

THE ARKANSAS ULTRA RUNNER

April 1993

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - The big news around the ultra community is the posting of the Deltic Timber Company land out Hwy. 10. This includes the area around the Forest Commission trailer, the Three Mountain Road and the Pigeon Roost Mountain Road. My source says that 11,000 acres were leased to a hunting club. Just what this will mean to us, I'm not sure. So far I haven't seen any gates go up. I know I will not be allowed to hunt there but the status of running the roads I'm not sure about. This will be interesting.

When I was mentioning ultra runners moving off in our last issue, I neglected to mention Neil Hewitt. He is an A.U.R.A. member in good standing now living in Dallas, Texas.

I recently received a form letter from the race director of the Western States 100, Norm and Helen Klein. The letter states that Norm will be the new race director of the Sunmart Texas Trail 50. Also, the trail marathon held in conjunction with the 50 miler will be changed to a 50K. It looks like the Sunmart will truly be bigtime now.

I'm thinking of taking the plunge again. For some reason the Old Dominion 100 has an appeal. After the good word about the race from Eric Clifton, I am on the verge of sending my entry. Lou and I will drive up and camp on the way. She had promised to crew and pace for me. That's hard to pass up. Any other interest out there for the Old Dominion?

On April 10th there is a 6-12-24 Hour Track Run on the Benton Track. This run will have a morning start as opposed to a p.m. start for the fall running of the Benton Track 6-12-24 Hour Race.

Speaking of track runs, I received a notice from master Steve Bridges announcing the GoCare 6/12 Hour Charity Runs on June 12 and 13th, Monroe, Louisiana. Lapcounters will be provided. Contact BigHead at (318)342-1318.

So.....with fist clinched and jaw set, let us begin!

THE DATE FOR THE SPRING SPAWNING RUN AND CAMPOUT HAS BEEN SET! MAKE PLANS FOR THE WEEKEND OF APRIL 24TH. THE LOCATION IS STILL BEING DEBATED. FOR MORE INFORMATION CALL ME. BY THE TIME YOU HAVE READ THIS, THE SITE WILL HAVE BEEN SELECTED.

Ultra Horoscopes

Directions: Locate your AURA Ultra Number below. Let this be your guide for the running year.

93001 through 93009-Forget your critics, go for #1. Look to the stars. One 50 will lead you to the next one. Pray that the BigShot's

will will be done. Your best distance might be a 24 hour. Your ultra fantasies will be fulfilled.

93010 through 93019-Don't beg. His pain is your gain. It's easier to move in than to move out. Keep your eyes out for wrong turns. Don't take your next 50 for granted. When you run good all around you will run good.

93020 through 93029-Don't lose by trying too hard. Hot weather is your time to race. You'll set the trend at your next ultra. Stake out your territory now. Take a new comer under your wing. The wind will be at your back.

93030 through 93039-Don't forget your friends along the trail. Don't be so harmonal after your next ultra. Meditate before your run. You too can have a harem. Mega miles in '93. Your ultra destiny is at hand.

93040 through 93049-Long slow distances are for them. All your injuries will be forgotten. Beg for another hill. Your log book will set you free. Do I hear bells in your future? A breakthrough will happen in your next 100.

93050 through 93059-Victory is within your reach. You will lose those three pounds. Exonerate the BigShot. Careful, don't fall on your sword. They could make a movie about your next ultra. S.O.C.K.S. Think before you unpack.

93060 through 93069-If all else fails, hide it. Look for a new ultra to enter. Don't get hooked on phonics. Makeup before you run. They'll all thank you someday. Make sure there's a back door. Wear something new at your next ultra. Your best run is ahead of you.

93070 through 93079-Get a living will before your next 100. Forget past differences. Psyche yourself up with an tattoo. Play the lotto with your A.U.R.A. number. Your nickname is well deserved. A P.R. will come your way in '93.

93080 through 93089-Get a blood test. Don't stretch yourself too thin. Ponytails are in. Somebody's always watching. A 50K might be your best distance. You'll make a fashion statement at your next ultra. Protect yourself.

