

THE ARKANSAS ULTRA RUNNER

February 1993

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT--With this newsletter, we begin the fifth year of the A.U.R.A. The response to our application renewal from last month was good. However, it looks like some of you will have the opportunity to up-grade your personal AURA ID number(always a worthy goal). For you new people who are confused about why you donated eight bucks to me, let's give you the quick start guide for what it means to be a member of the Arkansas Ultra Running Association. First of all, the BigShot urges you to support your local running club by attending their monthly meetings, volunteering for club sponsored races and serving as officers. You people have to have a life. Be aware that the AURA can't marry you or bury you. But---the AURA can keep you up on ultra events. Next, the BigShot urges you to subscribe to the *UltraRunner Magazine*. This magazine is expensive as compared to the Arkansas Ultra Runner but, then again, you get what you pay for. Number three--Don't pay too much attention to the BigShot. He's on an ego trip. He sounds arrogant, scheming and controlling but in reality he is just a soft bellied, momma's boy. Bipolar. The Arkansas Ultra Runner is the official newsletter of the AURA. Most of it is pure nonsense. Occasionally a little wisdom and information can be found. When you join you will receive an official membership card and your very own ultra number. The first two numbers are the year. The last three denote your position in the AURA. All numbers are confidential and serve as a way for the BigShot to discretely communicate with you in time of crises. His number is 93000 and he is often referred to as the one "above the numbers". That's the AURA. No officers and no meetings. However, we will meet weekly at *Gradys* for food and libations. We do have weekly trail runs and encourage everyone to join us. We have a no frill, low key Ultra Trail Series that includes monthly races from September to May. Around the 1st of August we'll have the 2nd annual Midnight 60K. And of course, the AURA, with the help of area running clubs and many volunteers, is known nation wide for the *Arkansas Traveller 100 miler*. If you have not signed on to the AURA, this is your opportunity. While you are at it, take the time to fill out the information questionnaire(optional of course) so that your Ultra needs can more clearly be met. Special to you \$8.00.

NAME _____

ADDRESS _____

TOWN/STATE/ZIP _____

PHONE(OPTIONAL) _____

ULTRA QUESTIONNAIRE--Circle all that apply

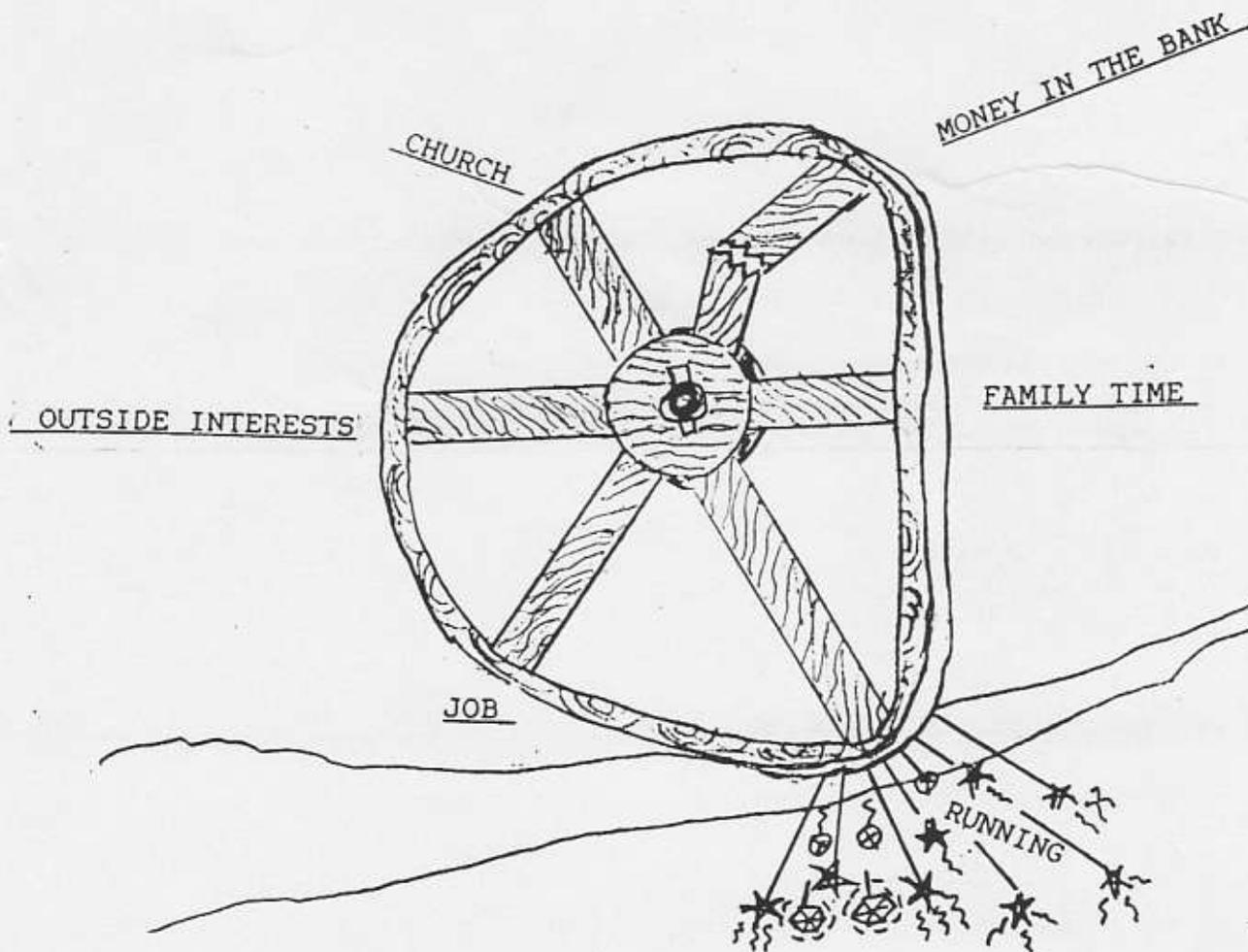
1. I would like to see funnier cartoons.
2. I would like to see a profile on _____ . (exa. Amy Fisher)
3. I would like to see more Ultra recipes.
4. Don't cash my check until _____ .

