

The **CATSMACKER**

Fun Run -*- May 20th

THE ARKANSAS ULTRA RUNNER

May 2000

A Newsletter For Members of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT—Attention AURA members and associates! On May 20th, Stan and Chrissy Ferguson will direct a fun-run starting at 6:30 a.m. from the Ouachita Trailhead parking lot at Lake Sylvia. The name of the run is *The Catsmaker*. I am not 100% sure of the route but Stan advised me that it will be some trail, some Forest Service roads and old logging roads. In addition to the 20 miler, there will be a shorter "Kitty" run for those who are not up to going the full distance. This will be a good one so don't miss it.

For those of you who were crowned the Ultra Trail Series' King and Queen of the Trails in last month's AUR, the awards are still being worked on and I will get them to you as soon as possible. A note concerning next years awards. We will add a new category for the 60 and over age group—King/Queen of the Trail-*Super Senior*.

National Trails Day is June 3rd. Information and directions are in this Newsletter. Last year we went on a Caddo River float following the run. We are planning on doing the same this year. If you are interested in joining us, my advice is to reserve your canoe as soon as possible. Kayaks are also available. Last year we rented from Wright Way Canoe Rental in Glenwood(1-887-201-9149). If you own you own canoe, call and see how much they would charge to shuttle it for you. A group float of three or four hours is a great way to cap off the day. On April 22nd we had a special day along the shores of Lake Ouachita. Steve Eubanks hosted the Hickory Nut Mountain Fun Run. Lou writes about it later in this newsletter. All in attendance thought it good enough to do again. For his efforts AURA brother Eubanks has been awarded a *Top 20* AURA Number. "Way to be, Steve."

AURA HOROSCOPE

GEMINI—Unearned flattery heaped upon your main rival could lead him/her to an ultra bonk. **LEO**-After your next ultra endeavor you, will be thought of as the *Anointed One*. **ARIES**-You have not because you ask not. **SCORPIO**—Your new running mate has "issues" and it might be the right time to make your move.

AURA Profile-Jeff Thomas

Our AURA brother, Jeff Thomas, is pastor of First Baptist Church in Augusta, Arkansas. We claim him as an Ultra Runner as he has completed among others the Ouachita Trail 50 as well as many of the Ultra Trail Series runs. Recently I had an Email set-down with him and the following is part of our Q&A interview:

Brother Jeff! What's up. As in I hear you are planning a big run in a couple of months..... The rumors are true—I am about to fulfill a dream by running across the State of Arkansas. The hope of running across Arkansas has ended my retirement from running. I hope to be on the road from June 9th thru June 17th.

How did you move from the "Dream Stage" to the real planning?.....I called Geneva Hampton with the Joints in Motion Team about running the Dublin Marathon. Somewhere in the conversation, I lost my head and told her I would rather run across Arkansas then fly to Dublin. She took me up on my offer, and in a matter of days, the run was on the calendar.

What will your route or time table be?... I am going to run from Fort Smith to West Memphis. I will run on Highway 64 to Conway, and then cut through Little Rock. I will be running Cantrell Road through Little Rock then cross over the Broadway bridge into North Little Rock and take Highway 70 to West Memphis. I hope to run 35 to 40 miles a day.

Any special training you are doing....No not anything special. This has been a tough issue to mail down. I have decided to do a couple of 30 mile runs in May. I am currently running 20-25 miles for my long run. I am going to work up to 6 miles daily for my weekly short run. I ran the Ouachita Trail 50 Km April 8th. I am praying more than usual.

What is you run strategy once you begin at Fort Smith?....Walk the hills and run when I can. I am going to run from 6:00 a.m. to 2 or 3:00 p.m. with a 30 minute break for lunch. I invite everyone to come out and run all or part of it with me. I think the more people I have running with me each day the greater my chances of completion. I also would welcome any and all cyclist

(Jeff)This started as my dream but as I have worked with the Arthritis Foundation, and have heard from family, friends and strangers with deal with arthritis, I hope to raise money, awareness and hope. God has given me a wonderful opportunity to fulfill a running dream of mine. I hope my run will inspire others to pursue their dreams. If anyone would like to make a donation to the Arthritis Foundation please contact me and I will provide any information you will need. Email jthomass899@mail.com or (870)347 5971.

