

UTS # 7
The Chicken Neck
April 12th

THE ARKANSAS ULTRARUNNER

April 1997

A Newsletter For Members Of The Arkansas Ultra Running Association

AURA APRIL HOROSCOPE-If a Sagittarius calls, run for the tall weeds. In a soon to be ultra run, you will lose your reputation as one who rides on the coat tails of your competition.

Financial security can be found if you ask the right questions. A significant shakeup is in the future but you should come out of it with your dignity.

PICTURE: 1997 Sylamore 50K/Mule Martin
David Horton and Ray Bailey.



THE ARKANSAS TRAVELLER 100 MILE RUN

Date: October 4th, 1997-6:00 A.M.

Place: Lake Sylvia Recreation Area, approximately 35 miles West of Little Rock.

Course: 17 mile loop followed by an out and back, 83 miles. The route uses Forest service roads and a seven mile section of the scenic Ouachita Trail. 30 Hour time limit.

Awards: Sterling silver buckles and plaques to the overall male and female winners. Sub 24 hour finishers to receive special enameled buckles. Buckles to all finishers under the 30 hour time limit. The Arkansas Traveller Award presented to the first male and female Arkansan to finish.

Entry: \$100.00 Limited to 125 entrants. Registration closes September 9th. For "Out of Country" banks, please add \$5.00. Entry fee is refundable up to September 9th. 50% return up until October 1st. No refund after October 1st.

Payable to: Arkansas Ultra Running Association
41 WhiteOak Lane
Little Rock, Arkansas 72227-3309

Charley Peyton, Race Director 501-225-6609 E-Mail--CPEYTON@ARISTOTLE.NET
for additional race information.

Past Results and Course Records

1991 76 with 49 finishers. 25 sub 24 hours.
1992 99 starters with 66 finishers. 36 sub 24 hours.
1993 101 starters with 75 finishers. 36 sub 24 hours
1994 129 starters with 80 finishers. 36 sub 24 hours.
1995 105 starters with 83 finishers, 35 sub 24 hours
1996 111 starters with 73 finishers, 28sub 24 hours

| | | | |
|--------------|--------------|-------------------------|--------------|
| Eric Clifton | 16:30:04(92) | Chrissey Duryea | 17:53:10(95) |
| Ray Bailey | 16:42:33(95) | Chrissey Duryea | 18:40:36(94) |
| Ray Bailey | 17:09:55(96) | Chrissey Duryea | 18:50:36(93) |
| David Horton | 17:19:28(91) | Shelby Clifton | 19:15:41(91) |
| David Horton | 17:30:39(93) | Chrissy Duryea-Ferguson | 18:28:13(96) |

1997 ARKANSAS TRAVELLER 100

| | | |
|--------------|----------------|----------|
| _____ | | |
| Last Name | First Name | MI |
| _____ | | |
| Street | City/State | Zip Code |
| _____ | | |
| Phone Number | _____ | |
| _____ | | |
| Sex | Date of Birth | Age |
| _____ | ____/____/____ | _____ |

Do you suffer from allergies? If yes, explain.

Are you presently taking prescription medication? If yes, explain.

Previous Ultra experience (be brief) _____

What do you anticipate your 1997 AT-100 finish time to be: _____.

(Please read the following statement and sign below:)

In consideration of your acceptance of this registration, I, intending to be legally bound hereby, for myself my heirs, executors and administrators, waive and release the Arkansas Ultra Running Association, race workers, U.S. Forest Service, and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for injury, harm, loss, inconvenienced or damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby consent to and permit emergency treatment in the event of injury or illness. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any purpose without obligation or liability to me. I have read the registration information provided and certify my compliance by my signature below. I also understand that my registration fee is non-refundable after October 1, 1997.

Signature _____

T-SHIRT SIZE: S M L XL (circle one)

There will be a free spaghetti dinner October 3rd, 1997, for the runner one guest.
There will be a \$5.00 fee for each additional guest.

Enclosed: \$100.00 registration _____
\$5.00 per spaghetti dinner _____
TOTAL _____

When your entry is received, you will be sent a confirmation letter.

ULTRA PROFILE- DONNA DUERR AND THE MISSISSIPPI 50.

