

# AURA TO DO SHAVED ICE!

\* \* \*

## GOOSEN WINS VERMONT

\* \* \*

## MIDNIGHT 50K MOUNTAIN RUN SLATED FOR JULY 29!

\*\*\*

## THE ARKANSAS ULTRA RUNNER

Auragust 1995

*A Newsletter For Members Of The Arkansas Ultra Running Association*

**MESSAGE FROM THE BIGSHOT** - As the HEADLINES states the AURA will do **SHAVED ICE** on Sunday, July 30th, at 7'ish at the "Cajun Sno" on the corner of Kavanaugh and N. Taylor in the Heights. "Hey, BigShot, this sounds like a power move to me. Maybe, you're trying to put yourself in control again what with all the Ultra Runners scattering to Europe, the far West and the East this summer ." Pshaw Harleyman, haven't you ever had an original idea? Sounds like sour grapes to me. Bring a lawn chair, the sidewalk gets pretty hot. Dress preppie! In case you didn't put two and two together this is the day after the MidNight 50K Mountain Run. I figure it was a good time to get together and talk about the run. Maybe, just maybe, I could find an old trophy or plaque to give to the winners.

. If your interested in speedwork, the 1995 Great Arkansas Pigout is scheduled for August 5th in Morrilton. This is Dave Cawein and Jim Schuler(AURA's) annual 5-K and, I might add, the BigShot own's the 3rd place slot in the Senior Division.

\*\*\*\*\*

**LITTLE KNOWN ULTRA SAYINGS** - *He never knew when he was whipped, so he never was(Louie Lamour). Today is a good day to die.(Crazy Horse). Champions shouldn't have to be carried out(Sonny Liston). If it hurts to walk and it hurts to run, run(Nick Williams).*

\*\*\*\*\*

**HARLEY'S NEWS OF THE DAY** - In the mail last week I got three interesting race applications. The first was from Ultra friend, Red Spicer, of Amarillo. His states that the Palo Duro Canyon 50 Miler has been changed from 10 five mile asphalt loops to two 25

mile out and backs on all dirt trails. The date is October 28th. Sounds interesting! I also received my application to the 13th Annual Mountain Masochist Trail Run, October 21st. This is AURA's Ultra brother, David Horton's race in the mountains near Lynchburg, Virginia, and is advertised as the "Best trail run in the East!" I would highly recommend either of these two runs. The third race is the MALVERN TO BENTON MARATHON, September 17th. This one is sponsored by our sister clubs, the Malvern Runners and the Saline County Striders. AURA's Fred and Glenda Erwin are two of the organizers and can be contacted at (501)332-2264. The entry fee is \$5.00 dollars. Wouldn't it be nice to look back years from now and tell a young punk that you ran the first Malvern To Benton Marathon. Man with all these runs its too bad the BigShot wasn't born with but one pair of legs.

The only bad news to be reported is the posting of the private property at Camp Robinson. Some of the fast guys are continuing to go around the rock quarry however some of the slower runners have been given notices and are avoiding the area. I believe we can still find room to have a Mystery Run in the spring but unless we get permission, the rock quarry is out. Two AURA's were profiled in the July-August issue of *Ultra Running* magazine. John and P.J. Salmonson of Honolulu, Hawaii. Thanx for the nice words about the Traveller.

## ULTRA CORNER

With the cancellation of the 1995 Hardrock100, other opportunities opened for those who had entered. The following is an account of their activities as complete as I can make it considering the deadline for this newsletter. Jimmy Sweatt, Randy Davidson and Dianne Bell along with their crew, Ann M. Moore, continued on to Colorado to train in the high elevation. Kim Goosen left early to train on the Application Trail in preparation for the Vermont 100. Lou Peyton with her beleaguered Charley in tow, rendezvoused with Steve and Sandy Eubanks at the Elkmont Campground, Great Smoky National Park, Gatlinburg, Tennessee.

The Great Smoky Mountain National Park by Lou Peyton (Letter written to trail favorite, Andrea Dillard.)

