

THE ARKANSAS ULTRA RUNNER

NOVEMBER 1991

A Newsletter For The Arkansas Ultrarunning Association

ATTENTION ULTRA TRAIL SERIES RUNNERS:

DUE TO A CONFLICT WITH THE JINGLE BELL JOG ON DECEMBER 21ST THE WINTER CLASSIC IS BEING CHANGED TO DECEMBER 14TH. IN ADDITION THE STARTING POINT HAS BEEN CHANGED TO THE THREE MOUNTAIN RUN ROAD. WE HAVE BEEN ADVISED BY THE STATE FORESTRY SERVICE THAT THE PARKING LOT AT THE TRAILER IS OFF LIMITS. IT SEEMS THAT THEIR OFFICE IN THE TRAILER HAS BEEN VANDALIZED REPEATEDLY. HOW LONG THIS INJUNCTION WILL LAST IS UNKNOWN BUT FOR NOW WE HAVE TO ABIDE. THE THREE MOUNTAIN RUN ROAD IS THE NEXT FOREST SERVICE ROAD ON THE LEFT PAST THE TRAILER ON HWY. 10, APPROXIMATELY 1/2 MILE.

Message From The BigShot - Oh Boy! The Arkansas Traveller 100 was great. Thanks to a lot of good people we pulled it off. We were able to do exactly what we said we were going to do. That is to have an affordable 100 miler with a well marked route that would be a challenge to the veteran ultra runner and gentle on the first timer. In addition we wanted 25 manned, fully supplied, aid stations. You people really came through. I want to especially thank Lou Peyton for being the Race Director and for the leadership of Tom Chapin, Jim Schuler, Dave Cawein, and Jack Evans that contributed to the success we had.

We had 14 states represented at the race. Of the 80 runners registered, 53 were from out of state. 40 of these 80 runners had not completed a 100 miler. 23 were to make it to the finish. There were 27 Arkies registered; 22 had not completed a 100 miler. 14 Arkies earned a belt buckle.

The BigShot cried several times as he was driving around the route and saw the struggle of you runners and the devotion of you who manned the aid stations. It was so good! The best goes to the finishline from daylight on as the aid station workers came back to Lake Sylvia to cheer the last of the runners in. When the last Arkie crossed the finishline I don't think there was a dry eye in the crowd.

Lou has received many cards and letters from the entrants. I am sharing a couple of them with you.

For you ultra runners don't forget the 6-12-24 Hour Track Run in Benton on November 15th. Start now and get your mind right. Also the Ultra Trail Series resumes November 2nd with the Pigeon Roost Mountain Run - 14 miles.

Lou and I are carpooling with Nickie Boy to Virginia for the Mountain Massochist 50 Miler. We look forward to seeing Race Director, David Horton and some of the east coast ultra runners.

In closing I want to dedicate my favorite line to all you Arkies who toed the mark at the Arkansas Traveller 100/October 5th, 1991. "Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat." Teddy Roosevelt

WARM Regards
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ULTRA PROFILE - BOB FRANKLIN

Editor - Give us your full name, age, place of birth, etc.

Bob - Robert Fred Franklin; 51 years old; born in Little Rock 4-13-40

Editor - Physical dimensions - height, weight, shoe size.

Bob - 5'10"; 154 lbs.; 11 1/2 shoe

Editor - What is your best physical feature for running?

Bob - While I am seldom mistaken for Mr. America my arms do a good job of supporting me as I crawl the last half of each run.

Editor - Number of years you have been running?

Bob - I ran my first 5K on Thanksgiving last year 1990.

Editor - How did you get started running?

Bob - I got seriously ill and knew I needed to be in better shape.

Editor - What is a typical training week two months before a race?

Bob - I'm too new a runner to have a training plan. I have no idea what I'm doing. I run from 25 to 70 miles per week. This keeps my body confused.

Editor - Have you had any injuries? If so explain.

Bob - At my advanced age I hurt in a different place each week.

Editor - What is your favorite brand/model of running shoe(s)?

Bob - New Balance 997 and Nike Air Max

Editor - Tell us about eating and drinking on the run? What works best for you?

Bob - I drink Cytomax. I don't eat much on the run.

Editor - Where is your favorite place to train?

Bob - The Three Mountain Run and the Ouachita Trail from North Shore to Hwy. 113.

Editor - Describe your ultra experiences.