93090 through 93099-You'll test positive for A.U.R.A. in '93. Beards are out, lucky you. A 100 miler will show you what you're made of. Forget the vitamins, get back to training. On your next 50, you'll feel unnaturally strong.

Ultra Profile - Lou Peyton

Give us some statistics on yourself: Age, ideal weight, height, shoe size. 48 years old, ideal weight 125 lbs., actual weight 129 lbs. height - 5' 7 1/2", used to be 5'8", shoe size women's 10 1/2 or men's 9 1/2, husband - BigShot, 2 children Chuck 24 yrs., Jenny 21 yrs. 3

dogs (Goldie, Bear, Chris)

List your P.R.'s 5K - unknown ; best short distance race Firecracker 4 Miler 1979 - 25:53; 10K - 41:10, Marathon - 3:19:30 (Dallas White Rock 1979); 60K - 5:38 L.R., Ar. (1986); 50 Mile 7:43:59 Jackson Five-0 (1988); 100 Mile - 21:17:06 (Vermont 1990)

What do you do to prevent injury? Finally, I feel that I listen to my body. I rest more. I run less mileage per week in training. I cross train with swimming. I rest more. I think through the upcoming race and pound the pavement less.

Typical training week. January 24-30

Sunday - p.m. 6 miles on Ouachita Trail easy

Monday - a.m. ran 3 miles on powerline walked 2 mi.

Tuesday- a.m. swam 36 minutes 46 sec.

p.m. leg weights 25 lbs. x 15 repeats hold 60 sec. each leg.

Wednesday - a.m. ran 4 miles powerline walked 1 mi.

Thursday - a.m. swam 32 minutes

Friday - Rested

Saturday - 30 miles Clear Springs Trail 50K - 6:42:25

Total miles - 43

I don't seem to have a typical training week the last 3 months but I have gotten to run a 50K every 3 weeks and recover, train a little and repeat.

As you look back on four decades of running what were your best of times? I am real proud of a 6:20 pace for four miles for the Firecracker 4 miler in 1978. I have great memories of running my first 50 miler with Steve Eubanks at the Bona Dea Trail in Russelville, the old Mount Magazine 15K, the thrill of helping to get some races started in the area (being one of the workers for the first) Pepsi 10K, The Women's 5K to celebrate JoEtta Galbraith's 40th birthday 12 years ago, the many training runs around the Maumelle Scenic 60K course starting at 4 a.m., the nighttime training runs to get ready to run a major 100 mile race. Of course having the opportunity to run Boston 1985 after working for 8 years to get there and to have the BigShot run and share the experience with me. Having the good fortune to run the Grand Slam plus Angeles Crest in 1989. Getting to go on two multi-day trail runs of 6 days and 5 days.

Who influenced you most as your priorities changed? Max Hooper, invited me to pace him at the Western States 100 in June 1985. I saw scenery and people that I still think about daily. The trees, the mountains, the women, and the camaraderie impressed me so much and made me want to know more about ultrarunning. Also David Horton shared his ultrarunning experiences with all who were interested and his encouragement led us to take the plunge into ultras. Also remember that in 1985 we had the Scenic 60K but we had to travel out of state to find ultras.

Is there anything you haven't done that you wish you could have. What do you mean "wish that I could have". I still hope to run many more. I hope to do multi-day trail running and a lot of it. I hope to eventually run the Appalachian trail 2,000 (+) miles with you BigShot. It may have to be you run one day *me the next* over and over. Want too? I would like to complete the Ironman Triathlon when I am 50.

Compare the running of the Ouachita Trail with the Ozark Highland Trail. It's funny that when I think of the running of either of these two trails I first think of the places that we spent the night, the jokes shared, the good food, then the scenery and the trail. The Ouachita Trail from Talimena State Park, Oklahoma to Pinnacle Mountain Visitor Center was more runnable than was the Ozark Highland Trail. They were both absolutely beautiful. There were many waterfalls and backwoods type country on the Ozark Highland. The Ozark Highland had steeper climbs and descents and we were further from civilization. The Ouachita Trail had more highway crossings. We were always near a highway on the Ouachita Trail. I recommend them both. I had to remind myself many times that these trails weren't built for running. They were built for hiking, thus the footing was difficult in places. It is important to walk when the footing is difficult and have patience that you can and will run the runnable sections.

