

THE ARKANSAS ULTRA RUNNER

MARCH 1992

A Newsletter For The Arkansas Ultrarunning Association

ATTENTION ARKANSAS ULTRA RUNNING ASSOCIATION - On the weekend of March 14th, The Spring Classic, Lou and I will be camping after the race and invite you to be a part of it. Our camping place is marked on the map of the race course in this newsletter. To get to the campground, come to Lake Sylvia and follow Forest Service Road 152 to the intersection of 132/132C/152. Turn right on to 132 and go approximately four miles to 132C. Turn left and go approximately 1.5 miles. Just past the second concrete low water bridge there is a turn in on the left. Bring your food and tent. If you can't stay over night, come by for a race recap. No reservations just show up. In case of rain we can all back out.

MESSAGE FROM THE BIGSHOT-Have you noticed anything different lately? To be more specific, the run/race coverage in our local paper. Although the quality continues, the quantity appears to have been drastically reduced since the newspaper "war" was settled. Rumor has it that the running news will be in Sunday's edition only. This opens the door wide open for a statewide publication on the format of the Texas and Florida running magazines. I know already of one gentleman down in Camden who has in the works a statewide running newsletter. I have penned one article for him and look forward to see what he puts together. Also, for your information, I got a call from another gentleman up in Massachusetts who is coming out with a trail running magazine called *Running Wild*. He was wanting information on our trail series and told me that he would forward a supply of the magazines to distribute to the Arkansas Ultra Running Association in hopes of getting some subscriptions. Like I said in the beginning the time is right. Someone will seize the moment.

All aboard! Yes it's all-aboard time for the Arkansas Ultra Running Association. The Bigshot's up in the cab with both hands on the throttle and rearing to get on down the tracks. For those of you who haven't signed up yet this is the last call. We've got too much Ultra news to be taking up the *Ultra Runner's* space with another application. "Hey Harley can I ask you a question? Does my ultra number mean that I'll be registered or maybe sanctioned?" Yea, sort of, but it is more like being sanctified. "Well let me ask you this. If a buddy and I decided to join up and split the cost, would we both get a membership card?" Sure you'd both receive a card. "What about different ultra numbers?" Hey, don't press it, Pal!

Warm regards,



ULTRA PROFILE - IVY HARRISON

Give us some statistics. Age - 40

Ideal Weight, etc. - I would like to weigh 125 lbs. Thanks for not asking my current weight! I'm 5'7" and wear a size 10 shoe.

How did you start running?

One day I just decided to run a one mile loop from my house. The year was 1978, and I lived in Middletown, New York. I can't remember what possessed me to do it; stress maybe.

What interested you in ultra running?

One year a friend and I decided to show up for a New Years Day trail run the ultra runners were having that started from Natural Steps. Trail running got me hooked.

Describe your ultra strengths.

Like most ultra runners, I had been running for quite a few years and had a pretty good base. To my surprise, I found I was good at rocky downhill running. I love the downhill portion of the Pike's Peak Marathon.

Have you had any injuries? Describe how you overcame them.

I developed neuroma in my feet after my first marathon (White Rock in 1985). Also I have had a couple stress fractures in my feet. Orthotics alleviated the neuroma and a rest from running cured the stress fractures.

What is your favorite running possession?

My new Eric Clifton tights.

Do you have a special diet?

I only eat low-fat foods, and lots of bagels.

What is your favorite junk food?

Why did you give me so much room to answer this question Charley? I love pizza but since I can't eat cheese, I order it cheeseless. The Villa makes a wonderful cheeseless pizza.

Describe a typical training week.

I have a hilly 6.5 and a 9.5 mile course from my house. Usually I run the 6.5 twice a week and the 9.5 mile at least once a week. I get in a long 15-20 mile run on Saturday with the Little Rock Roadrunners Club. In addition to running, I usually walk from 12-20 miles a week at lunch.

What is your all time favorite race and why?

The 1991 Pikes Peak Marathon. I always knew I could break 6:30, but for one reason or another (usually injuries or heat problems) I never could until last year when I ran 6:16.

The best ultra advice you've ever gotten was -

Max Hooper tried to teach me how to walk uphill fast while we were

doing the Mountain Massochist 50 Miler. I think I was too tired (it was around mile 30) to retain much.

During the Arkansas Traveller 100 Miler you should have -

Not taken the pit stop 30 seconds before the race start, because I couldn't find Max Hooper in the dark, who I had planned to run with. The power bars turned out to be a pretty bad idea.

Your ultra goals include

To finish the Arkansas Traveller 100 Miler this year.

To reach my full potential.

