

HISTORY OF PIKES PEAK

LT. Zebulon Pike discovered the mountain in 1806 and called it Grand Peak. In 1820, Dr. Edwin James was the first male to climb the mountain. In 1858, Julia Holmes was the first female to climb the mountain. In 1893, Katherine Lee Bates composed "America The Beautiful" from her inspiration of Pikes Peak. In 1891, the Pikes Peak Cog Railroad began to run. In 1916, the Pikes Peak Toll Road was opened and it is the second highest highway in the world.

The first annual race up and down Pikes Peak occurred on August 10, 1956. Race originator Dr. Arne Suominen, of Del Ray Beach, Florida, had two distinct reasons for establishing the event. First, he wanted to commemorate the 150th anniversary of the discovery of America's most famous mountain by Zebulon Pike. Second, as a former Finnish marathon champion and harsh critic of tobacco, he wanted to prove that smoking reduced one's physical endurance. By challenging smokers and non-smokers to race Pikes Peak, he was confident of proving his point. With the assistance of race director Rudy Fahl, who continued as the race director until 1980, thirteen runners including Suominen accepted the challenge. As it turned out, not one of the three smokers who entered the race finished. Suominen, indeed proved his point, and in so doing so, started one of the most infamous marathons in the world.

The Pikes Peak Marathon is the second oldest marathon in the United States and it was the first marathon open to women.

HISTORY OF THE APPMS

Max Hooper ran Pikes Peak in 1976. In 1977, Max Hooper and James McNair ran Pikes Peak. In 1978, Max Hooper, James McNair, Steve Tilley, and Jim Johnson ran Pikes Peak. In 1980, Max Hooper, Gary Smith, and Bob Wald ran Pikes Peak. In 1981, Al McGuire, Bob McGowan, Bill Nolan, Bob Plunkett, David Samuel, and John Selig ran Pikes Peak.

In 1983, Ken Ropp, the founder of the Arkansas Pikes Peak Marathon Society, ran his first Pikes Peak Marathon. After that, he began to take others to the Peak for the ultimate challenge. We have over 600 members who have accepted the challenge to run the Peak.

	Ascent Female: Amelia Ingersoll 3:05:39
	Ascent Male: Eddie Mulkey 2:37:01
Arkansas	Marathon Female: Ann Smith 5:41:23
Record Holders:	Marathon Male: Eddie Mulkey 4:12:02
	Double Female: Joan Young 10:53
	Double Male: Bill Coffelt 8:02:52

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RIVERMARKET

Start at the corner of President Clinton Ave and Cumberland heading west and run to the Main Street Bridge and head to North Little Rock.

Turn right at the bottom of the bridge on Washington Street and run to the first street you can take a right on. Take the right and head back towards the river, you will have to cross River Front Drive (the divided four lane street - so be careful) after crossing take the trail through the wall and get on the NLR River Trail.

Follow the trail all the out to Burns Park, go to the Clubhouse of the Burns Park Golf Course and return for 10 miles. If you turn-around at the Big Rock Quarry the roundtrip will be 6 miles. Remember, at times you will be running on city streets so be mindful of cars, and while on the trail be sure to stay to the right at all times and watchful for bikers.



EMERALD PARK

Park in the boat launch parking lot below the Burns Park golf course. Start from the parking lot and cross the bridge following the NLR River Trail going towards town.

In a short time you will turn left off of the NLR River Trail and will be on the dirt Emerald Park trail. There are several switchbacks getting to the top, after topping out go left and through the parking lot to the street and take a left and then a right down to Pershing Blvd. Go right on Pershing and then a right on Cypress and following around the top of Fort Roots. Go around the parade grounds and down the hill by the Firehouse where ultra running legend Chrissy Ferguson works and down the big hill known as Col du Fort Roots by the bikers all the way to Riverview Park (the park that has the skateboard bowls) just across River Drive.

At this point turn around and go back the same way.



