

Heart O' Traveller Weekend scheduled for September 2nd and 4th

THE ARKANSAS ULTRA RUNNER

AURAgust

A newsletter for members of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT-August 1st. Time to check in with the USFS. I have talked to the person in charge of the camp and everything is good to go. Entries are alarmingly slow this year but seem to be picking up. Yesterday, we got two entries from Japan. Do any of you people speak Japanese? We will be using the Great Hall again at Camp Ouachita. The campgrounds will be open for showers and RV types. There are still some loose ends to tie up but everything is on schedule. Don't forget that the 1st 100 entries before September 1st get a AT-100 memento.

Hope to see each of you at the Heart O' Traveller runs. After the Saturday run, I am calling it for 6:00 PM at Sam's Restaurant in Roland(Hwy 300 4 to 5 miles past Pinnacle Mountain State Park). They do not serve alcohol but welcome you to bring you ice-chests.

The Ultra Trail Series kicked off with the 2000 Midnight 50 Km. We will resume in either November or December. In the past we have had a September run, however, I thought this year we would do something new and have a fun run from Lake Sylvia to Lake Winona and cover that section of the AT-100. Maybe we could truck everyone over to Winona and run back to Sylvia. I will think on it and have it down by next newsletter. Anyway, I hope to have the full UTS schedule by next month.

HEART O'TRAVELLER TRAINING WEEKEND

(The purpose of the Heart O' Traveller training runs is to familiarize those entered or involved with the 2000 Arkansas Traveller 100 with the remote sections of the race course. Everyone is invited. No fees)

Saturday September 2nd, 7:00 AM-Approx. 24 miles. Course is out and back from the Lake Winona Aid Station(31.9 miles)to about ½ mile past the Smith Mountain Aid Station(43.5 miles). Route will be marked with flour, water provided at the Pig Trail Aid station and the Dropoff Aid Station. At the Turnaround point I will have coke, electrolyte and water. You are welcome to start early but water will be set out beginning at 7:00 AM. If not running ride your mountain bike.

Directions: Hwy 10 to Hwy 9. Left on Hwy 9 at William's Junction and go approx. 5.5 miles to Lake Winona Road. Right on Lake Winona Road approx. 4 miles to the FSR 778 intersection. Left turn and park. Run will start and finish at the Lake Winona spillway.

Monday September 4th, 7:00 AM. Approx. 24 miles Course begins at the intersection of FSR 2 and FSR 114, Route will include the Turnaround Aid Station, Buffalo Gap, Powerline, BM Road and Smith Mountain. Water, coke and electrolyte drink about midway. Course marked with flour.

Directions: Follow same route to get to Lake Winona. Instead of turning left on FSR 778, continue on Lake Winona Road. As you pass Lake Winona, the road becomes FSR 114. It approx. 7.5 miles to FSR 2 and FSR 114.

ULTRA CORNER

The 2000 Midnight 25 and 50Km

The Year 2000 Midnight 50Km on July 22nd will go down as the best so far. Due in part, I will admit, to the weather. The week prior the summer heat reached into the triple digits; the night of the race it was in the 60's and if I could have found a match I would have made a fire. Strange Arkansas weather! As a last minute idea, I decided to "capture" the runners who always come out and do half. I did this by including a 25Km Fun Run. Same route as the 50Km but a turnaround at the second Aid Station. As you know, this is Lou's birthday run and I want to thank all of you who brought cakes, melons and other food for the finish. I would also like to thank Chuck and Debbie Desjardin and Ann Moore who provided the aid station support and to Bill Coffelt who drove down from Fort Smith to manage the finish line area. Stan and Chrissy Ferguson of Conway were the 50Km winners(3:58 & 4:39); Dave Cawein of Morrilton was the male 25Km winner(2:15). Joan Hollis and Paulette Brockinton tied for the female honors(2:38). Next year around the 3rd Saturday in July, we will gather for Lou's next birthday at Lake Sylvia in the Ouachita National Forest