Would you advise anyone to join the Arkansas Ultra Running Association and why?

If anyone expresses an interest I would encourage ultra running because of the softer surfaces we run on. I especially like the get-togethers at the end of the runs where we eat, drink, and hear about how everyone's run went. A great group of people.

THE ULTRA CORNER

CLEAR SPRINGS - 50K -

One of the mistakes I sometimes make when it comes to ultra runs is to assume or take for granted that just because a race is held one year that it will be an annual event. Sometimes it isn't. For this reason I'm glad I participated in the Texas 4-C Trail Run last year and the Clear Springs 50K this year. The 4-C Trail bit the dust in '92 but I was there and got to experience what east Texas has to offer. This brings us to the Clear Springs 50K down in the Homochitto National Forest near Natchez, Mississippi. If you think that the state of Mississippi is all flat delta country you'd better think again. Growing up there, I had a pretty good idea what to expect. I wasn't disappointed. In fact I was pleasantly surprised by the work that had gone into making a trail. Let me describe it. There was not a flat spot on the 10+ mile loop. Some of the downhills were sharp and at other times the trail followed the contour of the hillsides. No rocks but there was an occasional root or sink hole. The ground was a soft sandy texture and usually pine or leaf covered. For the most part the run was through deep woods with a couple skirts around some clear cuts. The reason I'm taking pains to describe it in detail is because if it's held next year I want you to go.

Now it wasn't technically a race. It was sort of like a trail series race without points. The run was directed by Arkansas Ultrarunning Association member, Steve Bridges of Monroe, Louisiana. Affectionately known as "Big Head". Steve and A.U.R.A. member Joel Guyer have trained on the trail so as in the A.U.R.A. tradition wanted to share the Clear Springs 50K trail with their ultra buddies. To avoid any hassle with the forest service, Steve decided that a fun run 50K over the course was the best idea. At the starting line there were about 25 runners lined up. Texas, Louisiana, Mississippi, Alabama and Arkansas were represented. From Arkansas was Ralph Hoffman, Gayle Bradford, T-Bear Laster, Lou Peyton, Bobby Horner, Ann Moore, Dave Cawein, Kim Pavelko and yours truly. Also, two fellows from Crossett showed up to run their first trail. Sorry I didn't remember their names. Although technically not a race, it was. At the start Dave, Joel and a couple other blasted out. Followed by the Bigshot and Kim. At the first loop Dave and Joel were pretty close. Dave's stragedy was to "run" the second loop while everyone was holding back. He ran the second loop 18 minutes faster than the first. He paid the price on the third loop but still managed to finish first male about two minutes ahead of a fast closing Guyer. I don't know the exact times but the finishing order and number of loops

that the Arkies ran were:

CLEAR SPRINGS 50-K (3-loops)	
Dave Cawein	5:48
Joel Guyer	5:50
Harley Peyton	7:30
Kim Pavelko	7:36 - first female
Gayle Bradford	7:47
Lou Peyton	7:48
Ann Moore	Finished 3 loops
T-Bear Laster	loops 1 & 2
Bob Horner	" 1 & 2
Ralph Hoffman	" 2 & 3
Kathy Guyer	" 1
Two guys from Crossett	" 1

After the race the runners were treated to barbecued chicken, baked beans, potato salad, french bread and brownies. The perfect day. In recap there were no t-shirts, no trophies, no registration, no points. Just an old fashion run to see who could beat whom. Thanks Big Head. Do it again next year.

ULTRA TRAIL SERIES REPORT

Smith Mountain 50K - What a morning! Perfect for ultra racing. The Bigshot can really pick a good race day. At the send off 29 year old Johnny Gross and Frank Rivers, 48 years old, built an early lead through the first five mile section of hills. Beyond this point the real mountain began and Johnny left Rivers to run alone. Being an out and back course I got a chance to see the leaders come back in. Most of us were somewhere on Smith Mountain. From the turnaround there were some nice paybacks (long downhills) so that if you could run and were a good downhill racer, time could be made up and bodies could be passed. We had three first time series runners at the start. They were Betsy Newman from Omaha, Nebraska, Tim Seeney of Dallas and Max Welker from Tacoma, Washington. I ran with Max for a couple of miles on the way in and found out that he was a veteran of the Leadville 100 and also the Vermont 100. Tim and Betsy were too fast for me so I don't have any scoop to tell you on them. However, I think we recruited Max into joining the Arkansas Ultrarunning Association. I believe it was the prospect of getting an ultra number that intrigued him.

