

THE ARKANSAS ULTRA RUNNER

AURAGUST

A Newsletter For Members Of The Arkansas Ultra Running Association

HARLEY'S ULTRA NEWS OF THE DAY - The AURA's busiest runner this summer appears to be Bob Marston. Bob finished the *Western States 100* with a time of 29:36:33. Then on July 20th he ran the *Vermont 100* and finished 26:06:20. Not to be outdone by these worthy accomplishments is AURA's Stan Ferguson. Last week I got a call from California and it was four time winner of the Traveller, Chrissy Duryea. Chrissy gave us all some "big" news. She and Stan are getting married October 11th at Lake Sylvia immediately after the Traveller trail briefing. This is exciting. Also I am told that Chrissy will be in town August 10th for the Midnight 50 K. Somebody press her for some details.

Here's the answer to the trivia question posed last month. Question: Who was the race director of the second Firecracker 4th of July, 1978. Where did it take place and how fare was it. Answer: Bob Wiley(sports director channel 4) was the RD. Distance: 5 miles. Place: Cammack Village.

ULTRA CORNER

WESTERN STATES 100

Stephen Tucker(88)	20:26:05
Bill Maxwell(91)	23:48:41
Bill Colfelt(88)	24:28:03
Max Hooper(88)	25:22:49
Larry Mabry(90)	26:37:07
Larry Mabry(89)	27:06:31
Nick Williams(91)	27:33:45
Max Hooper(86)	28:13:13
Max Hooper(89)	28:20:57
Lou Peyton(89)	28:29:52
Bob Marston(93)	29:34:18
Bob Marston(96)	29:36:33
Bob Marston(94)	29:45:02

VERMONT 100

Kim Goosen(95)	17:41:02
Lou Peyton(90)	21:17:03
William Gilli(90)	23:34:53
Lou Peyton(89)	24:23:20
Max Hooper(89)	25:54:50
Larry Mabry(89)	25:54:50
Bob Marston(92)	28:11:58
Nick Williams(90)	28:15:35

THE 1996 HARDROCK 100 MILE MOUNTAIN RUN



Lou Peyton-- My recollections of
the 1996 Hardrock 100 Mile Mountain Run.
Silverton, Colorado. July 12, 1996.

I awoke at 4:30 a.m. for the 5:30 checkin and 6:00 a.m. start. After a quick shower and dressing, I drank one can Strawberry Equate(350 calories), one pimento cheese sandwich, 16 oz's of Exceed High Carbo drink and a large cup of coffee. The race started and I was two steps behind Dianne Bell. Everything was go; I felt fine. About 1 1/2 miles into race a group of faster runners went the wrong way. They came back on course and filtered past us. I was with Nick Williams, Jim Sweatt and Dianne Bell of Little Rock. Nick and Jim were coaching everyone around them. I made a 20 second pit stop and lost hearing/talking contact with Dianne, Jim, Nick and Suzi Thibeault of California. The first climb ended on top of Little Giant Pass, 13,000'. I was with Hawaiian, Kawitta Spaulding, and Al Kroeger of Boulder, Colorado. When I started the descent I slowed and realized that I felt tired. I thought maybe I went out too fast but thought I could recover. From my artery experience in the past, my legs tell me when I go out too fast. It was 99% walk the first 1 1/2 hours. This pace moved me back with Californian, Dan Bagalone, Stuart Gleman from Florida and Mark Spangler, Minnesota. Down the mountain into Cunningham Glutch Aid Station we trudged, elevation 10,380' at 9.2 miles. It felt like everybody was ahead of me but there was no panic on my part. This happens often and I catch them later. Besides, I like running alone with my thoughts and a

