

THE ARKANSAS ULTRA RUNNER

A Newsletter For Members Of The Arkansas Ultra Running Association

October 1994

(Volume Six-Ninth Edition)

MESSAGE FORM THE BIGSHOT—The 1994 Arkansas Traveller is full. Our 125 limit was reached by the second week in September. Its like what we used to say down in Mississippi, "*They're comin' two to a mule.*" That's a lot. We have runners from 32 states and Canada. There are 23 Arkansans entered this year. 28 runners are from Texas. The rest are spread out from Hawaii to Rhode Island. From New York to Florida. The female record holder, Chrissy Duryea(California) is returning along with last years runnerup male Kirk Apt(Colorado). Dana Miller of Idaho and multiple winner of the Wasatch 100 is also coming. The aid station volunteers have really come together in the last couple of weeks. October 8th will be a grand day.

RRCA kingpin, David Samuel, was at the last Trail Series run(Sept 17th). David has some interesting plans for the first week in January. Several of us went down and did the National Trails Day Brushheap Mtn Run down at the Albert Pike Recreation Area near Glenwood last June, have been after David to do something again but not wait a whole year. Well, how does the EAGLE ROCK TRAIL MARATHON sound? Saturday, January 7th, 1995. Albert Pike Recreation Area six miles north of Langley, Arkansas, on SH 369. As details come in on this I will pass it on.

The AURA shirts have arrived. Sizes large and extra large—\$8.00 each. Lou is in charge of sales and has about 16 left. Don't delay.

In this issue we have a special treat. A running short story. "*Hey, BigShot, did you write it?*" But of course, Harley. "*Man O'Man, you are one sick individual.*"

Also, I received a nice article from our newest AURA member, Bob Pester concerning his experiences during the Labor Day Heart O'Traveller weekend. Bob gave me permission to edit it. After reading the finished product that you will see in this newsletter, Ms Lou said it looked more like an article about the BigShot than about Bob. I'm a heck of a guy.

ULTRA PROFILE—Bob Pester

Home—Lead Hill, Arkansas.

Occupation—Wood Carver.

Favorite training area—The mountainous southern Missouri Ozarks.

Outstanding physical feature—A long, flowing beard.

Official AURA Number—#72

Ultra experience—This is my story.

The actual date of my transition was the 10th of September, 1994. That was the weekend the AURA had it's two training runs for the AT-100. It was the first time I had personally met people who actually ran distances of up to 100 miles, and even beyond.

As my truck had been down for maintenance for some time, I arrived at Lake Sylvia Friday afternoon with all my camping gear bungied onto my motorcycle. The first runner I met in the park was Bob Horner and his wife, Elois. Bob took me under his wing. What a wonderful couple and fairly representative of the AURA runners that gathered there over the weekend. Bob immediately became my mentor and gave me volumes of information about ultra running.

When my alarm went off at 4:30 A.M. I was wide awake. I was excited about the prospect of the run with the AURA. Not the best backroads for a highway type motorcycle, I arrived at Lake Winona minutes before the Bigshot called all the runners together, and announced the rules for the run: "Nobody gets lost, and nobody dies. It's 12 miles to the turnaround. Let's go. And we went."

The pack started more slowly than I had expected, but I settled into their pace. I was most surprised that when we came to the first hill and not even a very steep one, everyone started walking. Not even power walking - just a leisurely stroll up the hill. I had been training on hills and seldom walked them, so I kept on jogging. I began to pass people. This is not what I had intended to do, but I felt pretty comfortable - at least for a while. Eventually the hills started to wear me down, so I started walking, too. By this time, however, I had moved up a few groups of runners, and decided to try to catch the group ahead of me. I was unaware, at the time, that it was one of the lead groups. I picked up my pace a little, especially on the downhills, and after a mile or so, caught up. The group started stringing out, so I ran with individuals and visited with them. Primarily Randy, from Little Rock, and Kim, from Conway. I was pushing a little to keep up, but it didn't seem too strenuous. When we hit the turnaround, though, I was getting pretty tired, so I slowed my pace, and the runners I had passed earlier began to pass me back. This kept up for the rest of the run. As we headed back I started feeling worse and worse. No specific aches and pains, just a general tiredness and lack of energy. At the 16 mile water stop I caught up with The BigShot, ran with him to the Pig Trail water stop. He had also gone out a little too fast and was feeling crummy - maybe a little worse than I. Finally finishing I was exhausted and nauseous. After drinking a little water I decided to forgo the post run festivities and try to make it back to the camp at Sylvia. I climbed on my motorcycle and got a cramp in my hip that was so bad I almost fell off. After I stretched and rubbed it the best I could I found out the bike was pointing in the wrong direction. I drove down to the area where everyone was congregated to find a turnaround spot. I just hoped I didn't fall over in front of everybody. It would have worked fine if I hadn't hit a small indentation right at the edge of the road. My legs were so weak from the run I couldn't budge it. I had to holler for help, and who was right there to give me a little push? The BigShot!

