

April 1st
OUACHITA TRAIL 50K/50 MILE!

ARKANSAS ULTRA RUNNER

April 2000

A Newsletter for members of the Arkansas Ultra Running Association

Flash! Fun Run on Lake Ouachita scheduled.

Message From The Bigshot—Lots of action this month. The revised Ouachita Trail 50K and 50 Miler is scheduled for April 1st. I know that RD Ann Moore could use your help if you are not going to run it. Also, be aware that if you are planning on entering it, the entry fee escalates after March 25th and shirts cannot be guaranteed. Her telephone and email is listed in the Ultra Race Calendar.

Notice Trail Runners: Spring Turkey Season---April 10th through May7th.

If this interests you, Lou is still having her weekly, leaderless training runs at Murray Park. She has changed the time to 5:30 p.m. Thursday afternoons. Distances vary from 2,4-6 miles. Murray Park parking lot at the foot of Overlook hill(by the lock and dam).

On April 22nd AURA member Albert Steven Eubanks will host a fun run near his cabin at Lake Ouachita. Directions: Drive to Hot Springs. Continue on Hwy 270 West about 17 miles to the turnoff to Crystal Springs Campground on Lake Ouachita. Turn right and it is just a couple of miles to the Corps of Engineer campground and picnic area. Steve has mapped out a 20 mile run(out and back) on Forest Service roads from Crystal Springs to the scenic overlook at Hickory Nut Mountain. He will set out water and mark the route. Contact: 991-3133(mobile) or 666-5663(home) or the BS at 225-6609.

I got a nice e-mail from AURA sister, Laura Eakins, from Clarksville. Her time at the 2000 Rocky Raccoon Trail 100 was 27:27:27 and had the "time of my life".

FYI

(A complete listing of Arkansans who have completed the Rocky Raccoon Trail 100.)

Randy Davidson(95)	20:37:37	Bob Marston(96)	24:53:02	Irene Johnson(95)	27:08:55
Kim Goosen(95)	22:39:56	Lou Peyton(97)	25:19:02	Charley Peyton(94)	27:10:00
Angie Ransom(97)	23:02:53	Bob Marston(95)	25:48:32	Lou D. Peyton(94)	27:10:02
Bob Marston(93)	23:38:44	Bob Marston(97)	25:50:45	Laura Eakin(2000)	27:27:27
Bob Marston(94)	24:15:36	Kim Pavelko(95)	26:12:40	Bob Marston(98)	28:04:43
Irene Johnson(94)	24:19:00	Dianne F. Bell(95)	26:22:42	Steve Eubanks(95)	28:10:12
Lou Peyton(96)	24:53:01	Dianne F. Sweatt(97)	26:54:47	Bob Marston(99)	28:16:50

ATTENTION Retirees and Slackers. Lets turn loose of some of that "fixed income" and help an AURA sister. Mary Ann Lahodny(very low number this year) and her husband have just built a Country style store and Deli in the Ferndale community. I'm calling it for Tuesday, April 4th, 11:00 a.m. at the *Bear Creak Country Store* at Ferndale. Directions---Hwy 10 to the Ferndale Cutoff road. Go 5 miles to Ferndale. At the 4-way Stop sign, turn East and you will see the new building on your left about ¼ mile. Remember this is Deli dining so refrain if you can from ordering burgers. I've already recon'ed and can attest to the Fried Chicken dinners and "specialty" sandwiches. As an added bonus, they have a TV posted in the dining area just so we won't miss Dialing-For-Dollars. You know the BS has a thing for Beth Ward.

ULTRA TRAIL SERIES

The Ultra Trail Series and what is it anyway? By Charley Peyton

The following article was extracted from the January-February issue of the *Arkansas Runner*-Pete Ireland, Editor

The *1999 Midnight 50K* on July 31st, began the 11th season of what is known as the Ultra Trail Series. I write this not to recruit you to a Trail Series run but as general information and to let you know that regardless of ability, you would be welcome. If you are a regular reader of the *ARKANSAS RUNNER*, you undoubtedly have read the Ultra Series comments made by our editor, Pete Ireland, and seen the results printed in the back pages. I feel that maybe it is time to go over just exactly "what is it anyway".

In early 1989 Nick Williams and I came up with the idea of having a series of monthly runs in conditions that matched the conditions of some of the longer ultra runs that we had participated in. This included trail, cross country, mountains, and creek crossings. It seemed only natural since just a 20 minute drive from our houses were all of these. We wanted to keep it simple. There would be no fees, no registration and awards. In other words: Plenty of thrills without the frills. We would mark the route, set out water and furnish a clipboard. The clipboard would be used to sign in with your finish time. The first race was in October of 1989 and was a 21 miler called the *BREAD BASKET RUN*. We had about 20 finishers. Notice the name? We always give the races descriptive names. It's something runners can sink their teeth in or maybe send a chill down a spine. Did I mention POINTS? We devised a system of points one received that depended upon your finish place. At the end of the year points were totaled and homemade plaques were awarded to the KING AND QUEEN OF THE TRAIL.

