

THE ARKANSAS ULTRA RUNNER

FEBRUARY 1992

A Newsletter For the Arkansas Ultrarunning Association

MESSAGE FROM THE DIBSHOT - Mark it down now. October 10th. THE ARKANSAS TRAVELER 100. The advertisement will be in the next issue of the Ultrarunning. Some of the changes we hope to make this year include moving the race headquarters to the lodge at Camp Ouachita, presenting special bugles for sub 24 hour finishers and maybe having another aid station or two. Also we'll work on the trouble spots where some folks took wrong turns, etc. At our last meeting with Mr. Paxton of the Forest Service, we presented a check for \$912.50 to the Lake Sylvia Restoration Project. Thanks to a lot of help from many people we were able to turn a profit for what I believe is a worthy cause. Now we'll get to work on 1992.

I feel like I'm drunk. After 2 1/2 days of crewing and running on the Ouachita Trail, getting back to reality is difficult. I wish all you Arkansas Ultra Running Association members could have been a part of it. I won't go into great detail now because there is an article about the crossing in this newsletter. Let us just say that I've got good maps so that if any of you people want to go over and do all or part of the Ouachita Trail it is all down in black and white. My hat goes off to Jim Schuler, A.U.R.A. member from Morriston for his logistic planning and to Bobby Franklin for his job as Crew Chief. The weather, trail and support along the way was just perfect. There is one stretch of about 40 miles on the north side of Lake Ouachita I want to take you to.

Confidential: Peachy, call Gaddy. I miss you!

Warm Regards,

HH

ULTRA PROFILE - JIM SCHULER

Place of birth - Portland, Oregon

Age - 36, Height - 5' 11", Weight 165 lbs. (ideal running weight is 155 lbs.)

When, where, and why did you start running? I ran for a month or two at a time in 1984, 1985, and 1986. I started running seriously in 1987. I ran 5K and 10K races. I ran my first marathon Dallas White Rock in 1988. I started running ultras in 1989. The Ouachita Trail 50 in 1989.

What is a typical training week for you?

Monday - off

Friday - Off

Tuesday - 8 miles

Saturday - 15-30 miles

Wednesday - 12 miles Sunday - 6-10 miles
(50-70 mile weeks, mostly in the 50's)

Where is your favorite place to train? Morrilton on the roads for training. Favorite place to run is in the woods.

Who are your favorite training partners?
Dave Cawein, Steve Carter, Troy Dell

What is your most valued running possession? My orthotics.

What is the best ultra advice you ever received? The BigShot says to train on the surface you plan to race on.

My ultra strengths are: Holding back and saving a little till the end or whenever it's needed.

Have you had any running injuries? Right foot sprained bad twice. Left knee injured due to right foot kicking out. Pulled calf muscle twice.

You were a sub-24 hour finisher at the Arkansas Traveller 100 Miler. If you could have done anything different during that particular race what would it have been? Before the Traveller I had not finished a 100 miler. I had tried one and failed. With this in mind I would not have changed anything on this last round. I thoroughly enjoyed the 100 miler. For the next 100 I will spend less time in aid stations, since this amounted to four hours on this last race.

What is your favorite drink and food during an ultra? Conquest, Metapoll II, bagels, fig newtons, soup, and potatoes.

Three phrases to describe your Ouachita Trail Crossing?

- A challenging adventure
- Loads of work and fun
- Super crew who brought us through

What are your ultra goals in 1992?

- 2-3 50 Milers
- 1 - 100 Miler
- 2-3 days on a trail run

If you had the time and money what are your ultra dreams? Adventure runs on trails through forests and mountains of the world.

What was the most surprising thing about your Ouachita Trail Crossing? How much we revived after a night's rest.

What did you learn from your Ouachita Trail Crossing? That long distances at a slow pace do not break your legs down because lactic acid does not build up like it does in faster runs.

If you were to run the entire Ouachita Trail (in one event) again

would you try to go faster or would you use the same schedule you used? Since I have run it once if I was to do it again I think I could do it in five days. Six days is probably the most enjoyable though and that's what I did it for, enjoyment.

