

THE ARKANSAS ULTRA RUNNER

VOLUME VII

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The Newsletter for Ultra Runners In Arkansas

Ultra News - The Arkansas Ultra Runner took two direct hits this month. "Were you scared, Harley?" No, no, not that kind of hit. But, it was bad news. Jack Okie Allsup's ultra plans were put on hold as a result of an alter call July 1st (taken in matrimony). Jack was a charter member of the 60K Training Club and in fact assisted with Professor Williams and myself in producing Arkansas's 1st ultra training movie. Now that, ultra friends, is one you must see. He and his blushing bride are off to Switzerland for consumation. It is doubtful that Jack can make a comeback.

The other shocker is that I talked to Colonel Dale Green at the last Roadrunner potluck dinner and he bid me farewell. He stated, "I'm moving to Texas". The Colonel is retiring after thirty years in the Army and taking up position in Plainview, Texas. "Did you hear that, Red"? (Red Spicer in Amarillo). The Colonel recently ran a 9:28 at The Long Crossing. I wish I could afford his house. The Colonel and Ms. Marilyn have a fine house.

I was dressed down pretty good recently by the Sarge. She was aggitated because I censored some of her letter that appeared in July edition of the Ultra Runner. In my weak kneed defence, I tried to explain that this publication is read by many young minds and that I didn't want to give any budding ultra runner the wrong impression. She seemed to take it all in stride and I hope she understands my responsibilities. You know there might be something to her fermented cabbage because the paper reported that she ran a 18:22 at the Firecracker Fast 5K. Perhaps you've noted a change of course in the map reproductions. Yes, the Reverend, Tom Chapin, has applied his many talents once again — and will make sure we are on course and up to scale.

Last Item - A new feature this month is the first ever Arkansas Ultra Running Cartoon. The humor is local and I apologize if they appear to be inside jokes. I will call this cartoon "The In Side".

Ultra Training Tip - "Pacing For The Long One."

The Bible refers to this subject in the parable of the "unevenly yoked." It tells of two oxen being yoked together and described the tasks that they can do when they are working together and of the difficulties they have as a team if unevenly matched. Whether you are officially pacing or running with someone on an ultra run, be prepared. If you are a pacer know beforehand what your runner wants you to do. He selected you for a reason be it companionship, conversation, moral support, a scout (finding the trail) and/or porter (carrying the supplies). Overcome that natural desire to see the course and concentrate on your runner. Yoke yourself to him and match strategies thereby gaining strength.

With regards to running with someone on an ultra run it's been said that when three people are running together, two are running the wrong pace. Let me give you some examples and you rhetorically answer whether the circumstances are evenly or unevenly yoked. Example one. Dan Bartell, the Tuxedoman, and I ran the 1988 60K. We were stride for stride through fifteen miles. He was talking and I was listening. Now there is no finer man than the Tuxedoman anywhere and I consider it an honor to lace up a pair of running shoes with Dan. However this day Dan kept elbowing me off the road. I don't know whether the distance made him nervous or what. All I know is that I was running in the weeds and gravel trying to avoid catching his left elbow. I finally fainted a pit stop and let him go. Even or uneven?

Example two - The First 60K. The Professor and I ran step for step the entire distance. When he walked, I walked. When he ran hard; I ran hard. When he tired; I tired and this drew strength from one another. Evenly or unevenly?

