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# THE ARKANSAS ULTRA RUNNER

*A Newsletter For the Arkansas Ultra Running Association*

September 1994

**MESSAGE FROM THE BIGSHOT**—Applications are now out for the Sylamore 50K, February 18th. February looks like it is going to be a repeat of last year's running bonanza. The Rocky Raccoon 100 is scheduled for the 4th of February. Over the weekend I received a call from AURA's Joe Fennel in Fayetteville with news on his White Rock Mountain 50K. The date is February 11th.

Ann M. Moore, AKA the Woman Dog Team, has moved to a new residence and wishes to share it. (*Lewis Grizzard, the late newspaper columnist and humorist had this to say about a dog team—"If you have to be on a dog team, its best to be number one because for the rest of the team, the view never changes."*)

Ann M. Moore  
1209 Green Mtn Dr.  
Little Rock, Arkansas 72211

The BigShot is printing up a number of AURA short sleeve T-shirts that should be ready when you read this. The shirts will be 50/50. We ordered a total of 24, sizes large and extra large. If you would like one or more give Lou a call. The price will be \$8.00.

## ARKANSAS TRAVELLER 100 UPDATE

The Heart O'Traveller weekend is here. Come out and run with us if you can. Both Saturday's and Monday's run will start at 6:00 a.m. The Saturday, Sept 3rd, run will be out and back for approx 24 miles beginning from the Lake Winona spillway. The Monday Labor day run will be the Smith Mtn run, approx 20 miles and will start at the intersection of FSR 2 and FSR 114. Water will be set out every 4 to 5 miles and the turns will be flagged or floured. Because of the flats that several people suffered using FSR 114, I am recommending that you travel the Winona Forest Drive approximately 10 miles to FSR 75. Turn left onto FSR 75 and go 1.5 miles to FSR 114. Turn left and go approx 0.5 mile to FSR 2. Park. Call me if your not clear on directions.

## ULTRA TRAIL SERIES

*FLATSIDE PINNACLE RUN 8-13-94*

The 1995 UTS got off to an excellent start with a 100 % trail race. For those of you who missed the action, we used the Ouachita Trail from the Lake Sylvia parking lot to the turnaround at the top of Flatside Pinnacle. The view is spectacular. In case you don't know, this scene is often shown on T.V. in a promotion by the Arkansas Parks and Tourism. That was the special "twist" I promised you in last month's newsletter.

In the field were four Queens of the Series: Dianne Bell, Kim Pavelko, Lou Peyton and Ann M. Moore. A winning hand in any game! A serious challenge could come from two hopefuls this year, Ivy Harrison and Paulette Brockinton.

King of the Trail, John Gross, continues his mastery of the Series. However, with the new format this year, it remains to be seen if he can build a lead that will stand the assault of the longer races that are planned this year: the Arkansas Traveller 100, White Rock Mountain 50K, the Sylamore 50K and the Ouachita Trail 50. Don't any of you short distance trail runners stroke out reading this. During the November deer season, I am seriously considering an ultra short trail race in town. Some of you people might even finish in time to eat the breakfast at McDonald's. Start your limbering up now.

#### Flatside Pinnacle Results

1. John Gross	2:41:48
2. Ricky Williams	2:56:52
3. Kirt Truax	3:01
4. Jim Sweatt	3:10:26
5. Kim Pavelko	3:10:59
6. Don Price	3:19:40
7. Gayle B. Bradford	3:21:28
8. Ivy Harrison	3:21:31
9. Nick Williams	3:23
10. Dale Morris	3:32
11. Paulette Brockinton	3:40
12. Dianne F. Bell	3:41:45
13. Sam Hardcastle	3:45
14. Lou D. Peyton	3:50:30
15. Steve Eubanks	3:56:47
16. Sandi Venable	4:04:17
17. Chuck Desjardin	4:12:12
18. Dan McCullough	4:29:15
19. Rita Speas	4:38:04
20. Gary Speas	4:38:04
21. Ann M. Moore	4:55:01
22. Bob Horner	5:00:59
23. Rosemary H. Marston	5:00:59

The next Trail Series is on September 17th, the New Winona Loop. This will be 23 miles of mountain running. There won't be a pinnacle like at Flatside but the Bigshot promises that he has something that will give you cause for conversation. Starting time is 7:00 A.M. from the Lake Winona spillway.

A little more about the Series. The UTS registration went without a hitch at the Flatside Pinnacle Run. By signing the registration(name and age) form, they dictated that they wanted to be a part of the series and earned the coveted points that are necessary to be named King and Queen of the Trail. By not signing the registration those runners indicated that they wanted to run the race but were not interested in the point standings. They, however, still have before the next race a chance to sign up and still receive their points. After the start, however, the prior race is not eligible to

be counted. We have chosen to do it this way so that we can count some of the longer races in the UTS. Races such as the Arkansas Traveller 100, Ouachita Trail 50, White Rock Mtn 50k and the Sylamore 50k. Because you have registered in the UTS, I'll be able to pick you out of the results and award points.

## ULTRA CORNER

### The 1994 Leadville 100

Arkansan who finished: Raymond Bailey-22:37  
Dr. Feelgood---27:10

NEXT MONTH THE AURA WILL HIGHLIGHT THE LEADVILLE 100.

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



# September 1994 AURA

SUN      MOH      TUE      WED      THU      FRI      SAT

				1	2	3
					Lake Winona Run	
4	5	6	7	8	9	10
Smith Mountain Run						
11	12	13	14	15	16	17
				UTS #2 The New Winona Loop-24 Miles.		
18	19	20	21	22	23	24
					Arkansas Traveller 100 Volunteer Picnic.	
25	26	27	28	29	30	