25Km Finishers				50Km Finishers			
Place	Name	Time	Credits	Place	Name	Time	Points
1.	David Cawein	2:15:52	50	1	Stan Ferguson	3:58:53	59
2.	Rick Rainey	2:37:30	40	2	Robert Orr	4:35:50	48
3.	Joan Hollis	2:39:38	45	3	Chrissy Ferguson	4:39:21	57
4.	Ron Gimblet	2:39:38	30	4	Ricky Williams	4:57:32	37
5.	Paulette Brockinton	2:39:38	45	5	Kimberly Pavelko	5:23	46
6.	Frank Schulte	2:39:38	25	6	Patty Groth	6:01	35
7.	George Gleason	2:41:57	20	7	Rhonda Ferguson	6:11	29
8.	Melvin Edwards	2:41:58	15	8	Pete Ireland	6:12	31
9.	Tina Coutu	2:55:00	30	9	Dianne Seager	6:12:01	23
10.	Theresa Colclasure	2:41:58	25	10	Jim Sweatt	6:12:01	25
11.	Kim Fischer	2:59:02	20	11	Lou Peyton	6:17:20	17
12.	Steve Eubanks	3:16	10	12	Ernie Peters	6:17:20	19
13.	Barbara Rainey	3:19	15	13	Donna P. Duerr	6:50	11
14.	Debbie Glenn	3:19	15	14	Dan Scharbor	7:00(6:20)	13
15.	Elaine Gimblet	3:19	15	15	Rob MacGruder	7:07	9
16.	Ben Spurlock	3:20	7	16	John Knapp	7:32	6

Dave Cawein(right)
"pals" it up
prior to his 25 Km
victory



The 2000 Vermont 100 Mile Endurance run

Account provided by Stan Ferguson

Chrissy did not have a good day, but we were really impressed with the race. It was very pretty up there, and the race was extremely well done. The weather was perfect until around midnight, when it started raining heavily. Chrissy finished 13th woman/57th overall in 22:24:17.

The 2000 Hardrock 100 Mile Endurance Run

Story by David Horton

When I lined up at 2000 Hardrock I was very concerned about the quality of the field. It was by far the toughest field I had ever seen at this race. I felt bad until about 50 miles and I did not start feeling well until Ouray. My stomach was hurting and felt horrible, not nauseous but just like it was tired in knots. I think it was the high elevation and the racing. After Clark Zealand starting pacing me out of Ouray I started running and feeling better and passing people just like in '98 when Josh Cox was pacing me. At the top of Virginus Pass I caught Scott Mills and asked who was in first and they said Kirk Apt was and he was 45 minutes ahead of me. That really got me psyche up because Kirk had never beaten me and I thought I could catch him. I blasted down the hill and checked into Telluride and was only 19 minutes behind Kirk and thought that I just a chance to win. However, on the climb to Oscar's Pass I started dying and from there on in I could not climb very well. I could run down hill fast but crawled uphill. At the last aid station my watch showed I had exactly one hour to run the last 5.8 miles and break 30 hours. I blasted it from there in, until I hit the dirt road above town and my watch rolled over 30 hours. From there I just walked until the city streets. I think that last section has HORTON MILES.

I was very pleased with my results but felt good only from Ouray to Telluride. My hat is off to Kirk. He is a great guy and, if I could not win, I am glad he did! This was my 5th finish at Hardrock. I now have finished 1st, 1st, 2nd, 3rd and 3rd. Hardrock is a great, beautiful, spectacular, and extremely difficult race and one I truly Love. In Christ, David

From the AURA ARCHIVES

Arkansan's who have completed *The Vermont* and the *Hardrock 100 mile Endurance Runs*.

Vermont		Hardrock	
Kim Goosen(95)	17:41:02	David Horton(93)	29:35
Lou Peyton(90)	21:17:03	David Horton(00)	30:12:23
Chrissy Ferguson(00)	22:24:17	David Horton(98)	30:27
William Gilli(90)	23:34:53	David Horton(96)	31:40:59
Lou Peyton(89)	24:24:20	David Horton(92)	32:34
Max Hooper(89)	25:54:50	Bill Laster(98)	39:31:14
Larry Mabry(89)	25:54:50	Nick Williams(93)	41:26
Bob Marston(96)	26:06:20	Dr. Feelgood(94)	43:41:47
Bob Marston(97)	27:19:15	Nick Williams(94)	46:49:10
Bob Marston(92)	28:11:58	Dr. Feelgood(97)	46:51:09
Nick Williams(90)	28:15:35		
Bob Marston(94)	28:40:10		

