

THE ARKANSAS ULTRA RUNNER

DECEMBER 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The BigShot - Before we go any further down the trail, stop and tighten up your shoe laces-----Now, how--does the "Arkansas Traveler 100 Mile Trail Run" sound? There are critical decisions to be worked out but it looks like Arkansas will have a 100 miler in the fall of 1991.

The Ultra Trail Series winners plaques are being readied. I hope it can be worked out so that we can have a celebration after the last run to present the plaques.

This is not exactly how it was but then again it could have been, too. "Get on with it, Harley". Okay! Okay! I'm trying to tell you about our trip to Virginia and The Mountain Masochist 50 Mile Trail Run, October 27th. Nick, Lou, and I struck out in Nick's van at 5 p.m. heading for Lynchburg, Virginia. 14 hours later the Race Director and Arkansas Ultra Running Association member, David Horton, was giving us a tour of Liberty University where he is Chairman of the Physical Education Department. Next we went to David's house for a rest. Now here comes the good part. That afternoon other runners who would be staying there started to arrive. I mean some big guns, too. One was Donald Smith who tied for first at the Ouachita Trail 50 and recently second at the Groundhog Fall 50 Mile Race in Punxsutawney, Pennsylvania. Donald was in the group of Virginians who came down to challenge the Ouachita Trail and also to challenge some of the Ouachita Trail runners. He was hoping that the Arkies would show up in force for The Mountain Masochist. When he arrived at David's he looked around the room bending from side to side trying to get a glance of someone. He looked right past ole Nick and me (of course I was there to crew for Nick, don't you see). When he didn't see who he wanted he said in a very provincial, North Carolina drawl, "you tell Bill Lasitah to decide if he wants to be a track "runnah" or a trail "runnah". The conversation soon got serious. There was no mention of budget talks or Saudi Arabian news here. Strickly about running trails and who was fit and who can beat whom.

Now the race is a "don't miss it" category according to my rating. The race starts with a dinner and trail briefing Friday night. I'll come back to this later. The next morning the runners are bused out to the start on the Blue Ridge Parkway about 20 miles away. The run is point to point with the buses waiting at the finish to take runners to a post race awards meal and then back to the town of Lynchburg.

Back to the briefing. David went section by section over the trail and told us how steep the climbs were and how rugged it would be. Ole Nick's knees were knockin! I was glad I was his crew but Lou was wanting a particularly tough section at approximately 26 miles called Buck Mountain. Nick is suppose to write me an article to be used later on down the line. I drove over a lot of the course and found that it was very steep and rugged but anyone of you that are regulars on the trail series could have fared just fine. David scared Nick so bad, I actually saw him run an uphill. I would love to see some of our gifted Arkansas Ultra Runner Association members give The Mountain Masochist a try next year.

Congratulations to Arkansas Ultra Running Association members, Paul Johnson, Max Hooper and Lou Peyton for their induction into the Arkansas Runner's Hall of Fame during Healthfest weekend, November 11th, in Hot Springs. Also, to Eddie Mulkey and Lou Peyton for being named by the Roadrunner Club of America as Arkansas's Ultra Runners of the year. As you read on you'll see the selection process and a list of all runners in Arkansas who ran Ultras last year. Did we miss anyone that you are aware of? Let me know.

The Hall of Famers received a nice plaque. It looks like I'm going to have to get out the "lean poles" for Lou's plaque. "What's a lean pole, Harley?" Well you see growing up in Mississippi people in the country used "lean poles" alot. That's when a house or a barn would start to list or sway to one side. You'd go down in the bottom and cut a couple of stout sapplings and prop them up against the side of the house to keep it from sagging further or even falling down. They're called "lean poles". I'm afraid my house will need bracing if we get another plaque.

About upcoming Ultra races. We've put out feelers on the status of the Jackson Five-0 in January. What we found out is that the Race Director in '89, Dan Miller, has sold his business and would not be involved in the race. However, our source in Dallas said that he believed the race would still take place. So far it's not listed in "Ultrarunning" and time is running short. In my opinion this is the premier endurance run the southwest and, for some of you Arkies who don't like trail running, it offers an opportunity to really see what running 50 miles feels like.

On the same date in January, the 19th, there will be a 50 Mile Trail and Marathon on the Shockaloe Trail near Morton, Mississippi. You need an application? Call me. We're going. Lou and I ran the trail last spring.

