

## THE ARKANSAS ULTRA RUNNER

JANUARY 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - The 1992 Shockaloe Trail 50-a Race Director's nightmare. The call came from Joel Guyer in Natchez that he had just been blindsided. The Shockaloe race was in trouble. It seems that the Mississippi Game and Fish Commission had extended gun deer season through the race weekend and had opened the Beinville National Forest to the taking of deer of either sex. Because of the potential safety concerns T.A.C. would not issue a sanction (insurance). Without a sanction the U. S. Forest Service would not give a race permit. There was really nothing else to do but cancel. Whether the race can revive next year is an unanswered question. Lots of Arkies were disappointed that they would miss out on a flat course without rocks or water crossings. With the demise of the Shockaloe, the door now opens on the Jackson Five-0 in Dallas scheduled for the same date. In my opinion the premier 50 in the southwest, the Jackson five-0 offers the potential for a fast P.R. I have an application if you want it.

Can you believe that the next newsletter starts the fourth year of the Arkansas Ultra Running Association! It seems like only yesterday that I was handwriting ultra news to about eight budding ultra runners. This year we progressed to the computer with a mailout of 50 plus. It's not time to renew yet. Wait for your application next month. But for you new people, let me fill you in on what the A.U.R.A. is about. It all started after the 21 mile loop from the Forestry Commission trailer on Highway 10. I remember it being such a good run that I wanted to send those who were there a little note of thanks for the companionship and to keep in touch between the next run. That was the beginning. Now we've got race updates, ultra news, cartoons, profiles, maps and messages. Most written in the first person by the BigShot, my bipolar ego maniac. Occasionally outside material is included in the newsletter but as a rule the ultra business, the BigShot feels, is better left to the professional. Most of our material is bottom line stuff. We only talk about what you do or what you say. We never babble about how a particular run makes you feel. Most of us are happy and active in our local road running club and the A.U.R.A. is not intended to take the place of that fellowship. We don't have meetings, officers, by-laws, rules and restrictions. It is analogous to your local church and T.V. preachers. Think of your local running club (L.R.R.C./A.R.K.) as the local church where they have Sunday services, visitation, weddings, and funerals. Think of the A.U.R.A. as a Jimmy Swaggert type T.V. preacher. He won't marry you or bury you. He'll just ask for more money. Yes, the A.U.R.A. is going up next year for the fourth year in a row.

In November over at Hot Springs during Healthfest weekend, R.R.C.A. awards were given out for runners of the year. In the ultra category Little Rock's Bill Laster, the epitome of an ultra runner, was named runner of the year while Lou Peyton won the female honors. The winners were determined by a "point" system based on their finish place at the ultra races they participated in. A.U.R.A. members,

Johnny Gross, and Irene Johnson finished second, respectfully. With his victory at the Benton 24 Hour Track Run it appears that Laster has a leg up on the 1992 award. However, there is a question about Lou Peyton, the aging queen of running, and her drive to win her third award. Some of the ladies to keep an eye on in 1992 are Irene Johnson who won the Benton 12 Hour Track Run and Ivy Harrison who won the 6 Hour Event. Don't forget Gayle Bradford (Benton's 24 Hour Track winner) who ran 91 miles in her first ultra attempt.

Okay Bigshot, head for the firepole. I'm right behind you!

Warm Regard,

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#### ULTRA RACE REPORT

TRIVIA - In 1973 this race attracted 1,724 entrants and was the largest race of any distance in the U.S.A. that year. What was the name of this race? Answer: The J.F.K. 50 Miler. Boonesboro to Williamsport, Maryland. 1991 was the 29th running of the J.F.K. 50 and attracted 336 entrants. Arkansas Ultra Running Association members Eric Clifton and David Horton finished 1st and 2nd with times of 6:06:09 and 6:26:32. The course began with three miles of asphalt pavement followed by a 12.7 mile section of the Appalachian Trail. Then it has 26.5 miles of flat land on the Ohio Towpath along the Potomac River. The final 8.3 miles are flat and hilly roads. This race dates to the time of President Teddy Roosevelt who ordered the Marines in 1908 to walk 50 miles in 20 hours over three days to stay in shape. However, the three day time period was forgotten until a Marine Commandant in 1963 found President Roosevelt's order and sent it to President Kennedy. Later at a news conference Kennedy asked: "I just wonder how many modern Marine officers can do that". The rest is history.

