

THE ARKANSAS ULTRA RUNNER

August 1993

A Newsletter For The Arkansas Ultrarunning Association

MESSAGE FROM THE BIG SHOT—Did you get your A.U.R.A. shirt yet? I'm wearing mine now. We're trying to get them to you if you ordered. Like I said in last month's newsletter, we need a minimum of 24 to reorder. Give your size and \$12.00 to Lou. The shirts are 100% preshrunk. XXL's are \$14.00. If you would short sleeve the price is a little less. Let us know as soon as you can.

Oh my! Can you believe it's time to start up the Ultra Trail Series again. Yes, August is our traditional starting month. What with the Grand Prix Series and the Ultra Races scheduled it's hard to find a slot. Check the Ultra Calendar under the cartoon for the August date. We'll start with the Kono Road Run August 28th. Then sometime in the winter I want to take you on the Grindstone Mountain Run. In the next week or so I'll sit down with Mr. Nick and outline the schedule. After the way you people took to the Wildcat Mountain Run my confidence has been renewed.

Man-O-Man did some of the A.U.R.A. boys do us proud. Bob Marston and Max Welker finished Western States. Nick Williams completed the Hardrock 100 and David Horton was first finisher at the Hardrock for the second year in a row.

Are you keeping Tony and Irene Johnson abreast of your ultra finishes? Write them with your results at 1213 Park Drive, North Little Rock 72114. Give him your race, time and place of finish if possible.

I expect the Arkansas Traveller 100 entries to come rolling in now that the summer of trail 100's has begun. We have 14 states represented now. As usual the California runners lead the entrants.

On the weekend of July 18th Lou and I went over to Mena, Arkansas and camped out atop Rich Mountain at the Wilhelmena State Park. It was surprisingly cool on the mountaintop even during the day. The Ouachita Trail passed within 50 feet of our camp spot. Sunday morning we went out for a two hour run on the trail but---we soon encountered major league weeds and bugs. We both bailed out in favor of the Talimena Scenic Drive and finished up the run. Someone appears to have marked off a 1/2 marathon route from the lodge to the state line and back. There are lots of possibilities at the park.

Driving back I started dreaming again about the possibility of a stage run on the short trails of Arkansas. I got the idea when we passed by the Womble Trailhead near Mt. Ida. The Womble is a 30 mile trail that intersects with the Ouachita Trail and runs to near Oden. We'd do the Womble then travel up to Devil's Den. We'd run the 25 mile Buffalo River Trail. Our next trail to cover would be the Sylamore Trail at Mountain View. What do you think? Am I dreaming or what. Take a week during the Christmas break and let it rip. Somebody say the word. And now--let's rock and roll!



August 1993 AURA



PLACE REFRIGERATOR MAGNET
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|----|----|----|--------------------------------------|----|----|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | WEDNESDAY POWER RUN CAMP ROBINSON | | | PIG OUT 5 K-MORRILTON |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | | WEDNESDAY POWER RUN CAMP ROBINSON | | | AT100 TRAINING RUN/26 MILES WINONA TO BASE OF SMITH MOUNTAIN 6:00 am FROM LAKE WINONA SPILWAY |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | | WEDNESDAY POWER RUN CAMP ROBINSON | | | PIKE'S PEAK/LEADVILLE 100 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | | WEDNESDAY POWER RUN CAMP ROBINSON | | | ULTRA TRAIL SERIES #1 KOND ROAD 10 MILER |
| 29 | 30 | 31 | | | | |

OVER THE LABOR DAY WEEKEND WE WILL HAVE
THE FOLLOWING AT-100 TRAINING RUNS:

SATURDAY, SEPT 4TH, WINONA TO THE BASE OF SMITH MOUNTAIN / APPROX 26 MILES.
6 AM START FROM THE LAKE WINONA SPILWAY.

MONDAY, SEPT 6TH, SMITH MOUNTAIN / 24 MILES.
6 AM START FROM THE INTERSECTION OF FSR # 114/2

THE INSIDE by Harley

"A Satirical Look At The Arkansas Ultra Running Association"

(This is the second of three episodes on what the ultra crews might be thinking)



Charley & Lou Peyton
41 White Oak Ln.
Little Rock, AR 72207

WESTERN STATES 100 MILE RUN

Saturday, June 26, 1993 5 AM

You walk up nearly to Heaven and then run down forever to what could easily be Hell then you do it over and over again for 100 miles.

