

THE ARKANSAS ULTRA RUNNER

FEBRUARY 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The Big Shot - Another Year! The second one for the Arkansas Ultra Runner. I'd like to call time out and welcome our new members. If you old heads would let me repeat some of our lessons to our new associates, I'd be grateful. First thing to remember is the newsletter philosophy:

"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."

What this all means is that I'll try to fill you in on what has or will happen in Ultra Running in the area or what happened to some of our Ultra Runners. This year I will limit the newsletter to not over five pages. But, you can still count on trail run reports, maps, cartoons and training tips. If you would like to contribute an article that would be fine but remember our content rule--"no pscho babble". If you want to tell me how your trail experiences lead you into a new growth dimension, forget about it. Start your own newsletter. We don't talk about ideas and things; we talk about people - you and maybe your trail mate. Just this month I received two letters addressed to the Big Shot, that's me, that I'm including in this newsletter for your benefit. The first I had to censor, the second was a little mushy but I feel it's appropriate.

Dear Harley,

How nice! ~~Here is a personalized copy of the second issue.~~

You are getting very creative in your old age. Maybe when you reach age 60 you'll come out of your shell and start living. Things aren't too bad out here in the real world. ~~Happy Christmas~~ Happy New Decade - 1990 (~~my new beginning~~).

Love,

Sarge

This little note details a point I've been preaching all along. That is that a prophet is never accepted in his hometown. When will you people recognize what I am. Just follow me I'll be your guiding light in the 1990 running year.

The next note is from Carol Mathew who wrote in response to her Maumelle 60K finish.

From Russellville (not Dover)

Thanks to all of you who stayed with me during the 60K, Donna, Sam, Sue, Bill, Ann and her family and Lou.

All of you Ultra Runners bring out the most in me.

Nick has pulled me and now Lou. What a group!

See you all in the New Year!

Carol

The big Christmas gift this year was received by the Williams family. A new baby. They call him "Bo". Six weeks old and ready to run. A fine beagle. Lou's Hobo took one look at Bo and decided that it was his long lost love child. His boy. Bo does have that tell-tale black, brown, and white of Hobo. But so far doesn't show that crazed look that Lou's Hobo can give. We all were saddened by the passing of P. J., the Williams first trail dog. Ole P. J. was the only dog I know that tried to hang himself to get out of a run. "Tell us about it, Harley." Well it seems that Lou, Nick, and the dogs were set for a Sunday afternoon run with the three dogs, Hobo, Goldie, and P. J. riding in the bed of the truck. As they traveled down highway 300, Nick heard a scratching sound outside the truck and looked out the back window. There was P. J. hanging by his collar off the side of the truck. Some say that Hobo pushed him out. Some say he jumped. We'll never know. Several months later he was found by his master under mysterious circumstances in his dog house. I'll miss ole P. J. He had a way of stopping right under your feet to use the bathroom. Nick buried him beside the Breadbasket Road. That's class. When my time is up that's where you can spread my ashes, too. Me and ole P. J.

Trail Run Report - Lots of big news in central Arkansas and Ultra Running. The first item up was the rebirth of the Maumelle Scenic 60K. What a terrible month to have it. Same date as the Jinglebell Jog. My congratulations to Association Reader Eddie Mulkey for his victory and the last place finisher Al Maguire. Several of our Ultra Runners ran it so I'll list the results. I'm sorry I missed it but my priorities called me to the Jinglebell Run.

- |                          |                        |
|--------------------------|------------------------|
| 1. Eddie Mulkey, 4:23    | 5. Carol Mathew, 6:20  |
| 2. Johnny Gross, 4:28    | 6. Ron Hale, 7:28      |
| 3. George McDonald, 5:55 | 7. Irene Johnson, 7:34 |
| 4. Ann Graysmith, 5:56   | 8. Tony Johnson, 7:40  |
|                          | 9. James Hicks, 7:40   |
|                          | 10. Al Maguire, 9:01   |

The next big run was The Bear Run. Temperature was a minus 1 degree (actual temp.). Eleven hardy souls started and seven finished. David Horton, our eastern correspondent was first and yours truly was last. Friends, if you can do this, you're tough. My thanks to Bill and T-Bear for their planning and effort. Especially to T-Bear who met us with water at several points. The run started with a caravan to Williams Junction and then 25 miles over frozen dirt roads and iced over creeks.

It's been a long time since I've had such satisfaction over finishing. However several of our Ultra Runners didn't make it due in part, in my opinion, to their participation in the Maumelle 60K the week before. Most notably was James Hicks. T-Bear found several runners riding out of the run on the back of a log truck. Wonder what the wind chill was on the back of that log truck. I'll have to ask James.

- |                             |                        |
|-----------------------------|------------------------|
| 1. David Horton, 3:24:44    | 5. Nick Williams, 4:46 |
| 2. Bill Laster, 3:26:18     | 6. Lou Peyton, 4:46    |
| 3. David Samuel, 4:09:20    | 7. Harley Peyton, 4:52 |
| 4. Scott McDermott, 4:09:20 |                        |

On 12-30-89, Nick, Lou and I started out in a driving rain for an exploratory run on the north side of Highway 10 past Lake Maumelle. They had been telling me about new territory. I believe it. This might be the perfect run. Close by with big uphill, Sweeping downhills and a 10 mile flat plateau in the middle. Approximately 20 miles (it took me 4:00 to finish). It might have the Winonna Run beat for footing. Look for a map on this one in the future. Nick has named it the Suck Mountain Run. Named after Suck Mountain. There is a segment that goes over to Wye Mountain that is yet to be run (five miles). Lots of goodies here.