AURA'S AUGUST ULTRA RUNNER PROFILE

Patty Groth

Personal Trainer, Fitness Studio Manager, AURA Sister

So Patty, what brought you into the ultra scene?....*I have been competing in road races since 1994 and needed a nice change of pace for my running and coming from North Dakota, the trails just seemed to be calling me, and I am amazed at the ones that Arkansas have. They are great!*

I see by your mailing address that you live in Cabot. How is the running up there? Where do you go?....*I have been in Cabot the last three years. You guys are a lot closer to the trails, so I have to pacify myself with long runs on the roads surrounding Cabot, Ward and Austin. I also train twice a week on the elliptical cross trainer for 45 minutes.*

Describe a typical training week for your AURA Brothers and Sisters.....*Since I am manager of Mega Fitness Studio and also a Personal Trainer, I have to get my workouts in before 7:00 am..*

Monday's-5 to 7 miles outdoors.

Tuesdays-45 to 60 minutes cross-trainer any program and I try to keep the strides between 200 and 225 per minute. Kick butt and sweating hard.

Wednesday-5 to 7 miles outdoors.

Thursday-Back on the cross trainer, any program, this time I do either 2-25 minute programs or 2-30 minute, back to back. Again strides are 200 to 225 per minute

Friday-Rest

Saturday-Usually racing or doing trails.

Sunday-I love to bike, too. A good long ride anywhere from 30 to 50 miles. I would love to do longer runs during the week. But time does not permit me.

Want to give any credit to your training partners?.....*For ultra running-I would have to say that Carrie Dupriest when ever we can get together-which is usually during a race or some organized trail run. Also, Ann Moore-I am glad she has moved to Cabot. Being a veteran of the trails, I am learning a lot from her and Carrie. The Cabot Cruisers Running Club have 15 members strong. Also, I have David(Smith) and Chris(Bettis) as regular training/running partners. I see you went to Missouri and ran the Berryman Trail 50 Miler. How did it go?This was a nice Challenging course being two loops with one loop being marathon distance. It was great to have people from different states doing this one. You could do marathon distance in one loop or 50 miler in two loops. Also, one was allowed to take an early start if you wanted to at 5:00 am. 50 milers started at 7 am Marathoners started at 8 am. I really got a little lonely on this course until I picked somebody up with my pace. Had to really watch the poison ivy but the trail was well marked. You all need to do this one next year. The aid stations were great but you did not reach the first one until you were nine miles into the trail.*



Patty Groth(center)

