

# 2008 Midnight 50 Km – UTS #1

8:00 p.m. - July 19<sup>th</sup>, 2008

Lake Sylvia Picnic Area

## The ARKANSAS ULTRA RUNNER

July 2008- The Hope and Change Edition

A Newsletter For Members and Friends of the Arkansas Ultra Running Association

WWW.RUNARKANSAS.COM

*Dedicated Runners: If your newsletter label is highlighted, it is time to reconnect. Avoid a shutoff by renewing your AURA membership.*



### THE BIGSHOT'S PAPER TRAIL

Change! Change is a good thing. It rejuvenates the being and breaths new life into the weary. The 2008 Midnight 50 Km has changed. At the AURA meeting and potluck back in February, I informed our AURA President and Ultra Trail Series Coordinator that, after 16 years of Midnight 50k's, I was tired. He understood and said that he would try to find someone worthy of taking it over. And, he did! AURA sister, Suzy Phillips, will organize the race this year. There are several new things about the run that you need to be aware of. Namely, the Midnight 50 Km will start and finish in the picnic area at Lake Sylvia. There will not be a fee charged for this. Arrive early and park in the designated parking spaces. Do not park on the road or on grass. There will be someone at the entrance to direct you in parking. In an effort to clear the course at a reasonable hour, cut-off times will be in place at the 25k aid station and 50 K turnaround aid station. For those who can't make the 4:00 a.m.

Sunday finish time, there will be an "early start opportunity". The "early start" trail briefing will begin at 6:45 p.m. and a 7:00 p.m. start. You are not welcomed to start before 7:00 p.m. Complete race information can be found in this newsletter under the 2008/2009 Ultra Trail Series heading.

### AURA Hot Flash!

The 35<sup>th</sup> Annual *Western States 100 Mile Endurance Run* scheduled for June 28<sup>th</sup>/29<sup>th</sup>, was cancelled due to the unprecedented number of wild fires on and around the race course. Race organizers cancelled the event because of the health risks to the runners and workers.

# 2007/2008 ULTRA TRAIL SERIES

## The Catsmacker

May 31, 2008

Lake Winona, Arkansas

### The Catsmacker - 22+ miles (2007-2008 UTS Race #12)

Place	Name	Sex	Age	City	Time	
1	Kevin Dorsey	M	37	Memphis, TN	2:57:32	
2	Darby Benson	M	38	Fayetteville	3:25	
3	Paul Turner	M	45	Conway	3:40	
4	Steve Kirk	M	47	Little Rock	3:47	
5	Kyle Baldwin	M	36	Little Rock	3:53	
6	Mark DenHarder	M	43	West Fork	3:53	
7	Gary Gehrki	M	53	Arkadelphia	4:01	
8	Guy Patteson	M	48	Jonesboro	4:03	
9	Jeffrey Foes	M	42	Alton, MO	3:55:34	Late starter
10	Scott Eason	M		Conway		
11	Tammy Walther	F	36		4:05	
12	Ted Bowden	M	53	Little Rock	4:09	
13	Reid Landes	M	37	Little Rock	4:18	
14	Katie Helms	F	30	Fayetteville	4:23	
15	Bentley Blackmon	M	36	Little Rock	4:31:00	
16	Josh Bornhorst	M	33	Little Rock	4:31:15	
17	Maurice Robinson	M	66	Benton	4:34:55	
18	Chrissy Ferguson	F	47	Conway	4:42:59	
19	Jim Sweatt	M	52	North Little Rock	4:45:45	
20	Pete Ireland	M	67	Benton	4:46:44	
21	Jen Foster	F	35	Little Rock	4:49:54	
22	Dennis Baas	M	61	Little Rock	4:53	
23	Kimmy Riley	F	47	Mabelvale	4:59	
24	Nick Alsbrook	M	29	Jonesboro	5:05:46	
25	Scott Rogers	M	43	Memphis, TN	4:47	Late starter
26	Murry Chappelle	M	49	Sheridan	5:07	
27	Dianne Seager	F	51	Little Rock	5:21	
28	Heath Gauss	M	34	Little Rock	5:27:33	
29	Phil Brown	M	41	Little Rock	5:36	
30	Diane Jones	F	53	Bartlett, TN	5:39	
31	Kenny Simpson	M	54	Olive Branch, MS	5:39	
32	Leigh Tanner	F	46	Memphis, TN	5:48	
33	Paul Mattocks	M	60	El Dorado	5:52	
34	Eunika Rogers	F	37	Memphis, TN	5:25	Late starter
35	Carrie DuPriest	F	50	Little Rock	5:53	
36	Kim Johnson	F	39	Harrison	5:53	
37	Gary Speas	M	55	Little Rock	6:08	
38	Hilde Haynes	F	65	Millington, TN	6:39	
39	Holly Lynch	F	47	Memphis, TN	6:47	
40	Tim Mosteller	M	52	Memphis, TN	7:00	
41	Rosemary Rogers	F	60	Maumelle	5:39	Early starter
42	Lou Peyton	F	63	Little Rock	6:23:40	Early starter
43	Stan Ferguson	M	44	Conway	Sweep	

