

The ARKANSAS ULTRA RUNNER

January 2006-The Pre-New Year Edition

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

WWW.RUNARKANSAS.COM

(AURA's official web site)

(The following was given to me by AURA brother and sister, Bob and Rosemary Marston)

“Rose and Bob’s Fun Run and Pre-Holidays, Bacon and Pancake Practice Pig Out”

Or

“Rose and Bob’s Holiday Run and Barf”

Saturday, December 17th, 8 a.m.

Can run/walk road or trail; markings and maps will be available; early starts are fine, just don't wake us up as you park and head out on your 80 miler

We'll provide the food and drink

Directions: Take Highway 10 (Cantrell) west to the stop light abeam Walmart. Go right at the light, on Chenal Blvd (which turns into Highway 300). Go north on 300 past Pinnacle Mountain and through Natural Steps until you see a yield sign as you enter Roland. Turn left at the yield sign, onto Henry Street, go 200 yards and the road bends around and becomes West Street. Go 200 yards on West to the stop sign and turn left onto Roland Cutoff Road. Go 2 miles to Wild Oak Lane, which is a left turn off of the Cutoff Road. Go to the end of Wild Oak and proceed straight up into the woods to the house. Takes 25 minutes to get there from the intersection of I-430 and Cantrell (Hwy 10). Questions, please call 868-1072.

Thanks,

a. crabtree

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 runner related items to identify ourselves.

sure you remember from previous Treasurer's Reports, this bill represents what the AURA owes RRCA for the services they provide us. The services they provide, and the reason the AURA went the RRCA route in 2001, was the insurance coverage that is given to the club and the fun runs and races that we put on under the name of *AURA*. Last year our statement was for almost \$500.00. In order to meet this expense we ask the races that we provide the insurance for to donate in the amount of \$1.00 +/- per entrant. Thanks to the contribution from The Sylamore 50K, 3 Days of Sylamo, The Ouachita Trail 50 and the Arkansas Traveller 100, we are able to make this payment. The rest of our club's expenses are eaten up by this newsletter which cost \$100.00 + a month to publish. (This is why the B\$ is also known as the Big Spender)

Bottom Line: The AURA continues to squeak by. You can assist us in our passage into 2006 by examining your AURA re-enlistment application that you will receive when you hitch is up. If you are a member of another RRCA club, or even more than one, consider checking the box adjacent to the question "are you a member of another RRCA club? Doing so, you will receive the newsletter, I'll refer to you as a brother or sister but our AURA won't be double billed as part of the club's dues are based on total membership. Have a nice day!

AURA SPECIAL

Tales of the Traveller

This month we have a post-race interview with three Arkansas Traveller 100 finishers: Brenda Bonner, Carla Branch and Ken Bland. I had my "sit-down" with them on the 5th of October so that their memories of the race could still be fresh!



(L to R) Carla Branch, Brenda Bonner and Ken Bland on the sunny side of Smith Mountain

Greetings Brenda, Carla and Ken. The BS is impressed! You three are to be commended for your great finishes. Thanx for allowing me to enter your living room and ask a few questions.

This was your first attempt at 100 miles. What swayed you to enter the AT100?

BRENDA -It was the challenge first and then friends were planning on running it.

CARLA-This was my first and hopefully not my last. (I knew I'd change my mind after Oct 2nd!) Years ago when I worked the Powerline Aid Station, I said I wanted to do one someday. The fact that the AT100 is local and so well supported was a major factor.

KEN -The reason for picking AT was the fact that it's local. I knew we'd know people at all the aid stations, and it would be easy for Carla's husband, Mike, and my wife, Kay, to crew for us.

You three seemed to have a good training regimen working for you during the spring and summer. What do you consider the most important component of you training?

BRENDA- Lots of back-to-back runs that led to time on feet.

CARLA- As far as training, we collected as much info as we could from as many different people as we could and then used what we could fit into our schedules. We started in November 04 with a 50 K, Dec 04 50 Miler, Feb 05 50K and April 05, 50 miler. Then in May we started with double weekend running. Pikes Peak runs and backing up the next day with the same distance. I think that helped us learn to run on tired legs.

