

THE ARKANSAS ULTRA RUNNER

May 1993

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - The logo for the A.U.R.A. t-shirts is complete. I have contacted the shirt shops around town and it looks like the price will be \$12.00. I would like a 100% cotton, long sleeve. For sizes above XXL we might charge a little extra. The logo will have the name Arkansas Ultra Running Association, a picture of the state and the "Traveller" artwork. If you want to order a shirt (one or more) please do so by May 15th. We will have to place a minimum order depending on where we decide to do business.

Thanks to the efforts of A.U.R.A.'s Bob Marston and Dave Cawein we have a new format for selecting the Arkansas Roadrunner Club of America's Ultra Runners of the year. I am going to list some of the highlights. If you would like a complete copy which addresses eligibility, point computation and rationale, either see me in person or send me a S.A.S.E. (52 cents). A.U.R.A.'s Tony and Irene Johnson have agreed to keep a record of the standings and post results.

Here is a condensed outline of the selection process.

1. Eligibility - Must be a resident of Arkansas and a member of a R.R.C.A. Running Club.
2. Competition Period - Begin two Mondays before Healthfest Weekend and ending two Sundays before Healthfest Weekend.
3. Awards - Given to male and female; open and masters.
4. Point Computation - Ultra distances will be weighted differently. A 100 miler will be worth more points than a 50 miler. Arkansas Ultras' will have enhanced points. In other words, an Arkansas 50 will have greater value than an out of town 50 miler. Track runs and multiday events will have their own system of points.

Don't let this confuse you. When you finish an ultra call or write Tony and give him the name and the date of the race. He will do the rest.

Phone - (H) 375-7382

Address - Tony & Irene Johnson
1213 Park Drive
North Little Rock, Ar. 72114

By now I hope to have started up the Wednesday afternoon training runs. I have asked Jimmy Sweatt to decide on the best location.

Some Ultras worth mentioning. I talked to Race Director Steve Bridges, Monroe, Louisiana, and he told me about a new race he is putting on May 21st at the Wellness Center at Northeast Louisiana University at Monroe. It's the Mainline 6/12 Hour Charity Indoor Run and will be on a rubberized track. Six or seven loops per mile. For more information contact Steve at (318)342-1318(w). Also don't forget

about A.U.R.A.'s David Samuel's Trail Run on June 6 in observance of National Trail Day. See more details under the Ultra cartoon. If I weren't signed up for the Old Dominion I would be going.

Ring - Ring - Ring - Ring. That's the sound of your alarm clock going off. Yes it's time to start thinking about the Arkansas Traveller 100 Miler. While you've been resting I've been working on permits, lining up contributors, etc. Already we have 8 entrants: Six from California, one Texan and one from Vermont. This month our application will be in *ULTRARUNNING*. Here, let me fix you some grits and coffee. October 9th and 10th are going to be two great days.

So with feet spread shoulder width, knees slightly bent, eyes firmly planted on the ground, let us begin.

ULTRA TRAIL SERIES

THE MOBIL MARATHON - 21.6 Miles - April 17th

Course Record - John Gross - 2:12:29
Ann Graysmith - 3:12:10

What goes out must comeback! Fresh legs seemed to glide over the mountains to the turnaround. Fresh legs turn to jelly if you've forgotten to pace yourself for the return. On the other hand, big points await those who can return as fast as they went.

Tom Aspel resumed the trail series but without serious competition. His 2:23 was way off his P.R. 2:13:20. Nancy Cunningham seems to thrive on competition. She thwarted a course record effort by Lesa Allen to finish 1st female. With her victory she retook the lead in the series.

Come on fellows, let's give Tom some competition. No guts; no glory. I'll hold your coats.

