

2003 Gun Deer Season in the Lake Sylvia area

Modern Gun – Nov 27 thru Dec 7<sup>th</sup>

Muzzleloaders – Dec 20 thru Dec 22

Christmas Holiday Modern Gun – Dec 26<sup>th</sup>-28<sup>th</sup>

## ARKANSAS ULTRA RUNNER

DECEMBER/JANUARY 2003

A Newsletter For Members And Friends Of The Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT – There is not much space for BS this month because we have news of UTS runs, Fun Runs and interviews.

I am listing the runs in December, January and February in the order that they come. I want to include the name, date, directions and pertinent information. THERE WILL NOT BE A ULTRA CALANDER in this issue. *"Hey Big Shot, Why not?"* Because I was doing my computering and something acted funny. I panicked and hit the wrong button. Then everything went away. When I say everything, I mean everything. No label list; no achieves; no old newsletters; no nothing. We won't discuss it further. Next issue I hope to piece together a Calendar and the Ultra Trail Series standings.

### HOLIDAY FUN RUN AND POST-RUN BREAKFAST

#### ATTENTION: ARK/AURA/LRRC AND SALTY COUNTY STRIDERS

AURA's Bob and Rosemary Marston are hosting a fun run and breakfast from their home in Roland. Options include the Ouachita Trail and/or roads around Roland. This is a weekend that modern gun season is not open.

Directions: Go west on Highway 10 about 5.5 miles and turn right on Chenal Blvd. The Blvd turns into Highway 300 and goes past Pinnacle Mtn State Park. Continue north through Natural Steps and into Roland. At the Yield sign you enter Roland turn left onto Henry Street, go 200 yards and the road turns 90 degrees right and becomes West Street. Another 200 yards and you'll stop at a stop sign. The road sign will say Beale Street on the right and Roland Cutoff on the left. Turn left on Roland Cutoff and go 2 miles and turn left onto Wild Oak Lane. Go all the way to the end of the road(.6 miles) and proceed into the woods up to the house. Figure on 30 minutes travel time from the intersection of 1-430 and Highway 10(Cantrell Road)

Call 868-1072 if you have questions.(Bob and Rosemary Marston)

15<sup>th</sup> EDITION; Number 10

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## ULTRA CORNER

**12-13-03** Wild Cat Mountain Run-UTS #3. Approx 10 miles on the Wild Cat Mountain Bike Route. Course will be marked; No aid will be provided. 8:00 a.m. start.

Directions: Drive to the Lake Sylvia/Ouachita Trail parking lot. Continue driving past the pull-in and go 1.5 miles to the first and only intersection-FSR 132. Turn left and go one mile on FSR 132 to the next intersection, FSR 132 and 179. Turn right and go about one block. Park at the Wildcat Mtn Trailhead. ;;

**January 3<sup>rd</sup>, 2004** – UTS 4/Athens-Big Fork Trail Marathon and 17 Mile Blaylock Creek Fun Run. Starting from the Big Fork Community Center sharply at 8:00 a.m. . Out and Back course on the very mountainous and historic Athens-Big Fork mail route. Now primarily a single track, hiking trail. David Samuels, Run Leader.-No entry fee.

Directions to Big Fork Community Center-I-30 to Benton. Thru Benton, take Hw 70 west to Hot Springs. Continue on Hw 70 to Glenwood. At Glenwood turn right onto Hy 8 West. It will be approximately 32 miles to Big Fork. Look for the white, wooden frame community center on the right.

**February 7<sup>th</sup>, UTS #5-2004 White Rock Classic 50 Km and 25 Km.** Starting near Turner Bend Camp Ground at the Mulberry River on the historic "Pig Trail", Highway 23. 9:00 a.m. start. Out and Back route on "well groomed" National Forest roads. Very mountainous. The 25 Km ends on White Rock Mountain. Transportation provided back to the start. Sponsored by the Chile Pepper Running Club off Fayetteville, Joe Fennel, Run Leader. No entry fee.