few words to other runners. Charley, Jake Edge, and Bobbie Davidson helped me through the aid station. I sat in a chair for about 60 seconds at Charley's insistence and I drank a whole can of coke, grabbed some nab crackers and left the aid station. I forced myself to run 3/4 of the 1.1 miles down the road with occasional fast walks. I was 15 yards behind Mark Spangler. It was hot and sunny on the road then took a sharp right turn uphill. This was a steady walk with an occasional stop to breathe and moan. This climb took about an hour or more and led us into Buffalo Boy Mine, elevation 13,060 at 14.3 miles. I was gaining on Mark Spangler plus another runner, Jim Dill, Indiana. Leaving Buffalo Boy Mine Aid Station, we went over a ridge and then gently down a mile or two into Maggie's Gulch Aid Station. I could see Jim and Dianne pulling out of the station 3/4 mile ahead of me with Nick and Suzi ahead of them. The aid station people here were very personable and wanted to know our numbers, names and where we were from. However, they were out of cool water here. I got a large bottle of hot water and a flour tortilla with peanut butter and jelly. I carried the food out and ate on it for about a mile. I was now ahead of Mark Spangler and heading for Pole Creek Pass aid station, 22.4 miles. The trail led through a beautiful long stretch of high mountain meadows, trails, flowers and creek crossings. I could walk real fast but not run. Running felt terrible and the running spurts I tried were so short. I felt I covered more ground by walking fast. I caught Jim Dill in this section and in the very far distance I could see the turquoise dot of Suzi and in the distance, Jim and Dianne. It was full sun and very warm but not dangerously hot. A really neat area all green with beautiful flowers. Into Pole Creek Pass #3 aid station elevation 11,230' a volunteer said they had been expecting me. I grabbed some hard candy, a bottle of Gatorade, a few pretzels and started out. I could still see a couple of dots, runners, about 3/4 mile ahead. I was not running. Running felt terrible. Finally two beautiful lakes came in to view, Cataract Pass 12,910', and the start of the long downhill into Sherman aid station, 31.7 miles. I ran 90% of this trail. It was beautiful and good footing for most part. I got off trail several times going into Sherman. I kept trying to find the trail ahead and I could see others had been there before me. Lots of down trees. After 10 minutes of trying to make the trail go somewhere I returned to the last marker and I stayed high and crossed the creek and there was the next marker. I was on again. Down, down, down, waterfalls, beautiful scenery. Mostly runnable for two miles or more into Sherman 9,640' and 31.7 miles. There was Charley on the other side of the Creek with a camera. Two young girls helped me with a coke, a bagel sandwich, some cookies and got me on my way. About four minutes at this station. Charley told me that I needed to make up time on this road section and I knew I wanted to go over Handies Peak, 14,048' with Jim and Dianne. Charley gave me a glowing report on the other Arkie runners. He said they were all strong and that David Horton was in about 3rd place. Leaving the aid station at 5:30 P.M., I caught Jim and Dianne on the road before taking the trail up to Handies Peak. Then up, up, up, over a horrible rock climb, across a snow field and into the saddle, elevation 13,440. From there the instructions were to climb to the top of Handies where a paper punch had been stashed. We met a runner who had just come down Handies. We took off our backpacks and climbed the .3 mile in the final ascent to the peak. Dianne reached the summit 14,048, 37.3 miles first. We punched our race numbers to prove that we had reached the summit. Jim had a dizzy spell and knelt down. He told us he had to get down fast. He took off in a slide/sprint down the steep trails. Dianne called to me as she thought I was heading off the side of the mountain. She

called me back to the right side of the ridge. We slipped and slid sideways and sometimes on our rear end down the steepest part to the saddle into American Basin, mile 38.7. Jim was waiting for us. We all took a caffedrene pill as we had planned to do. It was 10:13 p.m. and we felt we needed a boost like a cup or two of coffee. Pretty soon my contacts began to glaze over. My left eye worse than the right. I used wetting solution eye drops every 20-30 minutes. The eyes got no better, maybe worse. I couldn't see the rocks in the trail. It was three times more difficult to find the trail markers than before. We had been filling our water bottles in streams and using water pills. Diane and Jim were eating. I felt frustrated. I knew I needed food. It was difficult to get food out of the backpack. I did eat nab crackers and Ultra Gel. I still couldn't see. There is a mountain between Handies Peak and Grouse Glutch, 13,020'. I was convinced that if we made the cutoff at Grouse Glutch I would have to change socks and do something with my contact lens. I had an extra pair and a pair of glasses in the truck. Jim tried to hurry Dianne and me along. Dianne had eye problems also. Finally Jim left us and ran on to the aid station. This was a steep, rocky section with a creek and dropoff on our left. This was not scary or we had just gotten used to the terrain. We could see the aid station lights down and to the left. There was good news and bad news. We missed the cutoff by 1 1/2 hours. The good news was that we were safe off the mountain. The aid station people were very relieved that we were accounted for. That was 42 miles and the end of our Hardrock except that our minds turned to the other Arkies and what was happening to them. We traveled to the Kendall Mtn. Ski Hut to (race headquarters) to get the latest race report.

