

# THE ARKANSAS ULTRA RUNNER

April 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-Are you ready for this? On a yet undisclosed date in May, the AURA will have a "staggered start" fun run. No registration; no awards; no shagg. What I am waiting on is for the date of the Junior Jog to be set. The distance will be 26(7) miles(max). I am calling it the 1st Annual Flatside Stagger. The route will be the forest service roads that go around the perimeter of the Flatside Wilderness Area(132,124,86 and 94). The grand scheme calls for us to set up at the Pumpkin Trail Aid station that is used during the Arkansas Traveller. The slower runners will start at 5:30 a.m. and at hourly intervals the faster runners will begin. Next month I will give you a guide for your starting time. It is my opinion that the main difference between fast runners and slow runners is that fast runners go out fast. Near the end however the faster runners have slowed and look equally as worn and weathered as the rest of us. If there is someone wanting only 20 miles, it can be easily arranged. Because we will all be finishing pretty close to the same time, it is only proper that the Bigshot bring his skillet and have a pancake breakfast. The only way for this to work is for runners to follow the stagger. The turns will be marked and water will be set out at 5 to 6 mile intervals.

IN SEARCH OF THE PERFECT ULTRA FUEL-The Cheese Burger----Last month I promised the Mother Lobe- The standard by which all others will be judged. But to be fair to burgers that follow, this was a Jumbo and maybe I should place the Jumbo and the Regular in different categories! Now! The Shack is the place. Across from Jessieville high school. We're talking Hwy 7 North of Hot Springs. For those who have been at the Arkansas Traveller 100, its not too far from the PowerLine Aid Station. I stumbled into this paradise quite by accident. After a long day of crewing Lou and others doing the Ouachita Trail west of Hwy 7, we drove in about night fall. Lou got her usual salad but I got a Jumbo. This was several years ago and I hadn't been back until my birthday run on February 13th. I dropped off the water for the runners on the Winona Forest Dive and when I hit Hwy 7, I made a bee line to the Shack. That burger was a good as I remembered it being. It was huge! If you placed it between your feet and stood up, your could see the meat hanging over the sides from six feet away. Hand patted meat. Lots of everything and didn't cost much over \$3.00. I got two.

**BIGSHOT'S RACE PICK OF THE MONTH-21st Strolling Jim 40 Mile Run. May 1st. War Trace, Tennessee. Water every two miles; handlers allowed. Single loop course on soft blacktop surfaces. Gently rolling hills. Gary Cantrell, 233 Union Ridge, War Trace, Tennessee 37183.(or see Charley or Lou for an application-SSAE)**

## ADVICE TO THE AURA

AURA Ultra Rules of Etiquette. Rule #2. Last month we educated you on what to say to an Ultra Runner "after" the run. This month we cover what to say to a runner "during" a run. In a long distant event, especially on an out/back route or loop course one is often perplexed as to what is proper to say to a runner that you meet on the trail and maybe meet more than once. The most worn and untrue thing to tell a runner is "LOOKING GOOD!" The only thing worse is to yell "ITS ALL DOWN HILL!" A runner(male or female) in the throws of fatigue knows that both of these statements are false and often can become depressed to the extent of quitting. "Looking Good and Its all downhill" are now considered by the Bigshot as clinched and passé. What is more fitting and uplifting to a runner in the midst of an ultra is to say firmly, "WAY TO BE." A runner even if his face is twisted and shoulders slumped is always aware that he or she is doing something worthwhile and after hearing "WAY TO BE" the resolve to finish can only be strengthened. On the other hand, if one yells out "GOOD LOOKING" the dynamics are suddenly shifted and might be more than can be covered in the AURA Etiquette Rule Book.

## ULTRA TRAIL SERIES

### UTS#6, *The Widow Maker/ March 13,1999*

A lot of you missed the UTS #6, The Widow Maker. I am truly disappointed that you did. It was one of the most memorable that we have had in a few years. Because of the flooding, I had to go to "plan B", and instead of many(many) stream crossings we had only one on the addition of the two mile out and back section. Our 16-18 mile run(plan A) had to be switched to a 18 to 20 miler.

I am reminded of something I read in last months ARKANSAS RUNNER magazine written be AURA's Pete Ireland. If I may quote: "Someone once wrote words to the effect that 'To truly experience life you must from time-to-time leave its safe center, crawl out to the edge and peer into the abyss.' Perhaps for some of us, running, particularly marathons or ultras, is one way of peering into the abyss."

Well that sums up my thoughts on the Widow Maker. Be there next year is you dare.