Directions: I-40 North to Ozark. At the second Ozark exit, right turn on Hwy 23. Go approximately 13 miles. Park at the grocery store at Turner Bend.

**February 21<sup>st</sup>, 2004 UTS #6/ Sylamore Trail 50Km.** 7:00 a.m. start from the Angler's White River Resort, Allison, Arkansas. Entry and fee required. Race entry application in last issue of the AURA.

Directions: Hwy 65 to Conway, Clinton and Lesley. At Lesley, right turn on Hwy 66. Continue to Mountain View. At Mountain View, turn left onto Hwy 5. It is 6 miles to Allison and the start.

RETREADS REMINDER – (Retired runners eating out) Meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd. at 11:30 A.M. Set your snooze alarm and wear something from your running glory days to identify yourself.

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# 2004 ULTRA TRAIL SERIES

## Gulpha Gorge Challenge – UTS 2

17.3 Miles November 22<sup>nd</sup>, 2003

	Name	Time	Points
1.	Steve Kirk	2:22:00	62
2.	Stan Ferguson	2:23:39	51
3.	Darin Hoover	2:37:32	40
4.	Ricky Utley	2:40:04	34
5.	Murry Chappelle	2:41:10	28
6.	Jamie Golleher	2:45:43	22
7.	Maurice Robinson	2:53:26	16
8.	Angie Ransom	3:02:00	60
9.	Jim Sweatt	3:10:10	12
10.	Kimmy Riley	3:26:00	49
11.	Gary Speas	3:31:18	9
12.	Ron Thompson	3:37:38	6
13.	Ernie Peters	3:31:51	3
14.	Carrie DuPriest	3:40:00	35
	Patty Groth	3:40:00	35
16.	James Barber	3:41:00	2
17.	Lou Peyton	3:48:22	26
18.	Krista Uzzel	4:05:31	20
19.	Robin Ballheimer	4:05:35	14
20.	Dottie Rea	4:06:45	10
21.	Kim Fischer	4:39:30	7
22.	Francine Lebrant-Stocker	4:44:42	4

Visit the official AURA website  
[WWW.RUNARKANSAS.COM](http://WWW.RUNARKANSAS.COM)

For fast, up-to-date  
 Ultra Trail Series Race Results.

Special AURA thank-you to Pete Ireland for being the Run-Leader for the Gulpha Gorge Challenge

### AURA HOLIDAY HOROSCOPES

(Generic)

Your history of pre-race Hebbie-Jebbies could work to your advantage in a spring-time Ultra event. Volunteering as an AURA Intern might lead you to a position of authority. Don't let a mid-race scofflaw doom your opportunity for a 2004 AURA member card. Dropping 10 pounds now will pay off in trophies and race hardware in the New Year.

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## AURA Post Race Interview

Maurice Robinson and Ernie Peters, Rhonda Ferguson  
(First time Arkansas Traveller entrants and finishers.)

**Ernie**  
28:58:51



**Maurice**  
27:28:22



**Rhonda**  
29:50:02



Greetings Maurice, Ernie and Rhonda. Thanx for sitting down with the BS and discussing your great AT100 experiences. Tell me what was going through your minds the night before the RACE?

**Ernie**—The night before the race I was sitting with my wife and 10 year old daughter at her school's Homecoming football game. Sitting on that cold hard metal bleacher, I wondered if I had lost my mind. I also pondered the expression, "Well, you are not getting any younger. I also thought about the encouraging reaction to the announcement of my entry by veteran Grand-Slammer, Larry Mabry, "You can do it".

**Maurice**---After the prerace check in and two plates of spaghetti, I drove to the Winona Aid Station to check on my dear friends at my old AT100 hangout. That night I thought "How in the world could I be so negligent to wait so late to do so many necessary tasks the night before my first 100 mile run. My drop bags got stuffed and packed in the old vehicle, but I did not sleep very well that night.