Other Distances						Est. Miles
Rob Wistrand	M	30	Little Rock	1:42:21	12	
Karen Call	F	54	Little Rock	2:13	12	
Geoff Hicks	M	39	Little Rock	2:13	12	
Dave Bourne	M	53	Little Rock	2:13	12	
Dean Worley	M	42	Little Rock	2:25	12	
Ron McCafferty	M	56	Little Rock	2:30	12	
Tom Singleton	M	54	Maumelle	2:32	12	
Kelly Farrell	F	31	Little Rock	2:32	12	
Chris Bettis	F	51	Little Rock	2:32	12	
Tina Worley	F	41	Little Rock	2:36	12	
Patre Williams	F	35	Little Rock	2:42	12	
RC Fason	M	63	Little Rock	2:47	12	
Bill Brass	M	68	Little Rock	2:51	12	
Dottie Rea	F	55	Vilonia	3:08	12	
Robin Ballheimer	F	46	Greenbrier	3:08	12	
Ron Gimblett	M	60	North Little Rock	3:10	12	
Donna Duerr	F	52	Little Rock	3:08	12	
Elaine Gimblett	F	60	North Little Rock	3:08	12	
Ernie Peters	M	60	Little Rock	3:07	12	
Randy Tolbert	M	38	Little Rock	3:07	12	
Robyn Tolbert	F	36	Little Rock	3:07	12	
Ann Moore	F	67	Little Rock	3:41	12	
Bob McKinney	M	65	Little Rock	3:42	12	
Owen Floyd	M	58	Little Rock	3:50	12	
Roger Williams	M	66	Memphis, TN	3:02	12	
Mike Samuelson	M	42	Lakeland, TN	3:58:01	12	
Jodi Sanders	F	41	Bryant	3:59	16	
Eva Barley	F	40	Benton	3:59	16	
Susy Phillips	F	29	Maumelle	1:41	4	
Jayne Sturgeon	F	31	Maumelle	1:41	4	
Patty Groth	F	52	Ward	3:00	11	
Randall Davis	M	40	Hensley	5:04	18	
L T					30+	



Chrissy Ferguson, Catsmacker Race Director  
Gives instructions to the 2008 participants.

## *Catsmacker Race Report*

By Rosemary Rogers

The following article was written for the Arkansas Running Club's newsletter and graciously offered to us by our AURA sister. Articles about your runs and races are always welcomed

I left home a little before dawn on May 31<sup>st</sup> and headed for the day park at Lake Winona for the last run in the Ultra Trail Series, The Catsmacker. For those of you who have never run any of these races, the Catsmacker is the final event and certainly one of the best. The route was changed this year due to some huffing and puffing by the Forest Service. Central Arkansas Water was gracious enough to let us use the facilities at Lake Winona for the start/finish. We are deeply grateful and promise never to drive on the grass again.

