beat Dave Cawein's record of 4:44:00 set in 1994. Bill Laster's 4:31:13 also broke the record, but on this day, he was no match for the young guy, "Bones". Joel Guyer(Mr. Mississippi) said the "race was short" and he would

have won if the 50K was 39 miles. It must be true---Mississippi schools are worse than Arkansas--the numbers don't compute.

The 25 Men's record was also shattered as Chris Wassenaar(Toronto) led point to point followed closely by "Spidey" Kaufinan(Fayetteville). Their times of 1:48:00 and 1:50:30, respectively, were under last year's record 1:58:00 set by Steve Rubbel. There were some great times run by a hand full of "older guys" as Mark Smith, 47, 2:03:00, Karl Naylor, 57, 2:17:58 and Dough Fletcher, 52, 2:22:00 made it tough on the field.

The Women's 50K records was also destroyed this day as Ivy Franklin's 5:49:34 was 28:06 faster than Dianne Bell ran in 1994. Gayle Bradford also broke the record by nearly 8 minutes. Both women had great runs on a perfect winter day in the Ozarks. Lou Peyton ran well and was definitely "styling" in a new pair of tights designed by "The Tight Man" himself, Eric Clifton. I never could figure out if Lou was running or the tights were doing all the work. Whatever- it was a very interesting sight as I watched her crest Potato Knobb and run off into space. I need a pair of those tights!

The White Rick Classic has become a favorite for many and a pure joy to organize. The Chile Pepper Running Club and Turner Bend decided this is our gift to you as a runner to come and enjoy the Ozarks. We will continue to provide our hospitality at no expense. Your "Thank You's" and the smiles on your faces make the event a wonderful experience for all. Hope to see you next February, same time, same place and remember our motto: NO FEES, NO(well some)FRILLS, NO WIMPS!

WHITE ROCK CLASSIC 50K/2-11-95

1. Ray Bailey	4:05:07	*
2. Bill Laster	4:31:13	
3. Joel Guyer	5:09:21	*
4. Jim Sweatt	5:34:34	*
5. Ricky Williams	5:39:04	*
6. Perry Bynum	5:48:29	
7. Dr. Feelgood	5:49:34	*
8. Ivy Franklin	5:49:34	*
9. Gayle Bradford	6:09:29	*
10. Nick Williams	6:09:29	*
11. Bill Myers	6:10:18	
12. Jasen Shaw	6:10:18	
13. Lou Peyton	6:23:54	*
14. Kamala Gamble	6:31:01	
15. Lance Comman	6:31:01	
16. Pete Ireland	6:53:31	*
17. Chuck Desjardin	6:56:00	*
18. Kim Pavelko	6:57:55	*
19. Charley Peyton	7:05:00	*
20. Bob Horner	7:16	*
21. Jon Lucas	7:16:00	
22. Ann M. Moore	7:48:00	*



