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THE ARKANSAS ULTRA RUNNER

VOLUME V

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The Newsletter For Ultra Runners In Central Arkansas

Harley's Long Crossing Recap - Back in November, little did we know what was in store. We were on the fall running camp, sitting on the floor of Ralph Hoffman's cabin on the Little Red River talking about running. I had just recited a poem by Edgar Guest, entitled, "It Couldn't Be Done," to celebrate Nick Williams 100 Mile victories. When Bill Laster mentioned what all of us had been thinking about over the years. "Let's put on a 50 miler in Arkansas." Later, back in Little Rock, we formed the race committee and brought in Otis and Lynn Edge and Tom and Tammy Chapin. These coupled with Nick and Sharon Williams, Lou and Harley Peyton and Bill and Theresa Laster made up the race committee. On our first organization meeting Theresa was unanimously selected and agreed to serve as Race Director. Harley, reluctantly said he would serve as Assistant Race Director. Various responsibilities for the race planning were taken up, by us, at this meeting. It was at this get together that we all committed to put on a quality fifty miler drawing from our experience as Ultra Runners and our experience at Ultra Races. Theresa would serve as Race Director, Bill would find the course, Harley would man the aid stations, Otis (M.D.) would provide medical backup, Tom, in charge of meal planning. Tammy, on t-shirt design, Nick and Sharon, headed up volunteers and Lou was responsible for awards. One gnawing question among us was, how many people would enter. Harley asked how much money were we prepared to lose. So with a little uncertainty, but with a positive will, we pressed on. The rest is history, now. We accomplished our goal of putting on a quality fifty-miler in Arkansas. We attracted fifty entries and did not lose any money. Now that it's in the past the praise goes to the Race Director, Theresa Laster. She made the tough decisions that Race Directors are faced with. Other folks need to be thanked, too. The R.B.S. Chainwheel made vital contributions as well as

The Sportstop In The Heights. Roger Thompson deserves a big hand for his efforts in Radio Communications. I'm sorry I can't recall the name of the FM Radio Club. As Assistant Race Director in charge of the Aid Stations, I would like to thank my fellow Little Rock Roadrunner Club members who braved the long hours and rain in manning the nine aid stations. I have heard nothing but praise from the runners. Also a word of gratitude to the Little Rock Roadrunner's Club who provided financial support in stocking these aid stations. I personally had a ball and it was worth every minute to see the last runner (Dan Little) finish in under thirteen hours.

Second Call For The Ultra Trail Series - The second draft of the Central Arkansas Ultra Trail Series is being looked at by Professor Williams as this newsletter is being written. We have seven distinct trail races planned beginning in late August or early September and carry over into sometime in March or April. Our goal is to promote off road running and to recognize our most successful finisher. A detailed description of the setup is promised for the next newsletter. The map included in this letter is one of the seven events. Save your maps.

Training Tips - Night Running! We've discussed eating to finish and training to win in previous news letters but as every one hundred miler knows, or has heard, the race is 80% mental and 20% physical. Night training is one aspect of building mental strength. We run at night to build confidence in ourselves not necessarily to build conditioning. A typical night run will begin about 8:30 or 9:00 p.m. and last for four or five hours (20+ miles). What you'll find is that you'll lose your fear of the unknown and realize that you can actually run holding a flashlight. You might be slower but you'll surprise yourself at how little you mis-step or trip. Your total concentration will be on your light beam and time will fly by. What you'll learn is that all batteries don't last the same amount of time. Some will last thirty minutes, some two hours. You'll learn to carry a spare light and how many batteries to bring along. Extra bulbs and how to change them. You'll get to know what kind of flashlight you like the best. From a minimag to the hand held lantern types. An added bonus with night running is the cool off

from the hot summer and the absence of horse flies and sweat bees. Once you get your system down, night running on the trail is very pleasurable. If you stop and think about it, it's really bazaar. I think that's why I like it.

Trail Trivia - You've seen this term mentioned several times in Ultrarunning but what is meant by the term "HARDBALL"? Where did this expression originate? Listen closely. Several years ago, one January afternoon, when the temperature was in the mid-teens and there was three inches of snow on the ground, six of us piled into the Sarge's station wagon and headed for the Ouachita Trail. If I remember right we were going for an hour out and an hour back. There was Sarge, Jack, Nick, Lou, Spradley and myself, as I recollect. As usual I quickly fell behind and was left out on the trail long after the friends had returned. They were huddled in the car peering out in the darkening forest, anxiously awaiting my return. What fate had befallen me? Broken bones, twisted ankles, lost and freezing? Were you scared Harley? No, as a matter of fact I was in my forward lean and having a good ole time, kicking up snow, as I truged along. Unbeknowst to me, some of my mates were beginning to panic. Jack and Nick would look at each other and shake their heads. Lou was thinking about how much money she would get, and all of a sudden, Spradley sprung into action and shouted, "let's get some survival gear (fish hooks, compas, snakebite kit) and try to find him. Just as they reached for the doorknobs, the Sarge spoke. "Expletive deleted" him. He knew what he was doing when he came out here. He's responsible for his own fate. We're playing hardball. Harley's on his own." Yes, running mates when you see "Hardball" attached to a trail run, you know you're on your own.

What memories of the Sarge. She's gone now. Married. I call her Mrs. Grey. I feel like she's had a sex change operation.

Warm regards,

Highway 7

Round Mtn →

Rocky Road
Creek

CREEK

GRAVEL ROAD

Rattlesnake
JUNCTION

Williams
JUNCTION

MAUNELLE
River

10-9-10 Run
22 miles

This Run Begins on Highway 10
 at the Lake Maunelle Picnic area
 and travels thru Ouachita trail to Highway 9.
 The trail has three distinct types of terrain.
 The 1st is lowland and swampy, the 2nd is
 Ouachita Highlands and the last mile is over
 Round Mountain. There is no express point between
 #10 & #9. Due to the limited use of this
 trail, overgrowth & ticks take over
 from May til October. Beautiful scenery
 on those cold, crisp mornings in the
 late fall, winter & spring.

Highlands

Highway 10

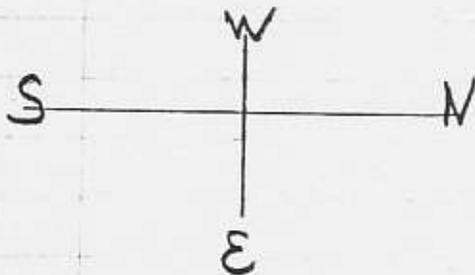
upper end
Lake Maunelle

SWAMP

Ouachita trail

LAST BRIDGE # 113

Highway 10



Lake
Maunelle
Picnic
AREA

Lake-Maunelle