

THE ARKANSAS ULTRA RUNNER

VOLUME VIII

September ~~AUGUST~~ 1989 oops!

The Newsletter For Ultra Runners In Central Arkansas

Ultra News - August 5th turned out to be a great day for the Ultra Series. We had over forty starters on this first of seven trail runs. Several runners came and ran only a portion of the Pigeon Roost Mountain Run but the results showed thirty-eight official finishers. The top ten male and top five females are as follows:

John Gross	1:45	Carol Matthews	2:34
Eddie Mulkey	1:48	Karen Mulkey	2:49
Stephen Tucker	1:49	Mara Cowein	3:17
Martin Fulk	1:58	Donna Hardcastle	3:40:30
Tom Zoloudek	2:03	Ann Moore	3:40:34
David Cowein	2:08		
Gary Wade	2:10		
Billy Maxwell	2:12		
Ricky Ultey	2:16		
Buddy Ritter	2:26		

As much as I was impressed by the turnout, I was more impressed by the fast times of the leaders. Johnny Gross proved he had the speed to hall in Eddie Mulkey in the last miles after Eddie dehydrated and succumbed to the heat. We all know that Johnny can run but what we don't know is if Johnny can run when it turns wet and cold. I'm still placing my money on Eddy Mulkey when the trails get dirty he'll be hard to beat.

On the women's race, Carol Matthews proved that she is the new dominating force in Arkansas Ultra Running. Although she was followed by an impressive 2:49 by Karen Mulkey. Carol's strength and speed made more than a few tongue's wag. As I scan the horizon, I don't see any Ultra Woman who can match her. We'll see. The

series has only just begun. Oh yes, don't forget the rules. If you want results at the end of the series, give me a stamped envelope. The next run is September 9 for the Breadbasket Loop, twenty-one miles. 6:15 a.m. trail briefing. Start at 6:30 a.m. sharp. Approximately eleven miles west on Highway 10 from I430/Cantrell Road Overpass. There is a forest service trailer on the left. Call Nick or Harley for details. (225-5557 for Nick, 225-6609 for Harley) Your suggestions on the designs of our ultra running tatoos has been most gratifying. I will be following up on locations and prices. Possibly we can go as a group. For now, however - arrangements are incomplete.

One item I left out of the last newsletter concerns the departure of Roger Thompson. Roger is in the process of moving to New Jersey for one year's technical training with the telephone company. Roger never was much of an Ultra Runner although I thought he had promise. For a large man Roger had a very fluid gait. You might say even graceful. Did you ever see a fat lady tap dance? Roger was real light on his feet. He slimmed down several years ago and got reasonable competitive. I don't know what happened. Maybe the Sarge humiliated him or something. The last time I saw him he was nursing a Miller Lite. I remember when Otis had the now famous Pike's Peak Training Run on the Powerline Loop several years ago. Roger had a flame-out. Months later he could still be seen out there in his four-wheel drive trying to find where he went wrong. I'll miss Roger and hope that when he returns he'll join us. Speaking of "the Sarge", I received a nice note this week. I am including the entire letter in this newsletter, for your benefit. It's always nice to hear from our women.

Governor's Cup is coming up October 28th. Don't delay your entry. And finally, I recieved a nice note from Larry Mabry and am including it in this newsletter.

Ultra Training Tip - "Training On Similiar Terraine". Often we get caught up in putting in the mileage for that Ultra Run and neglect an equally important aspect of training that is, not planning your training runs to match terrain of the event. "You'll have to explain a little better than that, Harley!" Okay, let's take three Ultra Races: Western States 100, Jackson Five-0 - 50, and Cross Timbers 50.

