

THE ARKANSAS ULTRA RUNNER

AUGUST 1991

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIGSHOT - Every month the Ultra news keeps piling in. Just when I think the cupboard is bare, in comes news on David Horton finishing the Appalachian Trail (2,144 miles) and Bill Maxwell, Nick Williams, William Gilli, and Suzi Thibeault finishing the Western States 100 in 23:48; 27:33, 27:33, 29:08, respectfully.

Mr. Nick provides us with his impression of the race later in this newsletter. Congratulations to David, Bill, Nick, William "I used to be an A.U.R.A. member" Gilli, and Suzi "I am the greatest" Thibeault for their finishes. I wish we could have a meeting and have a panel discussion with them all.

Ultra Trivia - In about 1964, a friend of mine in Mississippi got engaged to a girl from Lepanto, Arkansas. He asked me to be a groomsman in his wedding. It would be my first trip to Arkansas. There was a young man at the wedding with a beautiful, baritone voice who sang the pre-nuptial songs. Who was that young man who went on to become a famous Arkansas Ultra Runner? Answer? Later in the column.

I'm going to try and give the Arkansas Traveller 100 information a little more justice this month. In my haste to get the newsletter out we fell victim to the five page limit.

Concerning the Ultra Trail Series: The Winter Classic that was scheduled for December 14 has been moved to December 21st. There was a conflict when the race director of the new 100 miler in Louisiana changed his date. Also, the date of the Pigeon Roost Mountain Run is now set for November 2nd. We'll set the dates for the other runs when we see how the Ultra races shape up in the fall. Now about the sports drink Conquest. I said it has nutrasweet which is true but I omitted that it contains complex carbohydrates (glucose polymer) as well as electrolytes.

It's about volunteer time for the Arkansas Traveller 100. You can tell by the number of aid stations that we'll need a lot of good people. This is not a panic call but just a reminder that if you're not going to run we'd appreciate your services. Call Lou at 225-6609 and we'll place your name on our list. Of course I'll nurture you along until about the last week in September when I'll plan a hot dog cook or something at one of the parks and fine tune our assignments. The volunteers at every 100 I've been to really got into it and enjoyed the race as much as the runners. The BigShot will take good care of you.

I'm going to keep my comments brief. Before I sign off I'd like to welcome aboard several new members. As we approach our 50 man team limit, you new people need to relax and don't get so stressed out. Just get in formation when the whistle blows. This Ultra newsletter started as a not so serious attempt to promote Ultra

running in Arkansas and keep in touch with our Ultra friends around the country. Nothing is too sacred for an occasional barb or put-down. If you read a jesting comment it's his way of saying "I like running with you". The BigShot is bipolar but harmless. To the veteran A.U.R.A. members he is thought of as a--a--"father figure". Yes, he's the one out front shining the light for you and keeping those water jugs full.

Trivia answer:

Gary Smith, Sportstop Manager

ULTRA PROFILE - STEVE EUBANKS

Editor - What is your full name and date of birth?

Steve - Steve (Alberto) Eubanks

Editor - What are your statistics?

Steve - Height - 5', 5"; Weight - 160 lbs.; Shoe Size - 8½ - 9

Editor - How many years have you been running?

Steve - 12 or 13 years

Editor - Not many people know that you were one of the pioneers in Ultra running in Arkansas. Tell us about that first 50 miler in Russellville. When was there and experiences related to it.

Steve - Lou and I ran our first Ultra distance together on the Bona Dear Jogging Trail in 1980 or '81. Okay, at least we ran the first 35 miles together where she got faster and I got slower. It was great - 32° and beautiful all day. I was only going to pace her for 20 miles but on the way driving there she said, "what if you get to 20 or 30 miles and feel great. You'll wish you had signed up." That sounded like she knew something I didn't. Anyway I needed another t-shirt so I did. Eddie Mulkey had worked out a schedule of running 20 minutes - walk 4 minutes. It worked perfectly for us. We ate every lap (approximately 3 miles) and drank defizzed coke, sugared tea, water, and finished smiling. The following day Alberto Salazar ran the New York City Marathon and set a new world record. The following Monday I was running the Biscayne Loop with the Marquis De Sade, Pat Torvestad, Si Brewer, and Bob Galbraith when the Marquis said, "Say Eubanks, didn't you just run a 50 miler?" I said, yes. He said, "don't you need to recover some?" I said, yes, I took Sunday off and watched