KEN-I think you hit the nail on the head when you said training regimen. We did long runs almost every weekend and several long runs back to back. For example, we ran the Pikes Peak training run one morning and that evening we ran the Midnight 50K. A couple of other examples, we doubled at Pikes Peak and another weekend we ran the Pikes Peak training run (Lake2Lake) twice. 34 Miles. Saturday morning and then Sunday we ran 16. In less than a year I ran one marathon, three 50K's and two 50 milers in addition to the training runs I mentioned above. Carla and Brenda ran the ones I mentioned plus another marathon.

What was the best advice you received about the Traveller?

BRENDA-Walk all hills; keep eating.

CARLA-Pace, Pace, Pace; Eat, Eat, Eat.

KEN-This may sound strange but the best advice was to be prepared to break up. We were told that at some point we'd have to be prepared to tell the others we were gong on without them. The other bit of good advice was don't worry about time in your first 100, just worry about finishing.

Now that you have done it, what advice would you give to someone else planning to run the AT100?

BRENDA- Start training early! Find good shoes and wrap feet at the beginning of the run. Don't wait for blisters to start.

CARLA- Any one training for their first AT100 and I would have to tell them to try to run parts of the whole course at one time or another. There was a lot of rough stuff I'd never been on.

KEN- The advice I'd give someone is to be prepared for an extremely rocky course. I don't have much background in ultras but of the three or four courses I've run this is by far the rockiest.

Can you tell us how the run went for you?

BRENDA –Overall the run was good. The low points for me were at about 20 to 25 hours into the run. Very tired of dark at that point and my feet were so blistered it just made it harder.

CARLA- The run went well for me, except for my blisters. Probably my lowest point was at Lake Winona on Sunday morning. I was so tired. I knew I'd finish, but I wasn't quite sure how I was going to finish. My highest point was crossing the finish line, under cut-off, with Brenda and Ken after training together all summer! The only thing that would have made it better is if Emily (Hartman) had been with us!!!

KEN- There weren't any major swings, highs or lows. It was a matter of grinding it out. I suspect having someone to run with the entire race and not trying to run alone made a huge difference.

Post-race how has your recovery gone?

BRENDA- Friday, October 7th It is still hard to walk because of blistered feet. Ball of feet only. Extremely sore but hey! It was 100 miles!!!

CARLA- Recovery has gone well. No body told me how badly my feet would swell after it was over! I am going to run tomorrow (10-15) for the first time since the AT100. I've done some bike classes and walked but no running. My legs are a little achy tired, but I guess that's to be expected.

KEN- My recovery has been slow. I beat up my right foot pretty good. My doctor sent me in for an MRI looking for a stress fracture, just trauma. I'm still not wearing shoes. I've had to wear sandals to work. My right foot still swells during the day to the point that I can't wear shoes, but it's improving and should be fine by next week. The other problem I had was blisters. Maybe I should have changed shoes and socks during the race. I didn't. I plan to start running again next week.

Any big dreams of other Ultra-Marathons in the future?

BRENDA- Definitely-may just have to do the AT100 again.

CARLA- Yes – a softer 100! (Less rocks)

KEN- Right now we're planning to run the Sylamore 50K in February, and I don't know when but Rocky Raccoon 100 is in my future. (Ken added: I appreciate the people working the aid stations. They did a great job!)

ULTRA CORNER

Congratulations to the following AURA members who were honored November 12, 2005 at the Arkansas-RRCA Convention in Hot Springs.

Year 2005 Winners

Arkansas RRCA Ladies' Ultrarunner of the Year	Kim Morton	591.25 points
Arkansas RRCA Ladies' Masters Ultrarunner of the Year	Dianne Seager	556.25 points
Arkansas RRCA Men's Ultrarunner of the Year	Steve Kirk	780 points
Arkansas RRCA Masters Men's Ultrarunner of the Year	Stan Ferguson	555 points

Thanx to Bob Marston for keeping track of the standings and point totals.

Race Results

Lean Horse 100 Miler

Hot Springs, South Dakota

August 20, 2005

5 th	Kevin Dorsey	19:26:12	59 finishers
45 th	Duane Grigg	27:50:59	

Lean Horse 50 Miler

12th Jason Thomas 10:33:30

29th Jackie Edmonds 11:55:19

44th Mike Samuelson 14:22:20 49 finishers

Lean Horse 50 K

10th Hiram Byrd 6:45:45

14th Gary Phillips 7:30:32 19 finishers

6th Annual Heartland 100

19th Randy Ellis 23:23:05 43 finishers

Report your Ultra times to chrissyvtn@aol.com Your written race reports are always welcome.