**Rhonda**—Three things: Could I really do this; had I trained hard enough and was I out of my mind?

Did anyone give you any good advice for finishing your first 100. Or, Maybe you thought that you would just do a "Gentlemen's 50" and retire.

**Ernie**----I had no particular strategy except to take it easy., just to go for a finish. I have years of memories of stories told in training with real 100 miles runners. Some stories were inspiring

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and some brought fear! But now after it is over, I have come to realize that we cannot fear failure.

We must simply have the courage to START!. All I had been told was helpful in that it was enlightening but did cause doubt about having just done routine weekend long runs and sent my entry form on the last possible day! But the thing I remember most from comments of nearly all 100 mile runners was "It takes mental toughness." I had that. It is the same thing as being hard headed. Dr. Feelgood said he could not help me(although he did and I am grateful!) He said I needed a brain transplant. Before the race I only thought FINISH!

Maurice—Saturday at 6:00 A.M. we were running in the dark towards Brown's Creek, Flatside Pinnacle and destinations beyond. My mission was to run across the finish line. Great advice came from Ultra runners with vast experience in finishing 100 miles runs. The AT100 plan was to start out slow, power walk the hills, run the flats and down-hills. I knew that I had to maintain hydration with adequate fuel and electrolyte intake. Body temperature and foot care had to be managed. At Winona aid station at mile 33, I sat down for the first time and changed socks and shoes. My excellent crew were John and Justin Bethel. As I was leaving, Bob Marston advised me to do some walking because the temperature had risen to the mid seventies and I needed to conserve energy and enjoy the countryside. I gladly took his advice.

Rhonda-----Yes, lots of advice. "Don't go out too fast" was what I heard the most.

Speaking of a Gentlemen's 50, how did you feel at the Powerline(half-way). Or, better said, when did reality set in and the going got tough?

Ernie----The Gentlemen's 50 option did not come to mind until I was past Powerline and near Chili Pepper(Mile 54). Although I felt good physically, I began to have stomach problems. This worked on my mind as well, with thoughts of doubt entering. I began to entertain, then embrace the idea of dropping at Turnaround. Going home and going to sleep sounded so good. This became my plan. But at Turnaround, the reality set in. Proverbs 16:9 "the mind of man plans his way, but the Lord direct his steps. There at Turnaround I expected only my son-in-law, who agreed to crew for me. To my surprise, my wife, two of my daughters and all three granddaughters! They were so upbeat and encouraging, that as bad as my stomach felt, dropping never came up. They relieved I was there to FINISH. That was reality."

Maurice----At the Powerline going out, I felt good. They weighted me and wanted to look at my nice ID bracelet. They said I had gained some weight. I told them I had been eating all day long. After a medical interrogation, I sat down briefly for soup and stuff.

Rhonda-----Except for IT band problems and a blister that Chrissy performed surgery on, life was good. Going got tough between Powerline and Turnaround when cut-offs became an issue. Thought about dropping but my mean little sister wouldn't let me. Great job, Kim! And John, Vicky, Becky. They all kept me motivated.

Any physical problems develop along the way and how did you deal with them?

**Ernie**—*The only real physical problem I had to face was the “coming out at both ends” I referred to in the previous question. As kind as it was, I declined Dianne’s(Seager) offer of a suppository, even after she volunteered to administer it. Amazingly, I didn’t even have any blisters to contend with. Overall the ole body held up OK.*

**Maurice**—*I had no nausea, diarrhea, sleeping on the run or any abnormal body functions to my knowledge. Running for any sustained time or distance after about mile 63 was difficult for me. But power walking was still doable, I never wanted to stop moving toward the next aid station, although I really slowed down about mile 70. For the last 30 miles of the course it seemed as though there were very few spots on earth large enough for a foot to strike the ground without hitting a rock the size of baseballs.*

**Rhonda**—*First, IT Band around 40 miles. I think that was responsible for the tendonitis that popped up around 55-60 miles. I whined and bitched a lot.*

At what point during the race did you get that “Ultra Feeling”. You know that feeling you get when you know you are going to finish?

