

33rd Annual Arkansas Traveller 100

October 5th and 6th 2024
Race Information

Welcome to the 33rd annual Arkansas Traveller 100! This package should contain all the information you need in your preparation for race weekend, but if there's anything you feel we have omitted, please feel free to contact us. The many volunteers that assist with the race are looking forward to helping you along to a fabulous weekend of fun and excitement, and we are confident that by the end you will join the countless previous Travellers who rate our aid stations as the Best in all of Ultrarunning. Thank you very much for your interest and participation in this year's event and remember—it's all about Good Time Running!

--Stacey Shaver-Matson, Race Director

Acknowledgements

Race Committee: Stacey Shaver, Chrissy and Stan Ferguson, Thomas Chapin, Kim Fischer, Charles Redditt, PoDog Vogler, Chris Baldwin, Linda House, Jim Acebedo and Mark Barnhard.

Special Thanks to the following: Central Arkansas Radio Emergency Network (Communications), Central Arkansas Water, Williams Junction Volunteer Fire Department, Arkansas State Parks, and the United States Forest Service

Contributors:



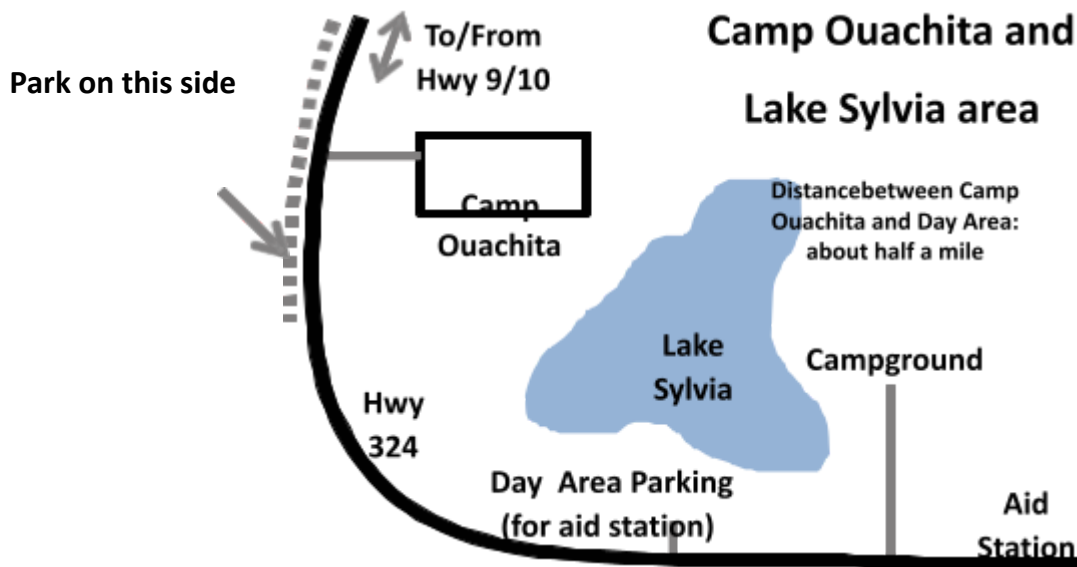
Event Schedule and Location

The start, finish, and race festivities will be at historic Camp Ouachita, near Williams Junction.

Getting there: You should be able to find Williams Junction, AR on most maps; it is approximately 30 miles west of Little Rock on Hwy 10, or 20 miles south of Morrilton on Hwy 9. You will see signs as you enter the community that you are in Harmony. To get to the race site from Williams Junction, go north on Hwy 10/9 for a mile and a half, then take Hwy 324 and follow for about three miles. If an address is needed for GPS, it is: 618 Hwy 324 South, Perryville, AR 72126

Important information for parking near Camp Ouachita on race weekend: Runners and crews must park along Hwy 324 on the WEST SIDE Only. This is the side of the road opposite Camp Ouachita. Parking on one side is a requirement of the US Forest Service, and they will write tickets to violators. Also, please note that dogs are not allowed on the grounds at Camp Ouachita.

No camping is allowed on the grounds at Camp Ouachita. The campground at Lake Sylvania will be open on race weekend. It is about one mile from Camp Ouachita.



NO PARKING along either side of road for Lake Sylvania aid station (see Crew Guidelines)

Friday - October 4th

3 pm - 6 pm

For any wanting to bring drop bags and receive their arm band early, we will be available from 3pm to 6pm Friday at Camp Ouachita. Bibs can not be picked up until race morning.