SUNMART - TEXAS TRAIL ENDURANCE RUN - 50 MILES AND MARATHON - December 7 - (Contributed by Bob Marston) The course consists of four, 12.5 mile loops through Huntsville State Park outside Huntsville, Tx. Each loop through pine forest has about 7 miles of single lane trail, four miles of country lane (much softer than a dirt road) and 1.5 miles of leaf-covered, asphalt biking trail. Very much unlike the Ouachita Trail there were no stones and only an occasional root to avoid. The trail was clear, having no leaves obstructing roots and so smooth and level that, along most of it, you could probably push a wheelchair (sounds like a good one for Bobby F.). Oftentimes you could see 100-200 yards through the forest - that visibility and the continuous turns and ups and downs made for a very enjoyable run. As advertised, this must be the most benign 50 mile run in existence (since it was my first, I really don't have much support for that statement; however, Tony and Irene found it nicely runnable though not as flat as Joel's Jaunt in Mississippi).

Aid stations were outstanding, totally eliminating the necessity of carrying food or fluids. After the first loop I traded my two-barrel belt for a lighter, one-barrel; Tony and Irene smartly dropped

theirs at one of the interim aid stations and hit on 'em during subsequent loops. The maximum distance between aid stations was approximately three miles with all others two miles or less apart. Exceed, water, coke, fruit juices, candy, cookies, pretzels, chips, crackers, drugs, bananas, apples, oranges, etc. were abundantly available.

About 90 runners started the 50 at 6AM running the road that paralleled the .75 bike trail (an excellent way to start since it allowed runners to spread out, find their own pace and thereby eliminate a bottleneck at the single lane trailhead). The temp was about 58 at the start and the air was moderately humid. Chem lights marked the trail during the 45 minute, early morning darkness. Each loop has a two mile out and two mile back portion that was nice because it allowed you to see and encourage both those ahead and behind you. The .75 mile stretch at the end/start of each loop provided a similar opportunity - nice touches for both the competitive types as well as those who like an opportunity to give their fellow "sickos" well-deserved shit.

The marathon began at 9AM and included a 1.2 mile trail that we did not do followed by two of our 12.5 mile loops. The marathon field was much smaller than the 50 contingent and was, in all honesty, nice to have on the trail. They knew we had started three hours earlier than they had and that we would still be running well after they had finished; consequently, their additional encouragement was helpful and appreciated - especially on loop 3.

As the day progressed the overcast we had started with stayed with us for all but about five minutes and the temp rose to only about 75. Humidity remained quite reasonable. I was quite comfortable running in only a singlet (well, I also had shoes and shorts).

The turkey burger feed with a bunch of other gut-stuff items was quite nice at the end; however, mostly we just sat around and yapped like women and tried to forget we had legs.

For the \$35 entry fee we received a nylon bag, shirt, towel, water bottle, hat, a leather bag for finishing, something that will allegedly be mailed to us and a moderate dose of discomfort. I found out later that I had also bought 3 toenails, an IT band and a couple of 2-pint blisters. During the run Irene bought, but eventually returned, a whole bunch of food.

In February of 1993 these guys are planning a 100 in the same area.

Tony Johnson	10:14:00
Irene Johnson	10:14:00
Bob Marston	9:52:38

THE LOUISIANA 50 MILE, 100K, AND 100 MILER - This race is on the levy between Baton Rouge and New Orleans. It is a staggered start so that the runners in the 50 Mile, 100K, and 100 Miler finish at about the same time. 2nd place at the Arkansas Traveller 100, runner Don Aycock won the 100 Mile with a 14:34. A.U.R.A. Joel Guyer was fifth at 20:03. Joel said that the surface was shell and gravel (fast) and the weather was cold and windy. 28 runners started the 100 Miler. Canadian, Andy Jones won the 100K and finished about the same time as Joel. His time was 6:53 which is a 6:00 minute pace per mile for over

62 miles. UNREAL!