Western has sharp uphill, long uphill, long, long downhill. Would you do your long runs flat on the river. No! you should head for the Winona Loop or the Tom/Harley. Both feature long uphill and downhill. For the Jackson Five-0 you wouldn't want to be caught on the Tom/Harley. Head for the river and the flat land. The Cross Timbers presents an unusual problem. Rolling hills with sharp gulleys and swags. Really stressful on the quads. If I had to offer a training site it would be several loops in Allsup Park where you can find, among other things, a narrow trail that transverses sharply up and down the hillsides. The next time you sign up for an Ultra Run, think about what I've written here.. I'll bet that you complete that Ultra Race feeling better than any you've ever run. Why? Because you trained for it.

#### THE LONG CROSSING 50 MILE RACE - LARRY MABRY

The clock alarms at 4:00 a.m. on May 13, 1989 for the beginning of a fifty mile labor of love on the Ouachita trails. Coffee is perked, breakfast is prepared, shower is completed and we are off to the race at 5:05 a.m. The stage has been meticulously set by Theresa Bill Laster and Charley Bill Peyton. The endless list of devoted volunteers are prepared to support the forty-eight individuals who toe the line for the first running of the Long Crossing's 5:30 a.m. start. Theresa gives the ready, set, go and we are off exactly on schedule.

The run begins and a light mist, which will last on and off all day, begins shortly after the start. This is a real blessing, considering what the weather in Arkansas could be in May. James "Buzzi" McNair and I are moving along smoothly and I have yet to determine 'who's pacing who'! The day is one full of encouragement from familiar faces. The aid station personnel are all pleasant and helpful in spite of the fact that the weather that the runners are enjoying is causing a chill to them as a result of their catering to the runners. In spite of this chilling condition, all volunteers were extremely helpful to each and every runner.

The caliber of this run resulted in it being extremely well managed and enjoyable trail race. The numerous volunteers and support

personnel are to be commended for their efforts and I sincerely appreciate your dedication in providing us the opportunity to compete in a trail run 'right in our own back yard'. I am certain the eleven states represented will consider this one of their more memorable and exciting experiences.

Thanks to all of the heart souls who made the Long Crossing 50 Mile Race a reality because of their dreams and physical labor and dedication to it's actuality.

To The Editor of The Arkansas-Ultra Runner - The Sarge

After reading the August edition of the Arkansas Ultra Runner, I felt provoked to respond. Although I regard your patronizing manner quite disgusting, I must admit to a bit of amusement at your cartoon. (I really guffawed at the portrayal of Lou - right on, brother!!) What deep seated guilt you must be harboring in your repeated cynical onslaught of my newly acquired and virtuous character. So be it. I still crave attention, regardless of form.

My purpose in writing is to offer you this article for the newsletter to avoid page after page of Harley monotony. Since you refused to publish my latest bedroom training tips, I am enclosing my latest discovery from the kitchen. Spirulina Stuffed Dates. This healthful delicacy can be carried in the body belt or placed onto each finger tip and eaten while running. Mmmm - tasty and so nutritious.

Spirulina Stuffed Dates

- 1 - 8 oz. package whole dates
- 200 tablets earthrise spirulina

Stuff 2 to 3 spirulina tablets into each date. Eat as desired.

Spirulina is a blue-green algae, 60% protein and one of nature's best sources of vitamins, minerals, and amino acids in a whole food. It's rich in beta carotene, gamma-linoleic acid, B-12, iron, and is over 15% phycocyanin. A low sodium food, spirulina is now being grown worldwide in village ponds to combat the effects of malnutrition in children.

As for myself, I enjoy running alone these days. That relentless ego-maniacal chatter of the obsessive-compulsive runner about his knees, his name dropping, his P.R.'s, his B.M.'s his V.D.'s, etc. etc

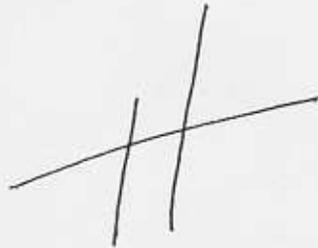
ad nauseum finally became intolerable, and so BORING. Ahh, the peaceful solitude of the solitary path.

Oops, gotta run. My laundry's done.