RITE OF PASSAGE

If I wasn't an ultra runner in the past, I am now. This was, indeed, my greatest ultra test. It was tough but not agonizing, challenging to an extreme but not "undoable". To put it succinctly, I ate well, drank well and suffered no major organic or mechanical breakdowns. Consequently, all there was to do was manage substantially greater than normal muscle pain and push my legs and body well beyond my earlier estimates of their capabilities.

Rosemary and I arrived at Squaw Valley late Wednesday evening, 3 days prior to the run. On no previous ultra had I arrived so early. The 2 days to rest, relax and eat well were just right. There was no scrambling to make drop bags or attend required meetings. In the future, we'll probably try to get to runs equally early.

Prior to beginning the race I did not talk to anyone about Western States. I simply read the brochures, prepared as well as I could and toed the line. During our 2 lazy days we didn't go over any of the trail or even visit Auburn (the finish). So, I didn't go into this thing with a whole lot of information.

Since the race packet indicated that the course ended on a high school track in Auburn, CA, I expected to run the last 8-10 miles on smooth city streets. WRONG! You get off trail about 1 mile from the finish. With 4 successive aid stations from 65-75 miles, called California Streets numbers 1,2,3 and 4, I expected 11 miles of easy, possibly dirt road running. WRONG! Those aid stations come in the middle of the night, the trail between them is cut out of the side of the mountains and if you have to do #2 you certainly can't get off the trail to do it (wall on right side, severe drop on left or vice versa). You really had to plan your dumps. The elevation profile gave me the impression that 62 miles would be the end of the significant hills. WRONG! The mountains continued all the way to 99 miles. I expected pretty horrible climbs and descents and the resulting quad and leg pain but what I was actually confronted with far exceeded my expectations - on both counts.

On both Thursday and Friday Rosemary and I got up at a reasonable hour, drove 5 miles to Tahoe City and ate breakfast. We would then return to Squaw Valley, laze about the area building drop bags and attend meetings. We went to three - crew, runners' clinic and the mandatory prerace meeting. The crew meeting was first (Thursday afternoon) and was probably more valuable for the runners than the crews since much of what was discussed had to do with the snowy trail conditions and the efforts they had made to clear it off the runners' route. The clinic lasted about an hour and

was more a description of the aid stations than anything else. I wanted to hear about starting temperature, winds at Emigrant Pass (8700 feet), trail surface, expected temp for night running, etc. We didn't really hear much of that. I certainly would have liked to have heard, "If you need to take a poop and the trail is in an area that you can, DO IT!" You need to understand that much of the race involves running a 3 foot wide, switchback trail down a mountain, crossing a 30 yard valley with a creek (a water source so, NO POOPING) and then starting up the other side with a similar "unpoopable" trail.

The mandatory runners' meeting lasted 2 hours and was held outside behind the tram building. Norm Klein used the first hour to thank and present plaques to the many people who had worked to preserve the American River basin and the Western States Trail and to those who had done great things for the race. The last hour covered runners' concerns with the major change being an extension of the cutoff times at the earlier aid stations by up to 45 minutes - to account for the expected slower running conditions across the snowfields. The runners' meeting was hot and those that didn't bring fluids with them probably got a little dehydrated - one day prior to the race. Norm did emphasize at all the meetings the necessity to drink plenty of water largely because the temp was expected to be hotter than normal.

The "store" was set up at least 2 days prior to the run in the registration building. It had the largest selection of extra stuff to buy that I have ever seen at a race. I took the approach that Ray "Ichabod" Bailey took at Leadville last year and bought so much stuff that a DNF and the resultant inability to wear any of the clothing would motivate the hell out of me to finish.

The Friday registration line was the warmest, friendliest and most personal I have ever experienced. All 10 or 12 people in the line shook your hand, wanted to know who you were and where you were from, introduced themselves, and wished you luck. Very, very nice. Each runner received a huge assortment of things including a nylon bag and 3 t-shirts.

