



# Off 'N' Running

JPL Running Club Newsletter

5

June 1989

Vol. 7, No. 3

## 10th Annual Section Challenge Results

The Section Challenge results are listed below. We are still awaiting the NASA Competition results. When they come in they'll be posted in the Universe.

| Section/<br>Organization | Participants |     |
|--------------------------|--------------|-----|
|                          | 2MI          | 10K |
| 1. Section 331           | 118          | 74  |
| 2. Section 312           | 48           | 37  |
| 3. Section 332           | 41           | 10  |
| 4. Org. 600-630          | 54           | 1   |
| 5. Section 311           | 16           | 2   |
| 6. Section 354           | 26           | 2   |
| 7. Section 317           | 9            | 5   |
| 8. Section 352           | 19           | 1   |
| 9. Section 353           | 6            | 4   |
| 10. Section 339          | 3            | 2   |
| 11. Org. 649-699         | 9            | 4   |
| 12. Section 368          | 12           | 2   |
| 13. Section 355          | 10           | 1   |
| 14. Section 336          | 2            | 1   |
| 15. Section 314          | 3            | 2   |
| 16. TechDivStaff 3x0     | 3            | 1   |
| 17. Section 348          | 3            | 3   |
| 18. Section 363          | 3            | 1   |
| 19. Section 315          | 3            | 2   |
| 20. Section 365          | 1            | 1   |
| 21. Org. 1xx EXC. 120    | 2            | 1   |
| 22. Section 648          | 4            | 0   |
| 23. Section 356          | 1            | 0   |
| 24. Org. 5xx             | 2            | 0   |
| 25. Caltech @ JPL        | 0            | 1   |
| 26. Section 366          | 1            | 1   |
| 27. Section 343          | 2            | 0   |
| 28. Section 333          | 2            | 0   |
| 29. Section 430          | 1            | 0   |
| 30. Section 382          | 1            | 0   |
| 31. Org. 640-647         | 1            | 0   |
| 32. Section 346          | 1            | 0   |
| 33. Section 334          | 1            | 0   |
| 34. Section 313          | 1            | 0   |
| 35. Section 374          | 1            | 0   |
| 36. Section 371          | 1            | 0   |
| 37. Section 328          | 1            | 0   |

## 1989 Arroyo Seco Freako Results

|                    |       |
|--------------------|-------|
| 1. Bill Read       | 18:15 |
| 2. Mark Vincent    | 18:59 |
| 3. Mike Blakely    | 19:07 |
| 4. Dave Hansen     | 19:13 |
| 5. Steve Vass      | 19:36 |
| 6. Steve Matousek  | 19:51 |
| 7. Bill Mandeville | 21:46 |
| 8. Joe Ferrall     | 22:02 |
| 9. Ivan Onyszchuk  | 22:17 |
| 10. Sam Dolinar    | 22:18 |
| 11. John Zoutendyk | 22:54 |
| 12. Paul Stella    | 23:23 |
| 13. Richard Horn   | 23:24 |
| 14. Bob McEliece   | 23:36 |
| 15. Dave Scaff     | 23:50 |
| 16. Charles Voge   | 24:16 |
| 17. Scott Arnold   | 24:25 |
| 18. Ken Erickson   | 25:19 |
| 19. Jeff Harman    | 26:11 |
| 20. Ginny Ford     | 26:40 |
| 21. Chuck Lahmeyer | 27:08 |
| 22. Vic Vilrotter  | 27:40 |
| 23. Ed Imlay       | 31:04 |

## A Surprising Profile: Faster Runners Are Less Aggressive

Few studies have investigated the relationship between personality traits and success in distance running. A study at Loma Linda University in the *Journal of Sports Medicine* reported the results of psychological tests on 231 adult male distance runners. They ranged from world-class to fitness runners. Results showed that the runners as a group differed from the general population, and the fast runners differed from the slow runners. Compared to the general population, the runners were more reserved (detached, self-involved), intelligent, dominant, socially reserved, suspicious (hard to fool), shrewd, experimenting (free-thinking), self-sufficient (resourceful) and unconventional (careless of social rules). The faster runners were more submissive (humble, accommodating, mild), happy-go-lucky (spontaneous, impulsively lively), socially reserved, sensitive (tender-minded), conscientious (preserving, moralistic) and emotionally stable (mature, calm) than the slower runners. The world-class runners were most notable for the happy-go-lucky trait. Unknown is whether running fosters the development of these personality traits, or if individuals who already possess them gravitate to running. Either way, this is positive for runners.

