

## THE ARKANSAS ULTRA RUNNER

FEBRUARY 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - BIGSHOT'S LOG BOOK / 1-1-91 - BEAR RUN. COMING OFF INJURY. RAN HALF (12 MILES). PLANNED TO MEET LOU AT OTIS' POWERLINES. STARTED FROM FOREST SERVICE TRAILER. RAN TOO FAST. GOT TO DEEP CREEK PAST THE POWERLINE (SUBFREEZING) COULDN'T CROSS. ICE EVERYWHERE. SAW EDDIE, LASTER, TUCKER, SMITH, ZALOUDEK, SWEATT AND TORREY. T-BEAR IN BLAZER, SAID "LOU AND NICK WERE COMING OFF THE OVERLOOK". GOT COLD WAITING. FORGOT WATER BOTTLE. EAT ICE ON TREE LIMBS. NOT BAD. DECIDED TO RUN BACK TO CAR BEFORE I FROZE. GOOD RUN! You got a log book? Both newspapers gave the run lots of coverage. Mainly commenting on that last freezing creek crossing and how much the runners had to endure. I wish I could see your log book entries. I bet each one would have a comment about wanting to do it next year (secretly wishing for even colder temperatures). You know you loved it!

Several months ago I got a call from a fellow in Massachusetts who is writing an article for Runner's World Magazine about low-key Trail Race Series. When he told me what he was going to do I did just like John Glenn, "went straight up"! He was particularly interested in our format of no entry, no registration, the point system, and he had a million other questions about why we started the trail series; who participates and the response we are having. Well, last week he called back for more questions. Looks like success will spoil a good thing we've got going. NAW---You people will still not get but one point for 11th place and over. I look forward to reading about the series in Runner's World in the spring.

I have heard some good reviews coming from the Texas 50 Mile Trail Race, December 15th at Huntsville, Texas. I got complete results and recognized a few names you might be interested in. Joel Guyer, A.U.R.A. from Natchez, Ms. finished 10th in 8:03:45. Helen Klein, 68 year old grandmother 10:29:11. Roy Haley 8:52:28. Joel said that he met an Arkie there but couldn't recall his name. It was probably Roy Haley trying to pass. Randy Spears who has run a few Arkansas Ultras was first male in 7:10:59. First female was Jennifer Miksch in 8:13:49. Joel reports that this was a really well organized race. This might be worth a try if they have it again. Where is Huntsville, anyway?

The following is an addendum to the article written by Nick Williams concerning his experience at the Mountain Masochist 50 Miler last month.

"It was really nice to see good friends Jack and Donna Allsup. It was the highest point of the trip."

This was the only way Nick could figure to get his name in one of their slide shows.

A little about the trail series. One of the satisfactions Nick and I get from the trail series is pouring over the results after the run has finished and all the hoopla has died out. Besides the points

we like to know who finished where, in front of whom and the times. In the beginning the idea behind the series was to recognize the best. The only way to determine the best is for the finishers to record their times. So I appreciate each of you who sign in after you finish. On yes, I checked on the plaques after Christmas and they are right on schedule, and are being painted by a famous Mississippi artist, don't you see.

Lou has decided that Grady's on West 12th should be the official watering hole following a trail series run. 6:00 p.m. We went there after the Great Wall of China Run and seven finishers joined us. If we get a good crowd, we might try for the private room where there will be a little more privacy.

What do you think about a standard place to meet and run on Sunday afternoon. A place to show up and not have to make a lot of phone calls or planning. I'm going to try to meet at 2:00 p.m. on Sundays at the Forest Service trailer on Highway 10. The run will be on the powerline and not the forest service road. No one has to be there or feel obligated or have to cancel if they can't make it. We'll see how this goes for the time being.

It's almost time to plan a trip to run the new trail on the upper Buffalo. When things settle down at my house I'll be ready.

Well it's open season to re-up for the 1991 Arkansas Ultrarunning Association newsletter. One of the good things about the 1990 newsletter year was the coverage that it promoted in the newspapers, Gazette and Democrat. Perhaps some of you no longer feel a need to receive a Ultrarunning newsletter with the excellent articles appearing weekly concerning Ultra events and Ultra runners. If you find yourself in that category and would like to give up your Ultra Association number (you all have one) my feelings won't be hurt at all. However, because of the postal increase and printer's cost I have set the new subscription at \$6.00. An application is found at the end of this newsletter. For your \$6.00 you'll receive an Ultra number, an Ultra membership card, BigShot messages, maps, cartoons, Ultra profiles and race reports. Send your applications early and you'll be guaranteed your same Ultra number. There'll be no articles on recipes, injuries or fashion. Occasionally some of you will be asked to submit a report about a race. This will be a rarity as material for the Arkansas Ultrarunning Association newsletter should better be left in the hands of the professional - The BigShot.