Alberto win New York and set a new world record. He said, "you're going to be as great as Salazar". So he nicknamed me Alberto and it stuck. I did set a new record of sorts in that I had six stress fractures at one time. That record still stands. A few of the names I remember from that Ultra were David Horton Tom Aspel, Eddie Mulkey, Henry Hawk, Lou Peyton (mother of two) and Nancy Cunningham (mother of none then) who lapped me a few times. One more name is Laura Hopson. She helped me run that last lap and gave me the energy to smile as I finished. Last but not least Lou and I had a world class handler by the name of Sandy Eubanks who made it possible!

Editor - Why have you never attempted another Ultra (or have you)?

Steve - I trained for Cross Timbers, sent entry and got stress fractures. So it seems like I must not send money in order to keep from getting hurt.

Editor - What is your favorite running shoe?

Steve - The ones that they just quit making! New Balance 1300, Nike Tailwind and Etonic Quazar.

Editor - What is your favorite food while training/racing?

Steve - Ice Cream

Editor - What is your favorite time of day to run?

Steve - Morning

Editor - What is your biggest Ultra weakness?

Steve - If it's over 35°, I don't do well.

Editor - What is your best physical feature?

Steve - Low wind resistance.

Editor - What is your best and worst Ultra memory?

Steve - The best was finishing the Arkie 50 standing up. Worst was thinking that large dogs were chewing on my calves when it was only cramps for the last five miles.

Editor - Who do you like to train with?

Steve - Women! They don't look at their watches and they smell a lot better.

Editor - Briefly describe a typical training week.

Steve - Monday - Mountain bike
Tuesday - Road bike

Wednesday - 10 mile trail run
Thursday - Work 16 hours
Friday - Rest
Saturday - 16-25 miles on trails
Sunday - 10 miles on trails

Editor - Who are your running heroes?

Steve - Paul Johnson, Lou Peyton, David Horton, Jim Stanley

Editor - Do you have any advice for the BigShot?

Steve - Yes, you had the run of your life 7/13/91. Don't expect to leave Lou in your dust again very soon!

TRAINING TIPS FOR THE ARKANSAS TRAVELLER 100 -

Greasing Up For The 100 - When attempting that first 100 miler, there is plenty of advice out there for you. We've covered training, and fluid/food replacement in the last two newsletters. Now it's time to get personal. In a 100 miler you're taking a big chunk out of your busy life so listen closely. The last thing you want to happen is to get distracted from your goal to finish. Your total concentration should be on monitoring your energy level and not worrying and consuming extra effort about a blister, chaff or a rub. It's just like driving a car and watching the gas tank. Rule #1 is if it dangles, puckers or rubs, vasoline it before you start. For those of you who do chin-ups at the Club, vasoline under your arms. Men especially vasoline your nipples. An alternative here is use duck tape. Apply a liberal amount between your cheeks (butt) (watch Nick). If you neglect it there you'll be walking like a cow with the scours by noon. For you men, take your time when you urinate. Don't get careless and splatter it on you. Urine can be real acidic on your skin and you will get an irritation before you know it. A little vasoline as a preventative here wouldn't hurt. Now let's talk about blisters. Rule #2 is to keep your feet dry. Do this by placing socks in every drop bag. The next level of prevention is to stop immediately when you feel a hot spot. Especially when running downhill. Stop and take off your shoe and sock and inspect them for grit and rocks. Look at your feet. If you carry moleskin with you apply it then, don't wait. It is a good idea to have several types of shoes with your handler so that you can change out brands and get a different foot strike. Some people advocate using two pair of socks, one thin and one thick so that the thick one rubs on the thin one and not on your skin. Some advocate wool socks that wick the moisture away from the skin. My advice is to change socks whenever you can. There are advocates of duct taping your feet. See the professional for instructions on this. (See Nick)

ULTRA TRAIL SERIES -

On August 3rd the series kicks off with the Wasatch Scramble. Compliments of co-founder Nick Williams. I'll be there to set the water out and mark the turnoffs. After the start I'll drive up to that last powerline hill and wait for the first arrivals. So when the whistle blows "COME TO PAPA".

