

ARKANSAS ULTRA RUNNER'S

FEBRUARY 1989 VOLUME 1

GREETINGS ULTRA RUNNERS

Ouachita Trail 50 Update- Plans are being laid and this promises to be a first class, well organized event. By this time next month, the trail should be measured so that we will know where the start and finish and the various check points will be. Also it should be decided by then as to what awards the finishers will receive. Good news in that the race has been listed in the Ultrarunning Magazine and several inquiries from out of state have been received. We already have one entry. Nick and Sharon Williams (225-5557) will be glad to take your name/or family members for volunteers.

Ultra Trail News - Harley has had a brainstorm and so has Professor Williams. How does an "Arkansas Trail Series" sound? They are proposing a five race format with points awarded (say to the 1st ten finishers). The runner with the most points will be awarded the title of "King of the Arkansas Trails". If we have women participating it will be "Queen of the Arkansas Trails". The format will be informal meaning no frills. No registration, no fees and basic aid (water). We'll be playing hardball. The runs will be as follows:

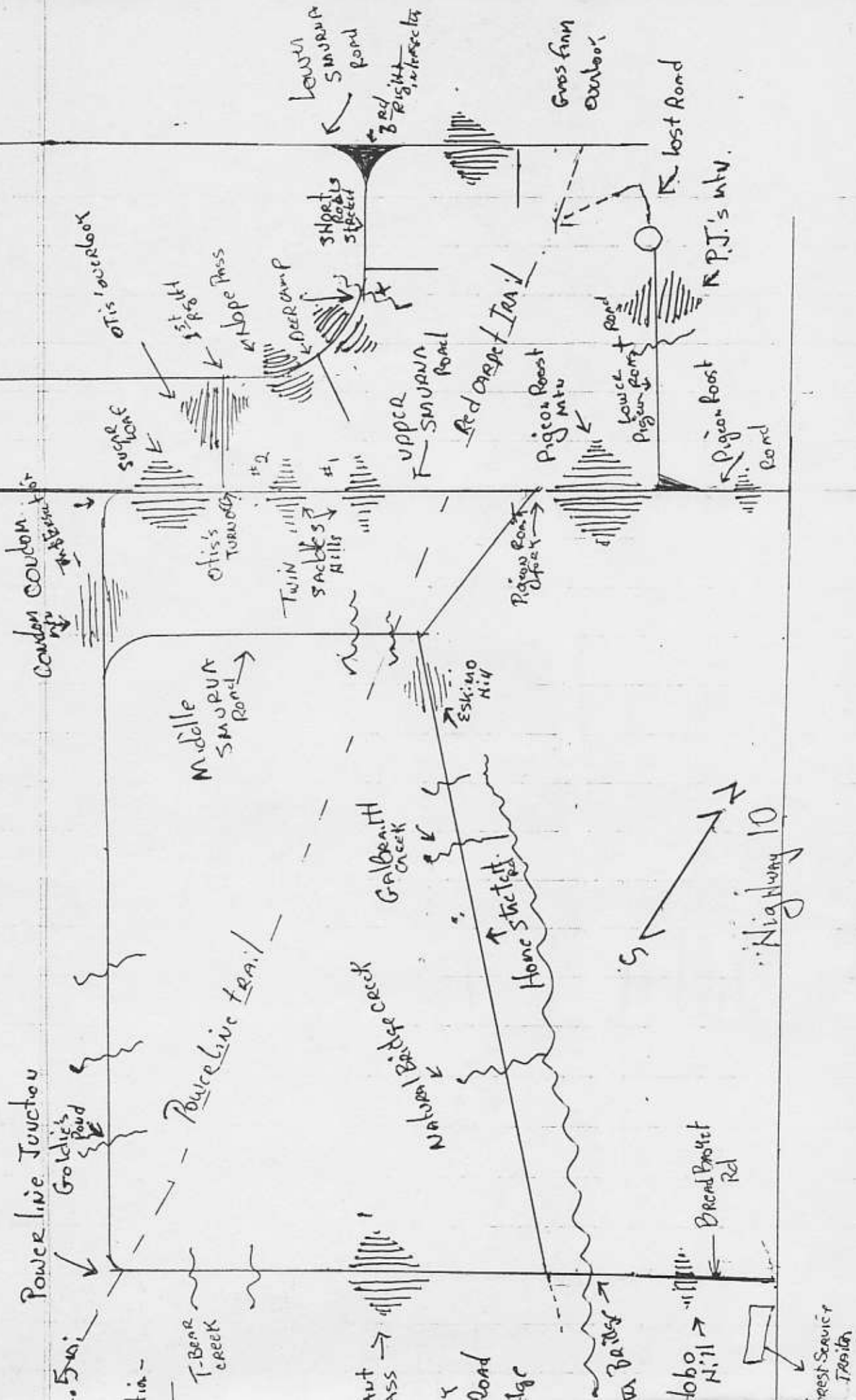
1. The Tom @ Harley Loop - 28 mile - formally called the super loop. Now named after the two runners who first conquered it on 1-28-89 - Tom Chapin and Harley.
2. Mobile Marathon - 26 miles.
3. 10 to 9 Run - Lake Maumelle at highway 10 over to highway 9 and back on the Ouachita Trail.
4. The Winona 50K
5. The Pipeline Express - Approx. 12 miles - North Shore landing to Highway 113 and back.

The details of distance and time are not definite but these look like a go. The races will be used to compliment existing ultra runs and hopefully be used as an avenue to attract others to our sport.

