

THE ARKANSAS ULTRA RUNNER

JANUARY 1991

A Newsletter For The Arkansas Ultrarunning Association

'Tis THE Season to Renew,
THE A.U.R.A. year is almost THROUGH!

THE Big Sisof's news will never cease
even with a Postal INCREASE!

TRA LA LA LA LA
LA LA LA LA



Look for your AURA Application in The February Issue

Message From The BigShot - Good news from the trail. Charter Arkansas Ultra Runner Association Member, Dale Green, has moved back to Arkansas. Dale and Ms. Marilyn are now living in Searcy at the following address: 702 West Center, Searcy, Arkansas 72143. Maybe the Colonel can make it to some of our trail runs.

Benefits the
Vermont
Handicapped
Ski and Sports
Association

Vermont 100 Mile Endurance Run

- Date:** Saturday/Sunday, July 27-28, 1991.
- Time:** 4:00 a.m. — 30 hour limit.
- Entry Fee:** \$125.00. **First 175 entries received will be accepted into the race.**
- Entrants:** Experienced trail runners.
- Start/Finish:** Smoke Rise Farm, South Woodstock, Vermont. All race activities are centered here.
- Course:** The course is on scenic woods trails (25%) and dirt/jeep roads (75%) in the rough foothills of the Green Mountains, with 14,000' climb. The race will be held in conjunction with a 100-mile horse race.
- Aid Stations:** There will be 33 aid stations with good access for handlers; pacers will be allowed the last 30 miles.
- Awards:** Buckles to finishers under 24 hours. Plaques to finishers between 24 and 30 hours.
- Entry Forms and Info.:** Laura Perry
P. O. Box 261
Brownsville, VT 05037 (802) 484-7711, x3005

You Ultra runners are really fortunate in the choices that are available in January and March. On January 19th there is the Jackson Five-0, (Texas), (yes we finally received applications) and Shockaloe Trail 50 (Mississippi), flat and fast vs. dirt and trail. On March 24th we have the Mississippi 50(Ms.) and the Cross Timbers 50 (Tx.) 1.3 mile asphalt and concrete loop vs. 50 miles of Texas hill country.

Don't forget the Bear Run on January 1st. Call Bill and T-Bear Laster at 666-6621 for arrangements.

As the Apollo Astronauts were returning from their successful space mission, it is said that the first recognizable man made feature that they could discern was the 1,193 mile long, Great Wall of China. On January 12th you trail runners will get your chance to tackle a reasonable facimile of this engineering marvel. The mountains and valleys will be imprinted on you for years to come. One day as you

are sitting in your room and your grandchildren come in and ask for assistance with their homework, you'll be able to open the Geography book and point with pride at a picture of that Great Wall of China and say, "I ran that damn thing".

Warm regards and Merry Christmas,



ARKANSAS ULTRA PROFILE: JOEL GUYER - NATCHEZ, MS.

1. Why are you referred to as the Mississippi Dog?
I'm "old" - "mangy" - "smell bad" - "dig holes in the backyard" - "howl at the moon" and hike my leg when I get around fire hydrants.
2. Marital status?
Yes
3. Place of birth.
Texarkana, Texas
4. Give us some vital statistics, age, weight, height, etc.
46 years old, 175 lbs., 6'2", shoe size 13 (running), 11½-12 (dress), 15½ x 34 shirts (prefer broadcloth), waist 33"
5. How many years have you been running Ultras?
2½ years
6. What are your running P.R.'s?
5K - 18:39; 10K - 39:00; Marathon - 3:12; 50 Mile - 7:04; 100K - 9:52; 100 Mile - 17:4? (Benton 24 hr. Track Run)
7. What is the longest distance you've run or raced?
48 Hour - 150+ miles
8. Why did you start running longer distances?
Too old to run fast. Don't get to experience enough pain in short races. Get to know people in long runs. Like to spend a lot of time inside my own head.
9. Favorite running surface?
400 meter asphalt tracks - trails - gravel roads - I just like to run.
10. Describe a typical training week.
Mon. 10 miles a.m.; weights at lunch; Tue. 10 miles a.m.; Wed. 10 miles a.m.; weights at lunch; Thurs. 10 miles a.m.; Fri. 10 miles a.m.; weights at lunch; Sat. 20-30 miles a.m.; Sun. 10 miles or maybe day off if tired.
11. What was your most memorable Ultra performance?
Every Ultra is different even the same course in different years.
12. Favorite handler.
Lou and Charley Peyton "world class aid"!