AURA QUESTION OF THE MONTH

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

- A. May's Question: Which of the following methods is most appropriate usage of your AURA Lucky Number. Check only one, please.
1. Use as a coupon for a two for one entrée at *Jacques and Suzannes* restaurant.()
 2. 15% discount on Nike Trail Shoes at "*Just For Feet*".()
 3. Aid Station preference at the *Arkansas Traveler 100 Mile Foot Race*.()
 4. One free *Wedgie* from the Bigshot.()

ULTRA CORNER

AURA members on the run this past month

Grasslands Run(Decatur, Texas)3-25-2000

50 Mile

Kim Pavelko 9:32:09 First Woman

10 Mile

Neil Hewitt 1:41:08 Scarlett Williams 2:31:25

American River 50 Mile

Stan Ferguson 7:10:12 12 Place
Chrissy Ferguson 9:32 9th straight finish for Chrissy

Ouachita Trail 50 Mile and 50Km April 1st, 2000

Ann Moore-Race Director

50Km

1. Dave Cawein 5:12:41
2. John Renick 5:13:42
3. Linda Musil 5:18:50 F
4. Wesley Barchenger 5:39:24
5. Jackie Edmonds 6:07:18
6. Lee Hess 6:07:19
7. Stephanie Shinaberry 6:10:59 F
8. Paulette Brockinton 6:15:27 F
9. Blair Whisenhunt 6:20:48 F
10. Larry Mabry 6:26:47
11. Ernie Peters 6:30:06
12. Gary Speas 6:30:07
13. John Hatcher 6:35:52
14. Chris Bettis 6:43:53 F
15. David Smith 6:45:12
16. Jeff Thomas 6:45:45
17. Pam Rusch 6:45:51 F
18. Martha Pelletier 6:45:51 F
19. Jim Gann 7:06:05
20. Rebecca Swift 7:31:18 F
21. Camille Yarbrough 7:31:19 F
22. Rob Apple 7:35:46
23. David Caillouet 7:52:30
24. Rob Magruder 8:07:22
25. Jane Lee 8:08:40 F
26. Kim Fischer 8:12:06 F

50 Mile

1. Dink Taylor 7:04:46
 2. Chuck Cofer 8:52:52
 3. Glen Boline 9:20:56
 4. Stuart Johnson 9:45:57
 5. Jim Sweatt 9:45:57
 6. Ken Ashby 9:46:59
 7. Angie Ransom 9:47:00 First Female
 8. Kim Pavelko 9:56:19 F
 9. John Gaston 10:05:03
 10. Mike Proctor 10:07:53
 11. Gary Welchman 10:50:43
 12. Ted Bowden 11:09:38
 13. Duane Grigg 11:10:59
 14. Shaun Schotmiller 11:40:30
 15. Dan Scharbor 11:41:14
 16. Carrie Dupriest 11:42:45 F
 17. Pattie Groth 11:42:45 F
 18. Bob Marston 12:49:50
 19. Rocke McClung 12:49:51
-
27. Bobbie Davidson 8:16:50
 28. Mike Buchanan 10:46:00

AURA CROSS TRAINING

Easy pace Bike Rides!
8:00 a.m.

4-16 Murray Park
parking lot at the
foot of Overlook hill.

4-23 Riverfront Park
(NLR)

4-30 Burns Park
water slide

If you want to host a
June ride, call Lou @
225-6609

Benton Track One Hour/Six Hour Track Run

April 22, 2000-Pete Ireland, Race Director

6-Hour Results*

Mule Martin 41 Miles
Kim Pavelko 34 Miles

*AURA's Chrissy Ferguson started one hour early and covered 44 miles in the first six hours and 50 Miles in just under 7 hours. The BigShot was the first AURA male member to complete the 1-Hour run with a distance of 2.5 miles.