I left Lake Winona a little ahead of the crowd and started up the road. Most of this race is run on dirt roads, but there are some very interesting trail sections, too. I continued on and was soon passed by many of the runners who had started on time. It was a perfect day- not too hot (at least for the first few hours.) And I enjoyed running the long straight stretches and walking the hills. There was water set out along the way which was very nice. After what seemed like a long time, I spotted Charley's aid station and had some Gatorade and cookies and refilled my water bottle. After the aid station comes the best part of the day. There is a rocky trail that winds up to the top of a very high hill. At the top of the very high hill are the remains of a tower (I think) and there at the base were some tickets. The idea is to take a ticket to prove you were there. I got my ticket and then just stood and looked around. The view is gorgeous in all directions and is a good reminder of why we like it in Arkansas. Then back down the hill and on to the single track, sort of rocky, sort of poison ivyed trail that leads back to Lake Sylvia. This is also a great section of the run after getting back to the road that leads out of Lake Sylvia; it is all dirt road, some of it rocky, back to Lake Winona.

At Lake Winona, you are greeted by your fellow runners and invited to partake of hot dogs, beans, chips, and cokes. You can listen to other people recount their adventures – a bear, a snake, and a baby armadillo were sighted. You also receive your award which is always something of a cat related item. Last year I got socks, the year before I got a cat picture frame and this year I got a wonderful black Halloween kitty.

We were all relaxing after the run when there was some commotion from the restrooms. Contrary to rumor, Maurice (Chevalier) Robinson did not fall off the wagon. Instead, he fell off the pot. Apparently, as he finished using the facilities and started to stand up, his blood pressure said, "No way!" and down he went into the stone wall. He received a nasty gash on his crown, but word has it that he is doing well and has recovered from his fall off the "throne." Speaking of injuries, our own Bob "Texas Chain Saw Massacre" Taylor also had a close call and was cutting off a large limb when the



limb decided to fight back. "Tex" was knocked to the ground but had the good sense to fling the chain saw away from his body instead of trying to grab onto it. This hurt his ankle. He will be on the disabled list for a little while, but we are all looking forward to seeing him out running again in one piece. In the meantime, Miss Sybil is catering to his every whim.

At the end of this adventure, my stomach full of hot dogs and beans, I would say I went from the sublime to the mundane. I can't wait until next year to run this one again. I hope lots of you who have never done it, will put it on your "*To do at least once in my life*" list! Thanks to Chrissy and Stan Ferguson and all the volunteers for once again making this a great event.

## ULTRA CORNER

### **National Trails Day**

June 6<sup>th</sup>, 2008 – Langley, Arkansas

#### ***Brush Heap Mountain 18.5 miles***

- |                 |      |                          |
|-----------------|------|--------------------------|
| 1. Pete Ireland | 4:29 | (Tied)                   |
| 1. Guy Patteson | 4:29 |                          |
| 3. Bob McKinney | 7:59 |                          |
| 4. Ann M. Moore | 8:01 | (1 <sup>st</sup> Female) |

#### ***Mohican Trail 100 Miler***

June 21<sup>st</sup>, 2008, Glenmont, Ohio

Jen Foster	29:13	(unofficial time)
Greg Eason	29:13	"

#### **AURA Archives – *Mohican Trail 100***

Bill Maxwell(90)	23:07
Dave Cawein(90)	23:24
George Peterka(07)	26:57
Kimmy Riley 95	28:08:06
Jen Foster(08)	29:13 (When official results are posted, the Archive will be updated.)
Greg Eason(08)	29:13

(Report your race finishes to [chrlypytn@aol.com](mailto:chrlypytn@aol.com))

# *King and Queen of the Trails*

## 2007/2008 Ultra Trail Series – Official Results

Open	Darby Benson	Katie Helms
Masters	PoDog Vogler	Kimmy Riley
Seniors	Ted Bowden	Dianne Seager
Super Senior	Pete Ireland	Rosemary Rogers

Complete UTS point totals can be seen at [www.runarkansas.com](http://www.runarkansas.com)

## An Interview with Darby Benson – King O' Trails

### AURA Bonus Report

Greeting sand Congratulations Darby for winning the 2006/2007 Ultra Trail Series and repeating in 2007/2008. I am curious about about your background in running.

*I ran remember running ever since I was a little kid. Mainly because it was the only sport I could beat my brother in. I did run in high school, but those distances were much shorter than our trail races. Running has always been a cross training exercise for my true passion off road motorcycling. For years I have raced motorcycles on tight trails through the woods. Those races usually last around three hours, which really improved my endurance.*



*Photo-Darby at OT-50*

A training week consists of -?????

