

THE ARKANSAS ULTRA RUNNER

JULY 1990

A Newsletter For The Arkansas Ultrarunning Association

Message From The Bigshot -

Yes, and you're another one, too. Excuse me if I sound like I'm in a bad mood but sometimes life is hard. "let me massage your neck, Harley". I'll explain it to you. Recently I attended our local running club's monthly meeting and during the business session a few of the "blow harders" expressed their displeasure with the club's newsletter. They stated that it was all about that boring Ultra news. It just so happened that most of it is material that I submit. You know how the Bigshot is--find out what your job is and then go do it! The Newsletter Editor does a fine job and I appreciate her printing my column because I get ten points per newsletter. Any, don't you see, one hundred points is equal to a new jacket or sweatsuit at the end of the year. But regardless of points I would continue to write my article in hopes of interesting a runner in the trails or possibly rescuing a burned out marathoner. Now don't go telling them that I said they were Blow-harders. My skin was a little thin that night and I was caught by surprise. They're honorable and respectable individuals who I figure happen to be a little frustrated and because people won't write articles about their races and the people who run them. A lesson from the Bigshot: Don't wait for someone else to make it happen. Find out what you want and go do it. Okay, I'll get off my soapbox and resume my calling in life. I've got fresh batteries and extra bulbs to light the way. Everybody behind me, single file and close. I'll break (the) wind for you.

I see that Angeles Crest 100 Miler in October is still listed in the Ultrarunning magazine. Evidently they have their differences worked out with the Park Service.

I hear that the Moonlight Madness Six Hour Run is to be stretched to include a twelve and twenty-four hour run. The date is November 2nd. Details later as I hear about it.

I spoke of Race Director, Bob Hanle not too many weeks ago and he said that the Maumelle 60K was on for July 21. I await confirmation in the newspapers or an entry blank.

Strolling Jim-41 Mile Ultra Race - May 5th. Wartrace, Tennessee, Joel Guyer, Arkansas Ultra Running Association member from Natchez, Ms. ran the forty-one mile Ultra in 6:01. With his finish points Joel is the winner of the Southern Grand Prix Ultra Series. Look for details in Ultrarunning.

Ice Age 50 Mile Trail Race - May 19th. Waukesha, Wisconsin. Al Maguire reports that he finished his third Ultra of the season in a time of 12:51. Al stated that the race was undertaken under the most adverse conditions. Rain, sleet, mud and wind slowed the competition to a little over 200 finishers out of at least 350 starters. Al swears by his stair climber machine when it comes to building his quadricep muscles and credits it for a strong finish at the Ice Age Race.

Attention all Arkansas Ultra Runners! I'm trying to identify all Arkansans who have completed Ultra Marathons (50K or greater starting from November 1st of 1989. Here is what I have so far. If

you know of anyone not on the list, please let me know.

David Cawein
Mike Carson
Bill Coffelt
Falon Davis
Wayne Elliot
William Gilli
Johnny Gross
Bob Hanle
James Hicks
Ron Hale
Sam Hardcastle
Tony Johnson

Bill Laster
Bob Lufkin
Bill Laster
Bob Lufkin
Larry Mabry
Al Maguire
Bill Maxwell
Scott McDermott
Eddie Mulkey
James Netherton
Darrol Netherton
Charles Peyton

Bob Plunkett
Buddy Ritter
Jim Sweatt
Jim Schuler
Stephen Tucker
Donna Allsup FEMALES
Charlotte Davis
Ann Gray
Ivy Harrison
Donna Hardcastle
Irene Johnson
Carol Matthew
Lou Peyton

Warm Regards,

Ultra Profile - Sam & Donna Hardcastle

Editor - How long have you been running?

Sam - nine years
Donna - two and a half years

" How and why did you get started with Ultras?

Sam - Just to see if I could go farther.
Donna - Pike's Peak training got trail interest up. Then
the trail series hooked me.

" Favorite training surface?