Greetings Donna, I see you went to the Mississippi 50 on March 1st. Just where in Mississippi was it? *In the Desoto National Forest near Laurel, Mississippi, in the southeast area of the state. Almost at Hattiesburg.*

Did you get to talk to the RD, Carl Touchstone? I spoke briefly with RD Touchstone. *I had not met Dr. Touchstone before but he impressed me as being a good-natured and approachable individual. I'm not in the same league as Norman and Helen Klein, however.*

That's right! I heard that Helen Klein and husband Norman were there. *That is true since the pre-race dinner program was presented by Norman in the form of a slide show depicting not only the rigorous aspect of Western States, but also the breathtaking scenery most of the runners are not able to enjoy, given the task at hand(or foot, as the case may be!). Dr. Touchstone introduced Norm and Helan as "best friends".*

Any other big names registered? You mean besides mine? *Well, the "Bad Boys from Alabama" and that "Bad Boy from Mississippi(Joel Guyer). Helen Klein finished the 50K in 7:07 and I hate to admit that she passed me at one point in the race.*

Lets see. If memory serves me, you ran the Shockelo 50 at Forrest, Mississippi, and the Clear Springs 50k at Natchez in years past. How did the Mississippi Trail 50 compare in terrain. You know in creek crossings, mountains, rocks, etc. *Gayle Bradford, with whom I ran the race, and I commented on several occasions about the spots on the course which reminded us of Clear Springs, and I informed her it was also a lot like Shockalo. One big difference was in the number of creek crossings at Laurel. I suppose much of the excess in water was due to the heavy rains and area had sustained during the week prior. I don't recall any creeks at Shockalo and only bridged ones at Clear Springs. At Laurel we were wading knee and above deep through "suck-the-shoes-off" mud several laps each, that situation became exaggerated.*

Well how did you do?(mention weather trail condition, race strategy, hurts, pains, aid stations, etc. *I didn't do nearly as well as I had hoped. Initially I entered the 50-Miler but after two(2) laps switched to the 50K, which is an allowed feature of this particular race. Then I figured I could break seven hours in the 50K which did not happen. And, as it all turned out, I still may have been able to complete the 50 Miler in under the 12-hour time limit had I continued to run with the fellow who finished last. I was glad to get out of the mud, heat(80 degrees) and high humidity early. I suppose this one being my third 50K in four(4) weeks left me a bit weary. The aid stations were frequent and plentifully stocked.*

What would you tell a fellow AURA to convince them to enter this race. *Check the weather forecast the week before you go down there and if rain and unseasonable heat and humidity are absent, then I'd recommend it. The course would be less mountainous than what most of us here in Arkansas are accustomed to.*

ULTRA TRAIL SERIES

The Loggerhead, UTS #6

| Results/3-8-97 | | | | | | |
|------------------------|--|--|---------|-------------------------------|--|--|
| NAME | | | TIME | COMMENT | | |
| 1. MULE MARTIN | | | 2:58:05 | YUK! | | |
| 2. JIM SWEATT | | | 3:32:37 | NOT ENOUGH MUD | | |
| 3. KIMBERLY PAVELKO | | | 3:41:47 | BRIARS! | | |
| 4. GEORGE MCDONALD | | | 4:04:19 | YOU'RE THE GREATEST | | |
| 5. ANGIE RANSON | | | 4:04:20 | DITTO | | |
| 6. PAULETTE BROCKINTON | | | 4:32:00 | GREAT | | |
| 7. NICK WILLIAMS | | | 4:32:00 | POINTS | | |
| 8. JAMES MERRITT | | | 4:35:19 | YOU'RE THE GREATEST | | |
| 9. LLOYD MOORE | | | 4:35:20 | DITTO | | |
| 10. DEBBIE BOGGS | | | 4:41:30 | BEARS DO POOP IN THE WOODS | | |
| 11. LOU PEYTON | | | 4:48:38 | B.S., YOU COST ME TWO PLACES! | | |
| 12. PETE IRELAND | | | 4:59:57 | DON'T CRY | | |
| 13. BARBARA RAINEY | | | 5:04:01 | GREAT RUN. | | |
| 14. STEVE EUBANKS | | | 5:05:36 | NO COMMENT. | | |