— *Running Times*, April 1989

Sam Dolinar  
238-420

This is no joke, folks. . .  
(from *UltraRunning*, June 1989)

## Once Again, The Barkley Marathon Eats Its Young

by Gary Cantrell

After the 1988 race, when Possert and Furtaw combined to destroy the Boundary Trail's illusion of invincibility, this year's field approached the race with an aura of confidence about them. Although the 14 starters boasted ten DNFs among them in Barkleys past and none had ever finished even half the race, it seemed the natural order of things that more finishers would follow with the ground now broken.

Unfortunately for the runners, Frozen Head chose to flex its muscles in 1989 and soundly thrashed the field before one third of the seemingly soft 36-hour limit expired.

Race day dawned with biting 20° temperatures at the start, promising bitter cold on the numerous mountain tops to be crossed. Nonetheless, while climbing the opening triumvirate of Bird Mountain, Jury Ridge, and Bald Knob, the runners discovered that the sweat flows freely no matter the temperature. After five miles, with over 4,000 feet of climb and 2,500 feet of descent behind them, the runners began to remember (or to realize for the first time) just how purely *hard* the Barkley is.

With lung-searing climbs or joint-shattering descents comprising every last inch of the first seven miles, runners are hard pressed to maintain enough concentration to stay on course. However, the lessons of the past had made this year's field cognizant of the necessity to remain constantly vigilant and only one runner would lose his race to becoming lost. Poor Bill Seiler missed the turn at seven miles and exited the part to the north, wandering for miles out into the trackless wastes of strip mines to be found "out there". Fortunately he stumbled upon a thoroughly amused local, out for some shooting, who kindly drove Bill to the park so he could find his way back to the start.

By the time each of the 13 survivors crossed Stallion Mountain to Coffin Springs (marking the transition from the north section into the dread New River section) another affliction besides pure hill exhaustion had begun to set in. The unbroken switchbacks of the seven-mile North Section is home to at least a thousand blowdowns. Initially, runners will nimbly hop over the massive tree trunks criss-crossing the trail and scramble through the frequent impediments of tree tops (likewise across the trail) with the agility of monkeys. Eventually, the effect is that of running up and down steep mountainsides while clearing chest-high hurdles every 50 yards (or less!) and the legs begin to go.

After Coffin Springs the course bushwhacks across the west face of Stallion Mountain to an old coal mine road. Here, after about eight miles, with nearly 6,000 and 4,000 feet of climb and descent, respectively, behind them the surviving runners hit the first "runnable" stretch.

Despite one vicious little hill midway down the road, it provides nearly a mile that can be done at a quick pace. Then the unfortunate 13 survivors had to plunge 740 feet in a third of a mile down to the New River. At the top the hill is almost vertical and studded with thorny locust trees. The technique of choice for this part is a butt slide while avoiding any contact with the long thorns. Lower down, the slope eases as the "trail" traverses a jumble of house-sized boulders. Then the runner must follow an old rail bed along the lip of a 200 foot gorge with a nice run every two feet marking the former locations of cross-ties. At the end of this the runner must descend into the gorge, down a wash, and cross the river to reach the stockades. Here the runners reach the first of the two worst hills in ultrarunning, "Hell".

A century ago, prisoners were held at the stockades and daily marched up the "Hell" trail with their tools to mine coal on Frozen Head Mountain. As one grim-faced runner stated (with no trace of a smile) "They must have wished they were dead."

Bruce Ensign remembered his experience on Hell from the '88 Barkley all too well and went right on past it to the highway to hitchhike back to the start.

