

THE ARKANSAS ULTRA RUNNER

A Newsletter For Members Of The Arkansas Ultra Running Association

April 1996

HARLEY's ULTRA NEWS OF THE DAY - With two more race left in the series, I feel I should go over the "Rules" one more time. One of the reason I'll do this is because we've had a lot of new members join the AURA lately and we don't want anyone to be mislead. So here goes: (1) To be eligible for the King and Queen titles you must complete at least four of the 11 races, (2) Of the 11 races only 10 will count. If you finish all 11, the race with the lowest total will be thrown out, (3) Because of the loss of our prime running areas west of town to the hunting clubs, we rely on established state Ultras to round out our schedule. Example - Sylamore 50K and the Ouachita Trail 50. You must register and pay an entry fee to compete in these two. We only use the results to figure the points. (4) As a rule, only the turns will be marked. Confidence ribbons are an exception. (5) Water and cups will be set out. But, be advised to carry a water bottle. (6) If Nick or I get to the start it will be judged an official event. In case of bad weather, use your best judgment - see rule number (2), and (7) Do the right thing.

While I am on my high horse I want to thank all of you for your support with the printing and mailing cost of this Newsletter. The response has been better than any of the previous ones. Now let me urge you if you've not already joined your local RRCA and subscribe to the ULTRARUNNING magazine. If you don't who will!

On the home front we have the month of April coming up. April is usually a barren month for trail running due to the opening of spring turkey season. May will bring the final two races of the UTS. The Ouachita Trail 50 Miler and the Widow Maker, a mystery run. Conflicting with the OT-50 is the Strolling Jim 40 in Wartrace, Tennessee. The *Strolling Jim* is one of the South's oldest and most prestigious spring time ultra's. It's a marathoner's ultra and regularly attracts the cream of the east coast racers. Despite its competitive status, it remains a fun event that is balanced nicely by Race Director, Gary Cantrell. I have applications and if trail running is not your thing, I highly recommend the Strolling Jim 40.

Speaking of the Widow Maker, a mystery run, I found some left over pancake mix from the AT-100. I plan on cooking up pancakes for all the participants(as long as they last) following the run. May 18th . 7:00 A.M. from the WildCat Mountain Mtn Bike Trailhead. Directions: Hwy 10 to Williams Junction. Turn left onto Hwy 9. Follow Hwy 9 about three miles to the Winona Forest Drive. Turn Right and go about three miles to the intersection of Winona Forest Drive and FR 179. Left turn and go about 1/4 mile. Park at the pull in. This run will be short. 8 miles, + or -. Somewhat like the Ironhorse Mtn Run. Call me or Lou at 225-6609 if you have any questions.

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AURA's APRIL HOROSCOPE - Going for that youthful, bad boy appearance at your next Ultra might produce a few surprises after you cross the finish-line. Take an ultra risk soon and you could prove to be unstoppable. Two new faces might appear in your life-----



ULTRA PROFILE - AURA's Ed Fishman/Honolulu, Hawaii

Greetings Mr. Ed! While we were having a good ole Arkie time, you were in New York running a 12 day race. When and exactly where did the run take place.....*Ward Island Park, New York City. A one mile loop course. This was one of the Shi Chinmoy multiday series of races(1,300, 1000 and 700 miles) starting with the longest (staggered starts) so that all three events finished on the same day. Mine started on September 17th at 12 noon and finished 12 noon, September 28.*

What kind of mind set does it take to toe up to a 12 day race?.....*It takes a mindless mind. If you think about it very long, it may not happen. Other things that helped me to the start was the 12 noon start, being retired and having nothing better to do; no fear of getting lost; a steady job for 12 days and, if you finish in 12 days, a T-shirt and trophy. You also have available for your pleasure 24 hours a day - regular massages, homeopathic Voo Doo, Medicinal Rx as needed and meditating and chanting throughout the night.*

What kind of strategy did you have as for as pacing eating sleeping.....*Simple! Run as much as you can; take walk breaks as needed. Sleep as little as you can get away with(average 5 hours sleep per night)*

