

THE ARKANSAS ULTRARUNNER

MAY 1994

A Newsletter For The Arkansas Ultra Running Association

Sixth Edition, Volume Four

Message from the BigShot-In this issue we highlight the *Barkley Marathon*, April 2nd, Frozen Head State Park in northeast Tennessee. I will give you the crew prospective and Lou will give you the race from a runner's point of view. I will go first, of course. "Hey BigShot, how many loops did you do at the Barkley?" Now there you go again. Always asking questions. If you would have read the newsletter you would know that I crewed and ate G.O.R.P. But next year I plan on going over and knocking out a couple of fast loops.

On June 4th, the BigShot is calling an official AURA campout at the Albert Pike Recreation Area, Ouachita National Forest, six miles north of Langley, Arkansas, on State highway 369. This coincides with National Trails Day and the Brushheap Mountain Trail hike/run(17.2 miles) There will be a trail briefing at 7:45 with a 8:00 start planned. For those of you who might find 17 miles too taxing, there is a 10 miler and a 5.8 miler to choose from. All routes will be marked with flagging and aid stations with at least water available. David Samuel, AURA faithful and USFS employee. is helping to coordinate the weekend. David has a way of doing things right. Last year we heard a world of complements about the run.

With my fine finish at the Mississippi 50 miler, I sit alone in the catbird seat in the point standings of the RRCA's Ultra Runner of the Year to be announced in November at Healthfest in Hot Springs. I look forward to placing that fine walnut plaque above the mantel and watching it on those cold winter nights. It just goes to show you that the swiftest don't always win. Victory goes to him who keeps up with his point total. Do you know your point total or even know how to figure them? I think not! Would you like to send me your stuff and let me figure it? Hee,hee,hee! *I think not!* Even though it might be pointless(an ultra pun), I have the instructions on how to figure them. I plan to have a stack of sheets in my truck at the training runs. Or, send me a stamped self addressed envelope. Lou will have a supply, too. Tony and Irene Johnson at 1213 Park, North Little Rock, 72114, are the real contacts for the point totals and are the ones to ask if you have questions about eligibility, points computation, and rationale. It will be interesting as to who will finish second.

Warm Regards,

JUNE 4TH-NATIONAL TRAILS DAY

BRUSHHEAP MOUNTAIN RUN-17.2 MILES

ULTRA REMINDER

The party room at Grady's Pizza on west 12th street has been reserved for the Ultra Runners for 6:00 P.M., May 21st. This follows the final race of the Ultra Trail Series, The Camp Robinson Mystery Run. The King and Queen of Trails will be crowned and the awards, such as they are, will be presented. I would suggest that you call ahead and place your order. See you there!

ULTRA TRAIL SERIES

The Wasatch Scramble, April 16th. The Wasatch is the only run I refuse to do. Its too nasty for me. My job is to sit at the turn around with a bad dog and say upbeat things to the runners. Driving out early to set my water stops, I began to see purple paint in places that were not there last month. At the 2nd stop, a gate had been erected. We knew the gates would be coming one day but always hoped that we could get one more run in. The gate blocked the really steep hill side from which the run got its name. The only thing to do was to send the runners down the flat dirt road to a turnaround spot. A piece of cake! No twisted ankles and skinups this race.

As I was waiting for the first runner to show, a local drove up in his truck. He said he was looking for cows. He lamented about all the land being leased out to hunting clubs and said that he had to join up himself just to have a place to go. When the first two runners appeared, John Gross and Robert Morgan, he said that running was bad for you. The best exercise is walking, he added.

In his own little way, the cow hunter had swerved into the essence of the Ultra Trail Series. Why do people show up and run? Certainly not for exercise. Its the competition. To try to beat the runner ahead and not be beaten by the runner behind. I started to tell him about getting points but thought better of it. He just wouldn't understand.

