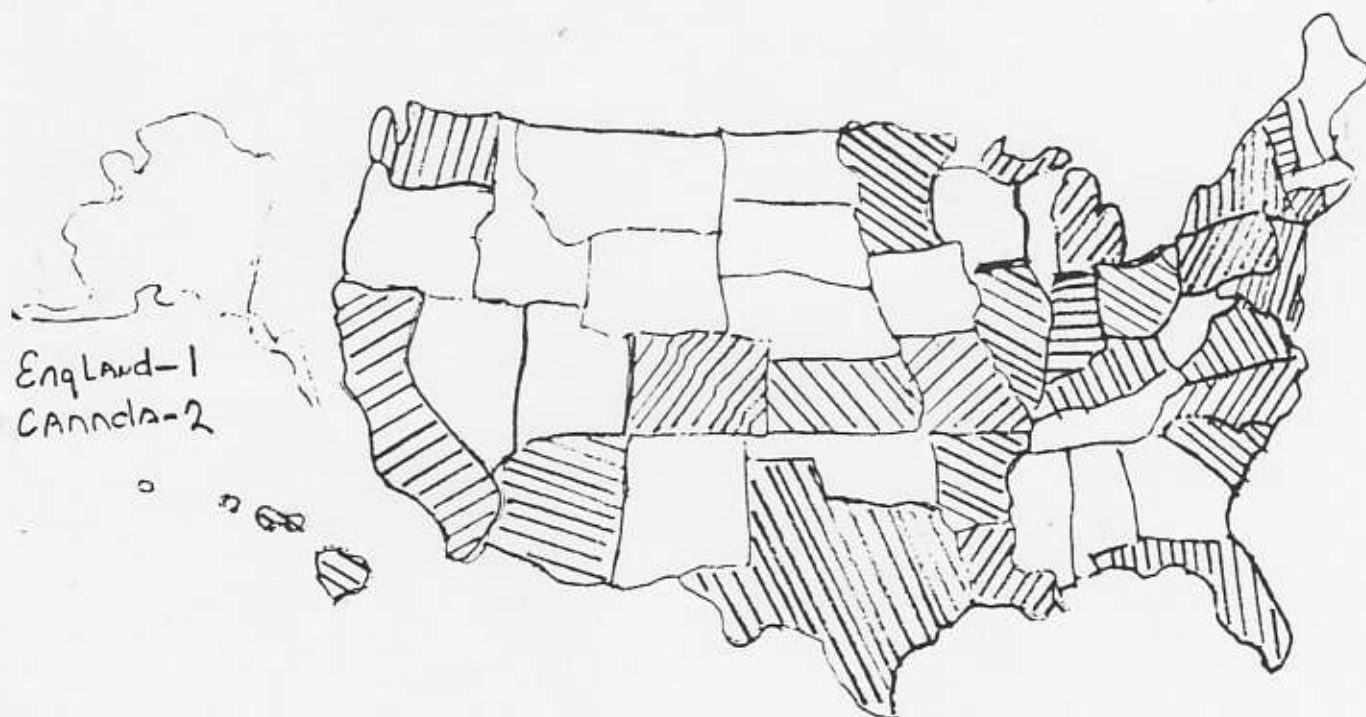


# THE ARKANSAS ULTRA RUNNER

October 1992

*A Newsletter For The Arkansas Ultrarunning Association*

MESSAGE FROM THE BIGSHOT - Take a look at the map. The shaded states represent states from which we have received entrants in the *Arkansas Traveller 100*.



Now is the time to take a look in your garage. If you have a Coleman Lantern, stove, ice chest or some kind of water container let us know if we can borrow it for the race. Thanks.

