

THE ARKANSAS ULTRA RUNNER

MAY 1995

A Newsletter For Members Of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT - Last week I received my April issue of the *RUNNING ARKANSAS* magazine. For those of you who don't subscribe or are not in the know, this is a monthly running magazine published and edited by Lynn Warner of Camden. Sitting in the Power Room I naturally opened it to see if the Ultra Running column written by Harley made it to print. It was one of his best. Turning further I came across a page stapled to the inside. The letter stated that after three years, the *RUNNING ARKANSAS* magazine will cease publication with the April issue. I thought it was an April Fool's trick. I was wrong. The bad news was true. How this will impact running in Arkansas I don't know. Lynn did a lot to publicize the state racing calendar, the RRCA and the Grand Prix series and also wrote some really good accounts of the Arkansas Traveller 100. What this really means is that there is only one state wide running publication remaining - the AURA. So breast your AURA cards tightly. Your ultra number will prove more valuable than ever. Don't let some fast talking, liver lipped city slicker talk you out of it.

On June 3rd the BigShot is declaring an official AURA get together. The occasion is **NATIONAL TRAILS DAY**. AURA David Samuel is hoisting his 3rd Trails Day event at the Albert Pike Recreation Area, Ouachita National Forest. Directions: Hwy 70 to Hot Springs and Glenwood. About four miles out of Glenwood leave Hwy 70 at Salem for Hwy 84. Follow Hwy 84, 13 miles to Langley. Turn right onto Hwy 369, go six miles. This will put you dead onto the Albert Pike Campgrounds. There will be the Brushheap Mountain 18 mile loop along with options of 10, 6 and one mile run/hikes. 7:45 A.M. trail briefing with a 8:00 A.M. start. Allow two hours driving time if you leave the day of.

MAY'S AURA HOROSCOPE - Losing a few pounds now will lighten your springtime load. Loose lips sink ships. Your thirst for points will soon be quenched. Someone you least expect admires your ultra grit.

HARLEY'S ULTRA NEWS OF THE DAY-After the Ouachita Trail 50, we have only one Trail Series race left. The 13 mile Mystery Run at Camp Robinson. At the present time we plan on using the same route but move the starting time up to 6:30 A.M. Plan to attend the awards presentations at Grady's Restaurant Saturday afternoon at 6:00 P.M. In addition to the UTS awards, *other* awards will be given. News from the *RUN WICHITA ULTRAMARATHON 12/24 HOUR RUN*, April 8th, is that Kim Goosen was first female in the 24 hour run with 75 miles. Also, we have great news from the *Umstead Endurance Run*. AURA's Ivy Franklin finished the 100 miler in 23:07. In the ULTRA CORNER section of the newsletter we profile Ivy and her run. As I write this I've just been told that Simon Hauser and family are in town for a few weeks while Simon finishes some of the research work. I remember the send off we gave Simon and Chris before they left for Switzerland--*The Great Fish Fry*. It was great fun. Is there a second to the motion that we have another fish fry this summer?

HARLEY'S TRAIL TIP - Never expect more than what the Race Director promises

ULTRA CORNER

RACE: *The Cross Timbers Trail Run*(50 Miles) - March 18, 1995. Lake Texoma, Texas. The course consists of a double out and back route using trails along the southern shore of Lake Texoma.

RESULTS: Bill Laster (2) 7:55:58
Neil Hewitt (13) 9:23:45*
Kim Goosen (14) 9:30:26(1st female) *
Kimberly Pavelko (31) 11:10:31*
Dianne F. Bell (42) 11:53:00*
Jim Sweatt (43) 11:53:00*

*=AURA

THE STORY - Harold Hayes

Harold, you went to the Cross Timbers Trail Run.....So.....how did you do?.....*In terms of finishing I didn't do well. I dropped out at 45 miles. Overall, I was happy I made it that far. I will try again.*

In general terms, describe the trail for those who have never been there.....*Hilly, rocky, tree roots, some areas that it seemed more like rock climbing rather than running or walking. But there were also some very runnable parts. It is a challenging course, but I really like it.*

Did you have a game plan before the start like drinking, eating, pacing?.....*Other than telling myself to try to go slow, I really didn't have a plan. Maybe that was the reason I crashed and burned at 45 miles. It was a warm day and I knew I needed to drink as much as possible, but I still got dehydrated. Eating and running is still an unknown for me. This was only my second ultra race and I can see that I still have a lot to learn.*

How did it go the first loop?.....*It was pretty good. In retrospect, too fast. I was trying to learn the course as I went along with Ken Ashby from Dallas. I knew that on the second loop I probably would be alone and I wanted to know all the turns. I finished the first loop in good shape.*