KIM GOOSEN finishing lap three at Rocky Racoon

TRAIL FAVORITE Chuck Desjardin

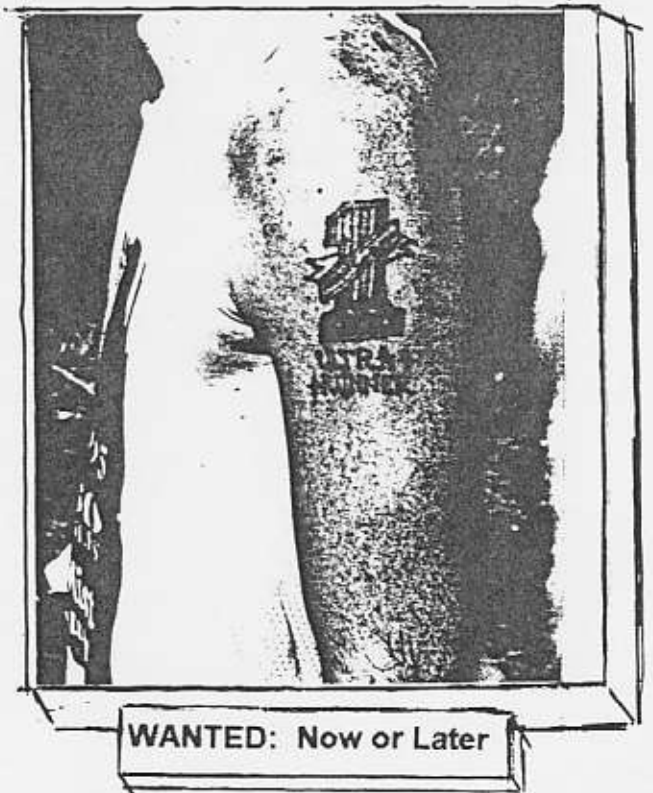
WHITE ROCK CLASSIC 25K/1995

1. Chris Wassenaar	1:45:00
2. Paul Kaufman	1:50:30
3. Mark Denherder	2:02:00
4. Mark Smith	2:03:00
5. Karl Umiker	2:12:00
6. Paul Lowrey	2:12:51
7. russ Stroud	2:16:00
8. Karl Naylor	2:17:57
9. Doug Fletcher	2:22:00
10. Robt Morgan	2:23:20
11. Kelly O'Mara	2:23:25
12. Doug Cannedy	2:24:00
13. Roger Raines	2:24:30
14. Scott Brikxey	2:27:00
15. Greg Mathews	2:29:26
16. Rndy Palmer	2:33:48
17. Amy McClelland	2:34:30
18. David Hughey	2:41:00
19. David Gean	2:42:00
20. Trey Marley	2:27:00
21. Roy Gean	2:47:49
22. Tom Gean	2:47:49
23. Clark Hill	2:52:00
24. Ken Decker	2:56:00
25. S. Lingaih	2:59:00
26. Steve Hobbs	2:59:11
27. Dan Scharbor	3:00:00
28. John Furness	3:01:21
29. Bob Latta	3:07:00
30. Rob Magruder	3:13:00
31. Fred Spies	3:13:00
32> Brad Kidder	3:15:00
33. Gene Long	3:22:00
34. Dave Batschelett	3:31:00
35. Frank Finn	3:36:00
36. Mary Clendaniel.	3:45:00
37. Y.T. Thompson	3:45:00
38. Irene Johnson	4:08:41
39. Tony Johnson	4:08:41
40. Hoyt Lovelace	4:20:00
41. Geneva Decker	4:38:00

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AURA PERSONALITIES

(The following are short interviews with three AURA Members who have distinguished themselves in the last few months)

KIM PAVELKO-Female winner of the Rocky Trails 50 Miler, November 19th, a first time 100 mile finisher at the 1995 Rocky Raccoon 100, White Rock Classic 50K and Sylamore 50K finisher.

Greetings Kimberly.....Whoa! I see you went to Texas and won a 50 Miler. Is that true?....*Yes.*

How does it feel to be the first female. To win.....*Fantastic!!!*

Who was your chief competition and when did you know you were in the lead.....*I didn't know I had won until after I had finished. I was concentrating on trying to finish under 9 hours for the first time.*

Can you briefly describe the race. Where, when and what the course was like.....*It was held on the trails inside Inks Lake State Park, which is between Waco and Austin, Texas. The first 2 miles of each loop(there are 6 loops)were rocky and hilly and then the rest of each loop was smooth and narrow trails with small creeks and some pine needles. There were a lot of interesting cactus and deer running around. I came across a deer on three different occasions and I stopped to look them right in the eyes. Each one was only 5 yards or less from me.*

Did you have a plan for eating and drinking in the run.*I decided to drink what Mickey Rollins(RD) had at the aid station, Gatorade ,I think, because it was easier than bringing Conquest. I ate two bagels and a banana for breakfast. I ate the turkey burgers, etc. that Mickey provided after the race. The aid Stations were well stocked with a variety of foods during the race.*

How about walking breaks?.....*I walked the hills during the beginning of each loop and some parts of loop 4 and 5 due to the humidity.*

Think you'll go back next year?.....*Yes! The only problem was that it took me 9 to 10 hors of driving one way. But, I really liked the coursed because it wasn't boring and because of the cactus and deer.*

CHUCK DESJARDIN - First time finisher of the SunMart 50 Miler, Clear Springs 50K, White Rock Classic 50K and Sylamore 50K

Why don't we sit down and talk about you and the Clear Springs 50K. Any special reason to do it?.....*To run a 100 miler ,my goal, I must pay more dues.(True). That means running as many ultras as possible.*