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JINGLE BELL

This is an oldie but goodie. Several of you probably have done this run at Christmas time when the Sportstop Running Store was in the Heights or as a Pikes Peak training run in the old days. Park in the lot by the old Heights Theater (oops, some of you probably didn't know there was a Heights Theater). Park in the lot by Mary Healey's Jewelry store or along the street on Kavanaugh.

Start on Kavanaugh and head east staying on Kavanaugh from the Upper Heights all the way down into Lower Heights. You will be running on the streets and crossing some busy intersections on this run and there will not be any traffic control so be CAREFUL.

At Cedar Street hang a left (Cedar is the street that is just on the east side of Pulaski Heights Baptist Church) and almost immediately take a left on Cedar Hill. Instead of going down the busy and narrow street you will just head down the asphalt trail that runs through Allsopp Park Run through the park past the ball field and tennis courts and get back on Cedar Hill and cross Cantrell Road. Continue on Cedar Hill until you come to Riverfront Drive and take a left.

Follow Riverfront and it will eventually run into Rebsamen Park Road. Continue on Rebsamen Park Run until you reach Overlook Road and head up the hill (this a good climb) staying on Overlook until you reach Hayfield where you go left, at the end of Hayfield and you take a left onto what is Overlook for a short time and the road bends back to the right and becomes Rockwood Drive.

Stay on Rockwood until it runs into Englewood and go right up the hill and go left on Greenwood then right on Audubon up to a left on Longwood. At the intersection of Longwood and University Ave go right and take University back down to Kavanaugh and a left there back to the parking lot.

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ARTHUR'S REVENGE

Park at the Rebsamen Insurance building at the corner of Cedar Hill & Riverfront Dr.

Head out down Riverfront until you come to Rebsamen Park and take a left and then pretty quickly take a right up Sherrill Rd and make the loop around Sherrill Heights and back down to Rebsamen.

Turn right and run to the next right and go all the way to the top of Treetops Dr and turnaround and come back down the hill to Rebsamen and go right on Rebsamen.

Then a right on Lilac Terrace up to a right on Magnolia and go to the top of Rivercliff Court and circle the whole parking lot of the apartment complex and back down the hill and follow Magnolia all the way up to Old Cantrell turning right and crossing Cantrell Road to the gas station at the bottom of Cantrell hill.

At this point you will enter into the North Canyon of Allsopp Park and follow the markings until you come to the point you cross over to the South Canyon via Beechwood Ave.

At the South end of Beechwood hang a right and cross over to the trail and head down into the South Canyon and follow the markings through Allsopp eventually ending up at our version of the 16 Golden Stairs that end up on Kavanaugh just west of Pulaski Heights Baptist Church.

Go around the church on Cedar and turn behind the church and follow the markings on the trail back down through the park to Cedar Hill and cross over Cantrell and follow Cedar Hill back to the parking lot at Rebsamen Insurance.

During this run you are never very far from the starting point, so if you need to cut the run short it will be an easy run back to the parking lot.

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PINNACLE MOUNTAIN STATE PARK

Park at the upper parking lot of the Pinnacle Mountain State Park Visitor Center. This run is 95% trail, mostly rough trail, but it teaches you to be mindful of the task at hand. From Barr Camp to Tree Line at Pikes Peak you will have to be able to negotiate some similar terrain (rocky and tree roots), so it will help teach you to pick those feet up.

The run starts out going on the Rocky Valley Trail and then heads on the East Summit and then returns back to the parking lot, where you head over to the Ouachita Trail. If you stayed on the Ouachita Trail until it ends in Oklahoma you would have gone well over 200 miles.

You follow the Trail over to the Pinnacle Mountain East Summit Parking Lot. At the far left of the parking lot is the Base Trail, which takes you over to the Pinnacle Mountain West Summit Parking Lot.

At this point you run the paved Kingfisher Trail loop and then you can add a trip to the top of Pinnacle Mountain via the West Summit Trail (return back down the West Summit Trail), then head back to the Visitor Center Parking Lot. This run requires you to pay full attention not only due to being rough, but be on the lookout for wildlife (snakes, turtles, deer, turkey, & skunks.)



