

THE ARKANSAS ULTRA RUNNER

JUNE 1992

A Newsletter For The Arkansas Ultrarunning Association

Message from the BigShot-The third season of the Ultra Trail Series has closed, and what a success it was. Congratulations to the Open and Masters Division Winners: Johnny Gross, Kim Pavelko, Frank Rivers and Lou Peyton. We had 108 different runners at our nine races and we averaged approximately 35 runners at each of the runs. Some of the runs are almost classics and we'll do them again next year. However, there are a couple of new runs to be tried out. Nick and I would like some input from you on what runs you especially liked or didn't like, etc. One important thing not to overlook is how much we appreciate you people signing in after the races. Without that we could not have a series. Next month I will list the complete point standings.

At the Strolling Jim 40, one of the first runners Lou and I spotted was Billy Butler of Crystal Springs, Mississippi. Billy is not a trail runner so we don't get to see him often. He is 60+ and has done the Maumelle 60K in years past. What is interesting is that Billy is entered in the Run Across America event that will start in Los Angeles at 5:00 a.m. on Saturday, June 20 and finish in New York City on August 22, 1992. Billy stated that he was entered in the Run Across America and was using the Strolling Jim to see if he could run. It seems that he had a knee problem and hadn't been able to train. He entered the R.A.A. anyway. Only an ultra runner could reason like that.

Important information to follow: Now the organization of the Arkansas Traveller 100 Miler begins. I am looking for a couple of right hand men. Since Lou is running the race, I have agreed to step in and try to fill her shoes. I'm good at driving a truck, picking up things and being on time. I need HELP! What made the race special last year was our aid stations. I will contact you who had an aid station last year to see if you would do it again this year. I can take no for an answer. The thing that I'm committed to is having the best race possible. If any of you folks want to volunteer early, call Lou or me. We will have a good a race in '92. Thanks!!!!!!!!!!!!!!

We've had large turnouts at the Sunday and Wednesday afternoon training runs on the Three Mountain Road. Everyone is invited to join us. It's 2:00 P.M. on Sunday and 5:30 P.M. on Wednesday. Bring your lawn chairs and snacks for socializing after the runs. Remember the Three Mountain Run is approximately .3 miles past the Forest Commission Trailer on Hwy. 10.

WARM REGARDS

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ULTRA PROFILE - KIM PAVELKO

How did you get to Conway?

I moved to Conway with my parents when I was a senior in high school.

I attended the University of Central Arkansas and met Rickey there who was born and raised in Conway. After finishing all my schooling, we wanted to move back to Conway to be near his two sons from his first marriage and I was able to get a job with Helen Rice Grinder, an attorney in Conway.

Give us some statistics on yourself

Age - 31; Height - 5'5"; Shoe Size - 8 1/2 - 9

How did you start running?

Rickey encouraged me to start and I used to run around a junior high school football field. Rickey measured it with his motorcycle and 3 laps was a mile. I also took on aerobics (Ken Cooper principles) class at U.C.A. taught by none other than David Horton. David encouraged several of us to run a local 5K and then the Pepsi 10K. He told us about this 100 mile race in Virginia and that he didn't finish because of blisters, wet shoes, etc. and that he had a plan for next year. He couldn't wait to try it again. I thought he was crazy!

What interested you in ultra running?

Rickey and I would hike trails and then race each other back to the car. I couldn't believe it when I read in the paper about the Ultra Trail Series. It was exciting and I wanted to try it.

Describe a typical running week.

One to two long runs, hill repeats, speedwork, a workout where I run backwards, skip and hop, easy runs, trail runs. I've started running in the afternoons 3 times a week in addition to running in the mornings to get used to the heat. I lift weights twice a week for my upper body and do stomach exercises, which help me maintain my form during a run and also in maneuvering on the trails. I stretch allot and do exercises to strengthen the muscles around my knees to prevent injuries.

What is your favorite non-running activity?