Goals in the future. The Hawaii Ironman Triathlon when I am 50 yrs. old and the Appalachian Trail 2,144 miles as soon as possible (probably 1997). I want to run the Ozark Trail from St. Louis south to Wollum, Arkansas. Master Jim Schuler has been the planner for the last two trail runs and he rates an A+ when it comes to details that must be worked out in advance of a multi-day event. BigShot is real good at washing the blue camp plates! As I have said earlier the fun chatter and being around BigShot and Jim was the highlight of these two multi-day events. We each took on life rolls for the four days that we normally don't get to live in our day to day lives. I laughed more and life was a day to day event. I did not want to return to a warm bed and warm home.

Ultra Trail Series

The Spring Classic-18 Miler(3-6-93). I was clued in a week before that Joe Fennel, A.U.R.A. member from Fayetteville was looking for a long run. The word up was that Joe and his training group were looking for a long run in preparation for the Boston Marathon, April 19th. When his group piled out of the van I suspected a few ringers. Gary Taylor is one I had heard about. He is from England and was a All-American for the Razorback Track Team. He won the Penn Relays 1500 Meters and his P.R. at the distance is 3:31. Not bad. Joe ran the 1991 Traveller 100 in a 22:05 and hopes to run Boston in 2:45-2:50.

At the start Taylor was first to reach the five mile water stop in 32 minutes. He then finished in a course record of 1:50:39. Second place finisher John Gross broke Tom Aspel's record by 49

seconds. Nancy Cunningham also showed her speed breaking Kim Pavelko's record by nine minutes.

As we approach the end of the series, a couple of the divisions are being hotly contested. For your information I am going to check each division and the top three leaders and their points. Before the final run I will double check the totals but for now I am assuming they are correct. I won't go into the final breakdown but I will advise you that if you tie, your place and the one below are totaled and divided by two. That is to say that if you tie for first, the first (50 pts) and second (40 pts) are added and divided so that each receive 45 points.

Also our new rule this year states that of the 9 races only 8 will count. This was added to make allowances for a bad or missed run. In doing my final totals I will throw out the slowest race if you made all nine. Here is the total through the Spring Classic(#7)

OPEN	MASTERS	SENIORS
John Gross 215	Frank Rivers 220	John Baker 250
David Allen 160	Bob Marston 141	Pete Ireland 210
Ricky Utley 110	Jack Evans 101	Bob Horner 120
Lesla Allen 205	Gayle B. Bradford 242.5	Ann Moore 280
Nancy Cunningham 200	Cathy Holland 212.5	Lou Winthroath 100
Donna Duerr 125	Lou Peyton 190	

SPRING CLASSIC RESULTS

Course Records:

Tom Aspel 2:04:33
Kim Pavelko 2:41:17

1. Gary Taylor	1:50:39*	19. Cathy Holland	2:53:00
2. John Gross	2:03:44	20. Dianne Bell	2:53:20
3. Paul Kaufmann	2:05:51	21. Ed Strickland	2:29:00
4. Mark Smith	2:07:57	22. David Samuel	2:57:18
5. Joe Fennel	2:07:57	23. Ron Hale	2:58:34
6. Ricky Williams	2:08:40	24. P. Brockinton	2:59:41
7. Stanley Novak	2:11:38	25. Lou Peyton	3:01:50
8. David Allen	2:11:44	26. Ken Millar	3:01:51
9. Ray Bailey	2:11:52	27. Gayle Bradford	3:04:17
10. Frank Rivers	2:25:41	28. Kimberly Pavelko	3:11:04
11. Nancy Cunningham	2:32:06*	29. Tom Holland	3:13:00
12. Jim Sweatt	2:33:38	30. Charley Peyton	3:16:48
13. Lesla Allen	2:42:36	31. Steve Eubanks	3:22:14
14. Troy Delk	2:43:29	32. Jean Cockcroft	3:22:14
15. Jim Schuler	2:43:30	33. Donna Duerr	3:35:30
16. Pete Ireland	2:50:57	34. Ann Moore	3:38:23
17. John Baker	2:51:52	35. Irene Johnson	3:40:20
18. Randy Davidson	2:52:20	36. Tony Johnson	3:40:20
		37. Ralph Hoffman	3:51:19
		38. Rosemary Haluszka	3:54:51