Did you have a crew?.....*Yes, my crew was Lillian.*

Did you think about the Bigshot any?.....*I knew I would come to a tricky question. But..a good one. As a matter of fact, its funny you would ask. It happens to be about the only thing I thought about. For one thing, these Sri Chimmoy people reminded me a lot of my AURA friends. But, my dear friend, more specifically, the visions of hallucinations I experienced running beside me during the nights wasn't of his highness, Big Shot, but of some of other AURA brothers and sisters. They came to me to pace, comfort, coddle and otherwise inspire me on to fantasies of momentum. Namely---All of them. As far as the Sri Chimmoy people reminding me of the AURA gang they too are so caring, concerned and loving throughout the event they put on. Soooo...in closing this question, I want to just say thanks to my hallucinatory friends, Lou, Mowie, Dianne and Ms Scarlet for allowing a few indiscretionary grandeur moments!!!!!!*

Do you have any special shoes, clothing, etc. that you use during this type of event than say a normal 100 mile run?.....*Shoes: Yes. I had a pair of shoes which I cut the toe box out form my last 7 day multi which I used until they fell apart so I needed to cut the toe box out of another pair which I used mostly along with a pair of sandals when I needed to give my feet a little rest. Clothing: nothing unusual-warm for cold/rainwear as needed.*

Any aches or pains?.....*None really. I found a product(tape) called "Elastegon". No more feet problems with blisters, hot spots, etc.*

How was the camaraderie among the runners?.....*It was great. Every one did their own thing. Running their own pace trying to accomplish the mileage of their on race. Many of them*

are disciple of Sri Chimney and try to go the distance while meditating or transcending while they are running.

How did you do..... I did well, very satisfied. Would love to do it again. It was one of my great experiences in my running life. 538 miles. 335 in 6 days(American record for my age(70+) Not much competition! Multiday races are another level of running. When you get a little tired of 100's and you are looking for something different and challenging, this is it. I love it.

ULTRA CORNER

East Texas Ultra Runners 50K/Feb 10th, 1996

34. Ann M. Moore 7:52:59

Sylamore Trail 50 Km/Feb 17th, 1996 - UTS #7

		Points
1. Ray Bailey*	4:25:44	70
2. Stuart Johnson	4:52:08	59
3. Dr. Feelgood*	4:58:10	48
4. Jim Sweatt*	5:19:00	42
5. Bill Walsh	5:28:00	36
6. Kimberly Pavelko*	5:55:39	60
7. Teresa Laster	6:05:20	43.5
8. Gayle B Bradford*	6:05:20	43.5
9. Troy Delk*	6:07:21	27
10. Stephen Carter	6:07:21	27
11. Jim Hunter	6:10:49	20
12. Mickey Jones	6:13:00	17
13. Eric Flanders	6:16:21	14
14. Roger Williams*	6:19:02	10.5
15. Nick Williams*	6:19:02	10.5
16. Bob Torvestad	6:20:34	9
17. Dianne F. Bell*	6:25:00	32
18. Phil Miller	6:34:35	7.5
19. Bill Butler	6:34:35	7.5
20. Bob Marston*	6:45:11	6
21. Tom Webb	6:50:00	5
22. Ellen Murphy	6:54:22	26
23. Pat Torvestad	7:02:00	20
24. Scott Young*	7:33:24	4
25. Donna P. Duerr*	7:42:17	14
26. Steve Eubanks*	7:43:59	3
27. Kathy Alstadt*	7:49:01	10
28. Steve Hoffman*	8:00:05	2

29. Rosemary Marston*8:21:41 7
 30. Pamela Routh 8:58:29 4 * - AURA

White Rock Classic, 25k & 50K - UTS #8

50K RESULTS

1. Stan Ferguson, 32*	4:44:43	64
2. Steve Tilley, 45*	4:45:15	53
3. Ricky Williams, 36*	4:58:45	42
4. Doug Fletcher, 36	5:01:01	36
5. John Jones, 24	5:02:40	30
6. Don Griesse, 39	5:02:58	24
7. Bill Maxwell, 43*	5:03:30	18
8. Jason D. Shaw, 28	5:16	14
9. Jim Sweatt, 40*	5:54:43	9.5
10. Ted Bowden, 41*	5:54:43	9.5
11. Kimberly Pavelko, 34*	5:54:43	57
12. Jay Huneycutt, 40	6:01:56	5
13. Gayle B. Bradford, 46*	6:04	46
14. Teresa Laster, 38	6:06:33	35
15. Nick Williams, 53*	6:22	4
16. Dianne F. Bell, 39*	6:22	29
17. Michelle Duffy, 27	7:29:40	23
18. Donna P. Duerr, 40*	7:31	17
19. Robert Horner, 63*	7:32	3
20. Ann M. Moore,*	8:06	11
21. Steve Eubanks*	8:15:58	2 * - AURA