Spending time with our pets. Rickey and I have an Australian Blue Healer named Special and five cats. Our cats are all white and we treat our pets like kids. Zues is 11 and has a blue eye and a yellow eye. Misty is six and has

green eyes and long, fluffy hair. Casper is one and is very playful and affectionate. He has beautiful blue eyes and eats the kinds of foods I eat! Pearl is one and has a blue eye and a green eye and a bobtail. Frost is tom cat that we found about a month ago. We've had all our other cats since they were kittens. Each of our pets has a unique personality.

What best ultra advice have you received?

When I asked you guys about what to eat and drink during ultras and everybody had a different answer. I realized I had to experiment and find out what worked for me.

Where are the most enjoyable places that you train?

On the trails and dirt roads where we have our races and training runs. I really like running trails, powerlines, and places I haven't

run before.

If you could run the Arkansas Traveller 100/91 over again what would you do differently?

Wear better running shoes like the ones I have now. I didn't eat and drink properly either. Take a pain reliever when I need it. Use a pacer for the latter part of the run.

What is your favorite piece of running gear?

My Nike Air Max running shoes because they give me a lot of arch support and plenty of toe room.

Describe your taper down from training before a long race.

I reduce the quantity but keep the quality workouts. I only lift weights once, do speedwork once, reduce my long runs. The last 3 days before the race, I do easy runs once a day of about 4-5 miles.

Describe your diet.

I eat a high carbohydrate, low-fat diet and I don't eat meat or eggs. I eat alot of potatoes and take vitamins. I also drink lots of water. I like oatmeal, skim milk, rice, bagels, broccoli, carrots, green peppers, Pritikin Salad Dressing, pasta, fruit, beans and bean burritos, corn on the cob and blackeye peas.

What are your ultra running goals in 1992 and beyond?

I would like to run Pike's Peak and the Arkansas Traveller 100 this year. I would also like to run the Whiskey Chitto 50K, the Mountain Masochist Trail Run and Sunmart Texas Trail Run this year. As for the future, I want to qualify for the Boston Marathon and run it. I want to run some races with Rickey and to keep running without getting injured. I'd like to run the Western States 100.

What did you learn from the Ouachita Trail 50 Miler?

I learned how to run during the heat, which is hard mentally. On the last trail sections (from Northshore), I had to walk all the hills and take deep breaths, then I would run as fast as I could to the next hill. Concentrating on the rocks to prevent falling took my mind off the heat. Thinking positive and not feeling sorry for myself helped too.

What advice would you give a runner doing his/her first 50 miler.

Drink every 15 minutes and start eating after about an hour. Make sure you take in enough calories at regular intervals. Run your own pace and don't try to stay with another person who is running faster than you're used to. Conserve your energy during the first half of the race and save it for the last half. Have fun and don't take the race to seriously.

SPECIAL TO THE ARKANSAS ULTRA RUNNER

Another Point of View - Chris Gressbach Hauser (the author is the wife of A.U.R.A. member Simon Hauser. Both are from Sweden and are in the

U.S.A. for three years where Simon, a medical doctor, is involved in research).

We get up at 4:30 in the morning, quietly, without many words. We both know what to do. Still wrapped in sleep, I go into the kitchen, put a pan with water on the stove for potatoes and the water kettle for my coffee. Why are we doing this? My husband is preparing his breakfast: one banana, a yogurt with maple syrup, and he eats that while he puts all the other necessary foods and drinks in my grocery basket. Over my coffee I watch him, slightly disgusted. How can somebody eat at 4:30 in the morning.

Finally everything is ready: the food and the special drinks, clothes for different temperatures, warm clothes for me, a book, and paper for letters. One never knows. Meanwhile it is 5:00, and as we leave it is still pitch dark. Nobody is awake yet. It is a December Sunday morning--two and a half hours to drive, Little Rock to Memphis. It is cold. It is raining cats and dogs, and we drive eastwards through rain, fog, and storm on slippery roads. Simon sits beside me, falls asleep from time to time, and is quietly swathed in his thoughts. We hardly talk. In one of his semiconscious moments he eats another banana. I would much rather have a cigarette.