ULTRA TRAIL SERIES

RACE RECAP - Great Wall of China (20 Miles)

After a quick start by Conway's Frank Rivers, the series leaders, Tom Aspel and Johnny Gross gradually eased by and ran an almost identical race as last year. The two ran step for step for 15 miles with five miles to the feathers, so to speak, began to fly. With Johnny pulling ahead on the downhill and Tom making up ground on the uphill the two hit the final 0.3 miles of blacktop in a dead sprint. Tom won the duel last year by 13 seconds; this year by 12 seconds.

Nancy Cunningham built a commanding lead by 16 miles over Laura Finan but mistakenly started the 10 mile loop a second time. This opened the door for first time trail runner, Finan.

MISCELLANEOUS - FOLLOWING THE GREAT WALL OF CHINA RUN

TOM ASPEL - Johnny wouldn't stop at the water. There is no drinking when you run with Johnny. He'll sprint off and leave you. I felt nauseous near the end.

FRANK RIVERS - I could see them (Tom and Johnny) until the last five miles. Since Jack (Evans) wasn't here, I didn't feel any pressure. Jack is a better runner than I am. I'll take what I can get.

BOB HARRIS - Your mind is everything in this.

JOHN SWAN - Went out too hard.

ERNE PETERS - I P.R.'ed by 18 minutes.

JEFF ENGLISH - I like the obstacle courses better. Love the winter Classic.

SAM HARDCASTLE - The BigShot lead for the first 25 yards. He cheated. Something needs to be done.

BOB MARSTON - I did what I set out to do.

LAURA FINAN - I fell for the first time while running and tore my tights. I could see Nancy (Cunningham) the first couple of miles. I loved it.

IVY HARRISON - This was harder than I expected. Too flat.

PETE IRELAND - I ran faster this year on less mileage. I wonder how much I can cut back and get the same effect.

CHERYL POTTER - Where's Nancy?

NANCY CUNNINGHAM - I took a wrong turn and went an hour and ten minutes out of the way. Put an embarrassed face by my time.

BIGSHOT - I was just trying to help.

GREAT WALL OF CHINA (RESULTS)

(Last Year's Results)

* 1. Tom Aspel	2:09:08	(2:12:59)
2. Johnny Gross	2:09:20	(2:13:12)

Sorry!

This page was M.I.A. in the A.U.R. archives.

14.	Claire Rogers	21
15.	Irene Johnson	20
16.	Rhonda Kersh	5

MEN'S OPEN

1.	Johnny Gross	223
2.	Tom Aspel	180
3.	Ray Bailey	105
4.	Eddie Mulkey	80
5.	Jere English	60
6.	Jim Sweett	58
7.	Tom Zaloudek	36.5
8.	Ken Cox	30
9.	Robert Morgan	30
10.	Victor Carson	25
11.	Neil Hewitt	25
12.	Bill Torrey	25
13.	A. Brotherton	20
14.	David Allen	20
15.	Jan Falton	20
16.	Steve Dury	15
17.	Frank Schulte	10
18.	Jur Hettelf	10
19.	Jim Schuler	9
20.	Allen Stone	8.5
21.	John Clayton	8
22.	John Baker	7
23.	Bruce Munnery	5
24.	Tim Biggs	5
25.	Danny Meeks	3
26.	Jeff Thomas	3
27.	G. Gier	1
28.	D. Fugate	1
29.	M. Oliver	1
30.	Dave Lawain	1
31.	Roger Williams	1
32.	P. McDaniel	1
33.	J. Smith	1
34.	R. Greer	1
35.	Dave Palmer	1
36.	Rick Martinek	1

17. Tanya Perry

MALE MASTERS

1.	Frank Rivers	180
2.	Jack Evans	140
3.	Sam Harcastle	117.5
4.	Ernie Peters	100
5.	Bob Plunkett	65
6.	Bob Marston	55
7.	Bob Franklin	45
8.	Nick Williams	43.5
9.	Pete Ireland	42
10.	Ken Miller	41
11.	Foy Haley	40
12.	John Baker	35
13.	Pat Riley	30
*14.	Harley Peyton	25
15.	Tony Johnson	24
16.	Tom Holland	15
17.	David Samuel	7
18.	Steve Eubanks	6
19.	Bob Black	3
20.	Lee Muncy	3
21.	Don Potter	3
22.	Bob Horner	1
23.	Ron Hale	1
24.	James Hicks	1
*	On Probation	