Warm Regards,

ff

ULTRA TRAIL SERIES REPORT -

Great Wall of China - Nick, Lou, and I plus Sam Slugg, Ms. Scarlett, Tanya Perry, and Donna Allsup ran the course the week before in a light rain. In fact everytime I've run this course there has been rain.

Anyway, the mud was ankle deep on the flat sections which tired me out about halfway through. Race day I was hoping for frozen turf like the Bear Run and dreaded the trail briefing with my report of the muddy conditions. Lou and I drove around the course setting out the aid the night before and we almost didn't make it off the course. In fact we took along sleeping bags in case we got stuck. A north wind dried out the course alot over night and that morning the conditions were almost perfect. At the start we had a good 30+ runners with the usual fast guys and gals. A pack of four (Stephen Tucker, Tom Aspel, Johnny Gross, and Eddie Mulkey) led through nine miles. At the creek crossing Tucker fell back as the "heat" was being turned up. After several increases in the pace, Mulkey, the reigning King of the Trail, let them go at 14 miles. Tucker and Mulkey both entered a 50 mile race in Mississippi that next weekend and were conserving themselves. That left Johnny and Tom to battle it out with a sprint down the last quarter mile of blacktop. Trish O'Dwyer, the leading female in the series, was not seriously challenged. Oh yes, we finally clocked the distance on the odometer when we picked up the water jugs - 20 miles. One more thing, Tom Zaloudek and Neil Hewitt turned left at the 10 mile waterstop and went to Highway 10. They followed #10 back to the start and finished in 5:12. Tom's girlfriend, Corkie turned left at the 14 mile waterstop and headed for Highway 113. Corkie recognized her mistake and returned to the course finishing in 5:19. What love!

#### ULTRA TRAIL SERIES SCHEDULE -

February 2 - Mobil Marathon - 21.5 miles on forest service roads. Directions: follow Highway 10 to the Ferndale Cutoff, turn left. Follow Ferndale Cutoff approximately five miles to Ferndale Community, turn right onto Kanis Road. Go west 5.8 miles on Kanis Road to Brushy Mountain Road on the left. Park on this road. This road is adjacent to an old Mobil station. Look for the Mobil sign on the left.

March 9 - Spring Classic - 16-18 miles. Follow Highway 10 to Lake Sylvia Recreation Area turnoff. Park in the parking lot just past Lake Sylvia. 7:00 a.m. start. Run will be forest service roads.

April 27 - Pipeline Express. 12 miles. Details later.

#### ARKANSAS ULTRA PROFILE: CHARLES PEYTON

1. Why did you start running?

To get in shape for church league softball season.

2. What sports did you do before running and what did you like about them?

Hunting. I liked to hang out at the check stations. Running on the trails and forest roads satisfies my desires to be out in the woods with a gun.

3. What are your vital statistics?

I am 48 years old. My ideal running weight is 158 lbs. My shoe size is a 10.

ULTRA PROFILE (CONTINUED)

4. What is your favorite running/training shoe?  
Asics Gel Lytes
5. What are your P.R.'s?  
5K - 18:49;      10K - 40:11;      15K - 62:52;      Marathon - 3:17;  
60K - 5:58;      50 Mile - 8:28;      You can tell I'm a sprintor.
6. Have you experienced any injuries?  
"Yes"! Two knee surgeries from my last season playing softball; otherwise, it's been one injury after another. Usually I overcome them with rest. Most injuries involve the right side of my body.
7. Do you suffer withdrawal when you can't run?  
No
8. After almost 23 years why do you still do it?  
I don't feel like I've reached my Ultra potential due to injuries and setbacks. There is always one more comeback.
9. What gives you the most satisfaction in running now?  
Being able to share the trails and dirt roads with my buddies and aquantances who have not done this type of running.
10. Do you have a running nickname?  
Yes, BigShot, Kingpin, and Harley
11. Who are your running hero's?  
Anyone who puts his foot on an Ultra starting line is a hero of mine.
12. Who is the person(s) that you like to train with and why?  
Lou and Nick because they'll run with me or let me run by myself if need be.
13. Describe an average training week?  
7 days a week. 4 miles in the alm.; 4 miles in the p.m. during the week; a long run of 20 (+) or (-) on Saturday and one hour's worth of running on Sunday afternoon or take the day off as need be.
14. What is your favorite running route?  
Around Lake Winona (50K course).
15. What is your least liked running route or area?  
Ouachita Trail. I stumble alot.
16. What is your favorite Ultra experience?  
Jackson Five-0. Good people and great organization.
17. Worst Ultra performance?  
Western States '86. I was overwhelmed!
18. Do you have any word to those who might be interested in Ultra running?  
Yea! Call me I'll put you on the trail.

ULTRA PROFILE (CONTINUED)

19. What are your running goals in 1991?

To run 100 miles in a 24 hour track run. To regain my P.R. speed and to reach and maintain my ideal running weight.