### ULTRA TRAIL SERIES REPORT

WINTER CLASSIC - 15 MILES - DECEMBER 14 - A wise ultra runner (Mr. Nick) once remarked that fellow A.U.R.A. member Eric Clifton reminded him and the way he ran of what was said of the ancient Roman soldiers who went into battle. They commented that they would come back either with their shield, or on it. Such is the case in the Winter Classic. We had our largest field yet for a series run. With this large field were lots of first timers. First timers who had never crossed a creek or ran a powerline. In short there were some boys and girls who went out hard but kept little in reserve for the Three Mountain Road (5.4 miles) on the return. It was nice feasting on the bodies on my way in. I always get a lift when I see a competitor on his shield.

This was the first official time for us to run this route. Several of us in the spring ran it from the opposite direction. I think this direction is better because of the scenic views after the first water stop and having the sun at our back on the powerline. At the start I sprinted out ahead of the field to make sure the runners turned at the first turn-off. I was quickly passed by Tom Aspel, Johnny Gross, Frank Rivers, Jack Evans, Jere English, Danny Meeks, Bobby Flynn, Nancy Cunningham, Ray Bailey and Carla Branch. When we hit the forest service road at 1/2 mile Kim Pavelko, Jim Sweatt, Frank Schulte and Jeff Thomas passed by me. I felt like a bottle-butted hiker. I thought I was having another slow run until I hooked up with David Samuel on the Three Mountain Road and finished in 23rd place. Up ahead newcomer Carla Branch broke Nancy Cunningham on the hills of the Three Mountain Run and Tom Aspel bested the series leader Johnny Gross.

All in all it was good training for those who had never been to a series race and I think a lot of them will be back. We'll have this one again next year.

### WINTER CLASSIC RESULTS

1. Tom Aspel	1:52:50	26. Johnny Jones	3:06:05
2. Johnny Gross	1:54:49	27. Cheryl Potter	3:08:08
3. Ray Bailey	1:55:37	28. Don Potter	3:08:08
4. Bill Torrey	2:04:14	29. Lou Peyton	3:08:52
5. David Allen	2:06:33	30. Donna Duerr	3:12:40
6. Frank Rivers	2:06:39	31. Donna Hardcastle	3:20:00
7. Jack Evans	2:14:35	32. Paulette Brockington	3:21:19
8. Jim Sweatt	2:16:31	33. Tally Ward	3:22:35
9. Jere English	2:21:25	34. Gayle Bradford	3:22:51
10. Tom Zaloudek	2:22:22	35. Teresa Laster	3:22:51
11. Carla Branch	2:25:15	36. Irene Johnson	3:24:51
12. Nancy Cunningham	2:26:30	37. Bob Horner	3:31:17
13. Neil Hewitt	2:26:40	38. Tom Holland	3:33:26
14. Danny Meek	2:31:57	39. Tony Johnson	3:33:26
15. Dave Palmer	2:35:05	40. Rosemary Haluska	3:34:26
16. Ken Millar	2:40:00	41. Mike Freed	3:34:56
17. Frank Schulte	2:41:00	42. Rhonda Kersh	3:36:00

18. Jeff Thomas	2:42:00	43. Kathy Holland	3:43:00
19. Kim Pavelko	2:44:00	44. Claire Rogers	3:50:56
20. Sam Hardcastle	2:44:01	45. Sharon Williams	3:50:56
21. Bob Franklin	2:45:00	46. Jane Lee	3:55:21
22. John Baker	2:51:00	47. Ann Moore	4:02:00
23. Charley Peyton	2:52:01	48. John Honey	4:03:00
24. David Samuel	2:52:02	49. Corky Binz	4:05:15
25. Pete Ireland	3:01:20	50. J. Bumbles	4:05:16
		51. Alberto Bumbles	4:05:17