THINGS THAT WENT NEAR PERFECT FOR ME:

1. Feet - Two years ago I had horrible blisters after the first few hours. This year no blisters. I practiced going barefoot for six weeks around the house and walking 1/4 mile on pavement 4-5 days a week. Then race day (as two times before the race I used) Cramer Tough Skin spray on the bottoms of my feet, let it dry three min. then coated my feet with Avon Silicone Glove Hand Creme. I wore Double Lay-R No blister socks and it worked perfect. Not one hot spot. No problem anywhere. I didn't change socks or shoes during the race.
2. No stomach problems.
3. I wore a singlet(an L.R.R.C.) then a long sleeve men's white shirt(50/50) and a white cap with a white handkerchief for neck and side of face protection from the sun. A pair of Hind Tech gloves with green grippers for grasping a walking stick or rocks. Nike Air Max shoes worked great.

THINGS THAT WENT WRONG

1. Why was I tired on the first climb and the only time I felt good was mile 29-31.7 12,000' descended to 9,640' into Sherman on a downhill trail that was runnable.
2. Headache in high altitude 12,000+'.
3. I could not see. Vision was very poor after 10 p.m. especially after taking a caffedrene. Eye drops did not help for more than 30 sec. after each application.
4. Socks were slipping down in shoes. I need calf length then turn down the tops instead of the ankle length ones but the double Lay-R worked great.
5. Next time I will wear a small waist pouch on front of body that will hold all the food, pills, etc., that I carry between aid stations except for extra clothes which I will carry in a

backpack or waist pack. This year I had a sandwich stuffed in the front of my shirt. The sandwich was in a plastic bag that split and spilled contents also it was too scratchy. This didn't work well.

ULTRA CALENDAR

(place refrig magnet here)



- Aug 10th *Midnight 50K Mountain Run*- UTS #1 - 8:00 P.M.(evening). Forest Service Roads. Start and finish at the Ouachita Trail head at Lake Sylvia. Water every 4/5 miles. Dropbags and manned station at the turnaround. No registration; no fee. 501-225-6609/Charley Peyton
- Aug 31st *Heart O' Traveller Training Run* - Lake Winona spillway. 24 miles. Water provided every 5 to 8 kilometers. Call 225-6606 for directions. Ask for Charles.
- Sep 2nd *Heart O' Traveller Training Run* - Smith Mountain. 40 Kilometers Water every 5 to 8 kilometers. Call 225-6609 for directions. Ask for Charles.
- Sept 14th *Albert Pike Double Loop*, 54 miles. 24 hour time limit - UTS #2 4:00 P.M.(evening)
- Oct 12th *Arkansas Traveller 100* - UTS # 3
- Oct 19th *Mountain Masochist Trail Run*, 50 miles. Lynchburg, Virginia. David Horton (804)239-1324
- Oct 26th *Palo Dura Trail 50, 25 and 50 Miles*. Amarillo, Texas. Red Spicer (806)353-3847.
- Nov 9th *Quivering Quad. Missouri* / Details later
- Dec *Whistlin' Dick 40K*-UTS #4. Lake Sylvia area
- Feb *Rocky Raccoon 100 Mile*
- Feb *WhiteRock Classic 50K* - UTS #5
- Feb *Sylamore 50K* - UTS # 6
- Mar 1st *Mississippi Trail 50*, Laurel, Mississippi. Carl Touchstone(601)649-3471
- TBA *Ouachita Trail 50*-UTS # 7
- TBA *Tall Peak Loop*, Albert Pike Rec Area. 26 miles- UTS # 8

