

# HEADLINE - HORTON FINISHES MOONBAT TRANS-AM

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## THE ARKANSAS ULTRARUNNER

September 1995

*A Newsletter For Members Of The Arkansas Ultrarunning Association*

**MESSAGE FROM THE BIGSHOT** - (No message from the Bigshot was found this month)

**LITTLE KNOWN ULTRA SAYINGS** - Fight'em till Hell freezes over, then fight'em on the ice(Dutch Meyer). Tough times don't last, people do(unknown). Do it trembling if you must, but do it!(Emmet Fox). Life is good!(Bigshot).

**HARLEY'S ULTRA NEWS OF THE DAY** -On September 2nd and 4th, also known as Labor Day weekend, we will have the fifth annual *Heart O' Traveller* training runs. The Saturday run will consist of 26 miles and the Monday run will be 24 miles. These two runs will take us over the toughest, or the heart, so to speak, of the *Arkansas Traveller 100*. Saturday's run will be out and back on forest service roads. Monday's run is called the *Smith Mountain Loop* and will double as the *Ultra Trail Series Race #2*. 6:00 a.m start for both. I'll set out water and mark the route. To get to Saturday's run, follow Hwy 10 to Williams' Junction. Turn left onto Hwy 9. Go approx 5 miles to Lake Winona Road. Turn right, go 4 miles. The run will start on FSR 778 at the base of Lake Winona spillway. To get to Monday's run, follow directions to Williams' Junction. Turn left onto Hwy 9. Go about 3 miles to the Winona Scenic Drive also known as FSR 132. Follow FSR 132 to FSR 75, approx 15 miles. Turn left onto FSR 75 and go 3 miles to the intersection of FSR 114. Turn left and go 1/4 mile to FSR 2. Park. Please, Please! don't drive FSR 114 from Winona to FSR 2. It looks quick and easy but if you don't have good tires, the rocks will eat up your wheels. Question: Lou Peyton-225-6609.

Great news from the 1995 *Leadville 100*, August 19th. AURA's Jack Evans finished the *Leadville 100* in a time of 28:24:57. Man o' man what an accomplishment. Jack now has a buckle to wear. Not to be overlooked either is the news that AURA's West coast representative, Max Welker, finished this years *Leadville 100*. More on *Leadville* later in this newsletter

This concerns the January run of the *Ultra Trail Series*. One of the most memorable runs of the series last year was the 27 mile Eagle Rock loop down at Albert Pike. Last week I got a note from AURA's David Samuel concerning this years race. He is proposing the *Round Mountain Loop* - 21 miles at Albert Pike. This is a run we can have if the water is too high, too cold or too icy. Also, David gave me an advance look at the logo design of the *Eagle Rock Loop* patch and cap for the National Trails Day run. As the Bigshot used to say, "When you're good, good things happen to you."

# ULTRA CORNER

The 1995 LEADVILLE 100 - Leadville, Colorado. August 19th, 1995.

Jack - Congratulations on finishing the Leadville 100. We're all interested in how you did. Lets start with your preparation. Did you get a chance to go out and acclimate before race day?.....*My preparation for the "Race Across The Sky" included ten days of acclimation at Leadville and many, many hours of preparation in Little Rock. I ran Hope Pass three times before the race which gave me a glimmer of hope to complete the run.*

How was the weather this year?.....*The weather was typical for the mountains which included very bone chilling rain and snow and was a major factor in the lowest finishing rate in the history of the Leadville 100. It it were not for the touch of the "master's hand" bringing life Into my frozen body at Twin Lakes Aid Station, the DNF percent would be much higher. Since I was not allowed to think at the moment, I received a gentle push out into the elements to conquer a very swift stream and a small bump in the course called Hope Pass.*

On the starting line, tell what your strategy was with regards to walking and running, eating and drinking.....*To be perfectly honest, I run how I feel or run with an individual who has a strategy. I try to eat and drink during the slower sections and hope to consume enough to get me to the finish line. Based on the 1995 Leadville run, I do not require alot of food. As usual I experiment during the run because I do not eat during my training runs. This is not a recommendation for most runners.*