The Ultrarunning Magazine lists Bill Laster's Ouachita Trail 50 for May 4. It's good to see races listed early so you can plan ahead.

Now - - If you'll excuse me, I'm going to step off the trail. Don't look back!

Ultra Race Report -

6-12-24 Hour Track Run - Benton, Arkansas. November 2nd.

An insensitive sport reporter might have headlined the results as follows: "The Mississippi Dog Finds Bones to Gnaw On On The Benton Track:.. I am not an insensitive sports reporter. I would lead with "Experience Wins Over Speed and Strength On The Benton Track". Joel Guyer, dubbed "The Mississippi Dog", by Lou Peyton, drove 5½ hours from Natchez with a goal of running, 120 miles in 24 hours. Lou and I would be his crew and lap counters. At the start it was evident that Eddie Mulkey and Bill Laster's stragedy was to go out fast. Not to take away from anyone else but these three were the top contenders with Buddy Ritter waiting if everyone faltered. Eddie with his flowing stride and Bill with his strength powered around the track building up a formitable lead. Joel, settled into a 5 m.p.h. pace and let them go. Along about daylight Joel started to unwind the lead of the

front runners. Without rehashing the newspaper accounts it can be said that the Moonlight Madness Run certainly lived up to it's reputation. Runners and crews went through the microcosm of life's experiences in a single day. Spirits were tested and nerves were frayed. Friendships and respect were broken and mended. To the uninitiated it was a scary experience. But my dear Ultra friends this is what memories are made of and where legends are born. This was one of the most exciting Ultra events Lou and I have participated in. Watching people go round and round running good and running bad. Dying off and then coming back. When I get around to writing my Ultra Profile for the newsletter and am asked who are my heroes, I'll answer, "anyone who puts his foot on the starting line is a hero of mine".

Results of the Twenty-four Track Run:

1. Joel Guyer, 123½ miles*
2. Bill Laster, 116 " *
3. Buddy Ritter, 105 " *
4. Bill Howerton, 102"
5. Tom Frazee, 101 "
6. Cliff Treyen, 100 "
7. Eddie Mulkey, 87 " *
8. April Enos-Ford, 70
9. Al Maguire, 29 " *

*Arkansas Ultra Running Association Member

Ultra Trail Series Schedule -

December 8th - 10-9-10 Run - Approximately 20 miles. 100% Ouachita Trail out and back. Water provided at turnaround. Directions: Follow Highway 10 approximately 18 miles from the I430/#10 Overpass to Lake Maumelle picnic area on the right. This is just before the last bridge crossing the west end of Lake Maumelle. 7:00 a.m. start.

January 12, 1991 - The Great Wall of China Run - 20 miles of forest service road running. Hong Tao Williams and Ho Sit Peyton. Details later. New area. (The newly discovered section)

February 2 - The Mobile Marathon - details later.

Records Shattered at Mountain Masochist 50 Mile Trail Run - David Horton Race Director and Arkansas Ultra Runner Association Eastern Correspondent. (The following is a summary of the race that will appear in a near issue of Ultrarunning.)

Records are made to be broken and at the 1990 MMTR, this was a proven fact! This year, 160 runners started and 135 finished, which broke the 1988 record in which 132 started and 115 finished. Much of this was due to the fact that the weather was perfect; the best ever at the MMTR. The temperature was 35 degrees at the start and reached a high of only 50 degrees during the afternoon. Although the fall colors were not as breathtaking as in past years it was a beautiful sunny day and the humidity was very low. The depth of the field was better than ever before as well. Many runners entertained thoughts of taking home the classic pewter runner mounted on a 7 lb block of black marble.

A unique feature of the MMTR is that runners are lodged, free of charge, in local runners homes on Friday and Saturday nights. Over the past years, runners have found they have standing invitations in local

homes should they choose to return. A total of over 100 individuals were lodged this year. It was a good thing as ALL hotels and motels were booked months in advance because of homecoming/parent's weekend at Liberty University.

The Friday night pasta banquet was a great success as usual. Many varieties of pasta dishes were prepared by our local ladies. Three large sheet cakes, decorated with the MMTR logo, were also devoured as over 250 people joined us for the pre-race banquet.

Of the 171 runners who registered, over 100 of them had never run the MMTR before and at least 1/3 of them had never run an Ultra before. One runner had never even run a single race before! Maybe this was why all runners listened so intently to the pre-race instructions.

