

First AURA/RRCA meeting planned for
Sunday, August 5th

THE ARKANSAS ULTRA RUNNER

AURAgust

A newsletter for members of the Arkansas Ultra Running Association

MESSAGE FROM THE PRESIDENT-Attention AURA brothers and sisters! As you may or may not know, late in June the AURA officially became an affiliate club of the *Road Runners Club of America*(RRCA). Will this mean major changes? I am not sure. But if you start seeing Don Kardong in raggedly overalls with one side snapped, an Arkansawer hat and no shirt on, - well, we may have to look into some damage control. In any case, we will celebrate this momentous occasion with our first meeting-a potluck gathering at the Broadmoor Subdivision's clubhouse in Little Rock, August 5th, beginning at 5:00 p.m. We will cover a little bit of business, but nother so heavy as to ruin your appetite or bring your meal back up. You are welcome to attend whether you are a RRCA Club member or not. Hope to see you there! AURA-RRCA Club President Numero Uno, Stan Ferguson

Directions and instructions-On south University at the traffic light where UALR begins on the left, turn right onto Broadmoor Drive. Go one block to Belmont Drive, Turn left. Go one block in distance(191/2 Belmont Drive). There will be a Belmont Clubhouse sign on the left. Park on the roadside and walk the sidewalk down to the meeting. Remember this is a Enhanced Pot-luck-Bring a dish that will feed yourself and a couple more. Also bring what you want to drink. Paper plates, napkins, flatware and cups will be provided.

ARKANSAS TRAVELLER 100 UPDATE

For those of you entering the 2001 AT-100, an application is in this months newsletter. Please pay attention to the cutoff dates. Race Director Chrissy Ferguson has informed me that Camp Ouachita will again serve as race head quarters. Renovation will be started on the camp but work will be placed on hold until after this years run. I hope to see each of you at least once during the Heart of the Traveller training runs. See next page. .

Last call for LRRC Talent Show volunteers. See the Bigshot at 225-6609.

HEART O' TRAVELLER TRAINING WEEKEND

(The purpose of the Heart O' Traveller training runs is to familiarize those entered or involved with the 2000 Arkansas Traveller 100 with the remote sections of the race course. Everyone is invited. No fees)

Saturday September 1st, 7:00 AM-Approx. 24 miles. Course is out and back from the Lake Winona Aid Station(31.9 miles)to about ½ mile past the Smith Mountain Aid Station(43.5 miles). Route will be marked with flour; water provided at the Pig Trail Aid station and the Dropoff Aid Station. At the Turnarouond point I will have coke, electrolyte and water. You are welcome to start early but water will be set out beginning at 7:00 AM. If not running ride your mountain bike.

Directions: Hwy 10 to Hwy 9. Left on Hwy 9 at William's Junction and go approx. 5.5 miles to Lake Winona Road. Right on Lake Winona Road approx. 4 miles to the FSR 778 intersection. Left turn and park. Run will start and finish at the Lake Winona spillway.

Monday September 3rd, 7:00 AM. Approx. 24 miles Course begins at the intersection of FSR 2 and FSR 114, Route will include the Turnaround Aid Station, Buffalo Gap, Powerline, BM Road and Smith Mountain. Water, coke and electrolyte drink about midway. Course marked with flour.

Directions: Follow same route to get to Lake Winona. Instead of turning left on FSR 778, continue on Lake Winona Road. As you pass Lake Winona, the road becomes FSR 114. It approx. 7.5 miles to FSR 2 and FSR 114.

FUN RUN REPORT

THE SELF SMACKED RUN

(aka STAGGERED STAGGER ROUTE)

By Kim Morton

40 Mile Smackers-Greg Eason, Heather Eason, Pete Ireland, Holly Larkin, Kim Morton, Lou Peyton, Billy Simpson and Nate Siria

32 Miles Smacker-Mike Dupriest

20 Mile Smacker-Harold Hayes, Ellis James

18 Mile Smacker-Kris Mougeot and Deanna Siria

Having been away from training and running ultras for the last six years, I was quite surprised to find myself awake, dressed, and carrying 10 pounds of survival gear on Saturday, July 7th, at 3:00 a.m. I was half asleep at the start of our adventure, so naturally I thought to myself, maybe this is all a dream—a flashback to that crazy ultra running year 1995." But no, after only a few minutes of jogging with what felt like an inner tube around my waist(new Ultimate pack), I was jarred back into reality. The ultra bug had bit

me once again. We were all up (well, those of us that slept first) well before the crack of dawn to test our ability to self smack 40 miles of forest service roads in 90+ degree heat.

