

WHITE ROCK CLASSIC RESCHEDULED FOR FEBRUARY 24TH

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NANCY MOUNTAIN X-COUNTRY WALK RESCHEDULED, TOO.

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THE ARKANSAS ULTRA RUNNER

A Newsletter For Members Of The Arkansas Ultra Running Association

March 1996

HARLEY's ULTRA NEWS OF THE DAY - The big news lately has been the cold, icy weather. While Lou and I traveled to south Texas for the Rocky Raccoon 100, AURA brother, Joe Fennel in Fayetteville, was planning his annual White Rock Classic 50K. On our way to the "Coon", Joe called and left a message on our answering machine. Because of the below zero temperatures and the hazardous conditions on Hwy 23, the Pigtrail, a command decision had been made to postpone the White Rock. It just was not safe to travel. A new date was set - February 24th - 9:00 a.m. Turner Bend campground on the Mulberry River. This is about 12 miles north off of I-40 on Hwy 23 at Ozark.

Because there was no other date available for the White Rock Classic, the Nancy Mountain X-Country walk was sacrificed. But, a new date was also set - Saturday, March 16th - 8:00 a.m. Non-competitive. Follow directions to Lake Sylvia. Turn off Hwy 10/9 onto Hwy 324. Follow Hwy 324 about two miles. When Hwy 324 crosses a flat bridge, park. Bring a compass. There is no specific route. This is an exploratory walk with a goal to get to the top of Nancy Mountain. Hopefully we can walk in one or two groups. Expect a few briars, rocks, etc. In case of really bad rain or ice, stay home.

The Spring Campout is scheduled for Saturday, March 9th. Our goal is to set up camp on the east side of the creek on FR 132C. This is about a mile down 132C. Easy to get to and lots of room to spread out. If by chance the spot is taken, we'll move to the west side of the creek where we have camped in the past. Call me for details at 225-6609. Lots of good food planned. We'll run the Iron Horse then move to the camp site. I will try to go out early and secure the area. In case of heavy rain, you're on your own.

AURA MARCH HOROSCOPE - Something will overpower you during your next ultra and you will lose your reputation as a milk breather, mama's boy! Choosing just the right pace might be the thing that will cement that long awaited relationship. Be happy if you must; fake it if you have to.

ULTRA CORNER

Fifth Annual Clear Springs-Big Head Memorial 50K

Homochitta National Forest, Roxie, Mississippi.

January 27th, 1996

Sometimes the expression, "You get what you pay for", doesn't hold true. At Clear Springs 50 K you get one thing - pure trail running in the dirt hills of south Mississippi. No entry fee; no awards. With Race Director, Joel Guyer, the most important thing is to have plenty to eat and have a good time. Whether you come to race or run hard everyone is treated to a BBQ chicken dinner hosted at the park pavillion by Joel and his southern bell wife, Kathy.

Dink Taylor of Huntsville, Alabama, returned to defend his first place title. For two loops of the three loop course, Taylor dueled with Mike Sandlin, of Texas. On the last loop he maintained his steady pace to set a new course record and better his last year time by over 25 minutes.

Gail Bradford led the large group of Arkansans who annually make the trek to Guyer's late winter race. The Little Rock high school principle was competing in her fifth Clear Spring. This year her competition never challenged and Gail finished first female.

1. Dink Taylor, AL 4:23
2. Mike Sandlin, TX 4:52
3. Joel Guyer, MS 6:12
4. Jim Sweatt, AR 6:35
5. Phillip Parker, AL 6:41
6. Art Moore, OH 6:53
7. Dow Ford, AL 6:53
8. Andy Colee, FL 6:57
9. Nick Williams, AR 7:10:10
10. Gail Bradford, AR 7:10:46
11. Jim Barnes, AL
12. Ann. Moore, AR 9:35

The Rocky Raccoon Trail 100

Huntsville State Park, Huntsville, Texas.

February 3rd, 1996

Cold, bitter temperatures gripped the "Coon" this year. The race started with a cloud cover that was spitting snow. Luckily the ice that plagued the motorist driving down to Huntsville never materialized on the race course. Mickey Rollins, the Race Director, announced at the prerace meeting that the race course was in the best condition since the race was started. About midafternoon the skies cleared and the temperature soared to a reported 37 degrees. With the sun dropping, the temperature did likewise reaching a record low of 14 degrees. This was the setting of the 1996 Rocky Raccoon Trail 100.