Most of the trail runs were in and around Little Rock and we averaged between 25 to 35 runners. We had some real good runs and we've had some real bad ones, too. I cringe a little when I think about some of the floods that we went through and the cold, icy drives

to some of the starts. But I also look back now as it being great fun when Joinny Gross and I were the only finishers of a Ouachita Trail run near Lake Maumelle when the cold and high water forced the rest of the field to quit.

I didn't know we had it so good until the timber companies started to lease their open land to the deer hunters. The classics such as the *Great Wall of China Run*, the *Three Mountain Run* and the *Mobil Marathon* courses were soon gated off. This was a crisis for the Ultra Trail Series. A crisis that made the series stronger. Instead of running all of the races close to Little Rock, a couple of the out-of-town participants stepped up and volunteered to host a trail series in their area. Now in addition to our runs at Lake Sylvia in the Ouachita National Forest, David Samuel has had several runs in the Albert Pike area near Glenwood and Joe Fennel (Chili Pepper Running Club) has the *White Rock Classic 25/50K* at Cass, Arkansas. This year was the first time for us to use the popular Gulpha Gorge Trail at Hot Springs and we thank Pete Ireland for this race.

We have had a lot of different runners to come and go. For some it is not for them; for others, it's a new beginning with running. As I said in the beginning anyone is welcome to come and run in the Ultra Trail Series. Do one or do them all.

UTS #6-The Widowmaker-13 miles, March 11th 2000

Place/Name	Time	Pts	Place/Name	Time	Pts
1.Stan Ferguson	159:34	61	1.Chrissy Ferguson	2:20:04	49.5
2.Mark Oliver	202:42	50	(tie) Kim Pavelko	2:20:04	49.5
3.Mule Martin	202:46	39	3.Patty Groth	2:43:54	33
4.Gary Welchman	2:28:27	33	4.Chris Bettis	3:00:00	27
5.Ted Bowden	2:32:01	27	5.Lou Peyton	3:02:43	21
6.Pete Ireland	2:43:00	21			
7.David Smith	3:00:00	15			
8.Jeff Thomas	3:02:44	11			
9.David Samuel	3:02:47	8			
10.Lloyd Moore	4:13:08	5			
11.Henry Osterloh	4:13:09	2			

Congratulation to the Year 2000 Kings and Queens of the Trail

Stan Ferguson	King of the Trail	Kim Pavelko	Queen of the Trail
Mike Dupriest	King of the Trail/Master	Carrie Dupriest	Queen of the Trail/Master
Pete Ireland	King of the Trail/Senior	Lou Peyton	Queen of the Trail/Senior

AURA's APRIL HOROSCOPE—Don't be a head-over-heel fool(especially this month!). Following your next Ultra performance you will be treated like the "*Queen Bee*". A member of the opposite sex might join you in your next long run and put some spring in your step. Following your ultra instincts will could soon lead to a financial windfall.

ULTRA RACE CALENDAR

A listing of Ultra Runs in Arkansas and Surrounding States.

(Place your refrigerator magnet here)

- Mar 18th, 2000 *Cross Timbers 25 and 50 Mile* Lake Texhoma, Texas.
- Mar 25th, 2000 *The Grasslands 50 Miler*(plus shorter distances) Decator, Texas. Contact: Suzi Cope e-mail<4suzi@ibm.net> or http://www.nttr.org/
- Apr 1st, 2000 *Ouachita Trail 50/50K* Little Rock, Arkansas.
Contact: Ann M. Moore (501) 225-1143 or E-Mail <RunAnnRun@AOL.com>
- May 6th, 2000 *Strollin' Jim 40.* Wartrace, Tennessee. Contact: Gary Cantrell
At one time I had hopes of getting a van load to go to over for the race. Despite my good intentions, I have let the time slip by. We still plan on going and camping about 10 miles from the start. Directions: I-24 South at Nashville, Exit 105 to Whispering Oaks Campground. \$15.00 per couple(tent). 931-728-0223.
- June 3rd, 2000 *National Trails Day Weekend.* 6 to 18 Miles Runs. Albert Pike Campground, Ouachita National Forest. Langley, Arkansas.

AURA QUESTION OF THE MONTH

Check the correct answer below and you could be a big winner. too.

Question # 1: The ARKANSAS ULTRA RUNNER, the official newsletter of the Arkansas Ultra Running Association is.....