BigShot's AURA Tip O' Month – If your new training companion has eyes that roll like a slot machine, cut your loses and find a new training partner.

ULTRA TRAIL SERIES

2005-2006 Ultra Trail Series Schedule

www.funarkansas.com for up-to-date info on point totals and standing.

- 7-23-05 #1-Midnight 50 K
 8-28-05 #2-Mount Nebo Run
 10-1-05 #3-Arkansas Traveller 100
 10-29-05 #4-DDT Run (Devil's Den Trail Run) --- (15 mi)
 11-19-05 #5-Gulpha Gorge Challenge (16-18 mi)

12- 10-05 #6-WildCat Mountain Run (10-11 mi) 8:00 am Ouachita National Forest, Williams Junction area. Directions: Hwy 10 to Williams Junction. Turn left onto Hwy 9. Going south you will pass Big Maumelle River Bridge; then the Trailhead for the Ouachita Trail and, at the top of the mountain, the Winona Scenic Drive. Continue on Hwy 9 for one (1) mile. There will be an unmarked Forest Service Road on the right. As you turn in there will be a huge mud puddle in the middle of the road. Take the right bank and not further up is a gas line right-of-way. Park. Run consists of Forest Service Roads and abandoned logging roads. Lots of stream crossings

1-7-06 #7-Athens-Big Fork Marathon and 17 Mile Blaylock Creek Fun Run. 8:00 am Big Fork Community Center. Big Fork, Arkansas

Directions from Little Rock: I-30 through Benton. South of Benton take the Hot Springs exit-Hwy70 West. Follow Hwy 70 into Hot Springs then south to Glenwood. In Glenwood, take Hwy 8 west for about 32 miles to the rural community of Big Fork. The Community Center is on the right. No entry fee however runners are asked to give a donation for the use of the Community Center. A \$5.00 donation would be appropriate. Coffee and a warm fire at 7:00 a.m.; trail briefing at 7:45 a.m. State RRCA Representative, Kim Howard, will be the official starter.

Athens-Big Fork Trail Marathon – FYI

One Way: Max elevation, 2028'; Min elevation, 1023'; Climbing elevation gain, 4600'; Descending, 4400'; Climb Dist., 7.10 miles; Desc. Distance, 6.65 miles; Average grade, 12%. Stats provided by Steve Kirk

- 2-4-06 #8-White Rock Classic
 2-18-06 #9-Sylamore 50K
 3-?-06 #10-Big Rock Mystery Run
 3-17-06 #11-3 Days of Sylamo
 4-22-06 #12-Ouachita Trail 50
 5-?-06 #13-The Catsmacker

Devil's Den Trail Run - UTS #4

Devil's Den State Park
Butterfield Trail 15 Miles
August 27th, 2005

Dudes

Name	Time	Points			
1. Craig Zediker	2:02	73	19. Nick Avery	3:36	6
2. John Hughes	2:07	62	20. Jon Green	3:36	5
3. Steve McBee	2:09	51	21. Ryan Stalder	3:39	4
4. Mark Sitton	2:15	:22	22. Bryce Davenport	3:42	3
5. Po Dog Vogler	2:15:56	39	23. David Trower	4:29.6	2
6. Pablo Lowrey	2:19:35	33			
7. Steve Kirk	2:27	27			
8. Scott Eason	2:32:43	21.5			
9. Stan Ferguson	2:32:43	21.5			
10. Israel Holby	2:38:39	17			
11. Mario Martinez	2:44:50	14			
12. Kyle Kruger	2:49:30	12.5			
13. Ryan Johnson	2:49:30	12.5			
14. Chris Marley	2:52:99	11			
15. Cary Berdan	3:05	10			
16. Ken Barton	3:06	9			
17. Ken Montgomery	3:22	8			
18. David Cailouet	3:36	7			

Chicks

1. Natalie McBee	2:49:30	58
2. Debbie Lashley	3:06	41.5
3. Shirley Hyman	3:06	41.5
4. Barb Bellows	3:07	30
5. Lindy Biglieni	3:19	24
6. Melinda George	3:42	18
7. Sarah Stalder	3:55	12
8. Melissa Rhodes	3:55.0	8

AURA DOUBLE BONUS

Tales of the Traveller, A Post-Race Interview with Hot Springs, Arkansas, husband and wife, George and Ilona Peterka

Congratulations to you both for your finishes at the 2005 Arkansas Traveller. Ilona, this was your first attempt at 100 miles. What about you, George?