THE ULTRA CORNER

Jackson Five 0/100K-- The starting line at the Jackson Five-0/100K read like the who's who in ultra running. The \$25,000 prize money drew the big names to Dallas like a steel nail to a magnet. Eric Clifton, Shelby Hayden-Clifton, Ann Trason, Kathy D'Onofrio, Brian Purcell, Ray Krolewicz, Rick Spady, Herb Tanzer, Don Aycock, Chris Gibson, Marshall Ulrich, Robert Perez, Dave Drach. The names you read about in Ultrarunning. The morning of the race the weather was atrocious. Rain, snow, sleet, low 30's and a strong wind. If it was any consolation it was raining on the Arkansans just as hard as it was on the favorites. The course is a three plus mile loop around Bachman

Laps. I was lapped sloway through my second lap. Lapped by everyone all day long. It was a long day and I got my fill of looking at the backside of world class runners. The race organization leaves nothing wanting. From the bus that picked us up at the hotel Friday night and took us to the prerace dinner to the hot soup and encouragement at the aid stations. If a fifty is in your future the Jackson Five-0 is the one to consider.

Winner 50 Mile Male	-	Brian Purcell	-	5:49:55
Winner 50 Mile Female	-	Debbie Peebles	-	6:55:32
Winner 100K Male	-	Robert Perez	-	7:23:49
Winner 100K Female	-	Kris Clark-Sethas	-	8:39:54

Congratulations to the following Arkansans and their times:

Ray Bones Bailey	-	6:29:13 (4th male)
Bill Torrey	-	6:31:11 (5th male)
Carla Branch	-	7:19:15 (3rd female)
Mike Heald	-	7:22:59
Wayne Elliot	-	7:44:00
Larry Hairy	-	7:45:09
Fallon Davis	-	7:50:10
Thore Johnson	-	7:57:00
Harley Pavich	-	9:26:12
Tony Johnson	-	9:31:00

The next trail series run is on 2-15-92. The Smith Mountain 50K. Starting from the spillway at Lake Winona. Do not use the picnic ground parking lot as it will be closed. Park on the forest service road at the spillway. Call Nick Williams 225-5557 or Harley at 225-6609 for more details. 10 a.m. start.

On 2-14-92 we will run the Spring Classic, an 18 mile loop from Lake Sylvia.

RACE SCHEDULE

Starting February 16, at 2:00 p.m. every Sunday, ultrarunners are invited to meet and run the 11 mile Three Mountain Run, or an option. Bring your own aid.

February 1	-	<u>Clear Spring 50K</u> , Roxie Mississippi. No entry fee, limited aid. Steve Bridges, 1813 Filhiol Avenue, Monroe, La. 71203
February 15	-	<u>Ultra Trail Series - Smith Mountain 50K</u> - Lake Winona area - Harley 225-6609 or Nick 225-5557
March 14	-	<u>Ultra Trail Series Spring Classic</u> 18 miler Lake Sylvia area Harley 225-6609 or Nick 225-5557
March 21	-	<u>Cross Timbers Trail Run 50 Miles</u> , Lake Texoma, Texas, Dennis Fugate, 876 Bitternut, Coppell, Tx. 75019
March 26	-	<u>Mississippi 50</u> - Leland, Mississippi, Grant Egley, 114 Pennsula Dr., Leland,

hardwood forests of the Ouachita Mountains.

After several planning meetings and lots of preparation, Lou Peyton and I began our run on December 28th 1991. Our crew was Charley Peyton (Lou's husband) and Bob Franklin both of Little Rock. Joel Guyer, with his wife Kathy, also started the run on this date. Joel and Kathy are from Natchez, Mississippi and Joel planned on running a faster pace than Lou and I.

The first day takes us along Winding Stair Mountain switching back from the north to south sides. The footing is sometimes terrible and the trail hard to find. Each time we approach 2,000 feet elevation the fog is thick. We met our crew every 6-12 miles at places like Deadman's Gap and Horsethief Springs. In the late afternoon we left Winding Stair and headed south toward Big Cedar Creek. On this stretch the vista's were beautiful and the trail goes through many pine thickets with excellent running. The day ended at the Pashabbe Trail Head located at the base of Rice Mountain with 24.5 miles behind us. Days running time 11:11. We spend the night of December 28, in the Zoe Community Center in Zoe Oklahoma. The community center was a nice block building with gas heaters, bathrooms (no tubs or showers) hot water and cook stove.