Twelve others made the turn and surrendered their bodies to the hill that has also been referred to as the "Vertical Smile" and the "East Face Ascent". Straight up Frozen Head they went, gaining a boggling 1,300 feet in a half mile. With the day now warm and sunny, the sweat flowed freely and no runner reached the top without the quivering rubbery legs that mark too much hill work.

Here the Barkley makes its cruelest turn. A one mile segment of easy downhill running on a jeep trail carried the 12 brokenhearted runners back down the mountain to another old prison mine complex preparatory to a second vertical ascent, this time on the south face of Frozen Head, up Rat Jaw trail.

This prison mine set-up boasted concrete housing and deep mines, both with four-foot ceilings to preclude the prisoners every standing upright. Cruelty on Frozen Head is a tradition that predates the Barkley. It is a tradition that Barkley lives up to. If the locust trees of the New River strip mines and the sawbriers of the Hell trail are legend, they pale next to the dense blackberry tangles of the Rat Jaw. Starting at well over a 50% slope before "tapering off" near the top, Rat Jaw is another beastly climb covering over 1,000 feet in less than one half mile.

Ken McMaster is one of a handful of runners who can boast of reaching Coffin Springs twice in the same Barkley. This day the Rat Jaw finished him off and at the firetower, with over 8,000 feet of climb and 6,000 feet of descent done in a mere 12.4 miles, but 11 runners remained, all hurting.

The south section is the only reasonable stretch of the course, comprised of merely extremely difficult mountain trails and the survivors attacked it with a vengeance. Completing a loop is a feat in itself, to do so in time to start loop two requires a hard effort all the way.

First to emerge from the woods was Barkley legend Fred Pilon, who has started

more second loops than any man alive. Grim-faced and wobbly, Fred paused only long enough to grab a bite to eat and shuffled back up toward Bird Mountain on loop two. Fred had come for the '89 run with frightening determination and the betting line had him a sure pick to finish! Don't ever bet against the Boundary Tra.

Second out were John Dewalt, Tom Green, and Dick West, all close together. John was covered with dirt and cuts from a fall and could scarcely walk, but still set out on loop two with Dick. West was remarkably composed and he, like Fred, looked like an excellent prospect to finish. Tom Green took three years to get over the whipping he took in the '86 Barkley. The '89 Barkley treated him no better and no power in the universe would get him to start loop two.

Five more runners completed the 19-mile first loop within the 12:44 limit, each one's body carrying the bruises and cuts of the brutal trail and each one's face the familiar Barkley mask of shock and pain. None would seriously consider attempting loop two.

Steve Bozeman and Greg Meacham demonstrated that not *all* the Lynchburg, Virginia, ultrarunners are too wimpy for the Barkley and at the same time salvaged a little pride for the Marine Corps. Al Montgomery matched their effort. Nora Fischer became the first woman to complete a loop within the limit; she was also the first clean person ever to come out of the woods.

Jim Dill finally achieved his first full loop (but he put off any greater achievement for another year) to round out the official one-loopers with three minutes to spare.

The heartbreak of a ten-minute miss of the time limit was the only reward for Cathy Henn and Carolyn O'Brien in their first Barkley.

John Dewalt was the first second-loop runner back. Bird Mountain finished him off as expected, although he did reach the seldom attained 20-mile mark.

We were all stunned when Fred Pilon came back next. After reaching Coffin Springs the second time, he simply could not face Hell again (only three runners in history ever have) and bagged it there.

The final runner, Dick West, found that even the promise of a win, his for the taking, could not carry him past the same point. Physically intact, but mentally broken, Dick's Barkley finish was also postponed for another year.

Just like that, it was over. Every runner bowed and broken, humbled and thoroughly cowed.

As usual, it was unanimously agreed that the course *can* be done. It just requires unwavering concentration to avoid the devastation of running off course, and enough determination to enter Hell on loop two, not to mention the ability to run more uphill per mile than in any race every held.

"Next year," the runners promised, "Next year" they swear to put a dent in the Barkley's 60-1-1 record against the 62 attempts to date.

We'll see.