For those who have not seen the course, describe the terrain and maybe compare it to say the Sunmart 50K that quite a few AURA's did last month.....*The trail is deceptively tough. It is soft with no rocks. I would say minus the sharp ups and downs somewhat similar to Sunmart.*

While you're at it, what was your overall impression of the whole weekend?.....*In one word - GREAT! I had a lot of fun and would do it again in a minute. Joel puts on a great run.*

RD Joel Guyer puts on a great weekend But....do you think he qualifies as a...you know....a BIGSHOT?.....*NO WAY There is only one BigShot. He's a wannabe BigShot.*

What was your strategy at the beginning of the run?.....*I planned to run more hills and eat and drink a lot. Well, I ate and drank. I guess two out of three is not bad. I usually never look at times. Just keep moving as fast as I can till the end.*

How did you do?.....*I would have like to have done a lot better. The warm weather and constant hills wore me out.*

While we're sitting down why don't we talk running in general. Tell us how long you have been running and how did you start?.....*I have been running for about a year and a half. I have been running ultras for about 1 year. I started running after crewing for Ivy and Bob on their Ozark Highland Trail crossing. I literally fell in love with this long distance running. I did a few 5K's and then one 10K. But, always choked as soon as the gun went off. They just scared the hell out of me. Completing an ultra is much more rewarding than any short distance run for me. I am not scared of them, probable because of the people. Ultra runners are a very supportive group of people. They are willing to share their running knowledge. They do want you to succeed.*

Typical training week for you.....*Tuesday and Thursday - 10 miles. Run long 15-25 miles on weekend.*

Do you have any cross training activities?.....*Not really. I do a stretching regime twice a week and weights twice a week. I ride a stationary bike occasionally.*

Favorite non-running activity.....*Jet skiing*

What type of running do you like to do. Exa., the Bigshot likes mountainous forest service roads. Harley, on the other hand likes flat asphalt. What about you.....*Well, I guess you have to like what you have done the best at. Just like the BigShot I do well on mountainous forest service roads. In my mind I have always liked trails the best. I hate flat asphalt. roads.*

Any injuries with your running?.....*No, just aches and pains. I had knee surgery about 15 years ago and occasionally I have trouble with it.*

Best running advice you have received was.....*I have gotten so much good advice since I started running it is hard to give the best but I guess if I had to state one it would be "run your own race."*

Favorite shoe?.....*ASCI MC*

Favorite race?.....*Lou's birthday 50K was my favorite because I did so well. The Sylamore 50K because of the sheer beauty of the trail. The Sunmart 50 because of the fun of it all*

What's your trail name?.....*Don't have one.....We'll get you one!*

BOB MARSTON - One of two finishers of the Cedar Creek Crusher 50 Miler, finisher of the SunMart 50 Miler and the 1995 Rocky Racoon 100.

*Where and when was it?.....*The race was run in the Mark Twain National Forest, on Saturday, Nov. 26, 1994. The run site is about ten minutes south of Columbia, MO,(an eight hour drive from Little Rock) The fact that the race was held two days after Thanksgiving may have affected attendance as only 15 runners signed up, 13 starting.

*What kind of surface and terrain?.....*The 25.5 mile loop we ran twice was nicely varied. including single lane trail, gravel roads, open treeless fields, plenty of mud and one fine creek crossing. there was no pavement.

*Were you able to go over and train on the course before race day?*No, The run is about two hours driving distance from St. Joe. Had we know about it earlier we might have tried to get over there and do some running.

*Describe the pre-race activities and the general atmosphere before the race.....*It is a very low key and pleasant race. Paul Hoffman, the RD, finished Leadville this past summer and it was, I think, his first 100 miler. He wanted to give something back to the community and see some long runs come to Missouri. The Friday evening meal was, quite possibly, the best we have had. There was exceptional pasta, salad, desserts and everything else you expect at a such a meal. About 25 folks ate. Paul got the briefing in and we were out of there by 8 PM. I hate pre-race meals that keep me until 9 or 10 PM and have often skipped them for that reason, preferring the opportunity to get at least 9 or 10 hours of sleep before a run. Race morning it was cool, but probably just right. About 15 people started.

*Was it loop, point to point, out and back?.....*We ran two 25.5 loops. About .7 in each loop was repeated to access another loop. So at the start, we ran bout 3 miles. started out on the repeat section, did a loop, returned on the repeat section and then resumed the larger loop.