Every ultra, as you know, teaches you something. On this one I learned you could get a sinus infection, run about 3 times in the last three weeks before a race and still manage a finish. I don't say this to prove how tough I am but to simply let others know what can be overcome. With the possible exception of what Gayle Bradford and Tony "John Wayne" Johnson regularly experience, I think most ultra runners believe they can persevere through what any other ultra runner has had to put up with. If you know what someone else has had to "work through", at least mentally, you know it can be done. The simple knowledge that another has managed a finish through some pre-race adversity really helps when you toe the line with that same preexisting difficulty. More than a year ago I was told that Joel Guyer, the scratch farmer from Mississippi, had run 53 miles with a bad achilles. A month later, that knowledge helped me drag a nasty achilles 43 miles at the Fort Valley 50. I've since learned that illiotibial bands and hernias are manageable.

Now, I have discovered that lack of recent training and a sinus infection will not necessarily take you "out of play". On Sunday, 20 days prior to the run I was quite happy to get a sore throat as a harbinger of a cold - it would last 7-10 days and I'd be all set for the race. I had the sore throat for 3 days and then a really bad sore throat kicked in for three more days. My head began to fill up with goo and I began to feel worse and worse. My mood was not good because this was not turning into the 7-10 day affair I had anticipated. I finally went to the doc on Thursday, 9 days before the run. He said sinus infection and gave me antibiotics, a steroid nose spray and an antihistamine. I took them all as directed and by the afternoon I felt so bad that I had to leave work to go home and hopefully sleep as the good snot battled the bad. I felt much better the next day and even better the following. However, the drugs or the infection gave me the reddest, most bloodshot eyes I have ever had. They looked so terrible and hung with me so long that I had the medical folks write on my runner's bracelet that I had started the race with red eyes. I was afraid they would see them during the run, think that they were caused by some horrible reaction to the race and pull me as a result. I stopped the spray and the antihistamines 6 days prior to the run and the antibiotics one day prior. The first 2 dehydrated me so I really couldn't continue with them. My approach for that last week was to take only the antibiotic, get a whole lot of rest, eat right, and be thankful that I was, at least, going to be able to toe the starting line (rather than having trained myself into a non-runable injury).

Rosemary and I had spaghetti both Thursday and Friday nights and I drank well all day Friday. We got up at 3 AM, 2 hours prior to the start and I had what has become my normal prerace meal - one chocolate exceed drink and 2 waffles with syrup. Three fine dumps later, I was ready to go. Since seeing so many runners drinking the exceed sports meal at Leadville last year, I have tried it and adopted it as my primary meal source during a run, supplemented by table grazing at the aid stations. In a couple of swallows I can meet all my fuel needs and a lot of my electrolyte needs without having to gag down a huge volume of eventually very unpalatable table food. I had a can in every drop bag and Rosemary had one can with her each time she was able to meet me. About 25 miles into the run I began to experience a very small amount of cramping in my groin muscles. My hydration was good since my urine was clear. A guy at an aid station said the exceed drink was good but that it didn't give you one kind of salt that you needed. I didn't know that but from then on, at every aid station, I poured salt into coke and drank the mixture. I had no more, even minor, cramp problems.

| | Friday | Finish |
|----------------|--------|--------|
| Blood pressure | 156/90 | 140/80 |
| Pulse | 86 | 64 |

Western lets you weigh in without shoes and weighs you enroute with shoes. I started at 166, ballooned during the race to 172 and finished at 168.

I started the run with a Goretex jacket, a long-sleeved t-shirt, gloves and a light. I didn't need the jacket or the light. In fact, it got warmer as we walked up the dirt road to Emigrant Pass. As we walked, I chatted with a local who told me that it did that in this area. Unlike Pikes Peak, it warms as you go up.

My normal 100 mile goal is to do 50 in 12 hours at an easy, reasonable pace and thereby create a situation where I have a mentally and physically comfortable 18 hours to "cruise" the last 50. That worked fine at Vermont (11:30) and Rocky Raccoon (10:30) but, of course, not here. I hit 50 miles at about 13 hours, an hour ahead of cutoff but behind the 30 hour runner's pace. Understand, at each aid station they had prominently displayed the time of day a 24 hour runner should be through, the time for a 30 hour runner and the cutoff time for that particular aid station.