**Maurice**—*The “feeling” came when I got to Chicken Gap Aid Station at Mile 70 and saw Lou and Charley Peyton. After that I enjoyed doing Smith Mountain in the dark. It was showering lightly and I think the temperature was in the high fifties when I ran into Winona aid Station about Mile 85. At that point, John, my crew, handed me some Ensure and paced me through the rain, over the worst 15 miles of my life. It was blisters and bliss.*

**Ernie**—*I guess I realized I was going to finish at Winona coming back. I could not help but be pumped and ready to finish when my friend and training buddy Gary Speas was there and ready to take on his second runner of the night. I only regret he too did not enter so we could have covered the whole distance together. He was just pushy enough as a pacer and a great encourager.*

**Rhonda**—*AT THE FINISH LINE!*

Now that it is a month post race, what can you say you learned from the experience? You go first Maurice.

**Maurice**—*Running the AT100 expended my physical energy, it engaged mental control over my spent muscles, and it extended to the soul for some reason and meaning. Oh my soul, help me to understand the purpose and outcome of completing the 100 mile foot race. Help me to discern injury from this pain. After finishing in 36<sup>th</sup> place, I ate two breakfasts, took a hot shower, received a keepsake belt buckle and an age group winner cap, slept for 15 hours, got up and went to work Monday(used the elevator)*

**Ernie**-----*I have learned just how far 100 miles is, but more importantly, the value of support and encouragement. I have also learned that the Lord's command to Joshua, "Be strong and courageous" is meant for me, too.*

**Rhonda**---*I REALLY DIDN'T TRAIN HARD ENOUGH. Had the endurance but need stronger legs. Also, need a new set of IT Bands(Think maybe Santa.....?)*

When we found out that you three were entering the 2003 AT100 all of AURA was pulling for you. Did you happen to feel the spirit of the AURA during the run?

**Maurice**---*My AURA fan club was at every aid station except one to cheer me on. I felt encouragement. Ultra runners are genuine. I believe ultra runners tend to be late bloomers. In my case some people believe that I'm a late blooming idiot, but God made me like I am. God made me and you for a purpose. It can include running. So, let's run a good race.*

**Ernie**---*I did feel the spirit of the AURA folks. That includes runners and all the many others that contributed so much to the success of the AT100. I am grateful for all the encouragement and kind words of the volunteers especially. They treat you like you are the most important runners out there. A special thanks to Chrissy and San is certainly in order as well as Lou and Charley who are probably the only other ones who can fully appreciate them. . The animals of Lion King say it so well in their song "We Are One"...We will stand by your side filled with hope and filled with pride we are more than we are, we are ONE.*

**Rhonda**----*All of the above were absolutely incredible. My pacers did a great job. I've worked aid stations in past 5/6 years but I never realized what an important job that is. They are life savers! I just can't say enough about those guys. They do an awesome job.*

The unasked question: Anything else on your mind that I did not ask?  
Ladies first.

**Rhonda**---*Can't believe you didn't ask if we'll do it again? Guess you already know the answer to that one. (Note from theBigshot: Mr. Manners never asks if you will do it again. Instead, and better phrased, "What is next for you".*

**Maurice**-----*What is important is not speed, but endurance and focus. The ability to move and to sustain progress toward a target, a goal, a finish line. We must listen to the Human Race. Director, heed the directions from on high and stay the course if we are to successfully endure to the finish of the race of life. One time I ran 100 miles. It is physically the most difficult thing that I have ever done.*

**Ernie**---*"Be strong and courageous." It is not all training is it?*



## SPECIAL AURA BONUS

### AN INTERNATIONAL INTERVIEW

Katsuyuki and Hiromi Hatta---Fujisuwa, Japan  
2003 Arkansas Traveller Finishers in 29:29:01



Katsuyuki and Hiromi Hatta at the  
1999 Arkansas Traveller 100.  
To the right is Angie Ramsom

*"Hi Charley! Thank you for the letter. We glad about the letter.  
We are poor at English. I'm sorry if could not understand. See you again!"*

The following is an interview with Katsuyuk and Hiromi Hatta finishers of the 2003 Arkansas Traveller 100. Except for corrections in spelling, my interview with them is unedited.)