Eric Clifton, North Carolina, former AURA brother and perhaps the East's best ultra runner, led the men's field. His challenger was Ben Hian, the 27 year old Californian, who won the 1995 Angeles Crest 100 in a time of 19:11:11. Eric dropped at Angeles Crest this year. On the first of the five 20.2 mile loops at the "Coon", Eric and Ben arrived together. On the second loop and each loop thereafter, Eric put about 15 minutes on Hian. Eric didn't dally at the aid stations as I have seen him do the Arkansas Traveller. He meant business. His finish time was a course record of 13:16:02. Ben Ian also broke the record with a time of 14:20. The females were equally impressive: Kyly McMurray, 35 years old, Joan Szarfunski, 57 year old Californian and Lou Peyton, 52 year old mother of two. Kyly, 35, lives with her husband in Washington state and is a junior high school teacher. Interestingly, she grew up in Little Rock and graduated from Central High School. Her maiden name was Reeves. Her winning time in her first try to cover 100 miles was 20:54:22. Szarfunski also broke 24 hours with a 22:41:42. Peyton, appearing somewhat boyish after a significant weight loss, coasted to a 24:58 finishing time. AURA's Bob Marston ran with Lou most of the race and finished at 24:59.

There were 54 starters and 36 finishers. I know first hand that the cold temperatures took a toll. At my aid station at 93 miles, three runners got hypothermic and had to be driven out. At the 98 mile station, three runners also had to quit. As long as the runners could run, they could build up heat. But.....after a day of running, a walking it in was out of the question. It was a great run and will be talked about for years to come.

PLACE REFRIGERATOR MAGNET HERE

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ULTRA CALENDAR

Feb 17th	Sylamore 50 Km*
Feb 24th	White Rock Classic, 25K nd 50K
Mar 2nd	Mississippi Trail 50
Mar 9th	The Iron Horse Mountain Run-20 miles**
Mar 16th	Nancy Mtn X-Country Walk
Mar 23rd	Cross Timbers Trail Run, 50 Miles and 30 Km.
May 4th	Ouachita Trail 50 Miler
May 4th	Strollin' Jim 40 Mile Run - Wartrace, Tennessee

1996 ULTRA TRAIL SERIES

February 17th	Sylamore 50K
February 24th	White Rock 50K
March 9th**	The Iron Horse Mountain Run-20?
May 4th	Ouachita Trail 50
May	The Widow Maker, The mystery run.

** - 7:00/Lake Sylvia trail parking lot. 225-6609 for ULTRA CALENDAR DETAILS

ULTRA CALENDAR

- Aug 10th Midnight 50K Mountain Run- UTS #1 - 8:00 P.M.(evening). Forest Service Roads. Start and finish at the Ouachita Trail head at Lake Sylvia. Water every 4/5 miles. Dropbags and manned station at the turnaround. No registration;no fee. 501-225-6609/Charley Peyton
- Oct 12th Arkansas Traveller 100 Miler
- Oct 19th Mountain Masochist Trail Run, 50 miles. Lynchburg, Virginia. David Horton (804)239-1324
- Oct 26th Palo Dura Trail 50, 25 and 50 Miles. Amarillo, Texas. Red Spicer (806)353-3847.
- Nov 9th Quivering Quad. Missouri / Details later

ARKANSAS TRAVELLER UPDATE

20 Entries. Most from California, Washington, Illinois or Indiana. Lots of applications being sent out. The June 100's seem to be holding off the entrants. No complaints. USAT&F sanctioned approved. Five year permit in place. All set there. Talked to McGowan about medical. Need to do something here. 148th Medical National Guard Unit has disbanded. Need to contact the Radio again. AT-100 meeting with Lou, Dave, Jim and Tom went okay. Dave and Tom absent but accounted for. Jim no longer working in Missouri. Went back to his position with Green Bay Packaging. I hear they treated him like the "Prodigal Son". Need to get to work on the Heart O' Traveller weekend. Go into double time after returning from Hardrock. Most of Lou's volunteer mailouts are back. Looks like we've taken a few hits in some areas but so far we are plugging the gaps. Still a few key ones out.

FAMOUS AURA SAYING - Running an ultra is sort of like being hung. If you hang long enough it really doesn't feel too bad!

NATIONAL TRAILS DAY RESULTS

18 Mile Run

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|---------------------|------|
| 1. Ricky Williams | 2:52 |
| 5. Pete Ireland | 3:50 |
| 9. Chuck Desjardin | 4:32 |
| 10. Y.T. Thompson | 4:32 |
| 11. Bob Horner | 4:54 |
| 14. Bobbie Davidson | 5:28 |
| 15. Irene Johnson | 5:55 |

6 Mile Run

- | | |
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| 6. Gayle Ireland | 1:48 |
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National Trails Day at Albert Pike
L to R - Kathy Alstadt, Chuck Desjardin, Kimberly Goosen, Lou Peyton
and Ricky Williams.



The Ultra Wedding: Jim Sweatt takes Dianne F. Bell to the wood pile.



ABOVE - Joel and Kathy Guyer warming
by the fire.

RIGHT - Trail favorite, Jim Sweatt, midway into
his third loop at Clear Springs 50Km.



Arkansas Ultra Running
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AL CAUTION!!!!!!
MEMBERSHIP CARDS
ENCLOSED.