

*Heart O' Traveller Training Runs
Scheduled For Labor Day Weekend!*

The ARKANSAS ULTRA RUNNER

September 2004

Newsletter For Members And Friends Of The Arkansas Ultra Running Association

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. "Baby needs a new pair of shoes!"

MESSAGE FROM THE BIGSHOT – The Heart O' Traveller training runs over the Labor Day weekend are open to all whether or not you are running, pacing or working the AT100. I encourage everyone to come out to do all or part of the training exercise. If you want to do the routes on mountain bikes that is encouraged, too. All I ask is that you remember that we will be in the Lake Winona Warden's sleeping time for the start of the Saturday run. So please hold down the noise at the start.

We started the Heart O' Traveller weekend for the first AT100 in 1991. For those of you who have forgotten, it corresponds to the BS's first two rules for successfully completing a 100 mile run. Rule #1 – Train on terrain that is similar to that which you will be running, and rule #2 – Familiarize yourself with the course. For those not running or pacing, it is an opportunity to see the "good" part of the Arkansas Traveller.

Speaking of Rule #1 – In my not-so-humble opinion I believe what has lead to the success of so many Arkies finishing the AT100 is the training runs over the course or a route similar to it. In the early days we had a mid week run called the Three Mountain Run which if memory serves me was a 10 mile route that began just past the Arkansas Forestry Commission trailer on Hwy 10. Readers of the newsletter might remember my lamenting the loss of the Deltic Timber area on Hwy 10 due to the deer clubs leasing the area. We then moved the mid week run to Camp Robinson and then to Chenalt Mountain. Camp Robinson went "off limits" and the Chenalt Mountain area has been developed with Wal-Mart, etc. (FYI-the Three Mountain run is now the site of the new, exclusive golf course that Mr Warren Stephens is building. The only way we will see the area again is by being a caddie for the Big Shots.) So for several years we have been without. But—now the BS has found another area that looks promising, and it is close to home. It is the Emerald Park Mountain Bike Trail near Fort Roots in North Little Rock. The trail is still under development but it offers some good Arkansas Traveller training possibilities. Parking at the Burns Park boat ramp an out and back segment would be six miles. It is mountainous, rocky and runnable. And, like I said, close to home. Give it a try

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and let me know what you think. PS –We are trying to get up a Wednesday afternoon run starting at around 6:00p.m from the Burns Park boat ramp and do it.

Help Wanted! Most of you know by now that our AURA brother, Tom Holland, has moved back to Little Rock and lives in an apartment on River Road. Tom's health seems to be pretty good now and I see him walking on the River Trail. However he cannot drive. I write this without his knowledge. My call for help is to ask if there is anyone who would be willing to pick him up and take him to the Retreads the first Wednesday of this month. I would do it myself but I might be conflicted. Like I said Tom is not aware that I am writing this. If anyone volunteers, I will give him a call and set it up. *RETREADS* meet this month on September 1st. Contact me at 225-6609 or chrlypytn@aol.com.

HEART O' TRAVELLER TRAINING RUNS

Chrissy has received a special favor from the Lake Winona warden that will allow us to use the Lake Winona picnic area for the start and finish of the Saturday run. The gate to the picnic area does not normally open until 8:00 a.m. however this year he is opening it up early. Since the warden and his family also live there, and will be sleeping, Chrissy is asking everyone attending to seriously "hold it down" until after the run starts and you have cleared the area. No car door slamming: no pre-run monkey-shines.

Chrissy has big plans at the picnic pavilion after the run which includes hot dogs, cold drinks and chips. If you desire to bring a side dish, that will be great. Don't forget your lawn chair. If you wish to coordinate with Chrissy do 501-329-6688 or STANCHRISSY@EARTHLINK.NET.

Directions to the Saturday, September 4th run, 24 miles(+/-)
6:30 a.m. start

Hwy 10 west from Little Rock. At the Williams Junction Grocery Store, turn left onto Hwy 9. Follow Hwy 9 approx 5.5 miles to Lake Winona Road. Turn right. Go 4 miles(the first two are blacktop; the last two are gravel) to the Lake Winona picnic area. Turn left at the gate and follow the road to the picnic tables. Run will start promptly at 6:30 a.m. Course will be marked and water set out. One aid station at 9 miles with cokes water and Gatorade.

Direction to the Monday, Labor Day Run, September 6th. 24 miles (+/-) UTS #2, the Smith Mountain Loop. 6:30 a.m. start

Follow directions above to Lake Winona. Continue past the Lake Winona picnic area. You are now on FSR 114. Follow FSR 114 for 7.5 miles to the intersection of FSR #2 and 114. This is a three way intersection with ample room to park. Run will start at 6:30 a.m. Water will be set out; course will be marked. One aid station about midway with water, coke and Gatorade. Bring goodies to share after the run.