5. I want to enhance my Ultra Number.
6. BigShot, Your still the greatest!
7. I think I'll pass this year.
8. I dream about running with _____ .(exa. Mary Lee Orsini)
9. I would like to see a BigShot Stamp.
10. Confidential to 92068- "This is no time to go cheap".

THE INSIDE

by
HARLEY

(a satirical look at Arkansas UltraRunners)



A BUMPY RIDE IS THE ULTRARUNNER'S ROAD



February

1993

AURA



SUN MON TUE WED THU FRI SAT

	1	2	3	4	5 <i>ROCKY ROCOON 100</i> <i>UTS#6-THE GREAT WALL CHINA</i>	6
7	8	9	10	11	12 <i>"THE CHICKEN NECK" FUN RUN. (See Ultra Calendar)</i> <i>BIRMINGHAM 50 MILER</i>	13
14 <i>LPRC/VALENTINE TWOSOME</i>	15	16	17	18	19	20
21 <i>THE SYLAMORE TRAIL 50K</i>	22	23	24	25	26	27
28						

THE GREAT WALL OF CHINA-7:00 a.m. From I-430/Hwy 10 overpass go 20 miles to Hwy 113. Continue on Hwy 10 for 1.5 miles to Bringle Creek Rd. Turn right and one mile. Park.

ULTRA CORNER

The Sunmart Texas Trail 50 Miler and Marathon - Huntsville State Park, Huntsville, Texas. My lips are moving-THIS WAS A BIG MONEYED ULTRA. To the ultra purist, all the hype and glitter were probably turnoffs. To the trail novice, my advice is to enjoy the show. Everybody who was anybody was on the starting line. East and west met at the Sunmart. This race has grown from 111 in 1990 to near 400 in 1992.

A little about the race. I know it would be special after months of full page advertisements in the *Ultrarunning Magazine*. This plus the good reports that A.U.R.A. members Bob Marston and Irene and Tony Johnson gave the from last year.

At the race headquarters Friday night runners picked up their race number and got in line to pick up the race goodies. They were shirts, hats, sunglasses, flashlight, calculator, bags and cups. The finishing prize was a large leather sport bag and a jacket. Almost too much. I didn't give anything back, however.

The race day temperature was 60ist and would climb into the 70's. The course is four 12.5 mile loops for the 50 mile and two plus loops for the marathon. The 50 miler started at 6:00 a.m., the marathon at 9:00 a.m. There were six aid stations per loop with plenty of aid and helpful volunteers. The trail was rolling without any real steep up or down hills. With the exception of a tree root or downed limb, the course was fast. Look at the winning times in the results. That will tell you a little something about the condition of the course.