UPDATED RACE CALENDER - (7-11-91)

August 3 - Wasatch Scramble - 12 miles, 6:30 a.m. start (Wasatch Scramble directions - follow Hwy. 10 approximately 20 miles west to the Hwy. 113 intersection. Continue on #10 for 1½ miles to Bringle Creek Road. Turn right and go 1 mile to the A.P.& L. substation on right, park there.)

September 14 -----Tom-Harley 50K

November 2-----Pigeon Roost Mountain(14 Mile Run)

December 21-----Winter Classic(15 Mile)

January 11-----Great Wall of China Run(20 Mile)

February-----Smith Mountain Run(50K)

March-----Spring Classic(18 Mile)

April-----Mobile Marathon(21 Mile)

May-----Loop-De-Do(17 Mile)

ARKANSAS TRAVELLER 100 MILER TRAINING RUNS:

August 10-----6:00 a.m. start. Smith Mountain 24 miler. Run will begin from intersection of forest service roads #114/#2 3 - water stops, out and back course.

August 16-----8:00 p.m. meet at Lake Winona parking lot for a 20 mile out and back course. Bring flashlight, extra batteries, water bottles. Several water stops provided.

THE WESTERN STATES 100 OR A HUNDRED MILER IS A HUNDRED MILES

By: Nick Williams

The Western States 100 is a long way anyway you cut it. It took me 27:33 to finish. The male winner, Tom Johnson ran 15:54. The female winner Ann Trason, ran 18:32. This year's race was the coolest it has ever been. It also rained some so the trail was not as dusty as is usual. The trail is fairly rocky but has pretty good footing overall. There were several terrible climbs (Devil's Thumb, Michigan Bluff, and the climb into Forest Hill). The climbs were out of canyons where the temperature is usually in the 100+ range. This year the canyons never really got hot.

I ran the race with Suzi Thibeault from Colfax, California, and a member of our Ultra Trailrunners group, William Gilli, formerly a doctor in Arkansas who moved to Bakersfield California, to do a speciality in Internal Medicine. Gilli and I stayed with Suzie (The "S" Word) until the climb up Devil's Thumb (49 miles). We could not keep up with her so she went on. Gilli and I finished together. Suzi really had trouble staying awake. We caught her asleep on her husband Gene's lap just before the Auburn Lake aid station at 85 miles at 3:00 a.m. She ended up finishing the race in 29:04 hypothermic vomiting and all. Suzi is one gutsy lady. There are numerous things I want to say about the experience before/during the race.

1. I spent three days before the race and two days after with Suzie and Gene Thibeault. They are really good people. I got to know them both better (I hope I didn't wear out my welcome). Gene and Suzi have two dogs (Rufas and Lady Ellie) who I loved to play with. They also had two cats (Joe and Macho Peju) I got to meet lots of their friends.
2. The race was hard . I had trouble deciding what to wear, I was cool and I had trouble staying warm.
3. At 1:30 or so in the morning I wanted to sleep but Scarlet and Gilli would not let me. That was at the Rucky Chucky River just five minutes before I fell in the river and got my dry clothes soaking wet. I was not sleepy anymore.
4. I enjoyed seeing all my friends and getting to spend a little time with them. I really liked that part.
5. I did not ask Scarlet one time to let me get in the car. (I knew it would not do me any good anyway) She and my son Richard were my crew and they kept me going.
6. I got to spend the drive out to California with my youngest son Richard. He shared the driving with me. I really like him and I had a good time with him.
7. I finally got to see the middle 20 miles of the Western States course, In 1986 I quit the race at 40 miles after going five and a half hours without using the restroom (out-door facilities), I got to go back and see the last 38 miles when Max Hooper let me pace him in 1989. (Thanks Max).