Dear Andrea,

7-8-95

Steve and Sandy Eubanks drove ahead of Charley and I to the Great Smoky National Park and secured a camp site at the Elkmont Campground. You do need reservations 30 days or more in advance. We just got lucky as everything is reserved and the campground was full. Charley and I had auto problems on the drive over - OK - so it took us three days to get there. First night we spent at Natchez Trace State Park about five hours from Little Rock. The second night we stayed in a Motel in Harriman, Tennessee, while we waited for repair to our truck. I think the Bigshot said it was the fuel pump. I was about to think that this trip was not meant to be - We couldn't reach Eubie on his car phone to tell him our situation, but a honeymoon is a honeymoon anywhere and a king size bed in any condition in July ain't bad. Day #3, we are finally off of I-40 going South feeling free - maybe, just maybe the Appalachian Trail at last. We got a call from Little Rock that Eubie and Sandy are camped at Elkmont and waiting for us. At 2 P.M. on the 3rd day we arrive at Elkmont. Of course, Eubie has already had a long run on the Appalachian Trail that

morning. We set up our tent, eat a snack and Eubie takes Charley and me to Clingman's Dome (the highest point on the AT, elevation 6,640 feet) and offers me a 7 or 8 mile run to New Found Gap, elevation 5,000 feet. Finally, the rough, rocky AT underfoot. Feels real exciting. 100,00 tourist, cars, hikers, campers but all real nice and friendly. But...people everywhere!!!!!!!!!!!!!! Eubie ran with me and we took a 3 mile wrong turn but still had a great run, 10.8 miles. Day #4, we drove to New Found Gap and ran on the AT from the Gap to Charlie's Bunion, 8+, miles. Beautiful views. Lots of people on the trail. Then we had some good food back at camp. napped and walked with a ranger guide. The program at the park amphitheater was on the Appalachian Trail. Day #5, Eubie and I ran from the camp to Cucumber Gap for a 2:27 run. Then it was time to pack up the tent and go home. The scenery a #10 at the Great Smoky National Park and the weather was very cool at night and very mild during the day. On the return we camped at the Natchez Trace Park and the BigShot took me to a first class dinner buffet at the Park lodge. In summary, we needed two more days and a 30 miler to make this a complete Appalachian Trail adventure. We know how to do it next time.

## THE COLORADO EXPERIENCE (Queries and editations by the BigShot)

### **Congratulation on having a good Colorado experience. We missed you! Any talk of the Traveller in Colorado?**

**RANDY:** We saw a couple of Traveller shirts and heard positive comments about our BigShot. It has a reputation of a quality run.

**Dianne:** Several people I talked with had run or are planning to run the Traveller. One person I came upon said, "My wife ran that and that husband/wife team that put it on did a great job!"

**Jimmy:** All you had to do was mention that you were from Arkansas and people either asked about Bill Clinton or the Arkansas Traveller.

**Ann:** Yes, Ed Fishman won't be at the Traveller this year because he is doing a 7 day track run in September in New York City.

### **Did you come across any other AURA's out there?**

**Randy:** Only Ed and Lillian Fishman. This was the first time I had met them even though I had heard stories of his full moon at GRAMPA's Catfish House some time ago. However, these are the folks that exemply the fellowship of AURA.

**Dianne:** Ed and Lillian were the only other AURA's. It was a delight to see them. They had dinner one night with us and I think we ran everyone else out. We were so loud. They send their love to the AURA.

**Jimmy:** Yea, Ed was in bad need of some relief from the too serious Colorado runners. They couldn't appreciate a good moon.

**Ann:** Ed and Lillian were very surprised to see us!

### **Tell me about the stage race you went to out there?**

**Randy:** Word of a stage race was a fluke. Since we arrived at Ouray, prepared to run and found nobody aware of it, we set up a loose schedule and set off for an adventure in Colorado.

**Dianne:** The "stage race" remains a mystery to all. We believe it was a joke in poor taste. We were at the court house to meet the others that never showed. John McGrew being one and we

waited and waited. Then went on our way and did our won thing. Self sufficient Arkies able to figure on our own, enjoying one another.

**Jimmy:** We were to have met with some Colorado runners in Ouray, but due to some technical difficulties(their failure to know how to use a telephone) we never hooked up.

**Ann:** DID NOT HAPPEN! No one ever heard of such a thing. They though we were crazy.

### **Did you get to run in the mountains with all the snow?**

**Randy:** After spending July 4th in Ouray watching the fireworks from Twin Peaks Mountain Trail we ran parts of Hardback trails that were accessible. We would start off together then go at our own pace and meet back in five or six hours. My most memorable run was attempting Engineers Pass out of Ouray. After a steep climb you reached a narrow trail carved in the mountain side with drop-off of 500 feet to the river below. This trail led to a meadow with ruins of an old mining camp and Engineer Pass visible. After spending some time attempting to find a way through the snow and up the pass, I gave up and returned to the Trailhead. Since I still had time, I set out in the opposite direction crossing a river leading to Ouray. The river was high because of snowmelt so I stuffed my pack in a tree and crossed. I then found my reward. A small yellow trailmarker from the previous years Hardrock.