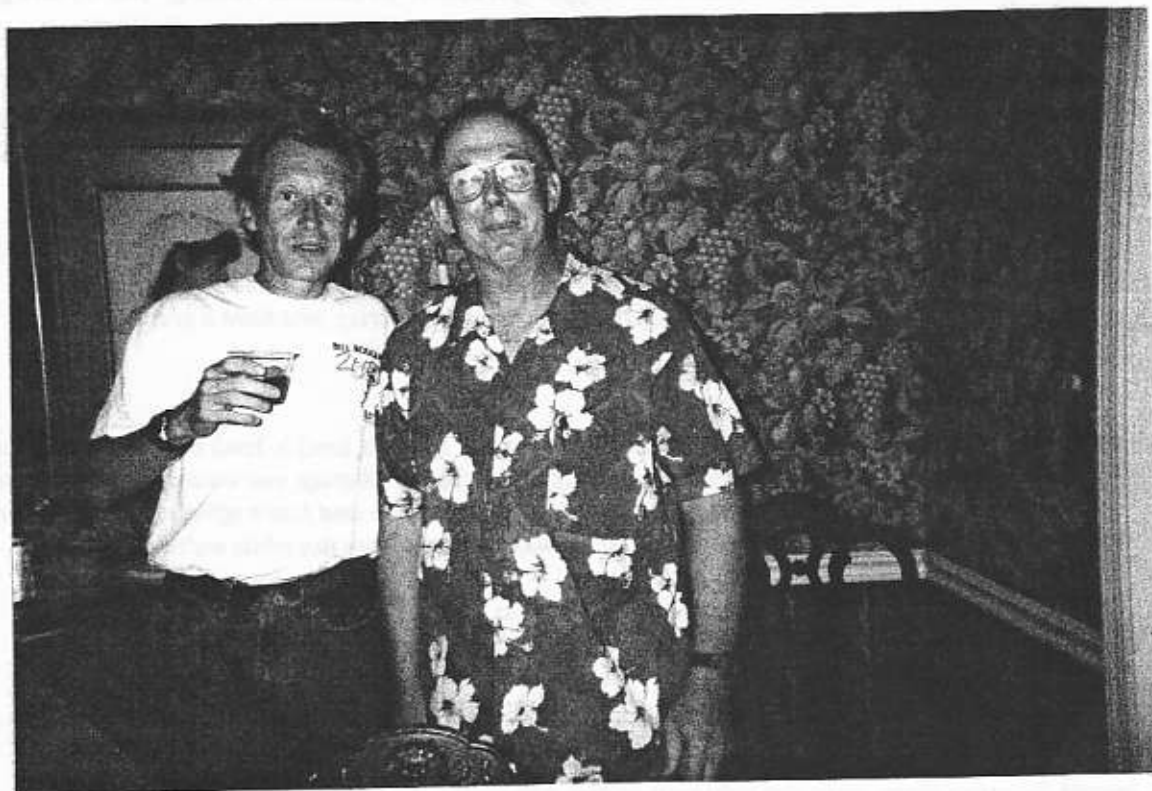
Back to your training. Any injuries to set you back?....*I have had to deal with stress fractures in both feet. That is one of the big reasons for switching to the trails and I cross-training a lot. Do not teach to many step classes because of this. I have orthotics also which help a lot.*

Now that you have moved to the longer distance, what do you consider your strengths?....*I feel that I have a good endurance base to build form. I just need to work on a little speed. I have good leg strength and upper body strength from body building. This helps power up those hills and mountains. Mentally, I feel freer to push myself because of the trails that I try.*

What are your(I hate to use the word goals) goals for the coming year in running?....*I have already reached a lot of them. But I just seem to set more. I have completed two 50 milers this year and two 50k's. The one big goal is to complete the AT-100 in around 26 hours. Also, the Midnight 50 on July 22nd. I DNF'ed last year due to forefoot problems and a little nervousness in the dark. I would like to finish the Sunmart 50k or 50 miles this December.*

Want to add anything before closing the book?....*I have really enjoyed running and training with all of you. My mentors would have to be Chrissy, Stan Ferguson, Lou Peyton, Kim Pavelko, Carrie Dupriest, Ann Moore. I feel that these are the real veterans of the trails and I would like to follow in their foot steps. We really have an awesome bunch of ultra runners. I want to continue to get more people to try them. Arkansas really is a beautiful state as seen from the trails.*

AURA BONUS- THE BS's INTERVIEW WITH THE BR



Bill Rodgers(left) and the Bigshot pal it up at a recent *POWER HOUR*
(See interview on page 6)

Greetings BR! I see this is your third visit to the Little Rock area. Back in the 80's when you came, you would go for a run the day before the Pepsi 10K. Was this to loosen up after the plane ride and do you still do the routine?....*Charley, I like to run every day so a 2-4 mile run before a race is routine for me. Actually, I think I've raced 4 or 5 times in Little Rock now.*

I know that you would not eat anything during one of your races as opposed to say an ultra runner who eats on the run. My question is after the run, is there anything special you eat or drink to replenish your reserves?...*Charley, Cheeseburgers are worth repaying for Tuesday's run(Firecracker Fast 5Km, July 4th). I, also, have always liked macaroni and cheese.....After the race I like a little gin and tonic drink. Drink you dessert, etc,etc!*

Are there any special stretches that you do to perform at your level?....*I do stretches that allow me to continue running. If I didn't for a week or a month, I think I would get injured. I've always done 10-15 minutes of stretching five days a week. I work on the lower back, hamstrings and achelies. I get a one hour masage every Monday. It is worth the \$50.00.*

In your travels around the country, have you found any differences in runners that sets one region of the country apart from another?....*No! Runners through out the U.S. are the same—enthusitic, positive and caring.*

