

# *FLASH!*

BAILEY, SWEATT, LASTER AND RANSOM  
EARN RRCA'S *ULTRA RUNNER OF THE YEAR* TITLE

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## THE ARKANSAS ULTRA RUNNER

DECEMBER 1997

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

**MESSAGE FROM THE BIGSHOT**-On November 15th at the Healthfest weekend in Hot Springs, Ray Bailey and Dianne Sweatt were awarded the Arkansas/Road Runner Club of America's *Ultra Runner of the Year* plaques. Bill Laster and Angie Ransom were likewise honored with the Masters *Ultra Runner of the Year*. The awards are a result of the hard work that AURA Bob Marston does in keeping track of the ultra races that Arkansans participate in throughout the year.

If you are thinking about buying that *someone special* something different for Christmas, I've got a tip for you. AURA's David Horton, one of the U.S.'s top Ultra Runners has written a book that covers his run of the Appalachian Trail in 1991 and the 1995 TransAmerican Foot Race. David grew up in Marshall, Arkansas, got his Ph.D. at the University of Arkansas and is now Chairman of Sports Sciences at Liberty University, Lynchburg, Virginia. He is a frequent visitor to his home state and is a two time winner of the *Arkansas Traveller 100*. The book is from Quest Enterprises, PO. Box 491, Forest, Virginia. Price is \$17.95 which includes shipping and handling. If mail ordering is not your thing, *EASY RUNNER* in Bowman Curve has them for sale. The title of the book is *A QUEST FOR ADVENTURE*

January 1st begins a series of winter time 50K fun runs and races. Two days after the January 1st Fat Ass 50K, we will tackle the Albert Pike Recreation Area and the Ouachita Mountains with a first time fun run loop using the forest roads near Langley, Arkansas. The Big Loop will be 32 miles and will be dry; the Little Loop will be 24 miles and will have plenty of water crossings. I hope to have the next newsletter out before then with a map of these two.

## ULTRA CORNER

Since our last talk we have had the opportunity of going to Memphis on November 7th for the SHELBY FARMS 50/50. This is a 50K/ 50 Mile trail run along the Wolfe River in

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metro Memphis. It is hosted by members of the Memphis Chapter of the Hash House Harriers and turned out to be a very decent race. Shelby Farms is an urban city park(very,very big). Lou and I went over the night before to camp out at the start/ finish which was under the Wolfe River Bridge near I-240. This was the first year for the event and despite its low key approach attracted a good number of Arkansans. LRRC's Robert Orr was second male with 7:17, Jack Evans was 4th male in 7:46; Randy Davidson(9:06); and Van Davis(9:19). Lou Peyton finished the 50 miler in 10:54. In the 50K Roberta Orr was second female in 5:07; Ann Moore with a 7:22 and Bobbie Davidson finished her first ultra run in 8:43.

While we were in Memphis LRRC's Bob Marston was in Troy, Missouri running the QUIVERING QUAD. This a trail run covering 50K and 50 Miles. Bob ran 10:29 in the 50 Mile. Nick Williams and #1 son, Roger, ran the 50K in 6:42. Bob's wife RoseMary finished the 50K in 6:51.

It is hard to believe but in February we begin the 10th year of the AURA. As is our policy we begin our two month membership drive with the December issue. One of the reasons we do this is so that you can impress you friends and love ones with an new 1998 membership card in your Christmas stocking. And, while you're signing you check, think about that special person in your life and what they would think of you when you gave them a numbered membership card.

## ULTRA TRAIL SERIES

The Ultra Trail Series resumes on December 13th with the *Whistling Dick 40K*. We have a new course that essentially follows the old course except that it will be out and back. So that there will be no surprises this year, I am including a race map. Please note that there are two hand to hand cross country up hill climbing opportunities on the way to the turnaround as well as a guaranteed river crossing times two. Also note that these two steep uphills must be slid down on the return.