**Dianne:** We ran and ran and ran. It was every person's ultra dream as far as I'm concerned. We ran/hiked/ran in the mountains with snow water falls, full streams, thin air and then ate a lot and slept a little. Clean, crisp, mountain air, sunshine, a little rain, a full moon - It was the BEST!

**Jimmy:** It was tough. We were forced to run up into the mountains every day under beautiful sunshine and moderate temperatures. A typical day included 4-6 hours of running, tough!

**Ann:** Yes,I went to the mountains. 10,000+ feet. I didn't do much running.

### **Let's see you all were signed up for the Mosquito Pass Marathon. How was that?**

**Randy:** A difficult, technical run. Much harder than I expected. 80% of the run is above 11,000 feet and the winning time are over 4 hours. After several miles of trail leading to Mosquito Pass we encountered a steep, frozen snow field that had to be crossed. A line formed as each person held on. The guy I was running with at the time was a rock climber so he gave me a few pointers and we took off running, passing above several others that were crawling across. After that it was one snow field after another though not as frozen. Crossing the Mosquito Pass a second time it looked like we were heading back to Leadville when we turned and headed out again to cross several more smaller passes. You would think that the Bigshot set this run. Finally we were back towards town praying there would be no more diversions. After looking at times for the run I had guessed I would finish in about 6 hours. I crossed in 6:15 and felt blessed to still be on my feet.

**Dianne:** The MPM was the challenge I needed and I did get my money's worth. The weather was great! Many snow fields to cross on an uphill grade, rock fields , one was especially technical and treacherous. I will always remember crossing an ice field with a sheer drop(practically)-unable to claw my finger nails in this - and feeling very grateful to be alive and thanked God all thanked way back. Biggest disappointment. No T-shirts for the \$30.00 entry, minimal aid - where did all the money go? Guess air is expensive in Colorado.

**Jimmy:** To begin with Colorado may have beautiful mountains, great trails, and good weather, however there is only one BigShot! It was a pretty fair run that can only get better after a few pointers from B.S.



2. Of the 10 trail runs only eight can be used in the final standings. I.E., if you run in all ten, you can count only eight.
3. To be a candidate for the King and Queen Awards, you must complete four of the trail races.
4. Points will be awarded as last year:

1.	50	Bonus Pts=	11+
2.	40		10
3.	30		9
4.	25		8
5.	20		7
6.	15		6
7.	10		5
8.	7		4
9.	5		3
10.	3		2
11+	1		1

5. Runners will sign in when they finish with the NAME, AGE AND TIME. If the age is not written it will be assumed that that are competing in the open division rather than the masters or seniors.

Race calendar for the series:(Some of the dates are tentative)

July 29th	Midnight 50 K Mountain Run
September 4th	Smith Mountain Loop, 24 miles
October 7th	Arkansas Traveller 100 Miler
November	The Demonstration Run
November	Candlewood Mountain Run ?K
December	10-9-10 Adventure Run, 21 Miles
January	TBA
February	White Rock Classic 50K
February	Sylamore 50K
March	New Spring Classic, 21 Miles.
April	Ouachita Trail 50
May	Mystery Run, ?K

6. Remember that the Trail Series feature adventure running. Expect the unexpected. Carry weather gear and a water bottle.

## TRANS AM UPDATE:

As we go to print, David Horton has crossed Kansas and entered Missouri. Day 33 - July 19, David was in 3rd position +17:28:37 This morning Lou left to relieve Bob and Rosemary Marston who had crewed David for three days. David physical problems seem to be resolving and his spirits remain good. I hope Lou and the Marstons can give us a first hand account for next month.

1995 ARKANSAS TRAVELLER DIARY - Dear Diary, Well DD were almost 1/2 full before Auragust(a joke, get it). I think I counted 20 different states and one Canadian. Lots of new faces to impress this year. Got a nice note from AURA #12 who thinks he knows how to get us some GatorAid for the race. You like GatorAid, DD? Also, the Traveller has been designated as the 1995 RRCA Southern Region Championship. Looks like we're "In like Flynn". Got the USFS notice that the the Traveller is under consideration for a five year permit. I'll be Travelling til I'm 60. Whoa, Nelly! DD, I'm looking for a couple of good volunteers. This year we want to do the glow lights differently. Keep your eyes open for some little bigshots.



**Eubanks and Peyton on the Appalachian Trail at New Found Gap.**

