

# THE ARKANSAS ULTRA RUNNER

April 1994

*A Newsletter For The Arkansas Ultra Running Association*

Sixth Edition, Volume Three

**MORE ROCKY RACCOON NEWS**—In my haste to share my *Rocky Raccoon 100* experiences last month, I over looked two important things: (1) Our times and (2) the fact that there were other AURA's competing.

Lou and I finished in 27:10. For the Ole Gristle it was a cake walk. For me, I'll take my 27:10 and wear my buckle. I'm satisfied. What I really feel a little guilty about is failing to mention the support that I got from Tony and Irene(Johnson), Bob and Rosemary(Marston) and Ann (M. Moore) and her crew, T-Bear. It means allot when someone tells you that you are going to make it. Bob and Irene went on the finish the "Coon" in 24:15 and 24:19, respectively.

I recently heard that UTS regular, Ken Millar, and his wife will be moving soon to Baton Rouge, Louisiana, where I believe Ken will be the Dean of the Graduate School of Social Work at LSU. Question: Should we alert the Baton Rouge area hospitals of Ken's propensity to prostrate himself? Continuing with news on AURA members, Simon Hauser's recuperating nicely from his recent back surgery. On a down note Simon informed us that he has accepted a position in Switzerland and will be returning home in late July. We will have to plan something for #40 before he departs.

It has been announced that the date of the Children's Run is May 14th. What this means is that the final UTS race, the Camp Robinson Mystery Run will be moved back one week to the 21st of May.

The Ouachita Trail 50 is being organized by Mr. Nick. I have volunteered to set out water and man an aid station. If you would like to assist him in his no frill, low key race, I'm sure that he would appreciate it. Call him at 225- 5557. Plan on having a good time.

My experience at the Sylamore 50K February 26th was pitiful. Even with a conservative start I reached the turnaround looking like the fat lady they caught walking out of Safeway trying to shoplift a ham.(she had it between her knees). When I got back home I set down in the Power Room in the dark, depressed. In an act of desperation I picked up the March issue of the AURA. Reading the MESSAGE FROM THE BIGSHOT, a light went off! What I need is a coach. I need to be someone's Boy. By golly, that's it, I'll start coaching myself!!! I'll do speed work and intervals. No more slough footed, tip toeing down the trail for me. I feel a breakthrough coming my way. Step aside, buddy.

**APRIL 30TH OUACHITA TRAIL 50**



# April 1994 AURA

SUN      MON      TUE      WED      THU      FRI      SAT

					1	2
					THE BARKLEY MARATHONS	
3	4	5	6	7	8	9
		HUMP DAY RUN FROM CAMP ROBINSON EVERY WEDNESDAY 5:-5:30 P.M.			FIRST WEEKEND OF TURKKEY SEASON	
10	11	12	13	14	15	16
					UTS #7-THE SCRAMBLE	
17	18	19	20	21	22	23
					THE BUD RUN	
24	25	26	27	28	29	30
					QUACHITA TRAIL 50	

Directions to UTS#7/The Scramble. HWY 10  
 1.5 miles past HYW 113. Right turn on Bringle Creek.  
 Go one mile to the AP&L transformer station. Park.  
 7:00 am start.

# THE ARKANSAS TRAVELLER 100 MILE RUN

- Date: October 8-9, 1994
- Place: Lake Sylvia Recreation Area 35 Miles West of Little Rock
- Course: 17 Mile Loop followed by 83 miles, out and back. On forest Service roads, Jeep Trails and 7 miles of Scenic Ouachita Trail. 30 hour time limit.
- Awards: Plaques to the overall male and female winner. Sub 24 hour finishers to receive special enameled buckles. Buckles to all finishers under the 30 hour time limit. The Arkansas Traveller Awards presented to the first male and female Arkansan to finish.
- Entry: \$90.00 limited to 125 Entrants - Registration closes September 10, 1994. For "out of Country" banks, please add \$5.00. Payable to:

Arkansas Ultra Running Association  
41 White Oak Lane  
Little Rock, Arkansas 72207

Charley Peyton, Race Director  
(501) 225-6609 after 6:00 p.m.

Entry is refundable up to September 10th. 50% return up until October 1st. No return after October 1st.