Lake McMurtry Trail Run 2000

April 22, 2000-Oklahoma

AURA member results

50K		
Ricky Williams	5:08:41	10 th Place
Dan Scharbor	6:49:38	29 th Place
	36 finishers	
25K		
Joe Fennel	1:58:42	4 th Place
	49 finishers	

The Hickory Nut Mountain 20 miler (Eubie's Run)

Saturday, April 22, - 8:00 a.m.

The finest of Arkansas Ultra Runners gathered at the Crystal Springs Campground pavilion at 7:55 a.m. and received directions from Steve Fuhanks about the course from the start to the top of Hickory Nut Mountain Overlook and back. This would be an out and back course on forest service roads. We had a water stop every two miles, beautiful weather very cool temperature in the 40's and a high sky. What a perfect day. We left the park and about a quarter of a mile out we started our first gentle uphill.

Since we (most of us) train in the Ouachita National Forest west of Little Rock, the terrain was very nice (should I say gentle, well maybe not gentle) but beautiful rolling terrain going uphill from the start to the turnaround. The weather made me thankful to be a part of this new adventure.

When we reached the Hickory Nut Mtn. Overlook there was a breathtaking panorama of Lake Ouachita. This was a crystal clear day and the boats and islands on the lake were very visible. Eubie met us with a smile, bananas, bagels, other munches and more water. It was impossible not to delay the return for 10 minutes and take in the view before heading back down the forest service road to the finish. Most of the runners got to hang out at the pavilion and visit like in the old days. We each vowed to return to this training ground and

stay longer next time and take in more of the beauty of Lake Ouachita and the Crystal mountain area. The immediate area appears perfect for mountain biking, fishing, paddling boats, and camping. We need to consider a weekend, using this Arkansas secret, for our training and pleasure.—Lou Peyton

ULTRA RACE CALENDAR

A listing of Ultra Runs in Arkansas and Surrounding States.

(~)

(Place your refrigerator magnet here)

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.

May 20th, 2000 *The Catsmacker.* 22 miles(plus/minus) on Forest Service Roads. 6:30 a.m. start from the Ouachita Trail parking lot at Lake Sylvia. Stan and Chrissy Ferguson, Race Directors. No entry.

June 3rd, 2000 *National Trails Day Weekend.* 6 to 18 Miles Runs. Albert Pike Campground, Ouachita National Forest. Langley, Arkansas. See info and directions in this newsletter.

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.

ARKANSAS TRAVELLER 100 DIARY

Dear Diary—This is the application issue. The race application for those out of state and non-AURA members were mailed the 2nd week of March. If AURA members are planning on entering the race, this will be their application. Note the web page address for more information. This is the same application that will appear in *UltraRunning* hopefully this month. I have in hand the Special Use Permit from the USFS for the 2000 AT100. The post race Pavilion has been rented for Saturday October 22nd at Maumelle Park and will apply this week to the USAT&F for our sanction and certificate of insurance. Next up is Phase 2 of race planning: Set up a meeting with Tom, Jim and Dave for the month of June and start massaging volunteer egos. I hear that Fort Smith has at least one aid station and I'm going to hold out for two.

ATTENTION!