#### ULTRA RACE CALENDAR

- January 1st - Great Bear Run - 25 Miles  
Bill & Teresa Laster (501) 666-6621
- January 11th - The Great Wall of China Run - 20 Miles - Little Rock. Ultra Trail Series - Charley 225-6609 or Nick Williams 225-5557.
- January 18th - Jackson Five-0/100K - Dallas, Texas  
Dan Millet, 7021 Prestonshire Lane, Dallas, Texas 75225
- February 1st - Clear Springs 50K - Roxie Mississippi - No entry fee, limited aid. Steve Bridges, 1813 Filhiol Avenue, Monroe, La. 71203
- February 15th - Smith Mountain 50K - Little Rock - Ultra Trail Series - Charley 225-6609 or Nick 225-5557
- March 21st - Cross Timbers Trail Run 50 Miles, Lake Texoma Texas, Dennis Fugate, 876 Bitternut, Coppell, Texas 75019
- March 28th - Mississippi 50 - Leland, Mississippi  
Grant Egly, 114 Peninsula Dr., Leland, Ms. 38756
- May 2nd - Strolling Jim 40 (41.2 miles) Wartrace, Tn.  
Gary Cantrell, 233 Union Ridge, Wartrace, Tn. 37183
- May 2nd - Ouachita Trail 50 - Little Rock  
Bill and Teresa Laster, (501)666-6621

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#### ULTRA RUNNING PROFILE - GAYLE BRADFORD

1. Give us some statistics - Weight - 122 lbs.  
Your ideal running weight - 115 lbs.  
height - 5' 4 1/2"

shoe size - 8 1/2

2. Are you a master runner? In other words age, date of birth.  
9-24-49 - 42 yrs.
3. Number of years you've been running? 4 1/2 years
4. In your first ultra attempt you ran the Benton 24 Hour Run and won the female division with 91 miles. Tell us briefly about this event.
  - a. How did you train?  
I ran one long run on weekends--rarely any during the week.
  - b. What was your race plan going into the run?  
Run 3 laps--walk one--
  - c. What did you eat during the Benton Run?  
The first twelve hours I was force-fed by Hoffman, Bear, and Duerr > crackers, cookies, turkey sandwiches; after I threw up, I started eating the way my body felt--cokes and crackers.
  - d. How did you feel at the beginning and end of the Benton Run?  
Great, a little nervous; around 5 a.m. awful; 10 a.m. > 5 p.m. was fantastic; at 6:50 p.m. Sat, the bottom fell out.
  - e. How did you recover from the Benton Track Run?  
I took Tolectin and felt really cocky for the first four days after the race; when I got off, I felt terrible and haven't recovered fully yet.
5. What ultra runner(s) would you like to emulate?  
No one--they're all crazy! But if I had to choose; it'd be Mr. Nick because he has so much fun and Bill Laster cause he's so determined.
6. Your most humbling running experience?  
Dragging across Smith Mountain during the Arkansas Traveller 100 and being so sick and finding a new friend in Pepto Bismal tablets from Sam and Donna Hardcastle.
7. Your favorite training companion(s)?  
My wonderful, loving crew-man Ralph Hoffman who supports me to the end! Bear Laster and newly added is my buddy Donna Duerr.
8. Your favorite piece of running gear and why?  
My water bottle--it's my security blanket; on short runs I feel so lost without it.
9. What shoe works best for you?  
Nike Air Structure
10. What is your favorite food or drink on long runs?

Saltines; Exceed (orange); coke; Pepto-Bismal tablets.