Saturday - October 5th

4:45 am - 5:50 am

All runners must check in, pick up runner packet/bib, and leave drop bags in the designated area at race headquarters by 5:50am

5:50 am

Begin assembling at starting line

6:00 am

Race Start

Sunday - October 6th

5:00 am - noon

Breakfast will be served by Williams Junction Vol Fire Department

12:00 noon

Race ends - If you can not stay for the award ceremony we can give you your finisher buckle when you cross the finish line

12:30 pm

Award ceremony. Weather permitting, we will have a quick ceremony. We hope that you will bring your lawn chair and plan to stick around as we swap stories of the day, cheer on fellow finishers and present buckles and awards.

General Information

Arkansas weather in October can be unpredictable. The average high temperature for race weekend is mid-70's and the average low is in the low 50's, but wide variances can occur. It has rained; it has hailed. Don't be without a hat and emergency poncho or garbage bag. Expect darkness to come at 6:30-7:00 pm and dawn around 6:30-6:45 am. Flashlights are essential during the nighttime; a flashlight at the start is optional—some runners carry one, others do not. Those anticipating a 28-30 hour pace should either place a flashlight in a drop-bag at Club Flamingo or be prepared by already carrying a light.

There is a shower building in the Lake Sylvia campground that you may use.

By Arkansas State Park regulation, no dogs are allowed on the grounds at Camp Ouachita or in the Lake Sylvia Day Area. (service dogs are allowed at Camp Ouachita only, but you must show proof)

Race Website: <http://www.runarkansas.com/AT100.htm>

Runner progress updates will be posted on the website during the race. Race director contact: ArkansasTraveller100@gmail.com or 501-590-5196

Course Overview

The format of the course is a 17-mile figure-eight loop followed by an 83-mile out-and-back through the Ouachita Mountains. Eight miles of the course--approximately mile 9 through 17 are on the Ouachita National Recreation Trail. There are a total of two miles of pavement on Highway 324, with the remainder of the mileage on forest roads and jeep trails of greatly varying quality. Total cumulative climb is about 12,000 feet. The Ouachita Trail is permanently marked with blue blazes. The remaining 92 miles will be marked with blue and white striped ribbon, flour and/or chalk painted arrows (at turns), occasional signs, and glow sticks (at night). See Official Course Description for detailed course directions.

Rules

- All runners must wear assigned race numbers so that they are visible at all times. It is the runner's responsibility to ensure his/her race number is recorded at all aid stations and at the finish.
- At no time may a runner ride in or on a vehicle of any kind. Violators will be disqualified. If you get off the prescribed course, you must return on foot to the point at which you left it.
- Do not litter on the course. Violators will be subject to disqualification.
- Runner's crews cannot be on the race course. Runners receiving aid from crews outside the designated crew access points are subject to disqualification. (See Aid Station chart for designated crew spots.)
- Crews must abide by the instructions of aid station personnel. Runners are responsible for their crews.
- Hiking poles may not be used at the beginning of the race. However, you may use them starting from the Lake Sylvia aid station (Mile 16.4) and beyond.

Pacing

- Runners can have a pacer beginning at the Powerline Aid Station (out-bound Mile 47.6).
- Pacers may only begin from a Crew Spot.
- Runners 60 years and older may have a pacer from the start.
- You can have only one pacer at a time running with you, except for the last two miles of the race, where anyone may join you. If you have friends or family crossing the finish line with you, make certain that the timer gets your bib number. I really love seeing families surrounding their runner at the finish but it is beginning to create problems. So, please make sure your bib is recorded and that your family/friends are not impeding the finish of your fellow competitors, so we can keep this loving tradition.
- No bicycle or motorized pacing.
- Pacers need to be responsible for shuttling themselves and their vehicle. Our shuttles are there to only pick up runners who have to drop out and their pacer at that time.
- Pacers do not need to register or sign in anywhere.

Cut-off Times

Each runner is allowed to set his or her own pace as long as he or she is OUT of each aid station by the posted cut-off time. These cut-offs are strictly enforced. See Aid Station chart for cut-off times.

Each aid station beginning with Lake Winona outbound has a “Red Zone” time. This is informational, so that you are aware if you are behind the pace kept by the majority of runners who officially finish.

Dropping Out

If you must drop out of the race, make sure you report to the **captain** at the nearest aid station—who will cut off your wristband. Failure to do this may result in search and rescue, which could be at runner’s expense.