How was going over Hope Pass the first and second time. ....*Hope Pass was probably one of my easist sections because I enjoyed the climb to the heavens. It is so beautiful and the passing of a number of faded runners is a true inspiration to me. Now thinking about it, I would enjoy doing repeats on Hope Pass.*

Did you have a crew or pacer to help you?.....*Before the race, I sort of had a crew and pacer. As the race progressed and the weather eliminated a number of runners and I was fourtunate to pick up an outstanding crew and pacer. I am very indebted to their efforts, guidance and encouragement which was the sole reason for me finishing. As they say, "A man shows what he is by what he does with what he has." As time passed, I believed I had the best crew and pacer to get me to the finish line.*

Did you have any low points during the run? Where?.....*I had a very unusual run because I did not have any low points other than when some of my friends dropped out before the finish. My body did not feel the usual effects of the race. There must be a reason which I hope someone will explain. It must be my age or no brain.*

At what time in the race did you think you had it in the bag?.....Once I acquired the crew and a pacer, I knew I would finish without question. During my younger years running track in high school and college, I was taught the following:

THINK BIG AND YOUR DEEDS WILL GROW,  
THINK SMALL AND YOU'LL FALL BEHIND.  
THINK THAT YOU CAN AND YOU WILL  
IT'S ALL IN A STATE OF MIND.

LIFE'S BATTLES DON'T ALWAYS GO  
TO THE STRONGER OR FASTER MAN,  
BUT SOONER OR LATER, THE MAN WHO WINS  
IS THE FELLOW WHO THINKS HE CAN.

*I must admit that after my first training run in Leadville, I had many doubts about what am I doing here. But my last run two days before the race convinced me that I had what it takes to finish the race.*

Now that you have had time to reflect, would you do it any differently?.....*No! No! No! It was a very enjoyable experience in which I will treasure for a very long time. The first completion of a 100 is the one you will never forget.*

Physically, how are you doing after the run?.....*Physically, my ankles and feet are the only sore points. The remainder of my body is ready to run Hope Pass again. My head is still trying to figure out "what happened."*

Any advice, training or otherwise, you would give to those of us who are considering Leadville in the future?.....*At least 10 days of acclimation, cross training with weights during the spring and summer prior to the race, train in Leadville on the sections which may give you a mental problem, recruit an outstanding crew and pacer, run many miles before the race, and pray.*

Thanx Jack and congratulations.....*Harley! Where did you come up with these questions?*

**LEADVILLE 100** - This is a listing of the ARKANSANS who have finished the Leadville 100.

Stephen Tucker(89)	21:32:45
Ray Bailey(94)	22:37:34
Ray Bailey(92)	22:39:29
Bill Laster(90)	22:43:35
Bill Laster(91)	22:55:45
Bill Colfelt(90)	24:43:11
Bill Laster(92)	25:22:15
Bill Laster(88)	26:07:54
Larry Mabry(91)	27:27

Dr. FeelGood(94)	27:38:25
Jack Evans(95)	28:24:57
Nick Williams(88)	28:31:37
Max Hooper(88)	28:31:40
Larry Mabry(88)	28:37:24
Larry Mabry(92)	28:40:12
Mike Heald(92)	28:40:13
Larry Mabry(89)	28:47:37
Lou D. Peyton(88)	28:48:44
Lou D. Peyton(89)	28:58:34
Max Hooper(89)	29:11:34
Tom Holland(93)	29:44:46

## 1995 MOONBAT TRANS - AMERICA FOOT RACE

On July 25th Lou(Peyton) drove to St. Joseph, Missouri, to crew for former Arkansan and premier AURA UltraRunner, David Horton, as he competed during the 1995 Moonbat Trans-AM, a 2925 mile foot race across the America. The run started on June 17th in Huntington Beach, California, and ended 64 days later, August 19th, in Central Park, New York City. This was as stage race format. Every day, a race. The race officially ended on the 63th day. The final 64th day was a 19 mile group run into Central park. If my calculator is right, that averages 46 miles a day. LRRC's Bob and Rosemary Marston who live in St Joseph crewed for David his two days in Kansas. Then Lou and Rosemary shared duties for the first day in Missouri. Lou took David three days by herself to the Illinois line.