### *The Whistlin' Dick*(how it all began)

It seems I'm thinking more and more of my up bringing in Vicksburg, Mississippi these days. Growing up around the Civil War battle field like I did I was rather jaded to the stories of the War and what they did to us. Like I said I've been thinking.....Vicksburg is a city on a bluff. A hilly town. In fact growing up in Vicksburg you were automatically nicknamed a "Hill Billie." because only a billie goat could make it up and down those hills and ravines. My father's place of business was between the bluff and the Yazoo Canal. On top of the bluff was Washington Street and there was a Gas Station on Washington Street run by Paul Pride that overlooked the Yazoo Canal. My Father and many others bought gas from that station. Mr. Pride came from Arkansas to Vicksburg to play on our local Cotton States League baseball team called the Vicksburg Billies. The name of the Gas Station was the "Whistling Dick". Behind the station was a walkway to an overlook where rested a replica of the most famous canon of the Siege of Vicksburg, the Whistling Dick. Civil War history books and old newspaper clipping wrote of the exploits of this

famous canon that was feared by the Union Gunboats and cheered by the boys in Gray. At the time of the *War*, the Mississippi River made a wide turn north of the city and came down the full length of the front of the town. Union Gunboats were prevented from passing by the murderous fire from the canons that fired down on them from the bluffs. The Whistlin' Dick stood out not only because of the deadly fire it sent but also because in converting its smooth bored barrel to a rifled barrel, its barrel was partially split. When it fired it made an Eric whistling sound that easily set it apart from the other canons. After the War the river changed its course and moved south leaving the City high and dry. Then in the early 1900's the Yazoo River which emptied into the Mississippi above the city was rerouted by the Corps of Engineers to the old Mississippi River bed by a long canal. Vicksburg was again on the water front. If you travel to Vicksburg don't make a mistake of referring to the Yazoo Canal as the Mississippi River. You'll look like a Yankee. Anyway.....We'll have at least one new run in the UTS this year-The Whistlin' Dick 40K. If I know AURA's we'll be calling it the WD-40 and no one will remember the historical significance of the event.

ULTRA SAFTY TIP - Remember to dress smartly on the trail. Even though modern gun deer season is closed, other game seasons will remain open through February. Mussleloading will be open until January 4th and in some areas it is either sex. Don't try to look like a buck or doe; DON'T WEAR WHITE COLORS. BE SAFE AND WEAR SOME HUNTER ORANGE OR CHARTREUSE GREEN.

## GRAND SLAM REPORT

This past September, AURA's Bob Marston, was among the class of 13 ultra runners to successfully complete the 1997 Grand Slam of Ultra Running. Four 100 mile finishes in a summer. *"Tough ones"* the BigShot is proud to say.

June	Western States 29:19:49
July	Vermont100 27:19:15
August	Leadville 100 29:40:14
September	Wasatch(Utah)34:12:33

Bob joins AURA members Max Hooper, Larry Mabry and Lou Peyton in this very exclusive fraternity.

### AURA ULTRA HOROSCOPE

CAPRICORN-Gird your loins You might be called upon to tackle the impossible.  
 GEMINI-Your new training companion could soon turn aggressive(to your delight).  
 Virgos-Try playing coy to deflect any unwarranted attention that will possibly come your way. Sagittarius-Look for the sign that will soon come and change your direction.

## RACE CALENDAR

(Place refrigerator magnet here)

DEER SEASON-MODERN GUN. NOV. 8TH THRU 30TH  
ZONE 11.

DEER SEASON-MUZZLELOADERS. DEC 20TH THRU JAN  
4TH.

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 Sunmart Texas Trail Endurance Run. 50 Mile and  
50K Trail Runs. Huntsville, Texas.

Dec 13th The Whistlin' Dick 40K(new course)UTS #2 95% trail or logging road.  
Out and back route. Start and finish at the Lake Sylvia/Ouachita Trail Parking Area.  
8:00 A.M. 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. Race held especially for  
wimps, pansies and DNF'ers. For more information use Stamped Self-addressed  
envelope.

1998

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.

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'em) creek crossings. 8:00  
a.m. Albert Pike Recreation Area

Feb 7th White Rock Classic 50K/UTS #4-Turner Bend Campground on the  
Mulberry River on Hwy 23. Run to the top of White Rock Mountain. Lots of thrills; no  
fee. Directed by Joe Fenel and the Chili Pepper Running Club. 25K and 50K. 9:00 a.m.  
SHARP!