In Memphis, slowly day is dawning. We find the building and a parking space. It is awfully cold. A harsh, brisk wind blows in our faces as we get in the stream of all the other runners. We have arrived at the Memphis Marathon. Simon goes and registers, gets his bag with the number and the free T-shirt. Time drags on before they finally started. A band, wearing uniforms and carrying the flag, is playing the anthem. The runners stretch, trying to keep themselves warm. This year's time from New York has to be beaten, but the weather is bad, it is cold and raining and the 26 miles seem to be endless in this town.

I do what I usually do during these races. I drive with the car to different places, where I promised to wait with his special drinks, some raisins, a potato, or just a fast kiss and the question: how are you doing? It is pouring again. Why are they doing this? I am wearing everything that I brought. Wrapped in all the coats and even with a big umbrella, I am getting soaked. I doubt my eyes when I see runners who are wearing nothing but shorts.

My husband is somewhere in the middle of the pack where the runners run for fun. But where is the fun here? While I am standing in a gas station with a hot, steaming coffee and a cigarette, trying desperately to get a little warmer and dryer, I see them running, walking, or limping by and it does not look like much fun to me.

At the finishing line the runners look happy, proudly wearing the medal they received. Simon is tired, but feeling wonderful, he says. No, he is not too cold, but his toes are white and without sensitivity and a tendon on his right foot is swollen and hurting. Three minutes he gained, three minutes better than a month ago in New York. Three minutes are a lot of time, he says.

He puts on something dry, gladly accepts the warmth of the car and a hot coffee. We had everything we needed. It has not been the first race. While we are driving back, I wonder what it is that makes these runners undergo such efforts, pains, and troubles just for a run. They are not running against anybody else in the pack but

themselves. But it is a ritual, before, during, and after. They all know exactly what they need and when, and nothing is replaceable with anything else. They prepare differently, dress differently, and run differently.

To me it is not understandable that runners can run the distance of a marathon, a fifty mile race, or even a hundred miler. I never learned to run more than the short distance to catch an approaching bus. Simon started running about five years ago when we lived at 5000 feet in Davos, the starting point for the Swiss Alpine Marathon. He was watching that race while he helped support a friend who ran the marathon already for a couple of years. The Alpine Marathon goes over 42 miles with an altitude difference of 7000 feet. He saw those runners and decided that what they can do, he should be able to accomplish, too. And he started training, with many obstacles at first, until the shoes were fitting properly, the knees not hurting anymore, and the rib, broken from a bad fall during the first cross country training, finally healed.

By now these races have become a routine. My husband has changed not only figure wise but also mentally. The training give him balance, rhythm to his life, and time to get distance from his daily research. "I still think about my job, the problems to solve in the lab, or the articles or letters that ought to be done, but I think about them differently. A lot of good ideas come while I am running." People claim that runners run away from their problems. With what I learned in the past years, I believe that they run along with their problems, trying to solve them, trying to see a different angle.

The races are the challenge they need to continue the daily training. Not the challenge to beat somebody else, but to finish the race, and to finish it in a good time. Those long distance runners all seem to look and think alike. I call them stubborn; they call themselves determined. They go through their lives with that same determination, knowing the destination, but unsure how to get there-- maybe running, maybe walking, or maybe limping. But they go on, one step at the time. The experiences gained along the way are as important as crossing the finish line.

THE ULTRA CORNER

THE OUACHITA TRAIL 50 MILER - JEFF THOMAS

This was my first attempt at a fifty mile trail run. The race began at 5:30 A.M. and was enjoyable until about 5:31 A.M. I learned many valuable lessons from the fifty and would like to share these lessons with you. First, do not follow the runner in front of you if they are wearing a race number higher than 20. I discovered this lesson about an hour or two into the run, when I found myself and a fellow runner lost in the middle of nowhere. Lesson number two, keep your mouth shut while running, so people will not think you have lost it. For instance, at one point in the race I threatened to kiss Sam Hardcastle. While I looked like death, now everyone knew I had really lost it. My only excuse was that the sun had fried my brain. Lesson number three, drink plenty of liquids. I failed to do this and as a result had several grown men sticking ice in my shorts, I would have

much preferred it to have been my wife. Lesson number five, Ultrarunners retire and come out of retirement more times than professional boxers. At the end of this race, I declared to my wife and God to never run again. But guess what, I will! Because I am either crazy or stupid. My wife adds, "It is a little of both." Reflecting back now, it is with satisfaction that I can claim my first finish. I was determined to finish no matter what, and with the support of many people, I was able to accomplish my goal.