Ultra Profile (Continued)

13. Favorite time of day to run.
a.m. (4:30 to 5:00) Start in the dark and run into sunrise.
14. Pets?
2 dogs - 3 until last week. Jake: 12 year old Australian Shepherd - Doc 10 month old Australian Shepherd.
15. Injuries?
Hamstring, plantar fascia, sciatic nerve, knee, all when trying to run fast. No serious injuries since running Ultras. Sore hamstrings after a long run.
16. Your best and worst physical feature.
Worst: Slowness, lack of speed.
Best: A sick mind which compels me to run, run, run, run.
17. Favorite foods, on the run; at home?
Basically on a Pritikin Diet at home (10% protein, 10% fat, 80% carbohydrates). Driving or right after a run, anything. Drink - "Conquest T.Q." During a long run I like beans, rice, bread, cookies, Ibuprofen, spinach (canned), pretzels. In some 50 milers I don't eat, just drink Conquest.
18. Shoe size and brand of running shoe that you wear?
13 medium - Nike Air Pegasus
19. Favorite Ultra newsletter?
Arkansas Ultra Runner (my only Ultra newsletter); however, it does a good job reporting on Ultra events in the Arkansas area. I enjoy it.

ULTRA RACE REPORT-

Mountain Masochist Report - By Breakdown Williams

I had my good friends Lou and Charley Peyton along and we had a ball. We stayed at David Horton's house along with several other Ultra runners. A big plus for this run was that the people in Lynchburg, Virginia, let the Ultra runners stay in their homes. We met some fantastic people.

The race was well organized. The aid stations had just about everything I could want. I really didn't need a crew but was extremely glad to have Lou and Charley with me.

This was the hardest 50 mile run I have ever done. The mountains went on forever. One mountain (Buck Mountain) went for 8 or 9 miles. Lou joined me there and ran/walked for the next 16 miles. Lou revived me because I was at one of my low points. At 26 miles I had half a cheesburger I had bought the day before, and it, along with Lou, got me rejuvenated. The run was hard, but like Charley said, it's a run that the people who have been running in the Ultra Series could complete. David and the other runners in the east are wanting to get more Arkies to go to this race. I know I'm going back. The drive from Little Rock is only fourteen hours and you can do it with very little trouble.

This run is a hoot!

Find out for yourself; go with me next year.

TRAIL SERIES REPORT -

10-9-10 Run - December 8th - Sitting in our truck at 6:20 a.m. at the race start I was a little apprehensive that anyone would show up. There was one vehicle but with dawn breaking fast it didn't look like we'd have a very large field of runners. I remembered the run from last year when the big three, Mulkey, Gross, and Aspel showed up along with some fast women in O'Dwyer and the Sarge. That run really got the media attention with Eddie Mulkey tying with Danny Mann in a time of 2:50:54. O'Dwyer took a few wrong turns and D.N.F'd allowing the Sarge to win first female with a time of 3:33:00 almost catching Tom Aspel at 3:27.

I was brought back to reality with the sound of clanging metal coming over the Maumelle bridge. As the sound got closer I realized it was the sound of step-ladders on top of Tom Aspel's truck announcing his arrival. Then it was one car after another piling into the parking area. Mulkey, Johnny Gross, Trish O'Dwyer, Jim Sweatt, Steve Tilley and Charlotte Davis would round out a field of 33 runners. After the trail briefing and start, I motored around to the 8 mile mark (approximately) and awaited the first arrivals. In 56 minutes Mulkey arrived and headed for the 11 mile turnaround. Following about 100 yards behind were Aspel and Johnny Gross. On the return to my station Johnny and Tom had taken the lead by several minutes over Eddie. Trish O'Dwyer ran uncontested and finished strong with a time of 4:34. One of the disadvantages of working the aid station is that you don't get the scoop on the race so I don't have any details of how the race developed. Johnny did out kick Aspel to win first male in a time of 2:52:33, (2:57 in 1989). Tom also P.R'd with a 2:53:18.