The second day starts with an 1100 foot climb and then right back down into the headwaters of the Ouachita River. Heading up Piamichi we make the we make seven river crossings before turning north to ascend Rice Mountain. In the final mile to the top we climbed 1100 feet in 20 minutes.

At the top we got not stop and sandwiches from Bob and also a story about his sticking the truck in the Kiamichi River. At this point we cross the Oklahoma-Arkansas state line into Arkansas. Charley is running with us this day so Bob is crewing alone. The next section to Green Wilhelmina Lodge is good running along the brow of Rice Mountain through old pioneer homesteads and a cemetery. It takes several hours to descend Rice Mountain due to terribly rocky footing but we finally reach Hwy. 270 at Eagleton at 2 p.m. Here we eat and drink and get our flashlight for the next 10-12 mile stretch. The trail took us up the side of Black Fork Mountain, back down to Clear Creek and then up on Fouché Mountain. The afternoon drags on and I have my first downpail. Charley, and then Lou both get out of sight before I get back to running good. This is a long section and we have to use our lights to make it out. We scare several turkeys around dusk and they leave their roosts in the trees. We meet Bob on Hwy. 71 at Foran Gap at 6:16 p.m. Running time 10 hours, 42 minutes, mileage covered 38 miles. We spent the night in Mena at Harvey's Motel.

We are on the trail by 6:37 a.m. on day three starting a 17 mile section where we will not see our crew. Joel starts with us on this morning but soon disappears into the fog. We make several climbs and cross some beautiful creeks before staying along the top of Fourche Mountain going from pinnacle to pinnacle along the ridge top. Lou and I stay together in this section. We are both feeling good and running all we can. At about the twelve mile mark Bob has hiked in and left us a coke, some bagels and a jug of water. A coke never tasted better!

We finish this section near where Polk, Scott and Montgomery Counties meet. We run along Mast Mountain, Hole In The Ground Creek, Rockhouse Mountain and Brushy Creek Mountain. The footing is getting

better, the timber is noticeably smaller in diameter and the vistas are less sweeping as we travel east. Bob begins pacing us as we head over Blowout Mountain. Just before reaching Fiddlers Creek we come upon the 100 mile marker. After soup, sandwiches, and cookies we fill our bottles and get our flashlights for the final five miles of the day. We head up and over Rock Row Mountain. At the top we turn off our lights and look at the stars. It is a clear night. We are in a remote area and you can see a lot of stars.

We end the day at 6:35 p.m. with 11 hours and 58 minutes running time, 36 miles for the day. We are just north of Sims and we spent the night at the Hwy. 27 Fishing Village.

Day 4 starts at 7:11 a.m. with Charley running with us. We have a 14 mile section across Round, Owens, McBill and several other mountains. The footing is good and we run a lot of it. We decide our fun theme song is "Climb Every Mountain" from the "Sound Of Music". We had a good time singing it off and on throughout the day. At about 11:30 a.m. we meet Bob and a new pacer Simon Hauser, an Medical Doctor from Switzerland who is doing research in Little Rock. Three miles later on Hwy. 27 we meet Dave and Greg Dawein and Simon's wife Christine and mother-in-law Elizabeth who is visiting from Switzerland. Dave and Simon run the three of us till dark and we have fun. The first section past Hwy. 27 is the most runnable so far.

At 5:10 p.m. we are at Hwy. 295 and must make a decision. Either quit here for the day or make the 1200 foot ascent in eight miles up Quachita Pinnacle. Our main crew has one vehicle in the ditch so Simon and his bunch are taking care of us. After drinking some swiss coffee and getting more clothes and food we decide to go for it.

It is a long slow incline with only limited running. With Charley leading the way we progress to the top. It is windy and I started cold the whole time. Finally at 6:55 p.m. we reach the fog shrouded summit. Our crew is not in sight but we can hear them and so far off. At 9:15 p.m. we reach the crew, pile in the vehicles and head toward the Jesselville High School Fieldhouse. We were 14 hours and 5 minutes covering 42 miles on New Year's Eve.