We are especially pleased when "Out of Country" runners come to the Arkansas Traveller 100. How did you two find out about the race and what has kept you coming back. I think this is the third or forth visit

*We are doing fixed subscriptions of a magazine "Ultra Running". From 1992 every month Since a public holiday has the schedule of AT100 exactly in Japan, consecutive holidays come and it is easy to take a vacation.*

Could you share some of statistics. For instance ideal running weight, height, etc.

**Katsuyuki**-161 cm/52Kg age 39.

**Hiromi**-160 cm/56Kg. age 42

Where in Japan do you live and can you tell what are your occupations.

**Katsuyuki**- "Mr. Donut bake and sale.

**Hiromi** "Fujisu Network Solutions Limited" Purchasing section(deskwork) We live in Fujisawa near Kamakura. It is about 50Km from Tokyo place.



How is running/training in Japan. Are you in a running Club? How do you prepare for the AT100?

**Katsuyuki** – *Only go uphill and downhill or to a nearby mountain for 1 hour for about 2 hours at a weekend. MtFuji(3776M) = only summer; Mt Hakone(1599m).*

**Hiromi** – *Same and I run a paved road for about 2 hours before and after attend the office to work. It is three days at one weekday. We are not in a running club.*

Do you do other Ultra races in Japan or perhaps in the USA?

*WS100(5 times), AC 100, HR 100, WF100(2 times), OD100, VT100(2 time), SUP100, RSH100, MOH100, BH100, AT100(4 times)*

Since I do not know and some have asked me are you two related as in husband/wife or brother/ sister?

*We are husband and wife.*

Let's talk about the Arkansas Traveller. Did you have a strategy for finishing the race. Like running the flats and down-hills; walking the up-hills? Even pacing?

*We do not have especially a strategy. But we always think that we never give up.*

What about eating and drinking during the race. Do you bring anything special or do you eat and drink from the aid stations?

**Katsuyuki** -*Does 15 piece bringing of the milk. He is because an isotonic drink vomited..*

**Hiromi** *Does 30 piece bringing of the "carboshottsu". It is a liquid like energy source.*

How had your training gone this year leading up to the AT100?

*We thought that the up-hills and down-hills become easy.*

Do you two try to pace off each other or is it "every man for himself" once the gun goes off?

*Since each other pace is different we run at our pace and it considers catching up with which two persons.*

Can you give us your overall impression of this year's race. How did it go?

*Although the rain caught in the morning was unlucky it was the race which is easy to run on the whole this year. Pleasure run to goal but especially the atmosphere of a goal point changing.*

I see that you both finished in the 28 to 29 hour range. Was it your goal just to finish within the cut off or perhaps you would like to break 24 hours someday?

*It was our goal to finish within the cut.*

Speaking post race now, how did you two come out of the race. Any unusual aches and pains or injuries.

*The thigh of a leg hurts and going down of stairs becomes difficult. And my blister was broke.*

What is next with regards to running in Japan or even worldwide?

*Honolulu Marathon on December*

Do you have anything you would to say to the Arkansas Ultra Runners?

*I want to touch very kindly and to say thank you!*

## Arkansas Ultra Running Association, RRCA Club

### MEMBERSHIP APPLICATION

Annual dues for the AURA are \$15 (this includes all family members).

A \$1.25 of this amount is for a subscription to the RRCA's quarterly magazine, Footnotes for one year.

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



(Please print)

Name \_\_\_\_\_ Sex: M F

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Other family members \_\_\_\_\_

If you are already a member of an RRCA club, and would just like to receive the AURA newsletter, please check here----> \_\_\_\_\_

Membership 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 Ultra Running Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities.

Signature(s) of adult member(s) / Date \_\_\_\_\_