There were several omissions from last month's Ultra Corner. A.U.R.A. member Max Welker from Tacoma, Washington, completed the Leadville 100 in 28:34:44. Joel Guyer and Max Welker completed the Budweiser Elkhorn Mountain 100 Km in Montana with 13:24:46 and 14:20:06, respectively. Bob Marston completed his first 100 at Vermont with 28:11:58 on July 25th. Eric Clifton, AURA member in good standing, won the Vermont 100 for the fourth year in a row with a time of 14:52. A late breaking Ultra story reports that Eric won the SUPERIOR TRAIL 100 September 19th with a time of 17:21. Eric and last year's Arkansas Traveller 100 Womens winner Shelby Haden-Clifton are profiled in this month's issue of *The Arkansas Ultra Runner* as well as

a profile of Ed Fishman. Ed is entered in the A.T.100 and has finished the Western States 100 six times. The profile was taken (without permission, of course) from the *UltraRunner*, the real ultra running magazine. Jere English scored 10:42 at the Canadian Ironman Triathlon. AURA member and defending Arkansas Traveller champion David Horton finished 4th at the Groundhog Fall 50 in Punxsutawney, Pennsylvania, on September the 12th

**Fall Running Camp and Getaway** - October 24/25  
Jack's Fishing Resort near Mountain View. For reservations phone Jack's at 1-585-2211 and ask to be with Ralph Hoffman & the Sylamore Trail Runners. Run on the Sylamore Trail and trout fish on the White River. Leave your worries behind and trust the BigShot on this one. Everyone is invited.

You know you need me!

Warm Regards

## ULTRA PROFILE (S) - SHELBY HADEN-CLIFTON & ERIC CLIFTON

SHELBY:

*What led you into ultra running?* I was looking for something different and challenging.

*What are your P.R.'s?* Mile - 5:36; 5K - 18:36;  
10K - 36:26; Marathon - 3:09; 50 Mile - 6:55:38;  
100K - 8:43:44; 100 Mile - 19:15

*What is your ideal racing weight?* It would be around 120-125 lbs.

*What is your favorite training and racing shoe?* I don't have a favorite training or racing shoe. (But, I prefer a shoe with a wide width.)

*Please complete. "If I could train like I need to, I believe I could....possibly be the best in the world."*

*In your family who coaches who the most?* Neither, but we try to encourage each other.

*Please complete - My ultra goal in 1993 might include running the - Trans Am.*

*Tell us about your ultra diet?* I've been a vegetarian for about 15 years. I also like junk food.

*Have you had any injuries along the way. If so, how did you deal with them?* No injuries, but lots of pain. (especially my feet)

*Please complete - "The best ultra advice I ever got was - to "slow down you are running too fast". I ignored it and set a course record.*

*Please complete - While running a 100 miler the main thing is-- to - drinks lots of water and keep going. Don't take long breaks, they usually hurt more.*

*If you have to take off from training, do you suffer from withdrawal? Do you cross train? If so what cross training do you do?*

I don't usually suffer from withdrawals. I kind of like being lazy once in awhile. I sometimes take a day or two off during the week. I haven't done any cross training in years although I feel it would help my running.

*Please complete - "I like to race against - I don't like to race against people, I like to race with them.*

ERIC:

*Give us some statistics on yourself, please.*

Age - 34; Weight - 135 lbs; Shoe Size - 9 1/2 - 10  
Nose Size - 13; Ear Hairs - 6

*Would you list your P.R.'s* Mile - 4:44 5-K- 16:06  
10-K- 32:57; Marathon - 2:32 50 Mile - 6:04  
100 Mile - 14:25

*When did you realize that you had a gift for ultra sports?*  
When people kept letting me win them.

*What is your current nickname? How did you get your nickname?*

I race under so many different names. The most well known pseudonym is Jester Wag. What other people call me when I don't hear I don't know. Dave Horton calls me "Sorry Sucker", a lot.

*You have won Vermont the first four years. What do you attribute your success to? Two things mostly - One: success leads to success. If I had not won the first year, 2nd, 3rd, the next year would be harder to win. Two - running the whole course certainly helps, which I've done every year.*

*I like to eat and drink (fill in the blank)? on my long training runs. I like to do training runs dry. I usually start pretty full of food and as a rule avoid drinking during the run. I'll drink H2O if I'm with a group and they stop at water fountains.*

*Do you eat during a 100 mile race? As much as possible. Got to keep that blood sugar up.*

*What is your favorite piece of running gear? I like bright clothes, lightweight racing shoes, thin socks. But everything wears out so fast that I don't get real attached to anything. I'd like to race somewhere warm and soft enough so that I could paint myself fluorescent neon yellow and run butt-naked and barefoot.*