I have asked Lou, Bob and Rosemary to share their experiences with us.

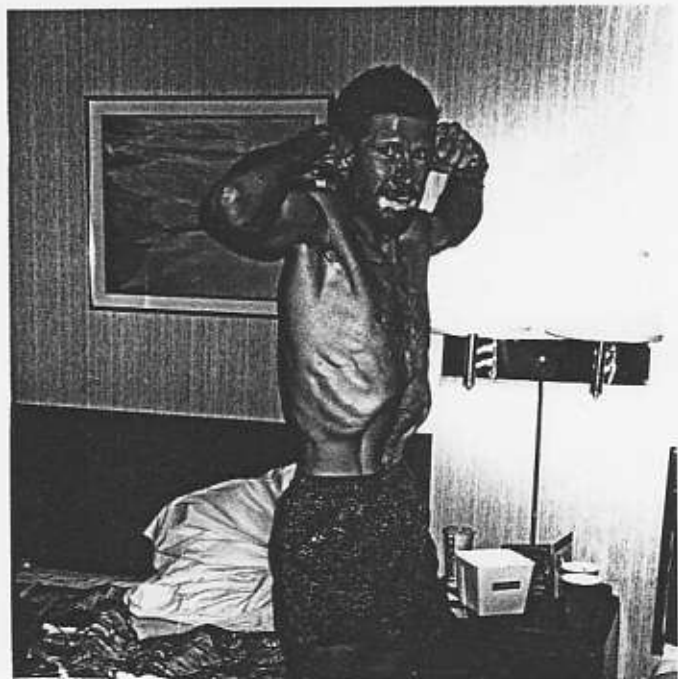
Results(official as I can make them)

Dusan Mraulje	427:59:00*
Ray Bell	+16:50:31
David Horton	+21:27:51
Pat Farmer	+33:14:50
N.Koyago	+34:25:58
Fred Leismann	+53:32:18
J. Onoki	+89:07:04
Eiko Endo	+123:46:01**
M. Kaiho	+141:54:26
Don Winkley	+307:37:43

\*Course record by 59 hours.

First six finishers broke the Course record .

\*\*Female - Set course record by 30 hours.



David Horton shows what he's made of at Trans-AM

## BOB AND ROSEMARY the story

It looks like the Trans-Am was made for you. What was your reaction when you found out the race was coming through your hometown, St. Joseph, Missouri, and our ultra brother was entered?.....*We were excited and knew because I had the summer off and they were coming through here during the weekend that we would be able to help. Bob and I were both able to crew on Sunday and Monday and Lou and I handled it on Tuesday.*

You went over to meet David in Marysville, Kansas? What did he look like after 36 days of ultra distances?.....*Bearded, tan, and very, very thin. When I first arrived in Marysville, Kansas, he had just finished showering and proceeded to put bags of ice on his knees, ankles, and heels. After icing for about 30 minutes he was ready to go to lunch. We went with his departing crews, Eric Steele and Warren Bushey of the Kansas Ultrarunners' Society(KUS). After lunch we went to take a picture of David at the Pony Express monument (a very large bronze rider on a large bronze horse). He had seemed so tired when I first arrived (as he did each of the following days), but he seemed to recover quickly after showering, icing, and eating.*

A typical day began at 4:00 a.m. and ended at 9:00 p.m. What did you do in between?.....*The days all started very quietly. David hardly talked at all and all the other runners seemed to be very much within themselves before the running started. At 5:00 a.m. they all lined up and off they go. David set the early pace but within a few miles the others had gone ahead or fallen behind. The crews meet the runners every two miles. David wanted Conquest and Powerbars early in the day. As the day wore on he switched to Mountain Dew and candy(nothing but junk! Butterfingers, Oreo Double Stuff, Baby Ruths, MilkyWays, Rollos, Reese's PB cups, etc.) As the day heated up. He wanted a bucket and sponge with cold water to squeeze over his head and body. He also carried ice water in a bottle when it got hot. This was to pour on himself, not to drink. The pace is so fast there is hardly time to get loaded back up, drive two miles and be ready to meet him again before he gets there. The only time we ever missed him was when Lou and I had to go to the bathroom at the same time and the gas station was only a one-seater.*