*What was the weather like that day?.....*Cool, no rain; I ran the first loop in shorts, felt a little cool and put on tights for the second loop. Rain during the previous day had filed all the hoof prints on portions of the trail making the footing a bit nasty in places. Elevation changed on this run is very much like the OT 50; the surface is of course, different in that this run had about 15 miles of gravel road and 7 miles through fields. The road and field made the danger of tripping less than that at the OT. I rather liked the varies surfaces - was soon as you got tired of one surface, you hit another. The hills were excellent walking hills. That is, they were well spaced and clearly hills.

*Strategy for eating drinking and walking?.....*I considered my self fatter than normal and ill trained for a fast run. Consequently, I was really looking forward to a very pleasant run in the woods on a unfamiliar course, hopefully, on a beautiful fall day. I was going to walk the uphill and run the downs and flats. My eating strategy has pretty much stabilized in the last year and half - I drink a can of Ensure or Ensure Plus every 10 or 12 miles and then eat what I feel like at each aid station. The Ensure physically and psychologically guards against a "bonk" and everything ease can get down is added benefit. The last six months I have begun to work on cutting down water intake and I think that has helped by running.

How did you do?.....I finished. The first loop took 5 hours and 45 minutes. I did not want to have to run the second loop in 6:15 but I knew that was what it would take to get a finish. Aware of the normal pace abatement associated with the second half of any race, I had my concerns. At Western States I always think of Annie Moore and the terrible "time vultures" that she has to regularly fend off because, in that run, I have to fight them off myself. I did not expect a similar battle in this race. I had to run smart on the second loop and decided to hammer the easy trail and gravel roads and conserve energy on the stretches with the nasty footing. I asked Rosemary to run with me the last 7 miles. to help me find the marks across the fields in the dark. Unfortunately, I had to run so hard that, by the time we got to the fields where I needed her, I had to leave her to insure a finish.

With the Crusher and Sunmart under you Belt, I'll bet the Rocky Racocon 100 looks pretty tempting.....Micky's run does not get the attention it deserves. It is the most benign trail 100 in the USA and as a result probably a person's best "first 100". If you've run long before, its an excellent mid winter checkout to see where you are and quite possibly motivate you for the upcoming season. You don't hammer yourself with hills or hard surfaces and crew support is easy to do. The out and backs can be mentally arduous but also build some head toughness. You can recover before the big summer races. If you're a regular 28 and 29 hour 100 runner like me, you can achieve the impossible at Rocky Racocon - a sub 24, 100 miler. And, most importantly, Mickey does a great job! I'll be there.

SYLAMORE TRAIL 50K results

1. Ray Bailey	4:12:52	20. Kim Pavelko	6:18:09
2. Bill Laster	4:28:49	21. Lou Peyton	6:19:19
3. Eddie Mulkey	4:35:23	22. Gayle Bradford	6:22:29
4. Stuart Johnson	4:42:02	23. Dan McCullough	6:39:51
5. Dennis Fugate	4:54:22	24. Jim Sweatt	6:42:00
6. Bill Maxwell	5:08:01	25. Steve Eubanks	6:54:41
7. Joel Guyer	5:15:27	26. Gary Welchman	6:55:52
8. Harold Hays	5:22:13	27. Chuck Desjardin	7:00:46
9. Randy Davidson	5:28:25	28. Kathy Windham	7:03:41
10. Troy Delk	5:39:16	29. Cahrls Lunsford	7:03:42
11. Kendall Penn	5:43:57	30. Ken Millar	7:03:43
12. Jim Schuler	5:44:12	31. Bill Sims	7:06:20
13. Kim Goosen	5:46:54	32. Hiram Byrd	7:08:29
14. Tom Owens	5:57:43	33. Dianne Bell	7:19:00
15. Less Hess	6:00:19	34. Les Hall	7:25:13
16. Ivy Franklin	6:05:21	35. Steve Hoffman	7:56:25
17. Dr. Feelgood	6:05:23	36. Charles E. Peyton	8:08:13
18. Nick Williams	6:07:49	37. Ann M. Moore	8:36:30

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Harley's Ultra News of the Day - A "quality" 48 Hour Track Run is being planned for Little Rock in the late summer/early fall. One of the things that make for a "quality" track run are lap recorders. If you think you would like to take a shift, (maybe four hours) as a lap recorder, Call Bill and Teresa Laster at 1-501-666-6621