The Smith Mountain 50K comes at mile 31 to 47 in the Arkansas Traveller 100 Miler and is the heart of the 100 miler. Every ultra has it's calling card. Leadville with Hope Pass, Mountain Massochist has it's mountains. This 15 mile section is the Arkansas Traveller's calling card. Some of the Smith Mountain 50K runners also competed in the Arkansas Traveller 100 Miler. It would be interesting to compare their times that it took them during the 100 miler.

The series leaders have emerged from the pack. With three races remaining they can still be overtaken if they falter but at this point they have a commanding lead.

In the open division Johnny Gross and Kim Pavelko are closing in on King and Queen of the trail, while Frank Rivers and Lou Peyton

close in on the master's division.

The next race is the Spring Classic - 18 miles (+/-) starting at 7:00 a.m. from the Lake Sylvia/Ouachita Trail Parking Lot.

SMITH MOUNTAIN 50K RACE

Johnny Gross	3:37:37
Frank Rivers	4:09:33
Tim Sweeney	4:34:15
Ken Millar	4:52:57
Betsy Newman	4:53:03
Jerre English	4:53:07
Neil Hewitt	4:56:22
Bob Marston	4:56:22
Robert Morgan	5:01:04
Nick Williams	5:05:24
Ernie Peters	5:19:44
John Baker	5:20:16
Max Welker	5:29:36
Bob Plunkett	5:34:00
Lou Peyton	5:35:42
Charley Peyton	5:49:47
Kim Pavelko	5:50:27
Pete Ireland	5:57:30
Tom Holland	5:58:30
Rick Martinek	6:06:43
Irene Johnson	6:24:46
Donna Duerr	6:24:46
Donna Hardcastle	6:29:02
Gayle Bradford	6:29:02
Sam Hardcastle	6:31:40
Steve Eubanks	6:48:08
Tony Johnson	6:52:22
Rosemary Haluska	6:52:22
Ann Moore	7:30:28

WILD AND CRAZY TIGHTS OR SHORTS

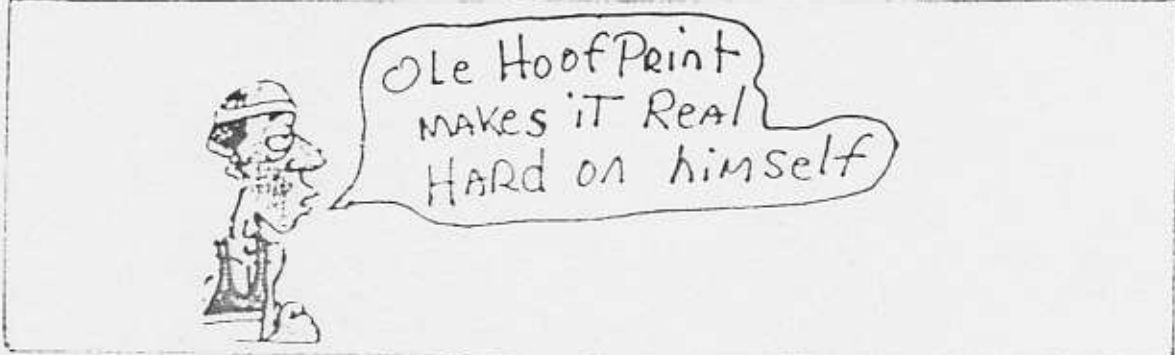
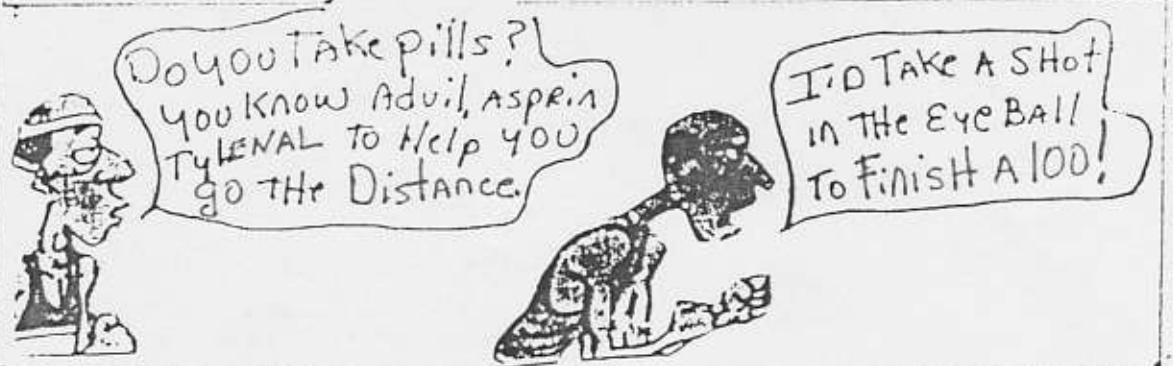
DO YOU NEED A PAIR OR TWO OR THREE - \$25.00 A PAIR. CONTACT SAM
OR DONNA HARDCASTLE AT 758-3733 FOR THEIR CREATION OR