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## 1993 ARKANSAS TRAVELLER 100

109 entered; 101 starters with 75 finishers; 36 sub 24 Hours

### Course Records:

Eric Clifton - 16:30:04 (92)	Chrissy Duryea	18:50:36 (93)
David Horton - 17:19:28 (91)	Shelby Haden-Clifton	19:15:41 (91)
David Horton - 17:30:39 (93)	Chrissy Duryea	20:38:08 (92)
Don Aycock - 17:40:02 (91)	Nancy March	22:04:39 (93)
Raul Flores - 17:42:05 (92)	Linda Musil	23:45:18 (93)
Andrew Barouth 18:01:45 (91)	Lou Peyton	23:52:05 (93)

When your entry is received, you will be sent a confirmation letter. Beginning June 1st, I will send you complete race information. I expect to reach our 125 limit this year. Please don't delay.

## ULTRA CORNER

*Sylamore Trail 50K* February 26th. Bill and Teresa Laster, Race Director.

For you regular AURA readers, I won't take up your time with a course description. You remember it from the previous write up. Skipping the redundancy, just let me say that one experienced ultra runner described the trail as the prettiest trail between Colorado and the Mississippi. Who am I to dispute. At the start it was 14 degrees and the first crossing of the Sylamore Creek was midhigh(on me) deep. Dave Cawein was the leader coming into the 15.5 mile turnaround but on the return he was overtaken with eight miles to go by the eventual winner, Ray Bailey. Kim Pavelko looking leaner than usual proved that trail running might be her gift as she was first woman by almost 13 minutes over Ivy Franklin.

### Sylamore Trail 50K results

1. Ray Bailey	4:30:24	18. Dianne Bell	6:31:09
2. Dave Cawein	4:43:30	19. Gayle B. Bradford	6:43:17
3. Stewart Johnson	4:58:49	20. Steve Eubanks	7:00:06
4. Steve Tilley	5:08:42	21. Jean Cockcroft	7:02:09
5. Bill Maxwell	5:21:21	22. Y.T. Thompson	7:05:52
6. Jim Sweatt	5:22:40	23. Tom Tucker	7:09:27
7. Troy Delk	5:29:29	24. Lou Peyton	7:10:26
8. Joel Guyer	5:33:06	25. Rick Martinek	7:26:09
9. Marty Cook	5:41:01	26. Les Hall	7:29:01
10. Craig Clenzer	5:46:25	27. Charlotte V. Davis	7:29:01
11. Lee Hess	5:49:34	28. Steve Hoffman	7:43:24
12. Kim Pavelko	5:50:54	29. Sandi Venable	7:49:53
13. Jim Schuler	5:52:22	30. Chuck Desjardin	7:53:42
14. Nick Williams	5:57:19	31. Charles Peyton	7:59:55
15. Ivy Franklin	6:03:42	32. Sidney Spitzer	8:25:42
16. Jackie Edmonds	6:08:49	33. Tim Biggs	8:25:42
17. Bob Groff	6:17:58		

### *Cross Timbers 50 Miler* March 19th

While we were running the UTS# 7, The Spring Classic, several AURA's opted to run the Cross Timbers 50 miler near Sherman, Texas. This is a trail race along the southern shore of Lake Texhoma. The 88 degree heat and shearing winds took its toll on Steve Eubanks however Kim Pavelko(11:30), Sandi Venable(12:40) and Neil Hewitt(10:00) were able to complete the distance. Steve said that he was going back and finish the job next year.

### *THE 15TH Mississippi 50 Miler* March 26th Leland, Mississippi.

Leland is a small Mississippi delta town located just across the river from Lake Village. If you are in love with trail running, this would probably not be your race. If you like ultra running, seeing fast, fit runners from start to finish, consider the Mississippi 50 Miler next year. The race course is 36 loops(1.3 miles) around Deer

Creek Park. The course flat and 99 % asphalt. Good aid and support from all the race workers. Old South here and lots of hospitality. All things considered I'd have to rate it as one of the best. If you watch TV, the program "In The Heat of the Night" reminds me of the race locale. I half way expected Chief Bill Gilligan to drive up to the course, get out of his police car and say, "How you fella's doing". I'm going back.

