

THE ARKANSAS ULTRA RUNNER

MARCH 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - You know Ken Cox? I didn't think so. Ken lives in Auburn, California, and is a legitimate trail runner. He is also a former Arkie who's parents live in Stuttgart. To say that someone is a former Arkie might be an oxymoron. Once an Arkie always an Arkie, I say. On 2-9-91 Ken won the Jedediah Smith Ultra Classic in Sacramento, California, passing Ray Scannell in the last 15 feet of the race. Also at that race was a 50 year old woman, Sandra Kiddy, who set an age group world record for 50 miles in a time of 6:15. Ken has run around Lake Winona with us a couple of years ago and finished well in the Ouachita Trail "Long Crossing" 50 miler in '89. He had high hopes at the Vermont 100 miler last year but was bitterly disappointed when a hamstring injury forced him to withdraw. Ken seems like a nice fellow, too.

Here's something else you might not know. The BigShot has compiled a list of 1990 A.U.R.A. members who are ranked in the Ultra distances. For those of you who don't subscribe to Ultrarunning I'll share it with you. First some statistics. There were 230 Ultras in the U.S. last year with 11,800 starters. The largest 50 mile race was the J.F.K. 50 Miler with 364 starters. The largest 100 miler was the Western States with 352 starters.

<u>RACE DISTANCE</u>	<u>NAME</u>	<u>RANKING</u>	
48 Hours	Joel Guyer	19th	(150.5 miles)
24 Hours	Joel Guyer	21st	(123.5 miles)
"	Bill Laster	46th	(116 miles)
"	Buddy Ritter	89th	(105 miles)
100 Mile Male	Dennis Herr	81st	19:54:02
"	David Horton	93rd	20:33:00
"	Bill Laster	196th	22:43:35
"	Bill Maxwell	216th	23:07
"	David Cowein	238th	23:24
"	Red Spicer	262th	23:34:19
"	William Gilli	263rd	23:34:53
100 Mile Female	Lou Peyton	9th	21:17:03
100K	Dennis Herr	17th	8:08:34
"	Joel Guyer	106th	9:52:46
50 Mile - Male	David Horton	56th	6:16:39
"	Dennis Herr	89th	6:28:34
"	Joel Guyer	232nd	7:04:18
"	Eddie Mulkey	255th	7:10:49
"	William Gilli	417th	7:34:22
"	Bill Maxwell	419th	7:34:26
"	Stephen Tucker	473rd	7:42:09
"	Buddy Ritter	531st	7:51:02

(Con't)

<u>RACE DISTANCE</u>	<u>NAME</u>	<u>RANKING</u>
50 Mile - Male	Larry Mabry	593rd 7:58:14
50 Mile - Female	Lou Peyton	40th 8:01:02

There are two Ultras coming up quickly on the local scene. Although skipping 1990, The Great Maumelle Scenic 60K on April 6 promises to continue the tradition of a yearly run around Lake Maumelle. Race Director Bob Hanle has always been one to cater to the veteran as well as the first time Ultra-runner. On May 4th is the Ouachita Trail 50. A change noted on the application is the cut-off time of 12 hours (13 hours last year) and then the cutoffs starting at the 25.4 mile aid station at 5½ hours. By my calculations it would take a 12.95 m.p.m. pace to beat the first cutoff. I'm going to have to get out on the trail and practice. Both of these Ultras have reputations for good organization and caring attention by volunteers. It would be a feather in your cap to finish both.

I'm excited about the next trail series race, The Spring Classic on March 9. I hope we have good weather so that you can get to see the scenic vistas and the beautiful countryside at Lake Sylvia. A group of us met there recently and ran the route that we will run on race day. As many times as we've run the area this was my first time to go on Forest Service Road #212. It was four miles of character building. This is what you'll talk about when you finish. I ran pretty hard and finished in about 3:20. I figure a 2:00 will win it.