FOR ERIC CLIFTON'S TIGHTS/SHORTS

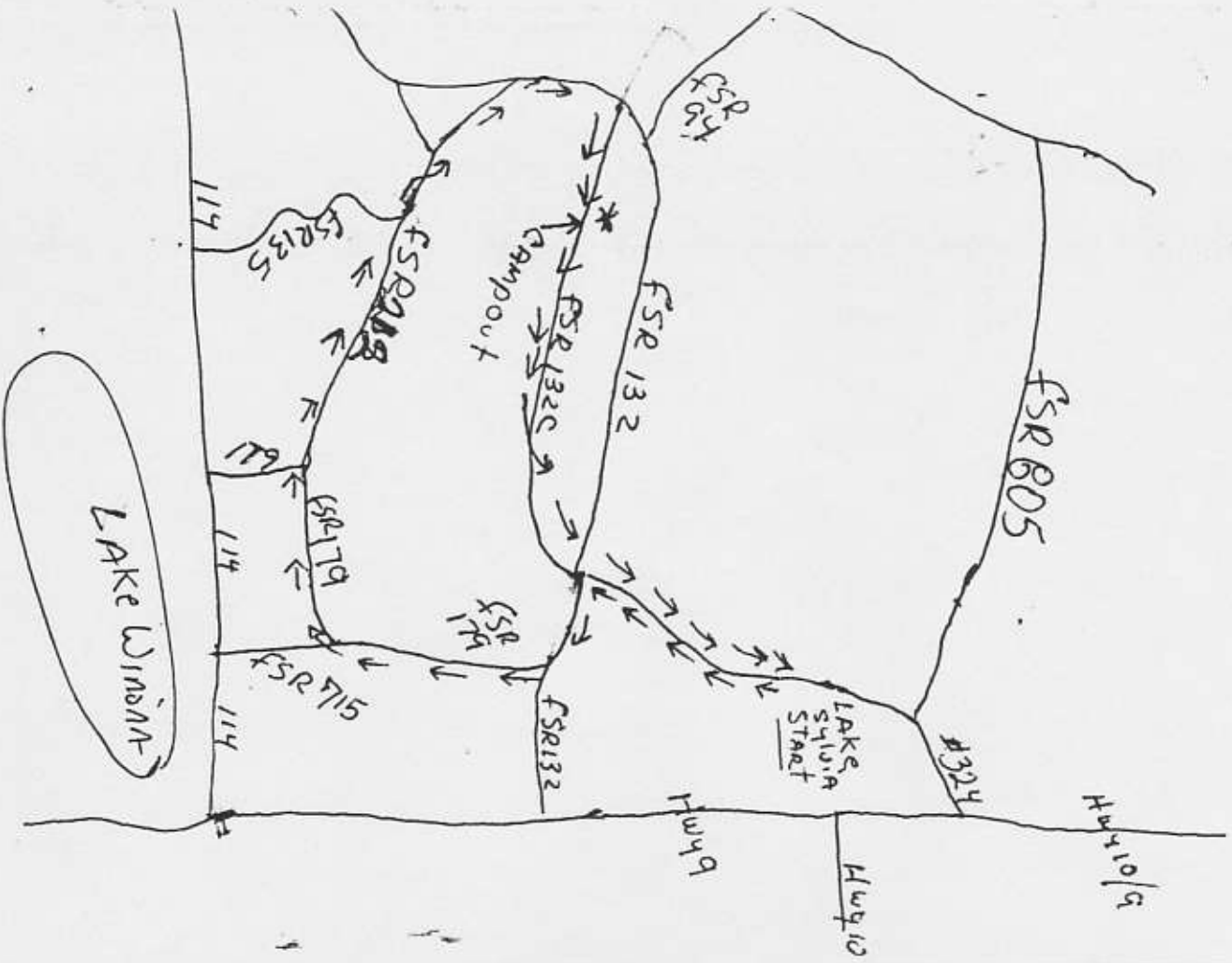
CONTACT LOU PEYTON AT 225-6609

A satirical look
at ARKANSAS' ULTRA
RUNNERS

The In Side By HARLEY



Ultra Trail Series
The Spring Classic - 18 m. tes



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