There is a pretty stiff cut-off time-11:00 for the 50 miler and 8 hours for the marathon. To an A.U.R.A. member an 11 hour cut-off is pretty benign. But, if you happen to drop back, there was no attempt to pull you off the course. Let's do Sunmart again next year.

ANN MOORE ADDS:

Before I tell you about the trail, the weather, the times, etc, I must first tell you about all of the "stuff" that I got for my \$40.00 entry fee. First they gave me a large nylon running bag in which I put my polo shirt with embroidered logo, my water bottle with a handle, my flash light and batteries, my hat, my sunglasses, my calculator, my insulated cup and my bath towel. When I pulled myself across the finish line, they gave me a Tyvek jacket and a leather travel bag. The race director had told me that no expense would be spared to make this a premier event and to make sure that runners could come back. They will.

I also learned that they had paid all travel and room expenses for 29 elite runners and their guests.

Now as to the run. It was a very different kind of trail from what we are used to running on here. No rocks! No big hills! There were a few tree roots and some mud holes, but on the whole, it was a great course. However, when you are used to training here, where we do have some big rough hills that you do walk up, you found that you had no excuse to walk and so you got tired from so much uninterrupted running. At least I did.

The aid on the course was plentiful and good. They had all kinds of food and drinks available. You did not need a fanny pack, although I did carry a water bottle the whole way.

The weather was a warm and humid 70 degrees and I was very grateful that the sun never came out.

SUNMART TEXAS TRAIL RUN RESULTS.

50 MILE		MARATHON	
Tom Johnson, (winner)	5:49:37	Stephen Barlow (winner)	2:45:55
Ann Trason (winner)	6:31:02	Joy Smith (winner)	2:59:30

A.U.R.A. finishers

David Horton	7:27:09	Brandon Horton	3:25:10
Joel Guyer	8:39:12	Jim Schuler	3:50:31
Bob Marston	8:47:52	Lou Peyton	4:55:37
Shelby Haden-Clifton	9:04:01	Rosemary Haluszka	5:58:32
Neil Hewitt	9:55:01	Sandi Venable	6:17:23
Charley Peyton	10:13:50		
Irene Johnson	10:39:30	Other Arky finishers:	
Tony Johnson	10:40:33		
Robert Horner	10:45:38	Pat Riley	10:16:41
Suzi Thibeault	10:54:54	James Metcalf	5:44:16
Daniel Lindow	11:01:46	Judy Hanna	5:44:17
Ann Moore	11:30:00		

THE JACKSON FIVE-0(1-16-93) by Bob "Chicken Wings" Horner

Six a.m. Saturday, January 16. Boy, I can hardly wait. Just two more hours til the Jackson Five-0 starts. I've been planning this event for a whole year. I've carbo-loaded ten extra pounds the last month and I've been tapering off on running-resting my body-just ran eight miles this last week. As soon as I finish off these hot cakes, eggs, bacon, sausages and this second cup of coffee, I'm off to Backman Lake.

Well here I am at the starting line and there's Tony and Irene Johnson. Boy Tony looks great. He tells me he's cargo-loaded up to the hilt-twenty extra pounds- and he's tapered his running all the way down to zero miles this last week. Poor Irene. She looks as gaunt and hungry as ever. She's definitely overtrained-been running almost every day for months-too bad Irene.

The starting gun sounds and sixty of us superb runners start on our sixteen lap trek around Lake Backman. Tony and Irene and I stay together for the first lap. We feel great talking and joking along the way. At the start of lap two Irene takes the lead and Tony follows. I stay with my race plan.

Lap six and there's Tony up ahead. As I pass him he decides to lay down and rest a while. So here I am all alone, Irene somewhere up ahead and Tony-well who knows?

Lap fourteen nearly complete and here comes Irene whizzing by me. Wow, she's lapped me and she looks as good as ever. She finishes her last lap and her time is 8:50, her second best ever fifty miler. I plug away and finish in 9:46, a PR for me. See that pre-race planning pain off.

Finally Tony comes running in and Ed Jackson says one more lap to go. Irene jumps in and runs with Tony who finally finishes in 10:47.

Worthy of mention were the outstanding performances of Zbigniew Siemazko of Poland with a winning time of 5:24 and Mary Ann Miller of Dallas with a time of 7:44, a world 55-59 age group record a fifty miles.