Day five starts out with a visit from an Arkansas State Trooper at 5:10 a.m. He was curious about my truck backed up to the fieldhouse doors and had to investigate. We explained our situation and produce identification and he is satisfied. After such a late night we do not start running until 8:45 a.m. with Bob starting the day with Lou and I. It is foggy and wet and the footing is slippery coming off the mountain. Lou takes a fall and hurts her left knee. It scares her and she falls two more times this morning. We stay on the mountain for several hours in and out of hollows and then have a good run to Hwy 7 near Iron Springs. Charley meets us midway with hot soup which we devour.

Simon and his entourage, Dave and his wife Mara and their dog Dagger met us at Hwy. 7. Mara, Dagger, Simon and Bob run with us the next 5 miles. We need the pick-up! This day is starting to get hard. Dave and Simon take over pacing the rest of the afternoon. It is good running out Lou and I are both feeling draggy the fifth day. My left foot and above my right ankle hurts. Simon puts a Swiss salve on the muscle above my ankle called Dull-X. It works and I am able to straighten my stride out. At 3 p.m. we get our bottles filled and eat before heading toward Flatside Pinnacle. The footing is not so good

to this six mile stretch and we end up laboring up the hill to the parking area. I am numbed with pain in my foot and above my ankle and Lou's knee hurts. We get soup and coffee and Simon heads toward Little Rock. We thank him profusely for his help and accept his tube of Dull-X as a gift.

We walk and run the four mile section to Brown's Creek and make it at 7:30 p.m. I am ready to call it a night but Lou wants to climb the 1.4 miles to North Fork Pinnacle. Lou makes the call and we get there at 8:15 p.m., 11:28 of running to get 35.1 miles. We spend the night at my home in Morrilton. My wife Denise fixed spaghetti and chocolate pies and Mara Cawein made lemon pies.

The sixth and final day we begin running at 7:45 a.m. with a nice downhill stretch to Lake Sylvia. Lou and I run alone this morning, we take it easy and enjoy the mountains. Charley met us at Lake Sylvia with hot oatmeal and it's on to Hwy. 9. Nick Williams of Little Rock met us before Hwy. 9. Now we go the 11 miles between Hwy. 9 and Hwy. 10 and go off the forest service map. This is a section we have both run dozens of times. We reach Hwy. 10 at 12:30 p.m. and have more friends as we pick up Donna Duerr of Little Rock and Dave Cawein. Nick is still with us. I am putting Dull-X on my lower right leg and left knee and can run a pretty good shuffle. We get food again at the second crossing of Hwy. 113 and then on to the North Shore landing of Lake Maumelle. We arrive there after 4 p.m., get food, drink and lights and trade Nick in for Donna's dog Shatz. We start out running but have to slow after dark as the trail is hard to follow. Finally after 11 miles we reach Hwy. 300. Here we are met by a gaggle of Little Rock runners with campcookers, food, and pets on the back. We run the next mile and hit the trail for the final two miles. At the final climb to the Pinnacle Mountain Visitor Center Lou and I climb together. We cross the finish line at 8:16 p.m. with our crew and Simon, Elizabeth, Elizabeth, Joe, Billie and some others cheering us. Simon has bought champagne and we all toast the finish. Elizabeth has made some awards and Simon gives them to us as Bob films the festivities. We ran 40.1 miles on the final day in 12 hours and 21 minutes.

According to our calculations we ran 227 miles in 71 hours and 38 minutes. This counts all the aid stops and brings the pace down to around 19 minutes. If the trail is truly 239 miles as the book says then we averaged 18 minutes miles.

This run was the result of two years dreaming and one years planning. I could not have done it without the understanding of my wife Denise and daughter Meggie and the support of my running buddies. I would not have done it without the prodding of Lou Peyton and neither one of us could have done it without our crew Charley Peyton and Bob Franklin.

It was a great experience and even though I was happy to finish I miss the trail already.

THE INSIDE

by HARLEY

(A SATIRICAL LOOK
AT ULTRA RUNNERS
IN ARKANSAS)

