

THE ARKANSAS ULTRA RUNNER

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The Newsletter For Ultra Runners In Central Arkansas

Governor's Cup Report - The McMahon Ranch⁴, 19 miles north of Russellville on Highway 7 was the headquarters of this year's Governor's Cup 26/50 Mile Endurance Run. The ranch is deep within the Ozark National Forest and borders the Piney Creek WMA Area. At 7:00 a.m. the temperature was in the mid 60's with overcast skies. Perfect weather for a good race. At 7:20 a.m. the runners were instructed to "begin". In the fifty mile run, Bill Laster took an early lead and held it for three miles. The trail descended for the first hour with the first aid station at the top of the mountain at 5.5 miles. This station saw Eddie Mulkey and Randy Spears (Texas) as first arrivals. These two would share the lead through 35 miles with Laster a close third. Eddie, with Laster back, was content to coast with Randy having now assessed the Texan's condition to be "deadmeat". This changed, however, when Laster caught up to the pack at 35 miles. These three ran together through 40 miles when Eddie decided to make his move. With Randy faltering badly, Laster repaid an old debt and paced his friend to the finish tying for second place in 7:14. Eddie, seeking his second Arkansas Trail 50 victory, finished in 7:00:58. My congratulations to Eddie for his outstanding victory. Also to Bill for showing the true Ultra Spirit by giving up some valuable minutes to help a friend get in.

The women's race produced three starters. Lou, Carol Mathews (Dover) and Charlotte Davis (Hot Springs). This would be Carol's and Charlotte's first 50 miler. At approximately two miles Lou caught up to Carol who was standing off the trail. Carol stated that she had gone out too fast and thought it wise to hold up and run with a more experienced Ultra Runner. And this they did through 46 miles. Here they decided to tie at the finish. At about 48 miles Carol appeared to regain her strength and Lou told her that if she felt strong to go for it. Carol with a shot of adrenalin at the thought of nearing the finish eased ahead finishing two minutes ahead of Lou with a 10:07. Congratulations to both and also to Charlotte who had a very respectable 10:26.

The 26 Mile Trail Marathon gave three members of the newsletter readers association in the line up. Kathy Guyer (Natchez), Sharon Williams and T-Bear Laster. Kathy and Sharon decided to run together. The duo almost ended within the first quarter mile when Ms. Scarlet was upended and sustained a most embarrassing injury. She had the breath knocked out of her. You know that feeling. But to her credit she picked herself up to finish in 7:09. Kathy with more experience had a 6:53. T-Bear was not so lucky. Going out hard she fell at 20 miles and injured her hip and knee and decided to retire.

Other A.U.R. readers in attendance was Joel Guyer 8:40 and that damne Harley who finished in 10:50 second from last.

Governor's Cup Critique - After experiencing last year's Governor's Cup, I signed up this year fully expecting lots of surprises. I was not disappointed. Some of the surprises were my own fault as in not reading carefully the entry blank. After last year's race, Lou and I wrote the Race Director, Victoria and Mark Varley, a note thanking them and their

volunteers for the things that were done right. They had had enough negative input, I am told. We received a nice note back in which they asked us to oversee the run part of Governor's Cup. For logistical and personal reasons, we declined. With this in mind, I can't complain about the race management. I will however list the negatives and positives for those of you who have never been but might be considering it in 1990.

- Negatives
- #1. \$75.00 entry - about twice the going rate of Ultras.
 - #2. \$2.00 fee for parking your car on the grounds.
 - #3. \$5.00 per person per meal. Last year runners ate free this year runners paid.
 - #4. If you didn't stay until the awards on Sunday, you don't get the award. (beltbuckles)
 - #5. Prize money was promised however no prize money was offered.
 - #6. \$10.00 extra for a Governor's Cup t-shirt.

- Positives
- #1. A truly classic 50 mile trail. Extremely challenging but very runnable.
 - #2. A well marked trail.
 - #3. Plenty of water to drink. Aid mostly unmaned every five miles.
 - #4. Very dedicated volunteers. Victoria worked double duty, seeing that runners were in good health and cared for.

In summary, the Governor's Cup is worth supporting as long as you know in advance that it will be an expensive weekend and that there are likely to be changes made between the time you enter and the date of the race. Don't go to this one with your eyes closed expecting to be pampered. The Varleys are extremely good horse people! Be a good Ultra Runner and prepare your own self!

Arkansas Ultra Runner's Eastern Correspondent - David Horton

(the following is an account of the 1989 Mountain Masochist Trail Run 50 miles - October 28, 1989 - Race Director - David Horton)

Runners from 22 states and Canada assembled to tackle the seventh running of the Mountain Masochist Trail Run, "The Best Trail Race in the East". A beautiful, sunny day awaited 106 men and 16 women with temperatures ranging from 45° at the start to an afternoon high of 70°.