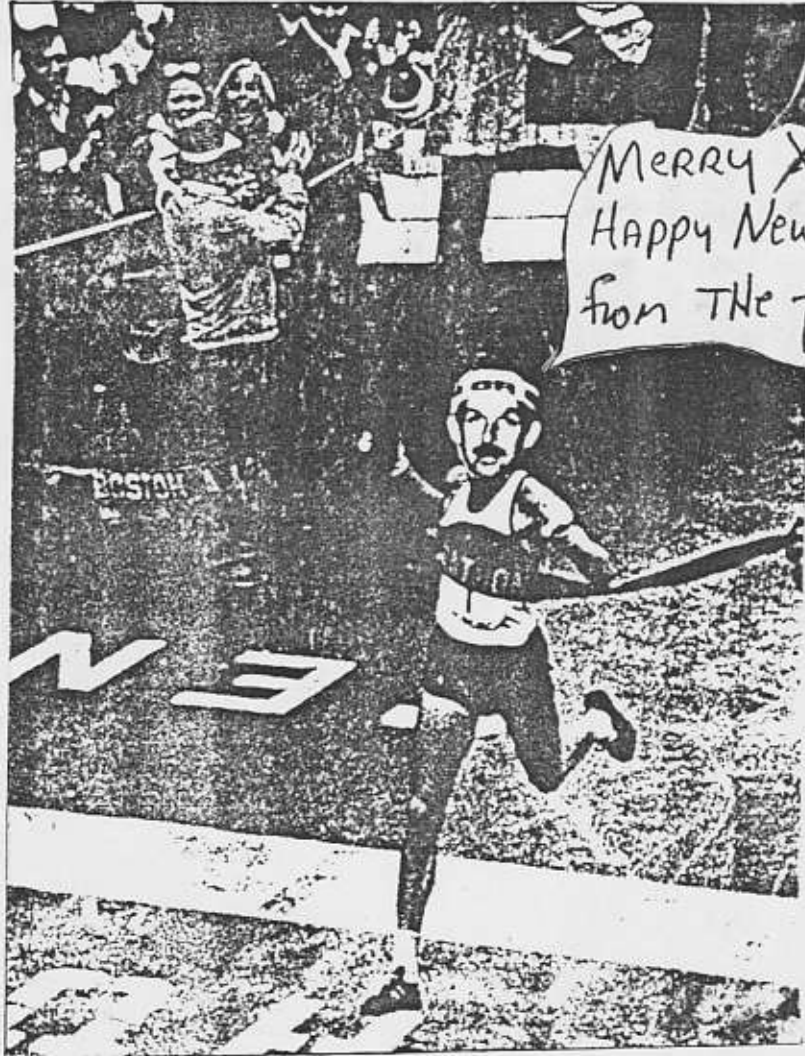
11. What are your ultra goals in 1991?

At least the Ouachita Trail 50, Bear Run, Possibly Hardrock in the summer--hopefully, Arkansas Traveller 100.

THE  
INSIDE

by HARLEY

(A Satirical Look  
AT ULTRA RUNNING  
IN ARKANSAS)