Wasatch Scramble

1. John Gross	1:17:14	14. Dianne Bell	1:42:18
2. Robt Morgan	1:18:55	15. Gary Speas	1:43:26
3. David Laser	1:22:55	16. Pete Ireland	1:50:16
4. Dr. Feelgood	1:23:57	17. Steve Eubanks	1:51:19
5. Jim Sweatt	1:27:11	18. Sandi Venable	1:51:55
6. Frank Schulte	1:27:35	19. Barney Clark	1:55:50
7. Gary McEuen	1:32:29	20. Lou Peyton	2:05:40
8. Nick Williams	1:32:40	21. Irene Johnson	2:06:40
9. Kim Pavelko	1:34:31	22. Tony Johnson	TNR
10. Ernie Peters	1:36:39	23. Dan McCullough	2:34
11. Dale Morris	1:36:40	24. Travis Mann	TNR
12. Wayne Bennett	1:36:53		
13. Ken Miller	1:40:08		

Unless there are DISQUALIFICATIONS the Open, Master and Senior Male King and Queen of the Trail have been decided. The Senior female Queen of the Trail is still being contested between Ann M. Moore and Lou Winthroath, 130 pts to 100 pts

Ultra Trail Series #8, the *Camp Robinson Mystery Run* is set for May 21st. 7:00 a.m. Directions: Take the Burns Park Exit off of I-40. Follow Military Road to the front entrance of Camp Robinson. Continue straight up the hill. At the top of the hill take the first left, immediately after you turn left the road "Y's". Take the right fork. Go one block and take the first left. Go approximately 4 blocks to the first intersection. There will be an orange and white checkered water tower on the right. Turn left and park. Call 225-6609 for more information.

ULTRA CORNER

The Barkley from a crew point of view.

The first of April found Lou and I camped at Frozen Head State Park in northeast Tennessee. We were there for one reason: Lou would complete three loops of the 50+ mile Barkley Marathon. She had finished one loop in '91 and two loops in '92. This year she planned to get it out of her system.

The race is an experience. As much to do about the race director, Gary Cantrell, as it is about the course. For those who don't know him, Cantrell is a pretty fair runner (or was), race organizer, and writer for the running magazines. To put it mildly, he is a non-conformist. He took the "road less traveled". In Arkansas you would probably say, "he's not right".

After a back packing trip in the Frozen Head Natural Area, he decided to have a running event that would really test the so called trail runners. His course would follow the boundary trail that was built in the 1930's by the CCC. The trail was soon abandoned as it proved too difficult for hikers. In the 30's they built trails that went straight up the mountain sides as opposed to the modern methods of switchbacks that follow the contour of the mountains. It is now unmarked, faded out and grown up in briars. People run the Barkley with protective clothing and gloves. It takes the average runner 10 hours for the first loop, 14 hours the second loop and whatever on the third loop to beat the 36 hour cutoff. Not many finish this race. To enter you send in your entry fee (\$1.55) plus an essay on why you should be allowed to run the Barkley. If accepted you give Cantrell one of your XL race shirts. The field is limited to 35. There were lots of people on the waiting list. At the checkin Friday, runners were given an instruction sheet and a race number. The race numbers (no pins) were from other races around the country. The instructions sheet told the location of the six books which had been placed out on the route. The runners were to find the books, tear off a page and turn them in to Cantrell at the end of each loop. This proved that you had made the loop on course. About midafternoon on Friday the Barkley tradition of eating chicken began. Cantrell was seen prying his frozen chicken apart, rubbing on BBQ sauce with his hands and placing them on the grill. There they were blackened and forked up to anyone willing to eat. Knowing Cantrell, there has got to be some

psychological significance to eating raw chicken. He likes to tell the squeamish that just six hours ago those chickens had feathers and were walking around. Only the really hungry ate.

The big talk at the camp was speculation as to when the race would start. Cantrell has been known to start early. He would start early if anyone was not there by 9:15 a.m. One of his pet peeves is a runner who shows up too close to the starting time.