20. Do you have a secret running ambition?

Yes, to be King of the Trails.

ULTRA RACE REPORT -

Shockaloe Trail Marathon/50 Miler / 1-19-91 - The Shockaloe Trail is a 23 mile designated horse trail in the Bienville National Forest approximately 35 miles east of Jackson, Mississippi. Lou and I ran the trail back in June with Arkansas Ultra Runner Association members Joel and Kathy Guyer of Natchez, Mississippi. At that time Joel stated that he wanted a 50 miler if things could be worked out with the forest service people. I reported this in The Arkansas Ultra Runner and gave you my description of the trail - flat, muddy in places, a canopy of oak and pine trees and no rocks. Well, Joel got the necessary paperwork together and I would like to compliment him on a nice race. I've been trying to tell you people about trail races and some of you first timers got to see it first hand. If I might headline the race I would say the following: Bill Laster sets personal record in victory; Irene Johnson beats a quality field in her first 50 miler and 14 Arkies started and 14 Arkies finished.

Bill Laster found the flat and muddied course perfect for his style of power running. He appeared to attack the 50 mile course laid out by Race Director Guyer like a pit bull with a cat in it's mouth. The rest of the runners were wise to stand back least they become involved in the fracas. Eddie Mulkey, Roadrunner Club of America's Ultra Runner of the Year in Arkansas and my predicted winner also set a trail Personal Record but could not stay with Laster.

Irene Johnson of Maumelle and a regular in the trail series attempted her first 50 miler. Irene did not walk a step of the entire trail and from my vantage point at 19 and 42 miles did not appear to be in labor. There were 42 starters entered in the race and fourteen starting Arkies. Normally you could expect some dropouts which is no disgrace, mind you but statistically expected. The weather was cold and it rained a couple of inches the night before so conditions were at best questionably at the start. All I can say is that the Arkies were tough that morning. Of the fourteen this was the first attempt at 50 miles for five of them. Bill Torrey, Steve Tilley, Tony Johnson, Irene Johnson and Tanya Perry. Thanks Joel.

ARKANSAS FINISHERS

Bill Laster	6:31
Eddie Mulkey	6:44
Bill Torrey	7:00:42
Steve Tilley	7:01
Nick Williams	8:58
Bob Plunkett	9:03
<u>Irene Johnson</u>	9:05
<u>Lou Peyton</u>	9:33

## ARKANSAS FINISHERS (CONTINUED)

Tony Johnson	10:37
James Hicks	10:37
Donna Allsup	10:57
Tanya Perry	10:57
James McNair	11:24

(26.2 Mile Marathon)

Scarlett Williams	5:46
-------------------	------

Jackson Five - 0 / 1-19-91 - Good news from Dallas! As I've stated before, The Jackson Five-0 is my favorite Ultra (asphalt surface) and it's good to hear that it was as well organized and conducted as it has been done in the past. I became concerned about the race when it wasn't listed in the race calendar of "Ultra Running". Although my times are unofficial the race was a battle between Texan, Robert Perez, and Californian, Ann Trason. My contact told me that Robert and Ann were running stride for stride with less than 1/2 mile to go when Robert kicked to the finish in a time of 5:45:25. Ann set a 50 mile world record in a time of 5:45:41. Arkansas Ultra Runner Association member Donald Smith from Reidsville, North Carolina, finished second to Dave Drach in a time of 9:05:45 in the 100K. There were six Arkies in the 50 Miler:

Larry Mabry	8:04
Mike Heald	8:04
Fallon Davis	8:19
Bob Hanle	8:36
Robin Hanle	10:28
Al Maguire	10:45

Buddy Ritter's split at the 50 mile point was 8:20 but he did not finish the 100K.

## APPLICATION (First Call 1 of 2)

Arkansas Ultra Running Association Newsletter

 One

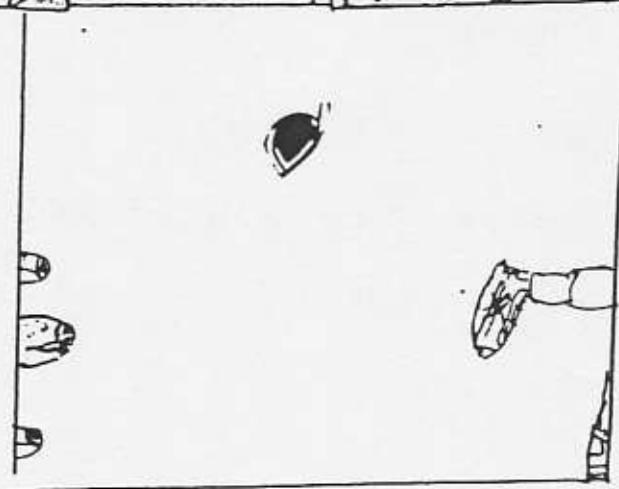
- Yes! Enclosed is my \$6.00 to cover postage and printing. You're the greatest!
- Yes! Sign me up. The check will be in the mail. You're the greatest!
- No! One year was enough but I'd like to keep my Arkansas Ultra Running Association number.