SELECTED FINISHERS - OUACHITA TRAIL 50 MILER - BOB MARSTON

		1991	1990
1.	Donald Aycocock (LA)	7:21:51	
2.	Dennis Fugate (TX)	7:39:51	7:26:30
3.	Joe Fennel	7:41:12	
4.	Ray "Ichabod" Bailey (formerly known as Bones)	7:45:33	
5.	Billy Maxwell	7:52:52	8:35:38
7.	Debbie Peebles (TX)	7:59:52	7:34:26
10.	David Cawein	8:16:43	9:06:41
17.	Jim "Large Boy" Schuler	8:49:06	9:33:25
18.	Mike Heald	8:50:06	9:43:58
21.	Neil "Tapeworm" Hewitt *	8:56:02	
22.	Jack "Bullseye" Evans	8:58:17	
24.	Jere English *	9:12:38	
26.	Simon Hauser	9:28:30	10:36:52
27.	Maxmillian Hooper	9:37:07	
28.	Kim "Kid" Pavelko	9:37:20	2nd woman
29.	Lawrence Mabry	9:41:08	10:55:17
35.	Bob "the Turd" Marston	9:52:28	9:43:54
37.	Billy "Muliac" Laster	10:11:31	
40.	Brownie Troop from Conway	10:36:25	
41.	Jimmy "Deaddog" Sweatt	10:36:26	9:57:53
42.	John Baker *	10:37:56	11:18:59
43.	Irene Johnson	10:42:30	11:24:11
49.	Tommny Holland *	10:59:47	
52.	Ernest Peters *	11:07:39	
57.	Mike Larson	11:17:14	11:47:42
59.	Jackie Edmonds	11:19:41	
65.	Jeff "Deadboy" Thomas *	11:24:29	
66.	Donna Allsup Duerr	11:38:50	
67.	Charlotte Davis Veazey	11:40:34	11:23:52
	Donna "Chuckwagon" Hardcastle	11:32:49	11:18:59
	Les "Hairball" Hall	11:58:16	

* FIRST 50 !

THE STROLLING JIM 40 (41.2 Miles) - Wartrace, Tennessee - May 2, 1992. On Thursday, April 30th, Lou and I pulled out of Little Rock late in the afternoon headed for the halfway point at the Natchez Trace State Park near Jackson, Tennessee. After a restful night at the campground, we had a leisurely drive to Wartrace which is about 60 miles south of Nashville. Let me give you some of the history of the

Strolling Jim.

In the 1930's the first Grand Champion Tennessee Walking Horse was crowned. His name was Strolling Jim. He remains a legend in the small south central Tennessee town. The race headquarters for the "Jim" is at a hotel in Wartrace called The Walking Horse. The hotel was built in about 1906 and is a three story walk-up with bathrooms at the end of the halls. The hotel had it's glory days but was boarded up and abandoned until about 15 years ago. Likewise is Wartrace. A bustling town at one time but like so many small towns, opportunity passed it by. About 15 years ago one of the hometown men who had moved to the big city got tired of the rat race and moved back home and bought the Walking Horse Hotel and began an ongoing task of restoration. Now restored, the Walking Horse offers a Gourmet Restaurant where folks from as far away as Nashville drive down on Sunday for a special dinner. Incidentally when Strolling Jim passed he was buried out back behind the hotel.