Monday, it was up at 4:30 A.M. for the 24 mile Smith Mountain Run. Although the run was difficult and I had to walk toward the end, I felt amazingly good overall - just a sore tendon that I wouldn't have had if I used more sense on Saturday's run.

When I got home I let my tendon rest for four days before I tried anymore running. The following Saturday I went out about 7:00 a.m. to run. I had no specific mileage goal - just wanted to see how far I

could go without my tendon acting up. As I started running my tendon felt fine, and I began to think about whether or not I should enter the AT-100. I decided to run three 10 mile increments, stopping at the house for food and water refills between each increment, sort of simulating stops at aid stations during the real event. I figured that if I could run 20 miles without walking, that, during the race, I would be able to do at least 60 by walking the uphill. I knew this wasn't exactly right, as the 50% time walking would more than double my time on my feet, but would be a good test of mental toughness, too, as I would be trying for six miles further than I had ever gone before. The first 10 miles was easy, a typical training run. The next ten miles was a little harder, but not bad. The third ten miler would tell the story. I was tired, but elated. My tendon had not bothered me at all, and I'd been able to, so far, to run through a few miscellaneous aches and pains. When I hit 22 miles I would be setting a new PR, as I had never gone that far without some walking. At 26.2, I would be passing marathon distance and getting into my first ultra run. When I passed 22 miles I still felt OK, just tired, and was breaking new ground. This was pretty exciting. At 25 miles I got my first sign of trouble: Pain in my left knee. It wouldn't go away. I figured it was from favoring my left leg when I had the tendon problem on my last run. At 26 miles it was getting more painful. At 28, I knew I was in trouble. I was really tired, both my knees hurt, along with my feet, and I began to ached all over. At 28.1 miles, I thought I would try walking just a little bit to see if that help. Big mistake. As soon as I started walking, all my aches and pains went away, and I felt wonderful. I walked on in, and meditated on my lack of mental toughness.

I learned quite a bit about myself and my running during this weekend. I had set several PR's, but I had failed my AT-100 test. I'll wait until next year to try the Traveller.

So now I have made the transition and am an ultra runner, but just a baby ultra runner. It took me a long time to get here, and now I see that I've got quite a distance yet to go. I guess that is typical of life's experiences. See you all again.

ULTRA CORNER

The following is a composite interview with some of the AURA runners who participated in the 1994 Leadville 100-Max Welker and Ray Bailey.

MAX AND RAY GIVE ME ONE WORD TO DESCRIBE THE TARAHUMARA INDIANS AT LEADVILLE.....*Amazing!.....Incredible!*

MAX, HAVE YOU EVER HAD ANY DIFFICULTY WITH THE ALTITUDE? DO YOU TRY TO ACCLIMATE?.....*I've never had altitude sickness. I do huff and guff a lot. When I run the race I go up two weeks ahead. WHAT ABOUT YOU, RAY. I UNDERSTAND YOU FLEW IN THURSDAY BEFORE THE RACE. ANY PROBLEM WITH THE ALTITUDE?.....Probably the most surprising aspect of the entire trip was that I didn't even get a headache out there. Two years ago I had one for the first three days. Of course you felt kind of out of breath at times but great otherwise. During the race there were no problems.*

MAX YOU PACED A RUNNER THIS YEAR. HOW DID IT GO?.....I paced Ken Chlouber to a 27:21. It was his 10th Leadville finish.

WHAT DID YOU DO AS A PACER?.....I made sure he ate and drank and kept his spirits up. I lied to him about when it was downhill, so we had to run. I KNOW YOU HAVE DONE THE RACE BEFORE. WHAT DO YOU LIKE BEST ABOUT LEADVILLE?.....The community spirit and involvement. Going to Leadville a week or 10 days before the race and hanging around with other runners.

RAY MY MAN, WHAT DO THINK ABOUT ANN TRASON'S PERFORMANCE? YOU KNOW, FINISHING SECOND OVERALL!.....Super incredible. Like the Air Jordan of running. She is the best!