One of the main attractions of this race is the spectacular array of colors as the awe-inspiring Blue Ridge Mountains change into their fall foliage. For the first 27 miles of the race, runners were not to be disappointed as the mountains were ablaze with red, orange and yellow. However, leaves were on the ground, not on the trees during the last twenty miles. This is attributed to the last 20 miles being above 3,000 feet. Whereas most of the first 20 miles are below 1,000 feet with the starting elevation being just over 600 feet.

As race director, you are always one call away from disaster. I received an urgent call at 2:30 p.m. Friday afternoon from a lady at Grant's Store in Montebello, which is the finish of the MMTR race. Many emotions ran through my mind as I contemplated a variety of problems that may have occurred. Upon returning the call, the owner of the store reported that a forest ranger had pulled down a section of streamers marking the MMTR course. I immediately called the ranger headquarters to inquire if in fact a ranger had pulled down the streamers and if so,

what section? My fears were confirmed. A section of streamers had been pulled down but they were not sure which section. In my mind, I was frantically trying to decide how I was going to remark the course late at night with only a few hours to race time and which sections? Five minutes before leaving for the pre-race meeting, I received a call from the ranger in question and he indicated that yes, he had removed streamers marking the last four miles of the course. Thankfully, we were able to mark the course on Saturday prior to the arrival of the first runners through that section.

A fantastic pasta feast greeted all runners, handlers and aid crews on Friday night. This had to be one of the best pre-race meals ever served at an ultra, as a wide variety of high carbohydrate dishes were prepared by several local ladies. As runners checked in, they were presented with a sweatshirt this year especially designed with the MMTR in mind.

Race day began very early as a breakfast was served at a local restaurant from 4:15 to 5:15 a.m. The MMTR is a point to point race that begins on the Blue Ridge Parkway more than 20 miles from Lynchburg. This necessitates providing bus transportation for the runners to the start of the race and returning after the postrace banquet and awards ceremony.

Dennis "the Animal" Herr had returned to defend his 1988 MMTR title and was seeded first. However, several other male runners had high expectations that they might be able to capture the title themselves. Among those were Eric Clifton (winner of the 1989 Vermont 100 miler), Donald Smith, Jim Van Cleave, Doug Heagy, Dave Drach, Pete Makris and Keith Hileman.

The runners stayed together through aid station 1 (3.3 miles), but by aid station 2 (5.7 miles), Clifton had a one minute lead on the pack. He maintained a slight lead through aid station 7 (20.2 miles). At this point, Drach was only two minutes behind and Van Cleave was one minute behind Drach. Clifton's pace to this point was equal to George Brown's course record pace of 7:06 in 1986.

Aid station 10 (26.9 miles) is at the base of Buck Mountain and is considered to be the half-way point in the race. Most runners can predict their finishing time by doubling their time at this point. In 1988, Van Cleave led the MMTR race up Buck Mountain, but paid the price and had to return to aid station 10 and call it quits. Buck Mountain is a straight uphill climb for 2.6 miles. As Clifton began to slowly fade, Drach and Van Cleave traded the lead back and forth between 20 and 27 miles. Drach checked in at aid station 11 (29.5 miles), six minutes ahead of Van Cleave with Douglas Heagy two minutes behind Van Cleave.

By the time Drach got to the infamous 5 Mile Loop (33.6 to 38.6 miles), he had a seemingly insurmountable lead of 11 minutes on Heagy. Herr was 21 minutes behind Drach, Robin Fry 22 minutes behind and Tom Possert and Donald Smith 24 minutes behind. However, Donald Smith closed on the leader with a time of 48 minutes in the loop. Van Cleave called it quits at the start of the loop.

Drach checked into aid station 15 (Forest Valley) at 12:58, followed closely by Heagy at 1:09, Herr at 1:10 and Smith at 1:13. With only seven miles to go, Drach still looked like he would win the race, but Heagy, Herr and Smith weren't conceding yet. The last seven miles of the race are over very rugged terrain with only one aid station at 47.1 miles. Drach was having trouble with muscle cramps by this time and was slowing down.

Drach reached aid station 16 at 1:52, Herr at 1:56, Smith at 2:04 and Heagy at 2:07 p.m. With less than three miles to go, it still appeared that Drach would be the winner. However, there is a 1,000 foot

drop in the last section. Herr, known for his crazy downhill speed, caught Drach with less than one mile to the finish. Herr finished with a time of 7:49 to become the 1989 winner of the MMTR successfully defending his 1988 victory. Drach finished two minutes later in 7:51. Smith just missed breaking eight hours, finishing in 8:01:30.

The women's race was close for the first half of the race. At 26.9 miles, Bonnie Barton came in at 11:06, Eileen Eliot at 11:22 and Alicia Murphy at 11:30. By the time Barton reached the 5 Mile Loop (33:6 miles), her lead was 38 minutes over Murphy and 39 minutes over Eliot. From there on in, Bonnie was able to extend her lead finishing with a time of 9:11:37, the second fastest time ever run by a woman on the MMTR course.

