

# THE ARKANSAS ULTRA RUNNER

JULY 1992

*A Newsletter For The Arkansas Ultrarunning Association*

**MESSAGE FROM THE BIGSHOT** - Last month I was in my power room chuckling over something in the June issue of *The Arkansas Ultra Runner* and a chill when up my spine. I had identified our featured ultra family, Simon and Christine Hauser, as being from Sweden. My apologies to them for the mistake. They are citizens of Switzerland.

**ARKANSAS TRAVELLER 100 NEWS** - As of this writing, we have 27 entrants. Two entries are from Arkansans. The largest group is from the west coast. We're ahead of last year. I've been calling around to the volunteers who helped last year and, although I haven't contacted everyone, the response has been good. One aid station plans on running and pacing this year. Another aid station wants to combine with the running club they've joined. It isn't panic button time but if you want to be a part of working the Arkansas Traveller 100 give Lou a call (225-6609). If you know someone who might be interested, talk it up among your family members and acquaintances. Also keep it in mind that we need to borrow some supplies, too. Ice chests, coolers, etc. We will have a good race. I will be sending out a more detailed "Arkansas Traveller 100 Newsletter" to the race workers starting in July to keep them abreast of what is happening.

**IMPORTANT NEWS TO FOLLOW** - Summer Running Camp!!!! The weekend of July 24-25-26. The place is called the Wolfpen Campground in the Ozark National Forest. We'll camp Friday and Saturday night. You'll cook your own food. Potluck on Saturday night. We'll run early on trails or forest service roads on Saturday and Sunday A.M. Distances optional. Swim in the Mulberry River. Find Wolfpen Campground on your Arkansas road map. From Little Rock go to Clarksville on I40, then (right), (north) on Hwy. 103. Its probably a two hour drive from Little Rock. The details are not worked out but we plan on going. By the time you receive this letter, we should have information, etc.

Starting in July we will begin the training runs over the Arkansas Traveller 100 course. Our distances will not be ultra long. If you know anyone who would like to pace a runner, this would be a good time to see the course. We've had several entrants from out of state who have asked for pacers. Keep it in mind.

On August 1st we will have the 1st Annual Midnight 60 K. Start at 10:00 P.M. The route will be an out and back on F.S.R. #132. I'll set water and have drop bags every 5 miles or so. Start will be from the Lake Sylvia parking lot where the Ouachita Trail crosses the F.S.R. 152. Bare in mind this is a no registration no entry fee run. Same format as the trail series. We plan on having pancakes and maybe grits afterward. You do your own drinks. I might ask for a \$ .50(+) under the table donation for those who want to eat. It should be fun.

REMEMBER: SATURDAY NITE-10:00 P.M.

## ULTRA PROFILE - FRANK RIVERS

*Frank, give us some statistics - Age, Weight, place of birth, etc.*  
I am 48 years old, my weight is 144 lbs. I was born on November 25, 1943 in Many, Louisiana. We moved to Arkansas in 1955 so I am an Arkie. I have lived in Little Rock, North Little Rock, Fort Smith and Conway (32 years).

*When and why did you begin running? What are your Personal Records?*  
I started running when I was 39 years old to get ready for a Rocky Mountain Elk Hunt. Also, my son Barry entered a few road races so I decided to run with him. My P.R.'s: 5K - 16:27; 4 Mile - 21:09; 5 Mile - 27:42; 10K - 35:09; 20K - 1:13:47; Marathon - 2:54

*Does Anyone else in your family run?*  
Barry started running when he was 9 years old, and ran until he was 18 and out of high school. He had offers to many colleges but said he was tired of running? (I think never beating old dad could have hurt him.)

*Describe your diet?*  
The last 6 years I had a body fat measurement of (6.7 in 1986). My body fat measure (June 1992 is 4.5). I ate no beef, no pork, no salt, and almost no beer, etc. Also no cokes, etc. I drink mostly apple juice, carbo foods, fish, chicken, turkey, deer, antelope, elk, etc.