Sam - dirt and mud
Donna - dirt

" Describe a typical training week.

Sam - Mon. long run 12 to 15 miles
Tue. easy day 4 or 5 miles
Wed. 8 miles
Thurs. speed work. A few mile repeats
Fri. easy day or rest Then race on Sat. Run with Hash
on Sunday.
Donna - Mon. through Thurs. 6-8 miles
Fri. - off
Sat. long - 12 - 20 miles
Sun. 6 miles a.m. - Hash run p.m. 5+ miles

" Are you brother and sister? No, we just look alike.

" Do you train together? Yes - More now that I'm slower
and Donna is getting faster.

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Ultra Profile (Con't) -

Editor - Tell us about your Ultra diet, favorite foods, etc.

Sam - I eat too much too often. I try to carboload every-day. I try to cut down on eating meats and sweets.

Donna - Boiled chicken and noodles for pre-race, pizza when I'm bad.

" What shoe works for you?

Sam - Tigers on the street, Saucony on dirt.

Donna - Saucony all the way.

" Any running injuries?

Sam - No

Donna - No

" Share your Ultra plans for the future, please.

Sam - Two more fifty milers. Then I'd like to try a 100 Miler.

Donna - Same

" Do you have a running nickname?

Sam - It's obscene.

Donna - No

" Who is your favorite training friend?

Sam - Jim Sweatt

Donna - Ann Moore

" Was the Ouachita Trail 50 Miler as difficult as you thought it would be?

Sam - No

Donna - No, but the last five miles got pretty tough.

" Do you have a running dog? We have a Basset Hound, but he's too fat and lazy to run.

" Best running feature -

Sam - Tenacity - I won't give up until I die.

Donna - Same. If Sam does it I want to do it too.

" Worst running feature -

Sam - Fatness. I like beer too much.

Donna - Ugly feet.

" What is your 10K P.R. and your marathon P.R.

Sam - 40:40 10K - Marathon 3:48

Donna - 46:48 10K - Marathon 4:03

Ultra Profile - Sam & Donna (Con't) -

Editor - Do you have any non-running hobbies?

Sam - Fishing, hunting, kayaking, cycling, reading
Donna - Fishing, camping, canoeing, reading

" Any advice to someone looking at their first 50 miler?

Sam - Don't start too fast. Eat and drink alot.
Donna - Do several 30 mile training runs, learning to eat
and drink on the run.

Ultra Race Report -

on 3-17-90 Larry Mabry competed in the Cool Canyon Crawl 50K in Cool, California. Combining trails and jeep roads, he finished in 64th place out of 355 starters with a time of 5:42. Thanks for the article.

COOL CANYON CRAWL 50 KM - By Larry Mabry

" Anyone who has begun to think places some portion of the world in jeopardy" - John Dewey

It is becoming increasingly difficult to leave the mountains and return to civilization as we know it, especially after an exhilarating and invigorating run in California on a portion of the infamous Western States Trail. When the Western States Endurance Run is actually being staged, there is excitement in the air and on the trails - Not so at the Cool Canyon Crawl 50 K.

The aid stations were low key and there was a absence of the additional runners on the trail in a pacer's capacity. The solitude of the trails interspersed with the chirping of birds, the flowing and bustling of the American River, the squirrels rustling across the trail, and other wildlife that enjoys this beautiful and on this day, sacred sanctuary. Directly following the run, I had a hot shower to further mellow the oneness I was feeling within after a challenging and invigorating trail run. Following all of this exhilaration, I drove to Oakland for a evening flight to San Diego. The drive out of Auburn was relatively low key and there was minimal traffic with which to contend. After rolling quietly through Davis, California, the traffic began to pick up into Oakland. All of a sudden, I would have preferred to turn around and head east into the direction from which I had come to the mountains again. However, I remembered that my family and friends expected me to return and lead a proper life - one filled with obligations and responsibilities! Arriving in San Diego (one of my favorite vacation or meeting destinations), was rather anticlimatic. I had looked forward to the pampering a grand hotel and convention can allow. I must admit, the hot tub was wonderful but the party revelers in the pool area that evening encouraged my feelings that maybe I was slowly, if not already, becoming a mountain man. The weather dawned bright and beautiful for the remainder of my stay in San Diego, but my restlessness and yearnings to commune and be one with nature overpowered me and I determined that, in order to enjoy each location in its proper perspective, one should always go to the city and retreat to the mountains after a few days in the city, but one should never - not ever - do it in reverse.