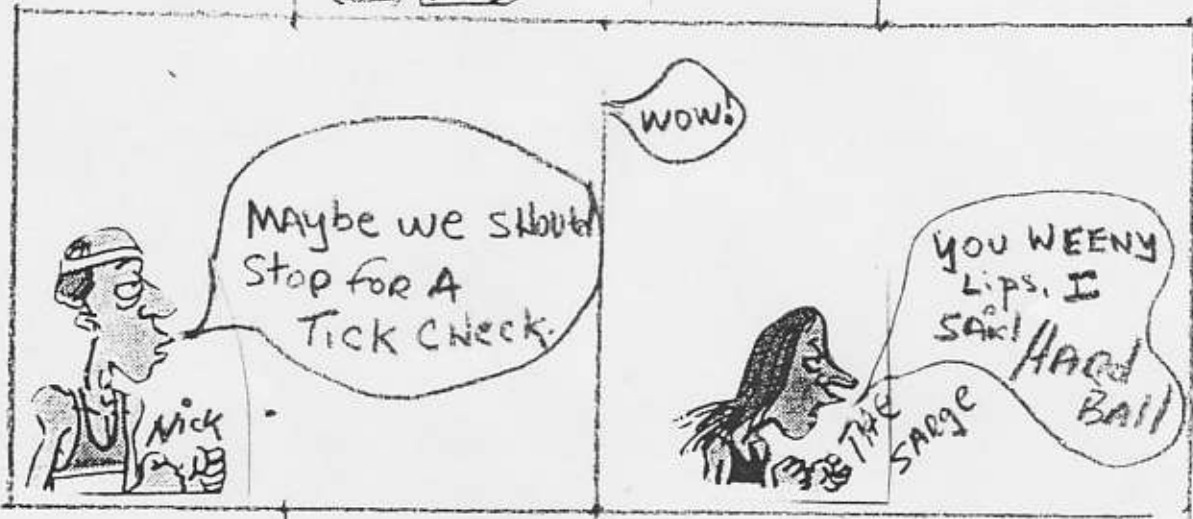
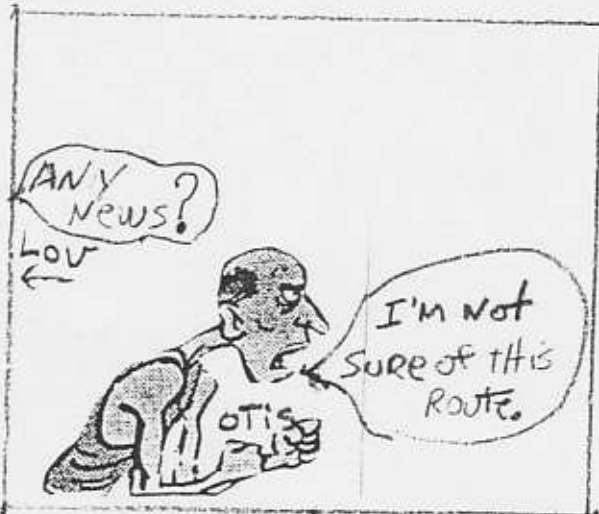
Example three - This unnamed ultra runner and I usually finish a race or training run about the same time. However, he walks fast and I slow. He walks hills; I run hills. He runs downhill. I have to slow down on the downhills. Even though we finish at the same time, it would be a mistake to run together. In short, if you're going to run with someone or let someone run with you be prepared to compromise.

From the Editor - The Arkansas Ultra Running Newsletter Editor is taking orders now for a bound(?) volume of all twelve newsletters of 1989. This is surely to be a collectors item that will be cherished for years to come. This special booklet will also contain all of your favorite running maps plus the Ultra Running Cartoons. There's more' Do-It-Yourself instructions on How to Train for an Ultra Marathon and A History of the Long Crossing plus complete race results. Turn in your order now and receive your Personal Running Horoscope from the Big Shot, himself. Don't delay. Receive this once in a lifetime offer in time for Christmas. Send \$5.00 to Harley. Your contribution will be used to offset the cost of printing and mailing the monthly newsletter.

Ultra News Flash - NEW RUNNING ROUTE DISCOVERED - On July 15, Nick, Lou, Stephen Tucker and myself set out on uncharted waters off of Highway 9 and ran back to Highway 10. The route connected to part of the Pigeon Roost Loop. Nick and The Tuck finished in 3:30, Lou in 4:00 and I drug in at 4:30. If no one has named this run by the time you read this news flash I will name it the Bastille Run after Bastille Day on July 15th. Anyway, there were some outstanding climbs, coming and going and with a little fine tuning, it promises to be a classic.

Warm Regards,

THE  
IN Side  
By  
Harley



"The SARGE Certainly HAS A WAY WITH WORDS!"

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Pigeon Roost Mtn Run - 15 miles