The next morning runners from Hawaii, Maryland and California were using our camp site for last minute adjustments. This included A.U.R.A.'s John and P.J. Salmonson(Hawaii) and Suzi Thibeault(California). The Arkansas runners were Dave Cawein, Morrilton, Nick Williams and Lou Peyton, Little Rock. David Horton, Virginia was camped accross the road. A distraction caused us to look up to Cantrell's camp. There on the starting line at 9:00 a.m. were about 15 people. With a loud shout, the runners were off. The runners at our camp went into a frenzied panic. Cursing and yelling that Cantrell had done it again. He had started early. The careful planning was abandoned by the runners who were already distracted by what lay ahead: rain, darkness and wild terrain. And then, Cantrell turned and faced the cursing runners. He smiled and yelled, "April Fool". The runners who had started returned and had a big laugh. More cursing by the runners was heard.

The race did start on time. The first to get back to camp in approximately 7:45 was David Horton, Virginia, and former Arkansan. Dave Cawein was second about 30 minutes behind. Lou and Nick finished the first 19 mile loop in 9:10. Out of the 34 starters only one would complete the three loops, David Horton in 23:49. The rest would find the course too difficult and abandoned the effort. Dave, Lou and Nick made two loops and retired. Runners filtered back into camp scratched up and dazed. It was a hoot to watch. Lou said she was going to turn the Barkley over to me next year. Whoa! Let's talk about this first!

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HOW I WON THE BARKLEY - By: Lou Peyton

Yes, everything was right.

1991 - I completed one loop of the Barkley.

1992 - Two loops of Barkley completed.

1993 - Cleaned out my sock drawer that weekend.

1994 - All set mentally, physically. Yes, ready to go. I knew what was "out there". Charley was my crew and Handsome Chris (our black & tan) was there for love and comfort. Time. Ready. Yes.

Saturday, April 2. 9:20 a.m. Weather in 50's, partly cloudy, high predicted 70's (but we're in the trees, and shaded wet areas and mountains so not bad). At the start David Horton and Dennis Herr ran side by side out of camp and start up Bird Mountain Trail. Next, Fred Pilon, Dave Cawein, a Texan carrying ski poles, Milan from

Switzerland, Teeter and his pal from New Hersey, Pennsylvania, Maryland, Virginia, Hawaii, California, and Colorado represented. A great mixture of folks.

The purpose of the run is to find six books that have been placed at strategic points along the course. The runner tears a page out of the book (total of 6, one from each book) turn the pages in to R.D. Gary Cantrell at the end of each loop.

The Barkley Marathon cannot be explained. The Barkley must be experienced. Each loop is a 50 mile hard effort. It takes 3 loops to complete the Barkley.

A 50 mile runner might be able to complete one loop of the Barkley if everything goes perfect. A 100 mile runner might be able to complete 2 loops of the Barkley if everything goes perfect. To complete 3 loops of the Barkley takes a truly gifted, competent runner who, in my opinion, "God just smiles on and says, "Yes, my son or daughter you may have this".

This year a new course record was set at the Barkley by David Horton. David ran a sub 24 hour - 3 loop Barkley. This is absolutely incredible but one could not understand what this is unless one has run, scrambled, clawed, crewed, the Barkley.

There were six women entered in the Barkley.

1. Nancy Hamilton from Maryland. Nancy's a Hardrock 100 Female Winner. Veteran of 3 loops of Barkley twice.
2. Suzi Thibeault from California. The most tenacious 5'4" of woman on earth. Veteran of 3 loops of the Barkley. She holds more 100 mile finishes than any woman worldwide. She encourages women/men and is a real blessing to running in general.
3. Sara Loyd, A newcomer to ultras. Sarah is a 3:05 marathoner, elementary school teacher, and a track and field coach.
4. P.J. Salmonson. A veteran of one loop of the Barkley 1993. A veteran ultra runner with numerous 100 and 50 mile finishes. A smiling bundle of energy and joy.
5. Lou Peyton from Arkansas. An old gristle. A veteran of Barkley. 13 - 100 mile finishes and determined that 1994 would be 3 loops of the Barkley.
6. Betty Frankum from San Diego, California. Betty withdrew before the race started and crewed for her husband and Mike Devlin. Betty observed carefully and will be back to run next year.

