

# DAVIDSON'S TO HOST POTLUCK.

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## THE ARKANSAS ULTRA RUNNER

AURAgust 1997

*A NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION*

**MESSAGE FOR THE BIGSHOT**-On Saturday August 30th, Randy and Bobbie Davidson will host a potluck picnic at their home at 23 Maywood Drive. 868-5555 for additional information. Directions: Two miles west of Harvest Food on Hwy 10, turn left onto Maywood. 3rd house on left. Pot luck. They will have soft drinks. If you prefer other types of drinks, bring them and to be on the safe side, bring a lawn chair. So.....Saturday, August 30th, 6:00 p.m. at the Davidson's house. Everyone invited. Pot luck.

The Bigshot got a letter from AURA's David Samuel who is proposing a Big Loop/Little Loop run at Albert Pike on January 3rd. 32 miles and 24 miles of Forest Service Roads and logging roads. It sort of conflicts with the Fat Ass 50 K on Jan 1st however for you ultra runners you will just have to pile on the miles. I plan on being there, weather permitting, for both.

The Vermont 100 was held on July 19th. Several AURA members represented themselves very well. Neil Hewitt ran 18:53:35 and finished 19th place. Bob Marston ran 27:19:15, 123rd place. Next issue I will have to update and publish my 100 mile finish list. By then Leadville 100 will be history and I might be able to add a couple of more names.

ARKANSAS TRAVELLER 100 UPDATE: Entries are coming in slowly but steadily. One Arkie is signed on. As usual California has shown the most interest. They must have heard that we were giving a special memento to the first 100 to enter before the September deadline. We might be in a tight at the Race Headquarters this year. Work will start after Labor Day on renovation of the picnic and camping area. No time to hit the panic button yet. Got to meet with Tom, Jim and Dave. Need some good input. Only thing left to do is worry about the number of buckles to order. Never have I ordered enough. Also, need to have Lou order the glow lights and tent. Does any one know what a volunteer is? Some have responded to the first call. We have taken a few good hits and lost some of the old time stations. Lots of room this year for choice pickings. Plums!

**AURA HOROSCOPE-** Gemini.....batten down the hatches and place your back firmly against the bulkhead, its going to happen any day now. Sagittarius.....COOL! Aquarius.....Try not to be too jealous of the faster ones because your destiny is have fun. Pices.....You will know him by the sparkle in his eyes, don't rush to judgment. Cancer....Your quest for financial security might soon prove to be reality.

2 Thanx Chuck, Debbie and Andrea for MN50k Aid Station.

## ULTRA TRAIL SERIES

### *THE MIDNIGHT 50K MOUNTAIN RUN ULTRA TRAIL SERIES # 1*

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**RICKY WILLIAMS AND DIANNE SWEATT**

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***FIRST PLACE***

*(be hereby known to all)*

THE 1997 MIDNIGHT 50K MOUNTAIN RUN					
JULY 26, 1997-LAKE SYLVIA RECREATION AREA					
					POINTS
1.	RICKY WILLIAMS	4:45:00			59
2.	RANDY DAVIDSON	5:07:15			48
3.	JOHN RENICK	5:17:55			37
4.	JIM SWEATT	5:28:45			31
5.	DIANNE SWEATT	5:50:00	1ST FEMALE		56
6.	RON GIMBLETT	5:50:00			25
7.	PETE IRELAND	6:08:49			19
8.	LLOYD MOORE	6:09:07			13
9.	ROBERTA ORR	6:09:10	2ND FEMALE		45
10.	LOU PEYTON	6:42:00	3RD FEMALE		34
11.	MIKE DEPRIEST	6:57:00			9
12.	CARRIE DEPRIEST	6:57:00	4TH FEMALE		28
13.	KEVIN WELLS	7:02:25			6
14.	ANN MOORE	7:41:00	5TH FEMALE		22
15.	JANE LEE	7:41:00	6TH FEMALE		16

***1998 MIDNIGHT 50K MOUNTAIN RUN  
CHUCK, DEBBIE AND ANDREA***

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***AID STATION APPRECIATION AWARD***

## ULTRA CORNER

### AURA's ACTION PROFILE-----

Donna P. Duerr and her Hardrock 100 experience.

