

THE ARKANSAS ULTRA RUNNER

January 1995

A Newsletter For Members Of The Arkansas Ultra Running Association
volumn VI, 12th edition

MESSAGE FROM THE BIGSHOT-This January issue of The Arkansas Ultra Runner marks the end of sixth year of the AURA. On to the SEVENTH. For those of you who have been with us awhile, and their are still a few, know that in the twelfth issue we decide who wants to be an AURA member. But before we negotiate a reasonable price let me introduce the leadership of the AURA and let the new members know what this fine organization is all about. I really neet to do this because already some our probationary members have sent in articles for the newsletter and have volunteered suggestions on how to improve the product.

First and foremost the AURA newsletter remains 90% non-sense. Its just stuff the BigShot makes up. It is the creation of Harley and the BigShot, two bipolar twins. Harley is a man's man, a reserved, steadfast man and a friend to those who have no friends. The BigShot on the other hand, is the T.V. evangelist type. Always working an angle trying to get to the big time. Occasionally they will write something of note but on the whole, take it with a grain of salt. What really counts is seeing your name in print. That is one of the AURA promises-- Everyone will see there name in print at least once. The AURA has no meetings, no officers and no treasury for you to get mad about. But Harley urges you to join and be active in a RoadRunner Club of America running club(LRRC, ARC, Conway Running Club, ETC.) Promote and help your sport by being an officer in your club and helping out with their club races. Then if you have a little money left over, send it to the BigShot to help cover the newsletter expense and maybe other things.

1995 AURA MEMBERSHIP APPLICATION

Name: _____
Address: _____
Telephone _____ (optional)

Fee: \$10.00

Make check payable to Charles E. Peyton
41 White Oak Lane
Little Rock, Arkansas 72227-3309

Join the AURA today so that you won't miss your ULTRA RUNNING HOROSCOPE.
Yes, even as we speak the Horoscopes are being prepared for the February issues..

IMPORTANT NOTICE: UTS #6, The Eagle Rock Loop is scheduled for January 7th.
See details later in the newsletter.

Warmest Holiday Regard,

BS

WHITE ROCK CLASSIC 25K AND 50K

No Fees, No Frills, No Wimps

Good Times * Hills From Hell

"Arkansas' Pike's Peak"

**Saturday, February 11, 1995
9:00 A.M. SHARP!**

**Turner's Bend Campground on the beautiful
Mulberry River Take Highway 23, Pig Trail --
You Can't Miss It!**

**COURSE: 25K Climb Three Mountains To Reach The Summit
of White Rock Mountain.**

**50K X2 With 5 Water/Aid Stations.
6,864 Feet of Ascent/Decent.
For Your Running Pleasure.**

**Three water/aid stations available. Shuttle service provided back to
Turner's Bend. Aid Stations: Water, Gatorade, Limited munchies. Every
runner should carry a 20 oz. water bottle.**

Be prepared for inclement weather -- LAYER DRESS!

Course surface: well groomed dirt road -- VERY HILLY!

**Post Race Cook Out -- Burgers, "Dogs," Ranch Beans & "The Fixin's."
(Weather Permitting)**

**For More Information Call JOE FENNEL
1-501-521-0337**

**Sponsored by CHILE PEPPER RUNNING CLUB in affiliation with Turner's Bend
Campground, RRCA and AURA**

ULTRA CORNER

THE ARKANSAS TRAVELLER 100 FROM A PACERS POINT OF VIEW

The following article was written for the AURA by member Dan McCollough

(Bigshot) (DAN)
Dan, I know you paced Don Price from the Turnaround Aid Station. That's 42 long miles. How did it go for you as a runner (not a pacer)? It went very well for me. I'm fairly new to the sport of ultra running so it was an incredible learning experience. First, it was the first time to be around a 100 miler and secondly, it was the furthest distance I've run. I had planned to get some sleep during the day so that I would be well rested when it was time to run. The excitement got to me and I ended up helping crew for Don all day. I was "chomping at the bit" and ready to go by the time he got to the turnaround. I ended up finishing none the worst for wear for the most part. It wasn't as difficult as some marathons I have run nor was my recovery as bad. To sum it up, I had a great time.

What did you say to Don when you met him at the Turnaround? The first thing to be done was to run down a check list. How you feeling?, Are you getting sick?, have you been eating?, etc. What stands out most was when he asked for a weather report and my lie, "It is going to clear up and be a beautiful night" ended up actually happening.

What kind of encouragement did Don need? Very little. I think by sticking to our pace and passing people all night long was encouragement enough. Don is not a whiner and I never did have to use the drill sergeant routine.