Bob - I dropped out of The Ouachita Trail 50 in May after 45 miles. I dropped out of The Arkansas Traveller 100 after 63 miles. Does this mean I am getting better?

Editor - What are your ultra goals?

Bob - Just one time I would like to beat Jim Sweatt and Charley Peyton on The Three Mountain Run.

Editor - Do you have any ultra idols?

Bob - Sam & Donna Hardcastle, Irene & Tony Johnson, Donna Allsup, Charlotte Davis, Nick Williams, Les Hall, Bill Maxwell, & James McNair. All these folks finished the Arkansas Traveller 100 Miler.

Editor - Do you have any advice for the BigShot?

Bob - Publish a picture of Eddie Mulkey and Johnny Gross so we will know what they look like from the front.

Editor - Do you have any other comments? (Bob this is your big

chance.)

Bob

- Beat Lou.

MORE MESSAGE FROM THE BIGSHOT - Recently down in Mississippi, Lou and I had the duty of helping to clean out her mother's house. In the process Lou found the first pair of "running shoes" that she owned. They were white leather Puma's. She had purchased them at Spaulding Sporting Goods from a young college student by the name of Jay Rogers in 1973.

CONFIDENTIAL TO WOLFMAN - Your challenge for a tag team battle royal (W.W.F. Rules) at the Benton 24 Hour Track Run is being considered. The ground rules will be worked out before, during and after the event. An example of ground rules might be:

1. The good man can't change to be the bad man and vice versa.
2. The underdog will always win.
3. Nothing hidden in your tights.
4. No sleeper holds.
5. No ringers (Bighead).

I will accept your challenge provided you acknowledge who I really am - your long lost illegitimate half brother.....

Signed, The Missing Link

Congratulations to A.U.R.A. member Johnny Gross who on October 19th won the prestigious Benton Arkansas 20K Race defeating the legend in Arkansas Roadracing Tom Aspel by 28 seconds with a time of 1:07:53. Mr. Gross is currently leading the Ultra Trail Series after two events.

At the conclusion of this message are a few last minute pieces of mail Lou and I received that I want you to read concerning the Arkansas Traveller 100. For the most part they were typical of the feedback from the race participants.

More words from Teddy Roosevelt that I think appropriate for all of you involved in ultra running.

IT IS NOT THE CRITIC WHO COUNTS, NOT THE MAN WHO POINTS OUT HOW THE STRONG MAN STUMBLED, OR WHERE THE DOER OF DEEDS COULD HAVE DONE THEM BETTER. THE CREDIT BELONGS TO THE MAN WHO IS ACTUALLY IN THE ARENA; WHOSE FACE IS MARRED BY DUST AND SWEAT AND BLOOD; WHO STRIVES VALIANTLY, WHO ERRS AND COMES SHORT AGAIN AND AGAIN; WHO KNOWS THE GREAT ENTHUSIASMS, THE GREAT DEVOTIONS, AND SPENDS HIMSELF IN A WORTHY CAUSE; WHO AT THE BEST, KNOWS IN THE END THE TRIUMPH OF HIGH ACHIEVEMENT; AND WHO, AT THE WORST, AT LEAST FAILS WHILE DARING GREATLY, SO THAT HIS PLACE SHALL NEVER BE WITH THOSE COLD AND TIMID SOULS WHO KNOW NEITHER VICTORY NOR DEFEAT.

TEDDY ROOSEVELT

We've got a good contingent traveling to Lynchburg, Virginia and

the Mountain Massochist 50 Miler. I'll write about it next month. Wish us luck.

The weekly Three Mountain Run is being switched to Sunday afternoon starting at 1:00 P.M. The total distance is 11 miles of good hill training. Join us if you can.

Most Warm Regards,



To The Editors:

This letter is written out of the love of ultra running, and to encourage, not stifle true adventure runs. I want to give a view of the positive things that can come from the excitement of the challenge, not the negative controversy of ego driven lists and records.

In 1986, John Bates and Max Hooper had completed the WS100 and wanted to do Death Valley. Only six people had done it and the official run that was to happen in Death Valley did not come off. Bates, an American hero, (three purple hearts and lone lung shot out in Vietnam) and Hooper, a fat father of five kids, is reaching his 40th birthday. Hooper goes and runs around Lake Tahoe (72 miles on Friday) while in California, he calls Bates and they say lets run Death Valley anyway. A few days later they are in Death Valley, going for the crossing. Tom Crawford gives advice on logistics and 63 hours later Bates and Hooper complete the run. The seventh and eighth people to complete the crossing. A once in a lifetime event. Yes we are crazy, yes we completed it, and yes it felt great. Our run is as official as any other completion. Our 63 hour time was not bettered until 1987.

