

THE ARKANSAS ULTRA RUNNER

February 2001

A Newsletter For Members and Friends of the Arkansas Ultra Running Association

Message From The Bigshot - With this issue we begin the 13th year of the AURA. As I look back over the first issues of the Newsletter, I am reminded of the reason for starting this endeavor. Road running was beginning to mature and ultra running (trail and over distance) was just beginning to catch fire. It was important to me to maintain a record of who did what and where runners went. A chronicle of ultra running is how I described the purpose of the AUR. I did not want to forget; I wanted a record. I knew that if somebody did not write it down that it would soon be forgotten. Just as the first 50 mile trail run is now largely forgotten. I cannot tell you the exact year but it was in the early 80's and if memory does not fail me, it was on the Bona Dea Trail, a four mile loop, at Russellville. Perhaps David Horton organized it and probably won it. I know that Henry Hawk ran it as well as Lou Peyton and Steve Eubanks. Who else? Can't say. It has slipped away. For this reason I tell you about the Governor's Cup 50 Mile Ultra Run and Endurance Horse Race in 1988 and 1989. 1988 was pre-AURA and it is doubtful that you have ever heard of it. The races were organized by Victoria and Mark Varley. They were a South African couple who had migrated to the USA and bought a horse farm near Mena. They single handedly organized a 50 Mile race that would be held in conjunction with a 50 Mile Endurance ride for horses. The race was scheduled for April of 1988 in the Ouachita National Forest in the Mena vicinity. In preparing for the race they offended the Turkey hunters and National Forest officials to the extent that they were forced to cancel at the last minute. They rescheduled for the fall in the Ozark National Forest in an area in the shadows of Mount Magazine. What is memorable about the race the entry fee--\$75.00, which was about twice the going rate at that time. The overall winner received \$750.00 with a \$500.00 bonus for finishing ahead of the first horse. There were approx. 18 entrants in the run. The entrants included Bryan Purcell from California who at that time was the number one ultra runner in the country. The race directors failed to accurately measure the route and instead of a 50 mile loop it was 56 miles. To the Varley's defense, there was a man at the 50 mile mark calling splits. Bryan Purcell was given two finish times: 6:41:50 for the 50 miles; 7:58 for the whole loop. For his efforts he picked up \$1250.00 No females were entered.

The following is my account of the race.

October 15, 6:30 a.m. and the 1988 Governor's Cup 50 mile Trail Run has just begun. I had lined up in the back of the pack with a goal of beating the 13 hour cut-off thus earning a coveted belt buckle. Race Director Victoria Varley had forewarned that the first 27 miles would be the toughest and the rest would be on rolling forest service roads. I settled into a very easy shuffle as to not aggravate a pulled groin that had brought my training to a halt three weeks prior. At three miles I heard foot steps coming from behind and Brian Purcell approached, wished me a good race, and then disappeared into the dawn. (He had overslept) Brian won the 1988 Western States

100 Mile Race in June. Moments later Roger Daniels, also of California, came flying by. This guy was 50+ and had finished Western States in June with a time of 19:25(He had also overslept). I stopped to relieve myself. Did I go out too fast or what? Victoria was right about the first 27 miles. It was very tough but all on dirt trails or soft jeep roads. Down into places like Bear Hollow and then up to the top and over Mount Magazine. Next came a three miles decline on the back side of Mt. Magazine which proved to be the character builder of the race and essentially the end of the first half of the race. To me this was good running in retrospect I wish we could have turned around and gone back. Somewhat tired at this point, I, a veteran ultramarathoner, waited for the bear to crawl on my back. It seems like every race, from one mile to a hundred miles, has a point where you start calling for your mom. This came at 28 miles. It dawned on me that what Victoria had called the easy part was one of those good news and bad news situations. The good news was the rolling hills; the bad news was that the Forest Service Roads were all large crushed rock. My feet suffered. Nevertheless in order to beat 13 hours, I went into my forward lean and picked my spots just trying to stay around four miles an hours. There were some good stretches where a better conditioned runner could have made up time, however, I was content to look at the scenery and enjoy my misery. Yes, I lucked in under 13 hours and it was by divine will I suspect because at one point I said that all I wanted to do was finish and die. When I finished I didn't look at the time. I just stopped running. The official said I did good and wrote down 12:58.(50 Miles)

