

**QUIET PLEASE!**

***The ARKANSAS ULTRA RUNNER***

AURAGUST 2004

Newsletter For Members And Friends Of The Arkansas Ultra Running Association

[WWW.RUNARKANSAS.COM](http://WWW.RUNARKANSAS.COM)

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. (Drive a little; save a lot) Don't be an AURA slacker!

Quiet Please? Yes, and this means all of us who are planning on being at the Heart of the Traveller training run on Saturday, September 4<sup>th</sup>, at 6:30 a.m. Chrissy has received a special favor from the Lake Winona warden that will allow us to use the Lake Winona picnic area for the start and finish of the Saturday run. The gate to the picnic area does not normally open until 8:00 a.m. however this year he is doing us a special favor and is opening it up early. Since the warden and his family also live there, and will be sleeping, Chrissy is asking everyone attending to seriously "hold it down" until after the run starts and you have cleared the area. No car door slamming; no pre-run grab-assing. Chrissy has big plans at the picnic pavilion after the run which includes hot dogs, cold drinks and chips. If you desire to bring a side dish, that will be great. Don't forget your lawn chair. If you wish to coordinate with Chrissy do 501-329-6688 or [STANCHRISSY@EARTHLINK.NET](mailto:STANCHRISSY@EARTHLINK.NET).

**HEART O' TRAVELLER TRAINING RUNS**

Directions to the Saturday, September 4<sup>th</sup> run, 24 miles(+/-)

Hwy 10 west from Little Rock. At the Williams Junction Grocery Store, turn left onto Hwy 9. Follow Hwy 9 approx 5.5 miles to Lake Winona Road. Turn right. Go 4 miles(the first two are blacktop; the last two are gravel)) to the Lake Winona picnic area. Turn left at the gate and follow the road to the picnic tables. Run will start promptly at 6:30 a.m. Course will be marked and water set out. One aid station at 9 miles with cokes water and Gatorade.

Direction to the Monday, Labor Day Run, September 6<sup>th</sup>. 24 miles (+/-) UTS #2, the Smith Mountain Loop.

Follow directions above to Lake Winona. Continue past the Lake Winona picnic area. You are now on FSR 114. Follow FSR 114 for 7.5 miles to the intersection of FSR #2

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If more info is needed  
Do: [chrlypytn@aol.com](mailto:chrlypytn@aol.com)  
Or 501-225-6609

and 114. This is a three way intersection with ample room to park. Run will start at 6:30 a.m. Water will be set out; course will be marked. One aid station about midway with water, coke and Gatorade. Bring goodies to share after the run.

## ULTRA CORNER

2004 Western States 100 Mile Endurance Race  
June 15<sup>th</sup>, 2004. Auburn, California

Paul Schoenlaub	20:29:22
Steve Kirk	25:53:41

Arkansas Traveller 100  
October 2-3, 2004  
Deadline for entering  
Without penalty is  
Sept 1<sup>st</sup>, 2004

### WS Race Report From Steve

Tell us what you were thinking about at Squaw Valley, the starting location. Did you think you were ready?....*The days while we were in Tahoe City leading up to the start and even at the starting line, I felt very nervous and anxious. Yet, when the shot gun blasted, I felt calm and relieved. I knew I had put in the specific training and I felt I was ready more than ever.*

What was your strategy for completing the race with regards to eating and drinking; walking and running?.....*My race plan was to power walk the big hills at the start and in the canyons, run the flats and float the down-hills. My plan for eating was something that I have been working on for some time. I only ate liquid food and Hammer gel. This seemed to work well and I never felt drained or hungry. I ate a serving of Perperpetium from Hammer Nutrition about very hour or so and supplemented it with Hammer Gel. I drank water, Coke and GU20.*

I understand that you got sick during the first half of the race and had a rather difficult time. How did you deal with it?.....*I was having the race I wanted until just after Robinson Flat(approx 31 miles)where I began to have some stomach cramps. Eventually I decided that I must have miscalculated my electrolyte intake and the fluids I was drinking were not being absorbed. At Little Bald Mtn. I began drinking coke and ate some rock salt at the advice of the race Doctor to try to help empty my stomach. Things got much worst before better. It was really hurting to run the down hills. This went on for about 20 or so miles. Going into Deadwood Canyon(about 45 miles) my stomach started feeling better yet I still had some leg cramps and had to climb out of the canyon at a very slow pace. From Devils Thumb to Michigan Bluff(about mile 56) things were beginning to get better and I was able to pick up my pace and run hard again. For a while I was having some of those bad thoughts that we sometime have when things are going bad.*