UTS #6, The Widow Maker/ March 13,1999						
		Time	Points	Comments		
1	Mark Oliver	2:49	Ooops!	No 132C Section		
2	Mike Parker	3:23	56			
3	Mary A Lahodny	3:37	55	(-:		
4	D.M. Witt	3:56	45			
5	Mike Dupriest	3:59	34	Still finished		
6	Kimberly Pavelko	4:03	44	Loved the surprise ending		
7	Pete Ireland	4:15	28	You outdid yourself, Charley		
8	Dianne X Sweatt	4:20	33	You need to take more Prozac, Ch		
9	Jimmy Sweatt	4:20	22	Momma's right!		
10	Sam Hardcastle	5:04	16	!@#&*%\$		
11	Lou Peyton	5:04	27	It was 30 miles if it was an inch!		
12	Laura Eakin	5:24	21			
	14 starters					

UTS #7-Chenal Mountain Run  
 Sunday Afternoon/1:00 P.M.  
 April 11th

1999 ULTRA TRAIL SERIES RACE CALENDAR

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Spring Turkey Season/April 5 thru April 28th

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1. JUL 25 MIDNIGHT MOUNTAIN RUN
2. SEP 12 CRYSTAL MOUNTAIN CLIMB. 18 MILES(+/-).  
 OUT AND BACK ON FOREST SERVICE ROADS. HILLS.  
 START FROM THE LAKE WINONA SPILLWAY ON FSR 778.
3. DEC 20th (*Sunday afternoon*)INDIAN ROCKHOUSE RUN. 14 MILES(+/-) OUT AND BACK ON  
 THE OUACHITA TRAIL. START ON HWY 10 AND LAKE MAUMELLE PICNIC PARK. 1:00 P.M.  
 Start early if you dare but no points.
4. JAN 16 NORTHSHORE LANDING RUN. 18.4 MILES. OUT AND BACK ON THE OUACHITA  
 TRAIL. START FROM PINNACLE PARK, NORTH SIDE.
5. FEB 6 WHITE ROCK CLASSIC 50K. OUT AND BACK ON WELL GROOMED FSR'S.  
 SPONSORED BY THE CHILI PEPPER RUNNING CLUB. Hwy 23 at Turner Bend on the Mulberry  
 River.
6. MAR 13 THE WIDOW MAKER. 16 TO 18 MILES. SOME BUSHWHACKING NECESSARY  
 PLUS PRIMITIVE TRAIL AND SOME FSR ROADS. LARGE LOOP STARTING FROM LAKE  
 SYLVIA PARKING LOT.
7. Apr 11th CHENAL MOUNTAIN TRAIL RUN. 9 MILES(?)  
 OUT AND BACK ON ROUGH, ROCKY, MOUNTAINOUS  
 POWERLINE RIGHT-OF-WAY. START AT THE WALNUT  
 VALLEY SCHOOL PARKING LOT ON HWY 10. 1:00 P.M.

The 1999 Ultra Trail Series is drawing to a close and by your next newsletter all of us will know who our Kings and Queens of the Trails are. As I always do, I ask for suggestions for the coming year. I plan on using the following runs: *The Midnight Mountain 50K*, *The Widow Maker*, *The WhiteRock Classic* and the *"Trail Run of the Century"*. We need about four more. The *White Rock Classic* is organized by Joe Fennel and the *"Year 2000 Trail Run of the Century"* will be coordinated by David Samuel. If any of you would like to take one, as in make up one, let me know. All that is involved is setting out water and marking the route.

***National Trails Day Runs***-June 5th . Albert Pike Recreation Area. Ouachita National Forest, Langley, Arkansas. 17 and 10 Mile Fun Runs. No fees; no awards. And don't forget that after the run we will float the Caddo River. The Bigshot has the name and number of the canoe rental where the canoes can be reserved.

## ULTRA CORNER

**Mississippi Trail 50.** March 6th Laurel, Mississippi.

Congratulations to all the AURA members who supported the Mississippi Trail 50.