Norm Klein acknowledges that Western is a horrible run to crew. The first good access for Rosemary to meet me was at 30 miles. I told her I wouldn't be there before 11 AM. She got there, waited until 12:45, and finally asked the race officials if #137 had been through. They said I had. She PICKED UP my drop bag and left. I came through 15 minutes later and was surprised to not see her. I was feeling okay but I sure wanted to see her AND my drop bag. The next opportunity for crew access we had planned was at mile 49.

Intermittent patches of snow up to 200 yards long characterized the first 32 miles of the run. The snowfields slowed us considerably due primarily to the fact that runners would stop and line up prior to every patch and then pussy foot single file across. The paths the faster runners had made were quite runnable but everyone around me treated the snow like it was radioactive. I tried to go around once and quickly discovered that the non-beaten path was too slick to run on. It was very frustrating. The extended cutoff times at aid stations shrank as you worked your way through the race. Consequently, time lost to early waiting and walking had to be made up. In the first 40-50 miles I was within both the normal and extended cutoff times but behind the 30 hour runner time.

With the exception of about 10 miles, this is entirely a trail run, with horrible ups and more horrible downs. At my pace and with the memory of good Arkansas heat and humidity training I found the feared heat very manageable on Saturday and very tough to handle in a debilitated state on Sunday morning.

With the slower pace due to snow I knew quite early that a finish would require my being a runner for the entire 100.2 miles. Consequently, my normal blister problems would have to be treated. I sought the podiatric aide on 3 occasions during the run. Fortunately their fine work enabled me to be a runner throughout the whole race.

Altitude was not a real problem although I'm finding that I get a 10% queasy stomach anytime I'm above 4500 feet. The start was at 6200' and the highest point was Emigrant Pass at 8700' - 4 miles into the run. The finish is at about 1000 feet.

Saturday night running was much warmer than I expected. The cool Squaw Valley temps (6200') misled me as to what the temp would be during the night and nearer Auburn. I had a lot of warm clothing stashed in drop bags but ended up running much of the night shirtless. I must add that I'd rather err on the side of too many rather than too few clothes.

During the course of the run I slowly eked ahead of the thirty hour pace. In the first sixty I ran conservatively, trying to move forward and not waste any time. I never really felt any time pressure until about mile 80 when I realized I could get a finish if I could hold a reasonable pace. Two decisions really saved me. From 85-89.8 miles two gals, a runner and her pacer were making exceptional time with the runner in front. I opted to stay with them at all costs and, as a result got nearly 5 excellent miles in. Secondly, I realized that I was finally a bit ahead of the 30 hour pace. Wanting some cushion because I did not know what the balance of the run had in store for me, I decided to run fast and hard for one solid hour, regardless of what it did to me (downs and flats, walking the ups of course). After getting it in I felt pretty bad and wondered if I had made a mistake. Fortunately, some energy returned and I was able to complete the run; although, I had a few more scares about finishing in the last 3 miles. Not knowing the course is pretty terrible.

Without question this run was many times harder than any other that I have done. The unceasing hills murdered my legs causing them to "play out" after 50 miles. Fortunately, I had taken very good care of my hydration and fuel. With no organic or mechanical problems I had no reason not to continue. Though totally gone, the legs continued to respond to the necessity to run. I pushed them farther, horribly farther, than I ever have before. Since they wouldn't cease responding and since my head and stomach were good, I frankly wondered during the last 20 miles what would give out. I honestly felt it would be my heart or seizures or convulsions. Rosemary met me at 98.9 miles. One of my first comments to her was that I was at the end of my rope, that I didn't know what was going to happen and that if I fell down or started doing something squirrely, to not help me, that they'd DQ me if she did. Fortunately she didn't have to witness anything like that but, as I said, since the legs wouldn't crash I was genuinely concerned what would.

The course took its toll on me this year. However, if I'm lucky with the lottery, I'll return next year and RIP (T'S HEART OUT!

the TURD

NEWS/UPDATE ON THE OUT OF STATE AURA MEMBERS

ALABAMA/Webb and Linda Sledge-Need to rough it in Arkansas one time. Still trying to figure out the AURA. Webb is the BigShot's kind of runner.

ARIZONA/Tom Holland-Landed on his feet in Scottsdale. Recently completed THE ZANE GREY HIGHLINE TRAIL 50K(7:20), May 15th.