So, over all, how did the race go for you?.....*With the exception of the stomach problems, I am very happy with how I did and felt at the start and from Michigan Bluff to the finish. My quads were very sore the last 30 miles yet I was able to run. Power walking the hills that I mastered in training really paid off. I am most happy to have finished yet I always know that I could have done much better. My pace from the start felt easy and I was staying within my ability trying to stay below a 24 hour pace and really was doing much better than that most of the time.*

Did you learn anything that you can share with the AURA?.....*Yes. Always stick to your plan, run your own race and don't under estimate how much electrolytes you need in the mountains.*

If you did it again what would you do differently?.....*With the exception of fluid intake and electrolytes, I would do the same again. And, I would enter the lottery for next year and if I get in maybe I can accomplish my goals.*

Steve, your overall assessment of the Western States experience....*Western States is a great, really cool, race. I always take notice of the scenery at a race and this one was very special.*

#### From the AURA Western States Achieves\*

Stephen Tucker(88)	20:26:05
<b><u>Paul Schoenlaub(04)</u></b>	<b><u>20:29:22</u></b>
Stan Ferguson(02)	21:47:26
Ray Bailey(97)	22:34:25
Bill Maxwell(91)	23:48:41
Chrissy Ferguson(97)	23:18:08
Bill Coffelt(88)	24:28:03
Max Hooper(88)	25:22:49
<b><u>Steve Kirk(04)</u></b>	<b><u>25:53:41</u></b>
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
Bob Marston(97)	29:51:09

*Be an AT-100 Volunteer  
And become an AURA Hero!  
Chrissy @ 501-329-6688.*

RETREADS(Retired Runners Eating Out) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with a runner related item to identify ourselves; sometimes we bring old pictures or race results

## 2004 Hardrock 100 Miler Silverton, Colorado/July 9<sup>th</sup>,2004

Great news from Silverton, Colorado. Four AURA members completed the 2004 Hardrock 100 Miler. These are their unofficial times. When the official times are posted, I will add them the Achieves.

Billy Simpson 36:38  
Robert Orr 37:36  
Greg Eason 43:08  
Roberta Orr 43:55

### From the AURA *Hardrock 100* Achieves\*

Nick Williams(93) 41:26  
Dr. Feelgood(94) 43:41:47  
Nick Williams(94) 46:49:10  
Dr. Feelgood(97) 46:51:09

## 2004 Vermont 100 Endurance July 18<sup>th</sup>, 2004, Woodstock, Vermont

Paul Schoenlaub 18:37:30 11<sup>th</sup> Place  
Chrissy Ferguson 22:22:36 49<sup>th</sup> Place  
(163 finishers)

From the Race Director: *"With temps between 60's and 80's, occasional thunderstorms and 31 miles of new trails, this years race proved to be a little more challenging than the previous 15 years"*  
*(the implication you can draw from this is that the Vermont 100 is tougher now that 31 miles of trails has been added. Heretofore, times from Vermont have been an hour or more faster than the Arkansas Traveller 100)*

### From the AURA Vermont 100 Achieves\*

Stan Ferguson(1)	17:01:37	Bob Marston(92)	28:11:58
Kim Goosen(95)	17:41:02	Nick Williams(90)	28:15:35
Paul Schoenlaub(04)	18:37:30	Bob Marston(94)	28:50:19
Chrissy Ferguson(03)	19:22:29		
Chrissy Ferguson(02)	19:59:12		
Lou Peyton(90)	21:17:03		
Chrissy Ferguson(04)	22:22:36		
Lou Peyton(89)	24:23:20		
Max Hooper(89)	25:54:50		
Larry Mabry(89)	25:54:50		
Bob Marston(96)	26:06:20		
Bob Marston(97)	27:19:25		
Brooke Touchstone(99)	27:32:37		

\* - Report errors, omissions or additions to  
chrlypytn@aol.com

## ULTRA TRAIL SERIES

This is a list of the first few races on the 2004/2005 UTS.  
Details are largely pending but in the coming weeks,  
more will be forthcoming.

July 24<sup>th</sup>, 2004 *The Midnight 50Km*. UTS #1 8:00 p.m. from the Ouachita Trail parking lot at Lake Sylvania

Sept 6<sup>th</sup>, 2004 *Smith Mountain Loop* UTS #2 6:30 a.m. from the intersection of FSR 2 and FSR 114. Details on page one in this newsletter.

Nov 13<sup>th</sup>, 2004. *Gulpha Gorge Challenge* 16-18 miles. UTS #3 7 a.m. start from the Gulpha Gorge campground in Hot Springs.