Suggestions:

Name &amp; Address:

# THE INSIDE by Harley

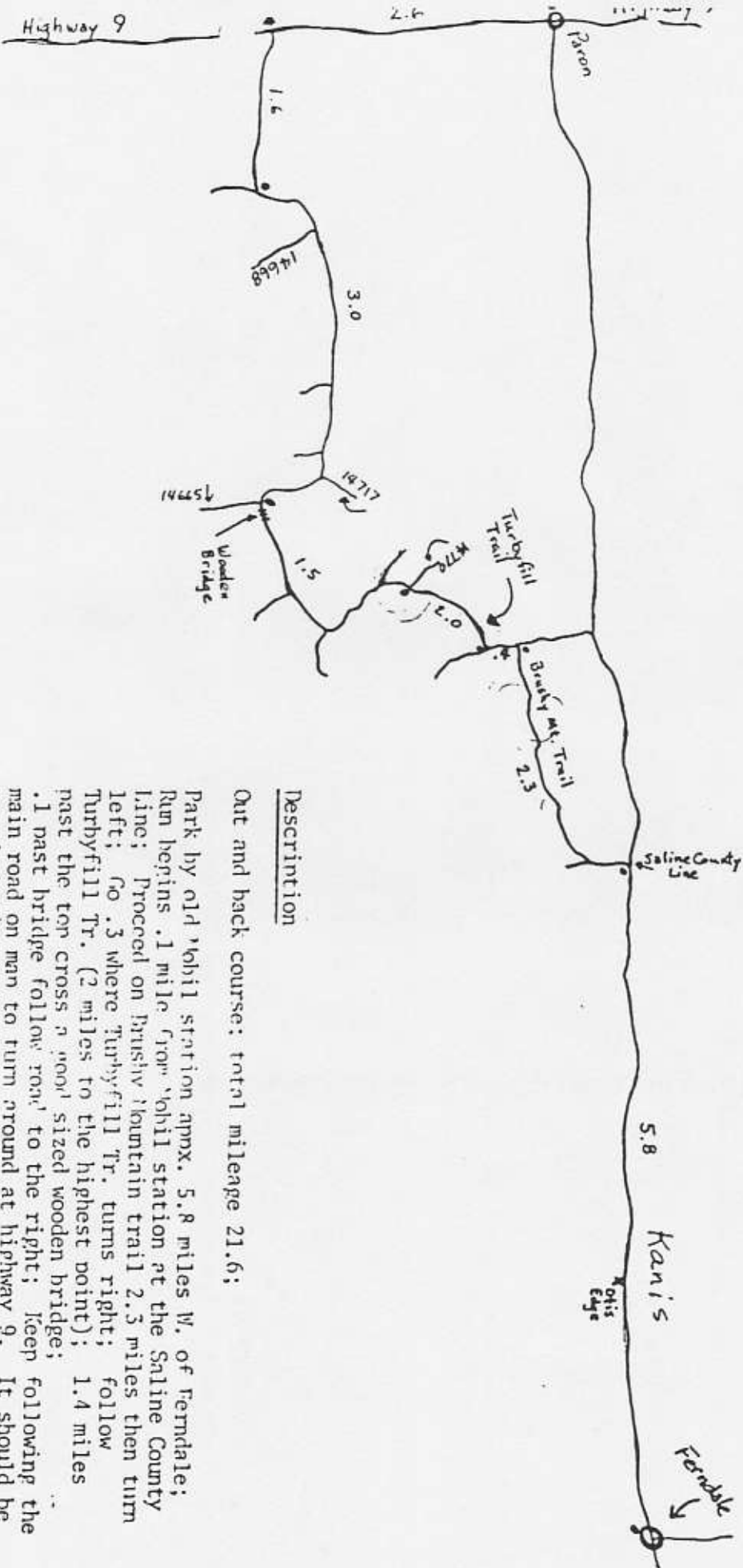
(A satirical look  
at ultra runners  
in Arkansas)



"It WAS Low Peyton and Her Running Dogs from Hell!"

# Mobil Marathon

N



## Description

Out and back course: total mileage 21.6;

Park by old Mobil station approx. 5.8 miles W. of Ferndale; Run begins .1 mile from Mobil station at the Saline County line; Proceed on Brushy Mountain trail 2.5 miles then turn left; Go .3 where Turbyfill Tr. turns right; follow Turbyfill Tr. (2 miles to the highest point); 1.4 miles past the top cross a "cool" 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 ● .