*A typical week of running consists of about three runs during the week between three to 10 miles, then a longer run on the weekend between 10 to 20 miles. I usually run about 30 miles a week. I also bike(mtn and road) about three-four times a week.*

*In Fayetteville we are blessed with two great treasures: Amazing trails and a great running group-Dolan. Hurley, McBees, Bitler, Hughes, Lowerys, Honeycuts, Helms, Jumper and others meet up a couple times a week for runs in the Northwest Arkansas area. We all hang out socially as much as we run together(aka alcoholics). They are incredible runners with finishes from huge races all over the country. Jamie*

*completed Bad Water last summer, Natalie is doing Leadville and Steve is doing Hard Rock this summer, and Hurly wants to run across the country a few times like Forrest Gump.*

You were also the *King of the Trails* in 2007. Is there a series run that stands out as special to you in either 2007 or 2008?

*The run in Hot Springs(Gulpha Gorge) is my favorite. There is something about that route which makes for a perfect race. It's a blast to run by hikers at the end when we look all dirty and beat-up.*

At the 2007 White Rock Classic, you had a good ascent but on the return we could tell that you had a serious leg problem. How did you resolve it?

*White Rock 07 was my last run on my old knee. As soon as I started down the mountain(while in the lead with 10 miles to go) I started feeling a sharp pain on the inside of my knee. It got so bad that I had to run stiff-legged on the down hills, especially the last six miles. A few doctor's visits and surgery(lateral release) later got me back on the trail. I had to miss two month of racing, but recovered quickly and was able to complete the last two races of the year.*

You are gifted with speed and endurance. Are there other ultras or races that you are considering in the future?

*My plans for future ultra runs are uncertain at this time. Since last August I have been suffering from a groin pain, that has been diagnosed as a sports hernia. The pain has become unbearable at times over the past six months and prohibits me from doing any type of speed or strength training. So before I can think about future ultras, I need to go under the knife again. The surgery is scheduled for next week(3<sup>rd</sup> week in June).*

*Part of me thinks that my body is not made for this activity; with two surgeries in two years. Maybe I'll stick with the safer sport of motorcycle racing although, the race organizers, fellow runners, and beautiful trails will bring me back. We have the absolute best series. I feel at home every time I rehydrate at Charley's aide station or watch Bitler fall in the reek, or listen to Susy Phillips scream at the finish line(well that's actually annoying) or hear Chrissy share her opinion about Texas. Thanks to everyone who makes the series happen!*

## *An AURA Double Bonus*

### *An Interview with Katie Helms – Queen O' Trail*

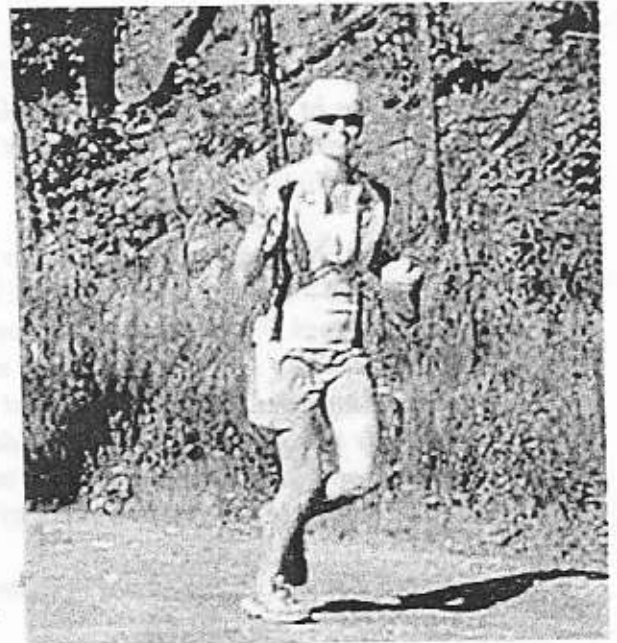
Katie your background in running begins.....

*My background in running starts with playing Division 6 ½ soccer at Hendrix College. (Kidding, it's only Division 3, but I was bad enough that it might as well have been 6 ½...) Regardless, I only ran in college as a means to chase a ball, but then*

*moved to Fayetteville for graduate school and was introduced to the fun of the trails and strong running culture in the area. I've been hooked ever since.*

Describe a typical training week.