Time to re-up (2 of 2). The Arkansas Ultra Runner (this newsletter) is now starting its third year. It began, and continues, as a not too serious letter to my running friends and acquaintances. Just a way to keep in touch between the long runs and to offer a few barbs and digs at those you care about. Some of the comments might appear to be insided and you might not catch the point. I just assume sometimes that everything I know is known by everyone else. Occasionally the BigShot will give you his version of race reports, his methods of training, his opinion of running events, his maps, his Ultra cartoons, his ----- Well, you see the picture. If you read the last issue of the A.U.R. you saw that the BigShot even interviewed himself in the Ultra Profile. "How'd you do that, Harley?" Besides being bipolar it is a simple matter of being the one in control. Yes, the secret of success is control. We're straying a little off the subject. In summary, the A.U.R. is 100% Ultra. No recipes (we're all too heavy; no injury clinics; (we're all injured) and no Ultra babble (we're all nuts). None of that "my inner being erupted as I crested the milestone of my experience". That's Ultra babble for "I threw up at the top of the mountain". Come with me for pure Ultra delights. I'll be the one shinning the light on the rocks up ahead.

Warm regards,

ARKANSAS ULTRARUNNING ASSOCIATION PROFILE - MARCH 1991 - IRENE JOHNSON

1. Give us some vital statistics? Age - 37      Weight - 122#  
Height - 5' 4", Shoe Size - 7½  
Place of birth? Eupora, Ms.
2. How did you start running and why? I used to go with Tony (husband) to all his runs and support him. Then, I started thinking that I might like to try this myself. So, inspiration came in May '89 Pike's Peak training season. I made up my mind then to train and see if I could do Pikes Peak. I did it, so now I'm hooked. What can I say?
3. Describe a typical training week. 8-10 miles on each day of the week, except Monday. Monday is my rest day. I try to run long on week-ends. At least 20 on Saturday and 15-20 on Sunday.
4. What is your favorite running shoe? Really it's a toss up between Nike and Asics. I switch back and forth.
5. Tell us about your diet. I try to stay with a lowfat, high carbohydrate diet.
6. What non-running activities do you do? Running is about the only sport I do in my free time. I'd like to get into biking and swimming one of these days.
7. What is your best physical feature? Tony says it's my eyes. I haven't given it much thought.
8. In what area would you like to improve your running? I would like to improve my 5K, 10K, and marathon times.
9. Have you had any running injuries? Yes, after I started running I was putting in too many miles too soon. I came down with a stress fracture of the (R) lower leg.
10. What is your best distance? Marathon distance or longer.
11. What are your goals in running? One of my goals is to continue to improve my times, but my major goal is to keep myself injury free and do the very best I can in every race.
12. If you could achieve anything in particular (running) what would you most like to do? Start and finish a 100-mile run.
13. What are your Ultra plans for the rest of 1991? I plan to do a couple more 50 milers and then try the 100 miler that's planned by you and Lou.
14. Who do you like to train with? I enjoy training with Tony. He pushes me and helps me to do my best. He is faster than me and I feel it an honor to stay with him. He's quite fast when he's running his best.
15. Running hero(s)? I really never thought about a running hero. I admire all runners in the sport.

ULTRA PROFILE - IRENE JOHNSON (Continued)

16. Do you have a running nickname? "Squatter" given to me by the Hash.

TRAIL SERIES UPDATE -

Mobil Marathon / 2-2-91 - A few days before New Years Lou and I and several trail friends had the pleasure of showing the Mobil Run (21 miles) to David Horton, A.U.R.A. member from Virginia. I didn't have one of my better runs and turned back after three miles. (hypo-glycemic after a big bowl of oatmeal) As I recall when David returned he asked about the times over this run during the series. I didn't remember but now I know. The record was 2:19:53 by Tom Aspel and 3:12:40 by female, Ann GraySmith. The morning of February 2nd was perfect-sub-freezing, clear and calm. 33 runners started and 29 signed the results sheet. The top two series leaders were there along with several contenders. Much to everyone's surprise Stephen Tucker took an early lead with his strategy to take some of the speed out of Johnny and Tom. The first six miles are mountainous and the next 4.9 miles being rolling hills. Stephen hit the turnaround in 66 minutes. I wonder what it feels like to run 10.5 miles in 66 minutes. Johnny and Tom were several minutes back. On the return Aspel put a series of surges on Johnny who wouldn't fold. As they hit the hills again they saw Stephen walking up a hill and eventually got around him. Soon after Johnny took control and finished in a new course record of 2:12:29 to Tom's P.R. of 2:13:20. Tucker rallied to a fast closing 2:13:28.