When did you realize it was going to be a "LONG" day.....*Around 42 miles I was reduced to walking only. I had some rough times between 30 and 35 miles but I started feeling better. By 40 miles I was barely running and at 42 I was on empty. When I got to 45 miles I tried to sit down and get rehydrated but started cramping pretty badly. I disappointedly dropped out of my first race at any distance.*

What advice would you give others who want to do X-Timbers.....*Start out slower than you normally do and don't beat yourself up on the rougher parts of the trail.*

As one of the newer AURA members, tell us how many years have you been running....*Five!*

(National Trails Day June 3rd. Albert Pike Trail 18, 10, 5 and one mile run/hikes.

How did you get interested in running.....*Well, believe it or not, I started running to become a better bowler! I heard a professional bowler on television say that running had improved his game due to increased leg power. I decided if it worked for him, it would work for me. Several times prior to this I had tried running but never stuck with it. This time I started out by running until I got tired and then I would walk until I felt like I could run again. After about a week I could finally make it around the block running the whole way. Within a month I was hooked and I have not looked back since.*

What was it about ultra running that perked your interest?.....*I don't know. I guess I lost my mind. Truly, I'm really not sure other than it just seemed like something I would enjoy.*

What has been your most successful distance over the years.....*I don't feel like I've ever been successful at any distance. But, I have made it to Boston twice so I guess so far the marathon has been my best distance.*

Ideal running weight.....*175-180 lbs*

Your main competition is.....*Father Time!*

Favorite running shoe is.....*Nike Air Pegasus. In five years of running I have only worn one other model of shoe. The Pegasus offers me a good stable, cushioned ride which is important considering my weight.*

Someday I would like to run.....*and finish a 50 miler and then try the AT-100 and go under 5:15:00 at the Pike's Peak Marathon.*

RACE: *The Barkley Marathons* - April 1, 1995. Wartburg, Tennessee. Frozen Head State Park. The *Fun Run* consisted of three 20 mile loops. The cut off time for each loop was 13 hours and 20 minutes. *The Barkley Mountain 100 miler* had 12:00 hour cut off on five 20 mile loops, 60 hours.

RESULTS: *Barkley Mountain 100 Miler*-One finisher - Mark Williams(UK) 59:28

60 Mile Fun Run-Five finishers.

Arkansans:

Kim Goosen One loop 10:06
Nick Williams One loop 10:25
Steve Eubanks One loop 11:23
Lou Peyton One loop 11:25

THE STORY: Steve Eubanks

Eubie, Eubie, Eubie! Tell me, does the Barkley really exist?.....*Yes, but only in the minds of those of us who have been "OUT THERE."*

What do you think of the RD, Gary Cantrell.....*He is a great guy with a severely twisted sense of humor! I think his mind has been "OUT THERE."*

Describe the prerace setting: People, park, weather etc.....*The park is beautiful and as clean as a pin thanks to the inmates from the two prisons nearby. They spend the days happily cutting and splitting logs and picking up all the litter. As to the people, we were greeted by none other than Old Gristle running around wearing a feather mask that Mr. Nick had brought direct from New Orleans and the BigShot wandering around looking at the sky saying, "There are some crazy SOB's here."*

Did you enjoy the prerace dinner?.....*I thoroughly enjoyed watching Cantrell drop and throw frozen chicken on a roaring fire then smear his dirty hand with BBQ sauce and stroke the blackened bird parts.*

What about the trail briefing?.....*What trail? What briefing? All I remember him saying is: You gotta sign this waiver. Then ask where is my envelope?*

What was going through your mind the night before.....*Nothing I can tell you about.*

The race starts with a two mile climb up the Bird Mountain trail. Did you have a hard time following the trail after that?.....*After the first two miles the only thing that even looked like a trail were the ruts made by peoples butts sliding down the butt slides.*

Describe to the readers what the next 18 miles was like.....*Pure hell and splattered with blood. Either straight up or straight down. There was this deep ditch called SOB ditch. The only way Lou and I could see to cross it was to climb up a tree and sort of fall to the other side. I did notice some poor souls visor lying in the bottom.*

So.....How did you do.....*Lou and I made one fast loop, 11:23, for 20 miles. We enjoyed every mile of it.*

What would it have taken for you to go that second and third loop?.....*After one loop a second was out of the question even though we had 1.5 hours before the cut off. Whipmister, Donna P. Duerr, brought her cat-o-nine-tails. Even that could not get me to go out for any more. But.....look out next year!*

Do you think there is a connection between April 1st and the Barkley?.....*I don't think much at all since the Barkley.*