Dec ??, 2004 *Trail Run*. UTS #4. 7:00 a.m. start. Details pending.

Jan 8<sup>th</sup>, 2005 *Athens-Big Fork Trail Marathon*. UTS #5 8:00 a.m. start from the Big Fork Community Center, Big Fork Arkansas.

Feb 5<sup>th</sup>, 2004 *White Rock Classic* 50Km UTS #6 (also 25Km fun run) 9:00 a.m. start . Turner Bend near Cass, Arkansas, on Hwy 23.

### The Midnight 25K and 50K Official Results

July 24<sup>th</sup>, 2004 Lake Sylvania Recreation Area, Perryville, Arkansas

(Note: The results sheet got wet, smudged and hard to read. If you see an error, please inform [Stan](#))

#### Male

1. Stan Ferguson	4:05:58
2. Billy Simpson	4:20
3. Cal Hill	4:28
4. Steve Kirk	4:31
5. Kevin Dorsey	4:44
6. Tom Aspel	4:59:25
7. Brett Bassham	4:59:49
8. Stuart Johnson	4:59:49
9. Mike Samuelson	5:06
10. Kyle Baldwin	5:07
11. Mike Dupriest	5:12:21
12. Paul Turner	5:18
13. Darin Hoover	5:20
Mike Heald	5:20
Maurice Robinson	5:20
16. Bryce Davenport	5:46:30
17. Tony Bailey	6:04:42
18. Pete Ireland	6:06
19. Scott Rogers	6:21
20. George Peterka	6:32

21. Kevin Webb	6:51
22. Marshall Singer	7:10

#### Female

1. Tamara Zagustin	4:39
Madalena Font	4:39
3. Angie Orellano	5:12:50
4. Kimmy Riley	6:00
Dianne X Seager	6:00
6. Rhonda Ferguson	6:07
7. Tina Coutu	6:19
8. Eunika Stevula	6:21
9. Carrie Dupriest	6:28
Patty Groth	6:28
11. Francine Lebrant-Stocker	7:10
12. Paulette Brockinton	7:15
Brenda Bansom	7:15
Susan Hodges	7:15
15. Joan Scarlata	7:34
16. Ann Moore/Vicki Ingram	8:22

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## Lou Peyton 25 Km

## Male

1. Tim Wistrand	1:49:10	15. Jesse Riley	3:42
2. Rob Wistrand	1:49:18	16. Harold Hays	3:51
3. David Trower	2:20:42	17. John Knapp	4:00
4. James Golleher	2:21	18. Randall Davis	No Time
5. Todd Matthews	2:27	19. Hiram Bird	No Time
6. Paul Schoenlaub	2:27		
7. Mike Brannon	2:27		
8. Darvin Hicks	2:51		
9. Will Branchard	2:51		
10. Ernie Peters	2:53		
11. Gary Speas	2:54		
12. Larry Mabry	3:01		
13. Jim Kerr	3:26		
14. Joe Simpson	3:26		

## Female

1. Chrissy Ferguson	2:27
2. Lou Peyton	3:26
3. Emilie Dramas	3:26
4. Mona Ball	4:00

I want to thank Rick Williams who came down from Fayetteville and cooked at the finish of the Midnight 50 Km and also Kim Fischer and Steve Eubanks who manned the 25 Km Aid Station.

## AURA EXCLUSIVE

*My Summer Vacation*

By Jesse Dale Riley

## Part 1

I decided in May that I just had to get away and fortunately I thought to inquire of Alan Firth & Mary Stewart if they needed crew for their second edition of the *Run Across America* (based loosely on the race I used to organize). Don Winkley of Texas (who did the first half of my solo run across Australia in '96) needed a second crew person, and so I was off to California for the start of the race on June 12<sup>th</sup>.

I loved organizing races, loved it just about to death. It nearly destroyed me and I had to give it up. But it's still a thrill to be in the game and helping runners, because I always learn so much in a field that's always fascinated me, that being "Human Performance."

It was a very moving experience, once the race began. To be once again among my people, in my element, and touring Route 66 and all those old roads. 3,000 miles of roadwork made heroes out of so many ordinary people. I never felt so useful as in these events. Whether it was translating American language, or culture, for the many internationals, or ferrying the other runners' vehicles back and forth to isolated gas stations at 110 mph and fixing flat tires (no one else was heavy enough to pry the lug nuts off), or, getting up at 2:30 a.m. to steal 200 qts of ice from the motels we stayed at in the

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desert, or, just generally telling everyone what mile we were at, how far it was to the finish, and so on.