Metaphysical Report -

A topic once banned in the A.U.R.A., however, popular demand dictates that it be included from time to time in the newsletter. For you newcomers the Metaphysical Report covers experiences of Ultra runners who choose to tell about their runs in a structure completely foreign to me. Instead of telling how far they ran or how hard the run was, their description of a good run would sound like this: "My being erupted from my inner self as I pondered the distance that was now within me. Here's the prize winner for July.

AN EPISODE WITH A LOG

JACK O. ALLSUP

I drove down to the River recently to observe the flood waters and the first object which caught my eye was a log the size of a large telephone pole which had been caught in the backwater.

Round and round in a large circular path it went. Each time it came to the upstream portion of the circle and would once again start to head downstream to freedom, the back current would catch it and force it again into its endless circle.

I found myself rooting for the log as it attempted to make a break for freedom. I yelled out loud, "Go for it fella, make a break" yet it could never get loose and seemed doomed to spend the rest of eternity in an endless trap.

I became depressed as I thought about times in my life where I seemed to be in an endless trap, similar to that of the log. (not in my marriage to my beautiful wife, Donna, of course). I sometimes seem to go around in circles with no way out.

The next morning I went back to observe the log, but it was gone! The currents had changed overnight. Then I remembered some wisdom that Had been taught to me all my life, but I keep ignoring it. All things, creatures, and humans get caught in backwater at times, but what is the answer: PATIENCE.

"Be still before the Lord and wait patiently for him" Ps. 37:07

Jack recently completed a "Run". In order to celebrate his 60th birthday Jack ran 60 miles. His devoted wife Donna took him 60 miles out Highway 10 and at 10 minutes to midnight, they kissed and separated leaving him near Perry, Arkansas, for the solo trip back to Little Rock. At approximately 4:45 p.m. he ran into Murry Park where awaited him a potluck birthday party. Jack is one up on us now.

Training Run Report -

Shockaloe Trail - 23 Miles. On May 19 Lou and I packed the tent and headed for the Bienville National Forest in Central Mississippi. There we met Joel and Kathy Guyer from Natchez. Our plan was to camp-out Friday night and run the Shockaloe Trail Saturday at daylight. The Shockaloe Trail is a designated horse trail in the National Forest and is also used by hikers and mountain bikers. Let me describe the trail for you. It is dirt, 100% flat and lightening fast when dry. When wet it tends to be a little boggy. There is not a rock within a 100 miles and it is 23 miles of running under a shady canopy of oak and pine trees. As luck would have it there was a 50 Mile Endurance Horse Ride

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that started that morning. Although the horses stirred up the mud holes, it was fun to watch them run. Lou wants Joel and Kathy to direct a 50 mile race there someday. If you're ever in the Jackson, Mississippi, area and stranded over the weekend, you would enjoy the change. Think about dirt and no rocks. Directions: Go east on I-20 approximately 30 miles past Jackson then take the Morton, Mississippi, exit. Go through Morton, four miles and the National Forest is on your left. There are trail signs posted on the interstate that are easy to follow.