- A. a chain letter()
- B. a risky tax break for the wealthy()
- C. a pyramid scheme that preys on the unsuspecting.()
- D. Ponzi accounting to trick the elderly.()
- E. potentially *Pulitzer* ()

ULTRA CORNER

A-OK 25/50Km---Atoka, Oklahoma---March 5th, 2000

Kim Pavelko 5:32 2nd Female

Sunmart 50Km and 50 Mile

Oopp! The Editor got an e-mail for AURA's Harold Hays concerning his finish at the SunMart 50 Miler. It seems that Harold finished the race in 10:57:57 but was listed as being from AK(Alaska). So congratulations to Harold for his finish and we must look closer in the results the next time.

MISSISSIPPI TRAIL 50Km AND 50 MILE.....March 4th, 2000

My Story-*The Mississippi Trail 50 Miler* by Lou Peyton

Traveling to the race, during the race and traveling home we were blessed with perfect spring weather. The pre-race dinner and introductions were held at the Wellness Center in Laurel, Ms. Assisting Race Directors Carl and Brooke Touchstone were Helen and Norm Klein from Cordova, Ca. The Ms. Trail race is held in the Desoto National Forest on the Longleaf Horse Trail. The 50K course is 2 X 12 ½ mile loop plus a 6.1 mile (different loop). The 50 mile course is 4 X a 12 ½ mile loop that is 95% trail and 5% dirt road. A total of 5 aid stations each loop. Each aid station was fully stocked with three beverages and every food that I could want. The temperature at the start was 50 degrees with a high of 60 degrees and light to moderate wind. Rain a few days before the race gave perfect course conditions, i.e. the roads were not dusty, the trail was just right as too dry causes slickness with the pine needles underfoot. We're talking PERFECT this day.

At this particular race runners are allowed to change from the 50 mile race to the 50K and vice versa after the completion of two loops. This is the first year that some runners decided to change from 50K to 50 miles. If you complete 50 miles within the 12 hours you are awarded a belt buckle. Long sleeve (very colorful) t shirts are given to every entrant and overall trophies 1st through 3rd in 50K and 50 Mile.

MY PERSONAL RACE

When Norm Klein announced 5 minutes to start I walked to the crowd gathered at the start/ finish. I opted to start in a single and just be too cool for a short while. Within 5 minutes I knew the choice was right for me. Since May, 1990 I always carry a plastic poncho in my waist pack, just in case.

About 3 miles into the race I seemed to have found my pace and the crowd thinned out (as they found their pace too). Brooke and I and an unknown man who asked if he could run off of our pace were together. It was just girl talk and insignificant at that but we've logged many long runs together and traded the lead and one of us never waited on the other. It's the best of running. The day, the run, the miles, aid stations and loops passed. The middle of our second loop (as every year) the leader (Dink Taylor) of the 50 mile came blazing though. Five minutes later Dewayne Satterfield passed then Bad Boy #3, Robert

Youngren. The first two loops were a "piece of cake". Loop #3 got a little warm (for me). I was drinking 24 oz. Between every aid station and almost needing a second bottle. The female winner, Kathy Younggreen passed Brooke and I on our 3rd loop. It's always interesting to see the top runners, their pace, their expressions etc. and to hear their comments if any as they go by. Brooke stopped for our secret potion, cold coffee that is 1/3 coffee, 1/3 - 2% milk, 1/3 water. I kept moving and thought I would get a whole can of coke at the next opportunity. Our unplanned race strategy this day was that Brooke would lead on the horse trails and I lead on the road, flat parts.. She reminds of Nick Williams as his love for the more rugged footing. I am a road runner at heart but dirt roads and cold weather if I have my druthers! I used the electrolyte drink about half the time. Water the other half and 2 packs of Clip Sport drink and 1 whole can of coke from aid station #1 on my last loop. The coke was good! Coke was available all day as was ice, electrolyte, water and an array of food including sandwiches and Pumpkin Pie at 2 stations! I hope that everybody enjoyed their race as much as I did mine. Oh, I almost forgot we feasted on a BBQ Chicken Dinner at the finish. One runner who was happier than I was Sarah Tines who placed 3rd female in the 50 mile Race. Sarah was still giddy when I finished and proudly showing her trophy to anyone interested. Oh, to be so *YOUNG!*

Winners

50Km		50Mile	
Frank Bozanich	3:44:05#	Dink Taylor	5:55:41#
Tracy Rose	3:53:08#	Kathy Youngren	7:25:50
#-New Course Record			

AURA's at the Mississippi Trail 50

50Km		50 Miler	
John Jones	4:24:19*	Stan Ferguson	6:37:25*
Chrissy Ferguson	4:25:19*	Lou Peyton	10:28:29*
John Ed Moore	4:35:53	Brooke Touchstone	10:34:58*
Johnny Knapp	7:17:07*		
Henry Osterloh	7:25:04*		
*-AURA member			

AURA Confidential to # 62 . The BS saw Psychorunner at the Mississippi Trail 50 and she asked about the marital status of THE GREG. She said his gem coloured eyes got her attention at your 1999 AT100 aid station and she was coming back in Y2K and prospect for gold. Give me an answer ASAP as we don't like to keep the ladies waiting.