From the Editor - Check out this map of the Tom/Harley loop. Have you been on a run before and tried to explain to a fellow runner what you saw, where you were, how you felt and when. Everyone will have their own phrase or name for a landmark, trail or section. My attempt is to establish uniformity. If you would like to change one of my "ideas" on the trail, circle it in red and let me know. We'll put out an OFFICIAL map later.

In the meantime - Happy trails and don't forget the fish hooks.

The Tomharley Loop 28 mi (4)

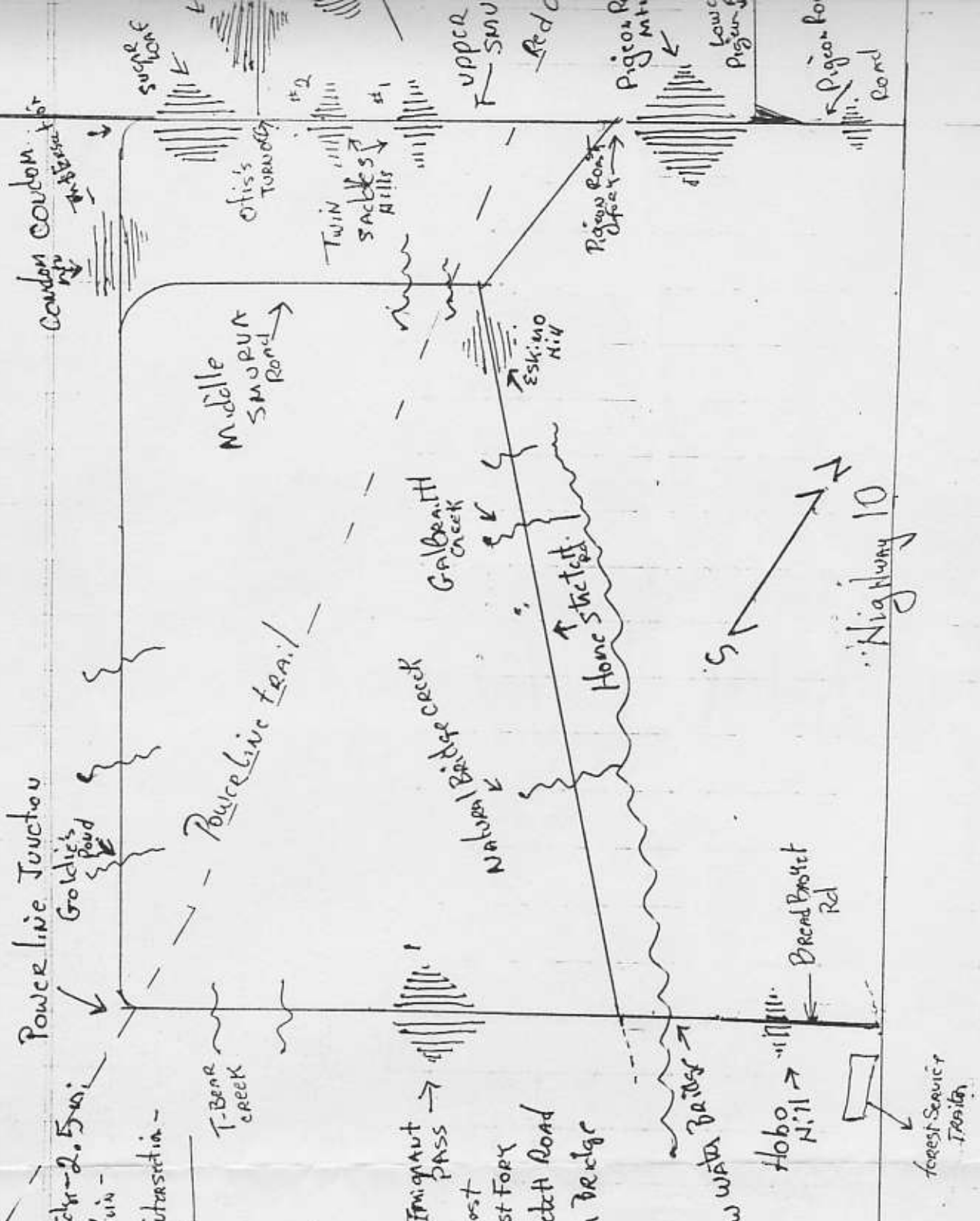


The Tomharley Loop 28 mi (t)

- Power line trail

Directions

- Highway 10 to Low Water Bridge - 2.5 mi
- Low Water Bridge to Power line Junction
- Power line Junction to Condome Intersection
- Condome Intersection to Otis Turnoff
- otis turnoff to 1st Right
- 1st Right to 3rd Right
- 3rd R to Grass farm area
- Grass farm to Red Chapel trail
- Red Chapel trail to Lost Road
- Immigrant Pass →
- Lost Road to Lower Pigeon Roost
- Lower Pigeon to Pigeon Roost Fork
- Pigeon Roost fork to Home Street
- Home Street Rte to Low Water Bridge
- Low Water Bridge to Highway 10.



ARKANSAS ULTRA RUNNING - 1989

A Chronicle of Ultra Running In Central Arkansas

Presented To:

Contents - Maps, Training Tips, Trivia, Ultra Cartoons,
Race Results, Fun Run Reports, and Ultra News

Your Running Horoscope For 1990 -

Philosophy of the Arkansas Ultra Runner Newsletter. Everyone wakes up in the morning and everyone goes to bed at night. Except for your spiritual considerations, everything that happens between the time you wake up and go to bed is relative. This newsletter started out as my way of corresponding with my ultra running friends. Just a note to keep in touch between The big runs. Overlook that misspelling and dangling participle and try to catch a little humor or glean a little insight if you can find it. Nothing so serious as to take away from a good run.

WARM
Regards