The following year they moved the race to the McMahan farm on Hwy 7 north of Dover. The entry was again \$75 and if you wished to buy your shirt it was \$10.00, pre and post-race meals were \$5.00 and if you drove your car and parked in the pasture, it was an additional \$2.00. I remember that the grand prize drawing at the awards on Sunday morning was a Honda ATV and an Arabian Horse. I could have used the ATV, but the horse?--I don't think so. Because of the high entry fees and accessories, neither of these two races were well attended by runners.. Shortly after the second race, I got a letter from Victoria saying that she wanted the runners to organize the foot race. For our part there was no enthusiasm to take on the race and it died. Some of the more memorable things to come out of it was meeting Joel Guyer at the first one and Mickey Rollins showed up for his first trail run on the second.

Now you know the story as I recall it.

Calling All Volunteers.

Because of the storm damage on the Ouachita Trail, Ouachita Trail 50 RD, Chrissy Ferguson has scheduled a clean up in preparation for the April 21st race date. The following dates were sent to me by Chrissy:

Jan 27th-----Meet at the Pinnacle Mountain Visitor Center at 9:00 a.m.

February 10th-Same as above.

April 14th----- For the final clean-up and mark the trail for the race the next weekend.

2001 ULTRA TRAIL SERIES

Athens-Big Fork 15 Mile Run UTS #2/January 6th, 2001.

Big Fork, Arkansas

One of the greatest days in the history of the AURA. These are what memories are made of. The UTS has had fire, flooding, flash flooding and snow. We can add ice to the list of running conditions. Hats off to the race organizer David Samuel for his persistence in having this run. Despite our state being declared a disaster area due to the ice storms that struck Christmas eve, the run went off with only one hitch. The scheduled marathon was changed at the last moment to a 15 mile loop. It would have been very easy to cancel the race because of the dangerous conditions and impassable roads and no one would be faulted for it. As it turned out we had a near record crowd at the community center at the start of the race.

Name	Time	UTS Points
1. Stan Ferguson	2:09:34	62
2. John Gaston	2:11:26	51
3. Tom Brennan	2:18:55	40
4. Tom Aspel	2:22:33	34
5. Bill Coffelt	2:32:49	28
6. <u>Chrissy Ferguson</u>	3:00:56	56
7. Jim Sweatt	3:11:41	22
8. Mike Dupriest	3:11:42	16
9. Gary Welchman	3:20:17	12
10. Pete Ireland	3:39:39	9
11. Greg Bourns	3:59:15	6
12. <u>Patty Groth</u>	3:59:54	39.5
13. <u>Carrie Dupriest</u>	3:59:54	39.5
14. <u>Sandy Tull</u>	4:10:09	28
15. David Smith	4:16:28	3
16. <u>Vicki Ingram</u>	4:19:54	22
17. <u>Lou Peyton</u>	4:31:59	16
18. John Knapp	4:42:44	2

David Samuel	10 Miles	50 Credits
David Caillonet	7.5 miles	40 Credits
Tony Johnson	4 miles	30 Credits

FYI

The applications for the 2001 Leadville Trail 100 are out. Entry fee for the race \$195.00