At the same time we were running up Suck Mountain, Mule Martin met David Horton on the Breadbasket Road and ran to the powerline junction then followed the powerline to the C.C. Road. These two runs with David are about as extreme as you can get. Sub-zero on the Bear Run and a cold, driving rain for the powerline run. David said that it was nothing special. "I run in the elements all the time." We'll have to ask several of the eastern members for verification on this. Many runners slept in these two weekends. It's amazing where peer pressure will lead you.

Attention association members and other runners. Lou, Nick, and I run every Saturday and most Sunday afternoons. Call us if you need directions. Free runs.

Trail Series Report - Mobil Marathon, 21 miles, January 6th. A newspaper leadin for this run might go like this- "Big Guns Blast Off At The Mobil Station". By big guns I mean Eddie Mulkey and Tom Aspel for the men and Sarge Graysmith and Lou Peyton, 54 year old mother of two, for the women. This is not to over look a quality field of 16 runners. The course was described by trail master Nick Williams as having four significant hills in the first six miles and then gentle rolling hills for the next four and one half miles. The footing is surprisingly good especially after the first two miles and after a nice rain two days before event. The forest roads felt like soft cushions under your feet. Eddie and Tom ran side by side to the turnaround and midway to the finish when Eddie pulled up for a nature call. He never caught up with Tom who evidently didn't come to tie. Tom, who has a P.R. of 3:57 in the mile, enjoyed the competition and training that the series affords. For Eddie, it was a good feeling I'm sure to keep pace with the "Legend" in Arkansas Road Racing. The good footing was to Tom's advantage this month. The women's race as always produced a few raised eyebrows. The Sarge returned to town just in time to lead a strong women's field. She was never seriously challenged and ran the distance with her pacer/friend, Nick Williams. Lou Peyton, 45 year old mother of two, ran her own race



and far outdistanced her series rivals. Donna Hardcastle was third and emerged as the new series leader with 28 points. Two other ladies, Irene Johnson, and Charlotte Davis went out strong but succumbed to the hills on the return. Both had good finishes however. As usual ole Harley was the last male to cross the finish. So much for his ten pound weight loss and speed work!

Feb 3 - Sixth race of the Ultra Trail Series. Winona Loop - 20 miles. Run starts at 7:00 a.m. sharp. 6:45 a.m. Trail briefing. Directions, follow Highway 10 to the junction of Highway 10 and Highway 9. (Williams Junction) turn left and follow #9 approx. 5 miles to Brown's Corner Grocery. Turn right, go approx. 6 miles to the Lake Winona damsite picnic park. Run will begin and end in the park. Nick Williams, 225-5557 or Harley Peyton 225-6609 for more information.

March 3 - Pipeline Express. Approx. 12 miles. Seventh and final race of the Ultra Trail Series. 7:00 a.m. start, 6:45 a.m. trail briefing. Directions, follow Highway 300 to the old North Shore Landing turn off. Nick Williams 225-5557 or Harley Peyton for more information.

#### Results of Mobil Marathon 21 mile race in the Ultra Trail Series.

- Men:
1. Tom Aspel, 2:19:53
  2. Eddie Mulkey, 2:20:44
  3. David Cawein, 2:37:26
  4. Jim Sweatt, 3:09:01
  5. David Samuel, 3:12:22
  6. Nick Williams, Ernie Peters, 3:12:56
  7. Ken Millar, 3:17:07
  8. Tony Johnson, 3:22:48
  9. Sam Hardcastle, 3:39
  10. Harley Peyton, 3:40
- Women:
1. Ann Graysmith, 3:12:40
  2. Lou Peyton, 3:25:55
  3. Donna Hardcastle, 3:49:02
  4. Charlotte Davis, 3:55:51
  5. Irene Johnson, 3:56:20

#### Ultra Running Profile - Nick Williams

Running Nickname - "Professor", "Breakdown", "Turkey Legs"

Age - 46

Number of Years Running - Ten

Number of Years Ultrarunning - Five

What did you do before you ran - Coached and smoked

Best physical feature - Legs

Hobbies - Running, hunting, reading, drinking

Running hero(s) - Lou and Charley Peyton

Worst physical feature(s) - Gut, due to drinking

10K P.R. - 38:58

Least liked non running subject - shopping

Favorite individual to pace - Lou Peyton (except during races)

Best distance - none

Running pet peeve - watches that beep

Favorite "Bigshot" story - "Want to play with the dog, little boy?"

Favorite running food - Snickers, tuna sandwiches, Exceex supplement

Injuries - Knees, achillies tendonitis, back, and etc.  
Happiest running memory - finish Leadville  
Favorite Ultra magazine "The Arkansas Ultrarunner"

Warm Regards,

*HARLEY*

MEMBERSHIP APPLICATION

Arkansas Ultra Running Association

Join now and become an official member of the Arkansas Ultra-running Association. Your benefit includes but is not limited to a monthly newsletter that covers Ultrarunning in Arkansas and news of your association members. Plus an official membership card that you can carry on your Ultra runs. Don't be offended by the brash, bostful, condecending attitude of the editor. In real life he's just a bumbling momma's boy seeking power. Send me your application and fee and you'll be guaranteed to see your name mentioned at least once. For some of you it will be the only time you'll ever see your name in print.

Your fee of \$5.00 per year will be used to cover postage (25¢ per) and printing (5¢ x 5 + 25¢). 50¢ x 12 months = \$6.00. Yes, that's right; you'll receive two free copies. I am awaiting your reply.

Name(s) -

Address -

\$5.00 fee enclosed - Yes

*(circle)*

No

Suggestions:

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