

# THE ARKANSAS ULTRA RUNNER

AUGUST 1990

A Newsletter For The Arkansas Ultrarunning Association

## Message From The Big Shot -

The question is often axed--What is an Ultra Runner? My definition of an Ultra Runner is anyone who wants to or has done an Ultra is an Ultra Runner. I like to keep it simple. Some people say you must do 50 milers to be an Ultra Runner. Some say 100 milers qualify one to join the ranks. "What's the point, Harley?" Well, this month we highlight the Mohican Mania 100 Mile Trail Run, June 23. Don't any of you shufflers feel left out because you don't have big plans for a 100 this summer. You might even count your blessings. A 100 miler is really no more special than a 50 or a marathon or maybe even that first 5K. It's all perception and what you have trained for. The point is that being an Ultra Runner is a state of mind (in my opinion). You do have your membership card, don't you?

I know that many of you will find it hard to believe when I tell you that I have never finished a 100 miler. I told you so. You thought I was an experienced veteran by the knowledge I spew out, right? I have never forgotten that first attempt in 1986. So much build up; so much send off; so overwhelmed. And now I prepare for the Vermont 100, July 28. I'm scared.

Let me share a little inside newsletter information with you. I start collecting Ultra thoughts about the 1st of every month and by the 15th the newsletter is completed and ready for typing. We try to stay current with events of the month, however, we get scooped often by the daily's who can report a breaking story. Such as it was last month when you read in the Arkansas Ultra Runner Association newsletter that Bob Hanle was directing the 8th Annual 60K on July 21st. That same weekend you read in the Gazette that it had been cancelled. Then there was the story of Donna Allsup running her age on the Winona Loop (35 miles). I was out there with them on the run and wanted to save the details for you. The story was carried the next week in the newspapers. I will occasionally get an exclusive to you but unless we go "weekly" I will continue to bring you all the untought of Ultra features you can stand.

I received a note from Col. Dale Green, who reports that he is leaving Plainview, Texas, and taking up residence in Cullman, Alabama. He is still with Wal-Mart. His address will be: Col. Dale Green, Rt. 18, Box 700, Cullman, Alabama 35055. Sounds like the Col. is in the country.

I made a disturbing analysis on the 4th of July, following the Firecracker 5K. Our three fastest (at any distance) members (unnamed) of the Arkansas Ultra Runners Association were soundly beaten by the two top female winners. I don't know whether to say "welcome to the club" or "you boys need to head for the track".

For you collectors, I have two (only two) editions of the 1989 Arkansas Ultra Running Association newsletter\$. The first two who ask, get them. Don't delay.

My apologies to Mr. Nick for leaving him off of the list of Arkansans who have run Ultras this year. Of all the people. Also an addition is Jackie Edmonds of Mountain Home, Ar. who completed the Cornbelt 24 Hour Run (78.3 miles) on May 5th in Eldridge, Iowa.

Some people ask me what I think about on a long run. Recently on a trip around Lake Winona I had these thoughts:

#### Trail Etiquette

1. Share your tissue.
2. Don't swig the milk jugs at the aid stops. Fill your hand bottles. Use the cups or pour water into your hand. Don't swig it. Or at least don't let anybody see you.
3. Move away from the trail for a pit stop. Fall back to the rear or at least don't let anyone see you.
4. If you don't know the route ask. It makes the runners who know the route feel important.
5. Don't run too close. Front, back or side by side. It doesn't matter. The nerves rub raw if your elbows hit too often on a long run.
6. Always ask the person behind if he wants by. If he says no, you've got him where you want him for the rest of the run.
7. Don't ask about old injuries on the long run. This is no place for a psyc job. We all have old injuries.

If you can contribute anymore to my etiquette list, let me hear from you.

On 7-10-90 Lou and I attended the hearing for the proposed Rebsamen Park Road extension. The first to speak was Mayor F. G. "Buddy" Villines who outlined the city's plan to extend the road which would include a jogging trail and a bike path. Most of the speakers were opposed to the Mayor's plan for one reason or another. I didn't take sides but for you trivia buffs, do you know who organized T.A.C. Arkansas years ago? Yes, that's right; F.G. "Buddy" Villines. In addition Buddy was the organizer for the Big Apple 5K, in 1981. I set my 5K P.R there with a 18:49 nipping Dan Bartell at the finish.

Well! - With knees knocking and bags in hand, I'm off to the Vermont 100. Lou, Nick, and William Gilli will also be there and we expect four finishes. We will all give you an account.