MOBIL MARATHON - 21.5 MILE RESULTS 4-17-93

1. Tom Aspel	2:23:47	16. Tony Johnson	3:40:31
2. Bill Torrey	2:30:24	17. Irene Johnson	3:40:31
3. Ken Plummer	2:37:32	18. Sam Hardcastle	3:45:10
4. Nancy Cunningham	2:53:53*	19. Nick Williams	3:45:10
5. Troy Delk	2:55:04	20. Charley Peyton	3:47:37
6. Jim Schuler	3:00:51	21. Cathy Holland	3:53:41
7. Lesa Allen	3:02:37	22. Steve Eubnaks	3:55:28
8. Simon Hauser	3:12:29	23. Jean Cockcroft	3:55:28
9. Jim Sweatt	3:14:14	24. Talley Ward	4:05:54
10. P. Brockinton	3:19:22	25. Ralph Hoffman	4:11:30
11. Pete Ireland	3:20:38	26. Rosemary Haluszka	4:16:33
12. Lou Peyton	3:23:07	27. Karen Helmbeck	4:30:15
13. Gayle Bradford	3:27:25	28. Bob Horner	4:31:17
14. Kimberly Pavelko	3:27:47	29. Dwight Blissard	4:43:04
15. John Renick	3:37:21	30. Harry Jenkins	4:43:05
*New Course Record		31. Adam Vital	4:43:05

THE INSIDE

"A satirical look at Arkansas Ultra Runners."





May 1993 AURA



* REFRIGERATOR MAGNET

SUN MON TUE WED THU FRI SAT

						1 OUACHITA TRAIL 50 MILE STROLLING JIM 40 MILE
2	3	4	5	6	7	8 WILDCAT MTN RUN UTS#9
9	10	11	12			15 JUNIOR JOG
16	17			20	21	22 MAINLINE 6/12 INDOOR TRACK RUN.
23		25	26	27	28	29
30 IMMEDIATE LEFT.	31					

DIRECTIONS TO THE WILDCAT MTN RUN: 7:00 A.M. HWY 10 WEST TO THE INTERSECTION OF HWY 9 AT WILLIAMS JUNCTION. TURN LEFT ONTO HWY 9 AND GO A COUPLE OF MILES TO THE WINONA FOREST DRIVE. TURN RIGHT ONTO THE WINONA FOREST DRIVE AND GO TO THE FIRST INTERSECTION (132 AND 179) ABOUT 3 MILES. TURN LEFT AND THE TRAIL HEAD IS ON YOUR IMMEDIATE LEFT.

POINT STANDINGS AFTER EIGHT RACES(ONE TO GO)

OPEN		MASTERS			
JOHN GROSS	215	FRANK RIVERS	220	JOHN BAKER	250
DAVID ALLEN	160	TROY DELK	150	PETE IRELAND	250
RICKEY UTLEY	110	BOB MARSTON	141	BOB HORNER	145
N. CUNNINGHAM	250	GAYLE BRADFORD	272.5	ANN M. MOORE	280
LESA ALLEN	245	CATHY HOLLAND	237.5	LOU WINTHROAT	100
KIM PAVELKO	140	LOU PEYTON	230	-----	

The final Ultra trail Series run is the Wildcat Mountain Run--approx 10 miles. May 8th 7:00A.M.

ULTRA CORNER:

Mississippi 50 Miler - Leland, Mississippi - March 27th

The Mississippi 50 Miler is a flat 1.365 miles loop course that takes you around Deer Creek 36 times. In 1986 a big turnout of Arkies went down in preparation for the Western States 100 Miler. I got 38 miles while Mr. Nick received 20 miles. Lou Peyton was the first female. Nick and I vowed not to return. Actually this is a good ultra with a first class Race Director, Grant Eagley, and lots of caring workers. It, for some reason, has not been supported well by Arkie Ultra Runners. Nick and I were both turned off by the thought of 36 loops. After all we were going big time with our Western States entry. Now--maybe it's time to revisit this ultra. I've put it on my possibility list for 1994.

1993 Results - Winner - Richard Weber - 6:25:53
 1st Female - Pam Duke - 9:49

AURA MEMBERS: 4th Overalls- Joel Guyer - 6:59(1st Masters)
 9th Overall - Bob Horner - 8:54
 18th Overall - Les Hall - 9:54
 Dan Landow - 10:28

BENTON 24 HOUR TRACK RUN - MARCH 10

as experienced by: Bob "Chicken Wings" Horner

It's just about starting time for the 4th Benton 24 Hour Track run and a check of the list reveals a small but highly talented and successful slate of runners.