How many and how far were your stages?.....*Stages 37(Hiawatha, Kansas) 58.9 miles, stage 38(Elwood, Kansas)36.4 miles and stage 39(Hamilton, Missouri) 48.4 miles. Bob and I worked Stages 37 and 38. Lou and I(Rosemary) worked Stage 39.*

How was your time spent when you were not crewing David?.....*Saturday evening there was crew race, 2 miles on a high school track, at about 6:00 p.m. with the temperature at least 95 degrees in the shade. The runners sat and hooted while the crews ran. I ran and was not the last person. Dinner was prepared by the Moonbat crew. We visited a little with David and then spread our sleeping bags on the floor of the Marysville High School gym. It was very, very hot all night - no air conditioning. Monday Bob and I crewed David and then Bob went to work. The stage ended almost within sight of his airplanes. David and I went to lunch and then went to our house where he was able to take a nap and make phone calls. Then we went back to Elwood School where the group was spending the night in air conditioned classrooms. The Moonbat*

crews cooked sweet and sour meatballs and a local group provided salads and desserts for runners and crews and a historical lecture on Elwood, Kansas. After dinner, David went to bed and Bob and I went home. Lou arrived at our house shortly after and we all went to bed. Tuesday we got up about 3:30 a.m. and went to meet David. Lou and I crewed all day. After David ran and iced, the three of us went to lunch and visited the J. C. Penny Museum and Library (Hamilton was J.C.'s boyhood home). Afterwards, David got his mail. He got so much he had his own post office crate. There was more in there than everyone else got all together. He got cards, letters, packages, and candy. Some mail was funny, some was touching, but all was greatly appreciated. Everyone's support is a very powerful inspiration to him. Later that evening some local ultrarunners from Cameron, Missouri, Bob and Sara Risner, supplied dinner (salad, pizza, cake and ice cream). Shortly after dinner, Bob arrived in Lou's truck and he and I said good-bye and turned it all over to Lou. In addition, every day the supply of water and ice had to be replenished and the Conquest mixed up and iced down for the following day. All those candy bars had to be restocked. Sometimes clothes and towels had to be washed. Anything else David needed had to be taken care of the night before because those towns were so small and far apart you couldn't depend on finding what you needed when you needed it.

Have you ever done anything comparable to this before? On a scale of 1 to 10 give me a rating.....10 .....NO! 11!

### LOU PEYTON the story

Where did you meet David and where did you leave him?.....I met him at St. Joseph, Missouri, on July 25th and stayed through Hannibal, Missouri, on Friday the 28th.

I remember you crewed for Max(Hooper) at Western States in '85 and paced me at the "Coon" in '95, Both times you let the runner quit. Did you have a plan if David had decided to throw in the towel during your watch?.....It never crossed my mind that David might "Throw in the Towel" as you call it.

Describe your typical day- morning, noon and night.....At typical day began at 3:30 a.m. Everything had to go as fast as possible, making no mistakes. Shampoo, do my dressing, packing up by 4:00 a.m. Packing and loading David's camp/sleeping gear bags, etc. Eat something. get coffee, finish David's gear loading. At 5 a.m. sharp, the race was on. My job was to meet my runner every two miles with preplanned fluids and foods. All things that he could ask for have as quickly and as accessible as possible. After daybreak, I could settle down and begin to enjoy the event. David was leading the race some of the time, so I followed the pace vehicle or the yellow van that belonged to Slovakian runner, named Dusan. I think this is what riding the press vehicle at Boston, New York must be like. The race would shape up before my eyes and I felt I was an important part of the event. David was my runner for that day, that week. With 10 miles to go every day the runners seemed to give their last thrust of energy to see who placed where. I supplied David with Conquest, assorted edibles from chips, candy, fruit, power bars, iced cream and sandwiches. As the day progressed, I prepared sponges and a