Why do you think people come back year after year-A Barkley pilgrimage?.....*It will make you tougher or you will DIE!*

Any advice to a new comer wanting to run the Barkley?.....*Stay home and get a huge tattoo. It will hurt less and cost more!*

RACE: UMSTEAD ENDURANCE

Date: April 8, 1995 Umstead State Park, Near Raleigh, North Carolina. Terrain: Gravel and dirt road over rolling hills with 6500 feet of climb over 100 miles. 10 out and backs. Aid every five miles. Number of Entrants: 39. 15 Finishers

THE STORY - by Ivy Franklin

Ivy, all of the AURA were pulling for you. So...how did it go?.....*Boy, I could FEEL all of the support from all you guys. I had a ton of mail from many of you waiting for me when I arrived at Mike Fiorito's house. He handed me a stack of mail and said, "We haven't had this much mail since we moved here." I put all of the cards and letters, including the autographed picture from the BigShot himself, on the table next to my bed. It DID make a difference because things went real well.*

What made you decide to go to Umstead?.....*I chose Umstead because I didn't qualify for the Rocky Raccoon 100, and Umstead was the very next 100 miler.*

You probably got a little excited the day before. What were you thinking about?.....*Actually, I stayed pretty calm. I have a great book by Susan Smith Jones called "How to live Peacefully", and would read it off and on the day before. I was apprehensive, though, at the weather forecast for race day.*

I know you had a strategy. Fill us in.....*To put the earphones and listen to my tapes, to drink Cytomax for the first 50 miles and Metabol for the next 50 miles, to start drinking cokes and eating chocolates when I got tired, and to have fun and enjoy myself.*

What kind of break did you get on the weather.....*It was SUPPOSED to be in the low 70's during the day, low 40's at night. It turned out to be 85 degrees during the day, and stayed hot all through the night. That was the challenge for me. Since I almost died in Costa Rica from the heat, and had 3 IV's immediately after crossing the finish line at Pennar and other heat related problem, heat became a big factor.*

Did you have peace of mind at the start?.....*Yes, I read another passage from the book I've already mentioned that said, "I have everything inside me I need to achieve my goal." I realized I didn't have to look outside of myself for anyone's help, etc., that it was all within. Somehow, that really make me relax.*

What about pacers and dropbags.....*I didn't have a pacer planned but after the first loop, Tim Dicken and I were running the same pace and ended up running the next 90 miles together.*

National Trails Day June 3rd. Albert Pike Trail 18, 10, 5 and one mile run/hikes.

We made a good team. For the dropbags I had Metabal, Cytomax, duct tape, cassette player and tapes, flashlights and batteries(which I never used).

Describe any low points during the race and how you overcame them.....Going into my 6th and 7th loop, negative thoughts started entering my head and I was getting real tired. At that point, I was having some doubts.. I had to just quit thinking and focus on my running.

Did you think about US during your run?.....No. Actually, I kept hearing Dr. FeelGood say "Drink, drink, drink, eat, eat, eat." When we ran a couple 50 k's together in February, he taught me to eat on the uphill and not run while I was eating. He kept shoving Milkyways bars at me till I thought I'd throw up!

Ivy, when did you think you had it in the bag.....I knew I had it when I started my 8th loop after 70 miles. I came out of my slump and felt great.

On 100's in general, what was the best advice you received.....Beside the eating, Dr. FeelGood emphasized the importance of walking. After pacing Randy Davidson at the Rocky Racoon, I learned you could walk fast and still cover lots of ground without losing time.

How had your training gone before the big day.....With all the 50K's we had in February, I got lots of good training in. I also would go out to Pinnacle Mtn Park and run 25 and 30 milers.

It might be unfair to ask what's next. So congratulations on your finish at the Umstead Endurance Run and hope to see you on the trails.....