| 1997 ULTRA TRAIL SERIES-FEMALE | | | | | | | |
|--------------------------------|--|---------|-----------|--------|--------|--------|-------|
| | | M.N.50K | B.G. 54MI | AT-100 | WD-40K | WR-50K | LOGHD |
| CHRISSEY DURYEA | | 56 | XXXXX | 60 | XXXXX | XXXXX | XXXXX |
| DIANNE SWEATT-M | | 45 | XXXXX | 14 | 45 | XXXXX | XXXXX |
| KIM PALVELKO | | 34 | 31 | XXXXX | 54 | 49 | 56 |
| IVY HARRISON-M | | XXXXX | 53 | 10 | XXXXX | XXXXX | XXXXX |
| LOU PEYTON-S | | 38 | 42 | XXXXX | 32 | XXXXX | 22 |
| ANN MOORE-S | | 22 | XXXXX | XXXXX | XXXXX | 14 | XXXXX |
| IRENE JOHNSON-M | | 16 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| DEBBIE BOGGS | | XXXXX | XXXXX | XXXXX | 26 | XXXXX | 28 |

TRAIL SERIES REMINDER!--Remember that there are eight UTS runs planned. To be eligible for KING AND QUEEN awards, four(4) run must be completed. Of the eight runs, only your best seven(7) will be counted

ULTRA TIP OF THE MONTH-If its tight, stretch it; if its loose, strengthen it; if it hurts, rest it; if it feels good, make it hurt.

| 1997 ULTRA TRAIL SERIES/MALE | | | | | | | |
|------------------------------|--|----------|------------|--------|---------|--------|-------|
| | | M.N. 50K | B.G. 54 MI | AT-100 | W.D.40K | WR-50K | LOGHD |
| RAY BAILEY | | 63 | XXXXX | 113 | XXXXX | 59 | XXXXX |
| JOHN JONES | | 57 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| STAN FERGUSON | | 41 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| DR. FEELGOOD-M | | 23 | XXXXX | 45 | XXXXX | XXXXX | XXXXX |
| SAM BARNES | | 29 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| JIM SWEATT | | 35 | XXXXX | 29 | 44 | 25 | 47 |
| PETE IRELAND-S | | 17 | 51 | 8 | 27 | XXXXX | 12 |
| DAN MCCULLOUGH | | 13 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| SAM HARDCASTLE-M | | 10 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| DAN DOYLE | | 7 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| LLOYD MOORE-M | | 4 | XXXXX | XXXXX | XXXXX | XXXXX | 18 |
| CHUCK DESJARDIN-M | | 3 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| BOB HORNER-S | | 2 | XXXXX | XXXXX | XXXXX | XXXXX | XXXXX |
| ELLIS JAMES | | | | 51 | XXXXX | XXXXX | XXXXX |
| WILL TAGGART | | | | 47 | XXXXX | XXXXX | XXXXX |
| LARRY MABRY | | | | 39 | XXXXX | XXXXX | XXXXX |
| NICK WILLIAMS | | | | 10 | XXXXX | XXXXX | 30 |
| MULE MARTIN | | | | | 55 | 48 | 58 |
| SCOTT YOUNG | | | | | 33 | XXXXX | XXXXX |
| STEVE EUBANKS | | | | | 21 | XXXXX | 8 |

RACE CALANDER

(Place refrigerator magnet here)

Apr 19th *UWF Argonauts 6 Hour Charity Run*, Pensacola, Florida. Mostly flat asphalt 1.0 mile loop on service road through scenic University of West Florida. Benefits UWF Cross Country Teams, C/O Athletic Department, 11,000 University Parkway, Pensacola, Florida, 32514.

Apr 12th *The Chicken Neck*, UTS #7. 8:00 A.M. East side parking lot at Pinnacle Mtn State Park. The gates should be open by 7:00 or 7:30 a.m. 10 to 12 miles and will include trail on the southern shore of Lake Maumelle.

Apr 26th *The Ouachita Trail 50*, 5:30 A.M. Maumelle Park. Out and back on the Ouachita Trail. Limited aid. Contact Nick Williams (501)225-5557

May 3rd *Strolling Jim 40*. Wartrace, Tennessee. Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee, 37183.

Jun 7th *Nationals Trails Day*. Albert Pike Recreation Area. Ouachita National Forest, Langley, Arkansas. 6, 10 and 17 mile trail runs.

Jul 26th *The 1997 Midnight 50K Mountain Run*

Aug 30th *Annual Heart O' Traveller Training Labor Day Weekend*.

Oct 4th *1997 Arkansas Traveller 100 Miler*.

Jan 1st *1997 Arkansas Fat A 50K*