***Be an AT-100 Volunteer
And become an AURA Hero!
Chrissy @ 501-329-6688.***

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RETREADS (*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with a runner related item to identify ourselves; sometimes we bring old pictures or race results

ULTRA TRAIL SERIES

This is a list of the first few races on the 2004/2005 UTS.
Details are largely pending but in the coming weeks,
more will be forthcoming.

July 24th, 2004 *The Midnight 50Km*. UTS #1 8:00 p.m. from the Ouachita Trail parking lot at Lake Sylvia

Sept 6th, 2004 *Smith Mountain Loop* UTS #2 6:30 a.m. from the intersection of FSR 2 and FSR 114. Details on page one in this newsletter.

Nov 13th, 2004. *Gulpha Gorge Challenge* 16-18 miles. UTS #3 7 a.m. start from the Gulpha Gorge campground in Hot Springs.

Dec ??, 2004 *Trail Run*. UTS #4. 7:00 a.m. start. Details pending.

Jan 8th, 2005 *Athens-Big Fork Trail Marathon*. UTS #5 8:00 a.m. start from the Big Fork Community Center, Big Fork Arkansas.

Feb 5th, 2005 *White Rock Classic* 50Km UTS #6 (also 25Km fun run) 9:00 a.m. start. Turner Bend near Cass, Arkansas, on Hwy 23.

Feb 19th, 2005 *Sylamore Trail 50Km* UTS #7. Allison, Arkansas. 7:00 a.m. start. Randy and Bobbie Davidson, RD's. pathpounder@sbcglobal.net

Mar 18-20th *Three Days of Sylamo* UTS #8. Mountain View area. Information later

Apr 16th, 2005 *Ouachita Trail 50 Miler/50Km* UTS #9. Little Rock, Arkansas. Stan and Chrissy Ferguson, RD's. 501-329-6688.

TBA *The Catsmacker* UTS #10. Lake Sylvia Rec Area. Stan and Chrisy Ferguson, RD's. 501-329-6688.

Arkansas Traveller Volunteer and Runner Picnic has been set for
October 24th, 4:00 P.M. at Maumelle Park, Pavilion Number 8.
Complete details in the next issue of the *AURA* Newsletter.

ULTRA CORNER

Kettle Moraine 100 Miler*

June 5th/6th, 2004

Eagle, Wisconsin

Mario Martinez 26:06:8

Barbara Bellows 26:06:8

From the AURA Kettle Moraine Achieves

Paul Schoenlaub(03) 18:14:16

Paul Schoenlaub(02) 20:25:08

Mario Martinez(04) 26:06:8

Barbara Bellows(04) 26:06:8

2004 Leadville Trail 100 Miler

Leadville, Colorado

August 21st, 2004

Paul Schoenlaub 26:48:07

From the AURA Leadville Trail 100 Achieves*

STEPHEN TUCKER(89) 21:32:45

RAY BAILEY(94) 22:37:34

RAY BAILEY(92) 22:39:29

BILL LASTER(90) 22:43:35

BILL LASTER(91) 22:55:45

BILLY SIMPSON(03) 23:41:49

BILL COLFELT(90) 24:43:11

ROBERT ORR(03) 24:43:34

BILL LASTER((92) 25:22:15

STEVE MCBEE(03) 25:26:08

BILL LASTER (99) 25:35:33

BILL LASTER(97) 25:36:29

BILL LASTER(88) 26:07:54

RAY BAILEY(00) 26:20:30

PAUL SCHOENLAUB(04) 26:48:07

LARRY MABRY(91) 27:27

ELLIS JAMES(98) 27:38:02

DR. FEELGOOD(94) 27:38:25

BILL LASTER(98) 28:08:24

DR. FEELGOOD(96) 28:19:29

JACK EVANS(95) 28:24:57

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GREG EASON(01)	28:29:13
NICK WILLIAMS(88)	28:31:37
MAX HOOPER(88)	28:31:40
LARRY MARRY(88)	28:37:24
LARRY MABRY(92)	28:40:12
MIKE HEALD(92)	28:40:13
LARRY MABRY(89)	28:47:37
LOU PEYTON(88)	28:48:44
LOU PEYTON(89)	28:58:34
MAX HOOPER(89)	29:11:34
ROBERTA ORR(98)	29:27:34
BOB MARSTON(97)	29:40:14
TOM HOLLAND(93)	29:44:46
MARIO MARTINEZ(99)	29:49:28
ANGIE RANSOM(98)	29:50:11
MORRIS MILLER(99)	29:58:47

* - Report errors, omissions or additions to
chrlypytn@aol.com

AURA's SEPTEMBER HOROSCOPE

Libra - Can it be true that *Motherhood* is in your near future? **Leo** -Following your next Ultra-marathon beware of the *Judas Kiss!* **Aquarius** -Your fantasy companion might be standing at the finish-line at a mid autumn ultra race with a smile that is meant for you. . **Gemini** -A more subtle approach to your running attire will garner you the attention that you so much crave.

