

THE ARKANSAS ULTRA RUNNER

October

A newsletter for members and friends of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT-Holly Moly! The Arkansas Traveller is this weekend. What can I say that has not been said already. If you are entered, you have all the scoop; if you are working it, you have all the scoop. If you read this newsletter and doing neither you could miss a happening. A big happening in fact. My reliable source tells me that Ann Trason has entered. If she shows, history might be made. The Bigshot is quivering.

When the Power-Room crashed several months ago, the Archive tower went down also. I have gone back through the old issues of ULTRARUNNING in order to reconstruct the 100 mile times for the Arkansans. If your name gets left out, it was not intentional. Let me know as soon as possible.

ULTRA CORNER

2002 Leadville Trail 100 Mile

Race Report by AURA Sister, Patty Groth

Greetings Patty, Tell us about your 2002 Leadville experience.....This started as a dream for me when I saw Lou's pictures from last year's Leadville race and heard about her experience. And Besides, I really wanted to run two 100 mile races in one year. Having never been to Colorado, the "*Race Across the Sky*" was calling me. This is one awesome race. I envy those people(Colorado runners) for they can train on the course day in and day out.

The day of the race started at 4:00 a.m.. Carrie and Mike Dupriest and my fiancé, Roger Tims, were to be my pacers. We had left Arkansas on a Monday morning and drove two days, camping at Twin Lakes just below Mt Elbert, the highest peak in Colorado. As part of my getting used to the altitude, we climbed Mount Elbert on Wednesday, 14,433 feet. With the Leadville race highest point of 12,000 feet plus my training on Corkscrew Hill in Arkansas, I felt ready. I did only make 14,000 feet before I got altitude sickness and could not go any further. Coming down was awful. I was sick the whole way.

Back to the Race now. We stayed in the hotel just down from the starting line which was within easy walking distance. I always have hot green tea and a bagel with peanut butter on it before a race and ate it walking to the start. There were about 600 people starting this race. The biggest one I have ever run. The port-pots were busy. I decided to wait until later in the race. I had never been on any of the race course every step was

enlightening. AURA's Pete Ireland had sent me a three page letter about his experience with the race which was very helpful. Hope Pass, the highest point on the course at 12,200, at around mile 45, is an awesome sight. I counted 31 Limas on the mountain when I got there and I swear I thought I saw Jesus. I found out that the only way to supply the aid station on Hope Pass is to use limas to pack it in. It reminded me of something right out of the Bible. On the way down it was so rocky and dry I slid on my butt the whole way. This was the last aid station before Winfield at 50 miles and the turnaround point. The gravel road leading to Winfield is 2.4 miles and it seemed like it was taking me forever. I was checking my watch every 60 seconds because I was so close to the cutoff, 14 hours. When I reached Winfield my time was 14 hours and 19 minutes. They had extended the cutoff by 10 minutes but still I missed the cutoff by nine minutes. That is one long gravel road. I felt great coming in and felt really strong and could have gone on. My pacers were ready to go but we had to call it a night. On the positive side Mike, my intended pacer, did get to pace a guy into the finish and got in 39 miles. His quote was, "We walked the whole way".

Leadville is a tough but doable race. 70% walking fast: 30% running. I will try again in two years and very much feel that I will finish in 30 hours or less. In 2002 there were 187 finishers in 30 hours or less.

As a side note, Roger, Carrie and her daughter, Aimee, reached the top of Mount Elbert. I am so very proud of them. Being true Arkies, this was an awesome feat. Leadville is a very small town and they roll out the red carpet to welcome all of the runners. You are really treated extra special and, where ever you go, the people are warm and friendly.

What did you learn and what would you have done differently?...For my next Leadville trip, I plan to be in Colorado 7 to 10 days, to at least do two training runs over Hope Pass. Practice power walking, trekking at a faster pace and also trying Mt Elbert again but making sure I drink more water instead of an electrolyte drink. Also, I came into Leadville weighing 10 pounds more than the Traveller. I think that may have hurt me a little. Thanks BigShot for asking me about my Leadville. You are the Greatest! I hope it will motivate some more of my ultra running buddies to try it.

FROM THE AURA ARCHIVES

Leadville Trail 100 Mile Race

Arkansans who have completed the Leadville Trail 100 Mile Run

Report errors and omissions to chrlypytn@aol.com

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(99)	25:35:33
Bill Laster(97)	25:36:29

Bill Laster(88)	26:07:54
Ray Bailey(00)	26:20:30
Larry Mabry(91)	27:27
Ellis James(98)	27:38:02
Dr. Feelgood(94)	27:38:25
Bill Laster(98)	28:08:24
Dr. Feelgood(96)	28:19:29
Jack Evans(95)	28:24:57
Greg Eason(01)	28:29:13
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 Peyton(88)	28:48:44
Lou Peyton(89)	28:58:34
Max Hooper(89)	29:11:34
Roberta Orr(98)	29:27:34
Bob Marston(97)	29:40:14
Tom Holland(93)	29:44:46
Angie Ransom(98)	29:50:11
Morris Miller(99)	29:58:47



AURA Patty Groth during the 2002
Heart O' Traveller Weekend

Wasatch Front 100 Mile Run

Congratulations to our AURA president for finishing "Wasatch" on September 8th, 2002.