I highly recommend the *Jackson Five-0*. It was a great adventure in all ways (even with my extra carbo-loading)

ULTRA TRAIL SERIES

THE PIPELINE EXPRESS - 12 MILES

The Pipeline Express is perfect. It combines the pine covered Ouachita Trail with the mud, rocks, freezing stream crossings and mountains.

"Hey BigShot, if it's so perfect why come we didn't do it last year?" Good question. It wasn't done because I don't like it! I've never been on the pipeline that if it wasn't in a flashflood, it was snowing, or could have snowed. I have never felt colder water than is found on the pipeline. What I don't understand is that some people love it and complain that it wasn't long enough.

Anyway the U.T.S. goes into the record book as a victory for Tom Aspel and Jenny Devine.

PIPELINE EXPRESS RESULTS

Record: John Gross 1:25:34-1990
Carol Mathew 2:06:19-1990

Tom Aspel (Winner)	1:35:08	Jenny Devine (winner)	2:06:39
David Allen	1:35:13	Pete Ireland	2:08:07
John Gross	1:35:33	Ken Millar	2:12:45
Frank Rivers	1:39:07	Tim Biggs	2:12:45
Ray Bailey	1:39:09	John Baker	2:16:00
Dave Cawein	1:42:18	Lesa Allen	2:17:30
Robert Morgan	1:51:23	Steve Eubanks	2:28:23
Neil Hewitt	1:53:16	James Hicks	2:28:23
Jim Sweatt	1:55:37	Gayle Bradford	2:30:33
Bob Marston	1:57:01	Cathy Holland	2:30:33
David Laser	1:57:05	Scott McDermitt	2:30:33
Ernie Peters	2:01:15	Mara Cawein	2:41:59
Nick Williams	2:03:30	Ralph Hoffman	2:58:50
Sam Hardcastle	2:05:15	Sandi Venable	3:00:35
Jim Hays	2:05:30	Rosemary Haluszka	3:04:17
		Corky Benz	3:05:00
		Ann Moore	3:06:00
		Bob Horner	3:06:01
		Charley Peyton	3:20:08

ULTRA RACE CALENDER

FEBRUARY 6th/7th THE ROCKY RACCOON TRAIL 100. MICKEY ROLLINS, 1945
CAMPBELL RD. HOUSTON, TX 77080

FEBRUARY 6th UTS #6 THE GREAT WALL OF CHINA 20 MILES

FEBRUARY 13th THE CHICKEN NECK. Fun run. Limited aid and markings.
7:00 a.m. from the Forest Commission trailer on Hyw 10.
15 to 18 miles

FEBRUARY 21st SYLAMORE TRAIL 50 KM. TERESA LASTER, ARKANSAS ULTRA
RUNNERS.

MARCH 6th UTS #7 THE SPRING CLASSIC

MARCH 20th CROSS TIMBERS 50 MILES AND 30 KM

MARCH 27TH MISSISSIPPI 50 MILER

SPECIAL AURA FEATURE

THE HOLIDAY CROSSING OF THE OZARK HIGHLAND TRAIL-Lou Peyton

The idea of running the length of the Ozark Highland Trail was embedded in our minds-Jim Schuler, Charley Peyton and myself-since Jim and I completed the Ouachita Trail Crossing last January, 1992. I had thought and talked to myself and to others almost every day for the past year about the goal of completing this 165 mile trail. Where do I start to tell you about our adventure? The runners were Jim Schuler (Morrilton), Bob Franklin, Ivy Harrison, Simon Hauser and myself. Jim and I were crewed by my wonderful husband, Charley; Bob and Ivy were assisted by Chuck DesJardin and Christine Hauser crewed for her husband, Simon.

Our adventure began on December 30, 7 a.m., Lake Fort Smith State Park. We spend the night before in rustic but lovely cabins in the park. We were up at 5:15 A.M. to have breakfast and pack and get started on our adventure. Knowing that we needed good weather and lots of luck to complete this run, Jim Schuler said a prayer as we stood in a circle around the starting line. After the prayer, we started our stop watches and were off for White Rock Mountain, the first major landmark on the Ozark Highland Trail, 18.7 miles away. The weather was very warm, 62 degrees. The first day was equal to the last day for me in difficulty as a warm day in the middle of winter takes the snap out of me. My legs felt heavy and three hours into the run I WAS TIRED. When I feel like this during an endurance run I know to reassure myself that I am tired and that maybe this is as bad as I will feel. Just adapt to the feeling and don't get too concerned as long as nothing is hurting. Tired I can work through and work with to the finish.