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OUCHO GAUCHO

Park in the parking lot of Gaucho's on Rahling Road.

Head out North on Rahling Road and run down to Pebble Beach Drive and go right following Pebble Beach all the way to Hinson Road.

Take a right on Hinson and follow it all the way to Green Mountain Road. Continue on Green Mountain and turn left on Mara Lynn. Go down the hill to a left on Shackleford Road and take it all the way across Rodney Parham to the first left street past Rodney Parham, which is Yosemite Valley, followed by a left shortly onto Gila Valley.

At the bottom of Gila Valley a right on Hidden Valley takes you to Pleasant Valley Drive where you go left and up the hill and cross Rodney Parham and head to Pleasant Valley Country Club and hang a right on Valley Club Circle.

On Valley Club Circle you will pass the estate of Jack Evans (hopefully he will leave some water out for us). Follow Valley Club Circle around to the left until you come to Pebble Beach Drive.

Take a right on Pebble Beach and then a right when you get to Hinson. Follow Hinson all the way to Taylor Loop Road and take a left.

After you cross the bridge this road becomes Rahling Road and continue on back to the parking lot. This run is completely on road with no traffic control so be very careful. In some areas there are sidewalks and it would be a good idea to use them when available.

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CATSMACKER

First off this is a Arkansas Ultra Runners Association Ultra Trail Series run, so please show your appreciation to Stan and Chrissy Ferguson for putting this run on, by putting a dollar (\$1) in the kitty.

This run is the first of three runs that use the Lake Sylvania Ouachita Trail parking lot. DO NOT park in the lot at Lake Sylvania, this is not the starting location. The Lake Sylvania Ouachita Trail parking is about another 1/2 mile or so on down the road, it actually just beyond the entrance to the Lake Sylvania Campground.

To get there from Little Rock: take Hwy 10 (Cantrell Road) west. The turnoff is about 8 to 10 miles past the West end of Lake Maumelle. At Williams Junction (where Hwy 9 runs into Hwy 10) there is a gas station/grocery store (Williams Junction Grocery) continue on to the right on Hwy 10 for approximately 1-1/2 miles to State Hwy 324 (there is a brown state highway sign pointing left for Lake Sylvania). Turn left on 324 go approximately 4-1/2 to 5 miles to the parking lot. From the Interstate 430/Cantrell Road intersection it takes around 40 minutes to get there so allow plenty of drive time.

This run is great; you have 3 options (8 miles, 12 miles, or 20 miles). All of the options include trail and Forest Service Roads. The 20 mile version is tough, but can be handled if you don't overdo it early in the run. Be sure to carry a water bottle on this run and other runs since they tend to be remote and the water locations are spread out and you will need the extra water between stops. Be sure to be at the start area for the trail briefing, so you don't get lost.

All of the 3 distances start from the parking lot going up the hill on FSR152 to the point where the Ouachita Trail crosses the road. At this point you take a left on the trail and follow it to a point, just south of a trail shelter that will be marked for a right turn up the hill to FSR132 (FSR is Forest Service Road). When you reach FSR132 you go right. When you come to the intersection of FSR132 &

(continued...)

CATSMACKER, CONTINUED

FSR179 you have reached the moment of decision if you have not already decided on how far you are going. The 8 and 12 mile versions go right on FSR132 and the 20 version goes to the left on FSR179. **For the 8 mile version**, continue on down FSR132 and take a right at the next intersection down the hill on FSR152 to the parking lot.

The 12 mile version continues on FSR132 past the FSR152 intersection to the North Fork Pinnacle trail. Follow the trail all the way to the top of the pinnacle and get a ticket to prove you have been there and run back down the hill and instead of turning back down to FSR132 you go straight and pick up the Ouachita Trail where you go right and take it back to the parking lot.