*-New Course Record

ULTRA CORNER

COOL CANYON CRAWL 50K - MARCH 13th, COOL, CALIFORNIA. Three Arkansans got to use some "frequent flyer points" recently. What better use can be put to a plane ticket than to travel to the west coast for an ultra weekend. The Arkansans were Dave Cawein and Jim Schuler of Morrilton and Troy Delk of Perryville. The race takes place in the Sierra foothills about 40 miles from Sacramento at Cool, California. The course is mostly out and back using the latter miles of the Western States Trail, passing through the Hwy. 49 Crossing, Brown's Bar, Auburn Lake Trails and Greengate to a turnaround just above the Rucky Chucky River Crossing.

350 plus runners toed the line with the temperature hovering in the 70 - 80 degree range. Dave and Jim describe the course as having some very good running trails with tortuous climbs thrown in to make it interesting. The scenery was as you can guess, Beautiful. Dave finished in 50th place, Troy 91st and Jim 101st. Ann Trason finished 6th overall and Tim Twetmeyer was 1st male.

After finishing the Arkies were given bean soup. From there, they showered and topped the weekend off by riding the cable cars in San Francisco. Sounds like a good trip.

CROSS TIMBERS 50 MILE AND 30 K-March 20th. Have you ever run this north Texas race when it was wet? You must! For those of you that are not familiar with this run, it a an out and back course along the south bank of Lake Texoma. The terrains is generally rolling with a few strategically placed mini mountains. On a perfect day the race is rather feisty but fast. On a rainy, wet day it is a mudder. The kind of mud that sticks to your shoes and is as slippery as ice. The 1993 edition of Cross Timbers was wet and those Arkies who persevered deserve a pat on the back. Don't take this to be critical of the course. Mud happens! An ultra runner takes what he is given and loves it. Congratulations to Bob Marston(9:45), Irene Johnson(11:46) and Rosemary Haluzska(4:30) in the 30 K.

SPECIAL TO THE ARKANSAS ULTRA RUNNER

A TRIBUTE TO A RUNNING DOG-By Charley Peyton

February 28, 1993-Lou called me to the bedroom and said to look out the window at Hobo. There on the ground next to the house laid our first running dog. He was stretched out on the ground with his head resting inside an overturned garbage can. No, he hasn't "passed on." I figured that he laid down in the sun and the garbage can just happened to be in the way. That's Hobo. He's getting old, you see. When he got old I don't remember. He used to be the best. For companionship and loyalty there was none finer. Now he'd just as soon stay in the yard and let the younger dogs take to the trail. His once proud bark has grown hoarse and faint. In fact, I haven't heard him bark in months.

I first saw Hobo about 14 years ago standing by the railroad tracks down by Murray Lock and Dam. He had long spindly legs, scruffy hair and a body bloated with malnutrition. He didn't move as

I passed him by. He just stood there with a vacant look in his eyes. I looked the other way thinking that someone else would have to take care of him. Several days later I drove up the driveway and Lou met me at the door and asked, "can we keep him?" Opening the garage door there he stood. He walked over to me and stepped on my foot and looked me straight in the eye. I thought, "you poor, poor dog". Lou named him HOB0. With a good diet he soon topped 75 pounds but kept his spindly legs and scruffy hair. Being brown, black and white, he looked like a beagle on stilts.

Hobo had one endearing quality-his eyes. Some dogs will watch you; some dogs will look straight through you. Hobo made eye contact. He seems to look into your eyes for the answer as to what he is supposed to do. Upon approval he will drop his ears and appear to smile.

Hobo was strange. He was skittish. With the exception of our family, no one could approach him. When company came to our house, he'd cock his head and run to the back yard and hide in the bushes. Efforts to run with him were in vain. A garbage can on the roadside or an approaching car spooked him and he would bolt for home.