AURA BED TIME STORY

This is a story of survival. Surviving without electricity, on the ice and in silence. It can be said that the BigShot makes up for his inadequacies by always having a back-up plan. After all if something will go wrong in his life, it most probably will, or at least he(I) think it might.. "Be prepared" is what my scout master used to preach. In my 58 years of existence, I don't think that I have ever been in a house without electricity. Now, I can't make that claim. When the first ice storm hit in December, I sat in my easy chair watching TV news telling about the power outages in North Little Rock. Actually, I felt a little guilty for feeling so smug. They seemed to be having all the fun on the other side of the bridges. Then when news came of the approaching 2nd ice storm at Christmas, I took stock of what was most important to me. What would I miss most without electricity. No contest-TV. If the Heights lost its power, I would lose my central heat. No problem-I have been chopping wood and purchased a kerosene heater. Got warmth! Several years ago I went to Sam's; and bought a generator. It wasn't a very large one but it was cheap and it had wheels so that I could roll it around. But what clinched the sale was the name- Coleman **ULTRA POWER MATE**. With a name like **ULTRA** it must be a good one. So with my five gallon can full of gas and 150 feet of electrical cord ready, I waited and dared the transformers to blow. And By GOD they did blow and arc and pop. On a Wednesday, the BigShot woke up to darkness. After the initial shock I went to Plan A-Position the generator for the 6:00 p.m. news. I have to watch the weather. With a swift pull of the cord, the **ULTRA** fired up and there were Denise and Kent on Channel Four. At 7:00(one hour later) the screen started to flicker and then silence again. I found my flash light, the one that holds three D-cells and followed the wires to the generator. Out of gas. To hit the gas hole with a flashlight and pour out of a 5-gallon tank is no easy job. You AURA Brothers and Sisters try to hold a 3 D-cell flashlight in your mouth while lifting a 40 pound gas jug. I repeatedly lost my gripe on the light in mid pour and away the light would slide. Gas spewing everywhere! I started to calculate the chances of the spilled gas igniting when I restarted the machine. How long should I wait? Not long, it was 12 degrees and **Dateline NBC** is on next. I wondered how it would feel to be burned out and homeless. Probably that would be much worse than no TV. The process was repeated at 8, 9 and 10:00 o'clock. How in the world can someone design a generator by the name of **ULTRA** and it run only one hour on a tank of gas. Thankfully, after three days of this routine, the lights were turned back on and life returned to normal. But, I am working on other contingency plans. I ordered and have received a pair of **YAKTRAX**. These are little devices you can attach to your shoes and go anywhere on snow and ice. Next, I bought a pair of tire chains for my Toyota AT100. You do understand that I paid a premium for the chains but they will be worth it. I can now take my choice to either walk out or drive out when the next snow flies. Wal-Mart will not be denied.

ATTENTION AURA MEMBERS-Arkansas Traveller 100 Race Director, Chrissy Ferguson is asking for AURA Members to share your E-mail address with her. This will enhance communication with important AURA and AT100 business.
E-mail ---- stanchrissy@earthlink.net

REGIONAL ULTRA CALENDAR

February 3, 2001	<u>THE ROCKY RACCOON 100 MILE RUN</u>
Huntsville, Texas. Contact: Mickey Rollins 1945 Campbell Road, Houston, Texas 77080	
FEBRUARY 3 rd , 2001	<u>WHITE ROCK, CLASSIC, 25 AND 50K-UTS #3</u>
Cass, Arkansas. No Entry. Plenty of thrills; not many frills. 9:00 a.m. start.	
FEBRUARY 17 th , 2001	<u>SYLAMORE TRAIL 50K-UTS #4</u>
Allison, Arkansas. Contact: Randy and Bobby Davidson.(Application next issue)	
MARCH 3 rd , 2001	<u>MISSISSIPPI TRAIL 50</u>
Laurel, Mississippi	Applications this issue.
MARCH 17 TH , 2001	<u>CROSS TIMBERS 50 MILE TRAIL RUN</u>
Lake Texhoma, Texas	Tony Birdwell, 580-924-9293
MARCH 31, 2001	<u>THE GRASSLANDS 10.25 and 50 Miles.</u>
Decatur, Texas. Contact: Suzi Cope 3550, Carmel Court, Southlake, Texas 76092	
APRIL 21 ST , 2001	<u>THE OUACHITA TRAIL 50</u>
Little Rock, Arkansas	Applications soon.(UTS #5)
MAY 5 TH , 2001	<u>STROLLIN' JIM 40.</u>
Wartrace, Tennessee Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183	
MAY 19 TH , 2001	<u>THE CATSMACKER UTS #6</u>
Lake Sylvia area	Arrangements Pending.