*I find it helpful in general to lead an active lifestyle that includes a variety of exercise such as running, biking, and power walking (that's right, I ain't afraid to power walk, even in broad daylight through the middle of town...). Although I try and do some quality long runs here and there, I have hurt myself before while trying to run too much, so I try to cross-train as much as I can. I enjoy the integration of running into an overall lifestyle that includes health, friends, and appreciation of nature. Beer helps too. No, seriously, the trail runners up in Northwest Arkansas as well as around the entire state have probably been one of the most important aspects of my "training". I greatly enjoy the camaraderie. The steroids don't hurt, either. Again, kidding! (AURA doesn't drug test, does it?)*



*Katie at the 2008 Catsmacker*

3. Of the series runs you participated in, which one did you enjoyed the most; the most difficult; I could have done better; etc.

*The short ones, obviously. Gulpha Gorge is a beautiful place to run in the fall. I also enjoyed the absence of hills (well, almost) in the OT50. The most difficult, as well as the one in which I could have done better goes hands down to the Athens-Big Fork. When I decided at the fun-run turnaround that I was feeling good enough to do the entire thing, I should have stopped and thought about it a little harder. I couldn't decide whether the uphill or the downhill were worse, and just when I determined that I was sick of both, I came back down to the never-ending stretch of dirt road to the finish only to realize that I couldn't really do a flat section either. O'well, chalk one up to experience... I just felt sorry for the people who carpooled with me and had to wait for me to finish.*

When you started the series this year, did you try to win it or did it just happen?

*Well, that's where the series tricked me. All of the short and/or fun runs are at the beginning of the series, like the Midnight 50K and Gulpha. Then you get hooked and do the tougher spring races before you realize that they're more painful. Interesting strategy you have there...*

As far as the running goals, are there ultra runs out there you would like to do in the coming year?



*I'm really not sure what my goals are looking forward. At the expense of sounding cliché, I just want to stay healthy and have fun. I'll continue to challenge myself with many of the same runs, and if anybody out there is going somewhere fun and/or beautiful to run, give me a shout and we can carpool*

## 2008/2009 ULTRA TRAIL SERIES

### *Midnight 50K and 25K- UTS #1* *Race Information*

*Your donations  
Keep the Midnight 50k's  
Coming!*

**Start Time: July 19<sup>th</sup>, 8:00 p.m.**

**Location: Lake Sylvia day park.**

Directions: From Williams Junction (approximately 30 miles west of Little Rock on Hwy 10), follow Hwy 9/10 north approximately one mile, take Hwy 324 and follow four miles to the park entrance.

There are no applications or entry fees for the run. There will be a waiver to sign, and some form of receptacle into which a couple of bucks donation would be appropriate to show appreciation for those administering the run and/or providing food and aid. This is a low-key event--a "fun run". Please keep your own time and sign in at the finish.

Both courses are out-and-back, all on well-maintained forest service roads. Turns will be marked with flour, and maps will be available at the start. Water is put out in two places, and AURA people set up two aid stations--not huge banquet tables, but with some stuff. (One is at the turnaround, so that's three aid stations and four water drops for the full out-and-back route.) Smart people carry a water bottle or hydration pack. It gets dark around 8:45 to 9:00; smart people also carry a flashlight.

A 7:00pm early start is provided for runners who desire to do the 50K but who feel they may need more than eight hours to complete the course. Results placement of early starters will be after all finishers who begin at 8:00pm.

You might keep an eye out for Copperhead snakes (they may stretch out on the road--soaking up the heat after dark).

**Schedule:**

06:45pm - Trail briefing for early starters

07:00pm - Early Start

07:45pm - Trail briefing

08:00pm - Race Start

10:15pm - (Cut-off) 50K runners not passing 25K turnaround point by this time must turn around (change to 25K)

12:00am - (Cut-off) Runners not clearing the 50K turnaround by this time will be pulled and returned by sag wagon

02:00am - (Cut-off) Runners not clearing the 25K turnaround (inbound) by this time will be pulled and returned by sag wagon

04:00am - Sag wagon will pick up outstanding runners

For More information on the Midnight 50K and a warm greeting from the run leader, go to [www.runarkansas.com](http://www.runarkansas.com) and link to "more information" under Midnight 50 K race information.