The Women's Race -

(THIS IS WRITTEN FROM THE IMPRESSION I HAD BEFORE, DURING AND AFTER THE RUN.)

At book #1 Nancy Hamilton, Suzi T., P. J. Salmonson, Sara, and I were together with a time of 1:14 into the race. Nick Williams was

herding and trying to gain control of about 20 energetic runners. Nick would say, "If you want to finish and not get lost, stay with me". I told Sara and other newcomers that Nick, Suzi, or Nancy knew the trail. My goal was to stay with Nick if possible. I felt that we were moving too fast. No rest breaks, no food break, just grab yourself and keep up. This was hard for me. I whimpered and drank (refilled my bottles in the streams but no time to even drop an iodine pill in bottles or I would get left. I just sucked it up and was determined to stay with Nick. I told Nick that he runs like he drives a vehicle. He said, "I just want to get this S.O.B. over." Next time I plan to enjoy it a little more. After book #1 Suzi, P.J. and the Hawaii runners dropped back a little and we were not with them again. My left foot was beginning to get a hot spot on the ball of the foot. I felt concern that a foot problem might develop this early. Shortly after book #2, at the water stop - oops, no water there. About 5 minutes of indecision and it was decided to go on with no water and drink from creeks. I had been doing this already. The Butt Slide, river crossing, Book #3, up Hell Hill. We lost Steve Frankum from San Diego on this climb as he dropped back. After Hell Hill it is down to the guard house and book #4, up Rat Jaw Hill to the only water stop at Frozen Head Mountain Firetower. I was the last one of our group to the water stop. Here 6-8 runners decided to take a break. Nick watched me down a microwave cup of cold chicken & rice soup and he said he was leaving. I quickly filled water bottles with Betty's help (Steve's wife had run up from camp to watch) then I ran and caught Nick. We ran and walked the Chimney Top Trail back to camp. Charley had beef stew, beans, sandwiches, all our gear. Charley tried to help as I was yelling, "I need my other shoes, my feet are killing me. I need duct tape, check my flashlight, etc."

We start the second loop. Up Bird Mountain. Nick was dressed for sub-zero weather as we had rapidly cooled off that 10 minutes we spent in camp. Nick was saying, "I'm as hot as a boar hog in heat". Nick always has a special way with words. I had dressed in tights reluctantly for night. This proved to be a good move. I took off the capaline long sleeve shirt and windbreaker and was comfortable for a couple of hours. The windbreaker went back on at daylight while climbing Rat Jaw to Frozen Head Mountain. Nighttime went well. We moved slower but steady. The first hour of night, I felt great, then my feet really started to hurt (bruised, hot spots that continually worsened. The Butt Slide really hurt my feet. I took 2-200 mg. of Ibuprophen every 3 hours. On the Butt Slide the switch on my Coleman flashlight broke and that left me with a baby mag light. Some people like these. I prefer more light and use these as back up's only.

We took a couple of 4 minute rest breaks on Hell Hill and regrouped our 8 person team. Once on top everybody moved on as to not get cold. Sara and I were the last ones of the team over Hell. Then Sara slowed and we waited for her at the bottom. Off to book #5. I'm thinking, "Oh boy, how am I going to get up Hell?" Then Mr. Nick asked me to wait and help him change batteries. Our group takes off up Hell. I start begging Nick to help me up Hell. "Please have them regroup 1/2 way up so I can catch up", I asked. 15 seconds and everybody's out of sight, straight up. They climb like roaches up a