bucket of ice water. Also, ice water to carry in his pack. It was busy, busy changing his sunglasses, hats, ointments for blistering, shoes and socks. David and the top five contenders were finished by noon each day. Then my chores began. Unload his two major bags, one must have weighed 50 lbs. I never knew what he carried in that bag. Prepare four quart size ice bags making sure there were no air pockets. After 15 to 20 minutes of icing, David wanted to eat a big lunch. Guess who ate the same size lunch? After lunch he was back to the school, or where ever we were lodging, for David to rest, listen to tapes, open mail, make phone calls, etc. I tried to reassemble the contents of three large ice chests. My house cleaning job called for washing and drying clothes, gas the truck, buy ice, distilled water and resupply food stuff. If there was time, I would make phone calls or write post cards. By the time I got chores done the runners were in bed and the quiet time was really respected. No talking or noises after 8:30 p.m.

Tell us about any interesting people you met .....*Jessie Riley, the Co-Director, and his sister, Shotsie, were a delight. Shotsie lives on Wye Mountain near Lake Maumelle outside of Little Rock(its as small world). The Japanese runners and their crews were very interesting to be around. Very polite but most spoke no English. There were some Japanese employees of the Moonbat Company who were sponsors of the race who spoke English very well. When you would meet them they would bow. After the days run the Japanese crews would be squatting down outside the motel or school cooking over a grill. I guess it was rice and noodles. They shared some of it with me and it was tasty. The Japanese also had their own doctor who would administer accupuncture. One unusual thing about some of the Japanese runners is that they would tape crystals to their legs. Maybe it was at pressure points to relieve the pain. .*

Now that you're back home what is your impression of your week on the road with the Moonbat Trans-AM.....*I want to go back for more. The weather is too hot for me to be a participant, but I'd love to crew someone next year through Illinois*

Midnight 50K

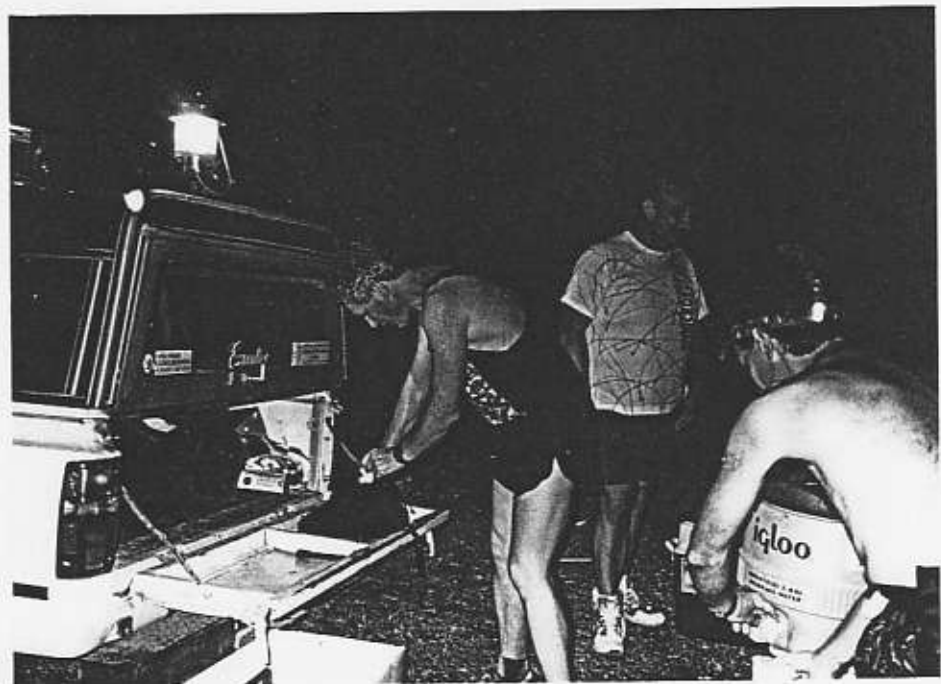
Ken Millar

-

Fred Erwin

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Jimmy Sweatt



# 1996 ULTRA TRAIL SERIES

*THE 1995 MIDNIGHT 50K MOUNTAIN RUN* July 29th, 1995. Lake Sylvia.