MERRY X-MAS AND  
Happy New Year!  
from THE Big Shot



# The Great Wall of China - 20 Miles

Highway 10

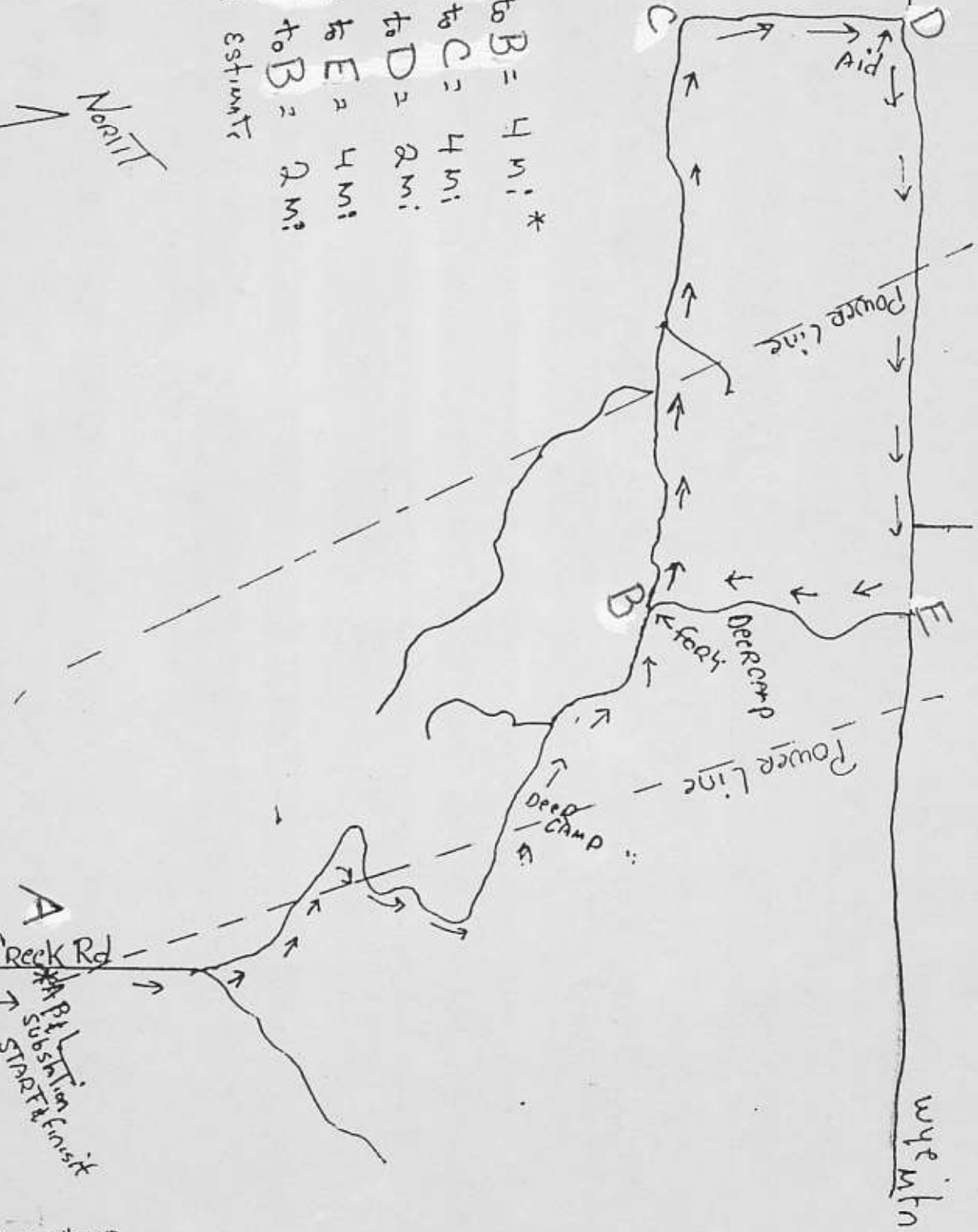
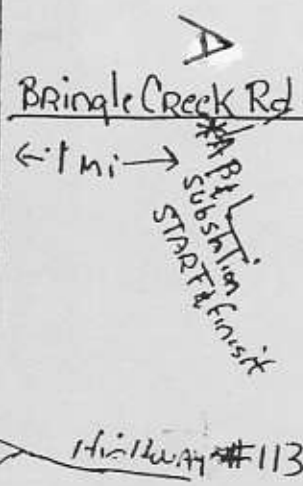
JAN 11, 1992

- A to B = 4 mi \*
- B to C = 4 mi
- C to D = 2 mi
- D to E = 4 mi
- E to B = 2 mi
- \* estimate

North

From I430/Highway 10 overpass  
 Travel West on Hwy. 10 to Hwy 113  
 Continue past 113 on Hwy 10 - 1.5  
 miles to Bringle Creek Road -  
 Turn Right go 1 mile on Bringle  
 Creek. Park at the AP&L Substation. 7 AM Start -

Highway # 10  
 1 mi  
 1.5 mi  
 Highway # 113



Highway 10

Wye Mtn