GEORGE – This was my first attempt at 100 miles. I had run 3 marathons and 7 50 K's and some shorter UTS runs as well. I started running only 18 months ago so I am new to the sport and inexperienced.

If I am correct, Ilona, you suffered an ankle sprain at the 2005 Sylamore and DNF'ed. And you, George, complained of knee pain at an UTS run. How did you overcome these injuries to come back and have such great AT100 performances?

ILONA– Well after my injury, I had to take a couple of weeks off. Then I jumped back into my training schedule and everything went really well. First couple of weeks I stayed on roads and when I was sure that my ankle is strong enough, I started to add trails to my training.

GEORGE – I have been having trouble with my IT Band mostly on my left knee but occasionally also on my right. This spring I figured out that it may have been caused by not leaning forward enough on downhills. I think I was leaning too much back and this was causing the IT Band to strain. I started leaning more forward and my IT Band healed up and was pretty good throughout the spring and summer.

What was the best advice you received about the race?

ILONA – I haven't done any training runs or races with other Arkansas ultra runners since Sylamore Trail, so I had no idea how the race course looks like. But I've been reading *Ultrarunning* magazines and they are full of smart advice how to train for 100 miles. Going into this race I knew that I have to start slowly and save energy for the second half.

GEORGE – During the Labor Day training runs Chrissy gave me a wealth of advice on how to run this race. Go slow and walk all uphill, drink at least one full bottle of water plus one Endurolyte between each aid station, eat something each aid station, don't sit down under any conditions.

Now that you have completed the run, is there any advice you would pass on to a newcomer?

ILONA – It is hard for me to give advice since it was my first 100 miler. I can say how I was training for it. During the summer I was doing 80-90 mile weeks with a 30-40 mile long run every weekend. I have also done a couple of 50 mile training runs, 3 weeks before the race I started to taper and nine days before the race I stopped running and just rested.

GEORGE – Advice I would give to runners: Train hard for it. I was doing 60 mile weeks with a 30 mile weekend run with some uphill walking all summer. This was the most that my body could handle but I think that running more or running faster would be beneficial for a race of this length. Even if a runner does not think that he can go the full distance, I would encourage him to give it a try. Even if you don't finish you will gain useful experience and benefit from the race.

So tell us how the run went for you!

ILONA – I started in an easy and comfortable pace. I ran most of the morning with my husband and we talked a lot. The hours were passing and I felt great. The only thing that

was bothering me a little was my knee. Most of the afternoon I spent on my own and the next thing I remember was reaching Powerline and meeting my first pacer. I was happy to have somebody to run with and talk to. On the way back passing the 75 mile mark I was still feeling strong. The last 15 miles I remember getting kind of mellow because I knew I'd been running much faster than I was expecting to and I knew that the finish line is not far.