Stan Ferguson 32:51:59

FROM THE AURA ARCHIVES

Arkansans who have completed the Wasatch Front Trail 100 Mile Run
Report errors and omissions to chrlypytn@aol.com

Wasatch Front 100 Mile Run

Ray Bailey(97)	25:41	
Ray Bailey(98)	30:50:56	
William Gillis(89)	32:43:37	
Stan Ferguson(02)	32:51:59	
Max Hooper(89)	34:01:17	Grand Slam Completion
Nick Williams(89)	34:01:17	
Bob Marston(97)	34:12	Grand Slam Completion
Larry Mabry(89)	34:12:27	Grand Slam Completion

Lou Peyton(89) 35:14:39 Grand Slam Completion

ULTRA TRAIL SERIES

2003 Rules

1. Age groups are determined by your age at the time of the 2002 Midnight 50k.
2. Every effort will be made to determine your correct age.
3. To be eligible for the King and Queen awards, you must complete four(4) races
4. We will have one "throwaway" race. I.E., if you participate in all of the runs, one of the runs will be "tossed out" of the final standings.
5. In a race that features two ultra distances, either of the races can be used in the UTS. Example: The Ouachita Trail 50M and 50k.
6. Runners who opt to start early at a UTS run will be penalized.
7. Runners who start late will not be penalized. Runners should keep their running time and add the amount of time that they were late. I.E., if your running time was 3 hours and you were 30 minutes late starting, your total time should be 3:30.
8. Boyz compete against Boyz; girlz compete against girlz.
9. The top 10 finishers are awarded points as follows: 50, 40,30,25,20,15,10,7,5 and 3. All other finishers receive one(1) point.
10. Bonus points awarded are determined by the number of finishers.
11. In case of ties, points are equally shared.
- 12.. UTS age groups(King and Queen of the Trail) are as follows: Open(overall winner); masters(40 to 49); Senior(50 to 59) and Super-Senior(60 plus)
13. First person to complain gets to be in charge.

SMITH MOUNTAIN RUN-UTS #2

SEPT 2, 2002-WILLIAMS' JUNCTION

RESULTS

PLACE	NAME	TIME	
1.	Robert Orr	3:21	62
2.	Craig Zediker	3:36	51
3.	Paul Schoenlaub	3:49	37
4.	Steve Kirk	3:49	37
5.	Ricky Utley	3:57:57	28
6.	Roberta Orr (F)	3:58	57
7.	Chrissy Ferguson (F)	3:58:01	46
8.	Jerry McGath	4:15:20	22
9.	Mike Dupriest	4:15:30	16
10.	Kimmy Pavelko (F)	4:29	35
11.	Mike Parker	4:30	2*

12.	Pete Ireland	4:40:14	10.5
13.	Ted Bowden	4:40:14	10.5
14.	Larry Mabry	4:52:36	6
15.	Patty Groth (F)	5:16	29
16.	Holly Larkin (F)	5:24	20
17.	Heather Eason (F)	5:24	20
18.	Lou Peyton (F)	5:48:27	11
19.	John Knapp	5:59	3

* - Runner started late. 4:30 was his actual running time however he finished after runner 19 and was therefore awarded last place points.

Reminder: The RETREADS (retired or tired runners eating out at different place) meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd at 11:30 a.m. Remember to wear something with a running logo so we will know who you are. Slackers, quitters? If you come in a little "light", someone will "spot" you.

AURA RACE CALENDAR

AURA's October HOROSCOPE-Bad girlz have all the fun. Sometimes it might be prudent to just walk it in. Your new nickname will be well deserved. Other runners are saying that you could be unnaturally strong for your size.

The following is a *tentative* race calendar that combines the Ultra Trail Series with regional Ultra races. I plan to update it in the coming month. If you have a run that you want listed, let me know: chrlypytn@aol.com

2002

Oct 19th - Mountain Masochist 50 Mile Trail Run. Lynchburg, Virginia. Contact: David Horton, Liberty University, 1971 University Blve. Lynchburg, VA 24502

Oct 19th - Palo Duro Trail Run, 50 Mile and 50Km. Amarillo, Texas. Contact: Red Spicer, 6100 W 45th Street, #627, Amarillo, Texas 79109

Nov 9th - Rock Ledge Rumble 50K, Grapevine, Texas. Contact: Tom Crull 972-250-0800.

Nov 9th - Quivering Quads Trail Runs (50M and 50k) Troy, Missouri. Contact: David Spetnagel (Fleet Feet Sports), 3813 Mexico Road, St. Charles, Missouri 63303

Nov. Gulpha Gorge Challenge-UTS # 3. Arrangements pending

Dec 14th - Sunmart Texas Trail 50 Mile and 50K. Huntsville, Texas. Contact: Texas Trail Endurance Runs, P.O.B. 4456, Houston, Texas-77210-4456

Dec Winona 50K-UTS #4 Arrangements incomplete.