The MMTR starts on the Blue Ridge Parkway, 20 miles from Lynchburg, VA at the James River Visitor Center and ends in the small town of Montebello, VA. about 50 miles from Lynchburg. Montebello has a general store, a post office, a trout fishing pond and a campground. Mentally it is easier for most people to run a point to point course and psychologically it is rewarding to see the great distance that you have covered after the race. However, starting and finishing so far away from Lynchburg, necessitates the use of buses. Runners are bused from Madison Heights (a suburb of Lynchburg, where a breakfast buffet is available to the runners) to the start, meeting runners again at 26.9 miles for those needing a quick change of shoes, clothing, etc., and picking runners up at the finish to transport them to the Awards Banquet and back to Madison Heights.

Runners were to encounter 16 aid stations set up at 2½ - 3 mile intervals, stocked with water, coke, Conquest and a wide variety of food/aid items. Runners referred to them as picnic smorgasbords, rather than aid stations. Many of the runners also commented on the friendliness and encouragement given by the aid crews as to the reason for them finishing the race. This is especially encouraging to the race director, to hear such good and positive comments about those assisting him in this endeavor. We could not have a race of this quality without our dedicated and hardworking aid crews.

The race started at exactly 6:30 a.m. Eric Clifton (Greensboro, NC), Gary Stefanisko (Neward, DE), and John Price (Norfolk, VA) sprinted to the lead and arrived at the first aid station (3.3 miles) at 6:52 a.m. By the third aid station (8.4 miles) Eric had developed a lead of three minutes over Stefanisko, who had been joined by Donald Smith (Reidsville, NC) and Dave Drach (Leasburg, NC).

In the October issue of Ultrarunning magazine, a personal profile of Eric Clifton had stated that his short term goal was a sub 7-hour time at The Mountain Masochist. No one had ever broken 7 hours and the only person who was close was George Brown (Richlands, VA) who had run 7:06 to finish first in 1986. To make matters worse, Clifton's best time ever on the MMTR course was 8:07.

By the time Clifton arrived at aid station 5 (14.9 miles) it was very evident that he was going for the sub 7-hour goal with a vengeance and with a realistic chance of achieving it. At this point, he was six minutes up on Smith and Drach and eight minutes up on Dan Landry (Seminole, FL). Clifton was only one minute behind 7-hour pace at this time.

Clifton entered the infamous "5 Mile Loop" (33.6 to 38.6 miles) at 11:03 a.m., and had developed a sizable lead over his fellow competitors. Landry was 11:19, Smith 11:29 and Drach 11:34 going

into the Loop. From there on in, Clifton forgot about those behind him as he concentrated on his quest for a sub 7-hour time. At aid station 14 he was two minutes behind, at 15 he was three minutes behind, and at 16 he was four minutes behind sub 7-hour pace. With one last push, he chased his goal, but came up slightly short with a new course record of 7:02:46.

Landry, a flatlander who should not be able to run hills that well, finished in second with an excellent time of 7:27:06. Smith improved his third place time in 1989 of 8:01 to 7:38, but still placed third. Drach ran close to his second place time in 1989 of 7:51 and finished fourth with a time of 7:53. Richard Schick (Marietta, GA) won the Masters title with a time of 7:53:32. Art Moore (North Olmsted, OH) won the Grand Masters title in a time of 9:37:34.

On the women's side, the winner was never in doubt as Shelby Hayden-Clifton (Greensboro, NC) raced away from the other 18 women at the start. The only question was just how fast would she run. She held the previous course record of 9:03. Shelby obliterated that time with an impressive time of 8:36:46, placing 16th overall. Noel Relyea (Neward, DE) followed in second place with a time of 9:41:36. Marlys Staley (Centerville, OH) finished third in a time of 9:42:38. Nancy Hamilton (Boonsboro, MD), alias Barkley weiness #2, was the female Masters winner with a time of 9:42:50.

A tribute to the toughness of women runners in this years field, was that 17 of the 19 starters finished (89%). In the eight year history of the race, 85% of all starters have finished.