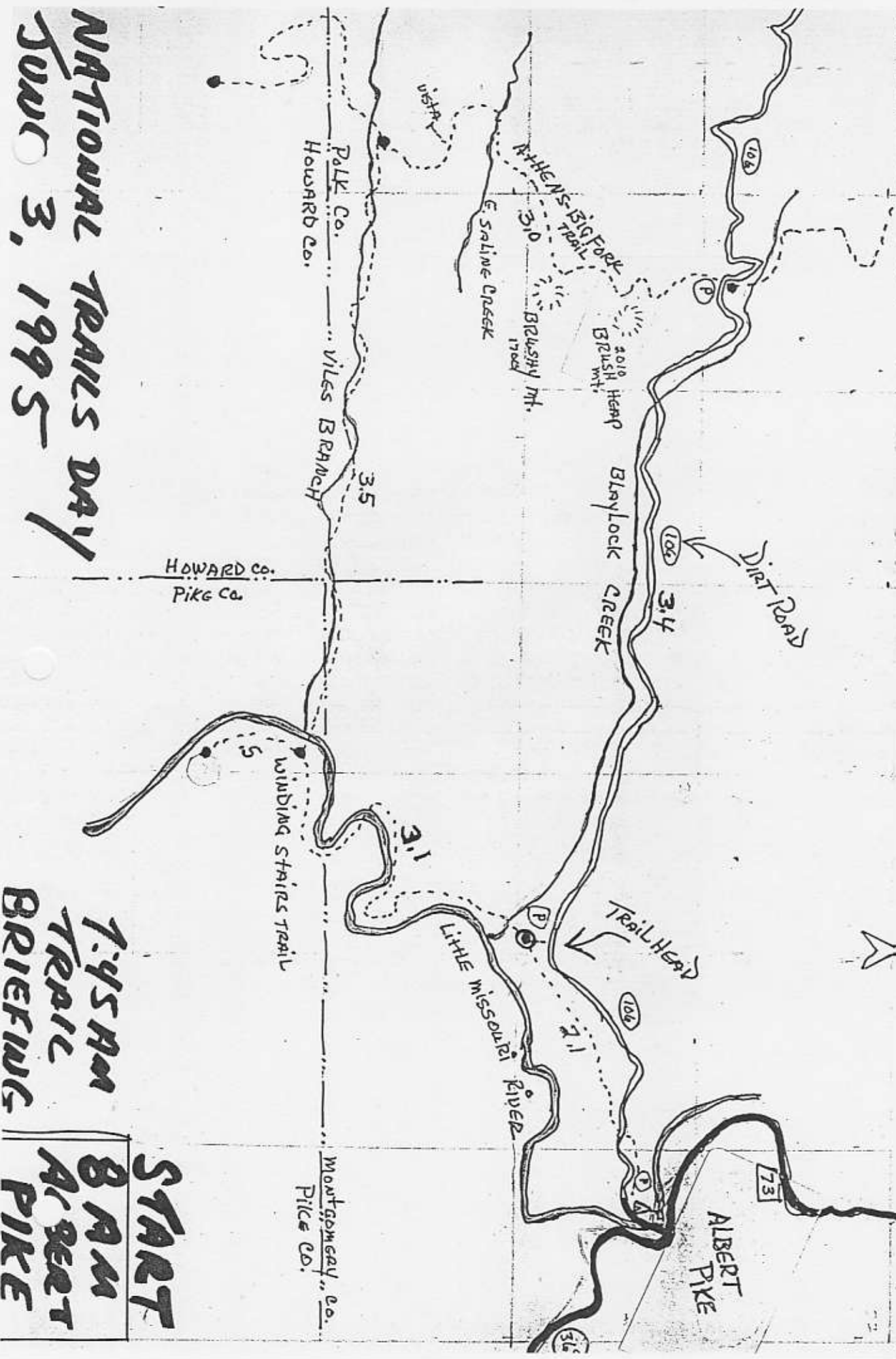
RACE DIRECTOR'S DIARY-1995 AT-100

May 1st. Dear Diary(DD). 11 runners entered. No Arkies yet. Most from West and East Coast. Got a letter from PowerBar and the National Guard. Everything set there. Need to contact USFS again. Don't want any surprises. Things to do the first week in May: Call Jerry Dixon of the radio club and Bill Harold, USTF, about the Sanction for the Trav. Also, order race numbers and call the Little Rock Parks and Recreation about reserving a pavilion for the volunteers. I'm worried about getting some new jokes for the volunteer picnic. I'll get all this done then we'll think about the conquest and glowlites. I'll be needing to call Dave, Jim and Tom soon. To see if they are still thinking about me. Ha Ha, Dear Diary. I wonder if Dave is thinking about the volunteer hats? I'm starting to work on my AT-100 short story. It might be about the farm boy who had to sell a pig to raise money for his entry fee. Just kidding, DD! It's going to be about a Cauca County boy who fails at most things in life but makes good at the Trav. Is any body else thinking about the Trav, DD? With all the talk about HardRock, Barkley

HARLEY'S TRAIL TIP - Stretching now will give you a leg up on your competition.

BRUSHHEAP MOUNTAIN 18-MILE LOOP

OUACHITA
NATIONAL
FOREST



NATIONAL TRAILS DAY
JULY 3, 1995

1:45 PM
TRAIL
BRIEFING

START
BRAN
ALBERT
PIKE