Regards,

Sarge

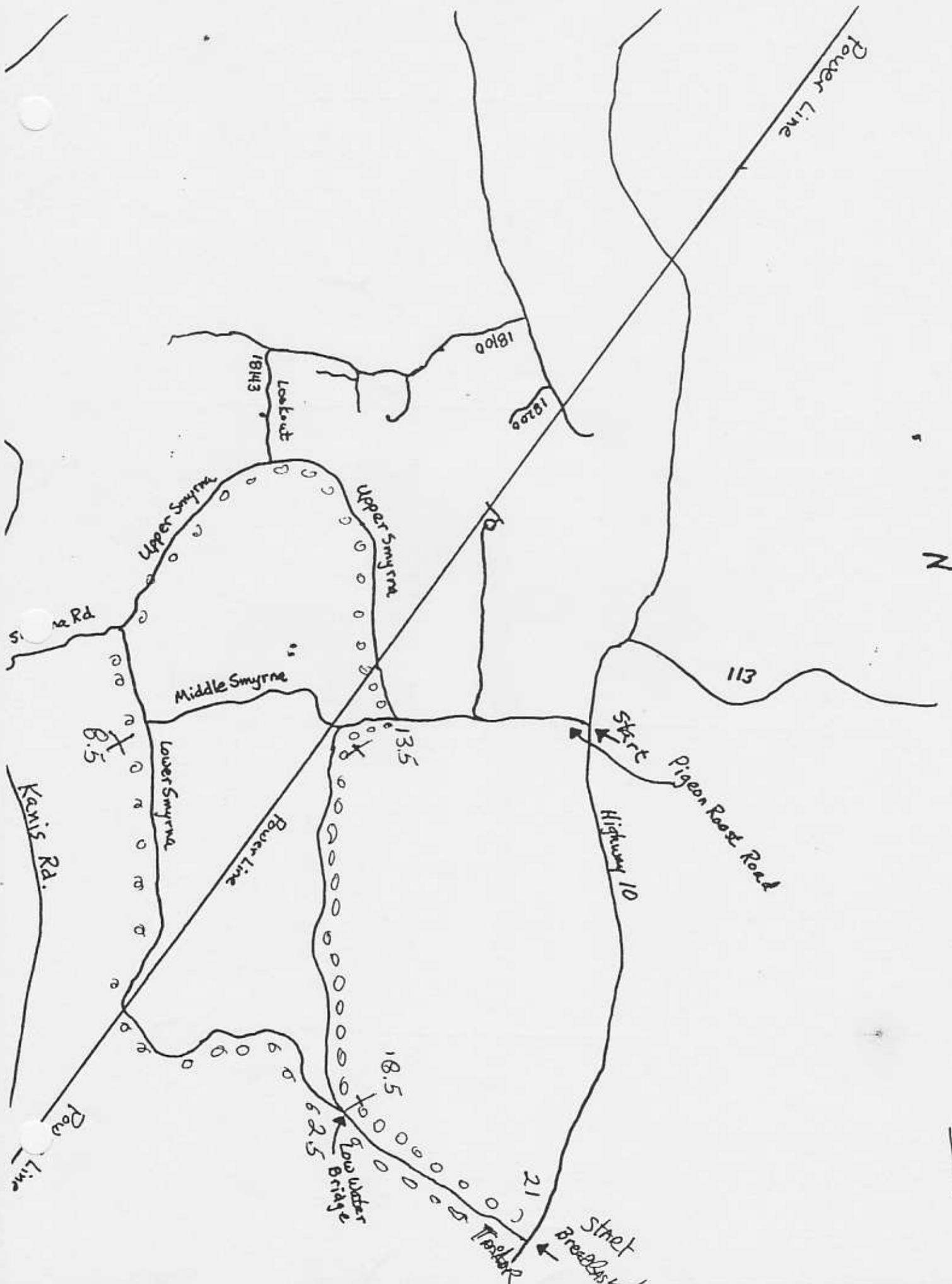
Warm Regards,



THE  
INSIDE  
EX  
HARLEY



"Wow!"



Breadbasket loop 21 mi.