*You ran the Arkansas 50 Miler on the Bona Dea Trail in Russellville back in the early 80's. How did you do and how did you train?*  
I ran the Arkansas 50 miler in January 1984 with only 10 months of running under my belt, no run over 8 miles. I did not train for it. Our running club had 3 members entered just to see how far we could go. I ran 8:39 with no training or running base (mental).

*What is your favorite brand of running shoe?*  
Running shoes for trails - I like Nike Air Pegasus and Reebok Bolton. Racing shoes on pavement, I like Nike Duelist. I rotate 4 pair of shoes for training. I mark them on the heel. M. T. W. Th. I take off on Fridays or Sunday's. I use Tuesday's shoe.

*What is your favorite piece of running equipment that you own?*  
My favorite running equipment is my Hawaii floral running shorts that I have had for 6 years. I have replaced the elastic twice. My least favorite is a watch. I hate watches. I take them off when I run unless it is an ultra.

*What is a typical training week for you?*  
A typical training week when I am not injured I run 6 different courses, one for each day of the week - 7 miles and on Sunday 10 to 20 miles. Most of the time I leave home not knowing how far or how long or where I will run. This makes it interesting. When I am in heavy training for a

**Sorry!**

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

looking him over good. Good pick FATSO!! Go with him, get outta here!! Good tread, broken in nicely, go with 'him, go with him!!

Oh my God!! He's putting III down, looking about .....HE'S GOT ME!! HE'S GOT ME!! OH MY GOD, HE'S GOT ME AGAIN!! I'm old, I'm beaten, I won't support you, I'll break a lace, I'll rip off a toenail at mile 20 - PUT ME BACK!

Darn, darn, darn! Why me? Why couldn't a petite 90 lb. young lady with size 14 feet buy me? Why did it have to be this ton of lard?

Whew, does this guy ever wash his feet? Hey Bud, how about a little cologne on the feet? Shees, make that a lot of cologne for the feet. Oh, I see now, he's already used it all - a whole quart - all over his face. Couldn't spare a thimbleful for the "gunboats" now could he?

Well, I'm underway again - lucky me. I get to haul a 210 lb. goober around what I now understand will be a 50 mile trail run. Hopefully his stomach or something will shutdown well prior to the start and he'll be an early DNF.

It's 5:30 A.M., we're about to start, and I'm not ready for getting pounded for twelve hours by this junior sumo wrestler. Well, at least the women at this thing look pretty good. The only problem is they're all wearing running shorts. This guy NEVER takes me anywhere where the women wear skirts or dresses.

We're off! At this pace, I won't get this guy off me until Tuesday. Well, at least I have the prerace meal going for me. On the way here this morning the Bozo had 4 twinkies, a pound bag of ships, 3 cokes and a double bean burrito. Surely he won't make ten miles.

We just got out of the initial aid station at 4.9 miles. From the rumbles, vibrations, belches and flatus, whatever he ate doesn't particularly want to be sloshed about on a run. Great! Let's hope his gut shuts down soon and I can get an early return to the closet and all my buddies.

Oops, we're stopping.....Oh, I think its a pitstop. Gives me a break anyway.

I didn't think it was raining this morning. Oh well, it'll be refreshing. Wait a minute, that isn't rain.....HEY DOUFUS !! MY GOD, GET AN AIM !!! YECH, YECH, YECH !! Shees, I'm soaked and he didn't even know it was happening - is he brain dead? Hey Buddy, if you're that bad off, next time get someone to hold it for ya! Jeez, now I gotta go 40 miles covered with pee. This is not a good day.

Allright, its mile 13 and this guy's gut is seriously rebelling. I can feel it. He's probably having as bad a day as I am - serves him right. He should have worn the III's. We're stopping again - I hope his aim has improved. Well, apparently we're just taking a break in the woods - really kind of nice here.....Strangely quiet.....RAALLPPHHHH !!!!!.....

AUGGGGHGGG !!!!!.....AUGHHHHHHGH !!!!!.....Boy, this guy is blowing serious chunks. Whoa, that looks like half a burrito. Well, at least he didn't hit me with it.....RALPPPPPHHH !!!