wall and I'm about to cry. Nick looked back and said, "I won't leave you". Thank you, Nick for getting me out of that hole. Folks who haven't seen it would just have to see what I'm talking about. I really at that time thought I would die as it was impossible to get to the top alone. I told Nick near the top "Okay, you can go on, thanks for helping me". I went to the water stop and on down the Chimney Top Trail 7 1/2 miles alone and I was okay but my feet were killing me. I could only walk. I tried to run 5 steps. It was so frustrating that my energy level was good. My head, stomach all systems were go but "no feet". I thought of Max Hooper at Western States in 1985 (Michigan Bluff - 52 mile checkpoint) when his feet would not let him go on. I thought about Kim Pavelko with Bob Marston pacing her and her feet were a no go at the A.T. 100 in 1992. With three miles from camp, I thought they'll have to take me out on a stretcher. Then I remembered a 800 mg. Ibuprophen I carried for emergency and I declared this a near emergency. I popped the 800, got the last book #6 and was eating my last 1/2 sandwich. The pill started to work when I got off the trail. I saw John Samuelson and Randy Harve from Hawaii going out to meet Suzi and P. J. They told me Horton broke 24 hours and only 2 people were on the 3rd loop. I told them I was not going on. I asked if my time had expired. Would this loop count? They said Yes. I jogged the last 3/4 mile to the finish and said, "there's not enough money in Tennessee for me to go on". I also said to Cantrell, "never accept my entry again". I was happy to be back in camp.

When Suzi and P.J. came into camp they had 6 minutes to get packed and go for loop #3. Everyone encourages others to go. It's wonderful to see your pals accept the challenge. Suzi and P.J. finished lap #3 - 1 1/2 hours past the cutoff. What women. They accepted the challenge and are to be congratulated. Out of 34 starters, 1 person finished within the cutoff. David Horton set a new course record. 23:49. Suzi Thibeault and P.J. Samuelson finished out the cutoff. "This was a strange Barkley".

ULTRA CALENDAR

- | | |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| APRIL 30TH | The Ouachita Trail 50 Miler |
| MAY 8TH | Strolling Jim 40 Mile Run. See the BigShot for details. |
| MAY 21ST | UTS#8 The Camp Robinson Mystery Run. 16 Miles? |
| JUNE 4TH | National Trails Day. Brushheap Mountain Run, 17.2 miles and shorter runs available. Big AURA Camp out weekend. David Samuel (501)356-4186(w) OR (501)767-1591(h) |
| JUNE 4TH | 1994 Pennar 40 Mile Run. Pensacola, Florida. BigShot for details. |
| July 16th | The Lou Peyton Midnight 50 K. No entry or registration. Lake Sylvia Area. |
| LABOR DAY WEEKEND | Heart O' The Traveller training runs. Saturday and Monday. |
| OCTOBER 8TH | Arkansas Traveller 100 Miler. |



The BigShot running the Mississippi 50 with two legends in ultra running, Joel Guyer and Phillip Parker. Can you tell which one is the BigShot?



Suzi T. beginning her 3rd loop at Barkley.

May 1994 AURA



SUN MON TUE WED THU FRI SAT

1	2	3	4	5	6	7
		WEDNESDAY HUMPDAY RUN @ CAMP ROBINSON 5:30 p.m.			STROLLING JIM 40 MILE	
8	9	10	11	12	13	14
					THE CHILDREN'S RUN	
15	16	17	18	19	20	21
					UTS #8 CAMP ROBINSON MYSTERY RUN	
22	23	24	25	26	27	28
					DON'T WORRY; BE HAPPY.	
29	30	31				

Directions to UTS #8: Burn's Park exit from I-40. Follow Military Road through the front entrance. Continue to the top of the hill and turn left. The road will quickly "Y". Right hand fork. Go one block turn left. Go about 3 blocks and turn left. Look for the orange and white checkered water tower on the right. 7:00a.m. start.