How did you eat and drink during the run? Man, what a "fat run". I think I gained 10 pounds. I've never been accused of not eating much and this was no exception.

What most stands out about the race in your mind? Without a doubt the aid stations and volunteers. I just want them to realize how much they are appreciated and what a good job they do.

Is there a 100 in your future or are you satisfied being a pacer? If things go well for me this winter and next summer, I want the AT-100 next year to be my first 100.

Thanx Dan! Your welcome, BigShot, you're the greatest!

PALO DURO CANYON 50 MILER, October 29th.

The following was written for the AURA by member Irene Johnson.

Four Arkies drove the Amarillo, Texas, on October 29th and toed the 7:00 A.M. start line of the Palo Duro Canyon 50 Mile Run. The weather, which is very unpredictable, was cold and windy. The race last year was held in November. This year it was moved back a week to allow more daylight hours for the runners.

This race is held in the Palo Duo Canyon and consists of a 5 mile paved loop. The scenery is breathtaking. Rock formations like none you've ever seen. This race supplies many water crossings. But concrete blocks are set out, compliments of race director, Red Spicer. There are two aid stations, one at the start/finish area and at the 2.5 mile marker. These stations are well stocked with a wide variety of foods and fluids to choose from.

A little about the race director Red Spicer. Red insists that this run is low-key. He is 100% behind each runner and encourages each of them to finish. The official cut off time for this race is 12 hours. But, Red says that if you want to finish you can go ahead and finish.

Arkie Runners were: Van Davis, first 50 miler and finished in a little over 8 hours. Congratulations, Van. Bob Horner finished 5 loops. Tony Johnson finished 5.5 loops. I finished in 11:11:34.

I recommend this run for anyone wanting to do their first 50 miler. Red will treat you right. My hat is off to you, Red. Hope to see you there next year.

ULTRA TRAIL SERIES

THE CANDLEWOOD MOUNTAIN TRAIL RUN. UTS#4, November 26th, 12 miles.

1. Rick Utley 1:32:06
2. John Gross 1:39:32
3. Jim Sweatt 1:57:36
4. Robert Morgan 1:58:55
5. Kim Goosen 2:02:33
6. Kim Pavelko 2:04:55
7. Dianne Bell 2:05:30
8. Dan McCollough 2:14:04
9. Lou Peyton 2:25:10
10. Pete Ireland 2:30:25
11. Chuck Desjardin 2:41:05
12. Charley Peyton 2:48:55



The 10-9-10 Adventure Run. UTS #5, December 10th, 21 miles.

For three days it had rained. I knew the conditions were right. Maybe too right. I had wanted water to fill the swamp and flood the creek crossings. What I hadn't counted on was the rampaging Maumeller River out of its bank. Wadding waist deep in a pretty fast current, I had the same feeling come over me that I had when Lou and I got caught in the flash flood several years ago. I guess that explained why Lou backed out when the water went over her waist pack.

Race report: This was perhaps the greatest day in the history of the Ultra Trail Series. Neither cold, flooding or detours could keep two runners from their finish. As others fell by the wayside, Gross and Peyton pushed back from the turnaround, shunning the temptation to retire to the warmth. The desire for big points made even the deepest torrent seem like a trickle. Where others fell away, Gross and Peyton, running miles apart but of no less in kindred spirit, endured the hardship together. A picture is worth a thousand words. See accompanying picture.

UTS #6-January 7th-The Eagle Rock Loop, approx 27 miles.

This is the first time that we have ventured out of the central Arkansas area for a trail series run. It promises to be a good one. 9:00 A.M. start from the Albert Pike Recreation Area, Ouachita National Forest, near Langley, Arkansas, near Hwy 369.

Call Lou or the BigShot at 225-6609 for directions or details. Remember the first rule of the Ultra Trail Series: If either Nick or Harley get to the starting line, it is an official Trail Series Run.

The AURA Probation Achievement Survey-This survey is to be completed by all probationary members.

1. Joining the AURA :

- a. Has been the greatest experience of my life.
- b. Has made me a complete person.
- c. Given me advantages in the here and now.
- d. Fill in the blank. _____.

2. In 1995 I will:

- a. Work toward lowering my Ultra # Number
- b. Earn a 100 points.
- c. Play lotto with my Ultra # Number
- d. Follow in the B.S.'s footsteps.

3. When Harley runs other runners:

- a. Listen
- b. Are jealous.
- c. Flee.
- d. Fill in the Blank _____

4. The BigShot is to a KingPin as a Goodman is to a _____.(Fill in Blank)

5. Place a (X) by the picture that most resembles The BigShot.