I've got to ask about those cold New England winters. Do you ever just take a look out the window and go back to sleep. When its really bad, do you ever cross-train on a stationary bike or treadmill?....*Over the years I occasionally run on an indoor track. I have been kicked off several tracks in the Boston area and denied use at others. Pretty pitiful when you are training to represent your county in the Olympics and other international events. We have little support for American distance running. But we sure give a lot to every other kind of athlete.*

You have a very high celebrity profile in Little Rock. What about with your training group at home. Do they cut you any slack?....*Charley, I run with 5-6 other runners 2-3 days a week from our homes in the area west of Boston. I don't believe in runners as "Celebrities". But I really do appreciate the good will from Little Rock big time.*

I first saw you at the 1980 Houston Tenneco Marathon. I was finishing my first loop as you were well into your second and last loop. As we passed I opened my mouth to say something encouraging and only a high pitched hiss came out. I hope you don't remember that!.....*Charley, you have a great sense of humor.*

Now let's talk hypothetical. Suppose it came down to just me and you, head to head competition. (I'll let you pick the distance) How do you think the Bigshot would fair?....*Charley, you would fair very well in the long haul! I have great respect for ultra runners and salute you and Lou's efforts to built that side of distance running. Charley, number one, let's always run and have fun while we're at it!*

One more question before you go. Are there Wal-Marts in Boston and do you do them?.....BR?.....Bill!.....I think he's gone. I'll save this question for his next visit to Little Rock.

AURA HOROSCOPE-LIBRA-You might be better in off in your new relationship if you would drop your clever quips that only your mother appreciates. **Leo**- If you could be a Aquarius for one month, you would never go back. **Taurus**-A race in October could be your defining moment.

Jeff Thomas's Run Across Arkansas

Written by Geneva Hampton, Director of the Arkansas Arthritis Foundation.
(edited for newsletter space by the B.S.)

A friend once told me, "It's not about the times you run, but the time you have when you run." I thought of that phrase often during Jeff Thomas' Run Across Arkansas. I knew it would be a great accomplishment had Jeff completed the run. I never had any reservations. Helping Jeff was the right thing to do and I wanted to make his dream a reality. That is what my running is about. In the process, I learned more about myself, more about the generosity of my fellow runners more about my friend Jeff Thomas. He is a quiet man with a stubborn streak as long as the stretch of road be ran. He doesn't like much fuss made over him. The silly thing was, we never came up with a backup plan in case there was a problem. Our first day was inspiring! Several runners from the area tagged along with us through Fort Smith, Van Buren and Alma. The first 15 miles were easy. We had enough of an entourage to make anyone feel like a celebrity, with police cars, television trucks and photographers scattered over a 20 mile stretch of pavement. Jeff's family (Leslie, Jeff's wife, and their two small children) were present to witness the star status he had achieved. At Alma, Jeff's wife and children headed back home to Augusta. It was a tearful goodbye. Jeff is very much the family man and gathers his strength from their presence. Outside of Alma, Jeff and I were quietly trotting along and heard this terrible wreck somewhere close by. It sounded like someone was terribly hurt or dead. A sudden wave of panic came over him and he called to check on his family in route to Augusta. They were fine. An hour later, Leslie had fallen asleep at the wheel. Fortunately, they were all okay. A few scrapes and bruises, but nothing major. Their car was totaled though. His wife assured him that they were all right and that he must keep going. The next 10 miles were very emotion for Jeff, as well as his entire support crew. We felt helpless and prepared to call the trip quits. Jeff's heart and mind were searching to find peace about the situation so that he could continue. He eventually did. I mention this because most people would have quit (myself included). Jeff kept moving forward despite the situation. I was completely humbled running beside him. The hills between Alma and Ozark rally stink! I don't think we ever ran down a hill. It was up...up...up. The rest of the day seemed pretty boring after that. With the exception of the stolen vehicle and body in the ditch we came upon. You just don't see that everyday. There were many dogs. There were many beautiful pastures. There were many cars. There were many miles. At the end of day one, we were in Ozark. It was 4 PM. I had run more miles than I had intended. I quit counting at 21. Jeff was tired, but happy to have 40 miles behind him. I left the crew and sent home to celebrate my wedding anniversary. The details of the next two days were few. The crew wanted to spare me the anguish of not being there to perk Jeff up. I do know he walked some; ran some; talked to a few reporters' waved to dozens of supporters and had good days. We experienced the "Runners High" many times and hit about thirty "walls", but he kept going. When I rejoined the crew Sunday evening, it was about 5 PM outside of Morrilton. My husband and I were driving down highway 64 when we came upon the Suncom RV, nicknamed the Urban Assault Vehicles. A couple of Morrilton police cars and a weary Jeff Thomas. We were still moving forward, He began this day at 6 am. I could not believe he was still moving. He was moving slow. Painfully slow. Every step was agony. He had blisters you would not believe. He had lost 14 pounds. It was obvious he was suffering some beat related injury. He was in shock. I urged Jeff to go to the hospital. The stubborn "goat" would not. At Campbell's store on Highway 64, I put him a car with this family and let him go to Conway to sleep. I kept telling myself, "this is crazy". I had a sick feeling about his whole ordeal. 5.30 am the next morning came and he began again. A mile into our day and he gave into the heat. We took him to the closest hospital. Three bags of fluid later, the ER doctors told him to go home. Jeff politely said "OK" and walked out of the hospital. Jeff grunted "those doctors don't know anything. Let's get back out there. We've only lost three hours." After a serious scolding from me and his support crew, he listened to reason and let us take him to my house to sleep for the day. He didn't sleep much. He didn't eat much. He was just there. The next morning wasn't pretty. Lou Peyton walked with Jeff. So did Stan Ferguson. Lou had done 40 miles the day before. Most of the day is still a fuzzy memory. Jeff probably has more to say about that day than I. He would probably tell you that he was so sick of my saying, "Jeff how about some water?" At Mayflower, we ended the day. It was 3 PM. We had begun that day a 6 am. Looking at me with the heat blurring his vision, Jeff said, "it's too hot to do this. Next year, I think we should do it in the spring. "His comment was my sign that he was