Ozark Highlands Trail -

37.4 miles (out and back) to White Rock Mountain Campgrounds. 6-9-90. First, let me apologize for not insisting that you go with us. Having never been to the trail plus hearing some disturbing remarks about it made me reluctant to push it on you. I had heard from a reliable source that it was weedy, buggy, and not well marked. But you know how it is when you do your planning in the cool months of winter. You forget what a hot day in June feels like. To bottom line it only Mr. Nick & Ms. Scarlett signed on. We camped at the trailhead at Lake Fort Smith State Park off Highway 71 at Mountainburg. After pouring over a trail guide we turned in early for a 6:30 a.m. start the next morning. The trailhead begins at the base of the lake dam and then enters the Ozark National Forest. We kept in a group for the first hour and then made our first mistake. (There was some grumbling as to whether or not we were on the trail.) After another hour we ran out of the forest onto a lake dam. Lost! But then it hit us. We were right back where we started at camp. There was my tent and car and the trailhead. We had taken the wrong trail and done a six mile loop around Lake Fort Smith. Lou was ready to kick some behinds. While I guffawed at our mistake, Lou took off. Nick said he was going three hours out and Ms. Scarlett said a couple more miles out was plenty for her. I was just trying to stay out of Ms. Lou's way.

With Lou and Nick leading, Ole Harley in my forward lean and Ms. Scarlett picking her way, we found where we took the wrong trail and it was off to White Rock Mountain. Realistically, I didn't think I could make it to White Rock Mountain so I downscaled my plans to just an eight hour run. I knew Lou wouldn't turn around until she reached White Rock Campground and she'd probably try to drag Nick with her. In four hours I arrived at 12 miles and hooted and looked for Nick on a remote chance that he had talked Lou into turning back. Wrong! Nick had become disgusted with the elements and was going for White Rock if it was going to be his last step. After 12 miles where I stopped the trail got more mountainous and evidently seldom used by hikers. Poison Ivy, and weeds, where there was a break in the treeline, was up to their waist packs and over growing the trail. In fact Nick ran past the campground and didn't know it. When mile marker 19 showed up he sat down on a log and waited for Lou. He said he wasn't going to backtrack, Lou said it was 18 miles to Highway 23. He backtracked up the mountain and found the spur trail to the campground. There were several cabins and a lodge. All locked up. No water, no coke machine, no telephone. Complete desolation. What next? As we say in Mississippi, they "bailed out". Yes. Quit the run. As luck would have it they found a dirt road and ran for four miles and thumbed down a Deputy Sherriff who was out there investigating a shooting. He took

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them twenty miles to Mulberry, Arkansas where Nick called the park and Ms. Scarlett came and picked them up.

That's what happened. What did we learn from it? The Ozark Highland Trail from what we ran is a beautiful part of the country. The first nine miles were pretty rolling then from ten to eighteen miles it is steep and mountainous with multiple stream crossings. Although it was a sunny day we were in shade 99% of the time due to such dense forest. The trail close to the state park for three miles is used a lot and is well worn. After that the weeds close in on the footpath and I wouldn't want to be out there until it frosts and kills the weeds back.

It was a good experience and we missed you. Next time we'll wait for some cooler weather.

Oh yes, there are a couple more trails I want to check out and then we'll have a mini running camp. If you would like to join up for an exploratory mission like this one and take your chances on what you'll find we'll be glad to have you. Stay tuned. I've got a couple being planned.

Ultra Trail Series Schedule -

July 14 - Pigeon Roost Mountain Run. 6:30 a.m. trail briefing. 12 miles. A modified version from last year and will not include the "power lines." Directions: follow Highway 10 sixteen miles from the Cantrell Road/I-430 overpass to a forest service road on your left. Park there.

August 11 - Wasatch Scramble. 6:30 a.m. trail briefing. Approximately 12 miles. Extremely hilly. Must combine walking and running. Directions: follow Highway 10 past Lake Maumelle to Highway 113. Go 1.5 miles past 113 to Bringle Creek Road. Turn right and go approximately one mile to an AP&L substation on right. Park there. Be prepared to earn your breakfast.

September 8th - Winona 50K - 31 miles around Lake Winona. Stay tuned.

October - Bastille Day Run - 18 miles. Details later.

November - Three Mountain Run. Details later.

December - 10-9-10 - Ouachita Trail Action. Details later.