*What is the most important part of your race preparation? Speedwork, diet, rest, consistency, hill runs, etc.?*

The most important thing I can think of is consistency of training. My racing improved considerably when I quit running up and down (70 miles one week, 30 miles the next, then 50, etc.) and started

maintaining consistency. My first big jump occurred when I averaged 70 miles/week for a year, then again at 80 miles/week /year. I'd like to get it up to an average 100 miles per week for a year. Ultras can be finished on low mileage

(20 m/w). Ultras can be raced well on moderate mileage

(50 m/w), but excellence is attained through lots of hard work.

Every good mile in a race has at least 100 tough miles behind it.

Plus there has got to be some quality. You have to run hard to run

hard. 100 m/w at 11 min./mi. will do little good except for

endurance. Mental attitude is the 3rd most important thing. It's

easy to think something is undoable, the real challenge lies in making the impossible an accomplishment.

*Have you had any injuries to speak of. If so how did you overcome them?* I had plantar fasacia (P.F.) for 2 years. I stretched my foot alot, wore heel cushions, and used Ben-Gay to basically keep it under control but I usually just ignored it. The cure was arrived at during The Barkley Marathons in '91. Walking up Hell my P.F. left (guess it couldn't take the joke) and never returned (yet).

*Please complete - My all time favorite race was/is -* The old Massanutten Mountain Massacre. The way trail races should be-rough!

*The BigShot has recently converted to barefootedness. Any guess as to when he'll notice an improvement?* He should have noticed immediate from and to Mom's Earth. Gives an added dimension of feeling and information. Increases a wealth of sensations, temperature, textures and movement. Greater freedom. Develops Zen. Editor: *I was'nt talking about feet as sense organs. I was referring to when I might start winning. As in victories.)*

## ULTRA TRAIL SERIES

The Cono Road - 10 Miles - It's amazing what a little publicity will do to bring out the trail runners. Wednesday before the race I got a call from the Arkansas Democrat Gazette, Todd Traub, and was able to give him the rundown on the history of the trail series and a little about the Cono Road Run. By the way, the word Cono comes from Cold Springs Road and Lake Norrell, that's where you could have gone if you had missed the turnaround, Lake Norrell. Get it? CO-NO.

Race day brought the largest starting field ever for a Series Run. I estimated in the 80 range. (76 signed the register). All the Trail Kings and Queens were present as well as the wantabes and hasbeens. To be honest this was my first time to actually run the route having driven it only once before. For those not present the roadway is basically rolling with lots of creek crossings. That's what I like to see. Water foaming from the fast guys crossing. Two time King of the Trail, John Gross proved that a few extra pounds won't slow you down if you've got the talent. At the turn John was far and away the man to catch on the return. Speaking of which. How many of you people turned back in sight of the last aid stop? I saw a few and you know who you are. We do not have a rule that says if you can throw a rock as far as the aid station, you can



turn around.

Nancy Cunningham was the first female followed by reigning Queen, Kim Pavelko. In the master's division Frank Rivers and Kathy Holland dominated. In the new 50+ Seniors Division, John Baker and Lou Winthrow became the team to beat.

The "Co-No" Run was a keeper but next year I'll probably set the last water-stop at a further point so the turnbacks will get to go hip deep like the rest of us. I'll get them back at the Wasatch Scramble.

What do you like most about ultras? The people, of course. Naturally the only people I really like to see during an ultra are aid station personnel or my crew. Those are great people. Before and after the race I love to socialize with fellow runners. There are so many varied, neat people doing ultras I can't talk to as many as I want. All ultra runners capture the spirit of expanding limits that drew me to the sport in the first place. They embody the idea that a marathon is not enough and that the impossible is within reach.