.....AUGHHHHHHGH !!!!!.....Gee, I haven't seen that before - must be something from last night's dinner. This guy is toast! HAH! Surely he can't survive this.

We're off again, but not moving well at all. I think we're done. There's North Shore, mile 15.9. Allright, he's sitting down! "Hey guys, pull me, I'm done for today. My stomach just won't take it."

Allright!! I'm otta here! Let's go home! I'm ready! Darn, I think the toad is going to hang around. Well, at least he's sitting.  
(an hour later)

Good, we're up, heading back to the car, right? Hey, the other way Fatso; no, no, the other way! Darn, I think I'm about to be pounded again.

(6 hours later)  
The Doufus got better and ran me 19 more miles helping his wife and another gal through the full 50. I knew it would be a bad day. This guy pounded me for 35 miles, soaked me in pee and then nearly ralphed on me. I hope I'm well aged, old beyond use, before his next one. Hopefully the shoe Gods will take pity on me next time and I'll come back as ballet shoes, boating shoes - maybe even Harley's bowling shoes - anything but Tony's long "boats".

(TONY JOHNSON IS A WELL REGARDED ARKANSAS ULTRA RUNNER WHO, IN SPITE OF HIS AMPLE "POUNDAGE", HAS COMPLETED THE ARKANSAS TRAVELLER 100 AND NUMEROUS 50 MILE RUNS-Bob Marston)

## THE ULTRA CORNER

The Old Dominion 100 Miler - May 30, 1992 - From everything I hear the Old Dominion is back. Good aid stations, good weather and a great showing by several A.U.R.A. members. The weather was in the 60's, overcast, with occasional showers. Of the 82 starters, 60 finished under the 28 hour cutoff. 47 runners broke 24 hours. Two were women.

The course record of 17:11 was shattered by A.U.R.A. member Eric Clifton in a time of 15:10. A.U.R.A. member David Horton and Donald Smith tied for second in a time of 16:38. Shelby Hayden-Clifton, the Arkansas Traveller winner, fell at about five miles and hurt a knee. At about the 50 mile point she rolled an ankle. Shelby retired at 75 miles still in 12th place overall. Eric ran every step of the way which included the major climbs in the last 26 miles (Sherman's Gap, Veech Gap, and Woodstock Mountain). Eric ran a faster time during the 100 miler. David Horton and Donald Smith ran together with one testing the other during the first half and again during the latter 50 miles. By 75 miles Eric had an hour lead over Horton and Smith. During the last 25 miles Eric added another 28 minutes to his lead.

After the race David told Eric that he and Donald were sure they would find him curled up in a ball on the side of the trail. Eric's reply was that he was trying to beat them by two hours. David's response was a good natured "You sorry, sorry sucker!" Good competition brings out the best in ultra runners.

## PENNAR 40 MILER

PENSACOLA, FLORIDA

6-6-92

Six A.U.R.A. members drove to Pensacola, Florida, for the Pennar 40 Miler, directed by Andy Williams. Andy completed the Arkansas Traveller 100 in October '91 and invited the BigShot down to his race. He stated that it was a pretty "sorry" course but a great party! After talking to several runners who went down, Andy was being a little too critical. The run starts at 4:00 A.M. on a bike path for several miles and then

runs on to the asphalt highway along the gulf (beach). The word up is HOT!!! However, the Arkies describe the beautiful view of the gulf, the sunrise, and how supportive the race workers and fellow runners were. This was an out and back route with what I hear was more than enough aid along the route. The finish times didn't seem that important to the participants interviewed so I won't list them. Congratulations to Joel (Guyer), Steve (Bridges), Bob (Franklin), Bill (Maxwell), Ivy (Harrison), and Jackie (Edmonds). I want to go next year and participate in the post race party that everyone talked about.