The Story---At the end of the first loop I found myself in last place and was soon to be lapped by everyone. On my 35th lap I spied a struggling runner across the Creek. This was my chance to make a move. Keeping him in my sights, I stalked him. With a half mile to go, I let the hammer down. As I moved into the lead we exchanged "thumbs up". Where he'd been all day I don't know. I don't even remember seeing him at the start. He was shirtless, wearing a heart monitor and had both legs wrapped with white ace bandages from his thighs to his calves. He was mine now. I don't care if he was 74 years old. "Hey BigShot, don't you, you know, feel a guilty for 'dysing' the senior gentleman?" Pshaw man! He was trying to do the same to me! Besides after it was over, I heard that he holds not one but three age group records in ultra distances. Buddy, you take it where you can get it.

Other AURA's at the race were Joel Guyer(7:27), Irene(10 hour range) and Tony Johnson, Les Hall(10: hour range), Bob Horner and Harley Peyton(10:47).

## ULTRA TRAIL SERIES

*The Spring Classic* UTS#7 March 19th.

On 3-19 the Ultra Trail Series fired up with the Spring Classic- 18 miles of forest service roads at the Lake Sylvia Recreation Area west of Little Rock. King of the Trail John Gross out dueled Ray Bailey by a second to the finish line. Karen Call, Little Rock, a relatively newcomer to the series proved hard to beat as she lead the second place finisher, Dianne Bell, by almost 19 minutes.

### 1994 Spring Classic Results

1. John Gross	2:04:56	14. Dianne Bell	3:01
2. Ray Bailey	2:04:57	15. Lou Peyton	3:02:40
3. David Allen	2:09:12	16. Paulette Brockinton	3:04:16
4. Dr. Feelgood	2:14:39	17. Joan Carleton	3:09:10
5. Fire Dog	2:19:25	18. Gayle B. Bradford	3:13:27
6. Randy Davidson	2:29:27	19. Lou Winthroath	3:27:20
7. Jim Sweatt	2:31:36	20. Pete Ireland	3:27:20
8. Dave Cawein	2:39:17	21. John Lukas	3:41:20
9. Troy Delk	2:39:18	22. Chuck Desjardin	3:54:08
10. Karen Call	2:42:43	23.	
11. Frank Schulte	2:43:33	24. Ann M. Moore	4:01
12. Nick Williams	2:47:30	25.	
3. Dan McCullough	2:53:39		

## JUNE 4th Brushheap Mountain Run.

## UTS POINT UPDATE (Top Five)

Men		Women	
John Gross	250	Dianne Bell	260
David Allen	160	Lesa Allen	80
Jim Sweatt	88	Joan Carleton	80
John Hummell	70	Irene Johnson	75
Rick Utley	60	Nancy Cunningham	50

### Master

Dr. FeelGood	270	Lou Peyton	235
Dave Cawein	130	Gayle B. Bradford	160
Mule Martin	120	P. Brockinton	130
Ken Millar	85	Karen Call	100
Frank Rivers	75	Jean Cockcroft	95

### Senior

Nick Williams	275	Ann M. Moore	130
Pete Ireland	150	Lou Winthroath	100
Charles Peyton	135		
Dale Morris	90		
David Samuel	70		

## ULTRA CALENDAR

APRIL 2ND	Barkley Marathons
APRIL 16TH	UTS#7 The Wasatch Scramble. 12 miles of nasty. 7:00 start.
APRIL 30TH	The Ouachita Trail 50. Low Key. No registration or awards. Nick Williams for details. (501)225-5557.
MAY 8TH	Strolling Jim 40. See BigShot for details.
MAY 21ST	UTS#8 The Camp Robinson Mystery Run.
JUNE 4TH	Brushheap Mountain Run 17.2 Mile Run and shorter distances. Big campout weekend. More details next month. Plan now! David Samuel (501)356-4186(w) or (501)767-1591(h)
JUNE 4TH	1994 Pennar 40 Mile Run. Pensacola, Florida. See BigShot for details.
JULY 16TH	Tentative date for the LOU PEYTON Midnight 50K, Lake Sylvia Area. Lou's 50th Birthday Run!!!!!!!!!!!!
LABOR DAY WEEKEND	Heart O' The Traveller Weekend. Saturday and Monday training runs over the Arkansas Traveller 100 race course.
OCTOBER 8TH/9TH	The Arkansas Traveller 100 Miler.

# JULY 16TH THE LOU PEYTON MIDNIGHT 50K



ROCKY RACCOON 100: The BigShot and Lou look good at 20 miles.

Arkansas Ultra Running  
Association  
41 White Oak Lane  
Little Rock, Ar 72207