Now, for the rest of the 20 mile version: After turning left on FSR179 follow it past the low water bridge and shortly there will be an intersection and you go right, up the hill. Before you reach the top of this long climb you turn right on FSR212 and follow it all the way past the electronic tower and take FSR135 which veers to the right and after about a mile or so take another right which will come out on FSR132. Follow 132 all the way to the North Fork Pinnacle Trail and summit the pinnacle via this trail and get you ticket to prove you made there and turn back down the hill and go straight to pick up the Ouachita Trail instead of going back down to FSR132. Once you get to the Ouachita Trail take a right and follow it back to the parking lot.

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YMCA

Park at the Westside Y Parking Lot on Sam Peck Road across from the Little Rock Athletic Club. Lots of good hill climbing in this one, even though it's all pavement it's a great run.

Start out going south on Sam Peck and head up to Pleasant Forest and go left down to Rodney Parham and take another left and cross over Cantrell (Hwy 10) at the light and take River Mountain Road down to the river.

Follow the river east past the dam and turn right on Overlook Dr and climb to Hayfield take a left and another left on Overlook.

Overlook bends to the right and becomes Rockwood. Quickly you will take a right on Beltwood followed by a quick left on Kingwood. Kingwood runs into a drunk engineers intersection where you go right down the hill on Skywood, followed by a veer to the right on Richwood still going downhill.

At the bottom of the hill Richwood turns to the left and you run about a 1/4 mi. before taking a right on Tally Ho, followed by another left on Foxhunt Trail, climbing uphill to Foxcroft Road where you go left up the hill to the Bank of America at Cantrell & Foxcroft to a water stop.

From this point you turn around and run the course in reverse back the to the Y parking lot.

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LAKE 2 LAKE

This is the second of three runs that start at the Lake Sylvia Ouachita Trail Parking Lot. See directions to this lot in the Catsmacker.

From the parking lot you go left up the hill on FSR152. At the top of the hill turn left on FSR132 and continue uphill to the next intersection.

Turn right on FSR179 and continue on 179 to the next intersection just past a low water bridge.

At this intersection you go right up the hill. This is another climb and then you get a good long downhill to FSR114 where you take a left and go to the entrance to the Lake Winona Picnic Area.

This is the turnaround point for this run. You run the same course in reverse back to the parking lot.



FSR ROLLER COASTER

This is the third of three runs using the Lake Sylvia Ouachita Trail Parking Lot. This is an out and back course, but we can honestly say if you can handle this course in the heat of July in Arkansas you will be able to finish the Peak. This run is a shortend version of the Midnight 50K.

From the parking lot go left up the hill on FSR152. At the top of the hill you go right on FSR132 and continue out FSR132 to the intersection of FSR75. It will be come apparent why we named this course the Roller Coaster. There is LOTS of climbing and LOTS of descending.

From the intersection of FSR75 & FSR132 you turn around and head home on the roller coaster.

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**HOT SPRINGS,
GULPHA GORGE**

From Little Rock the drive can take anywhere from 45 minutes to 1 hour so plan according for travel time. Take Interstate 30 to the exit for Hwy 70 going to Hot Springs. Before you get to Hot Springs on Hwy 70 it becomes a divided highway. The last exit before you get into town (Exit#2) you get off and go down to a four way stop sign and turn right.

After you get on this road the entrance to the Gulpha Gorge campground is soon on the left. Parking is limited at the far end of the campground where the run starts so you may have to park close one of the two restrooms buildings or even at the picnic area just inside the park as you enter. Please be respectful of the campers as you enter the park and getting our your vehicle and making you way to the starting point.

This is a classic trail run with lots of good climbs and descents, but quite a bit of generally flat terrain. This course is always marked very well, so be on the watch for marks. The trail is great and there are many beautiful spots along the way to distract you from looking for marks so pay attention.

It's a good idea to be early for this run, so you can here the trail briefing before the run begins. Please, Please Please, do not litter on this run or any other run we have. Pack out what you packed in. If you use gel pouches be sure to have a baggies to put your empties in and carry back in you pack to discard in a trash can at the finish.