

# TALL PEAK MARATHON TRAINING RUN SCHEDULED FOR JANUARY 4TH

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## THE ARKANSAS ULTRA RUNNER

January 1997

*A Newsletter For Members Of The Arkansas Ultra Running Association*

**HARLEY's ULTRA NEWS OF THE DAY:** Several months back AURA's David Samuel sent me a note about a new route that he had envisioned down at Albert Pike. It is an out and back run on forest service roads. There will be no creek crossings. Tall Peak is one of the highest mountains in the Ouachita Mountains (2,330') and on the top is an old observation post that was used to spot forest fires. My plan is to mark the route and set out water stops. I hope to have maps available before the run. If you like mountain running, you'll love it. Weather permitting, I plan on having coffee and pancakes after the run for us. These are some of the supplies left over from the AT-100. Please remember that this is a training run and not a Trail Series race. If the weather turns sour as in winter storm warnings where snow and icy conditions are predicted I will not be traveling. If you have a question about whether I will be going, give me a call.

Jan 4th, 1997- Tall Peak Marathon Fun Run, Albert Pike Recreation Area. 8:00 a.m.  
Directions: HWY 70 south out of Hot Springs. Continue past Glenwood, Arkansas on Hwy 70 to the junction of Salem and Hwy 84. Turn west onto Hwy 84. Go approx 13 miles to Langley and Hwy 369. Turn north onto 369 and it is 6 miles to the Albert Pike Recreation Area. Pancake breakfast and hot showers after the run. In case of winter storms with ice and snow, stay home.

With this newsletter we close out the 1996 Ultra year. This is the eight year of the Arkansas Ultra Running Association. In February, we will begin our ninth. There will probably be some changes in the activities that the AURA is involved with and hopefully we think they will be for the better. To renew your membership send \$10.00 to the address listed on the newsletter.

## ULTRA CALLANDER

Feb 1st Rocky Raccoon 100  
Feb 15th Sylamore 50K. Allison, Arkansas.  
Mar 1st Mississippi Trail 50. Laurel, Mississippi  
Carl Touchtone. (601)649-3471.

# ULTRA TRAIL SERIES

## WHISTLING DICK 40 K/Race Report:

Start to Ouachita Trail	2.0
Ouachita Trail to FR 132	2.2
FR 132 to Saline River crossing	2.8
Saline River Crossing to 212 Aid Station	1.0
212 AS to Electronic Tower Aid Station	4.0
ET A.S. to Flatside Pinnacle	8.0
Flatside Pinnacle to Brown's Creek	3.8
<u>Brown's Creek to Lake Sylvia</u>	<u>1.0</u>
Grand Total	24.8 miles(enough said!)

WHISTLING DICK-40k/December 7th, 1996

	<u>Time</u>	<u>Points</u>
1. Mule Martin	5:01	55
2. Jim Sweatt	5:17	44
3. Kimberly Pavelko	6:32	54
4. Dianne Sweatt	6:41	43
5. Scott Young	6:59	33
6. Lou Peyton	7:04	32
7. Pete Ireland	7:27	27
8. Debbie Boggs	7:37	26
9. Steve Eubanks	8:00	21
19 starters		

## ULTRA TRAIL SERIES CALENDER

Feb 8th Running Club.	<i>WhiteRock Classic/UTS#5 Joe Fennel and the Chili Pepper</i>
	No Fee. I-40 to Ozark. North about 12 miles on Hwy 23 out of Ozark. 50 K and 25 K. Out and back route on White Rock Mountain. starts at the Turner Bend Campground. Joe @ 1-501-521-0337.
Run 0337.	
March	<i>The Loggerhead. UTS #6 (Arrangements incomplete)</i>
TBA	<i>The Chicken Neck UTS #7 (Arrangements pending)</i>

## 1997 ULTRA NEW YEAR RESOLUTIONS

A strong head has a still tongue. Big points and low numbers are not just for the good looking. Sign me up for a baby rabbit. If it hurts to run and it hurts to walk, run.

## UTS STANDINGS

1997 ULTRA TRAIL SERIES/MALE					
		M.N. 50K	B.G. 54 MI	AT-100	W.D.40K
RAY BAILEY		63	XXXXX	113	XXXXX
JOHN JONES		57	XXXXX	XXXXX	XXXXX
STAN FERGUSON		41	XXXXX	XXXXX	XXXXX
DR. FEELGOOD-M		23	XXXXX	45	XXXXX
SAM BARNES		29	XXXXX	XXXXX	XXXXX
JIM SWEATT		35	XXXXX	29	44
PETE IRELAND-S		17	51	8	27
DAN MCCULLOUGH		13	XXXXX	XXXXX	XXXXX
SAM HARDCASTLE-M		10	XXXXX	XXXXX	XXXXX
DAN DOYLE		7	XXXXX	XXXXX	XXXXX
LLOYD MOORE-M		4	XXXXX	XXXXX	XXXXX
CHUCK DESJARDIN-M		3	XXXXX	XXXXX	XXXXX
BOB HORNER-S		2	XXXXX	XXXXX	XXXXX
ELLIS JAMES				51	XXXXX
WILL TAGGART				47	XXXXX
LARRY MABRY				39	XXXXX
NICK WILLIAMS				10	XXXXX
MULE MARTIN					55
SCOTT YOUNG					33
STEVE EUBANKS					21
1997 ULTRA TRAIL SERIES-FEMALE					
		M.N.50K	B.G. 54MI	AT-100	WD-40K
CHRISSEY DURYEA		57	XXXXX	60	XXXXX
DIANNE SWEATT-M		46	XXXXX	14	45
KIM PALVELKO		35	31	XXXXX	54
IVY HARRISON-M		29	53	10	XXXXX
LOU PEYTON-S		23	42	XXXXX	32
ANN MOORE-S		17	XXXXX	XXXXX	XXXXX
IRENE JOHNSON-M		11	XXXXX	XXXXX	XXXXX
DEBBIE BOGGS					26

Remember our UTS rules: You must complete four runs in the series to be considered for the King and Queen honors and if you complete all of the runs, one will be discarded.

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FREE ULTRA CONSULTATION

E-Mail CPEYTON@ARISTOTLE.NET

# ULTRA WORD SCRAMBLE

1. ETOPYN    \_ □ \_ \_ \_ \_ ,

2. EWATTS    \_ □ □ \_ \_ \_ ,

3. TARIMN    \_ \_ □ \_ \_ □ ,

What all good AURA boys and girls do: \_ \_ \_ \_ \_ !



CHARLES PEYTON  
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