2003

Jan Athens-Big Fork Trail Marathon-UTS#5

Jan 11th -Bandera 100K, Bandera, Texas. Contact: Joe Pruasitis, 1101Plymouth, Austin, Texas, 78758

Feb Rocky Racoon 100 Miler Huntsville, Texas. Sorry, but I have not been able to find an application for this one. I'll keep looking.

Feb White Rock Classic, 25k and 50K-UTS 6. Turner Bend, Arkansas

Feb Sylamore 50K-?UTS 7. Allison, Arkansas

Mar Mississippi 50Mile and 50K. Laurel, Mississippi

Mar The Big EZ-UTS#8

Mar, 29th-Grasslands 50 Mile Trail Run. Denton, Texas. Contact: Suzi Cope, 3550 Carmel Court, Southlake, Texas 76092

Apr Ouachita Trail 50M and 50KUTS# 9

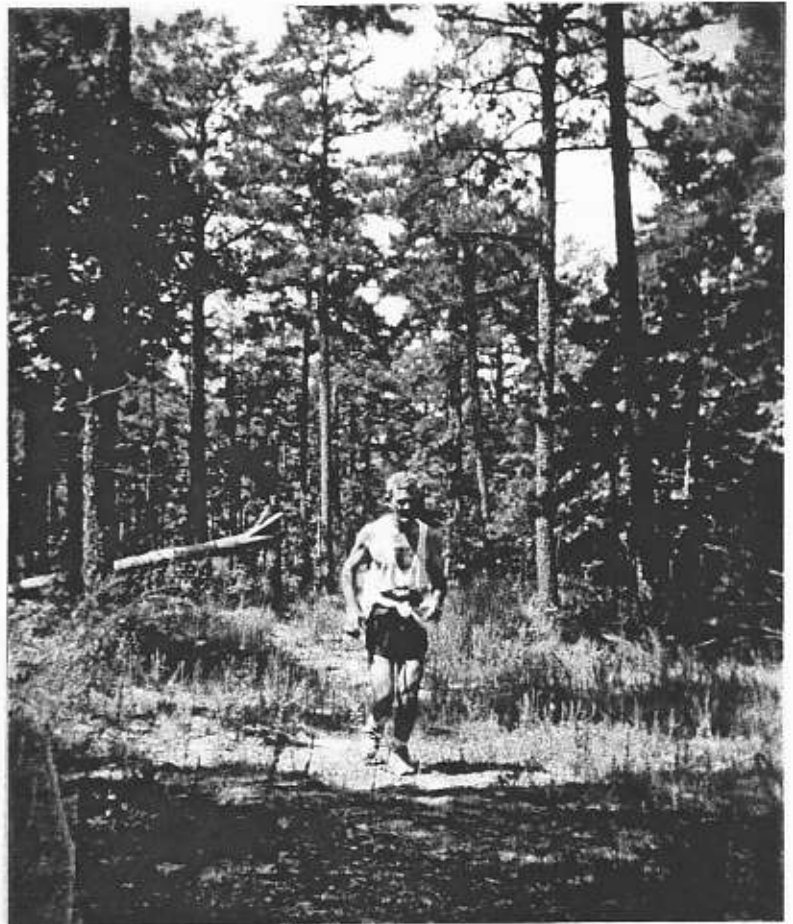
May 25th Strollin' Jim 40 Mile. Wartrace, Tennessee. Contact:
Rumor has it that this will be the final year of the "Jim".

May The Catsmacker-UTS #10.

SEARCHING FOR THE PERFECT ULTRA FUEL- THECHEESEBURGER

It is as simple as ABC. You know the BS could not resist that one. Let's get serious. The Arkansas Burger Company. Cantrell and Mississippi area and across the street from Back Yard Burgers. After that there is no comparing the two. In my opinion, this might be one of the best burger stops in west Little Rock. I know that THE HOP a little further out Cantrell stood atop my list but ABC has a few advantages. Number one, you get to order from the counter and thus avoiding paying a big tip. That is a big issue for the BS. Number two, after ordering, there is a sit down area with lots of memorabilia to occupy your time if you dine alone. Number three, you can drink. Yes, they serve the real thing. And as an added bonus, they are close to home and I can walk home if I do partake. ABC is not a cheap place so expect to pay for your meal. The large sized burgers I have been served have all passed my "I care about what I am preparing" test. Meaning that whom ever built the burger cared about what they were doing.

Mike Parker
AURA Brother Runs
Off Smith Mountain During
The Smith Mountain Run On
Labor Day, 9-2-02.



Arkansas UltraRunning Association, RRCA Club MEMBERSHIP APPLICATION

Dues are \$15 per year and include all family members.

Make checks payable to: Arkansas Ultra Running Association
41 White Oak Ln
Little Rock, AR 72227

Please print

Name _____ Sex: M F

Home phone _____ Work _____

Address _____

City _____ State _____ Zip _____

E-mail address _____

Other family members:



WAIVER: I recognize that running and related activities are potentially hazardous. I assume all risks associated with participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas UltraRunning Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities.