Drop shuttles go to most aid stations, but not Pigtrail. Be aware that if you drop out of the race at that location you will probably be there until the aid station breaks down and the volunteers return to race headquarters.

Medical

Medical personnel, the race director, and aid station captains have the right to pull a runner if they feel the runner may be a danger to himself/herself. All runners must abide by the directions of the medical personnel and aid station captains.

Awards

Overall M/F winners receive a sterling silver buckle. All sub-24 hour finishers receive a special enameled buckle. Sub-30 hour finishers earn a bronze buckle. Special and fun awards will be handed out at the post race ceremony. Custom plaques are awarded to the first female and male, runners-up, and overall and master finishers. These will be presented at our annual runner and volunteer picnic held later in October (TBA), or mailed.

Aid Stations (See chart for locations and distances) All referenced aid stations will be staffed and well stocked.

- Electrolyte drink: Gatorade will be available at all aid stations.
- Each station will have at a minimum: Water and sodas; and hot coffee or hot cocoa at night; sandwiches, bananas, oranges, potatoes, chips, pretzels, crackers, candy, and cookies; and hot soup at night. Many stations will have various additional items. Our captains go above and beyond with the food offerings.
- Special diet needs such as vegetarian, vegan, are not guaranteed at aid stations; please plan accordingly.
- Aid stations will not provide Advil, Aspirin, or other pain relievers.
- Aid stations may not have blister kits: If you are prone to foot blisters, make sure you carry or have what you need in your drop bags to care for them.

Drop Bags

While we do not have a rule limiting the size of drop bags, PLEASE BE REASONABLE! If you cannot easily carry all your drop bags at once by yourself, they are probably not of reasonable size. Drop bags can be left at the start/finish area on Friday, or Saturday morning before the start. They should be waterproof. See Aid Station chart for drop bag locations. Clearly label each drop bag with your NAME, RACE NUMBER, and AID STATION. Drop bags will be returned to race headquarters ASAP, but by no later than 1PM on Sunday. Please pick them up, as they will not be mailed back to you. Items left behind will be donated to charity.

Aid Station Information/Mileage Chart

Aid Station	Miles	Segment Dist.	Crew Spot	Drop Bags	Surface	Red Zone	Cut-off Time
Brown's Creek	5.2	(5.2)			1,3		
Flatside Pinnacle	8.6	(3.4)			3		
Brown's Creek	11.9	(3.3)			6		
Lake Sylvia	16.4	(4.6)	YES	YES	6		
Pumpkin Patch	22.1	(5.7)			2,4		
Electronic Tower	24.6	(2.5)			2,3		
Lake Winona	31.0	(4.4)	YES	YES	5,3,2	1:50 PM	
Pigtrail	36.1	(4.9)			2,3	3:05 PM	
Club Flamingo	39.4	(3.3)		YES	4	4:00 PM	
Bahama Mama	43.2	(3.8)			3	5:00 PM	
Powerline	48.0	(4.8)	YES	YES	3	6:30 PM	8:30 PM
Copperhead Road	52.1	(4.1)			3	7:50 PM	
Turnaround	57.9	(5.8)		YES	3	9:30 PM	11:00 PM
Copperhead Road	63.7	(5.8)			3	11:20 PM	
Powerline	67.9	(4.1)	YES	YES	3	12:55 AM	2:00 AM
Bahama Mama	72.6	(4.7)			5,4	3:00 AM	
Club Flamingo	76.4	(3.8)		YES	3	4:15 AM	
Pigtrail	79.7	(3.3)			4	5:30 AM	
Lake Winona	84.9	(4.9)	YES	YES	2,3	7:00 AM	7:20 AM
Electronic Tower	91.2	(6.2)			2,3,5	9:25 AM	9:30 AM
Pumpkin Patch	93.7	(2.5)			3,2	10:10 AM	
FINISH	100.3	(6.6)	YES	YES	4,2,1		Noon

Surface Legend:

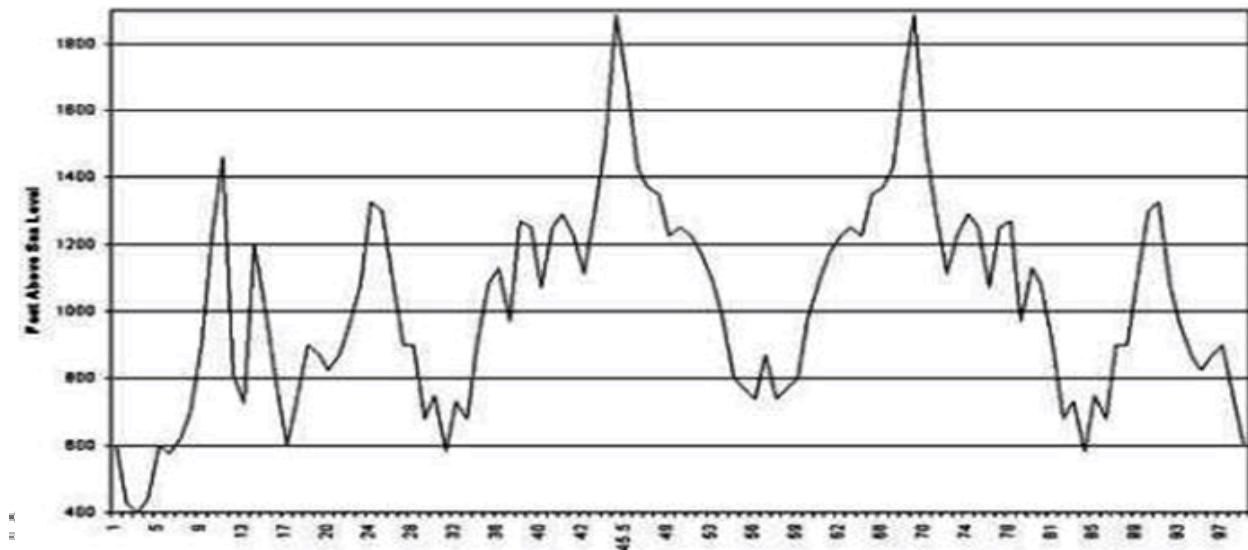
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|------------------------------|-------------------------------|
| 1. Pavement | 4. Unmaintained Gravel Road |
| 2. Best Gravel Road (smooth) | 5. Old Road (4-wheeler trail) |
| 3. Maintained Gravel Road | 6. Ouachita Trail |

The **Red Zone** times are informational. This is the time by which most runners who finish under 30 hours have cleared that check point.

Arkansas Traveller 100 Pace Chart

	Mile	Elev	16 Hr	18 Hr	20 Hr	22 Hr	24 Hr	26 Hr	28 Hr	30 Hr
Flatside	8.6	1220	7:06	7:14	7:20	7:28	7:35	7:43	7:47	7:52
Browns Creek	11.9	650	7:36	7:46	7:55	8:07	8:17	8:28	8:35	8:42
Lake Sylvia	16.4	700	8:19	8:34	8:48	9:04	9:19	9:36	9:46	9:57
Pumpkin Patch	22.1	1200	9:07	9:30	9:48	10:11	10:32	10:55	11:10	11:23
Electr Tower	24.6	1420	9:27	9:51	10:12	10:37	10:59	11:25	11:41	11:58
Lake Winona	31.0	710	10:22	10:51	11:21	11:50	12:29	12:50	1:16	1:38
Pig Trail	36.1	1050	11:08	11:45	12:19	12:55	1:29	2:05	2:33	3:00
Club Flamingo	39.4	1150	11:39	12:20	12:59	1:38	2:16	2:55	3:27	3:58
Bahama Mama	43.2	1400	12:13	12:57	1:42	2:24	3:06	3:48	4:25	5:00
Powerline	48.0	1370	1:03	1:52	2:45	3:31	4:17	5:05	5:48	6:29
Copperhead Rd	52.1	1180	1:44	2:39	3:36	4:30	5:20	6:14	7:04	7:52
Turn Around	57.9	950	2:34	3:34	4:36	5:36	6:31	7:33	8:30	9:29
Copperhead Rd	63.7	1180	3:28	4:32	5:41	6:49	7:53	9:04	10:07	11:17
Powerline	67.9	1370	4:14	5:24	6:40	7:55	9:03	10:23	11:29	12:53
Bahama Mama	72.6	1400	5:08	6:24	7:50	9:14	10:30	11:58	1:12	2:46
Club Flamingo	76.4	1150	5:46	7:09	8:40	10:09	11:30	1:05	2:25	4:05
Pig Trail	79.7	1050	6:21	7:49	9:25	11:00	12:26	2:07	3:33	5:17
Lake Winona	84.9	710	7:14	8:50	10:33	12:14	1:54	3:40	5:23	7:00
Electr Tower	91.2	1420	8:27	10:13	12:07	1:57	3:41	5:37	7:25	9:19
Pumpkin Patch	93.7	1200	8:51	10:40	12:36	2:30	4:20	6:16	8:05	9:57
Finish	100.3	690	10:00	12:00	2:00	4:00	6:00	8:00	10:00	12:00