The Post-Race Banquet and Awards Ceremony were held at Piney River, Va. The Ladies Auxiliary prepared a wonderful home-cooked meal and the runners enjoyed a time of relaxation and sharing of stories of the days events.

Eileen Eliot won the women's Masters trophy with a time of 10:23:34. Keith Hileman was the male Masters winner in 8:45:44. The Mountain Man Trophy, awarded to the top local finisher, was presented to Bernie Davis. Tom Green has successfully completed the MMTR for seven consecutive years, with Doug Maupin and Len Woody recording their sixth completion. The youngest finisher was David West, 21, a VMI cadet with a time of 10:05:46 and the oldest finisher was Kenneth Karcher, 60 with a time of 10:15:00. Women's team competition was won by Linda Sledge and Anne Huntzicker. The Men's team winner was composed of Dennis Herr, Eric Clifton, Donald Smith and Dick Vincent.

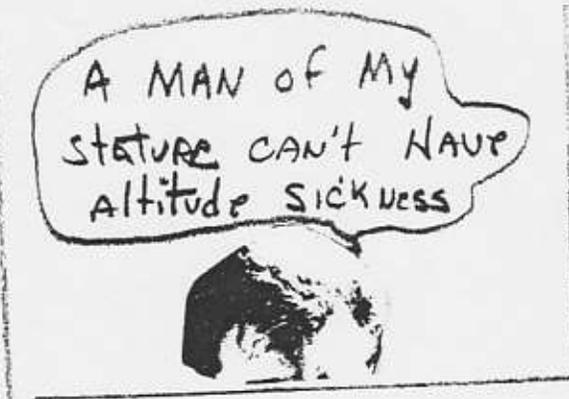
Many runners were overheard as saying that they would be returning again next year and would be bringing friends with them. This is what all race directors like to hear. I appreciate all the positive remarks received this year, and I welcome any and all suggestions in making the MMTR even better in the years to come. The 1990 MMTR is scheduled for Saturday, October 27. I hope to see you at the eighth running of "The Best Trail Race in the East."

Ultra Trail Series 10-9-10 - December 9 - Starts at Lake Maumelle Overlook, 18 miles west on Highway 10/I430 Overpass. 7:00 a.m. start. 6:45 a.m. trail briefing. Run is approximately 21 miles.

WARM REGARDS,

A handwritten signature consisting of a vertical line with a horizontal line crossing it near the top, and another horizontal line below the vertical line.

THE
INSIDE
by
HARLEY



"Stubbornass a Mule"

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GOVERNOR'S CUP CHAMPIONSHIP ENDURANCE RACE - OCTOBER 28, 1989
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<u>RUNNER #:</u>	<u>NAME:</u>	<u>TIME:</u>	<u>STATE:</u>
<u>50 MILE ULTRA-MARATHONERS:</u>			
	<u>HR.</u>	<u>MIN</u>	
1st	EDDIE MULKEY	7.01	AR
2nd	RANDY SPEARS	7.12	TX
2nd	BILL LASTER	7.12	AR
4th	DAVID CAWEIN	7.41	AR
5th	NEIL LEICHTY	7.48	FL
6th	BOB WILLIAMS	8.11	TX
7th	BILL COFFELT	8.15	AR
8th	JIM SCHULER	8.17	AR
9th	GARLAND OVERSTREET	8.23	LA
10th	JACK SHERIDAN	8.25	TX
11th	ROBERT TRAPP	8.34	IL
12th	STEVE BAKER	8.39	TX
13th	JOEL GUYER	8.40	MS
14th	JACK JOHNSON	8.42	TX
14th	CHUCK BARRINEAU	8.42	TX
16th	MARK BERTHIAUME	8.59	TX
17th	JOSEPH SEPPI	9.21	FL
18th	BOB BLOMQUIST	10.04	TX
19th	CAROL MATHEW	10.07	AR
20th	LOU PEYTON	10.09	AR
21st	PAT DUELLING	10.17	WI
22nd	CHARLOTTE DAVIS	10.26	AR
23rd	CHARLIE PEYTON	11.48	AR
24th	KERMIT DEEM	12.07	OH

"MAN AGAINST BEAST AWARD" WENT TO EDDIE MULKEY WHO ARRIVED AT THE 50 MILE MARK WITHIN ONE HOUR OF THE WINNING HORSE'S 50 MILE ARRIVAL TIME. THE WINNING HORSE HAD TO GO ON TO THE 100 MILE MARK AND VET IN SOUND FOR THIS AWARD TO BE GIVEN. THE WINNING HORSE WAS RIDDEN BY 7 YEAR OLD CECI-BUTLER FROM HOUSTON TEXAS WITH A WINNING TIME OF 14HRS.3MINS.