The pre-race favorite has to be Bill Laster (Arkansas' Ultra Runner of the Year in 1991 and 1992). He won this race in 1991 with 120 miles and he is fresh off a win at the Sylamore Trail 50 Km.

Bill Howerton should provide all the competition that Laster can handle. Howerton won this race in 1992 with 112 miles and just two weeks ago he ran an impressive race at the Mississippi 50 Miler finishing 6th overall.

Bev Nolan Cannata won the women's version of this race in 1992. Her most recent event was completion of the Rocky Raccoon 100 Miler. Bev's big assets are tenacity, preserverance and stamina.

Bob "Chicken Wings" Horner rounds out the field. Horner finished this race second last year with 100 miles. His most recent race was the Mississippi 50 Miler where he finished 1st Senior Master and 9th overall.

The race starts with Laster and Howerton running neck and neck at a very fast pace. Cannata and Horner begin at a more conservative pace.

At about four hours into the race Laster and Howerton begin to slow down and they even walk a little. Cannata keeps moving at her same consistent pace and Horner starts walking one curve each lap. The sun becomes unbearably hot. This affects all runners considerably.

Just past the six hour mark Laster heads for the aid station and declares he is out of the race. About an hour later Howerton tells Horner "it's all yours" and he too takes a chair on the sideline as a spectator.

Hour after hour Cannata and Horner move around the track with Horner about forty laps in the lead. Finally, nineteen hours into the race, Horner heads for the sideline and takes a nap. Cannata methodically keeps moving and when Horner returns he is two laps down. Both runners match each other stride for stride the last two hours and fifty minutes with Cannata retaining her two lap lead and emerging as the over all winner.

Cannata has just won her first race ever outright and Horner learns a very real lesson; "it ain't over til it's over".

FINAL RESULTS*

WINNER----	Bev Nolan-Cannata	84.7	miles
FIRST MALE----	Bob Horner	84.2	"
	Bill Howerton	45.5	"
	Bill Laster	38.1	"

12 HOUR

WINNER----	IRENE JOHNSON	66	Miles
FIRST MALE----	DAN LANDOW	51	"

6 HOUR

WINNER----	DENNIS FUGATE	40.9	miles
FIRST FEMALE-	LOU PEYTON	35.2	"

*-complete results next month

THE BARKLEY MARATHONS-APRIL 3RD

The Barkley Marathon is a 55 mile and 100 mile wilderness run north of Knoxville, Tennessee, at Frozen Head State Park. The race is the brain child of "somewhat eccentric", Race Director, Gary Cantrell. It had it's conception with the escape of James Earl Ray from Brushy Mountain State Prison several years ago. Ray made his big mistake when he headed into the Barkley Mountains and spent three days wandering lost before being found under a pile of leaves by Tennessee State Police. The 55 mile race consists of three loops that in some

places follows a faint trail but in most places it just follows the park boundary up powerlines and mountain sides. The object is to prove you've completed the course by bringing back pages of six books that Cantrell has strategically hidden in trees, rocks, or in logs. In other words you are given instruction on how to get to a check point, locate the books and continue onto the next point. After you finish a loop you turn in your pages to Cantrell. Most people curse and quit after the first loop. Only the truly motivated press on during the night for the second and third loop. A.U.R.A.'s Nick Williams, on April 3rd, became one of the very few to complete the Barkley twice. He did it by planning ahead. Nick got two loops on his first run at the Barkley in 1991. He learned what it took to conquer the hardships and how to keep going to cross the finish line. Very few finish the Barkley 55 Mile Marathon; no one so far has finished the 100 miles.

Notice! May 8th. The Grady's dining room has been reserved for 6:00 p.m. for the AURA. During the celebration, the awards for the Ultra Trail Series will be announced. It would be helpful to order ahead. see you there.

Charley & Lou Peyton
41 White Oak Ln.
Little Rock, AR 72207