MORE MESSAGE FROM THE BIGSHOT

The AURA welcomes three new members this month: William Dorsey from Cordova, Tennessee, Corky and Tom Zaloudek of Little Rock and Tom Holland of Little Rock. Tom is renewing his membership after about a 12 year absence. FYI – Tom organized the first 212 Aid Station at the Arkansas Traveller 100 in 1991. It was commonly known as the “Christmas Tree” aid station for the multitude of Christmas lights that surrounded the road intersection. In 1992 Tom ran the Arkansas Traveller in 24:41:24 and went on to finish the 1993 Leadville Trail 100 with a time of 29:44:26. He left Little Rock for Arizona, then Utah and now has circled back to Arkansas.

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AURA SPECIAL REPORT

2004 Leadville 100 by Mike Dupriest

Writing this is not easy. I very much would like to report that I crossed the finish line. I did not, but I accept it as such. To all my fellow AURA brothers and sisters, and to my friends and coworkers, your thoughts are very much appreciated. Lou, thank you for your kind words.

Well, I do think my training was adequate. I was on pace at May Queen(15.5 miles) arriving at 2:28. That is an 11 minute pace at 10,000 feet. Chrissy, Brett Bassham, and I came in together. We left May Queen together and continued over Hagerman's Pass and Sugar Loaf at about 11,000 feet. Running down from Sugar Loaf is when my right knee began to bother me. My right knee had bothered me a little bit all summer off and on. At the Midnight 50 Km I ran well, but the discomfort was minimal. I would call the problem patelofemoral pain.

Well, at that point I thought I could run through the discomfort and felt fine at Fish Hatchery(23.5). From there, Brett, Chrissy, and myself, ran to Tree-line. This portion is relativeLY flat, but at 10,000 feet. When I arrived my right knee was hurting some and I taped it. I think then I realized that things were not going well was running down to Twin Lakes from Half-moon(30.5 miles). Climbing up to the Mt Elbert trail was not a problem. The run down about 6 to 7 miles, just hurt. Thus, I could not run as aggressively as I would have liked and came into Twin Lakes(39.5 miles) at about 8:41 elapsed time. I wanted to be there at 8:30. Cutoff is 10.5 hours elapsed time. I was well below cutoff, but my knee was hurting and beginning to swell. Now I do not commonly take medication for pain, but I took one Advil and proceeded across the meadow and the climb. The climb up Hope Pass was fine. I attempted to run down the Winfield side, but it just hurt. I knew then that in order to complete this run I would need to be able to run the down-hills and I just could not do it. I had lost time into Twin Lakes and Winfield due to my inability to move quickly downhill.

I arrived at Winfield(50 miles) at 13:17 elapsed time. I was 45 minutes off my pace at that point. I had the physician at Winfield look at my knee. It was mildly swollen and tender. I wanted her to tell me I needed to discontinue. I knew to continue was not wise, but I just could not make the decision myself. I could have made it back to Twin Lakes and maybe even Half-moon, but I came to finish. I just could not see the point of continuing putting myself at added risk of injury to just go further.

Will I go back? Of course. I will be a little wiser and make some slight changes in my strategy. But when it comes to the 100 mile run so many things have to go right as many of you know. Leadville is an extremely hard 100 miler. I have the greatest respect for those I know who have finished this race.

In retrospect I accept what happened. At Winfield I was asking myself why I put myself through so much pain and discomfort to participate in this strange sport of ultrarunning, all around me were people in obvious discomfort. This is a question endemic to this sport. I cannot answer for others, but for me I want to grow physically, mentally and spiritually. I want to look back on my life and say that I gave it "my" best. I want to experience the presence of the journey both good and bad. Ultrarunning particularly the 100 mile run is laconic. A little piece of life that is dissected out, with trials and tribulations added. That is the beauty and simplicity of it.

P.S. ---Brett went on to finish in just under 28 hours. Chrissy dropped at Half-moon(70 miles) due to altitude sickness. Patty missed cutoff on the return to Twin Lakes(60 miles). I admire Patty's bravery for going back over Hope Pass knowing that she would miss the Cutoff. Paul Schoenlaub finished and will be headed to Wasatch to complete the Grand Slam! Thanks to Carrie for crewing me and urging me to push on at Twin Lakes. I am truly blessed with such a soul mate. Thanks to my girls for being so proud of their dad even in failure. Thanks to Chrissy for pushing me in training this summer and in believing in me. Thanks to Bob Marston for being at the Trailhead and helping me out. The third time is the charm. Thanks to Ann and Mona for being so supportive and such good condo mates. You girls are funny. Thank you Larry, Harold and my community group for your prayers. Thank you Father for my physical health.

AURA CROSS TRAINING REPORT



In late June AURA members Pete Ireland, Lou Peyton, John Knapp and the BS paddled the Fourche Lafave River from Perryville to near Bigelow. Pictured at the finish with raised paddle and without shirt is John Knapp. On the right with his AT100 shirt and *Early Times* water receptacle is the BS. We hope to do the exercise again in the Fall and welcome you all to join us