Notice to Retirees and Slackers. There is a crisis! It appears that some of the above mentioned are having a difficult time adjusting to Day-Light Savings Time. The problem is that some of you are waking up at your biological time—8:00 a.m., 9:00 a.m. DLS. After your breakfast of bran and oats and taking care of business it is apparently too soon to be thinking about eating a 11:00 a.m. Cheeseburger. We will try it one more time. The Hanger, Central Flying Service. May 16th, 11:00 a.m. My advice is to go to bed an hour early

2000 ARKANSAS TRAVELLER 100 MILE FOOT RACE

DATE: Saturday, October 7, 2000
TIME: 6:00 a.m.
ENTRY FEE: \$120.00. Limited entry. Special Race Memento to the first 100 entrants who are registered before September 1st.
PLACE: Lake Sylvia Recreation Area, Ouachita National Forest. 35 miles west of Little Rock, Arkansas.
COURSE: 17 mile loop followed by 83 miles out and back. Mountainous forest service roads, jeep trails and 7 miles of the Ouachita Trail. 24 aid stations. 30 hour cutoff.
AWARDS: Plaques to the first female and male finishers. Special buckles to Sub 24 hour finishers. Bronze buckles to 30 hour finishers.

For more information contact: Arkansas Ultra Running Association.
 41 White Oak Lane
 Little Rock, Arkansas 72227
 Charley Peyton (501) 225-6609
 Email: cpeyton@aristotle.net
<http://www.angelfire.com/ak3/at100>

**2000 Entry**

Name _____ Address _____
 City _____ State _____ Zip _____ Phone _____
 Anticipated finish time _____ Age on Race Day _____ Sex: M F Shirt Size _____

8TH ANNUAL NATIONAL TRAILS DAY CELEBRATION

ALBERT PIKE RECREATION AREA

OUACHITA NATIONAL FOREST

8 AM - SATURDAY, JUNE 3, 2000

7:45 AM --- TRAIL BRIEFING BEGINS AT THE ALBERT PIKE AMPHITHEATER
(MAPS & DESCRIPTION OF THE HIKE/RUN COURSES WILL BE DISCUSSED)

REGISTRATION BEGINS AT 7 AM NEAR THE ALBERT PIKE AMPHITHEATER
ALL NTD EVENTS ARE FREE --- NO ENTRY FEES, NO T-SHIRTS, NO AWARDS

18-MILE "BRUSHHEAP MOUNTAIN" CHALLENGE

This keyhole course begins at the speed bump in Area "C" of the Albert Pike Recreation Area. The course crosses the Little Missouri River bridge within the Recreation Area on Road 106 and continues (2 miles) to the "Winding Stairs" Trailhead. The course then leaves the road to the left and follows the Little Missouri Trail (crossing the Little Missouri "Wild" River at 2.5 miles) for 3 miles; then right across the Little Missouri "Wild" River on the Viles Branch Trail for 3.5 miles; then right on the Athens-Big Fork Trail for 3.2 miles; then right on Road 106 for 6.3 miles (past the "Winding Stairs" Trailhead) back to the starting point in the Albert Pike Recreation Area. This challenging course includes two river crossings, 15 creek crossings and over four mountaintops (Brushheap Mountain, Brushy Mountain, and Leader Mountain (twice)). Please do not attempt this course unless you are in excellent physical condition. Recommend running only if you have completed a Marathon. Water will be provided at start, 2, 6, 8.5, 11.7, 16 miles and the finish area.

6-MILE "WINDING STAIRS" OUT & BACK RIVER CHALLENGE

This out-and-back course begins at the "Winding Stairs" Trailhead which is 2 miles from Albert Pike Recreation Area on Road 106 (gravel). This course includes scenic views from the cliffs above the Little Missouri "Wild" River. Includes a footbridge crossing of Blaylock Creek and wading the Little Missouri River twice. The 3-mile turnaround will be at the intersection of the Little Missouri Trail and the Viles Branch Trail. There will be a Forest Service employee at the turnaround. Water available at this checkpoint.

For further information about these National Trails Day events, camping areas, etc. contact the Caddo Ranger District office in Glenwood, Arkansas at 870-356-4186.

Directions

From Hot Springs take Highway 70 west 36 miles through Glenwood to Salem. Turn west on Highway 84 and go 13 miles to Langley. At Langley turn north on Highway 369 and go 6 miles to the recreation area.