## Bartlett Park Ultras UTS #2

August 2<sup>nd</sup>, 2008

Bartlett Park, Tennessee(Memphis area)

Complete information at [www.runarkansas.com](http://www.runarkansas.com)

## Mount Nebo Trail Run –UTS #3

August 23, 2008 – 14 miles +/-

Mount Nebo State Park, Arkansas

### AURA HOROSCOPE

*Your monthly guide to Money, Power and Sex*

Avoid the DNF dung heap by trusting your feelings on the next long training run. Your fantasy companion has a hot financial tip that will dramatically alter your life style. A casual acquaintance will offer you words of encouragement that shouldn't be taken for granted.

## 2008-2009 UTS Race Calendar

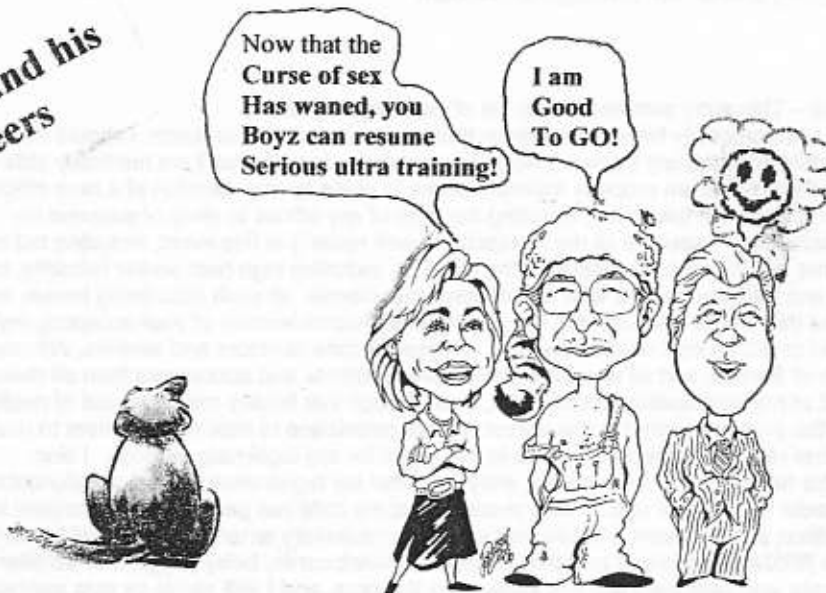
*This schedule is evolving and is a work in progress.*

7/10/08	#1 <i>Midnight 50K</i>	50Km
8/2/08	#2 <i>Bartlett Park Ultras</i>	50 Miles/50K
8/23/08	#3 <i>Mt. Nebo Trail Run</i>	14 Miles +/-
10/4/08	#4 <i>Arkansas Traveller 100</i>	100 Miles
11/8/08	#5 <i>Gulpha Gorge Challenge</i>	17 Miles +/-
1/3/09	#6 <i>Athens-Big Fork Trail Marathon</i>	26.2
2/7/09	#7 <i>White Rock Classic</i>	50K
2/21/09	#8 <i>Sylamore Trail 50K</i>	50K
3/?/09	#9 <i>3daysofsylamo</i>	To be determined
3/?/09	#10 <i>Big Rock Mystery Run</i>	It's a mystery
4/18/09	#11 <i>Ouachita Trail 50</i>	50 Mile/50K

UTS Terms and Guidelines can be read at [www.runarkansas.com](http://www.runarkansas.com)

## AURA CARTOON

*The BS and his  
Volunteers*



*Taking a double dose of serious training will inoculate you against the woes of ultra sorrow and tears.----The Coach Doctor*

## SPECIAL AURA FEATURE

### What I Did On My Summer Vacation

By George Peterka

vacation out west. We visited Sandia Peak Tramway, Meteor Crater, Sunset Crater, Wupatki Indian Ruins, The We have a little camper (which gets a whopping 10 mpg) and so we went on a Grand Canyon, Glen Canyon Dam, Antelope Canyon, Horseshoe Bend, Monument Valley, Goosenecks of the San Juan, Natural Bridges Nat'l Mon., Moab, Arches N.P., Canyonlands N.P., Ouray, Telluride, Cortez, 4-corners, Aztec Indian Ruins (all in 2 weeks). While we were camped at the South Rim of the Grand Canyon, I got Ilona to watch the girls, Anna and Andrea, for one day so I could go run.

