

9TH Annual Midnight 50 Km

July 22nd ~8:00 P.M.

THE ARKANSAS ULTRARUNNER

June-July

A Newsletters For Members Of The Arkansas Ultra Running Association

Sadly, I tell you of the death of AURA member Carl Touchstone who passed away at the age of 59 on the morning of June 6th, at his home in Gulfport, Mississippi. His service was conducted by long time running friend Brother Bob Wilkerson with eulogies given by his son Bradley and his wife and by his friend, CarterByce. Although the BigShot feels most unworthy of an epitaph there were several things going through my mind during the service that Brother Bob himself referred to as a "tragedy". Those who knew Carl knew that he cared deeply about four things: His Family, his Dental practice, Flying and Ultra Running. The service was a celebration of these four things. He did them well. The Bigshot believes that in the final analysis the measure of a man can be seen in the quality of people that revolve in his orbit. At the service were lots of quality people with a story to tell about their time spent with Carl. Our sympathy is with Brooke and the family. For those new to the AURA, Carl and Brooke got married out near the Arkansas Traveller course at one of the National Forest scenic overlooks in June of last year. June 19th to be exact. They made many trips back to run the area around Lake Sylvia. The family requested that in lieu of flowers, donations should be sent to the United States Ultrarunning Fund. (USU) to support the USA Ultrarunning Team. I am listing the address below and also Brooke's address in Gulfport if you would like to send a sympathy card.

USU Fund
C/O Stewart Logie, Treasurer
123 Dot Avenue
Campbell, California 95008

Brooke Touchstone
1529 Magnolia Street
Gulfport, Mississippi 39507



Carl congratulating Kim Pavelko on her 1999 Mississippi Trail 50 finish. On the right is Norman Klein, RD of the Western States 100.

Carl wrote a poem several years ago and gave me a copy during one of his visits to Little Rock. It is called -----NEVER QUIT ON THE UPHILL.

When things are hard and the going gets tough
When the trail is steep and the footing is rough
we can't go on and we just want to quit
The struggle's not worth the pain, not one bit!

Like the mouse in the trap, who's had enough cheese
"No more, no more, let me out of here please!"
And a voice says, "stop now and rest a while
For this steep incline goes at least one more mile."

But if we push on and ignore the displeasure
The pain of the climb plays out its full measure
Then the crest of the hill comes into full view
And we reach the top of this problem so new.

Cruising downhill now with strength in our stride
The wind in our face, with joy and with pride
"Thank you God for your grace and good will
To see that we didn't quit on the uphill."

Carl Touchstone

Carl was just like most of us with demons to battle and uphill to climb. "Well spoken, Carl! — WAY TO BE".

ULTRA CORNER

(* = AURA)

The Strolling Jim 40(41.2 Miles)

Wartrace, Tennessee. May 6th, 2000

On Thursday, Lou and I pulled out of Little Rock midday headed for Jackson, Tennessee and the Natchez Trace State Park campground. After a restful night in the campground, we had only a leisurely drive to Wartrace which is about 60 miles south of Nashville. Let me give you some of the history of the Strolling Jim race. In the 1930's the first Grand Champion Tennessee Walking Horse was crowned. His name was Strolling Jim. He remains a legend in south central Tennessee. Wartrace itself has seen its better days but remains in the center of walking horse country and the town landmarks retain that

tradition. The hotel in town is called the "Walking Horse Hotel" and is a three story walk-up with bathrooms at the end of the halls. It has undergone several restorations and in times past has served as the race headquarters. It is under new management now and other than being near the finish line serves no function in the race(a shame). A shame since the Grande Champion Walking Horse, Strolling Jim, is buried out behind the hotel. See photo. The first Strolling Jim 40 race was 22 years ago when Gary Cantrell heard that the race director of the Atlanta 50 Miler was giving up his race citing lack of interest among runners. Cantrell wanted to continue the ultra tradition for the racers who wanted to run further than the marathon distance. At its conception it was probably one of the most difficult runs in the country however with the popularity of 50 and 100 mile runs now it probably falls somewhat halfway down the scale of difficulty. The Jim is now 100% blacktop surface and is hilly enough to remind me of the old run around Lake Maumelle, The Great Maumelle Scenic 60K. The aid stations are water jugs set out at about two mile intervals with a roving car giving out Conquest. Traffic on the course is light. A few pluses for the race are that even on a hot day there is enough water of pour on your head and legs and is easy to crew. If you like food and snacks, a crew can meet you at every water stop or with out a crew runners are given a tour of the course on Friday and are allowed to stash stuff along the route. For finishing, runners are given Strolling Jim 40 shirts. The color of the shirt depends your finish time. The winner is referred to as the Iron Horse; the first Female is referred to as the Iron Maiden. A BBQ chicken dinner is free to all finishers, crews and family. Just as Wartrace is a step back in time so is the Strolling Jim. It is the way ultras used to be. I.E., runners getting together without a lot of hype and enjoying the effort and camaraderie. Now how did a 40 milerun become 41.2 miles? That's only a twinkle Gary Cantrell's eye.