This dog is definitely not a pedigree but at one time he was licensed. Thinking that he had the makings of a rabbit dog, we registered him with the Game and Fish Commission as a beagle. With his new dog collar and tag, we set off to the woods one day. Let me help you visualize the situation. Here we walking through the woods. Me in front, of course, carrying the gun. Behind me was Chuck, then nine or ten years old, and Hobo. Single file we walked. When I stopped, Chuck with his head down, would walk into me. Hobo would sit down. That was our only hunting trip. We didn't buy another dog license.

After about six months of the good life, he went through a personality change. From a scared and cowardly hound he became very aggressive and protective. He would never bite but strangers never knew for sure. His bark was mean and he would circle around behind and scare the daylights out of an unsuspecting mailman or anyone passing by. On a run he would charge through the neighborhood chasing squirrels and sniffing for cats. When he discovered females, he went crazy. That's when a decision had to be made. We had him neutered. After his surgery he mellowed out and began the life of the "best" running dog. Oh, he still didn't like people and remained shy and skittish but when it came time to run he was a loyal, trusting companion who worked hard on the run. No one got lost on the run when Hobo was working. He liked for Lou and I to run together and when we got apart he'd wait at the turns to make sure we were coming and travel back and forth appearing to do his best at herding us up the trail. But, he had his moments.....

Hobo loved to fight. He had an advantage over other dogs-Surprise. It appeared that the other dogs never felt challenged by a neutered male. Until it was too late, that is. I never saw him lose a fight, and there were many. Little dogs were his specialty. There was always an open season on poodles and Chihuahuas's. The smaller the better. He showed his behind nearly every run and embarrassed me so many times. Cats were his downfall. He knew all the cats in the neighborhood, and they knew him. Hobo was once written up in the Arkansas Gazette. In the letters to the editor column, he was called

a vicious monster for killing ole Tom. Tom just happened to belong to the President of the Pulaski County Humane Society and had been living out his last days in peace in their driveway. I still believe that if Tom had not made a run for it, Hobo would have passed him by. It was the chase the Hobo enjoyed. Ole Tom cost me \$80.00 in Vet bills and I guess I should be thankful that the family didn't sue me.

Hobo was smart in his own way. When Lou was running repeats on Overlook Hill, he went down the hill twice and then figured out that it wasn't necessary. All he had to do was wait at the top and Lou would come back to him.

Hobo liked to ride in the our ski boat. When we would go to the river he would stand in the bow of the our StarCraft and watch for floating sticks and stuff. I figured he thought it was a miracle to be going so fast and not even move a leg. On one trip in his haste to jump to the sandbar he broke his back leg. Shortly after we sold the boat.

Hobo was a climber. One summer morning we heard what sounded like birds in the attic. A week or so later the paper boy told me, he'd seen a dog on your roof. When I heard the noise again, I ran outside and looked up on the roof and there he was having a good ole time. It seems that he would jump onto the car and then leap up to the house. I thought it was hilarious but the children were highly embarrassed.

And now the boy is past him prime. I doubt that he'll make it another year. The summer heat is so hard on him. When we feed him now we have to make sure he eats his food before the other dogs take advantage of him. I try to go out every day or so to practice our only trick. If I tell him to give me a kiss he'll nudge me with his nose and I'll give him a cookie. I tell him that he is the "best" and rub his chest. Other than looking me in the eye, I usually don't draw a response. He's always been kind of stoic.

When he does pass, there won't be too many tears. We've said our goodbyes.

(On March 8th, Hobo passed away and was buried in our back yard. It was only fitting that as I was digging the hole, I unearthed a cat that must have been buried there years ago by somebody. That's Hobo! I like to think that he is running through the fields now.)



April 1993 AURA

PLACE REFRIGERATOR MAGNET HERE

SUN MON TUE WED THU FRI SAT

					1	2	3 BUD RUN 10K
4	5	6	7 Three Mtn Run 5:15 pm	8	9	10 SALINE COUNTY STRIDERS 6-12-24 HOUR TRACK RUN	
11	12	13	14	15	16	17 UTS# 8 THE MOBIL MARATHON	
18	19	20	21	22	23	24 THE CHILDREN'S RUN THE SPRING RUNNING CAMP	
25	26	27	28	29	30	MAY 1st Ouchita Trail 50 Strolling Jim 40	