UTS=Ultra Trail Series run.



Mike Dupriest and Jim Sweatt on the ice at the **ATHENS-BIG FORK 15 MILE RUN**

AURA 2001 Application

After 12 years of newsletters, fun runs, points, credits, bumper stickers and T-shirts, the Bigshot has made a command decision to upgrade the status of the AURA. Each of you is invited to be a part of the AURA in the new millennium. Because of the interest of new runners and races, he felt that if the AURA was to continue to grow, it needed credibility. Credibility that comes by being affiliated with a national running organization-Road Runner Club of America. The advantage to this move is in the form of recognition that is needed in dealing with governmental. The advantage to this move is in the form of recognition that is needed in dealing with governmental and private sector agencies. (Think- U.S. Forest Service.) Also, with the RRCA comes event and race director liability insurance. If new races are to come and new race directors are to step up, we need to have it. The disadvantage to this move is that the Bigshot will lose control. We'll let him deal with it. So here is what will happen. You will find in this newsletter an AURA application. \$10.00 per family for the 2001 running year. There will be two boxes. One to check if you want to continue as you did this year and receive the Newsletter only or (2) check if you want to be a member of the AURA/RRCA. If your application is not checked, I will assume that you wish to be a part of the changes that are in progress. When our membership drive closes with the February issue, we will meet sometime in March and elect officers. Then we will send our application to the national office and it will be a done deal. If you have any comments-225-6609 or cpeyton@aristotle.net(preferred)

The following was e-mailed to me with the request to insert in the AURA newsletter.

2001 Membership Application Arkansas Ultra Running Association

Name _____
Street _____
Town, State, Zip _____
E-mail(optional) _____

Draw a dark line and connect the arrows to signify you vote

Option 1--) (--I would like to join the AURA/RRCA(\$10.00)

OR

*Option 2--) (--I would like to renew my AURA membership(Newspaper only\$10.00)

*-The second option is for current AURA Members only.

Send Application and \$10.00 to
Charley Peyton
41 WhiteOak Lane
Little Rock, AR 72227

2001 ULTRA TRAIL SERIES

NAME	Midnight 50K	Big Fork 15 Mile	White Rock 50K	Sylamore 50K	Ouachita 50	Catnapper	Total
Stan Ferguson	59	62					
Robert Orr(M)	48	X					
Ricky Williams	37	X					
Pete Irelans(SS)	31	9					
Jim Sweath(M)	25	22					
Ernie Peters(S)	19	X					
Dan Scharber(M)	13	X					
Rob McGruder(SS)	9	X					
John Knapp(SS)	6	2					
John Gaston	X	51					
Tom Brennan	X	40					
Tom Aspel(M)	X	34					
Bill Coffelt	X	28					
Michael Dupriest	X	16					
Gary Welchman	X	12					
Greg Bourns	X	6					
David Smith	X	3					
Female							
Chrissy Ferguson	57	56					
Kimberly Pavelko	46	X					
Patty Groth	35	45					
Rhonda Ferguson	29	X					
Dianne Serger	23	X					
Lou Peyton	17	16					
Donna Duerr	11	X					
Carrie Dupriest	X	34					
Sandy Tull	X	28					
Vicki Ingram	X	22					

Rules;

1. Age group determined by your age at the time of the 2001 Midnight 50K(7-22-01)
2. Every effort will be made to determine your correct age.
3. To be eligible for the King and Queen awards, you must complete at least two runs.
4. We will have one "throwaway". I.E. only five of the runs will count in the final standings.
5. At the Ouachita Trail 50K and 50 Miler, either of the races can be used for the points standings.
6. 0=Open; M=40/49; S= 50/59; SS(super senior)=60+
7. First person to complain about the rules, get to be in charge 2002.