ARKANSAS TRAVELLER UPDATE

Dear Diary(DD) - At present we've got 33 entrants. Seems to be a little down from previous years. Ordered buckles last week. Those buckles are mighty cold in the winter. Need more entries. So far one Ark signed up. The rest must be going to work the aid stations. Ha Ha. Talked to the radio club. Boy are they fired up. Jerry Dixon is the "man" the year. I know Jerry from the Bud Run. His wife is into radio, too. I wonder if Dave or Jim thought about the AT100 Diary Continued---marking ribbons and spray paint.

Jimmy likes the paint. I'm thinking about not buying so many of the glow sticks this year instead going with reflective tape. I'll see what David says about that. Oh DD, How could

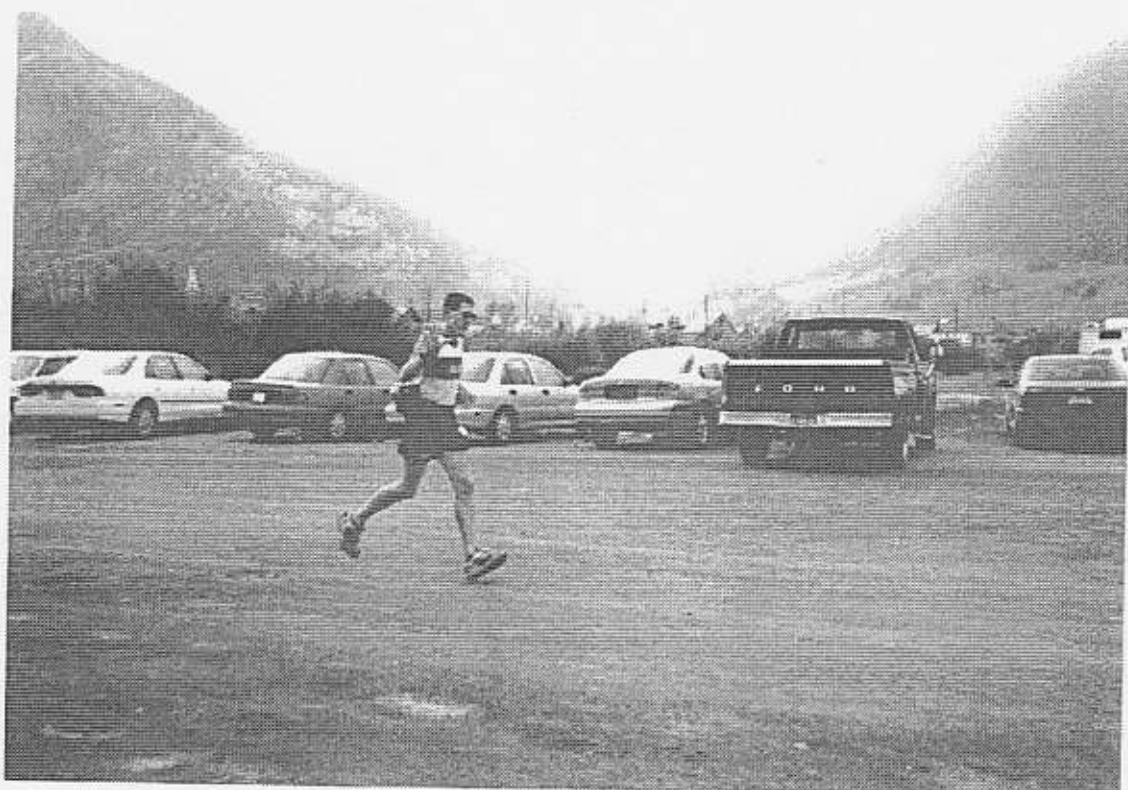
I forget, I went ON-LINE yesterday--CPeyton@Aristotle.net. Also we've got a Home Page--[HTTP://WWW.UALR.EDU/~KGOOSEN/AURA.HTM](http://WWW.UALR.EDU/~KGOOSEN/AURA.HTM)

DD did I tell you that I finally heard from POWERBAR. Yes, they are going to be providing product again this year. Last thing before nite/nite--the AT100 has been named the 12th and final race of the Southern Ultra Grandprix Series and also the Southern RRCA Regional Championship. Does this mean that we can't have any fun?