I started running at 4:30 am from Mather Campground. The temperature was upper 30's. Yesterday the high was only mid-50's and the day before it snowed on the north rim which is 1000 feet higher. I had on shorts, t-shirt (with shoulders for sun protection), a very thin sleeveless vest and a cap. I was cold so I threw over this an old flannel shirt that I planned to lose after I warmed up. After about ½ hr on asphalt I reached the Bright Angel trailhead just as there was enough light to run trails without a light. The details of the Grand Canyon trails are described in last month's Ultrarunner Magazine so I will not repeat all that here. The scenery is of course absolutely spectacular – like no place else on earth.

When I started down the trail I got warmer and left the shirt at the 1.5mi resthouse (on the way back up I took it). I was surprised at how difficult Bright Angel trail is to run down. There are rocks everywhere. Big ones in the ground and fist-sized round ones scattered on the surface. Worst of all, there are logs in the trail (to prevent washout) spaced in some places as close as 4 feet apart making steps. Between the logs there is a big hole worn out by the mules. You have to lift your foot up high to clear the log and behind it you fall into a deep hole. Sometimes I could run on the edge of the trail and some of the worst sections I had to walk.

The Bright Angel trail is 10 mi long and descends about 4000 ft. I reached the bottom in about 2 hrs, 7:00 am, but my legs were more tired than I expected them to be. I was travelling light – no pack. All I had was a water bottle and food stuffed into my pockets. I had Sustained Energy powder, Hammer Gels, beef jerky, some medical stuff and a flashlight. I had the water bottle stuffed with food and was drinking from water fountains that are at 1.5mi, 3mi and 5mi. At the bottom I wrapped the extra supplies in my vest (the temp. was probably in the 60's) and hid it under a stone to be picked up on the way back and filled the water bottle with water.



I had first seen the Grand Canyon in 1971 and was immediately obsessed with wanting to hike across it. In 1972, when I was 12, my dad took me across while my mom drove around. We went north to south and slept over at the bottom. We did everything wrong. We went in the middle of summer. We started hiking down way too late (about 9 am) and were hot already in the parking lot putting on our packs. We carried 2 big and heavy packs full of junk – none of which we used. We had a tent, pads, sleeping bags, warm clothing, etc. All we used was water and a handful of food. I still remember vividly lugging that pack up all those switchbacks.

I started up the North Kaibab Trail. The trail goes through a beautiful box canyon. In the box was almost all shade, the trail is nicely runnable but is always gently uphill. My eyes started to burn. That means I'm sweating out salt. Not good. I had trained for this run in Hot Springs, running in the hottest part of the day and wasn't sweating out any salt. I didn't feel hot – it was comfortable. But in the canyon everything is different.

After a while you come out of the box and onto the middle plateau of the canyon. Here I was in sunshine. The sky was a beautiful dark blue - there was not a cloud the whole day. It was warming up. I walked up a couple of steeper switchbacks and was surprised at how difficult that was. Not good. These switchbacks should have been easy. I started to think about turning back. I continued another mile to Cottonwood Campground where I got water and ate. It was 9:00 am. I was halfway, 7 miles from the bottom and 7 miles from the North Rim. But the next 7 miles climb a lot more than the first 7 did and it is all switchbacks in full sunshine. The plan had been simple; start at first light; run till noon; turn-around (hopefully on the North Rim); be back in the evening or at night with the flashlight. I looked up at the rim. It was not that far away anymore but it was high up and I knew I couldn't reach it today. I turned back.