The unusual part of this run is that ½ of the group were not training for an ultra run, per se, but an ultra adventure. We were honored to be invited to a run that was actually planned by the famous Arkansas Traveler Adventure Team (*Raid Gouloises Racing*), the 2000 Adventure Racing National Champions). This quartet of brave souls (Greg, Nathan, Kris present on the run) compete in events which involve not only running, but also mountain biking, orienteering, canoeing, amongst other challenges. I was awed and amazed by these adventurers, who not only were running the distance, but was also doing so with great style and positive attitude! I hope before the summer is over, my training path will cross theirs again.

All of us owe homage to Greg Eason, one the *RAID* team members, who was out on the trail training for the Leadville 100. He graciously came out the Thursday before the run to put water and Gatorade along the course. "Greg, I am sure I own you my first born child or at least a limb for you efforts, so call in the favor any time."

As the run began, the group broke off into two groups with Harold, Ellis, Pete and I comprising the first, and Lou, Greg, Nate, Billy, Heather and Holly making up the second. Running into the wee morning hours was reminiscent of the late hours of a 100 miler for me, only my legs felt fresh. (if only they felt so at mile 76+ in an actual ultra!)

Harold and Ellis were up for 20 miles, and we hung together for the first 10. During this time I learned the truly amazing story of Harold's 1999 Arkansas Traveller finish, with only four minutes until the cutoff. Harold, you are now up there with David Horton, Ann Trason and Lou Peyton amongst my Ultra Heroes!

Harold and James left us after 10, when I got the pleasure of running with Pete Ireland for a good 10-15 miles. If you have never run the Pete, let me tell you he is one smart, tough dude. He kept me walking on the ups, drinking all my fluids, and taking my new wonder drug, *Succeed*, at regular intervals. At one point we played, "Let me guess your age," which I thought was 46. Suffice it to say without telling on Pete, He is only 4 years younger than my Dad, who is retired and claiming social security. To bad Dad never got the ultra bug like Pete!

Billy Simpson from Memphis joined us for a few miles. He was also training for his first 100 at Leadville. I'm not too sure my "motor mouth" didn't wear Billy out more than the trail, because after about 5-6 miles, he decided he would "hang back" with Lou's group.

From 3a.m. until about 9a.m., the heat was more than tolerable, actually pleasant. We saw the sun rise over the forest, and I enjoyed testing my bird identification skills in the woods. (though I am not sure the other runners were sure of what I was doing calling, "purty, purty, purty" to the early morning cardinals!)

But alas, the miles and the day wore on, and so did the sun. Somewhere close to the ½ way point, Pete and I hooked up with Mike Dupriest, who is training for the Lake City 50 Miler on July 21st. Mike started at Sylvia and ran our course backwards for a run of about 32 miles. I was impressed with Mike, Pete, Lou and the other who were carrying camel style water bladders. I am sure I would not have kept up with Mike and Pete were it not for the extra weight they were carrying on their backs to slow them down quite a bit.

With somewhere around 12 to 14 miles to go, Pete hung back while Mike and I pressed on. We talked a little running and a lot about religion. Well, not religion exactly, but

spirituality. I learned more from Mike than a lot of years of Sunday school. Self reminder for an affirmation to repeat in an ultra borrowed from Mike and paraphrased from Psalm 37:8-"Fret not!"

With about a miles to go, and no fluid left, I saw what I though was a mirage of a white chariot...it turned out to be the Big Shot in his white AT truck, bearing gifts of cold water and snacks for later. This water must have been spiked with something, because a little Goose got in me, and thinking someone was on my tail ¼ of a mile back, I ran to the finish. Happy to be done. I changed shoes and discover another trail trait reminiscent of '95, blisters the size of quarters on the tops of my toes. At this point I felt sufficiently reinitiated into ultra running.