Arkansans at the Strolling Jim

Place	Name	Time	Special Recognition
4	Chrissy Ferguson	5:40:14*	Iron Maiden-1 st Female
29	John Hatcher	8:36:41*	
30	Lou Peyton	8:38:29*	
31	Jim Gann	8:38:49	
48	John Knapp	10:14:46*	
49	Ann Moore	10:18:20 *	

62 starters

Right----)
Grave site of
Strolling Jim



The Catsmacker 21 miles (+/-)

Lake Sylvia May 20th, 2000

Although this was a Conway Running Club "Fun Run", nearly all of our Catsmackers were of AURA allegiance. We appreciate the good turnout. The steady drizzle didn't seem to create any problems for the runners, and it apparently provided a nice environment for John Jones, AKA Chicken Boy, who impressed everyone with his clucking speed and stamina. Many just found the conditions refreshing. Due to the rain, we did change the course to a "road" finish from the North Fork Pinnacle overlook instead of our planned Ouachita Trail return route, to avoid the wet rock on that particularly rugged section. Also the sign-in sheets got completely soaked making the result compiling process very difficult. The results we have are our best interpretations of what was logged in. Wouldn't you know that not long after the last finishers came in, the rain ceased, the skies cleared, and you finally could have actually seen off the overlook. --- San and Chrissy Ferguson(RD's)

Catsmacker Results

Place	Name	Overlook	Finish
1.	Chicken Boy	2:31:05	2:55:22*
2.	Gene Ryken	2:45:11	3:15:12
3.	Chrissy Ferguson	2:45:11	3:15:12*
4.	Mike Dupriest	3:03:01	3:34:56*
5.	Kim Pavelko	3:19	3:51:05*
6.	Jim Sweatt	3:19	3:51:05*
7.	Ted Bowden	3:19	3:51:05*
8.	Patty Groth	3:19	3:52*
9.	Bruce Mendelson	3:28	3:52
10.	Ernie Peters	3:26	3:59:22*
11.	Rhonda Ferguson	3:28	3:59:22*
12.	Enterbeing of the Souce	3:28	3:59:22
13.	Larry Mabry	3:32	4:08:18*
14.	Gary Speas	3:32	4:09:08*
15.	Chris Bettis	3:39	4:15
16.	David Smith	3:39	4:15*
17.	Pete Ireland	3:44	4:22:08*
18.	Lou Peyton	4:05	4:42:43*
19.	John Knapp	4:08:30	4:53*
20.	Ann Moore	4:xx	5:36*
21.	Lloyd Moore	4:xx	5:36*
22.	Henry Osterloh	4:42	5:42*
23.	Stan Ferguson	2:45:32	3:12:06*

Course Sweeper



John Knapp receives finishing award of a *Kit Kat* bar and a stuffed mouse from Chrissy. In the middle is husband, San Ferguson

National Trails Day Celebration

Albert Pike Recreation Area June 3rd, 2000

Brushheap Mountain 18 Mile Challenge

1. Jon Bitler	2:42:20	Fayetteville
2. Wayne Barenberg	3:04:44	Fayetteville
3. Ricky Williams	3:06:22	Fayetteville*
4. David Blankenship	3:09:30	Calico Rock
5. Mike Dupriest	3:18:14	Little Rock*
6. David Gottschalk	3:24:50	Fayetteville
7. Stephanie Shinabery	3:41:03	Sherwood
8. Tricia Anslow	3:44:30	N. Little Rock
9. Brian Harper	3:44:30	Jacksonville
10. Dan Scharbor	3:45:00	Fort Smith*
11. Pete Ireland	3:45:05	Benton*
12. Carrie Dupriest	3:47:21	Little Rock*
13. Patty Groth	3:47:21	Cabot*
14. Jon Lucas	3:50:00	Conway
15. Christine Bettis	3:55:00	Little Rock
16. Lyle Van Arsdale	3:58:00	Little Rock
17. Wanda Kirchner	3:59:19	Alexander
18. Pam Rosch	3:59:29	Little Rock
19. Martha Pelletier	3:59:29	Sherwood
20. Larry Franklin	4:04:35	Little Rock
21. Rob Magruder	4:28:00	Fort Smith*
22. Lou Peyton	4:42:49	Little Rock*
23. Steve Eubanks	4:55:00	Crystal Springs*
24. Henry Osterloh	4:58:00	Little Rock*
25. John Knapp	5:16:00	Benton*
26. Ann Moore	5:40:00	Cabot*



