

THE ARKANSAS ULTRA RUNNER

January 1996

A Newsletter For Members Of The Arkansas Ultra Running Association

HARLEY'S NEWS OF THE DAY - During Healthfest weekend over at Hot Springs in November two AURA members were inducted into the Arkansas Roadrunners Hall of Fame. Congratulation to Charley Peyton who was nominated for SERVICE and to Dr. Feelgood who was nominated for PERFORMANCE. They join the following AURA members who have been inducted in the past: Paul Johnson, Max Hooper, David Samuel, Lou Peyton.

Also in Hot Springs along with Healthfest was the state meeting of the RoadRunner Club of America. At the meeting Runners of the Year Awards were presented. Ray Bailey(AURA) and Kim Goosen(AURA) were awarded the Ultra Runner of the Year plaques. Nick Williams(AURA) and Angie Ransom(ARK) were awarded Master's Ultra Runner of the Year. Debbie Desjardin(AURA) was presented a plaque for being named RRCA's Walker of the Year. We appreciate the work that Tony Johnson did in keeping up with the points for the ultra runners and presenting the awards at the RRCA meeting.

One of our Hawaiian AURA brothers made the news in December's *UltraRunning* magazine. Ed Fishman(72 years old) competed in the Sri Chinmoy Ultimate Ultra in New York City. Ed was in the 700 mile race which had a 12 day cut-off. Ed ran 538 miles and finished 3rd place. I hope to track Ed down for the next newsletter and ask a few questions about this race.

And not to be overlooked were the efforts of our ultra brother and sister in Missouri, Bob and Rosemary Marston who recently ran the Flat Rock 50Km on September 30th. Bob (6:35:37) and Rosemary, (9:25:29)

Clearsprings-Bighead Memorial 50 Km

Natchez, Mississippi 7 a.m.

Saturday, Jan. 27

Three repeats of a rolling forest trail with no rocks and few roots. Fifth annual. No Fee, no whinners and limited aid. Joel Guyer, 201 Dunbarton Drive, Natchez, Ms 39120. (601)446-6496(h) or (601)442-2842(w)

White Rock Classic, 25 Km and 50 Km

Turner Bend Campground(Hyw 23) 9:00 a.m.

Saturday, Feb. 3

Course Surface: Well groomed dirt roads. Very hilly.
Joe Fennel, Chili Pepper Running Club, (501)521-0337

Very Warm Holiday Greetings, -----Harley

SEVENTH EDITION/VOLUME 12-AURA memberships make good stocking stuffers.

ULTRA PROFILE - Jane Schwartz



Jane Schwartz running the Palo Duro Canyon 50 Miler

Number of years running.....*7 years; 2 years long distances.*

When did you decide you wanted to be an ultra runner?.....*6 months ago. Mainly 25 to 50 miles.*

Describe a typical training week.....*I try to do small weights every other day, upper and lower. Monday: Cross Train*

Tuesday: Easy run, sometimes hill work.

Wednesday: Combine pace and easy for 608.

Thursday: Track for speed work.

Friday: Walk or lay off.

Saturday: Long run.

Sunday: Easy run if I don't have a long run.

Favorite time of day to run.....I like either evening or early morning when I can view the sunset or sunrise on a run.

What type of running surface do you prefer.....*Off road/or dirt and trail.*

Does any one run or race stand out as special?.....*1st Tennessee Marathon was my first marathon, and my time was not bad for the lack of training I had for it. Also, I ran a Hope Watermelon 5K with my son, of course, he was at the front—but it was nice as it was the only time we ran at the same race.*

What kind of running shoes work best for you?.....*New Balance.*

What do you consider you running strengths.....*Downhills!*

Running weaknesses?.....*Running in humidity, and running on trails uphill.*

My ideal running weight is.....*115 Lbs.*

Do you have a special diet that you follow for your running?.....*I don't like meat, but try to substitute and eat some during the week while training. I eat lots of fruits and vegetable meals.*

Any special races in the future for you.....*I would like to do another 50 miler. I am not sure which one I will run in at this time.*

What has been the best advice you received since you started ultra running.....*Patience. Since I have been running with the AURA, I have found that each person is so different and just from observation I have drawn different types of advice from each one. I have attempted to compile this and apply all of it to my running.*

AURA ULTRA HOROSCOPE-Doing something naughty at your next ultra might bring you a nice reward in the days ahead. Despite how much more you think you deserve, nobody get over 15 minutes of fame. Get a life, your time is up! Look for high ground in 1996. If its worth it, fight for it.

ULTRA TRAIL SERIES

10-9er-10 Run / 12-9-95

1. John Jones 4:03
2. Nick Williams 5:09
3. Kimberly Pavelko 5:09
4. Dianne Bell 5:09
5. Jim Sweatt 5:09
6. Lou Peyton 5:44

10 starters

UTS POINTS
THRU FIRST FIVE RUNS:

-4-

1996 ULTRA TRAIL SERIES							TOTAL
	MN 50K	SM MTN	AT-100	CW MTN R	10-9-ER-10		
Ray Bailey	66 X		120 X		X		186
Gary Grilliot	55 X		74 X		X		129
Michael Heister	44 X		X	X	X		44
Stan Ferguson	38	41 X	X	X	X		79
John Jones	32 X		X	X		53	85
Rick Utley	26	35 X	X	X	X		61
Rick Williams	20 X		X	X	X		20
Randy Davidson(M)	16 X		X		48 X		64
Anthony Lee	13 X		X	X	X		13
John Renick(M)	10 X		X	X	X		10
Jim Sweatt	7	10	29	31	36.5		113.5
Sam Barnes	6 X		X	X	X		6
Ken Millar(M)	5 X		X	X	X		5
Pete Ireland(S)	4	23	26	13 X			66
Chuck Desjardin(M)	3	4	11 X		X		18
Steve Eubanks(S)	2	3 X			6 X		11
David Allen	X	63 X		59 X			122
Alfredo Atilano	X	52 X		X	X		52
George McDonald(M)	X	29	40 X		X		69
Dan McCullough	X	17	15 X		X		32
Bobby Widhalm(S)	X	13 X	X		X		13
Nick Williams(S)	X	7	32	19	36.5		94.5
Dale Burns(S)	X	2 X	X		X		2
Mark Oliver	X	X	X		37 X		37
Ernie Peters(M)	X	X	X		25 X		25
Sam Hardcastle(M)	X	X	X		9 X		9
Dr. Feelgood(M)	X	X	51 X		X		51
Neil Hewitt	X	X	56 X		X		56
(M) = Master							
(S) = Senior							

1996 ULTRA TRAIL SERIES/FEMALE							TOTAL
	MN 50K	SM MTN	AT-100	CW MTN	10-9-10		
Kimberly Pavelko	58	58	23	44	47.5		230.5
Dianne Bell	47	36	17	55	47.5		202.5
Glenda Erwin(S)	36	24 X	X	X			60
Lou Peyton(S)	30	30 X		27	31		118
Irene Johson(M)	24 X		X	X	X		24
Ethel Cook	18 X		X	X	X		18
Donna Duerr(M)	12 X		X	X	X		12
Ann M. Moore(S)	8	12 X	X	X	X		20
Angie Ransom(M)	X	47	41 X	X	X		88
Jane Schwartz(S)	X	18 X	X	X	X		18
Debbie Desjardin(M)	X	8 X	X	X	X		8
Teresa Laster	X	X	10 X	X	X		10
Donna Hardcastle(M)	X	X	X		33 X		33
Kathy Alstadt(M)	X	X	X		21 X		21
(M) = Master							
(S) = Senior							

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1996 TRAIL SERIES CALENDER

January 7th	8:00 a.m. start.	Round Mtn Loop(Albert Pike Trail) 21 Miles.
February 3rd		White Rock Classic 50K
February 17th		Sylamore 50K
March		New Spring Classic, 21 Miles.
May 4th		Ouachita Trail 50
May		Mystery Run, ?K

Directions to the Round Mountain Loop: Little Rock to Hot Springs. Hwy 70 South to Glenwood. Hwy 70 on the south side of Glenwood look for Hwy 84 at Salem. Turn west onto Hwy 84 and go about 13 miles to Hwy 369. Right turn onto Hwy 369 and it is six miles to the Albert Pike Campground. Allow a couple hour driving time.

1996 ULTRA TRAIL SERIES RULES

1. We will plan at least 10 trail runs this year plus a demonstration run. Points will be earned during he 10 trails runs however the demonstration run will be non-pointative.
2. Of the 10 trail runs only eighty can be used in the final standings. I.E., if you run in all ten, you can count only eight.
3. To be a candidate for the King and Queen Awards, you must complete four of the trail races.
4. In case of a snow or ice, the run is canceled if Nick or I can't make it to the start.
5. Point scoring the same as last year.

1. 50 + Bonus pts =	11	=66 pts.
2. 40+	10	=50
3. 30+	9	=39
4. 25+	8	=33
5. 20+	7	=27
6. 15+	6	=21
7. 10+	5	=15
8. 7+	4	=11
9. 5+	3	=8
10. 3+	1	=4
11. 1+	1	=2

ULTRA CALENDAR

Jan 27th	Clearsprings-Bighead Memorial 50 Km. Joel Guyer (601)446-6496
Feb 3rd	Rocky Raccoon 100 Mile Run
Feb 3rd	White Rock Classic 50 Km
Feb 17th	Sylamore 50 Km
Feb 24th	Nancy Mtn Co-ed Cross Country Walk-Details sketchy
Mar 2nd	Mississippi Trail 50
Mar 23rd	Cross Timbers Trail Run, 50 Miles and 30 Km.
Apr 13th	50-Mile Gator Gallop-North Carolina/Grant Egley(formerly of Mississippi)
May 4th	Ouachita Trail 50 Miler

ARKANSAS ULTRA RUNNING ASSOCIATION MEMBERSHIP APPLICATION


NAME _____
ADDRESS _____

Send \$10.00 to:

Charles Peyton
41 White Oak Lane
Little Rock, Arkansas 72227

YOUR NAME
YOUR SECRET ULTRA NUMBER

The Arkansas Ultra Running Association



NAME _____

A.U.R.A. # _____

HIS CARD:

A HAPPY, FULFILLED
RUNNING MAN

NOT TO BE DUPLICATED

THE UNCARDED RUNNER
SAD AND GLOOMY



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David Samuel presents the RRCA *WALKER OF THE YEAR* Award to Debbie Desjardin



RRCA's *ULTRA RUNNER OF THE YEAR*
RAY BAILEY

DAVID HORTON TO SPEAK

On December 22nd one this country's premier long distance runners, David Horton, will be in town and is scheduled to talk about the 1995 Trans-America foot race that he completed this summer.

Date: Friday, December 22nd

Time: 7:00 P.M.

Place: UAMS Radiology Conference Room

Directions: Park at the UAMS parking deck(Small fee required) A marked course from the parking deck will be set up. More Information call Lou Peyton at 225-6609.

David is a native Arkansan who now lives in Lynchburg, Virginia, where he heads the "Physical Education" department at Liberty University.

Everyone invited. No charge.

*Arkansas Ultra Running
Association
41 White Oak Lane
Little Rock, Ar 72207*