The Mississippi Trail 50 and 50K/March 2nd 1996

On the weekend of March 2nd, Lou and I returned to our native state, Mississippi, for the first running of the Mississippi Trail 50 Miler and 50K. The race HQ was in the Desota National Forest about 25 miles east of Hattisburg. The race director was a long time ultra runner by the name of Carl Touchstone, a Orthodontist who has several practices around the state. The route consisted of four 12.5 mile loops of a wooded trail that was developed for horse riders. Since I did not enter, I volunteered to assist Dr. Touchstone and was stationed at a trail junction to make sure the runners stayed on the course. I like to think that I had a "critical" job. As it was I got to observe first hand without any pressure what other race directors and there assistance do before, during and after a long race. In my opinion it was a first class job form beginning to end. Great aid stations and plenty of post race food for everyone. I could say that they went all out to be nice to the runners but that would be an understatement. I would prefer to say that they were all nice, sincere people who made everyone welcome. The race was small, about 58 entrants, but they came from 17 different states and Canada. One added touch that was offered was that the runners could change during the race what distance he or she wanted to run. In other words, if a runner in the 50 miler was having a bad run they could opt to change to the 50K. Likewise, a 50k runner having a good day could switch to the 50 miler. I predict that this will be the next big trail run in

the South. The first weekend in March has already been set for next year. Oh Yes, Lou ran a 10:46 and was second female in the 50 miler.

ULTRA CALENDAR

- May 4th *Ouachita Trail 50 Miler* - Little Rock, Arkansas. Contact Bill and Teresa Laster, 5904 North Country Club Blvd. 72207. \$10.00 entry fee.
- May 4th *Strolling' Jim 40 Mile Run* - Wartrace, Tennessee Gary Cantrell, 233 Union Ridge 37183. 18th Annual.
- August *The Midnight 50K* - No entry. Lake Sylvia. Details Next month.

ULTRA TRAIL SERIES

The Iron Horse Mountain Run/March 9, 1996 - UTS # 9

In the seven years of the UTS several runs stand out. Those that immediately come to mind are the Pipeline Line Express(a flashflood), the 10-9-10 Run(a flood), The Smith Mountain Run(lightning strikes), the Albert Pike Run(snow and ice) and now the Iron Horse Mountain Run is added to my list.. It was a perfect day for trail running. Cold, dry, low humidity and no wind. It will also be remembered as the morning the US Forest Service decided to burn over 6,500 acres of forest. The last time I had seen that much fire and smoke was when we had a chimney fire down in Mississippi. I mean that chimney was shooting out soot balls like a roman candle fire cracker. In side the house the draft going up the fireplace was so strong I had to grab for my dog to keep from being sucked up the flue.

I had a few anxious moments looking for a couple of late runners but our luck continues to hold. One of the runners I went looking for made it out with a little help from the Forest Service and the other two were just enjoying the scenery This was a good one and we'll do it again.

		Points
1. Ray Bailey	2:38:39	63
2. David Allen	2:45:01	52
3. Stan Ferguson	2:47:04	41
4. John Jones	2:47:57	35
5. Ricky Utley	2:53:50	29
6. Dr. Feelgood	3:04:39	23
7. Jim Sweatt	3:07:54	17
8. Kimberly Pavelko	3:44:06	57
9. Dianne Bell	3:44:40	46
10. Angie Ransom	3:45:26	35
11. Gayle Bradford	3:45:49	26
12. Bear Laster	3:45:49	26
13. Nick Williams	3:52:20	13

14. Ted Anderson	4:00:00	10
15. Scott Young	4:00:14	7
16. David Samuel	4:01:18	4
17. Lloyd Moore	4:40:40	3
18. Ann Moore	5:07:00	17
19. Becka Bennett	5:42:17	11
20. Steve Eubanks	5:42:07	2

UTS Standings/Top three*

Female			Male		
Name	Score	#races	Name	Score	#races
K. Pavelko	404.5	8	R. Bailey	329	4
D. Bell	309.5	8	D. Allen	216	4
B Laster	114.5	4	S. Ferguson	215	5