One of the most exciting times in a race is seeing the last few runners trying to beat the cut-off time, whether it be 12 hours, 24 hours, or 30 hours. To receive the finishers award at the MMTR, runners must complete the course under 12 hours. As the last few runners came into sight, everyone at the finish line began cheering them on in hopes that they would have that last burst of energy necessary to make it under the 12-hour time limit. One gentleman even ran down the road to meet them to let them know how much time was remaining. What a tremendous sight, seeing runners, handlers, and crews cheering on their fellow competitors. In what other sport do you see athletes sincerely hoping to see their competitors do well?

The post-race banquet and awards ceremony in Piney River, VA was one of rejoicing in shared accomplishments, physical and mental difficulties, and the knowledge of having attempted or finished the "Best Trail Race In The East".

The Autumn Classic - 28 Miler (?) On The Ouachita Trail, November 3rd.

When I was growing up in Mississippi in the late 40's and early 50's The Clyde Beaty Circus would come to town every spring. Clyde Beaty, was a lion tamer whose motto was "bring'em back alive". Meaning he went to Africa and captured and brought back wild animals. I hadn't thought about those days until I was loading five runners in the back of my pick-up at the halfway point and bringing them back to the start. What a brused and beat-up bunch. I need to write an article on how to run trails. Anyway, Ole Harley was "bringing 'em back alive".

Back to the beginning. I knew Aspel and Gross would set the curve but I can't believe the times. 41 minutes from Lake Sylvia to Brown's Creek (5 miles), 35 minutes to Flatside (3 miles) and 51 minutes to Grindstone (6 miles). I was humpin' to set out water and just did make it to the turnaround when Johnny and Tom pulled in at 2:08. Back to the finish they raced with Johnny pulling a negative

split of 2:01. You think you can do that? I was disappointed by the start/finish ratio and almost decided that the Autumn Classic was too difficult, but, those who finished seemed to enjoy it and that's what counts. We had a good group of starters, about 17. Some ran short; others I hauled out. What do ya'll think - 28 miles on the Ouachita Trail is too tough for you?

Results of the Autumn Classic Run:

1. John Gross, 4:09:13
2. Tom Aspel, 4:19:44
3. Jim Sweatt, 5:32:11
4. Allen Morton, 5:59:24
5. Ernie Peters, 6:11:02
6. Ken Millar, 6:34:15
7. Charlotte Davis, 7:46:55
8. Steve Eubanks, 8:05:59

Safety Tips On Winter Trail Running -

1. Include a large garbage bag in your fanny pack for emergency use due to drastic change in the weather to keep warm or if you get hurt and unable to finish the run.
2. Don't run alone in an isolated area.
3. Beaware of the impending weather conditions.
4. Avoid if possible, heavily used deer and turkey hunting areas during the gun season.
5. Let someone know where you are and what time you should return.
6. Dress appropriately and in layers.
7. Stay alert to highwinds when on the trail. Tree branches might break loose.
8. Carry more high caloriend food than you expect to need.

12 Nick Williams			1	1						3	6
14 Wayne Elliot		3									3
15 Harley Peyton		1	1							1	3
16 Fabus Davis		3									3
17 Scott McCreight				3							3
18 Ron Hale		3									3
19 ALMA											
20 Jackie Edwards										3	3
21 Buddy Ritten		1	1								2
22 Bob Houle		1	1								2
23 Sam Hardcastle				1							1
24 James Hicks	1										1
25 Toney Johnson	1										1
26 Jim Swentt				1							1
27 Sam Slogg				1							1
28 James Nettleton				1							1
29 Darrell Nettleton				1							1
30 Mike Carson				1							1
31 Bob Lufkin				1							1

female		JACKSON	SIVE-O	TRAIL SERIES	Vermont 100	X-TIMBERS	QUAKENITA 50	GOVERNOR'S CUP	MANUELLE 60K	TOTALS
NAME										
1 Low Peyton	15	10	10	1	20	15	X			71
2 CAROL Mathew		20	-	-	-	20	15			55
3 ANN Greysmitt		-	-	-	-	-	20			20
4 Donna Hardcastle		15	-	-	1	-	-			16
5 Charlotte DAVIS		-	-	-	1	10	-			11
6 Irene Johnson		-	-	-	-	-	10			10
7 Ivy HARRISON		-	-	-	10	-	4			10
8 Donna Querr		-	-	-	1	-	-			1

THE
INSIDE
by HARLEY
(A Satirical look
at ULTRA RUNNERS
in ARKANSAS)



ULTRA RUNNERS DON'T DO BRAIN SURGERY