Jim turned his right ankle in the first mile; he lost one of his water bottles that was Velcroed onto his pack when he jumped across a creek; he had diarrhea and there was a woman older than he ahead of him the last few hours of the day. We laughed about things such as this the entire run which lifted our spirits and kept us from taking the run too serious. This was for fun after all..

During the first afternoon, we ran along an old railroad bed for about four miles in the forest which was very runnable and a beautiful section of trail. There were numerous waterfalls that we ran by during the day. We encountered one hunter on the east side of White Rock Mountain who was very friendly.

Darkness fell on us at 5:20 P.M. We each used our favorite type of flashlight and carried a backup light. My choice was a 6 volt lantern with a mini mag for a backup. I can get 6-8 hours of light from the 6 volt and I change the battery every two days. I was never without a good light. All of the runners did well with their flashlights and there were no problems.

Looking back on what we had seen the first day were numerous creek crossings, waterfalls and beautiful views from atop the mountains into the valleys and views of other mountains. Just God's country is the only way to describe what we saw.

We ended our day one with a total of 40.5 miles at Fly Gap Trailhead. We (Jim, Charley, Ivy, Bob, Chuck, and I spent the night at a church parsonage in Cass, Arkansas. Simon and Christine spend

the night in a motel at Ozark.

Day two We got back on the O.T. at 7:19 A.M. and continued our trek eastward. A cold front, wind and rain, blew in just as we were about to started on the trail. Everyone got back into their vehicles to change into warmer clothes. The temperature at Cass, Arkansas, had been 62 degrees at 5:30 a.m. and when we got to the trail it was 45-50 degrees and falling. We covered 37.8 miles in 12 hours pulling off the trail at 7:19 p.m. The temperature dropped all day to 20-25 degrees when we finished. Ice was on the trees and a light snow fell during part of the day. At the end of day two Jim, Charley and I spent the night at the Dark Volunteer Fire Department with minimum accommodations. No hot water, but a flush toilet. We slept on cots next to a 1956 fire engine. Charley heated the precooked rice and cheese sauce, broccoli, and cornbread. We had a hearty meal. I did shampoo my hair in cold water but couldn't get Charley or Jim to follow. We slept well and barely thought about it being New Year's Eve. We did talk about our children and pets back at home. I tried to get Charley and Jim to dress in the fire department gear and let me get a photo but they were not interested in anything but eating and going to bed. We got a good night's sleep and I realized the next morning that it had been fun roughing it as we slept just fine. In fact we all three said we got too warm with our excellent warm sleeping bags.

Day three - January 1st - We started from Moonhull Mountain and stopped for the day at Chancel, covering from mile 78.3 - 119, just west of Hwy 21 and north of Ozone. Ivy appeared this morning with a knee bandage on one knee but said nothing about pain, etc. Early during this day I decided that my left shoe Nike Air Max S.T. was slipping around too much and I would possibly get blisters. (I had worn Nike Air Pegasus prior to this day but thought that I could use the extra cushion in the ball of the foot area on the running sections of trail. I made my greatest mistake on the trail run when I stopped and tied my left shoe tighter. For a mile or two I felt light pressure then I just couldn't get my foot comfortable. The shoe laces froze and it was a major task to re-adjust the snugness of the shoe and laces. I readjusted the shoes at least 10 times and was very frustrated. My lower shin and top of left foot where shoe comes together was a real problem. I continued to wear the Max ST. shoe all day but damage had been done and I knew I had a problem. I was concerned. I took some Ibuprophen. I was happy that I didn't feel I needed much pain relief but I was concerned about my shin and foot.

We ran through some boulder fields today that made me feel like we were in the land of the giants. There were boulders the size of railroad boxcars and houses with beautiful markings and mosses on them.

