

ARKANSAS ULTRA RUNNING CLUB NEWSLETTER

VOLUME III

APRIL 1, 1989

Cross Timbers Results - Congratulations to our own Harley Peyton for his first place win at the 1989 Cross Timbers 50 Mile Trail Race in Whitesboro, Texas. Harley outdistanced all 98 starters and posted a 6:58. Eddie Mulkey of Little Rock finished third overall in a time of 7:11. Following Eddie was Bill Laster (9th) at 7:38. Joel Gueyer of Natchez, Mississippi finished in 9:04. Red Spicer of Amarillo, Texas at 9:10. Nick Williams 9:26, Lou Peyton 10:36, and Tom Chapin 10:43:36. For a complete description of the race look on page 2 under Cross Timbers continued.

Long Crossing Update - The planning meeting on 3-25-89 went exceptionally well. Plans are being finalized on the t-shirt design and finish plaques. Judging by the interest shown at Cross Timbers, we should pick up a few Texans soon. Bill Laster had a training run on the Pinnacle Mountain to North Shore section this morning (3-25-89). Trail conditions are reported to be normal with lots of rocks. The trail is adequately marked. However, a week before the run, we will go in and put up blue marking tape where needed. Our next major planning session will be after the May 1st cut-off. By then we'll know exactly how many people to plan for meals, ade, and awards. So far so good. It looks like the run will start at our pavilion in the park area and use the blacktop road to Natural Steps, (five miles). Hit the trail at Natural Steps and go over to Lake Maumelle Picnic area on Highway 10. Finish of course at the pavilion.

* Cross Timbers Results Continued - Yea! April Fool to you, too.

Harley, actually finished in 10:43:25 which was a P.R. by 48 minutes.

Ultra Training Tip - topic to be discussed this week is Hill Training.

To be a successful Untral Marathoner you must master the technique of mountain running. The question in training is often to "walk them or run them". The rule of thumb is to train like you want to race. However, the average trail runner will walk all of the up-hills in a 50-100 mile race and run the flats and downhills. Does this mean I/you need to walk all of the up-hills in a 10 or 20 mile trainer? Not necessarily! It is my opinion that you need the training effect of hill running on shorter runs. You might ask then. How can I condition my power walkers if I do only running? Let me give you the answer.

Unfortunately the countryside in our locale does not offer the 3-4 mile uphill and equally long downhills as we have seen at Leadville or Western States. However, the good news is that I am highlighting the Pigeon Roost Mountain Run this month which offers some of the best mountain training around these parts. Take hold of your map and envision the .8 mile climb up Pigeon Roost and then the mile after mile of extended downhills. Splendid training. Now for the technique. How do I do it, Harley? Pigeon Roost Mountain in approximately 0.8 miles long. I'll try to run 3/4 of it and really power walk to the top. One trick is to wear a hat and look at your feet going uphill. Soon your perception is that you're running on flat. Shorten your stride. When it really gets to burning think about something else. Think about baseball. You men will know what I'm talking about. You women think about what you're going to cook for your man when you finish the run. Don't stop. Look forward to that power walk at the 3/4 mark.

I'm sorry I can't offer any tips on downhill racing because this region offers some excellent downhills. Perhaps some of you more successful downhill racers could share your skills with us.

Trail Trivia - What is a tip, tump and a thump in trail running?