The course record still goes to Mulkey despite a gallant attempt by Gross who continues to dominate the series point total for the men. O'Dwyer has an almost insurmountable 220 points to lead the women. She was quoted in the Arkansas Gazette complaining about the lack of competition in the womens division. Somehow words like that come back to haunt you. At least everytime I've said things like that they do.

- | | | |
|-----|-------------------------|--------------------|
| 1. | John Gross | 2:52:33 |
| 2. | Tom Aspel | 2:53:18 |
| 3. | Eddie Mulkey | 3:09:51 |
| 4. | Jim Sweatt | 3:24:13 |
| 5. | Ray "Bones" Bailey | 3:24:14 |
| 6. | Stephen Tucker | Time not available |
| 7. | Nick Williams | 3:37: |
| 8. | Charles Smith | 3:45 |
| 9. | Tom Zaloudek | 3:45 |
| 10. | Steve Tilley | 3:50 |
| 11. | Ken Millar | 4:14 |
| 12. | <u>Patricia O'Dwyer</u> | 4:34:53 |
| 13. | Tony Johnson | 4:36:13 |
| 14. | <u>Lou Peyton</u> | 4:37:58 |
| 15. | Sam Slugg | 4:41:21 |
| 16. | <u>Carol Mathew</u> | 4:41:50 |
| 17. | Bruce Shackelford | 4:46:54 |
| 18. | Ron Hale | 5:13:13 |
| 19. | James Hicks | 5:13:13 |
| 20. | <u>Sandi Venable</u> | 5:23:25 |

ULTRA TRAIL SERIES SCHEDULE -

January 12 at 7 a.m. The Great Wall of China Run (The newly discovered section) Follow Highway 10 west approximately 20 miles from the I-430 overpass to Highway 113. Continue on Highway 10 another 1½ miles to Bringle Creek Road on the right. The run will be 20 miles on Forest Service Roads and will not include powerlines. Call Hong Tao Williams 225-5557 or Ho Sit Peyton 225-6609 for more information.

February 2 - Mobile Marathon - 21.5 miles on forest service roads. Details later. For more information Nick Williams 225-5557 or Harley Peyton 225-6609.

March 9 - Spring Classic - Details later.

The Great Wall of China - 18-20 Miles

Highway 10

Highway 5

- 1 to 2 = 4 mi *
- 2 to 3 = 4 mi
- 3 to 4 = 2 mi
- 4 to 5 = 4 mi
- 5 to 2 = 2 mi
- * estimate



Highway # 10

1.5 mi

Bringle Creek Rd

1 mi
 * Pit
 Substation
 START & FINISH

Highway # 113

1
 3.