The women's race was uneventful at first glance. Trish O'Dwyer the overwhelming leader, took an early lead followed by new comer Paulette Medler, 50 mile winner Irene Johnson, and Lou Peyton, 46 year old mother of two.

At the turnaround Trish was still in the lead and looking strong. However on the hills, Medler caught and passed Trish and finished in 3:16:38. After the run it was discovered that Trish is expecting a baby. Congratulations. With her 2nd place finish Trish's point total is 310. With two races to go she cannot be beaten and therefore will be crowned Queen of the Trail. We will officially recognize her and the male winner after the last race in April.

MOBILE MARATHON 21 MILER - RESULTS (Last Year's Times)  
Male Record - 2:12:29 Female Record - 3:12:40

1. John Gross	2:12:29	1. Paulette Medler	3:16:38
2. Tom Aspel	2:13:20(2:19:53)	2. Trish O'Dwyer	3:19:10
3. Stephen Tucker	2:13:28	3. Irene Johnson	3:27:27
4. Steve Tilley	2:29:44		(3:56:20)
5. Charlie Smith	2:36:00	4. Lou Peyton	3:34:22
6. Jim Sweatt	2:46:04(3:09:01)		(3:25:55)
7. Robert Morgan	2:51:16	5. Sharon Williams	4:23:00
8. Jim Schuler	2:51:44	6. Donna Duerr	4:26
9. Arthur Kerns	2:57:03	7. Tanya Perry	4:26
10. John Mitchell	2:59:00		

MOBIL MARATHON RESULTS (Con't)

11.	Ron Hale	3:04:00
12.	Max Hooper	3:04:00
13.	Nick Williams	3:04:12 (3:12:56)
14.	Ernie Peters	3:15:36 (3:12:56)
15.	Frank Schulte	3:16:38
16.	Tony Johnson	3:27:29 (3:22:48)
17.	James Hicks	3:28:28
18.	David Samuel	3:28:48 (3:12:22)
19.	Pete Ireland	3:29:50
20.	Randy (/)	3:30:56
21.	Harley Peyton	3:50:20 (3:40:00)
22.	Sam Slugg	4:32:00

Top 10 Ultra Trail Series Standings

<u>FEMALE</u>		<u>MALE</u>		
1.	Trish O'Dwyer	310	1. Johnny Gross	330
2.	Charlotte Davis	135	2. Tom Aspel	260
3.	Pat Torvestad	130	3. Jim Sweatt	133
4.	Lou Peyton	125	4. Eddie Mulkey	130
5.	Irene Johnson	113	5. Steve Tilley	113
6.	Karen Mulkey	90	6. Stephen Tucker	75
7.	Donna Hardcastle	67.5	7. Ernie Peters	60
8.	Paulette Medler	50	8. Ken Gould	55
9.	Barbara Hilderbrand	45	9. Jack Evans	50
10.	Carol Mathew	42.5	10. Van Davis	42.5
			11. Allan Morton	42.5

1991 - A.U.R.A. Application - \$6.00 per year.

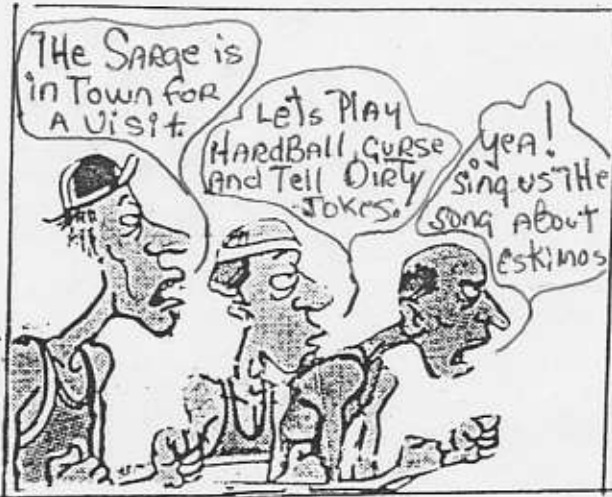
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Suggestions:

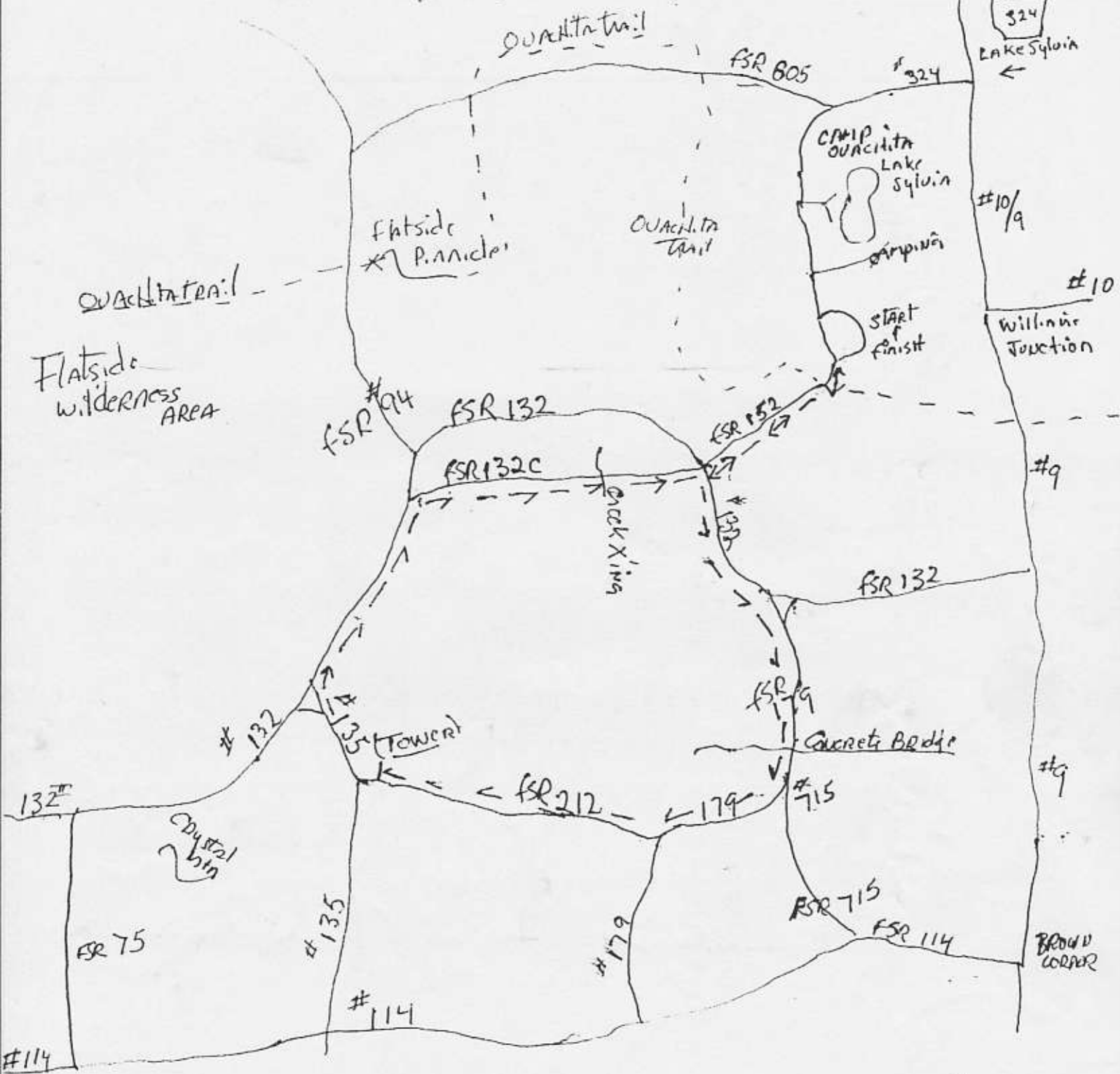
Return to: Arkansas Ultrarunning Association  
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 Little Rock, Arkansas 72207

THE  
INSIDE  
by HARLEY  
(A satirical look  
at ultra runners  
in Arkansas)



"The Sarge has been on the West Coast too long"

# ULTRA TRAIL Serie's The Spring CLASSIC - 18mi



Legend: Clockwise  
 152 to 132 (1.5 mi)  
 132 to 179 (1.0 mi)  
 179 to 212 (3.5 mi)  
 212 to 135 (4.0 mi)  
 132 to 132C (1.0 mi)  
 132C to 152 (1.5 mi)  
 18 Approx. miles