Masters

A. Ransom	123	3	D. Feelgood	175	4
G. Bradford	115.5	3	G. McDonald	69	2
D. Duerr	43	3	R. Davidson	64	2

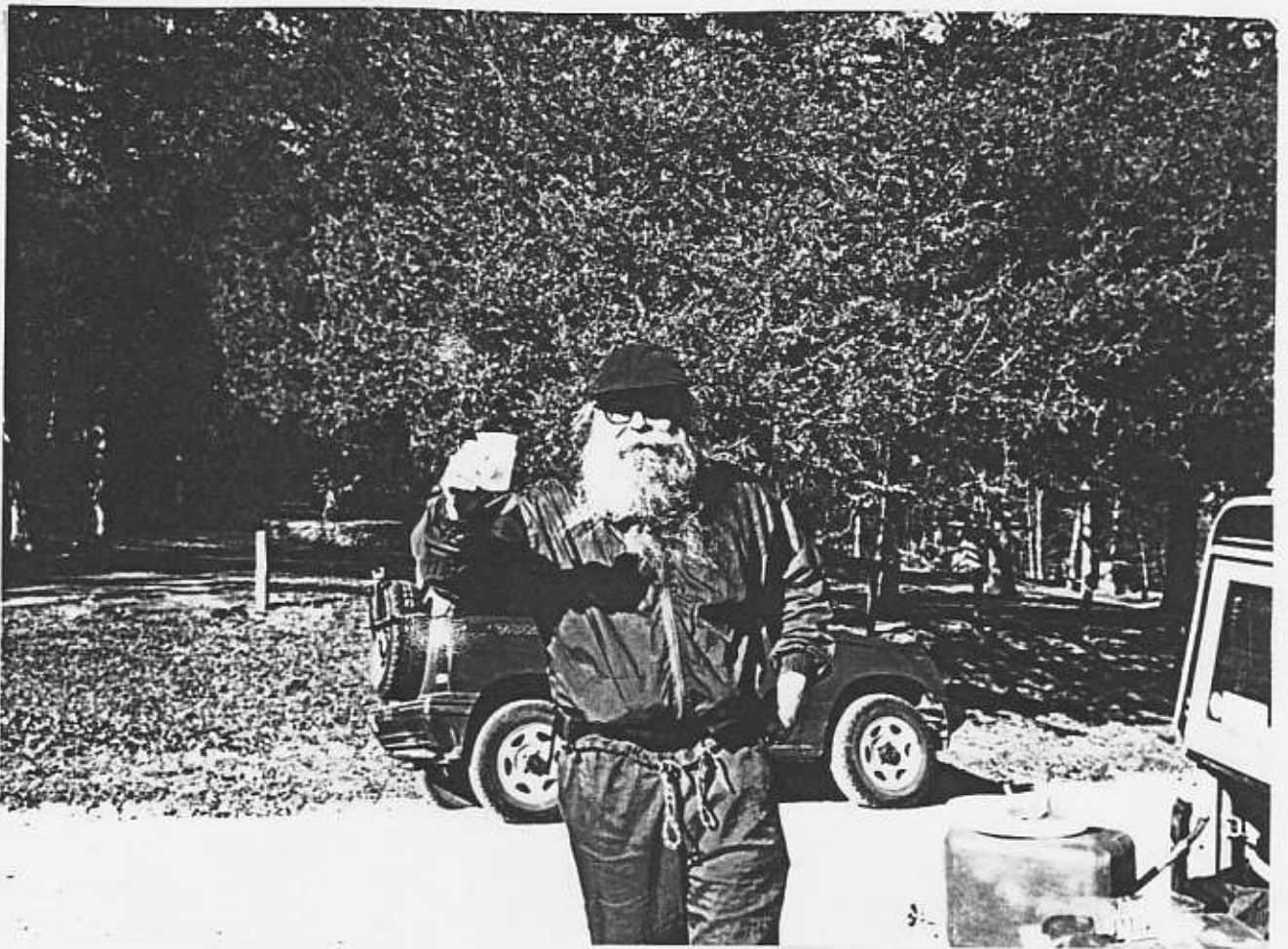
Seniors

L. Peyton	118	4	N. Williams	132	7
G. Erwin	60	2	P. Ireland	66	4
A. Moore	48	4	S. Eubanks	18	6

* - To be eligible for the King and Queen Awards, four(4) runs must be completed.

Lou Peyton with the
Mississippi Trail 50 Mile
Race Director, Carl Touchstone.





AURA's Bob Pester from Lead Hill, Arkansas, pauses for refreshment at the Sylamore Trail 50K.

White Rock Classic 50K

Tony Johnson with former Arkansas Gazette-Democrat sports reporter, Susan Jarvis.