In ending I want to say that anyway you slice it-----a hundred miler is a hundred miles. I would encourage anyone to enter the race but you must have a good crew who will not let you quit when the going gets tough, and in a hundred miler the going will get tough

P.S. The BigShot would say a hundred miler is playing hardball!

P.P.S. In 1986 Max Hooper told us that the Western States 100 is the hardest thing you'll ever do. It is. It can be done and the Arkansas Traveller is a good place to attempt your first one.

Appalachian Trail "Conquest"
David Horton

2144 Miles: Springer Mountain, GA to Mt. Katadin, ME
GOAL: To Finish In Less Than 60 Days

Final Report #10

- Day 48 (Tuesday, June 25)** Tough day with very tough mountains. Nice view from Saddleback Mountain in Maine. Spirits are very low, getting tired of being tired all the time. Thoughts of quitting after each section today. Finished the day with **38.8 miles in 13:45**. Glenn Streeter is still helping him. Doug Young and Jack McGiffin have arrived today to finish out the trip with me. Tonight we slept on the ground on an old railroad bed. I kept thinking a moose would probably come along and walk all over us.
- Day 49 (Wednesday, June 26)** Covered **36.5 miles today in 13:40**. Another very tough day. I finally saw 5 moose today. Boy are they big! One had a huge rack of horns. They don't seem to be afraid of me, probably cause I smell similar, and I certainly don't look a threat! My spirits are still very low. Ran out of water in the last two sections in the Bigelow Mtns. because two springs had dried up. The last two days have been so hot, 85-90 degrees. **165.2 miles to freedom!**
- Day 50 (Thursday, June 27)** Longest day on the trail to date, **46.8 miles in 14:25**. Only had three fairly tough climbs today, much easier than the last couple days. I finally saw a 200-300 lb. black bear today. Had to wade across the Kennebec River today which was about 100 yds. of very swift water that was ankle to thigh deep. You can take a canoe across, or there is a ferry that runs daily from 10:00 a.m.-12:00 noon, but we got there at 9:30 a.m., and I wasn't about to wait around, and the canoe seemed so "sissy". One woman drowned trying to cross the river in 1985. I "bonked" (low blood sugar) again in the last 18 miles because I ran out of drink and food. There was very little access for my crew to get to me. My wife, Nancy and son, Brandon, came up with a friend, Nancy Hamilton tonight and met us in Monson, ME. It was tremendous to see them and it really helped to lift my spirits after such a hard few days!
- Day 51 (Friday, June 28)** **36.1 miles in 13:19**. The first 6.3 miles were new trail and trashy. Jack McGiffin accompanied me on this first section. It was so hot and humid. When I met my crew at the first road crossing, I emotionally broke down in tears because of the heat, humidity, condition of the trail and the fact that it was going to be another 30 miles before they could meet me again. Nancy Hamilton kept me company during this long section and tried to cheer me up a little. Shortly thereafter, a severe rainstorm came over and cooled things slightly which seemed to help. Only **82.3 miles to go**.
- Day 52 (Saturday, June 29)** Longest day on the trail - **48.3 miles in 14:53**. I got my first view of the last mountain I had to climb, Mt. Katadin. It was spectacular! The last two days, I've fallen 4-5 times each day and would stump my toes countless times. My feet and toes are extremely sore. There was a dramatic shift in the weather today with a high of only 70-75 degrees.

It was great to have my son, Brandon, with me and to run with him on several sections of the trail. It was a thrilling experience to share some time with him.