16 Miles

Steve Chaney* 3:40:00 Dequeen

10 Miles

Paul Lowery 1:37:30 Fayetteville
 Amanda Naney 2:08:40 Dequeen
 Brenda Bahena 2:08:45 Dequeen
 Don Higgins* 2:08:50 Dequeen

6 Miles

Greg Lindley	0:56:00	Prescott
Laura Martin	1:25:00	Louisiana
Megan Blankenship	1:25:00	Calico Rock
Charles E Peyton	2:17:29	Little Rock

5 Miles

Jay Dickey	2:00:00	Pine Bluff
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Old Dominion 100 Mile Run
June 3rd, Woodstock, Virginia

Stan Ferguson*	20:08:xx	8 th Place
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From the AURA Archives--Arkansans that have completed the Old Dominion 100

Stephen Tucker(87)	18:59:20
Stan Ferguson(00)	20:08:xx
Kim Goosen(95)	22:08:00
Max Hooper(87)	25:30:58
Max Hooper(88)	28:40:05
Lou Peyton(88)	29:20:02
Nick Williams(88)	29:20:02
Dan Bartell(88)	29:48:44

In Search of the Perfect Ultra Fuel-The Cheeseburger—I came pretty close this month at the *Flight Deck*. Their burgers have been hyped an awful lot in the newspapers and on the radio. So much so that instead of shying away from such a place, I felt drawn to it. If you remember where the old Adams Field terminal was and can find Central Flying Service, you too can be drawn to the *Flight Deck*. I got there promptly at 11:00 so that I could get a booth by the window overlooking the runway. What a view! The small jets and propeller planes would land and pull up close to the window and I got to watch the important people disembark. I wonder if they watched me, too. Anyway, the Burger was a piece of art and for a dollar I upgraded from chips to fries for the complete \$5.00 package. It lived up to all expectations and I hereby endorse the *Flight Deck*..

MESSAGE FROM THE BIGSHOT-It is hard to believe that this is the 9th year of the Midnight 50Km. Actually, if you are pretty sharp, you will remember the first couple of years it was a 60Km and started at 10:00 p.m. In an effort to make the run kinder and gentler it was switched to the shorter distance and an earlier starting time. The essence of the run remains the same-Let's have a run to celebrate Lou Peyton's birthday. This year it hits the button-July 22nd. I will bring the cake for your finish treat and of course there is a chance that Lou and I will dance to the "Midnight Hour" (Wilson Pickett) before the start. This is your invitation to join us. We will have the same aid stations as last year. Water at the first one at about 3.5 miles and a full station at 7.5 mile point. Water again at 11 miles and the Turnaround Point will be full service. If you would like to start one hour early be our guest. However, taking a lesson from the *Strolling Jim* which allowed early starts, no time faster than seven hours(7) will be recorded.

Now for those of you who write on a calendar, I made a bitty mistakes with one date-The post race party for the runners and volunteers of the 2000 Arkansas Traveller 100. The date should have been Saturday, October 21st Erase the date that was given you last month while this is fresh on you mind.

ULTRA RACE CALENDAR

A listing of Ultra Runs in Arkansas and Surrounding States.

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(Place your refrigerator magnet here)

July 22nd, 2000 9th Annual Midnight 50K. 31 miles(plus/minus) on Forest Service Roads. 8:00 p.m. start from the Ouachita Trail parking lot at Lake Sylvia. 2001 Ultra Trail Series #1. No entry; no awards.

Labor Day Weekend 10th Heart O' Traveller Training Runs

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Saturday September 2nd, 7:00 a.m.. 24 Mile run from Lake Winona to Smith Mtn Aid Station. Out and Back . Water every 4 to 5 miles. Intersections marked with flour. Drop Bags at the turnaround point. No entry fee. 501-225 6609 or cpeyton@aristotle.net for more info.

Monday September 4th, 7:00 a.m.. 23 Miles which will include the Turnaround Aid Station to Smith Mtn Aid Station. 7:00 a.m. start from the intersection of FSR #2 and #114. Loop route. Water every 4 to 5 miles, intersections marked.

October 7th, 2000. 10th Annual Arkansas Traveller 100 Mile Foot Race-Lake Sylvia Recreation Area, Perry County, Arkansas. Entry and inquiries-Charley Peyton, 41 WhiteOak Lane, Little Rock, Arkansas 72227. 501-225 6609