GOCARE 6-12 HOUR TRACK RUN

JUNE 13TH

Thanks "Bighead", (Race Director, Steve Bridges) you didn't lie. Before the race he told me that the state bird of Louisiana was the mosquito and that you could probably swim in the Louisiana humidity. Pulling into Monroe, Louisiana, and finding Brown Stadium on the campus of Northeast Louisiana University was a snap. All I had to do was look for my fellow Arkies in lawn chairs under the shade trees. After what seemed like weeks of running in rain and lightening storms, Saturday afternoon was clear and breezy. A full moon was on the rise. After waiting out a Junior Track Meet, we set up camp around the track. The rubberized surface felt soft and springy. As darkness settled the air got heavy with humidity and the mosquitos got thick. Neither was too much of a factor due to the plentiful supply of repellent and more than enough aid at the aid station. There were several strong showings by A.U.R.A. members. Congratulations to Irene and Tony Johnson who ran on after the Six Hour finish. Tony died off bigtime early on but battled back to run with Irene into the daylight and finished with 37 miles in just under 9 hours. Irene got her 50 mile goal and set a personal best(8:45).

GOCARE 6/12 HOUR TRACK RUN (RESULTS)

6-HOUR

1. Wayne Martin	42.0	Miles	20. Nick Williams	7.7 (retired)
2. Blair Zimmerman	39.2	"		
3. Dave Cawein	37.5	"		
4. Paul Christopher	33.3	"		
5. Harley Peyton	32.0	"		
6. Lou Peyton	31.2	"		
7. Margaret Green	30.2	"		
8. Jim Sweatt	30.3	"	1. Irene Johnson	50.0 miles
9. Bob Marston	30.1	"	2. Tony Johnson	36.8 "
10. Joel Guyer	30.1	"		
11. Bob Horner	28.8	"		
12. Rosemary Haluska	27.3	"		
13. Billye Butler	25.9	"		
14. Kathy Guyer	23.1	"		
15. Andy Williams	22.6	"		
16. Joe Wills	17.4	"		
17. Mark Temple	14.4	"		
18. Betsy Arnold	11.9	"		
19. Todd Whitehead	9.9	"		

## ULTRA TRAIL SERIES

THE 1992 ULTRA TRAIL SERIES COMES TO A CLOSE. GOING OVER THE STATISTICS OF THE NINE RACES, TWO WERE OF 50K DISTANCE, FOUR WERE IN THE 18-21 MILE RANGE AND THREE WERE IN THE 12 MILE DISTANCE.

I COUNTED 108 DIFFERENT RUNNERS TO TRY THE SERIES AND AVERAGED 37 RUNNERS AT THE NINE RACES.

WHAT MOTIVATES A RUNNER TO PASS UP A 5 OR 10K RACE AND DRIVE 10 TO 35 MILES TO RACE THEIR "GUTS" OUT ONCE A MONTH WHEN THERE IS NO T-SHIRT, TROPHY, OR AGE DIVISION. IT MUST BE THE CHALLENGE AND THE CAMARADERIE THAT SO ADDICTIVE.

ALREADY WE'RE ASKED ABOUT NEXT YEAR'S SERIES. WE'LL KEEP SOME OF THE BEST OF '92 AND TRY OUT A FEW DIFFERENT ROUTES, TOO. OUR FIRST RACE IS CALLED THE "WASATCH SCRAMBLE". THIS RACE IS A PARTICULARLY NASTY RUN. READ THE DATES IN THE A.U.R.A. AND JOIN US. WE'LL OFFER YOU THE CHALLENGE.

