

THE ARKANSAS ULTRA RUNNER

VOLUME VI

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The newsletter For Ultra Runners In Arkansas

Letter To The Editor - Yes! I hit home pretty hard in last month's article "Hardball." I received a nice note from Mrs. Gray (Sarge) in which she catches me up on her activities since being taken in matrimony. To paraphrase her activities Mrs. Gray states that she has not greatly changed but has only made minor adjustments that are simply a natural flowing within the world of change. She says she is spending extended time in the kitchen where exciting experiences occur daily. "I spend long, focused hours in my mixing room," stated Mrs. Gray, "brewing special compotes and elixirs of youth and endurance. She offers the following recipe. Ultra-nutrition from Sarge's Kitchen: This potion addresses the issue of colon health. Faulty nutrition results from poor digestion, delaying recovery times and prolonging fatigue. By properly cleansing the colon and by encouraging a healthy population of those friendly lactobacteria; the toxins and evil gases of putrefactive bacteria that frequently overtax the colon environment can be virtually eliminated. The recommended formula to achieve this is cabbage rejurelac. Easily obtained by fermenting fresh cabbage, a healthy population of lactobacteria in the intestinal tract can be achieved in one to three months. Take $\frac{1}{2}$ cup orally three times a day, preferably with meals.

Cabbage Rejurelac

1 $\frac{3}{4}$ C. distilled water

3 C. coarsely chopped cabbage

Put in blender on low speed, pour into jar, cover, and let stand at room temperature for three days. Strain off liquid and drink $\frac{1}{2}$ C. three times a day.

Each morning after straining off fresh rejurelac, blend together $1\frac{1}{2}$ C. distilled water, 3 C. chopped cabbage, $\frac{1}{4}$ C. fresh rejurelac. Pour into jar, let stand at room temperature for 24 hours. Strain and drink as previously directed.

Reasonably bulky, well lubricated stools will result and will be a real pleasure on an ultra-run. My new husband constantly exclaims over my coloring and his eyes have never looked so bright and clear.

I hope that this research is of much help to you. My next contribution for your publication will highlight the results of my on-going research taking place in the other room that I mentioned. Sex changes can be fun.

Warm regards,

Sargette



Trail Series Information - The first two dates of the trail series have been set. The Pigeon Roost (14 miles) will start at 6:30 a.m. August 5th. The Breadbasket Loop (21 miles) will be on Sept. 9th. Both of these runs are remote and mountainous. Runners are advised to carry water bottles. An effort will be made to place water at the midway point. Hardball. To reach the start of the Pigeon Roost, go Highway 10 approximately 16 miles from the I-430/Highway 10 overpass and look for a forest service road leading to the left. There should be runners and cars parked on the road. The following page will give you all the information concerning the series. For directions call Nick Williams 225-5557 or Harley at 225-6609. Read it and weep.

FORMAT FOR THE ULTRA TRAIL SERIES - NICK WILLIAMS AND HARLEY PEYTON

1. The purpose of this series is to promote trail running and to provide recognition to our most successful trail runners.
2. Runs will be on trails or forest service roads.
3. Each run will be scheduled in the Democrat and Gazette newspapers.
4. No entry fee. No entry registration. If results are wanted, each runner should furnish to us a stamped self-addressed envelope.
5. Be advised that the terrain is hilly and often rocky. Although no trail or marathon experience is required, for your own well being you must be an experienced runner.
6. Maps will be provided.
7. Aid (water) if it is feasible, will be set out at a halfway point, which will be determined prior to the start.
8. Finishers will keep their own time on a roster provided by us.
9. Points will be awarded to the finishers in the following manner:

<u>MALE</u>				<u>FEMALE</u>			
1st	"	50	points	1st	"	10	points
2nd	"	40	"	2nd	"	7	"
3rd	"	25	"	3rd	"	5	"
4th	"	20	"	4th	"	3	"
5th	"	15	"	5th & over	"	1	"
6th	"	10	"				
7th	"	7	"				
8th	"	5	"				
9th	"	3	"				
10th & over	"	1	"				