Name                      Time                      Points                      Total Points

1. Ray Bailey	3:55:22 *	50+16	66
2. Gary Grilliot	3:55:33	40+15	55
3. Michael Heister	4:21:50	30+14	44
3. Stan Ferguson	4:22:35	25+13	38
5. John Jones	4:24:04	20+12	32
6. Ricky Utley	4:26:46	15+11	26
7. Ricky Williams	4:32:08	10+10	20
8. Randy Davidson	4:57:50	7+9	16
9. Anthony Lee	5:02:59	5+8	13
10. John Renick	5:02:59	3+7	10
11. Kimberly Pavelko	5:08:41 *	50+8	58
12. Dianne Bell	5:29:57	40+7	47
13. Jim Sweatt	5:29:58	1+6	7
14. Sam Barnes	5:45:12	1+5	6
15. Ken Millar	5:51:00	1+4	5
16. Pete Ireland	5:56:10	1+3	4
17. Glenda Erwin	6:01:12	30+6	36
18. Lou Peyton	6:03:24	25+5	30
19. Irene Johnson	6:10:35	20+4	24
20. Ethel Cook	6:12:18	15+3	18
21. Chuck Desjardin	6:31:40	1+2	3
22. Donna P. Duerr	7:58:00	10+2	12
23. Steve Eubanks	7:58:00	1+1	2
24. Ann M. Moore	9:00:00	7+1	8

\* = New Course Records

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	The Demonstration Run(TBA)
November	Candlewood Mountain Run 20K
December	10-9-10 Adventure Run, 21 Miles
January	Round Mtn Loop(Albert Pike Trail) 21 Miles.
February	White Rock Classic 50K
February	Sylamore 50K
March	New Spring Classic, 21 Miles.



April  
May

Ouachita Trail 50  
Mystery Run, ?K

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

## ARKANSAS TRAVELLER UPDATE

DEAR DIARY(DD) - Well DD, we've ordered buckles, conquest, cemplites, pink ribbons, numbers and Mountain Valley Water. Am I missing anything? Yesterday, Mr. Dave called and talked to Lou. Dave thinks he is charge of ordering the shirts and hats. DD, I've got him in the palm of my hand. This year we'll have some special hats for the volunteers. Can you keep a secret? We received our first entry from Switzerland last week. Does this mean I'll have to speak Swiss. Also the President of Gallaudet University is coming again this year. Better practice my signing. Well what next? I'll order the tent and reserve the U-Haul truck this week. I'm getting nervous, DD!

## RRCA ULTRA RUNNER OF THE YEAR UPDATE

Every year during the HealthFest Weekend(November) at Hot springs, the Arkansas chapter of the Road Runner Club of America presents its RUNNER OF THE YEAR Awards. The selection of the Ultra Runners of the year is determined by a point system that is maintained by AURA's Tony Johnson. This selection is strickly by merit. Tony has a point system that he uses to make the selection. I am printing the standings as they are through June. Give me a call if you want to see your complete results. Remember we still have a couple more months to go.(through October)

Male	Points	Female	Points
Randy Davidson	257.5	Kim Goosen	1165
Steve Eubanks	240	Kim Pavelko	647.5
Bill Laster	237.5	Dianne F. Bell	275
Ray Bailey	195	Ivy Franklin	217.5
Jim Sweatt	130	Lou Peyton	144.5
Chuck Desjardin	100	Irene Johnson	140
Nick Willims	80	Ann M Moore	50
Les Hall	50	Donna P. Duerr	50
Charley Peyton	50	Gayle B. Bradford	30
Harold Hays	37.5	Jane Schultz	30
Dr. Feelgood	30	Rochelle Williams	20
Jackie Edmonds	30	Sharen Williams	20
Gary Welchman	30	Debbie Desjardin	20