### ARKANSAS ULTRA TRAIL SERIES - FINAL RESULTS 1992

#### OPEN MALE

1. KING-John Gross	320	23. Steve Oury	15
2. Tom Aspel	180	24. Gary Welchman	15
3. Ray Bailey	155	25. Frank Schulte	10
4. Neil Hewitt	130	26. Steve Hyndman	10
5. Jere English	130	27. Allen Stone	8.5
6. Jim Sweatt	115	28. John Clayton	8
7. Ed Mulkey	80	29. J. Baker	7
8. Jim Schuler	79	30. Geo. Thibieaux	7
9. Dave Cawein	76	31. Bruce Nunnerly	5
10. A.O. Brotherton	60	32. Tim Biggs	5
11. Robert Morgan	50	33. Ricky Utley	5
12. Tom Zaloudek	49.5	34. Mark Oliver	4
13. Tim Seery	40	35. Dan Meeks	3
14. Jeff Thomas	38	36. D. Gear	1
15. Harold Hayes	30	37. Dennis Fugate	1
16. Ken Cox	30	38. Roger Williams	1
17. Victor Carson	25	39. P. McDaniel	1
18. Bill Torrey	25	40. Jim Smith	1
19. Simon Hauser	22	41. R. Greer	1
20. David Allen	20	42. Dave Palmer	1
21. Dan Felton	20	43. Rick Martinek	1
22. Jim Metcalf	20	44. Mike DePreist	1
		45. Vadimar dePain	1

OPEN FEMALE

1.	QUEEN-Kim Pavelko	380	12.	Betsy Newman	50
2.	Donna Hardcastle	180	13.	Susan Slater	30
3.	Donna Allsup	172.5	14.	Sandi Walker	30
4.	Nancy Cunningham	147	15.	Mara Cawein	25
5.	Cathy Holland	118	16.	Teresa Laster	25
6.	Cheryl Potter	105	17.	Claire Rogers	21
7.	Irene Johnson	72.5	18.	Rene McCalister	20
8.	Charlotte Davis	70	19.	Mary ClenDaniel	10
9.	Tally Ward	70	20.	Martha Rogers	10
10.	Laura Fanin	50	21.	Tanya Plunkett	5
11.	Carla Branch	50	22.	Rhonda Kirsh	5

MASTERS

MALE

1.	KING-Frank Rivers	330
2.	Ernie Peters	183
3.	Ken Millar	171
4.	Bob Marston	155
5.	Jack Evans	140
6.	Sam Hardcastle	133.5
7.	Nick Williams	128
8.	Pete Ireland	100
9.	John Baker	90
10.	Bob Franklin	67
11.	Harley Peyton	56
12.	Roy Haley	40
13.	Tony Johnson	38
14.	Pat Riley	30
15.	Jack Osborn	25
16.	Tom Holland	21
17.	Don Potter	18
18.	Max Welker	10
19.	Steve Eubanks	8
20.	Bob Plunkett	7
21.	David Samuel	7
22.	Kim Bertram	4
23.	Bob Black	3
24.	Lee Muncey	3
25.	Bob Horner	1
26.	Ron Hale	1
27.	James Hicks	1
28.	Ralph Hoffman	1

FEMALE

1.	QUEEN-Lou Peyton	330
2.	Paulette Brockinton	320
3.	Gayle Bradford	180
4.	Rosemary Haluska	135
5.	Ivy Harrison	100
6.	Sandi Walker	100
7.	Corky Binz	85
8.	Sharon Williams	70
9.	Sandy Venable	55
10.	Ann Moore	50
11.	Mary ClenDaniel	40
12.	Sue Haley	25
13.	Robin Hanle	25



## RACE CALENDAR

- July 11th - Whiskey Chitto 50K. Leesville, La. 8:00 P.M. No fee. Call Steve Bridges. (318) - 342-1318
- July 18th - Arkansas Traveller 100 Trainer. Meet at the Lake Winona parking lot at 6:30 A.M. 20-22 miles. Lou Peyton (501) - 225-6609
- August 1st - The Midnight 60K. Starts from Lake Sylvia Recreation Area parking lot. 10:00 P.M. Water and drop bags. No entry fee **CALL 225-6609 FOR INFO.**
- August 15th - Arkansas Traveller 100 Trainer. 6:30 A.M. Run starts at Intersection of F.S.R. #2 and #114. 20-22 miles. Lou Peyton (501) - 225-6609
- August 15th - Wild Azalia Trail 50K. Alexander, La. 7:00 P.M. No entry fee. Call Steve Bridges (318) - 342-1318