10. Runs are often isolated. Be smart and carry a running pack that includes water bottles, a plastic garbage sack and any food needs.
11. There are seven runs planned. The first run will take place in late August to early September. The last run will be in late April. Distances range from 14 to 28 miles. The dates of the runs will be set so as not to conflict with existing ultra races or prominent running events in this area. A tentative schedule looks like this: August-Pigeon Roost, 14 mile; September-Bread Basket, 21 mile; October-Tom/Harley, 28 mile; November-(open); December-10-9-10, 21 mile; January-Mobile marathon, 24 mile; February-Winona Loop, 20 mile; March-(open); April-Pipeline Express, 14 mile. In case a run has to be cancelled, efforts will be made to reschedule.
12. The male and female with the most points will be crowned "King and Queen of the Trails" and be so honored for the duration of the running year.

ULTRA TRAINING TIPS - "Learning From the Mistakes of Others."

In last month's issue of the "ARKANSAS ULTRA RUNNER," our training tip concerned "Nighttime Training" that is, building toughness by practicing overcoming that mental barrier of night-fall on a 100 miler. The following account is what happened when Lou and Harley went out, 5-26-89, to get mentally toughened up. At the conclusion of the story, I will sum up what you should learn from our experience. The story goes as follows: As usual Lou was counting down to Western States and her schedule called for two night runs. The Breadbasket Loop (21 miles) was our route and with a 9 p.m. start we figured to be finished by at least 1:30 a.m. Several other runners had expressed an interest to go out for one reason or another had backed out. Tom Chapin, the Reverend, was a possible show but since he had a prior committment would meet us at the powerline junction at seven miles. (Get out your February issue map and follow along). It was hot and sultry starting out. We were both in shorts and t-shirts wearing water bottles and packs. Moving off down the forest service road, lightening in the distance lite up the trail so that a flashlight was not needed. I assumed it was heat lightening due to the absence of thunder. At 2.5 miles we passed the low water bridge and began the ascent over the first mountain. Cresting the summit, we heard our first sound of thunder and felt the first rain drop. Little did we know that this was the beginning of the first wave in a series of rain and lightening storms that would drop almost four inches of rain on us. The rain came in buckets. The lightening was slamming into the hillside deafening. Were you scared, Harley? Mighty right I was and I said to myself that when I get to the powerline junction I'll get in the truck with Tom and go home! Approaching the junction, Tom, we found out later, had left not two minutes before. Scared off by the lightening. We assessed our situation and decided the worst was over and pushed on. Then the second wave hit. No turning back, we headed for Pigeon Roost Mountain and 13.5 miles. Approaching Pigeon Roost we were blinded by truck lights. The Reverend Tom had gotten worried and come to check on us. It was 11:30 p.m. We felt frisky now, hot and steamy from the run up Pigeon Roost and

declined Tom's offer for a ride in (7.5 miles). He did tell us that the creeks were up to his headlights and we needed to detour to Highway 10 (2.5 miles) and run the last 5.5 miles on pavement. Trusting the Reverend's wisdom, we set our course for #10 and down Pigeon Roost we went with Tom and the truck out ahead of us. At the foot of Pigeon Roost we approached a concrete low water ramp. The water was arching over it and it was giving off a faint harmonic hum. I made a half hearted attempt to wade out but as I stood knee deep the water was rising fast. Backing out, I assessed our situation. We were soaked. It was raining, the wind was blowing, the lightning was striking, it was midnight and we were trapped. On the plus side we had plenty of flashlights, food, water and pills. I asked Lou to put on her emergency garbage sack to stay warm. Did she have one? No! Did I give her mine? Of course! No choice but to wait it out. This was a temporary problem. Then I began to get hypothermic (cold). Did Lou let me get in the garbage sack with her. Of course. I imagine we looked funny standing in the rain at midnight two grown adults in a garbage sack shivering. After a minute or two of this I reassessed. We had to keep moving. No houses, no cars, no shelters here. So it was back up Pigeon Roost and after ten minutes we were warm again. Then we saw our first Copperhead. Mad as a hornet striking at our light beams. Strange! Reaching the fork again, Lou wanted to head for the low water bridge (5 miles) where Tom had come from. Her reasoning was that the creeks were receding. I wanted to head for Tom's house (12 miles) hoping that the water was receding, too. Then we saw the first Copperhead's mother, big and long. Thereafter every limb and root was a snake. Trusting Lou's judgment, we managed to get over one creek but stalled on the second, too deep and swift. Turning back we overcame a second bout of hypothermia by running to build up heat. We decided to not worry about crossing the creeks but to keep running so as to stay warm, and this we did. At 3:30 a.m. we decided to check on the concrete ramp and as luck would have it the water had receded to the point that by holding hands and being careful we forded the ramp. Home free to #10 at 4:30 a.m. and then covered the 5.5 miles on pavement in exactly one hour to reach the truck at 5:30 a.m. with daylight breaking. What an adventure