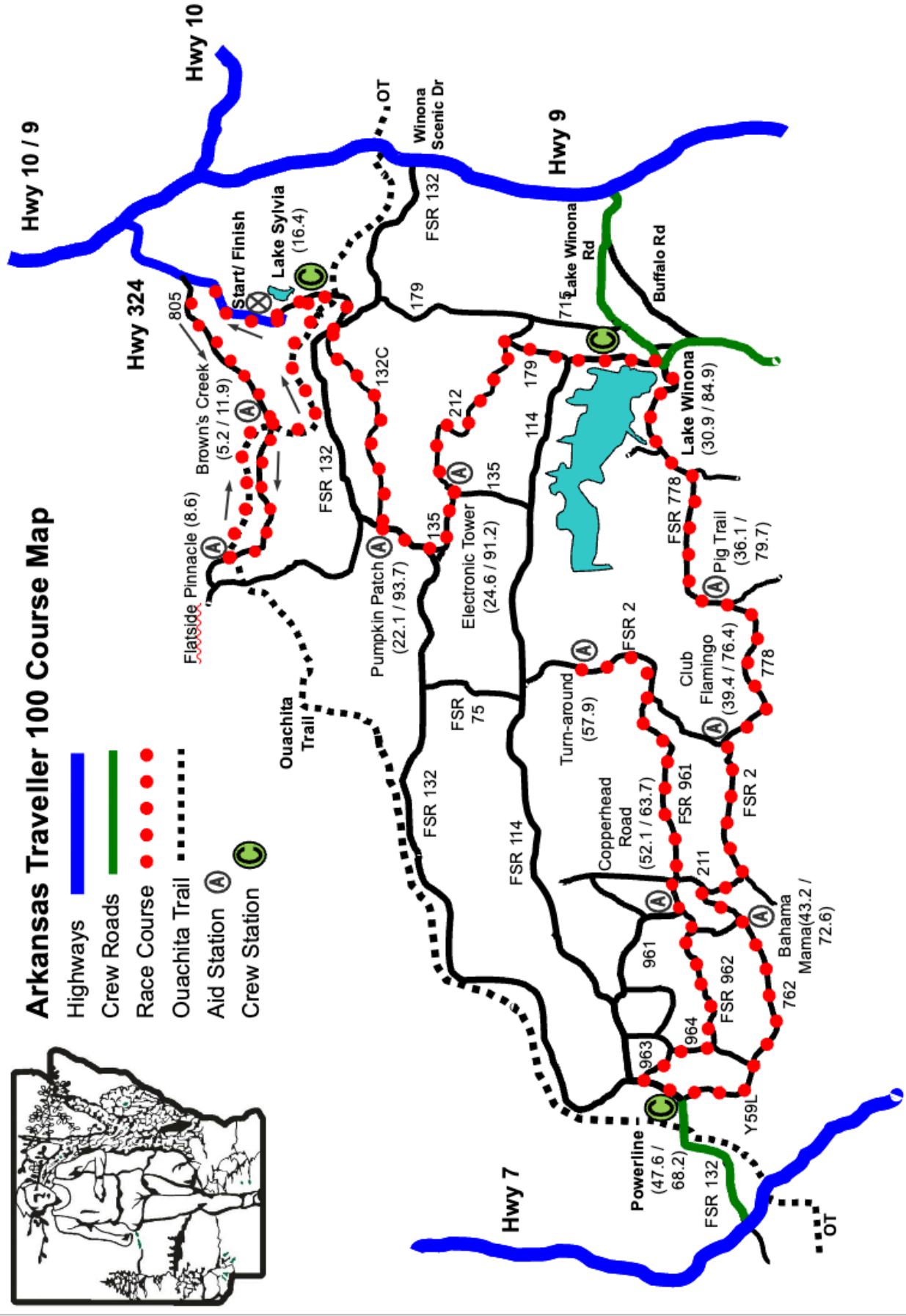
Elevation Profile





Arkansas Traveller 100 Course Map

- Highways
- Crew Roads
- Race Course
- Ouachita Trail
- Aid Station (A)
- Crew Station (C)