Warm Regards,

*Harley*

Ultra Trail Series Report - Pigeon Roost Mountain - 12.5 Miles (+)  
What a sendoff for the 1990 series. Mulkey, Gross, Tucker, and Zaloudek. Big names in any race. For the females there was Hardcastle, Peyton, and Davis. All returnees from the 1989 series seeking the coveted title of King and Queen of the trails. All told there were 34 male and 14 female finishers.

The lead pack of Eddie Mulkey and Johnny Gross, an underated trail runner, took the early lead followed closely by Stephen Tucker and Tom Zaloudek. With Johnny having the advantage of running uphill and Eddie superior on downhills these two duked it out to the last

mountain where Johnny pulled away finishing 57 seconds in front. On the women's side it was pure speed. Darkhorse Trish O'Dwyer raced away from unproven Karen Mulkey and far outdistanced veteran Ultra runners Charlotte Davis, Donna Hardcastle and Lou Peyton, a 46 year old mother.

The season is still young and it is anyone's series yet. Could we have a husband and wife as King and Queen. Could be if Trish continues to take those wrong turns. Karen has the speed and strength on the mountains but is unproven on the powerlines and longer distances. Donna, Charlotte and Lou are too experienced to panic now and await their turn. What about these men. Will Gross throw off his under-rated reputation combine <sup>STANLEY</sup>constancy with his speed and talent. When the dust settles we'll see. I predict that the series winners were on the starting line at Pigeon Roost lunless.....

### Pigeon Roost Mountain

<u>Male</u>	<u>Female</u>
1. John Gross 1:14:37	1. Trish O'Dwyer 1:48:30
2. Eddie Mulkey 1:14:34	2. Karen Mulkey 1:50:04
3. Stephen Tucker 1:18:48	3. Pat Torvestad 1:50:10
4. Ken Gould 1:22:01	4. Carol Torrey 1:50:32
5. Bill Torrey 1:23:07	5. Charlotte Davis 1:52:52
6. Robert Morgan 1:25:25	6. Lou Peyton 1:53:30
7. Tom Zaloudek 1:29:00	7. Sandi Vendible 1:55:47
8. Jim Sweatt 1:29:56	8. Irene Johnson 1:57:29
9. Bobby Marston 1:30:32	9. Donna Hardcastle 2:03:25
10. Mule Martin 1:32:24	10. Mara Cawein 2:07:39
11. Mark Oliver 1:34:12	11. Margaret Perritt 2:15:33
12. David Laser 1:37:52	12. Mary Clendaniel 2:24:06
13. Van Davis 1:38:24	13. Sharon Williams 2:39:39
14. Steve Garrett 1:38:26	14. Corkie Benz 2:52:00
15. Bob Torvestad 1:38:40	
16. Brent Peterson 1:40:20*	
17. Larry Mabry 1:41:27	
18. Rick Brown 1:42:02	
19. Alen Fitzgerald 1:42:04	
20. William Gilli 1:43:32	
21. Bob Galbraith 1:44:20	
22. Ken Millar 1:48:10	
23. Sam Hardcastle 1:48:20	
24. Bob Plunkett 1:49:50	
25. Charles Alexander 1:52:46	
26. Ron Gimblat 1:52:44	
27. Nick Williams 1:52:50	
28. Tony Johnson 1:57:26	
29. Charles Peyton 2:01:06	
30. Bruck Nunnally 2:11:00	
31. Stan Weber 2:11:00	
32. Johnny McCaleb 2:11:00	
33. Al Maguire 2:18:00	
34. Kim Berthram 3:00:00	

### Ultra Trail Series Schedule -

August 11 - Wasatch Scramble. 6:30 a.m. trail briefing. Approximately 12 miles. Extremely hilly. Must combine walking and running. Directions: follow Highway 10 past Lake Maumelle to Highway 113. Go 1.5 miles past 113 to Bringle Creek Road. Turn right and go approximately one mile to an AP&L substation on right. Park there. Be prepared to earn your breakfast.

September 8th - Winona 50K - An extended loop around Lake Winona. Starts and finishes at the Winona Picnic Area. 6:30 a.m. trail briefing. Water set out every six miles. Directions: follow #10 to #9 (Williams Junction) turn left onto #9 and go approximately 5 miles to Brown's Corner Grocery. Turn right and go four miles to the picnic area. Allow 1 hour minimum driving to get there. 100% forest service roads.

Bastille Day Run - 18 miles - October - Arrangements incomplete.