Now as promised - What can you learn from this adventure?

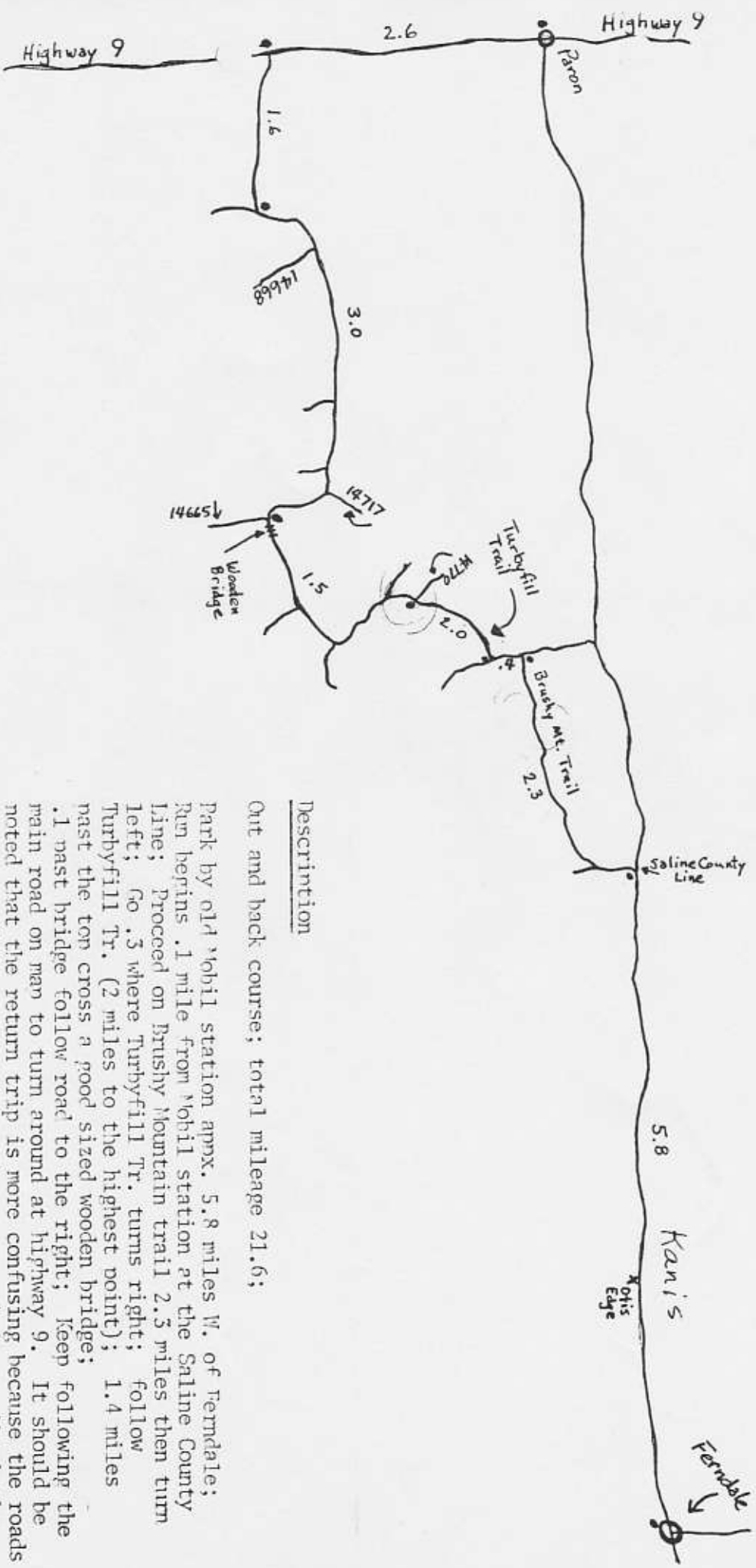
1. No matter what season of the year, have an idea of the weather forecast. I'm not advocating that when it's foul weather to skip the run. I'm saying to know and then prepare accordingly.
2. Let someone know where you are, when you'll return, and a deadline to get worried.
3. When the weather is extreme, don't be too proud to cancel or cut short the run.
4. Don't run alone on an adventure run. Have three or more guests.
5. Be prepared. Carry a garbage sack or some type of heat conserving blanket to avoid hypothermia.
6. Be an experienced runner.
7. Don't tell your parents about it.