Why is there so much controversy on these runs? Some have run the 133, not the 146, some have started in the AM, some in the PM, some days were hotter than others. Let's focus on everyone's accomplishments, not split hairs. Anyone who has even tried to make it deserves our respect.

Please let's set the record straight. We don't understand how the correct history of Death Valley runs can be changed by rules and articles written after events have happened. Here are the facts of the Death Valley crossing of 1986 by John Bates and Max Hooper, September 17-20, 1986:

1. There were no published rules on governing body prior to our run. Only a few people (6) had made the crossing.
2. We were the two fastest Americans to complete the crossing (entire 1246 miles) at that time. No rules said it had to be done in July/August. (No gentleman agreement was made. There was no one to make it at that time.)
3. It was so hot it made you sick to stand outside.
4. Our run was recorded in Ultra Running, Runners World and several national newspapers and magazines.
5. After completing the run we gave the information to the

previous runners that had completed the run (Tom Crawford and Mike Witwer) and no changes were made in our report by them, then it was published.

6. On the year that followed our run, Tom Crawford's running club said they would keep the list of Death Valley completers.
7. Tom Crawford sent into the magazine Ultrarunning a report on the records of Death Valley with Bates/Hooper as a completion and record holder.
8. Several years later the report is that there are two lists, one of completers in July/August and the other list with all runs ever done. Someone decides one list is official.
9. Benyo writes articles and books without ever calling Bates or Hooper to get the facts straight.
10. If anyone wants to go by Rules that someone makes up, let's do it after a time that they become the Official Rules (post 1986). You don't go back and disqualify people for running a short Western States course or because Boston qualifying time is different now. You go by what was correct at the time. (No published rules and no governing body).
11. Tom Crawford is a personal friend, a great runner and deserves a lot of thanks for all the energy, time and effort he has given runs and runners.
12. We have no axe to grind with anyone.
13. We see it our way, based on the facts. You may see it a different way. We respect your opinions.

Please stop the Death Valley controversy. Run and be happy!

Max Hooper (now a fat 45 year old)

FEEDBACK FROM THE ARKANSAS TRAVELLER 100 MILER

10-15-91

Dear Lou:

I want to thank you and Charley and all the volunteers so much for one of the best race experiences of my life. I am really glad I chose the Arkansas Traveller for my first 100-miler.

I cannot imagine a better designed course. It was scenic, very runnable, challenging in sections, flawlessly marked, with lots of variety. I am still amazed that I recovered almost immediately with no soreness.

The aid stations were perfectly placed, with everything I could possibly need. A flashlight was all I had to carry. Everyone was extremely supportive. I am telling everyone what a great race it was, and you both deserve a lot of credit. I hope the Arkansas Traveller will be an annual event.

Thanks, Ken Ashby

THE FOLLOWING WAS COPIED FROM A DALLAS NEWSPAPER 10-11-91 IN SUSAN HALL'S RUNNING NOTEBOOK COLUMN:

An

Ultra race is against the course, says Dallas runner

Ken Ashby, "Other people are racing with you instead of against you. You have to think and plan how you're going to do it. It takes more endurance than speed."

The spectacular scenery can be one of the biggest draws.

Plano's Will Turner said he had never seen more stars than at one point in his 28 1/2 hour venture through The Arkansas Traveller 100-Mile Endurance Run near Little Rock last weekend. At another point, he learned how dark the forest can be.

"Once, we turned off our flashlights and it was just black. You couldn't tell a tree from anything," he said.

Turner said the race, his first 100-miler, had its own reward.

"I've wanted to run 100 miles ever since I saw the Western States 100 on TV. The runners had such a sense of accomplishment," he said. "Out there, it's a common struggle. I've spent 15 years in running, and (in road racing) you get no recognition unless you're fast. (At the ultras), everyone waits for the last person to cross the finishline and praises that person for finishing because just finishing is the goal."

Irving's Jay Norman finished ninth overall in the Arkansas 100-miler in 20 hours, 17 minutes, 48 seconds. Other area finishers: Richardson's Jack Johnson, 20:52:52; Ashby, 23:59:15; Turner, 28:31:10; Dallas' Mike Rouse, 25:54:05; and Tyler's Howard Culp, 21:32:05.