The first Strolling Jim 40 was co-directed by Gary Cantrell fourteen years ago when it was learned that the race director of the Atlanta 50 Miler was giving up his race citing lack of interest among runners. Cantrell wanted to continue the ultra tradition for the racers wanting to run further than the marathon distance. At the inception, the Strolling Jim was one of the most difficult races in the country. Now with the 50/100 mile trail races it probably falls somewhere halfway down the scale in difficulty.

The "Jim" is 75% blacktop and 25% forest type gravel roads. The run is hilly and reminds me of the Maumelle 60K from Hwy. 113 to North Shore Landing. The calling card for the race is called the "Walls" and is a washboard hilly section on gravel roads that comes at about 30 miles. For an Arkie, the hills weren't new to me and I found them not as difficult as say runners from Florida saw them. The aid stations were every 2 miles + or - and consisted of gallon jugs of water on the roadside and a roving car with Conquest. The traffic was light and what was there was runner friendly. (There must not be any bikers there - a joke) My conclusion is that this is a marathoners ultimate challenge. For a runner slowed by trail running it was a good run to see the countryside and grind it out.

A few pluses for the race is that even on a hot day like we had (87 degrees and exposed), there was plenty of water. Enough water to pour on your head and legs. The run is easy to crew. If you like lots of food and snacks, a crew can meet you at every aid station. However crews were not allowed on the dirt roads due in part to dust. Where we crossed a busy highway, the Sheriff's Patrol was blocking traffic for all the runners. Every finisher got a trophy (there were no cutoff times) and the t-shirt color was determined by your finish time. After the race there was a post race picnic meal of barbecued chicken and the fixin's.

The winner of the "Jim" is referred to as the IRON HORSE. Congratulations to Arkansas Ultra Runner Association member, Eric Clifton, Greensboro, North Carolina for his first place victory in a time of 4:37. Shelby Haden-Clifton was fifth female. Lou Peyton scored a 7:43 and the BigShot an 8:37. The Iron Horse Award. That sounds like a good name for a trail series race. I've got the route. For more details on this race, I'll fill you in. I hope to return next year and run through the "Walls".

ULTRA TRAIL SERIES REPORT

The Lost Trail Mystery Run - May 16th - 12 miles (estimated) - Oh Boy! What a great day. After the bilingual trail briefing by Nick Williams and Senorita Donna Allsup, it was off to the races. The idea of a lost trail run came to me as I contemplated a shorter distance route several months ago. I knew that this section of the Ouachita Trail offers some good running but would be difficult to follow. Knowing how some of the trail runners have a propensity to get off course. I've avoided the section, but, being the last race and with most of the point winners determined, I thought, "what the heck", let's do it! After warning the 40+ runners on the starting line about the first three to four blocks of rocky surface and the likelihood of falling if you're not careful (an old ultra trick). I shot out in the lead with King of the Trail leaders Frank Rivers and Johnny Gross. After approximately a half mile I felt the steely stare from Johnny as he peered through his Bolle sunglasses. Feeling full of confidence, I asked Johnny why he was looking my way. He replied, "I thought it was somebody". Rivers, to my left came to my defense. "It is somebody", he said, "It's Harley". What happened next was not pretty. Let's just say that I worked my way back through the pack to about midway where I got to witness the duel between Lou Peyton and Paulette Brockinton. After nine races there was a 20 point gap between the two. Peyton seemed to find new speed and strength and took the lead and led Brockinton through 10 miles. Being a relatively new comer to the area, Brockinton played it smart and drafted through the powerlines and the Ouachita Trail section, when the pair hit the home stretch with 2.5 miles to go, Paulette turned up the speed to win the race. What a thriller. Meanwhile, Johnny, Rivers and Stephen Tucker played cat and mouse, through the trail section, getting lost, catching up, then kick, until the final aid station at 10 miles. Then it was all Johnny Gross' race to the finish line.

Kim Pavelko won the female division quite handily and seems to be getting better every race. After this victory Kim can proudly serve as "Queen of the Trail".