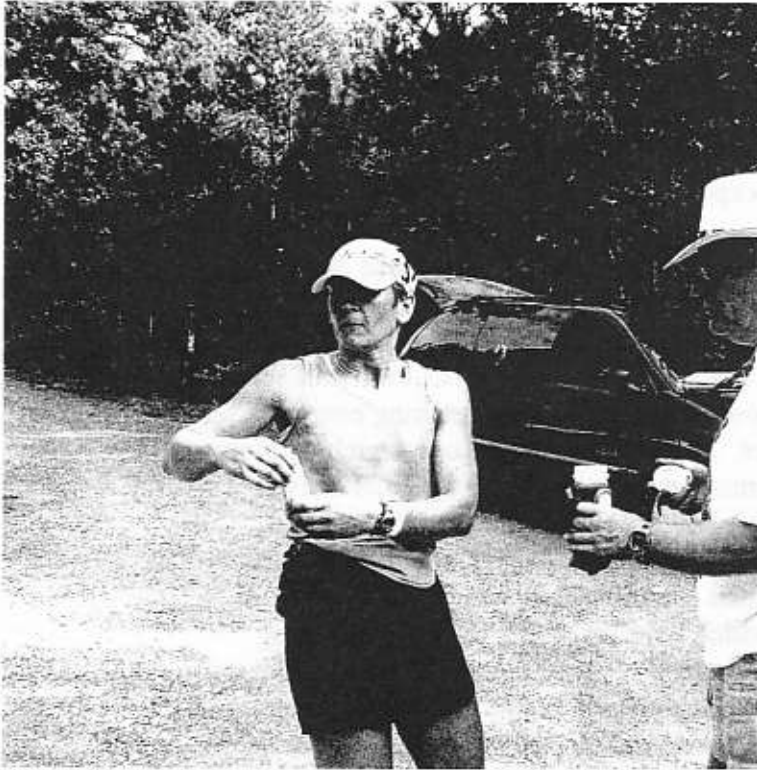
GEORGE – The first 30 miles were pretty easy. I kept up with Ilona to Lake Winona but felt that her pace was a little fast so after Lake Winona I let her go on ahead. The lowest point for me was after Smith Mountain. I was feeling tired and weak. My legs were hurting and cramping up to the point that I could not run. I was not even half way and it seemed like I could never make it. At Powerline I did some stretching exercises, ate some chicken soup and the course got easier. After doing some more stretching along the way my legs loosened up, my strength returned and I was running again. I arrived back at Powerline at about 11:00 and was feeling and running much better than I had been on the way out. This was a new experience for me. I had never before felt better and stronger 20 miles further down in a run. Then came Smith Mountain and it took its toll on my legs. After Smith Mountain all of which I walked in the dark I was feeling tired, sore and the IT Band in my right leg was starting to hurt. I took 2 Ibuprofen but it did not help. After Pigtrail I was hoping to still run some but the IT Band made running painful and I did not want to make it any worse so the rest of the way would be walking. At 3:00 a.m. a little after Pigtrail, I start hallucinating. I had not slept well the past few nights and I think I was suffering from a little sleep deprivation. I was seeing snakes on the road. I knew that they were not real but no matter what I did I could not stop myself from seeing them. Later I suddenly started to feel very sleepy. I could not keep my eyes from closing. This was a low point, but I heard the beautiful sound of a generator, saw lights through the trees and was coming into Lake Winona. At Lake Winona I asked if there is anyone who could possibly pace me or at least walk with me for a while. I did not have my own pacer. I was lucky, a pacer whose runner had dropped out was available. After walking with the pacer for about a half hour and talking with her, the hallucinations stopped and we walked all the way to the finish line without any problems. Maybe if I slept for 10 minutes at Lake Winona my head would have cleared and I would have been OK but I was afraid of the chair. I thought that if I sit down I would never get back up and finish it.

It was great talking to you both. Are there any words you would like to say to your AURA brothers and sister?

ILONA _ I would like to thank all the volunteers who prepared this race and took such good care of us runners.

GEORGE – It was a great race. I loved it and I can't wait till next year.

Editor: *On the following page 10, are photo's of George (taken at the Gulpha Gorge Challenge and Ilona taken at the Chicken Gap Aid Station, 2005 AT100.*



AURA HOT FLASH!

Results of UTS #5, The Gulpha Gorge Challenge

November 19th, 2005

Hot Springs, Arkansas

1. Craig Zediker	38	2:16:02	15. Nick Avery	52	3:05:40
2. Pablo Lowrey	41	2:20:00	16. Ken Barton	47	3:08:00
3. Po Dog Vogler	39	2:21:05	17. Debie Lashley(F)	45	3:08:00
4. Rob Westrand	28	2:23:09	18. DianneX Seager(F)	49	3:10:01
5. Steve Kirk	45	2:24:37	19. Susy Phillips(F)	27	3:10:10
6. Paul Turner	42	2:27:54	20. Kimmy Riley(F)	44	3:17:00
7. Stan Ferguson	42	2:30:58	21. Stephanie Parker(F)	22	3:39:05
8. Keith Jordan	33	2:53:00	22. Melinda George(F)	42	3:41:51
9. Mike Dupriest	49	2:56:23	23. Bryce Davenport	39	3:41:51
10. Johnny Brown	50	2:56:40	24. Carrie Dupriest(F)	48	3:57:12
11. Maurice Robinson	63	2:56:59	25. Patty Groth(F)	49	3:57:12
12. Darin Hicks	25	3:02:43	26. Gary Speas	52	3:57:12
13. Will Blanchard	24	3:02:43	27. Lou Peyton(F)	61	3:59:50
14. Jen Foster	33(F)	3:04:35	28. Dottie Rea(F)	53	4:09:14

17th Edition; Number 11

The AURA – An old school newsletter
Founded 1989; RRCA SINCE 2001