ready to listen to good sense and stop the madness. I convinced him that stopping in Little Rock was the right thing to do. Our next day would end after crossing the I-430 bridge in Little Rock. He agreed. Why the 430 bridge? Well I have never run over the 430 bridge. I thought it was going to be one of those cool places to say you have run. Looking back, it was overrated in my mind. I could not focus on running as I was more concerned with not getting hit by the traffic. Jeff had fantastic support from some dedicated volunteers. My heartfelt thank-you for all whom helped. Jeff raised about \$1000 for the Arthritis Foundation. He raised awareness about a disease that affects thousands of men, women, and children in Arkansas. He redefined the meaning of the word volunteer.



Pictured Left to right: Geneva, Jeff, David(crew) and Lou after crossing the I-430 bridge on the final day.

IN SEARCH OF THE PERFECT ULTRA FUEL-The Cheeseburger. On July 15th the Bigshot found himself baking at the Mighty Mite Triathlon while Lou experimented with the "disciplines". When the awards were finally over, I took one look at the traffic backup on I-40 and told her that we were going the old way to Little Rock, Hwy 70. Getting out my map, my mind said, "Hello!" Hwy 70 will take you to Biscoe and I have been hearing some good burger tips about Biscoe and a restaurant on the banks of the Cache River. I had heard from a very reliable AURA Brother that the River Front Restaurant had burgers written up in the "Times". He also told me that the fried catfish is the best of fried cat fish and was also written up in the "Times." So as I stood at the counter ready to order, I was in a conundrum. I was on a burger mission but I also was at a catfish house. Applying the wisdom of Solomon, I settled the dilemma by ordering one of each. My AURA brother was correct. The burger was as good as the catfish and the catfish was as good as the burger. What is equally interesting about the River Front is that you order at the house on top of the bank and then go down the gangplank to a floating barge to eat. To get there from Little Rock, I go I-40 to the Hasen exit over to Devalls Bluff. The Cache River is a couple miles on Hwy 70 east of Devalls's Bluff. I like to go Devalls Bluff because you can get a good Pork BBQ at Craig's which was also written up in the "Times"