All toll we had 13 trails runners on the course that day. I had more fun on this run than all 3 fifties in 95 which told me maybe this time around "racing" should not make it into my ultra vocabulary.. Comments?, questions or curse words? Email me at kim@morton.net

Ultra Corner

2001 Vermont 100 Mile Endurance Run

Stan Ferguson-3rd Place-17:03:37

From the AURA ARCHIVES

Arkansan's who have completed *The Vermont 100 mile Endurance Run.*

Stan Ferguson(01)	17:03:37
Kim Goosen(95)	17:41:02
Lou Peyton(90)	21:17:03
Chrissy Ferguson(00)	22:24:17
William Gilli(90)	23:34:53
Lou Peyton(89)	24:24:20
Max Hooper(89)	25:54:50
Larry Mabry(89)	25:54:50
Bob Marston(96)	26:06:20
Bob Marston(97)	27:19:15
Bob Marston(92)	28:11:58
Nick Williams(90)	28:15:35
Bob Marston(94)	28:40:10

Club officers elected that the June Meeting at Maumell Park. Stan Ferguson, President, Mike Dupriest, Vice-President, Charley Peyton, Treasurer, and Lou Peyton, Secretary.

11th Annual Midnight 25Km/50Km/July 21, 2001

Ouachita National Forest/Lake Sylvia Recreation Area

The Midnight 25K/50K on July 21st was a grand success. A big crowd of runners came over from Memphis and from northwest Arkansas. This was the 11th year of the fun run and corresponds to Lou's birthday. Our tradition is to give a trail briefing at 7:45 and then Lou and I dance. While I drive off to my aid station just ahead of the start, the runners sing Happy Birthday to start the race. Usually we "Push" to Wilson Pickett's "In the Midnight Hour" but this year was substituted Chubby Checker's, "Twist". Everybody was moving grooving at the pre-race briefing. It(the 50K) is such a fun time even though it is always warm and toasty. Without our out of town guests, participation would have been pretty sparse. I must not be doing a very good job of promoting. A big thank you is in order for Chuck Desjardin and daughter Andrea for taking the 25K aid-station and to Bill Coffelt(Ft Smith) and Ricky Williams of the Chili Pepper Running Club in Fayetteville for all of the food and support at the finish-line.

25K Results

		Credits
1.	Bill Coffelt 1:51	100
2.	Jack Evans 2:16	90
3.	Ellis James 2:25	80
4.	Lloyd Moore 3:01	70
5.	Paulette Brockinton 3:02	60
6.	Joseph Dix 3:02	50
7.	Henry Osterloh 3:23	40
8.	Kevin Wells 3:30	30(tie)
9.	Chuck Peyton 3:30	30(tie)
10.	Steve Eubanks 3:42	20
11.	John Knapp 3:45	10

50K Results

		Points
1.	Ray Bailey 4:35	65
2.	Mike Parker 5:09	54
3.	Jay Huneycutt 5:34	43
4.	Jamie Huneycutt 5:49	58
5.	Dianne Seager 6:03	47
6.	Randy Melloar 6:03	37
7.	Wade Lewis 6:08	31
8.	Kerstin Schnacke 6:08	36
9.	Maurice Robinson 6:16	25
10.	Mark Brooks 6:20	19
11.	Craig Carney 6:24	8
12.	Ross Setter 6:24	8
13.	Gary Speas 6:24	8
14.	Ernie Peters 6:24	8
15.	Jim Hoofard 6:27	5

The BigShot Gives Pre-race Instructions at the 2001 Midnight 25K/50K

16. Tom Worthy	6:31	4(<i>Midnight 50K</i> results continued)
17. Patty Groth	6:40	30
18. Tina Coutu	6:46	24
19. Melvin Edwards	6:48	3
20. Heather Eason	6:59	15
21. Holly Larkin	6:59	15
22. Lou Pcyton	7:01	8
23. Pete Ireland	7:17	2

(28 Starters)

REGIONAL ULTRA CALENDAR

SEPT 1ST AND 3RD, 2001

HEART O' TRAVELLER WEEKEND

OCT 6TH, 2001

11TH ANNUAL ARKANSAS TRAVELLER 100 MILER

Nov

UTS #2-to be announced.