You went early to climb some 14'ers in Colorado. How many and how difficult....*I arrived in the Hardrock area almost three weeks prior to the race. In that first week I climbed six(6) 14'ers in seven days. Some of the mountains were too technically challenging since I elected to focus on simply training in altitude. For my last peak that week, MT Sneffels, two climbing buddies from Albuquerque, New Mexico joined me and we intended to enlist the expertise of Mike Covington, a climbing guide in Telluride to mount an assault of Sneffels' difficult northwest ridge. We aborted that plan however, and took a more standard route, since earlier in the week I sustained some injuries to my left hip, thigh and right hand in a 30-40 foot fall on Uncompahgre Peak and did not feel I could maneuver on a technical climb. We did find a relatively steep snow couloir (like a gully) to ascend, kicking in secure steps and digging ice axes in deep. I included Handies Peak that week (the day after the fall) since it is the highest point of Hardrock. Parts of it still boasted a lot of snow coverage, hiding the trail and forcing steps to be kicked in. I wondered how I was going to get my crampons on to my running shoes for race weekend. I completed three more 14'ers after the race for a total of 16 which are no repeats. I'm on my way to all 54(14'ers)*

Why did you decide on the Hardrock 100?.....*My ultrarunning friend have been encouraging me since its inception to enter since it combines the elements of two of my passions—running and mountains. I finally took the plunge this year and wrote the selection committee for special consideration since I didn't meet the criteria set forth. They bought it! In addition my familiarity with that part of Colorado and aside from the race, I knew that camping and training there for weeks would be divine.*

Was it what you expected?.....*Yes and no. I was completely prepared for the altitude; most of the event takes place at 11,000 feet or above and included a total of 33,000 feet of altitude gain. No problem with the excessive snow. I had trained enough in the surrounding area and on the course to expect quantity. I wasn't prepared however with how unrelenting the course can be with one climb up and over a pass after another. I am also fully aware now that I have to push myself constantly to meet the time deadlines. Nick Williams talks about play during a race; Hardrock ain't that kind of game.*

Did you learn anything?.....*I learned I can't waste any time. Every minute counts. I learned that when someone talks about how "WILD AND TOUGH" (the race logo) Hardrock is, you better be listening.*

Any advice for the Hardrock wannabe's.....*Either see the course by running or hiking parts of it or by pacing an entrant the first summer. I think someone from our neck of the woods would have a better chance of finishing the next summer with this experience. Self explanatory: Arrive as early as possible to sleep/train in altitude. Carry some sort of walking stick or ski pole especially if heavy snow. Enlist a crew if at all possible, and certainly a pacer(s) Always pay homage to the mountains. You don't just climb them; they give you permission*

Can you briefly tell how you felt during the event....*At the start of the race I felt anxious and a bit wary of what lay ahead, but exhilarated nevertheless. It hit me that if I made it I was in for two long days and two longer nights. I also kept repeating to myself, "Don't lose sight of those bright polka dot shorts Nick Williams is donning." Of course there is little loyalty in an event as grueling as Hardrock and eventually those shorts were history at the bottom of a scree/snow field.*

Was the altitude a factor for you?.....*Absolutely not, I'm fortunate to write! Because I had already been in altitude for approximately three weeks, I was well acclimated. Otherwise, I suppose I'm genetically blessed in that it normally poses no obstacle for me to arrive in altitude from Arkansas and immediately climb a 14'er, run ten miles or ski the mountains. I am nevertheless aware that altitude sickness has no favorites and can strike anyone any given moment.*

So.....How did you do?.....*I unwittingly missed the cut off time at Telluride by about ten minutes and was pulled as would be expected. It was a disheartening surprise for me since I calculated I had more time and I felt terrific...no aches, no pain, no sickness. I am singularly responsible for sheer stupidity. I was carrying a list of cut-off times but failed to be mindful. Had I paid attention, I believe the strength was present to pull out a better performance. I must give my crew credit here. They were fantastic. I'm sorry I didn't make it farther for my pacers to get an opportunity to run after traveling distance to help me. Are we on for next year, Guys?*

If you could do it over what would you change or do differently.....*Definitely a different pack. Nothing that I have to remove and subsequently replace to get to anything. A large fanny pack would have served my purposes much better. PUSH, PUSH, PUSH-DON'T RELAX.*