CALIFORNIA/Suzi and Gene Thibeault-Went to Barkley Marathon and HardRock 100. Continues to write the 100 mile newsletter. Coming to Arkansas again for the Traveller.

COLORADO/Mike Zawada-Now a PHD. Crewed for Simon Hauser during the Ozark Highland Crossing. Getting rich in Denver.

HAWAII/Ed Fishman-Ran 351 miles at the SRI CHINMOY SEVEN DAY RACE, May 2nd. 70 miles at Western States. Loves the BigShot.

Lillian Fishman-Secret admirer of Nick Williams. Could create friction in the ranks. John and P.J. Salmonson-Their desire to meet the BigShot will bring them to Arkansas someday. Ed Fishman groupies. In Arkansas "P.J." stands for (?).

LOUISIANA/Steve Bridges-AKA "Big Head". Completed 37.5 miles in the MAINLINE 6/12 HOUR TRACK RUN. Better Biker than runner. Best Aid station at the 1992 Traveller. Says he is going to run it this year. Getting ready to move to Baco Raton, Florida. Dan Lindow/Completed 50.8 miles at the MAINLINE 6/12 HOUR TRACK RUN(1st place). Moving to New Orleans to work on his PHD. "Big Head's" partner at the BM Road Aid Station.

MISSOURI/Bob Marston-Completed Western States and looking at the Vermont 100. Picked at fine time to move to St. Joe. Wishes the BigShot would bring him some drinking water. See attached article on WS. 100. Rosemary H. Marston-Bob's secret weapon. Probably filling sandbags by now.

MISSISSIPPI/Joel Guyer-Disappeared for the summer. I wondered if he finished the Elkhorn 100 K? Kathy Guyer-There will be a star in heaven.

NEVADA/Steve Hoffman-Paced Nick, the Stick, at the HardRock 100. Secret desire is to suit up for the Traveller. Tom Vaccarella-Probably wonders what in the world this AURA card and number is all about!

NORTH CAROLINA/Eric Clifton-"Runner of The Year", Says he's not coming back. (Even for easy pickings?) Shelby Hayden-Clifton-Too much talent to not be running.

Pennsylvania/Dale Green-AKA "the Colonel". Walmart honcho in Philipsburg, Pa. Name recently heard over the intercom at LR Walmart. There is no place to hide from the BigShot.

TEXAS/Bob Horner-Given up trail running. Getting ready to set an age group record on the track. Neil Hewitt-Got married, moved to Dallas and getting rich. See you at the Sunmart?

VIRGINIA/David Horton-Hard Rock 100 winner x's 2. Said the B.S. was marginal at Old Dominion. He lied.

WASHINGTON/Max Welker-Western States 100 finisher in 26:38:46. Needs a Traveller Custom belt buckle.

ULTRA CORNER

THE MIDNIGHT 60 Km-On Saturday, July 31st, we will have the second annual version of the Midnight 60 Km. For those of you who are planning on participating in the event, the following information is important. The run will start promptly at 8:00 P.M. from the Lake Sylvia parking lot. The run will be out and back beginning on FSR 152. FSR 152 will be uphill 1.5 miles to the intersection of FSR 152 and FSR 132(also known as the Winona Forest Drive). At the intersection, turn right and follow the Winona Forest Drive to the Turnaround Aid Station. You will return the same route. The Aid stations will be as follows:

Quachita Trail Sign on right-3.6 miles
Junction of FSR 135\FSR 132--7.5(3.9) miles
Grindstone Mtn/OT Trail sign-11.8(4.3) miles
Scenic Overlook-----16.1(4.3) miles
Turnaround-----18.6(2.5) miles
Scenic Overlook-----21.1(2.5)miles
Grindstone Mtn/Ot Trail sign-25.3(4.3)miles
Junction 135 and 132-----29.7(4.3)miles
OT Trail sign on FSR 132-----33.6(3.9)miles
Finish at Lake Sylvia-----37.2(3.6)miles

Water will be set out at all Aid Stations. With the exception of the Turnaround, the aid stations will be unmanned. Drop bags will be taken to the Turnaround, FSR 135/132 and to Grindstone Mtn. Runners will keep a record of their time as they finish. Any Questions? Call me if you do!

Charley & Lou Peyton
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