Dec 9th or 10th

UTS 3#- THE MYSTERY BOOK FUN RUN

MESSAGE FROM THE BIGSHOT-Speed without effort; the elusive goal of all ultra runners. I think I have found it and it was good. Or, maybe I found out only what it feels like to go fast without effort. You probably figured out that I am talking about riding a bicycle. Last month(June)Lou and I along with AURA's Dave and Mara Cawein plus Conway's Danny and Glenda Williams packed up our bikes and drove to St. Charles, Missouri, for a five day, east to west crossing of the K.T. Trail, a 225+miles rails to trails hiking-biking-running path through the heart of Missouri. We could have gone cheap and probably should have by camping and eating out of a can. But since this was our first time, we decided to do the Bed and Breakfast/Motel/Cabin method. We were three couples and two cars which we "leap-frogged" at day's end which worked out better than I first suspected it would. The only negative that we had no control over was the Missouri River which was at flood stage and in some places covered the path and also washed out sections. The K. T. now known affectingly as the Katy is a narrow strip in the Missouri State Park System and is meticulously manicured with signs and benches and I am sure that repair of the trail will quickly take place once the river recedes. When the K.T. railroad ceased operation in about 1983 it became a rails to trail project that was completed in 1991. It is now the longest of its type in the country. A 35 miles section was opened on the western end between Sedalia to Clinton in 1999 and there is a proposal to open a 13 mile section on the eastern end starting at St. Charles going east to Machens. 2/3's of the trail goes along the Missouri River(flooding this year). At Boonville the trail crosses the river and heads southwest across the prairie to Clinton about 70+ miles away. The surface is crushed limestone as smooth as a table top just one step down from asphalt. About every 8 to 10 miles are old railroad towns with their old stores and bars and every so often bike repair and rental stores. Also at regular intervals are trail head parking lots, bathrooms and water sources. We had a great week. Waking up in the morning, getting on your bike heading west without a care in the world. We were free to stop any time

The BigShot Gives Pre-race Instructions at the 2001 Midnight 25K/50K

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along the way to eat or do a rest break. The scenery was always changing and it was not unusual to see a deer or a turtle or some other critter along the trail. And, the good part was sleeping in your air-conditioned room at night. Having that air conditioned room at night was one of good things I did on the trip. The other things was having good sun screen, a water hydration pack, a split bike seat, new bike pants and putting street tires on my mountain bike. If I could have changed any thing about the trip I might next time start from the west and go east. The advantage being is that the prevailing winds go from west to east and the elevation gain and loss favors that direction. Speed without effort is addicting; we'll be back in the fall.

NOTE: The AURA Biking Auxiliary meets every Tuesday for a mild to moderate bike ride. Call Charley or Lou at 225-6609 for more information.

IN SEARCH OF THE PERFECT ULTRA FUEL-The Cheeseburger---Pressing family matters recently took me back to my boyhood home of Vicksburg, Mississippi. While there we went out to eat at one of the local hangouts You guess it already have you! I ordered the "Vicksburger". I wasn't half bad but not exciting enough to travel all that distance. What I am excited about I found closer to home. The Mammoth Orange Cafe in Redfield. In our younger days after we moved to Little Rock, we would travel to Vicksburg via Hwy 65. We passed the Mammoth Orange 12/15 times a year for 20 years. Finally, I couldn't take it an longer and we stopped. What a delight. A jumbo cheeseburger for \$2.69 and fries for \$1.19. These are 1960's pricings. In fact the "Orange" was opened in 1965 , one year after I moved to Little Rock. For you single A.U.R.A.members, this is the place to take you latest *squeeze* for dining. A dinner for two for less than \$7.00 bucks and then you can take the slow road home. What a deal!



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