How did the other Arkies do?.....*Dr. Feelgood became a two time finisher and we're all very proud of him. Dianne Sweatt stopped at 19 miles because she was experiencing difficulty in her breathing and Jimmy Sweatt continued on to Telluride(33 miles) where he also arrived after the cut off time. Nick make it to Telluride Several minutes before the cut off but due to some health concerns decided not to continue. My personal Kudos to the Arkies and anyone else who attempts this mother of all 100's. Are you now ready for the Arkansas Traveller 100?.....Since my return a week ago, I just completed my first official 20 mile training run at Sylvia for the AT-100. After my demise at Hardrock, I need an ego booster that I'm hoping the AT will provide.*



5 Thanx Chuck, Debbie and Andrea for MN50k Aid Station.

## RACE CALENDAR

(Place refrigerator magnet here)

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

6:00 a.m. from the base of Lake Winona spillway. 24 miles out and back on FSR 778, 2 and 211. Water only every 4 to 5 miles. C. Peyton at 501-225 6609 for more information.

SEP 1ST Annual Heart O' Traveller Labor Day Weekend Training Run. 6:00 a.m. from the intersection of FSR 114 and FSR 2. Smith Mountain Loop approx. 24 miles. Water only every 4 to 5 miles. C. Peyton at 501-225 6609 for more information.

Nov. 1st Calvery Baptist "Run the Heights" 5K. Charley Peyton, BMIC.

Oct 4th 1997 Arkansas Traveller 100 Miler.

Dec 6th UWF Argonauts 6 Hour Charity Run. Pensacola, Fl. 7:00 a.m. Univ of West Florida. Contact Coaches Dave Seiler or Stuart Towns at (904)474-2141 or (904)474-3278

Dec 13th The Whistlin' Dick 40K(new course)UTS #2 99.9% trail or logging road. Out and back route. Start and finish at the Lake Sylvia/Ouachita Trail Parking Area. 8:00 start. Water only every 4 or 5 miles. C. Peyton at 501-225 6609. No entry fee. Cheap awards to the male and female winner.

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Jan 1st 1998 Arkansas Fat A 50K/UTS #3(Thursday) 8:00 a.m. Out and back on the Scenic Winona Forest Drive. Start at the Lake Sylvia/Ouachita Trail Parking lot. Same route as the Midnight 50k. No entry fee; cheap, colorful awards to the winners. C. PEYTON AT 501-225-6609.

Jan 3rd The Big Albert Pike Loop. (Saturday) 32.1 miles on FSR's. No creek Crossings. 8:00 a.m. Albert Pike Recreation Area.

Jan 3rd The Little Albert Pike Loop. 24 miles. 50(count'cm) creek crossings. 8:00 a.m. Albert Pike Recreation Area

Feb White Rock Classic 50K/UTS #4

Mar 21st The Wild Hog Double Loop./UTS#5 Two 20 mile loops around Lake Winona. No entry fee; a real cheap award to the winner.

**Apr 4th** ULTRA TRAVELLER 50 Mile, 50K. Forest Service Roads in the Lake Sylvia area. Entry fee will be \$10.00 to cover the cost of the Aid Station and a post race meal.

Further arrangements are pending. Contact: Ann M. Moore @ 1209 Green Mountain, Little Rock, Arkansas 72211. E-mail at RunAnnRunn@aol.com

# Organizers Prepare For The Tough One - The Hardrock 100

The 1997 Hardrock Hundred Endurance Run will be run from July 11-July 13.

The 101 mile Hardrock course begins in Silverton and travels through Telluride, Ouray and Lake City before finishing in Silverton.

En route, race entrants will climb and descend over 33,000 ft. of elevation.

Finishers of the race will have climbed above 12,000 ft.

ten times, six times above 13,000 ft.

Racers will also climb Handies peak which rises to 14,048 ft. above sea level.

This year's field will include runners from the United States, Canada, Scotland, Great Britain and Japan, and is comprised of an elite group of runners with impressive outdoor endurance credentials.

Among this year's entrants

are: Men's and women's Hardrock course record holders Rick Trujillo and Margaret Heaphy; Leadville 100 Mile Run winner Kirk Apt; Wasatch Front 100 Mile Run winner, Laura Vaughan; and Donna Duerr who has stood atop the highest peaks in all 50 states.

Silverton resident Carolyn Erdman will run the race for the first time.

← Wow!



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