For the Master's Women, Paulette's 50 points for first place victory was not enough to over take Peyton in the overall standing. Peyton garnered 40 points for second leaving her with a 10 point cushion. Now if a 40 year old female had made a challenge for these two, the standing would have gotten real interesting.

One of the things I've learned about running is that the fastest runner beats the slower runner. Or better said, "my ultra tricks will work for a while but not for long".

LOST TRAIL MYSTERY RUN (RESULTS)

1. Johnny Gross	1:33:48	18. Bob Franklin	2:03:56
2. A.O. Brotherton	1:34:10	19. Nick Williams	2:04:20
3. Frank Rivers	1:38:49	20. Lou Peyton	2:04:32
4. Neil Hewitt	1:42:08	21. Tom Zaloudek	2:13:57
5. Dave Cawein	1:42:15	22. Sam Hardcastle	2:19:04

6. Jim Sweatt	1:44:06	23. Donna Hardcastle	2:19:04
7. Jeff Thomas	1:48:06	24. Kathy Holland	2:25:32
8. James Metcalf	1:48:50	25. Tom Holland	2:25:32
9. Simon Hauser	1:48:57	26. Mike Dupriest	2:25:32
10. Ricky Utley	1:50:01	27. Donna Duerr	2:29:04
11. Mark Oliver	1:52:02	28. Sandi Venable	2:31:36
12. Kimberly Pavelko	1:55:37	29. Ernie Peters	2:32:13
13. Bob Marston	2:01:52	30. Vlavima dePain	2:38:50
14. Pete Ireland	2:01:58	31. Rene McClister	2:39:50
15. Paulette Brock.	2:02:00	32. Ann Moore	2:39:02
16. Jack Osborn	2:02:15	33. Robin Hanle	2:39:02
17. Charley Peyton	2:03:40	34. Rosemary Haluska	2:51:30
		35. Steve Eubanks	2:51:30
		36. Corky Binz	3:06:20
		37. Kim Bertram	3:34:30

RACE SCHEDULE

- June 6th - 17 Mile loop. Start at 6:30 A.M. from Lake Sylvania
Parking Lot. BigShot 225-6609 after 6 P.M.
- June 13 - GoCare 6/12 Hour Track Run. Monroe, La. Contact: Steve
Bridges at 318-342-1318
- July 11 - Whiskey Chitto - 50 KM. Trail Run. 8:00 P.M. Start.
Contact: Steve Bridges - 318-342-1318
- August ? - The Midnight 60K - Start from Lake Sylvania - Water and drop
bags - Arrangements incomplete - BigShot at 225-6609
after 6 P.M.

LETTERS TO THE EDITOR

DEAR BIGSHOT:

A friend introduced me to a guy at the Athletic Club and we had a lot in common. After several glasses of carrot juice we went out and ran together. I really like him and want to see him again. He probably hasn't called because he thinks I run with everyone I meet. How can I let him know that I'm not that sort of person?

A.U.R.A. #92055

Dear #92055

Sorry, no kudo's for you this time. Caulk this one up to experience. You evidently realize the error of your ways but once the horse is out of the barn, closing the doors won't help. My suggestion is to start over anew. Apply for another ultra number and don't forget the eight bucks.

Dear BigShot:

Is it true that, since you've traded in the trails for PAVEMENT pounding (Strolling Jim, etc.), ultra marathon bowling can't be too far off?

Very truly yours,
#92018

Dear #92018

Let me frame this inquiry properly. You're asking if I prefer pavement over the trails. The answer is no. Obviously you haven't noticed my new light weight chassis and faster foot speed. Since moving up to a new age division, I realize that I don't have too many laurels to rest on and that I want one more chance at the brass ring. By mixing in a little asphalt I might reach a P.R. and, in the process, kick a few behinds. Besides I heard a rumor that the ultra trail series will include a Grand Master's Division next year (50+).

BigShot

Next month---More articles on the Ouachita trail 50 and the complete wrap up of the 1992 Ultra Trail Series. Plus, I am looking for logo designs for an Arkansas Ultra Running Association T-Shirt. I look forward to your suggestions.

ARKANSAS
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