COND ROAD - 10 MILES (+)

1. John Gross	0:59:41	39. Nick Williams	1:25:
2. John Reed	1:03:53	40. James Metcalf	1:25:08
3. Frank Rivers	1:04:18	41. Pat McDaniel	1:21:45
4. Robert Morgan	1:05:16	42. Kim Pavelko	1:24:50
5. Ken Berry	1:05:46	43. Ken Millar	1:25:46
6. Ricky Ultey	1:06:20	44. Harley Peyton	1:27:
7. Billy Torrey	1:06:35	45. Jim Smith	1:27:
8. David Allen	1:07:34	46. Pete Perkins	1:27:
9. Mike Carter	1:08:39	47. Cathy Holland	1:29:
10. G. Cunningham	1:08:39	48. Pete Ireland	1:29:20
11. N. Cunningham	1:08:41	49. Lou Peyton	1:29:36
12. David Cawein	1:08:54	50. Tery Baskin	1:26:42
13. Barry Vardaman	1:10:08	51. Tom Holland	?
14. Harold Hayes	1:10:10	52. Bob Horner	1:31:49
15. P.J. Hayes	1:11:10	53. Bill Dunaway	1:34:05
16. David Laser	1:11:39	54. Donna Duerr	1:34:05
17. Mark Oliver	1:13:10	55. Bob Black	?
18. Jeff Thomas	1:14:04	56. Fred Schmidt	?
19. Roger Amick	1:14:53	57. Clint Cusick	1:37:
20. A.O. Brotherton	1:15:	58. Lou Wintroath	1:37:
21. Jim Sweatt	1:15:15	59. Gayle Bradford	1:39:15
22. Pat Riley	1:15:23	60. Hal Crisp	1:39:56
23. Lynn Hartwick	?	61. Linda Stribling	1:39:44
24. John Baker	1:15:50	62. Steve Eubanks	1:41:
25. Randy Davidson	1:17:07	63. Vladimer dePain	?
26. Cheryl Potter	1:17:18	64. Mary Clendaniel	1:45:
27. Tom Zaloudek	1:19:30	65. Steve Hoffman	1:48:10
28. Jenny Devine	1:19:	66. Margaret Perritt	1:49:03
29. Bob Franklin	1:19:42	67. Rosemary Haluska	1:49:03
30. Neil Hewitt	1:19:	68. John Nabors	1:49:27
31. Lesa Allen	1:20:05	69. Gary Jones	1:52:02
32. Sam Taggart	1:21:46	70. Ann Moore	1:52:02
33. Wayne Alsbrook	1:22:	71. Ralph Hoffman	1:50:10

34. Jim Hayes	1:18:36	72. Bob Brown	1:12:
35. James Merritt	1:22:21	73. Jane Lee	2:02:
36. John Mitchell	1:22:23	74. Corky Binz	2:02:
37. Ernie Peters	1:22:53	75. Karen Teague	2:02:
38. Dale Wintroath	1:23:	76. Scarlett Williams	2:06:

## ULTRA RACE CALENDER

October 31st The Iron Horse-16 to 18 miles. Mountainous with several creek crossings. 7:00 A.M. start from the Pigeon Roost Mountain road. (Approx. 16.5 miles from the I430/Hwy 10 overpass) Look for a Forest Service Road on the left.

December 6th 6/12/24 Hour Track Run. Benton, Arkansas. See applications at the Sportstop.

December 12th (UTS#4) The Winter Classic-16 to 18 miles. Mountainous with several creek Crossings. 7:00 A.M. start.  
Direction: Approx 0.3 miles past the Forest Commission Trailer on Hyw 10.

December 19th Sunmart-Texas Trail 50. See BigShot for Applications.

January 1st Great Bear Run, 25 miles. Teresa Laster. Arkansas Ultra Runners. No fee; No wimps.

February 21st Sylamore Trail 50 Km. Teresa Laster, Arkansas Ultra Runners.

## ULTRA CONFIDENTIALS

A.U.R.A. Number 92027A-I miss you. You always had a cold P.B.R. for me. Give me a sign! From the ONE too good to have a Number.

**ULTRA SEWING CORNER** - Donna Hardcastle has been sewing some wild and crazy tights in just your size. Shorts are \$20.00 and tights are \$25.00. For more information call Donna or Sam at home at 758-3733.

The  
ride by Harley  
(A satirical  
look at Arkansas  
Ultra Runners)