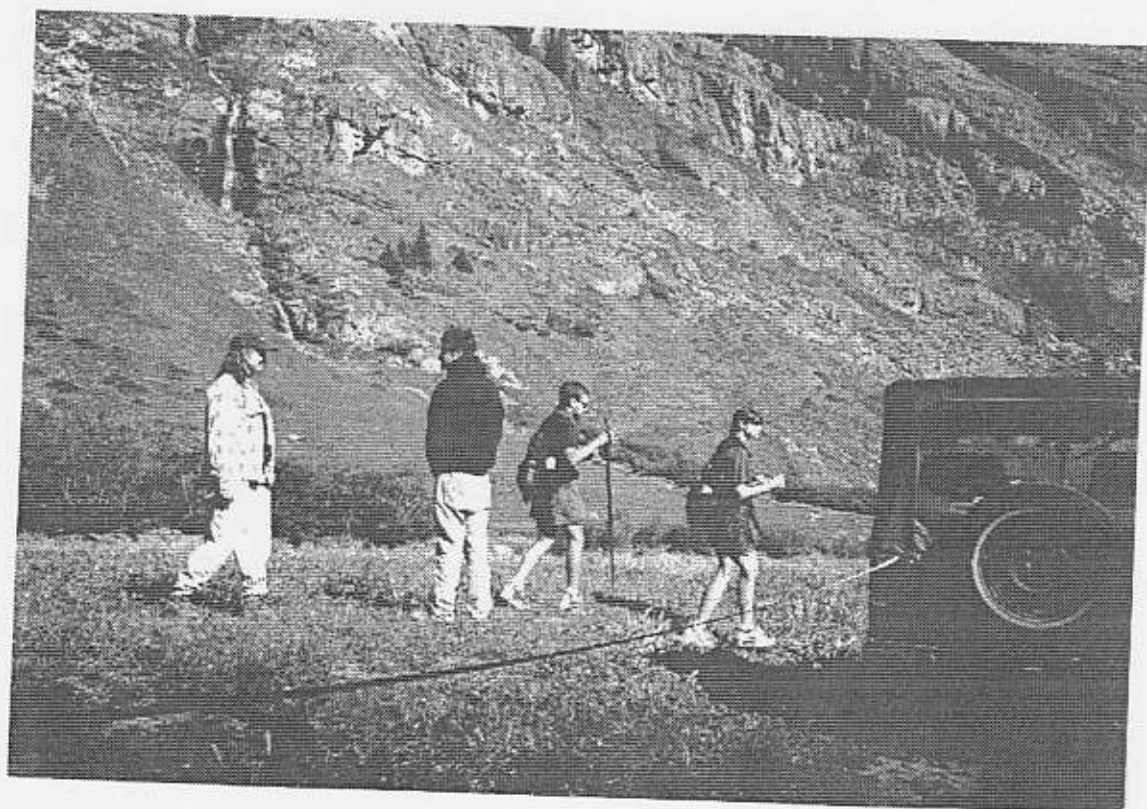


Arkies getting ready to call the hogs!

L to R-John McGrew, Suzi Tibeault, L. Peyton(kneeling), Nick Williams, Randy Davidson(hidden), Dianne Bell, Jim Sweatt and Steve Tilley.



David Horton nearing the finish line. Raining in the background.



Dianne and Jimmy leaving Cunningham Gultch Aid Station, 9.2 miles.

EMPLOYMENT OPPORTUNITY--Immediate openings. No experience required. Must be willing to work overtime and have a good time. Free meals and all the water you can drink. Volunteer today for the *1996 Arkansas Traveller 100* you could qualify as an assistance manager. Call (501)225-6609, ask for Lou.

Arkansas Ultra Running
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