Day 53 (Sunday, June 30) Felt horrible physically for the first 20 miles. The last 14 miles, I began to feel a little better. I fell about 8 miles from the finish and ripped a four inch gash down my right arm (no stitches needed) and received a bad bruise on my right thigh. This was the only really bad fall and injury I had received during this entire ordeal. Brandon joined me in my run up Mt. Katadin, along with my other crew members, Doug Young, Jack McGiffin, Nancy Hamilton and Glenn Streeter. They deserved the experience as much as I did. (My Nancy broke her toe the Sunday before they came to Maine, so she wasn't able to join us on the climb, not that she would have! But she was there to pick us up as we came off the mountain.) The climb (4000 vertical feet in 5.2 miles) was the single biggest climb for the entire trip, but also the most rewarding. The first 1500 ft. were not too difficult, but after that, it was above treeline and up a rocky edge that required rock climbing skills. The last mile to the summit at 5280 ft. was gentler terrain.

I had dreamed of this moment for many weeks with great anticipation. But, I guess I was so physically and emotionally drained, I really didn't care. My time on the trail had increased from 11-12 hours to 13-14 hours in the last couple of weeks. I stayed very tired and was only getting about 5 hours of sleep each night. Some of those days, I would just break down because of the extreme fatigue, several days of "bonking", loneliness, sore toes and just plain feeling sorry for myself. Every time I thought about climbing that last mountain, it brought tears to my eyes.

As I finally climbed to the summit of Mt. Katadin, I felt devoid of emotion. Rather than a tremendous emotional experience, I felt more a sense of relief.

I reached the summit at 4:35 p.m. on June 30, 1991. My starting date and time was Thursday, May 9 at 6:54 a.m. My total time was 52 days, 9 hours and 41 minutes. The previous record was 60 1/2 days.

Scott Grierson (Maineak), who I chased for 1400 miles, finished in 55 days, 20 hours and 34 minutes, breaking the old record, but finishing 3 1/2 days behind me.

THURSDAY, JULY 4, 1991 - Four days after completion of one of my lifelong dreams, I look back with many thoughts and mixed emotions. I owe so much to many people. I dare not begin to name them all, by chance that I miss someone.

I am most indebted to the Lord Jesus Christ for supplying me the unbelievable strength and abilities to complete this task and meeting my every need both physically and mentally (Phil. 4:13 & 19). There were so many, many times that I prayed to God for strength and He never let me down. He was always there! My prayer today is that if you do not know Jesus Christ as your personal saviour, that you will before it is everlasting too late!

Without my wife and her continued help through this whole endeavor, I could never have accomplished this goal. She was very supportive and uplifting even when I would call her in my many depressed moods. I can't begin to know how difficult it had to be for her during these weeks. From what I've seen, she did a great job on the newsletter. When you see her, thank her for the support she gave me and the time and work she put into the newsletter.

As well, this very difficult goal could not have been accomplished without all of you who prayed for me, put me up in your homes, crewed for me, and helped support me throughout this endeavor that was physically, mentally and financially costly. It was a real joy meeting different ones for the first time and enjoying your company on the trail. I've made lots of new friends!

Lastly, I want to thank my mother and father, Ezra & Lois Horton (Marshall, AR.) for raising me and helping me to develop into a person who had the courage and endurance to attempt such a feat, and to withstand over 2100 miles and 52 days of unbelievable stress.

Recovery is coming very slowly. I ran 2 miles today and felt horrible. I still can't sleep at night for dreaming I'm still on the trail and have to cover a few more miles. I wake in the mornings wet with sweat. Nancy says I keep her awake by tossing and turning and talking continually in my sleep. I'm not sure what to expect in the future.

Sports Illustrated will be running a short article on my trip the week of July 15 or 22, with the possibility of doing a larger article as well. Check the newsstands! They asked Nancy for a one sentence comment about what she thought about my adventure. Her reply, "He better not do anything like this again for a LONG, LONG time!" I guess I better wait a while before I do my transcontinental run!!!!

Thanks again to everyone!

David

THE INSIDE

by HARLEY

(A SATIRICAL LOOK AT ULTRA RUNNERS IN ARKANSAS)