Arkansas Traveller 100 Official Course Description

With the race headquarters being at Camp Ouachita, the Start is on SH 324 at the Camp Ouachita turn-in. The run proceeds north on SH 324 for 1.4 miles to FSR 805 (aka Brown's Creek road), left turn. Follow FSR 805 for 3.8 miles to the first crossing of the Ouachita Trail (**Brown's Creek aid station**). Continue on FSR 805 another 3.4 miles to the second crossing of the Ouachita Trail (**Flatside Pinnacle aid station**), right turn. Follow the Ouachita Trail (blazed with blue paint) 3.3 miles back to the first passing of the Ouachita Trail on FSR 805 (**Brown's Creek aid station**). Continue straight across FSR 805 on the Ouachita Trail and follow 4.2 miles to the Lake Sylvia spur trail (blazed with white paint), left turn and follow for 0.4 miles to the Ouachita Trail Parking lot near the Lake Sylvia campground (**Lake Sylvia aid station**). This ends the almost figure-eight 17 mile loop portion of the course and will not be revisited by the runners during the race.

The following is a description of the remaining portion of the race course which is an out and back section approximately 83 miles in length. Leaving the Ouachita Trail parking lot going away from the Lake Sylvia campground, follow FSR 152 for 1.5 miles, cross over FSR 132 and enter FSR 132C through the forest service gate. Follow FSR 132C for 4.2 miles to FSR 132 (**Pumpkin Patch aid station**), left turn. Follow FSR 132 for one mile to FSR 135, left turn. FSR 135 for 1.3 miles to FSR 212 (**Electronic Tower aid station**). Proceed up the hill and through the gate for 0.1 mile. As the hill levels off take FSR 212 to the right and follow for 4.1 miles to FSR 179. Right turn on FSR 179 and follow 1.1 miles to FSR 114. Left on FSR 114 and 1.3 miles to FSR 778. (**Lake Winona aid station**) Right turn on FSR 778, follow one mile to. Continue on FSR 778 for 4.2 miles to **Pigtrail aid station**. Continue on FSR 778 for 3.3 miles to FSR 2 (**Club Flamingo aid station**). Left on FSR 2 and follow 2.7 miles to FSR 211, right turn. Follow FSR 211 for 0.6 miles to unmarked, unmaintained FSR 762. Left on FSR 762 and follow 0.6 mile to **Bahama Mama aid station**. Continue on FSR 762 for 2.5 miles to join maintained FSR 964. Continue straight another 0.4 miles to where FSR 964 curves to the right--but DO NOT follow it. Instead, continue straight on FSR 762 which appears as a four wheeler trail into the woods. After 0.2 mile, cross through clearing underneath power line, re-entering trail into woods, and follow 0.8 mile to FSR Y59L. Right turn on Y59L and follow 0.9 miles to FSR 132 (**Powerline aid station**). Right onto FSR 132 and follow 0.8 miles to FSR 963, right turn. Follow FSR 963 for 0.6 miles to FSR 964, right turn. Follow FSR 964 for 0.7 miles to FSR 962, left turn. FSR 962 for 2.6 miles to FSR 961 (**Copperhead Road aid station**), right turn. Follow FSR 961 for 4.1 miles to FSR 2, left turn. The turnaround point (**Turnaround aid station**) is 1.6 miles on FSR 2 from this intersection. From the turnaround point the race course retraces itself back to the Ouachita Trail Parking lot near the Lake Sylvia campground (there is no Lake Sylvia aid station on the return). At this point the course follows SH 324 for approximately one mile to the turn-in to Camp Ouachita. Turning right, the **Finish** is just outside the Great Hall.

Crew Guidelines

Crews are allowed only at the following aid stations: Start/Finish, Lake Sylvia (outbound), Lake Winona and Powerline. There are no exceptions.

- For the Lake Sylvia aid station, crews must leave vehicles parked at Camp Ouachita or the Lake Sylvia Day Use Area and walk to the aid station. No cars can be parked in the aid station parking lot or on the road near the aid station at any time.
- For the Lake Winona and Powerline, please adhere to the following:
One crew vehicle per runner; if crews for more than one runner can carpool that would be great. All crew cars must be parked on one side of the road, as marked with signs at the aid station. These aid stations will have barriers--beyond which crews are not allowed. Please respect these boundaries. This is to ensure that every runner gets the attention that they need.
- At the Lake Winona aid station, it is imperative that you stay within the designated confines of the aid station. DO NOT venture onto the Lake Winona levy, as this is a watershed with strictly enforced rules. You will be disqualified if any member of your crew is caught touching the water at Lake Winona. There is a playground and permanent bathrooms at the Winona Day Use that your crew may enjoy.
- No alcoholic beverages are permitted on Forest Service land. The entire Arkansas Traveller race course is on Forest Service land.
- DRIVE CAREFULLY. There is always the chance of encountering other traffic (including logging trucks) on these narrow roads. It is not difficult to traverse the routes between stations in time to meet your runner. If a ranger catches your crew speeding, you may be disqualified.