### 50K

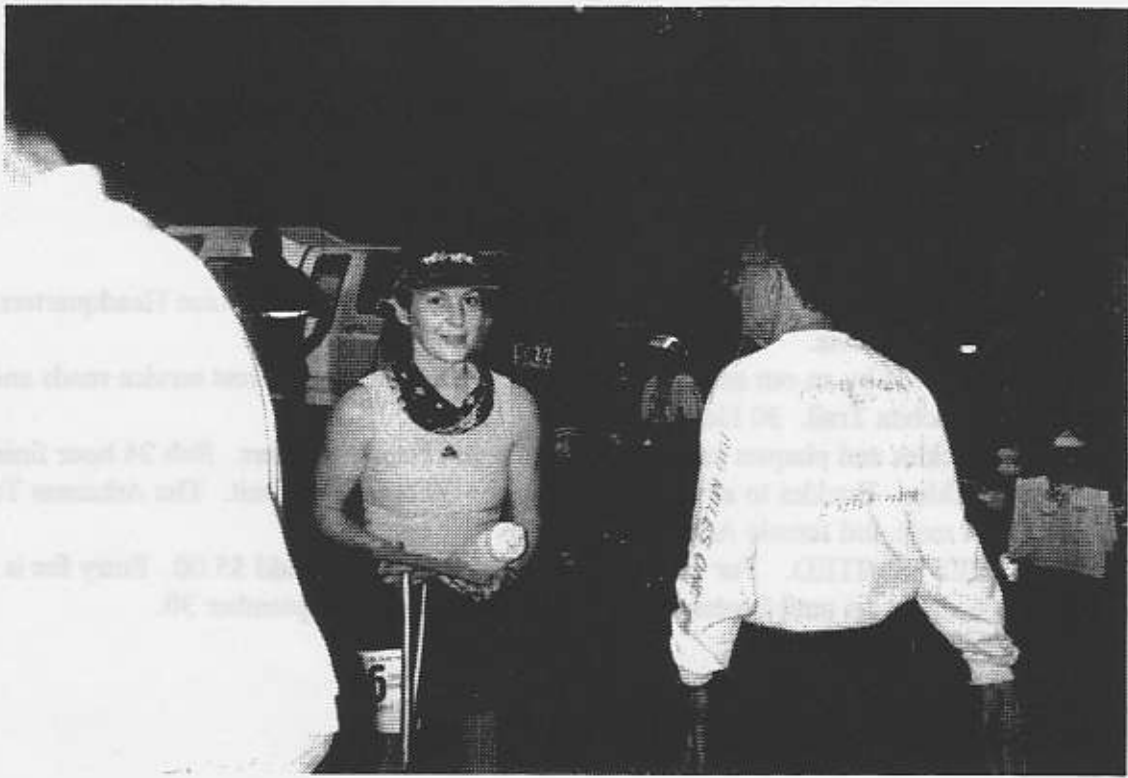
Chrissy Ferguson	4:24:10 First	Female and new Course Record
Henry Osterloh	7:39:30	72nd
John Knapp	8:12:35	80th
Brooke Alexander(w/d)	sec to injury	

### 50 Miles

Stan Ferguson	7:01:47	Second Place Male
Kimberly Pavelko	10:19:00	14th/4th female
Mike Dupriest	10:43:26	18th
Lou Peyton	11:13:42	27th
Carrie Dupriest	11:18:42	30th



Mississippi Trail 50-Johnny Knapp finishes the 50K



Mississippi Trail 50-Carrie Dupriest finishes her first 50 Miler and is congratulated by Western States 100's Race Director-Norman Klein



AURA's Stan Ferguson finishes 2nd place at MS-50

## THE 1999 ARKANSAS TRAVELLER 100 MILE FOOT RACE

**Date:** October 2rd, 1999-6:00 A.M.

**Place:** Lake Sylvia Recreation Area, approximately 35 miles West of Little Rock. Race Headquarters will be at Camp Ouachita adjacent to Lake Sylvia.

**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:** \$120.00 ENTRIES LIMITED. For "Out of Country" banks, please add \$5.00. Entry fee is refundable up to September 3rd. 50% return up until September 30th. No refund after September 30.

**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.

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### 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, 28 sub 24 hours  
1997 94 starters with 49 finishers, 18 sub 24 hours.  
1998 110 starters with 66 finishers, 21 sub 24 hours.

Eric Clifton	16:30:04(92)
Ray Bailey	16:42:33(95)
Joe Hildebrand	17:02:42(98)
Ray Bailey	17:09:55(96)
David Horton	17:19:28(91)
David Horton	17:30:39(93)

Chrissy Duryea	17:53:10(95)
Ann Trason	18:02:05(98)
Chrissy Duryea	18:40:36(94)
Chrissy Duryea	18:50:36(93)
Shelby Clifton	19:15:41(91)
Chrissy Duryea-Ferguson	19:28:13(96)



Entries received after September 3rd cannot  
be guaranteed your requested Race Shirt size.

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Special race memento to be given to the first 100  
entrants before the September 3rd deadline

**ATTENTION** all retirees, unemployed and underemployed:  
 Thursday, April 15th. This is your tax free invitation to join the  
 Digshot for a taste of the highlife. 12 noon at the *Market Cafe* for  
 Cheeseburgers and fries. Directions: North Little Rock to E.  
 McCain Blvd. Go east, cross the railroad tracks and look for  
*Kyser's Plants and Produce* on the right. Drive around the plaza  
 until you see the *Market Cafe*. If you need more directions than  
 this, you probably weren't very hungry. Bring lots of tip money and  
 celebrate April 15th the right way.

**CHARLEY & LOU PEYTON**  
 41 WHITE OAK LN.  
 LITTLE ROCK, AR 72227

TWENTY SIX: 8 M. J. XI (circle one)

There will be a free spaghetti dinner-October 1st, 1992, for the runner and one guest. There will be a \$2.00 fee for each additional guest.  
 Total: \$12.00 registration  
 \$2.00 per spaghetti dinner  
 I have included a \_\_\_\_\_ extra to support the U.S. Three Running Team  
 TOTAL \_\_\_\_\_

Information packet will be sent out around the 1st of June.