We spent the night at the Piney Inn at Deer, Arkansas. The Piney Inn is a keeper. A bed and breakfast. A real good deal, full accommodations including coffee and coke upon arrival and breakfast for \$12.50 a person. Real bathrooms, heat, beds, nice people. Day Four - Started the day with a big breakfast at the Piney Inn of coffee, orange juice, oatmeal, pancakes, scrambled eggs, hash browns and raisin nut bread. I might say I ate my fair share and then took a zip lock bag of pancakes and hashbrowns with me for later consumption on the trail. Standing around the heater at the Piney Inn as we were

talking about the running plans for the day while looking at maps etc., Ivy said to me, "I am here, that's all". I agreed that I was here and that was all, also. I let the male members work out the numbers that we planned to run that day. To keep going would be my plan. I changed back to my Nike Air Pegasus shoes that had not given me problems the first two days of the run. The going was getting tough. The ride to the trail head was rough, bumpy and, as the previous morning, I felt nauseated by the time we finally got to the trail. Getting out of the truck at Chancel Trailhead, I felt better as the run started. I consumed the zip lock bag contents in the first 1 1/2 hours. Ivy had started the run with a wrap on both knees. I knew that she was having problems but she never mentioned any discomfort to me. We each were beginning to feel some stress of running day after day. Whoever felt the strongest lead. We never tried to hold each other back from running our natural pace. The runner who was running the fastest pace lead and we never talked about it except to compliment each other occasionally. This day the lead stayed with Jim and occasionally Simon. I like to be the rear runner so that I can run alone when I want to think and when I want to converse I can catch up with the other runners and listen and or talk. I enjoy running alone but able to see runners ahead of me. Early on this day Ivy motioned for me to go ahead. Without conversing I did as she suggested. Ivy dropped from the run at 130.7 miles. It was sad for each of us that she ran so strong for so long and she enjoyed the creek crossings the most of any of us. She actually said she liked the freezing water and would intentionally get her feet wet. I knew that whatever went wrong for Ivy could also go wrong for me. I felt very vulnerable. At the next aid station I told Simon and Christine about my shin. The shin was not getting worse but the hurt was there and I was concerned as to whether I could do irreversible damage or not. Could I stress fracture my shin, I wondered? Simon looked at my shin and Christine rubbed some ointment (something like Icy Hot or Ben-Gay). This felt good and cool. Simon said a stress fracture was unlikely at the point of my pain. Mentally I felt better that someone was sharing my concern. We finished day 4 with 34.1 miles in 13:20. Our last 6 miles were real rough and slow going. We laughed and found humorous things along the way from Charley's and Jim's chatter. We pulled off the trail, tired, cold and yet determined at Stack Rock TrailHead, Mile 151.1. Christine Hauser thought that she would have to make us stop run/walking that night but the truth was that she could not have made us go on. We were spent for that day. Jim Schuler said for \$25,000 he would go on to finish. We laughed, piled into the vehicles and drove to Jasper and the Mocking Bird Motel.

Day Five - January 3rd - From Stack Rock, "Rolling Jim" (nickname given to Jim by trailmates), Simon and I headed for the Buffalo River at Wollum and the trail's end. We ran along real well for an hour and twenty minutes then realized that, hey, we were tired and we would finish but it would be mostly a fast walk to the finish. We covered the 13.2 miles in four and one half hours. We visited old homesteads, old shelters, cisterns, wagon roads. We pondered about the people who once lived and farmed the area. With four miles to go we came upon pink ribbons that told us that the BigShot had been there. We followed the pink ribbons to a stash of goodies. A Mellow Yellow, Bottled Mineral water, 4 sandwiches, candy bars, crackers and

a sweet note from our beloved crew. The note read:

Dear Lou, Jim, and Simon:

About half a mile from where you are now we have a river that is too high to cross. Sorry!!!

Charley is bringing some food and drink in a backpack. Wading through the creek bravely.

We will meet you at Woolum from the other side.

Have a good last 4.0 miles.--Christine, Charley and Daisy(dog)

We fast walked our last four miles to the Buffalo River and junction of the Ozark Highland/Buffalo River Trail head. We clasped hands and crossed the river which was deep but we managed to stay on our feet. The water was icy cold and we wished for Ivy and Bob. Ivy loved the cold water. We hugged each other and our crews and thanked each other for the experience that we were so fortunate to share together. We heard Charley and Christine's story about getting Jim's truck stuck on the gravel bar. We had some hot coffee, changed to dry clothes and headed to Marshall, Arkansas to a Dairy Bar that Jim said made great cheeseburgers. He was right.

December	30,	'92	-	40.5	miles	-	12:08
"	31,	"	-	37.8	"	-	12:00
January	1,	'93	-	38.4	"	-	12:59
"	2,	"	-	34.1	"	-	13:20
"	3,	"	-	13.2	"	-	4:30

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