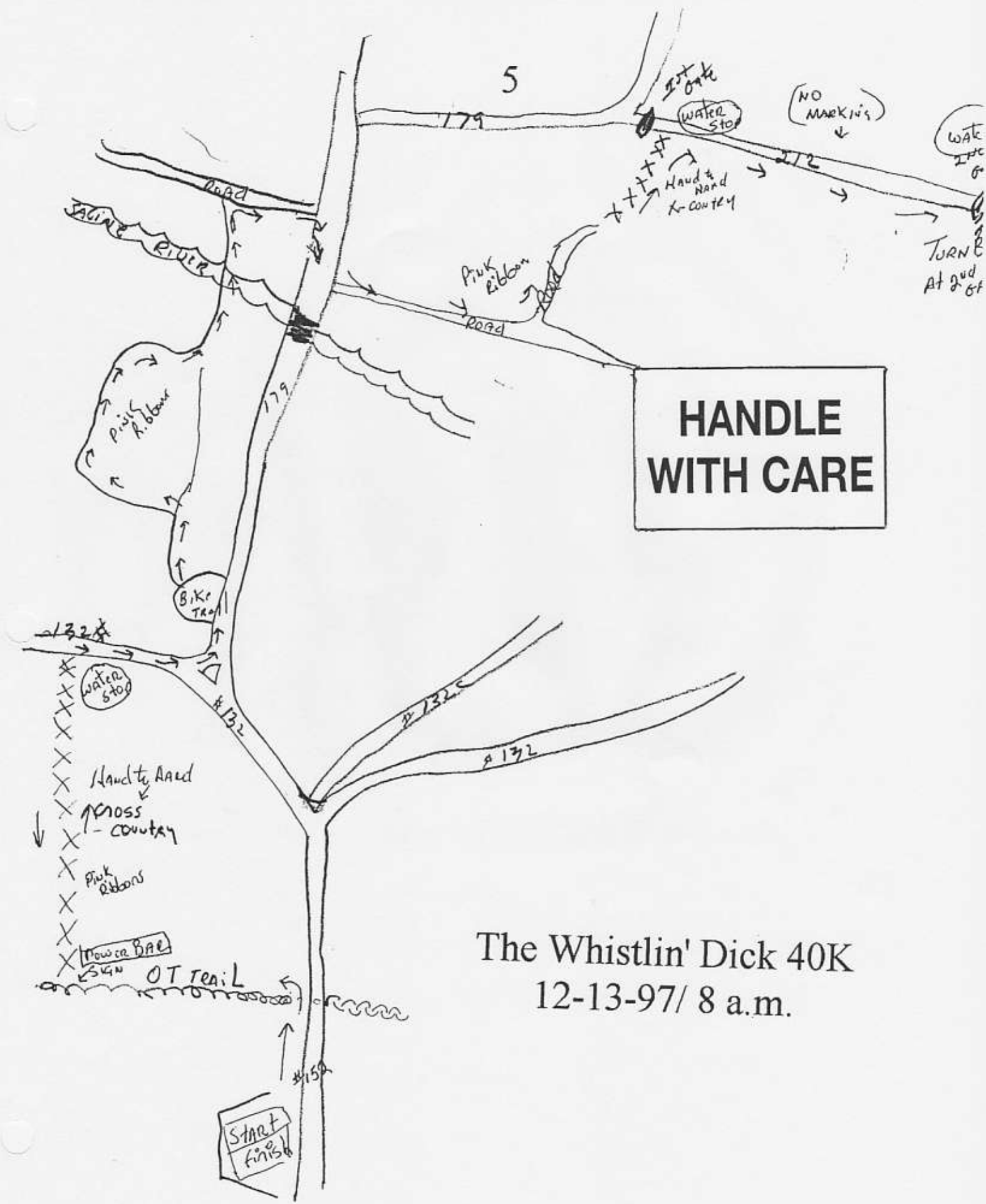
Feb 21st Sylamore Trail 50K. 7:00 a.m. start. Allison, Arkansas, three miles  
north of Mountain View, Arkansas. Bill and Teresa Laster, Race Directors

Mar 7th Mississippi Trail 50. Laurel, Mississippi.

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 BLACK DOG ULTRA RUNS 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





**HANDLE WITH CARE**

The Whistlin' Dick 40K  
12-13-97/ 8 a.m.

# ARKANSAS ULTRA RUNNING ASSOCIATION MEMBERSHIP APPLICATION


NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_

Send \$10.00 to:

Charles Peyton  
41 White Oak Lane  
Little Rock, Arkansas 72227

YOUR NAME  
YOUR SECRET ULTRA NUMBER

The Arkansas Ultra Running Association



NAME \_\_\_\_\_  
A.U.R.A. # \_\_\_\_\_

HIS CARD:

A HAPPY, FULFILLED  
RUNNING MAN

NOT TO BE DUPLICATED

THE UNCARDED RUNNER  
SAD AND GLOOMY

