

THE ARKANSAS ULTRA RUNNER

SEPTEMBER 1997

A NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

ULTRA NEWS OF THE DAY - On Saturday August 30th, Randy and Bobbie Davidson will host a potluck picnic at their home at 23 Maywood Drive. 868-5555 for additional information. Directions: Two miles west of Harvest Food on Hwy 10, turn left onto Maywood. 3rd house on left. Pot luck. They will have soft drinks. If you prefer other types of drinks, bring them and to be on the safe side, bring a lawn chair. So.....Saturday, August 30th, 6:00 p.m. at the Davidson's house. Everyone invited. Pot luck.

At the Midnight 50K in July, two of the AURA's faithful members, Bob and Eloise Horner came up from Texas to camp at Lake Sylvia and cheer on the runners. Bob told me that they would be moving to Colorado before winter. On August 16th, Lou and I went to the Oasis Renewal Center for the wedding of AURA's Kim Goosen. For those of you who ran the AT-100 last year, Kim and her new husband, Matthew Morton, staffed the Electronic Tower Aid Station. It must be something about working the Electronic Tower Aid Station. The Horners had this station for two years and then Kim and Matthew. We wish them all well on their new adventures.

The AT-100 has a new WEB SITE address. Thanx much to Ivy Franklin, the new address is: <http://reality.sgi.com/stanj/AT/> (take note that the AT is in caps) Ivy promises to learn me how to up date the SITE with current info as it arises.

The October and November Newsletter will be combined into one. Look for it around the first of November.

ARKANSAS TRAVELLER DIARY: About 60 entries now. Seem to be coming in by the 2's and 3's now. Only two Arkies. Suspect the rest are planning on doing an Aid Station, HA HA! Heard a rumor that people were saying that the AT was too easy and cheap. I know how to toughen it up, DD. But I think that is just the TEN HIGH talking. We had a planning meeting with the big guns last week. Jim, Lou and Tom. Dave was absent but accounted for. Jim thought my idea to use reflective tape instead of glow sticks had merit but refused to endorse it. I think he wants to study the issue further. Jim and Tom really liked the big tent last year. I opted for a smaller one this go around. Jim and Tom and Lou did not give me much support. I'm sure Dave would see it my way since he gives me a lot of respect. Oh DD, I came up with a brilliant idea for the race logo this year. I'll share it with Dave and just surprise the trio. You know what the most often asked question about the race is? What is the elevation gain and loss. The California types think that this is what makes a race tough. They seemed to not know about weeds. Anyway I gave the race topo map to Jim to give to Dave to figure the elevation gain. Nite/nite, DD. We'll talk again.

RACE CALENDAR

(Place refrigerator magnet here)

Aug 30th Annual Heart O' Traveller Training Labor Day Weekend.
6:00 a.m. from the base of Lake Winona spillway. 24 miles out and back on FSR 778, 2 and 211. Water only every 4 to 5 miles. C. Peyton at 501-225 6609 for more information.

SEP 1ST Annual Heart O' Traveller Labor Day Weekend Training Run. 6:00 a.m. from the intersection of FSR 114 and FSR 2. Smith Mountain Loop approx. 24 miles. Water only every 4 to 5 miles. C. Peyton at 501-225 6609 for more information.

SEP 28TH ARKANSAS MARATHON. Malvern to Benton 26.2 miles

Oct 4th 1997 Arkansas Traveller 100 Miler.

Oct 25th Palo Duro Trail 50 and 25 Mile. Palo Duro Canyon near

Amarillo, Texas. Red Spicer, RD, (806) 353-3847.

Nov. 1st Calvery Baptist "Run the Heights" 5K. Charley Peyton, BMIC.

Dec 6th UWF Argonauts 6 Hour Charity Run. Pensacola, Fl. 7:00 a.m. Univ of West Florida. Contact Coaches Dave Seiler or Stuart Towns at (904)474-2141 or (904)474-3278

Dec 13th Sunmart Texas Trail Endurance Run. 50 Mile and 50K Trail Runs. Huntsville, Texas.

Dec 13th The Whistlin' Dick 40K(new course)UTS #2 99.9% trail or logging road. Out and back route. Start and finish at the Lake Sylvia/Ouachita Trail Parking Area. 8:00 start. Water only every 4 or 5 miles. C. Peyton at 501-225 6609. No entry fee. Cheap awards to the male and female winner.

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Jan 1st 1998 Arkansas Fat A 50K/UTS #3(Thursday) 8:00 a.m. Out and back on the Scenic Winona Forest Drive. Start at the Lake Sylvia/Ouachita Trail Parking lot. Same route as the Midnight 50k. No entry fee; cheap, colorful awards to the winners. C. PEYTON AT 501-225-6609.

Jan 3rd The Big Albert Pike Loop. (Saturday) 32.1 miles on FSR's. No creek Crossings. 8:00 a.m. Albert Pike Recreation Area.

Jan 3rd The Little Albert Pike Loop. 24 miles. 50(count'em) creek crossings. 8:00 a.m. Albert Pike Recreation Area

Feb White Rock Classic 50K/UTS #4

Mar 21st The Wild Hog Double Loop./UTS#5 Two 20 mile loops around Lake Winona. No entry fee; a real cheap award to the winner.

Apr 4th BLACK DOG ULTRA RUNS 50 MILE, 50K. Forest Service Roads in the Lake Sylvia area. Entry fee will be \$10.00 to cover the cost of the Aid Station and a post race meal. Further arrangements are pending. Contact: Ann M. Moore @ 1209 Green Mountain, Little Rock, Arkansas 72211. E-mail at RunAnnRunn@aol.com

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Kimberly Jeanine Goosen & Matthew David Morton

Saturday, August 16, 1997

*"A long time ago, I was walking on uncertain path.
It was rocky, and I wasn't sure where I was headed.
Then my path crossed yours.
You asked if I'd join you, and I did.
I am thankful for the path I took - it led me to my heart."*