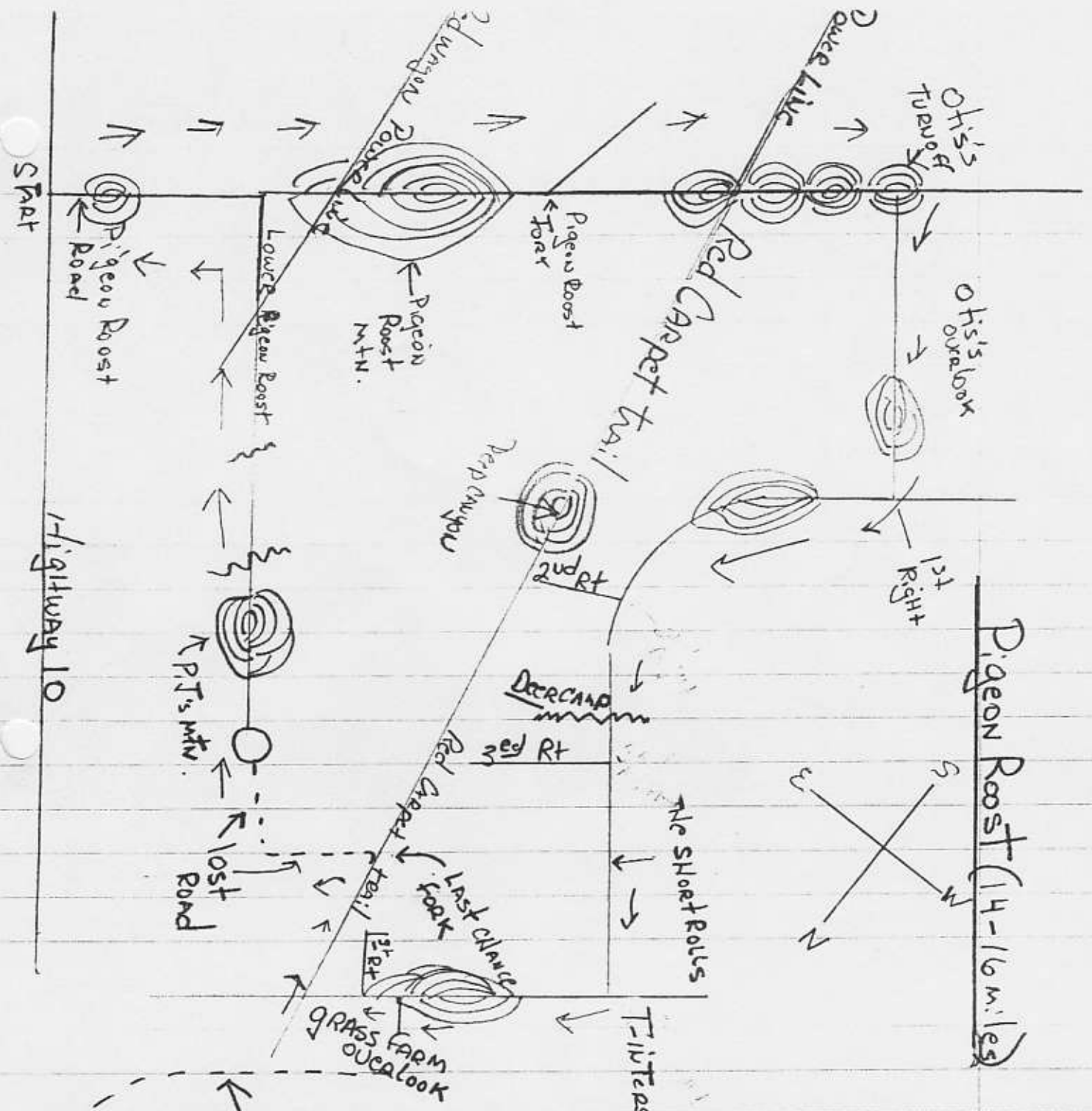
Answer - Let me explain. On trail runs it is not uncommon to be tooling along and your foot, usually my left, will catch a rock or root and will cause you to trip or fall on the ground. A tip, tump and a thump is the progression of what will happen when you meet that rock or root.

Tip - trip not more than two steps. Often accompanied by a deep pain in the groin. Not unusual to trip with one foot and then set off a spastic stomp with that same foot before the alternate foot strikes the ground.

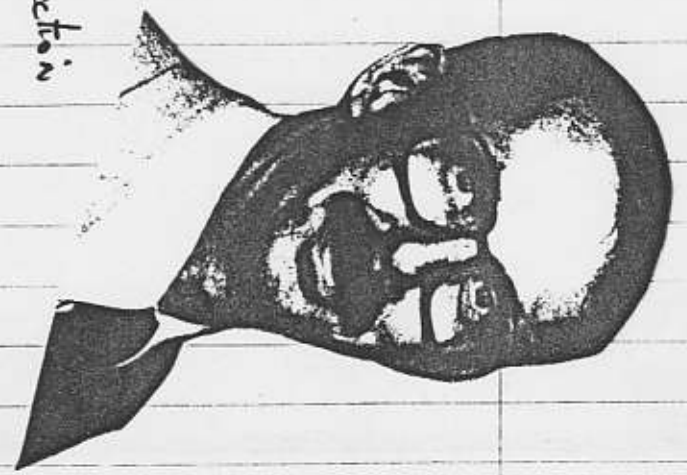
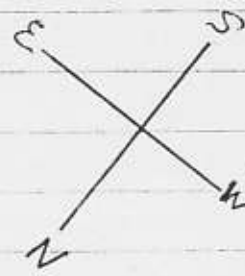
Tump - Trip more than two steps. Usually on level or downhills. Never produces a fall. However, during the trip you will feel as if your face is skimming the road surface for an eternity as you scramble to regain upright. Often characterized by water bottles rolling over your neck. Because you don't fall, your immediate reaction is one of relief. Then a short period of self-defacing takes over.

Thump - You are running free and easy and the next breath finds you flat on your belly. The thump is the sound of you flopping to the ground. Now get up "by dog-it" you're a trail runner now.

Regards and Happy Trails



Pigeon Roost (14-16 miles)



- Direction: Colruise
Modest Price
1. Start to O'HIS's TURNOFF (Approx 60mily)
 2. O'HIS's TURNOFF to GRASS FARM (Approx 60mily)
 3. GRASS FARM to TRIBTERSECTION (Approx 160mily)