Don was running great, better than we'd ever seen him, but he didn't seem to want me around after the desert, so we parted company in Utah and I had to wing it. I noted with satisfaction that he's run a minute per mile slower, during a much easier part of the race since then. I mean, I really felt like I was doing a good job.

It took me awhile to decide what to do. I wanted to stay in the high country for a couple of weeks (we were at Mt. Carmel Jct, Utah, elev. 5200) to help my lungs, which have always given me problems. First thing I walked maybe 200 yds. Down the road to the nearest shade tree and slept under it for the rest of the day. In the evening I walked 1 ½ miles to the nearest old, cheap, tiny motel and rented a room with money Mary gave me and the per deim Don gave me in Kanab, Utah.

The next day was my birthday. I had consulted the map and figured I could hike the 63 miles to Cedar City in four days and catch a bus. The drawbacks were that I had no money left; nothing to eat or drink (except the local irrigation water; I was out of shape; the first 42 miles were uphill into even higher altitude (10,000 ft); and I hadn't carried a heavy pack on my back in 13 years. Great plan!

Those first 11 miles really dragged, I can tell you.

We did have cell-phone coverage and Kimmy was trying to organize a money-drop at Cedar. My brother John called up in the afternoon, just to say Happy Birthday, and agreed to send money just about the time a huge empty tour bus pulled alongside and asked, did I need a ride?

Yes, sir, I do need a ride. In fact, I had just decided to fall down and die when you showed up in the monster vehicle.

(I can't remember what I was about to die OF: dehydration, exhaustion; stupidity; heart attack/arrhythmia, stroke; shame; acute mountain sickness; depression; starvation; heatstroke; hypothermia; or maybe I was going to ritually disembowel myself with all the tools of my Swiss Army knife simultaneously.)

Anyway, in the forthcoming autobiography, it'll be like that scene in "Into Thin Air" where the doc spontaneously revives in the Dead Zone on Everest at 26,000 ft and his nose is gone. Only 19,500 ft. lower down. Plus I still had my nose.

Got a ride on the bus about 20 miles up the hill to the Hwy. 14 junction, where basically winter had arrived and a snowstorm was moving in. But there was bonus coverage on the cell-phone situation and Kimmy told me John was sending money to Cedar. On the other side of the blizzard.

Walked another 1 ½ miles and got a ride 14 miles to Duck Creek, then got out and walked a maximum of 500 yds. Before catching a ride ALL THE WAY to Cedar City. Possibly I looked a little unprepared for the weather (or exercise in general) and drew sympathy from the few passing motorists.

The last ride was courtesy of two guys in a World Music band. They had previously studied the didgeridoo and now were headed to a series of Native American reservations to study their instruments. My kind of folks. I told them of the "Song-Lines" theory that Aboriginals, by singing the chants of the Dreamtime journeys, in effect memorized a road map of water holes that allowed them to walk across the desert. The Song Lines are key to understanding Aboriginal culture.

"Wow," they said.

So the next time you're driving along in June and a snowstorm hits suddenly, I recommend you give a ride to that filthy, fat guy at the side of the road. It's probably his birthday and he'll show his gratitude by offering you great wisdom. At the very least, you'll have something interesting to talk about.

They dropped me downtown and I called Kimmy and John had sent the money already and the Western Union agent was only 4 blocks away, down the same street as Taco Bell and a Motel 6. This is called Synchronicity, the underlying relationship between seemingly random franchise chains. Or maybe it's Harmonic Convergence. Anyway, it was a good birthday.

## CONCLUSION

The morning after my birthday I awoke to find the Big Fat Meanies once again roaming the Earth and in thorough control of the situation (as usual).

I called the "bus station" to find that the buses no longer stop in Cedar; I'd have to walk to Beaver, Utah, to catch one. The stretch to Beaver was Day 13 of the old race, 55 miles and one of the few stages infamous enough to have a nickname (Richard Westbrook, a classic-movie buff, named it "A Bad Day At Black Rock" in '92, after the altitude and dirt roads filled with rocks slowed him to a crawl). Also, for the whole second half of this stretch, there's no water or houses or anything.

I trained in Cedar for a day, rested a day, and then I hit the trail. (Meanwhile, Alan and Mary and the Allisons had also sent me some money – many thanks!)

