

THE ARKANSAS ULTRA RUNNER

July 1997

A NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT: July in the Midnight 50K month and the beginning of the 1998 Ultra Trail Series. As always there is no entry fee, registration or awards. Just good time running. Mark it down now July 26th, 8 p.m. from the Lake Sylvia Ouachita Trail parking lot. Water set out every three to five miles with at least one manned station at the turnaround. Lots of moon pies and starlight mints. Plan a drop bag at the turnaround.

Good news from the Western States 100, June 28th/29th. Three AURA members finished. David Horton(40th-21:39:49)----Ray Bailey(54th place-22:34:25)----- Chrissy Duryea-Ferguson(8thF-23:18:08)

ULTRA CORNER

KETTLE MORAINES 100

Friday, 4 P.M. start. June 5-6

Kettle Moraine State Park, southeast Wisconsin

As told by Lou Peyton

We camped about a mile from the start/finish and I decided to jog/walk to the start to warm the body and hopefully I could start the race behind my friend, Californian, Suzi T., and stay up with her. I wanted to hear stories and hear what she has been doing recently. With great hope of finishing the race I lined up right behind Suzi. I heard her say this was her 32nd or 33rd - 100 miler. She'd forgotten. WOW! This was my 17th - 100 mile start - 13 finishes behind me and 3 DNF's. I stayed with her for about a city block. Now I have 4 DNF's. Very quickly Suzi was pulling away and I let her go. Then about 15-20 runners over the next two miles went by me. I felt I was moving just right for me which was running pretty comfortably and walking the roller coaster hills. This was not a flat course. In the winter it is used as a cross country ski trail. The footing was fine. (being from Arkansas the footing was fine) K.M. is 100 miles of trail. When I reached the first aid station, Charley told me that I was on a 5 m.p.h. pace. I said, "great". I replenished my two bottles with Succeed, their race drink, and left the station. Everything was go. I wished I could have kept up with Suzi (I was thinking) but what the heck I knew this pace was right for me. Aid station #2 and #3 come and go and Charley told me at #3 that I was still on a 5 m.p.h.. pace. Charley gave me a cold can of "Surge" drink. I replenished my bottles with 1/2 Succeed and half water. Charley said he was going to town to buy some bug spray. I noticed the mosquitoes were giant size but as long as I was running they didn't bother me. At station #4 (18.8 miles) - drop bag station- I picked up my light for the night. I had carried a small light (backup from the start in my pack). At 8:55 p.m. it was dark on the trail. I had been running with a couple of females swapping places and conversation. Things were going okay. The temperature was about 60 degrees and warm. I was dressed in a LRRC singlet and shorts with a nylon jacket tied around my waist. I encountered other runners that some of you might remember from the Arkansas Traveller: Don Adolph, Bruce Maulden, and Dan Harshburger running together. Then at 45.8 miles -station #8, I was really seriously tired. Having just met about 10 men on the return and the first two females, Marge Adleman in 1st place and Jane Moser about 5 min. behind her. It was close to daylight but not light yet. I got some chicken noodle soup and Charley told me he'd be at the turnaround, 50 miles. Oh boy, I started to fall apart. It was getting difficult to run. I met lots of runners on their return path. Suzi hugged me and seemed surprised that I was 3 miles behind her. I told Suzi that she was doing great. I felt like you know what but I was hoping for a second wind at daylight. It got light 1/2 mile from the turnaround. Two women were tending the aid station. I asked if they'd seen Charley. I wanted to give him my two lights. I left there carrying lights and two bottles of drink. I really needed something and I didn't know what. Where was that boost that comes at

THE SEARCH FOR THE MISSING REDHEAD-Charley Peyton

Several weeks prior to the Kettle, two books were recommended for me to read. The first one I completed before leaving Little Rock. It was entitled INTO THE WILD and was about a young man who graduated from college and set out on a self sufficiency adventure around the country. He ended up starving to death in Alaska. The second book was entitled INTO THIN AIR. It was about the 1996 ill fated expedition to Mount Everest where a number of climbers froze to their death. I started this book on the ride up to Wisconsin and the Kettle Moraine. A kettle by the way is something like a small, shallow pond. They were formed, I found out, during the last ice age when a glacier two miles thick advanced out of the Hudson Bay in Canada. As the glacier slowly moved southward, chunks of ice broke off leaving depressions in the earth. There are a lot of kettles in Wisconsin.

When the race started my plan was to drive to the aid stations and wait for Lou to arrive. To pass the time, I would read my book, INTO THIN AIR. I had it timed pretty good after the second station. I could recognize runners in order ahead of Lou and have it down when she would come out of the woods. Then I would read another chapter or two before driving on. Things got real bad on Everest in 1996. Climbers were blown off

the mountain, fell to their death in crevasses, became confused and walked off the side of the mountain or just froze to death. After an all night virgle of reading I was a little edgy when first light of morning came and Lou was late for her aid station appointment. What should have been an hour and 1/2 walk from mile 54 to 60 turned into a three hour wait and still no Lou. "Any word on Number 127", I asked the aid station captain. His reply as they started to take down the aid tables was negative.. About that time a sweeper who followed the last runner to the station came up and said that no one is left on the trail in that section. I didn't panic. I told them that I was going to check on the next station, thinking that I had missed her while reading. At that station was her pacer still waiting. But, no Lou! I told them I was going back to where she was missing and wait alittle longer. In the mean time, they would drive around the roads just in case she was on the highway.

I waited for hours imagining the worst. Finally the couple who were driving the roads showed up about the same time that a Park Ranger drove by. The couple flagged down the Ranger and said that I needed help. HIS wife is missing. The Ranger wanted a description of age, weight and what she was wearing. I gave him all the vital information and just before he could get on his radio to contact the other Rangers to form a search party. I said, "Oh yes, I forgot. She has red hair." I thought I saw a furrow arch over his eyebrows. Anyway, I panicked and he put out the "all points bulletin". About 30 minutes he was back with a smile on his face. "We found her and she's safe, he said. She had somehow managed to gain 18 miles on the course and was a the Horse Rider Aid Station." I thanked him and drove off to the Aid Station. There I asked about Lou who was no where to be seen. I explained the situation and said "You know, the one with red hair". Immediately they remembered. She had come through there hours earlier. I thought to myself, she must be delirious. I raced to the next station and repeated the question. I was an hour late. With that I raced to the finish to try to stop her. No telling what was her condition. Walking out on the course, I knew she was somewhere between me and the 92 mile station. I waited and waited again for hours. Finally, I give up and walked back to the car. From a distance I could see that the car door was open and got a glimpse of red. It was finally Lou. She explained that when she had realized that she had cut the course by 18 miles she opted to take a ride in from the last station.

I did apologize to the RD for my panic and calling out the Rangers. I tried to explain the books I had been reading. I hope he appreciated the humor of my situation.

1997 OUACHITA TRAIL 50	
April 26th	
1. Ray Bailey	8:03:02
2. Bill Laster	8:19:04
3. Neil Hewitt	8:52:04
4. Chrissy Ferguson	9:32:43
5. Sissy Harper	10:27:41
6. Carla Branch	10:27:50
7. Kim Pavelko	11:07:14
8. Nick Williams	11:30:59
9. Paulette Brockinton	11:59:00

NATIONAL TRAIL DAY/ALBERT PIKE TRAIL June 7th, 1997

18 mile loop(AURA's)

1. Ricky Williams 2:33(new record)

14 Mile Run(AURA's)

4. Barbara Rainey 3:25
5. Don Higgins 3:25

RACE CALENDAR

(Place refrigerator magnet here)

Jul 26th *The 1997 Midnight 50K Mountain Run UTS #1*

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

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*

1998

Jan 1st *1998 Arkansas Fat A 50K/UTS #3*

Feb *White Rock Classic 50K/UTS #4*

Mar 21st *The Wild Hog Double Loop./UTS#5* Two 20 mile loops around Lake Winona

Apr 4th *The Annie Fannie 50 Mile, 50K.* Arrangements pending.