Pit

Power Line

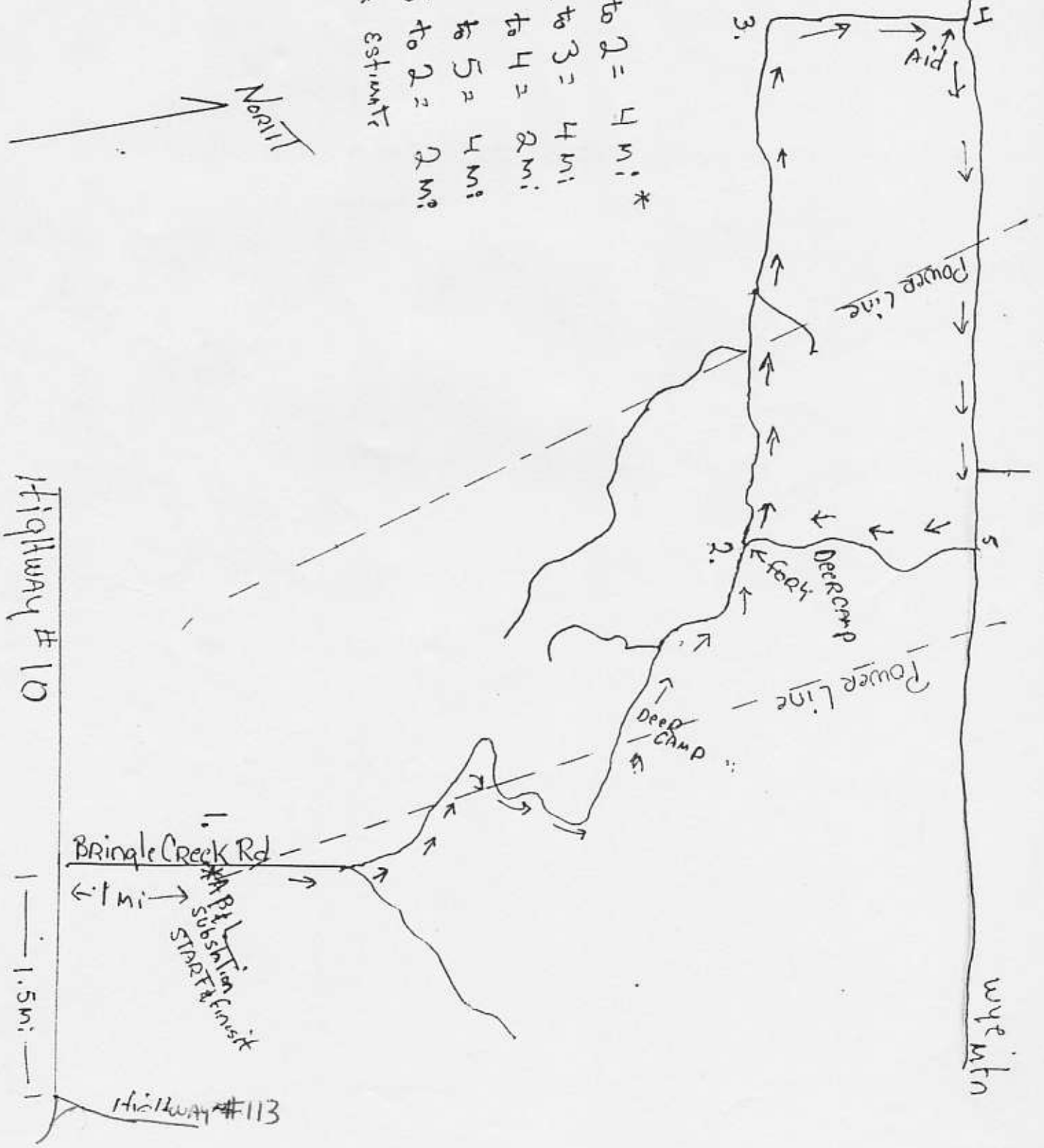
2.

Deep Camp

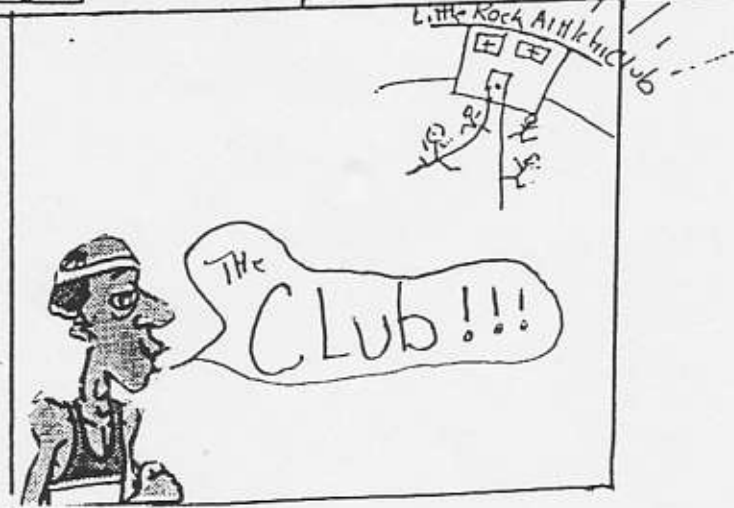
Power Line

Deep Camp

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



"THE DREADED 'C' word CLAIMS ANOTHER ULTRA RUNNER"