Walking in my suede-leather slip-ons (I'd given Ed Dramberger my good running shoes after his feet grew 3 sizes on Day2) and taking frequent breaks, I made it 31 miles on foot (plus a few miles of rides) by 3 a.m. the next morning, but altitude sickness seemed to be affecting me pretty bad by then. The symptoms I had were: Trying to puke up everything I'd eaten in the last week (but only the meals since Cedar would come up, which was doubly annoying), and I was laying down in the road a lot and the rocks felt pretty comfortable.

Soon I was magically rescued by the sudden appearance of a huge.....  
CONCRETE CULVERT under the freeway! That's right, just like the drainage pipes I used in the olden days, but flat. No ants, no stickers, no waiting, and at sunrise it would be the only shady spot within 10 miles. Plus it was big enough to drive cattle through, which was possibly the point of the whole thing. In any case the cattle didn't FEEL like being driven that day, or the drovers were on strike or something. I don't know, and I had a peaceful 12-hour lay over there.

In early afternoon, after a light but nutritious luncheon (a can of sweetened condensed milk and my last pint of water), I started out on the final 16-mile stretch. For 5 miles it's legal to walk on the freeway (no side roads available) and I was pretty sure I looked pathetic enough by now that someone would pick me up here, and they did, and they weren't wearing white suits and driving an ambulance.

Rested up for two days and then bought a cheap 7-day-advance bus ticket (Uncle Pat having also sent money by then), which ensured a weeklong vacation in sunny Beaver, but apparently the hotel wasn't included in the package (nor a tent or sleeping bag) and I slept out for the whole time.



From downtown (elev. 6,000) it's only 22 miles to the top of Mt. Delano (elev. 12,169) and I tried this hike and return 3 times (getting some rides) that last week and got in some great training. It was pretty educational, too. For instance, the first trip I ended up at 12,000 ft. at sun set, too winded to continue in the dark. I had noticed, in a peripheral sort of way, that we (the various Hidden Nighttime Mountain Monsters and myself, I mean) were above the snow line, but the point wasn't really driven home till suddenly at nightfall it got really COLD, and I realized, even by the rapidly deteriorating standards of this expedition, that this wasn't a suitable place to spend the night. So I had to basically slide down the scree slopes very slowly in the dark, which took all night so I wasn't bored at all.

By the third trip I was savvy enough to CLIMB all night, which kept me warm enough that I even slept on the slope during some of my breaks. Got all the way to the top (finally) at dawn, and found there was a large relatively flat meadow up there and slept there all day. There was clean snow for water and I knew better by now than to try and eat anything. Headed down in the afternoon, which only took an hour and 15 minutes, now that I could see where the hell I was going.

Anyway, got home to Little Rock and I'd lost some pounds and gained a BUNCH of oxygen, and let me tell you, running is a LOT easier. This altitude training, it works, it's an absolutely KILLER cure. And I would know.

## MORE MESSAGE FROM THE BIG SHOT

TEC Support needed: The Power Room's Gateway computer is in a state of decline. Specifically, the monitor's screen has shrunk to the size of a large postage stamp and the keyboard's spacekey has broken. See what I mean? Cranking out this award winning newsletter is a chore. If any of you have a old monitor or keyboard in your spare bedroom closet and would be willing to part at a reasonable price. I think it has to be a Gateway brand as connections to other brands might not fit. Let me know. Chrlypytn@aol.com

Next month I hope to catch up on the Ultra Corner as I hear that there are other 100's and races being run this summer. It would help is you would give me a heads of on what you have run so that I don't leave anyone behind. You know how I am about my *archives*.

### AURA's August Horoscope (generic)

You could have been a contender; you could have been somebody. Lady Luck will smile upon you at your next Ultra and you will have a beautiful finish. An act of contrition in midrace might lead to an encounter with your fantasy companion. The reason for your recent running successes might soon be revealed to you by someone whom you least expect.

1<sup>st</sup> Annual

# THREE DAYS OF SYLLAMO A STAGE RACE

Ozark National Forest, Sylamore Ranger District,  
Mountain View, Arkansas

March 18, 19, 20, 2005

Day One: 20k  
Day Two: 60k  
Day Three: 30k

All three runs will be on single track trails including  
the Sylamore trail, Sylamore horse trails, Syllamo mountain bike trails and  
the new section of the Ozark Highlands Trail.  
Race headquarters will be at Barkshed campgrounds.

More information including entry forms will be available  
In the coming months.

Race director: Steve Kirk, email: [stevekirk@mail.com](mailto:stevekirk@mail.com)

The trail name Syllamo dates back to an infamous resident of the area in the early 1800s.  
A Creek Indian named Syllamo roamed these hills and valleys that were eventually  
anglicized and named for him --Sylamore.