### Ultra Race Report - The Mohican Mania 100 Trail Race - David Cawein

The Mohican Mania 100 mile trail run took place on June 23. 69 runners gathered at a campground on the Mohican River just outside Loudonville, Ohio for the 5 am start. Prior to the start, Jim Schuler, Bill Maxwell, Buddy Ritter, my wife Mara, and myself moved to center of the group of runners and crews and at Buddy's insistence "it's tradition, we have to do it" called the Hogs. Soon after we were called to the line and the race was on.

The day was perfect. 73 degrees, overcast skies, slight breeze, occasional rain. The course was a series of loops. The first two loops and the last two loops were the same. These loops centered around the campground. The third loop was a connecting loop to loops 4 and 5 which centered around an old airstrip. Approximately 6 miles of the course were on paved road, about 40 miles were on country roads, and the rest were on bridle trails. The course was hilly. It seemed we always were going up or down. There was very little flat. One of the interesting things to me was that after dark, when I couldn't see the length of a hill they somehow didn't seem as long.

Maxwell took off at the start (I suspect he's related to Mule Martin) Schuler and I settled in the pack and Buddy was just behind us. The first 30 miles seemed uneventful. I remember thinking I should feel better. My legs seemed slightly fatigued. I do know that I seemed to feel stronger in the woods than on the roads. The woods always make me feel faster.

I wondered about pace. My game plan was to hit 25 in 5 hours, 50 in 10 hours, 75 in 16 hours, and then come home in under 24 hours. The first 25 passed in 4:46 - a little fast, but actually felt slow. I really didn't feel like I was in a race. Jim and I were just cruising along, trying not to hurry, but anxious to get down the road. Aid stations came and went. Major aid was located about every 8-12 miles, with minor aid (fluids) at 3-5 mile intervals. I was determined not to dehydrate. I think I set a Ultra record for most pit stops. Would you believe 60! Finally 50 miles - 9:59:15 right on schedule. I felt great, but Jim was having some problems. A knee was starting to bother him and his feet were getting blistered. Jim dropped back to see if he could pull together. Up ahead Maxwell was tearing up the course and Buddy was lurking just a few minutes behind. This section from

50 to 75 was mostly in the woods. I could feel real fatigue creeping into my legs, but I felt strong and decided to keep up a good pace to 75. I knew darkness would come soon after 75 and wanted to get as far as I could before dark.

Somewhere between 50 and 55 miles Buddy made a wrong turn. Unknown to himself that he was lost he continued. He arrived at the 57 mile aid station only to find that it was the 62 mile aid station. He would have to backtrack, pickup the course, and in the process run an extra 10 miles. At this point common sense prevailed and Buddy wisely pulled out of the race.

As I pulled into the 69 mile aid station, I saw Bill Maxwell. Bill looked tired. He told me his feet hurt. We ran together for a few miles and then Bill dropped back. I went on alone to the camp and 75 miles. Suddenly I didn't feel as good. My feet were starting to hurt. I took my shoes off to remove some rocks only to find that I had blisters, not rocks. Finally it got dark. No moon dark. My 15 year old son went with me on the 75 to 88 mile loop. He was great. I assure you I was not a fun person at this point. We mostly walked, running only on downhills and only when I remembered it was somehow important to finish in under 24 hours. Just before this loop was finished a single light began gaining on us. As the lone man came by we recognized Bill Maxwell. He walked together for a short while. Both of us had blisters, both were reduced to walking. We wished one another well, and then Bill pulled away.

88 miles - 12 to go. It sounds easy now, but at the time it seemed like forever. My wife went with me on the final loop. For this I owe her. This loop was in the woods with alot of turns. Somehow we found them all. Glow sticks were placed at quarter mile intervals. The light they gave off was erie, but always comforting. Two guys (from Michigan I think) kept passing us up. They'd pass, get lost, find their way, repass. Somewhere on this loop Mara told me that Jim had dropped out at 75 miles. The 25 from 50 to 75 had taken him nearly 7 hours. His knee was hurt and his feet were severely blistered. Disappointed yes, but also smart. Nothing is gained by pushing an injury.

The end of the race was almost anti-climactic. We came out of the woods at 97 miles after "the mudhole". The last 3 miles were on a county road except for the finish in a hayfield. I pulled my usual paranoia in the last mile afraid I wouldn't make 24 hours and actually managed to run a half or so. I finished in 23 hours and 24 minutes. Bill Maxwell finished in 23 hours and 7 minutes.

32 of the starters finished. 15 I believe were under 24 hours. The winner, Dave Drach ran 16 hours and 51 minutes.