A Note From The Editor - "Concerning the philosophy of The Arkansas Ultra Runner Newsletter." Everyone wakes up in the morning and everyone goes to bed at night. Except for your spiritual considerations, everything that happens between the time you wake up and go to bed is relative. This newsletter started out as my way of corresponding with my ultra running friends. Just a note to keep in touch between the big runs. Overlook that misspelling and dangling participle and try to catch a little humor or glean a little insight if you can find it. Nothing so serious as to take away from a good run.

WARM regards,

Mobil Marathon

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Description

Out and back course; total mileage 21.6;

Park by old Mobil station approx. 5.8 miles W. of Ferrdale; Run begins .1 mile from Mobil station at the Saline County line; Proceed on Brushy Mountain trail 2.3 miles then turn left; Go .3 where Turkeyfill Tr. turns right; follow Turkeyfill Tr. (2 miles to the highest point); 1.4 miles past the top cross a good sized wooden bridge; .1 past bridge follow road to the right; Keep following the main road on map to turn around at Highway 9. It should be noted that the return trip is more confusing because the roads that go off from the main road are more obvious. Watch the road numbers and you should have little or no problem.

Mileages on the map are from ● to ● .

Long Crossing Results

1. Eddie Mulkey	7:03:06
2. Kenneth Cox	7:29:00
3. Burt Meyer	7:36:20
4. Mule Martin	7:46:45
5. Dennis Fugate	7:49:37
6. Bill Maxwell	8:04:43
7. Rudy Alvarez	8:11:08
8. Marion Howard	8:17:49
9. Bob Givens	8:23:52
10. Jack McDearmon	8:39:50
11. Jack Johnson	8:55:13
12. Bob Williams	8:55:23
13. Joel Guyer	8:57:57
14. Henry Yeager	8:58:36
15. William Gilli	8:58:58
16. Janet Fugate	8:59:19
17. Troy Delk	9:19:25
18. Ted Lergar	9:26:00
19. Dale Green	9:28:59
20. Scott McDermott	9:28:59
21. James Schuler	9:38:31
22. John Stowers	9:40:00
23. Larry Mabry	9:43:50
24. George Younger	9:45:19
25. Red Spicer	9:48:24
26. Fallon Davis	9:51:47
27. Lou Peyton	10:11:00
28. Ken Ashby	10:29:44
29. Tom Chapin	10:34:27
30. David Price	10:38:43
31. Michael Price	10:38:43
32. Beth Morton	10:41:41
33. Harold Duff	10:48:46
34. Robert Risser	10:48:47
35. James McNair	10:53:44
36. Marc Greenberg	11:07:50
37. James Netherton	11:08:05
38. Dennis Shackley	11:22:03
39. Ken Howard	12:04:02
40. Steve Butler	12:05:01
41. Dan Little	12:55:33