The run back down to the bottom was easy but it was warming up and even the box didn't have much shade anymore. I was hoping that I would regain some strength in these easy 7 downhill miles. I didn't. I reached the bottom a little after 11:00. I was getting tired and weak. It was also getting hot. I found the stuff I left; I ate and drank. I now had to make a decision. I had \$40. I could go to the restaurant, eat a steak dinner, rest all afternoon, and start up in the evening after it cools down. But I would arrive late at night, tired, cold and hungry. I would wake everybody in the camper. Also walking up that rough trail by flashlight I would trip and stumble a lot. It would be a lot nicer if I could arrive in camp in the late afternoon. There was a little breeze blowing and in the shade it felt nice and cool. And I'm from Arkansas – I can handle the heat. Yeah right!

I started walking up at about 11:20. The inner gorge wasn't bad because there was the breeze blowing through it. When I turned into the side canyon I lost the breeze and I got hotter. I was dipping my shirt and hat into creeks to cool myself down. I hit a section of steep switchbacks (17% grade) in full sunshine. I think I was walking too

fast. The other hikers were inching along and I was going about twice as fast as them but sitting and resting frequently in any smallest shade I could find. Rocks in the sun were too hot to sit on. In Arkansas people always complain about the humidity but this super-dry desert air has its own problems. The sun is very bright. You are being roasted. The dryness sucks moisture out of you. The ground and the rocks heat up and re-radiate this heat making it very hot near the ground. Funny, I'd gone from 30's to 100's in about 7 hrs.

I threw up. No problem I thought. I'd been through this before. Don't eat or drink anything for an hour and then start up slowly with Sustained Energy and I'll be fine. But when I saw how much water came out I started to worry. Even though I'm only walking, I'm not absorbing water. Not good. Some hikers stopped, gave me a bag of trail mix and refilled my water bottle, none of which I really wanted right now. Unlike an ultra, in the canyon there are no aid stations but there are hikers everywhere. These guys are carrying packs filled with more food than they can eat and they are happy to share.

I felt better and continued on. I was extremely thirsty. I knew that if I drink I will only throw up again but I couldn't resist. So I had a few sips out of that full bottle and threw up again. An older, highly experienced, canyon hiker stopped to help me. He checked my heartbeat, took my pulse, checked my breathing, asked me all about where I'd gone, what I ate and drank, even tested me if I'm delirious. He said I was hyponatremic (or whatever – low on salt). I told him I had been taking endurolytes. He said those don't work in the canyon – only real food works. I did not agree but was in no position to argue. He forced me to eat some grains and seeds and some peanut/almond butter that he ground himself. He won't eat anything that came out of a jar. He felt my coolmax t-shirt and said that is the worst material I could wear in the canyon. In the canyon you want only cotton. You want to hold as much moisture on your skin as you can – not wick it away and keep you dry. You want to be wet. Is this something that can be applied in Western States?

He went with me to Indian Gardens Campground (about another mile) and made sure that I went to the ranger station to get help, which I would have done anyway. By the time I reached Indian Gardens I could go no further. I was sitting down and resting about every 50 steps. The ranger is an expert on helping hikers who are in trouble. There is even a helicopter landing pad behind her office to take out the more serious (or wealthy) cases but that will cost you about \$2000. I explained everything to her. She gave me a chair in the shade, some pretzels, 2 buns, and a bag of Gatorade powder and told me to rest. It was about 2:30 pm. She said that they tested endurolytes in the canyon and they don't work. They use real food for salt. Is this true? She offered me a pad and a sleeping bag and said I was welcome to spend the night in the campground. It is 5 miles to the South Rim but it is all uphill. There is a 4mi section they call "Jacobs Ladder" which is 39 switchbacks some with 17% grade. I didn't think that even after a couple hour of rest I could do that. I asked if she could notify Ilona that I would spend the night and she radioed it up to the top.

I rested, slowly started to eat and drink and recover. In the evening my neighbors in the next campsite cooked me up a chicken and mashed potato dinner and I ate a full meal.

They saw I have very little food and they didn't feel like carrying all of their left over food back up to the top. I drank Gatorade all evening to get my electrolytes back and for energy. The evening in the canyon was beautiful and night was very nice too. Just the right temperature for good sleeping. In the morning I had a small breakfast of Gatorade, buns, beef jerky and pretzels. I started up at first light and walked up to the rim in 2 hours very easily. I was back in camp at 7:30 am.

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