10-9-91

Dear Lou and Charley:

I am very sorry to have dropped out of the race last weekend. I really wanted to be one of the 1st year finishers, but it was not to be.

In retrospect, I badly underestimated the difficulty of the course, and went out too aggressively. A cramp developed in my left buttock, and after about 2 hours of pain, with the prospect of perhaps another 12, I dropped at 65 miles. My first DNF, and, according to my wife, the first intelligent running decision I've ever made.

Just wanted to let ya'll know I thought the race was great!! The pre-race briefing was accurate (especially when you said it wouldn't be the easiest 100 miler), the dinner fine. Aid was more than adequate, and aid station personnel very helpful and friendly, even after it got dark and cold.

I understand there was a high DNF rate. Please don't change anything for next year!! We don't enter 100 milers because they are easy...they are suppose to be challenging. I think this one needs a little more respect. I entered it expecting it to be easy (as far as 100 milers go), and ran it with a strategy more suited to a flat, road race. The trail is anything but flat, and the footing nothing like a road.

I want very much to come back next year and redeem myself. Please keep me on the mailing list. One last request...Please send me

a copy of the results when they are available. I'm interested in seeing how some of my friends made out.

Ya'll did a great job. Please keep up the good work.

Sincerely,
Chip Marz (New Orleans, La.)

ARKANSAS TRAVELLER 100 RESULTS

1. David Horton, 41, VA.	17:19:28
2. Don Aycock, 40, LA.	17:40:02
3. Andrew Barouth, 29, KS	18:01:48
4. Bill Maxwell, 39	18:59:46
5. Donald Smith, 33, VA.	19:15:38
6. <u>Shelby Hayden-Clifton, 31, N.C.</u>	<u>19:15:41</u>
7. Bill Coffelt, 31	19:40:58
8. Bill Soileau, 50, TX.	19:45:29
9. Jay Norman, 53, TX.	20:17:48
10. Jack Johnson, 50, TX.	20:52:52
11. Wayne Christopherson, 43, MI.	20:54:48
12. Clift Treyens, 36, MS.	21:20:15
13. Joel Guyer, 47, MS.	21:20:16
14. Howard Culp, 43, TX.	21:32:05
15. Roland Martin, 42, NV.	21:58:38
16. Steve Hyndman, 31	22:04:30
17. Joe Fennel, 39	22:05:02
18. Chris Gillespie, 40, TX.	22:07:54
19. Doyle Carpenter, 52, TN.	22:13:25
20. Hank Melanson, 42, FL.	22:13:26
21. Pat Farrell, 42, TX.	22:38:49
22. Jim Schuler, 36	23:36:24
23. Andy Williams, 45, FL.	23:49:12
24. Dick West, 49, MI.	23:55:58
25. Ken Ashby, 38, TX.	23:59:15
26. <u>Suzi Thibeault, 44, CA.</u>	25:05:09
27. Mitch Dukov, 28, OH.	25:46:05
28. Mike Rouse, 38, TX.	25:54:00
29. Carl Yates, 64, CA.	26:36:04
30. Ed Fry, 36, TX.	26:48:02
31. Dan Thompson, 36, KY.	26:58:26
32. Jim Newton, 44, TX.	27:24:43
33. <u>Donna Duerr-Allsup, 35</u>	27:31:43
34. <u>Charlotte Davis, 36</u>	27:35:04
35. Nick Williams, 48	27:43:30
36. Lloyd Lavender, 51, TX.	27:43:30
37. Dan Baglione, 61, CA.	27:43:30
38. Donald Osman, 60, PA.	28:02:33
39. Will Turner, 47, TX.	28:31:10
40. James McNair, 48	28:38:36
41. <u>Irene Johnson, 37</u>	28:40:16
42. Tony Johnson, 41	28:40:16
43. <u>Sue Haley, 49, TX.</u>	28:48:05
44. Roy Haley, 55, TX.	28:48:06
45. Ed Williams, 62, MO.	28:48:07
46. Les Hall, 52	29:04:19
47. <u>Donna Hardcastle, 36</u>	29:04:20
48. Sam Hardcastle, 40	29:04:21
49. Bob Cannata, 60, VT.	29:16:32
76 starters	