YOU PR'ED BY ABOUT TWO MINUTES(22:37). NOW THAT YOU HAVE HAD TIME TO REFLECT, WAS THIS YEAR'S EFFORT HARDER OR EASIER THAN YOUR 22:39 BACK IN 1992?.....Harder! The thing about '92 was mainly just to finish. That's it. I wanted to run relaxed and get in my first 100. This year finishing or not finishing never crossed my mind. I assumed I would. Troubles arose that hadn't occurred in '92 such as a right knee pain. Expectations were higher.

DID YOU HAVE A RACE STRATEGY?.....Basically to run the first 50 miles or so exactly like I did in 92 only this time hopefuller, have more left at the end. I did that about right - easy start and work harder later. The IT band on my left leg would not permit me to run downhill from Hope pass on. So to make up time I had to run as much as possible from May Queen on in. Basically flat terrain and some uphill stuff but not too steep.

MAX, HOW WAS THE WEATHER?.....Terrific! No rain anywhere on the course. It was one night before the full moon and perfectly clear. Ken and I ran from tree line, over Sugarloaf and down Haggerman Pass road without using our flashlights. WOW!

RAY, DID YOU HAVE ANY PARTICULAR LOW OR HIGH POINTS DURING THE EVENT? Wonderful energy at the start. I was really exciting with all of the crowd, lights, announcements, etc. That was a real high! The low was on the Colorado Trail near MayQueen when I walked the entire section and got passed by two people. The old ultra self doubt hit me hard.

MAX, BEING FROM THE WEST COAST(TACOMA, WASHINGTON) ARE THERE ANY NEW DRINKS OR POWER FOOD THAT ARE OUT THERE THAT WE NEED TO KNOW ABOUT? A pudding like product called, GU, that comes in small packets that you tear off the top and squeeze it out. Lit power bars, it gets real old, but it sure revived me several time and kept us going.

BOTH OF YOU ARE SIGNED UP FOR THE ARKANSAS TRAVELLER 100. GOOD LUCK TO YOU. Thanx BigShot, you're the greatest.

ULTRA TRAIL SERIES

The Ultra Trail Series continues to sail along. On 9-17-94 we had the second race of the series. The New Winona Loop-23 miles. The center

piece of the race came at the five mile mark, a 1.5 mile up-hill. The summit overlooked Lake Winona. What a climb! Ultra runners look at hills in two ways. One, a challenge to overcome, and two, look for a payback. The payback came three miles later with a two mile downhill romp. Anyone who could run downhill with ease, did well at the New Winona Loop. I don't want to dwell on the course. Its a classic and will be repeated next year. John Gross of Little Rock does not seem to have trouble with up or downhill as he breezed to a 14 second victory over Ray Bailey. Ivy Franklin appears to be in fantastic shape. Any one, male or female, who gets the jump on Kim Pavelko in a trail series race has to be strong and fast. Ivy was first female in 3:57:51. Kim was 3:59:49. Both should do well at the AT-100. Okay ladies, start your coast.

UTS-The New Winona Loop

1.	John Gross	2:58:55
2.	Ray Bailey	2:59:09
3.	Dr. Feelgood	3:13:31
4.	Ricky Utley	3:18:53
5.	Ricky Williams	3:18:59
6.	Kurt Truax	3:27:51
7.	Lee Wyatt	3:39:01
8.	Ivy Franklin	3:57:51
9.	Jim Sweatt	3:58
10.	Kim Pavelko	3:59:49
11.	Don Price	4:14:29
12.	Nick Williams	4:14:29
13.	Troy Delk	4:14:38
14.	Lou Peyton	4:15:56
15.	Gayle Bradford	4:23:01
16.	Joan Carlton	4:25:48
17.	Dianne Bell	4:37
18.	Dan McCollough	4:40
19.	Pete Ireland	4:43:08
20.	David Samuel	4:43:09
21.	Chuck Desjardin	4:53:32
22.	Sandi Venable	5:09:56
23.	Ann Moore	5:09:56
24.	Donna Duerr	5:33:27
25.	Charley Peyton	5:33:28
26.	Ed Fishman	6:00:00

Next issue we will go over the point standings for the Trail Series

Future Ultra Trail Series Schedule

November 26, 1994. Read the November AURA for details.

December 10, 1994. 10-9-10 Run. 20 miles of jungle.

January 7th, 1995. Eagle Rock Trail Marathon, Albert Pike Recreation Area, Langley, Arkansas.