Crew Directions

NOTE: The new route between Lake Winona and Powerline was altered starting in 2015 in an attempt to keep traffic at Powerline going in one direction as much as possible in the afternoon.

1. From the START to mile 16.4. Lake Sylvia is approximately half a mile past Camp Ouachita on Hwy 324. Park in the Lake Sylvia day area and walk down the road to the aid station at the Ouachita Trail access parking lot. Do not park along the road. Please note: No dogs are allowed in the day area.

2. Lake Winona Aid Station at mile 31.9. Follow Hwy 324 east to Hwy 10. Turn right onto Hwy 10 and continue 1.5 miles to Williams' Junction and Hwy 9. At the intersection take the right hand fork onto Hwy9. Go 5.7 miles and turn right onto Lake Winona Road (some navigation systems may call this FSR 778). Follow this for 0.9 mile, at which point you must make a right turn to stay on Lake Winona Road. Follow approximately 3 more miles to the intersection with Reform Road/FSR 114 (right) and FSR 778 (straight).

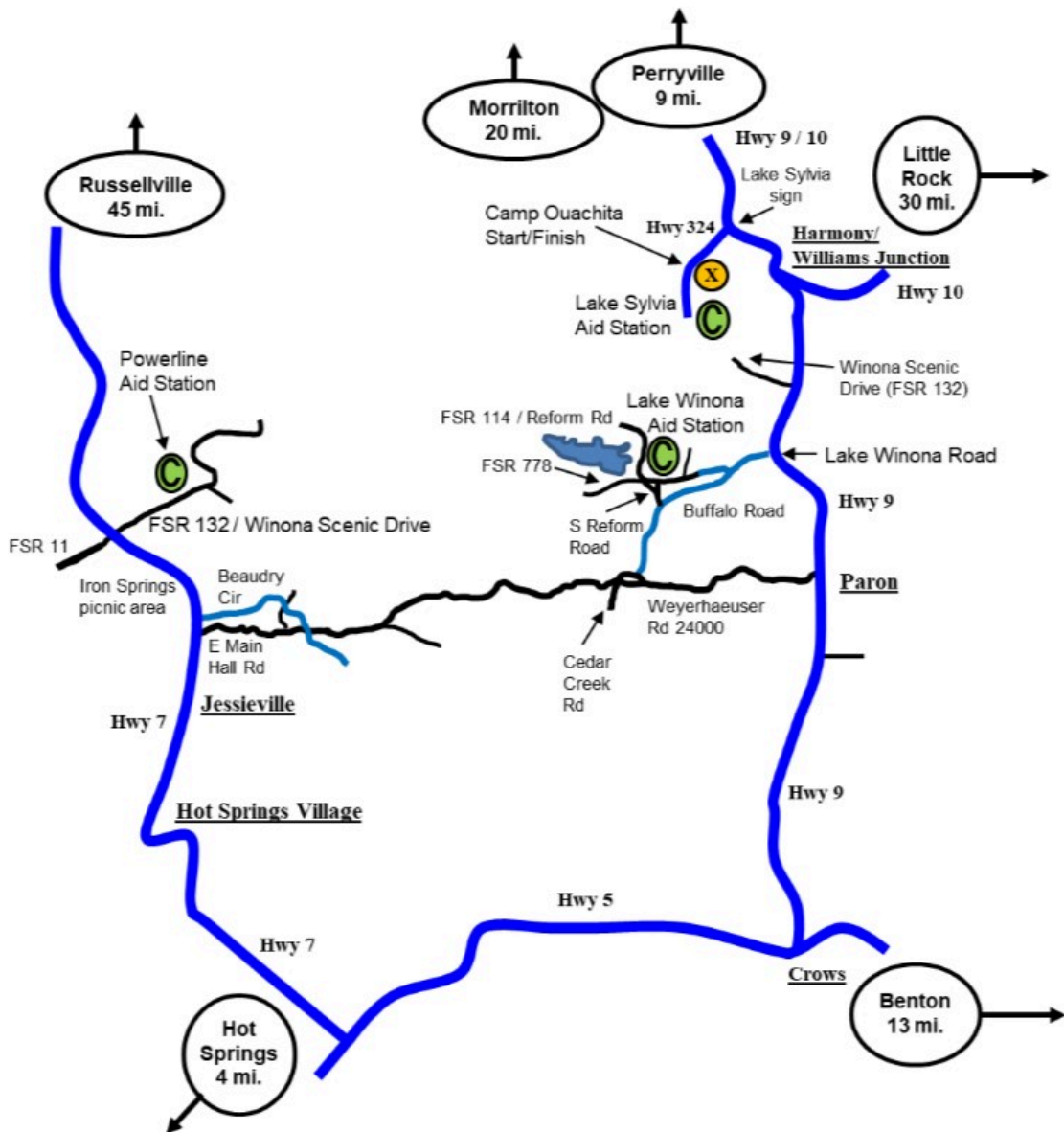
* Powerline Aid Station at mile 48.2. From Lake Winona Aid Station, Go back to Hwy 9. Turn Right on Hwy 9 for 15 miles to Hwy 5. Turn Right/West on Hwy 5 for 13.8 miles to Hwy 7. Turn Right/North onto Hwy 7 and follow for 18.5 miles. Turn right on Winona Scenic Drive/FSR 132 and follow for approximately three miles to the aid station.

Supplies

Crews should plan accordingly for food, gas, ice, and grocery options during the race: Perryville (approximately 10 miles from race headquarters) has some options, but none are the open-all-night type of stores.

Hot Springs Village area has many food and gas options and a Wal-Mart (open 6am-11pm)

Crew Map – AT100 Area



Lodging and Camping

The Lake Sylvia campground will be open on race weekend. There are two group camping areas for tents only that the race has reserved and paid for Friday and Saturday nights. These are first-come/first-serve. It is possible that up to ten tents can fit in each area. Individual campsites (RV spaces) are available for a small fee (the race does not pay for these). For information, visit www.fs.fed.us/r8/ouachita/recreation/campgrounds/lakesylvia or call 501-889-5176.

There are numerous motels/hotels in west Little Rock near the I-430 / I-630 interchange (approximately 35 miles from the start). Here is a partial list:

Ameri Suites 501-225-1075	Embassy Suites 501-312-9000
Baymont Inn 501-225-7007	La Quinta 501-224-0900
Comfort Inn 501-227-0120	Courtyard by Marriott 501-227-6000
Masters Economy Inn 501-225-7366	Crowne Plaza 501-223-3000
Motel 6 501-225-7366	
Ramada Inn Limited 501-221-7666	

Other options:

[Super 8 By Wyndham](#) (501) 242-5921 (In Morrilton, 23 miles from the S/F)

[Double D Lazy T Ranch](#) 501-250-5833 or 501-270-0664 (Perryville ~20 mins from S/F)

[The Cottage at Cherry Hill AirBnB](#) (Cherry Hill ~ 20 mins from S/F)

[Harris Brake Lake Resort](#) 501-889-2745 (Near Perryville ~10 miles from S/F)

You will find several Airbnb and VRBO options in Little Rock.

(These Airbnb rentals are owned by one of our Arkansas Ultra Running Association Club members. <https://www.littlerockfurnishedrentals.com/rentals>)

Travel

The nearest airport to the race is Bill and Hillary Clinton National Airport (LIT), which is about 45 miles from race headquarters. Distances from other commercial airports in the area include Memphis (MEM), 185 miles, and Northwest Arkansas Regional Airport (XNA), 190 miles.

PLEASE FILL OUT THE FOLLOWING AND BRING IT WITH YOU ON RACE WEEKEND (FRI AFTERNOON/SAT MORNING). THIS WILL GREATLY SPEED UP THE RACE DAY CHECK IN PROCESS. This is a layer of safety. If you are out of your mind and break the rules by leaving the race without checking out with an aid Captain or the RD then we will know where to call to ensure you are safe and okay. This could potentially save you a search and rescue fee. (we will have these available race weekend if you forget)



2024 Arkansas Traveller 100

Race-day Runner Information

Name: _____

BIB Number: _____

Please provide any applicable information requested below. (This will only be used in the event of an emergency.)

Where are you staying during race weekend? (Please provide phone number, if available) _____

If you have a crew and/or pacer, please provide name(s) and contact phone number—if available.

If a crew phone number is not provided above, specify a person and phone number for contact in the event of an emergency:

List any current medical conditions we should know about:

Please list any prescription drugs you are currently taking:
