

# THE ARKANSAS ULTRA RUNNER

November 1995

*A Newsletter For Members Of The Arkansas Ultra Running Association*

**MESSAGE FROM THE BIGSHOT** - On October 16th, Les Hall, Yellville, Arkansas, passed away. Les was an Ultra Runner, a faithful member of the Arkansas Ultra Running Association and a 1991 finisher of the Arkansas Traveller 100, 29:04:19. I've never met a nicer, more pleasant person. Thank you Lord for the privilege.



LES HALL and wife, Eura Lee

MESSAGE FROM THE BIGSHOT(cont'd) - With this newsletter the Bigshot will take a sabbatical. In my stead I have enlisted Harley, a mild mannered momma's boy. Before I depart I demand vindication from several AURA members and hangerons. I remember all the guffaws I received when I announced the *Nancy Mountain Walk* several months back. You remember don't you? It was for men only! All you people are goo-gooing now over the *MILLION MAN MARCH* and the *PROMISE KEEPERS* rallies. All by the way, are for men only. IT WAS MY IDEA FIRST! It just goes to show you that the Bible is right-- *A PROPHET IS NOT ACCEPTED IN HIS OWN HOME TOWN!* SLAM!.....The BigShot has left the Building, Building, Building, Building.

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## ULTRA CORNER

### THE 1995 ARKANSAS TRAVELLER 100

#### HEADLINES:

Arkansas' Ray Bailey Repeats As Traveller Champ!

Chrissy Duryea Lowers Female Record By 47 Minutes!

It is hard to believe that this was our fifth year for the Arkansas Traveller. The first four were good but in my opinion this year's race was the best by far. I've never seen autumn in the Ouachita Mountains any clearer and the light from the harvest moon shined so brightly during the night that several runners told me they used their flashlight only in the dark shadows of the forest. With temperatures rising to the 70's in the afternoon and lowering to the 50's during the night, records would have to fall. The record that I am most proud of is the number of finishers, 80 per cent. I give credit for this to the exceptional weather and the tireless work of the many volunteers at the aid stations.

This year our race theme was "*GOOD TIME RUNNING.*" We did this because of the high number of first time one hundred milers to enter and those several who returned that had not been able to finish here before. Our goal was to create an atmosphere of pre-race enjoyment and anticipation for the run that lay ahead. We wanted the *Traveller* to be fun!

If running for the sub-24 hour buckle was the plan, I urged caution at the pre-race briefing. "The course is like life. If it's going good, it will soon turn bad. Stay with it and it'll get better, maybe." I divide the course into roughly four mile segments. Smooth, cinder surfaces that give way to rocky, rough, toe hammering sections. Arkansas rocks are said to be different. If you, and you will, see one, don't think you can kick it out of the way. It's buried deep. Many a toe nail has been blacked over the five years of the *Traveller*. The Ouachita Mountains by Western standards are pretty tame. We probably don't even have a good Eastern hill. But as one of our Canadian entrants told me, the rolling hills of the *Traveller* are "silent killers." This makes the Arkansas *Traveller* - "*Tough Enough.*"

The Run can be broken into four races. The first is from the start to the 9.5 mile Flatside Pinnacle Aid Station and the beginning of the Ouachita Trail. The second is from the Trailhead to the 17.5 mile Lake Sylvia Aid Station where the runners trade the single track Ouachita Trail for forest service roads and rocky jeep trails and begin the third stage that takes them to Ms Scarlet's Turnaround Aid Station at mile 58.6. It's a lift I am told, to reach the Turnaround on a 100 miler and have only 42 miles to go.

The 6:00 A.M. start went off as it usually does, with a misfire. Fearing that I might accidentally shoot someone with my 20 gauge shotgun, I forgot to load it. After a brief bit of panic, Dave Cawein our official starter, took control and the race was on. I, standing on the sidelines fumbling in by bib-overalls for my shotgun shells, loaded up in mid pack and fired off a round just to make it right. *GOOD TIME RUNNING!*

The first to reach the Ouachita Trail was Bill Antholine, 26, from Texas, followed minutes behind by a pack of runners that included our defending champs Ray Bailey, Chrissy Duryea. Also in the group were Mark Lisak, Colorado, Dwayne Satterfield and Phillip Parker of Alabama and Gary Grilliot from Louisiana. All favored to do well

By the time the runners had finished the loop and returned to the Lake Sylvia at 17.5 miles, the Traveller was a two man race between home town hero, Ray Bailey, and Bill Antholine. At the Lake Winona Aid Station, mile 31.9, victory would belong to one of these two runners, both arriving at 5:14. Each had their on strategy for the "Heart O' the Traveller" as the locals call the miles between Lake Winona and the Turnaround Aid Station(58.6). Bailey would walk the hills and use his speed on the down hills. Antholine chose to run. Even though their times were close through the Smith Mountain Aid Station(43.5), running side by side was not their style. It was catch up and pass as the two strategies contrasted. Leaving the Smith Mountain Aid Station at mile 43.5, Ray made his move. Starting at 1200' elevation he ran the 2 miles up to the summit of Smith Mountain, 1,886' elevation. By the time he reached Ms Scarlet's Turnaround, Ray had built a 7 minute lead and he was never seriously challenged. His 16:42:33 was a personal record by over 52 minutes.

Chrissy Duryea and Chris Ralph(Washington) were the female contenders for the siver buckle. Chrissy, the 34 year old Californian, who finished 8th place three weeks before in the World Challenge 100Km was at the top of her game this day. She ran near the top of the field and was the third runner to reach the Ms Scarlet's Turnaround. There she picked up her first in a series of pacers(young boys) and proceeded to burn up the return trip through the *Heart O' the Traveller* faster than when Sherman marched through Georgia. Her finishing time of 17:53:10 lowered the course record by 47 minutes- 26 seconds. This is scary!

**THE STORY!** - Following the race I sent a question to all of the AURA members who started the race asking about their experience or impression during the race weekend. The following are the replies that I received back.

Chuck Desjardin - Describe your low points and how did you pull out of them? *My low point came early in the AT-100. From the Pumpkin Trail Aid Station I started feeling lousy. I had been fighting a cold the week before the run and I guess the exertion just*



brought the effects of the cold out, by the time I got to Lake Winona(31miles) I wouldn't have given a nickel for my chances of finishing. I was walking and trying to eat and frustrated with myself for feeling so bad. I just kept thinking of all the early morning training runs and for what, just to end this way. Well I remembered what friends had told me that I would have low points but, they would be temporary so I just said to myself shut up and keep moving. By the time I got to the Dropoff I was feeling a little better and when I saw Debbie at the Powerline Aid Station(49) I was feeling great. I was revitalized with renewed strength to finish. From then on I never felt bad again just totally focused on finishing.

Nick Williams - You are a five time finisher of the TRAVELER. Which were the easy ones and the hard ones. What keep you going? Good question, Harley. You along with numerous others, including ESPN, have been asking me the same thing. It's time to put this issue to rest. After much reflection what was really the toughest for me was slowing down enough not to catch Lou Peyton--I only have to beat one person, Her.....Once in an early 100, I slept, ran backward, and even got lost. The easiest one was this year's 100. Lou did not enter so I had no pressure to hurt myself. I could relax and not worry about slowing down. The thing I have liked about all of the 100's is spending time running with my friends. This year was really neat when I got to run the last 42 miles with my son, Roger.

Stan Ferguson(one of Chrissy Duryea pacers) - What was it like pacing Ms Chrissy? Running with Chrissy was great!(I bet it was) She's very cool, and was upbeat and talkative the whole way--it made the time really fly.(How come she never asked me?) Her confidence and attitude we inspiring and we never walked--incredible. It will be interesting to see Rick "Spikehead" Utley attempt to keep up with her next year on his maiden AT-100.

Dr. Feelgood - Your impression of the aid stations this year. The aid stations were great, even B.M. Road. I always look forward to the pumpkin pie at the Pumpkin Patch. The addition of the Chili Pepper was super with their Mexican fare. The volunteers at all the aid stations were very attentive to our needs and even wanted to clean and dress my wounds from three classic falls which only occur on our own home course. I'm not sure where it was but the watermelon on the way back to the finish really perked me up.

Dianne Bell - Do you think you could have gone farther, or faster. Did you hear any new jokes? I had a great time on the run. I believe I could have gone farther or faster, but I don't know about both. It was an exciting hundred for me to finish because I really did feel I could have stood to go out a little harder. My feet at the end were quite uncomfortable, but that's some pain I just have to learn to enjoy as I become more experienced. I did hear a few new jokes from Mr. Nick and many old jokes from Mr. Nick. It was great getting to run with Nick, Roger, Jim, Teresa, and Gail. We had a blast.

**Kimberly Pavelko** - What were you feeling or thinking about on that last two mile stretch? *I was finally going to finish! I was like a dream. Every time I ran that section on a training run I thought about what it would be like to be finishing the TRAVELLER.*



**CHUCK DESJARDIN**

1995 Arkansas Traveller 100 - Official  
Results

1. Ray Bailey, 38	16:42:33
2. <u>Chrissy Duryea, 34, Ca</u>	<u>17:53:10</u>
3. Mark Lisak, 38, Co	17:53:10
4. Joe Hildebrand, 38, Il	18:10:35
5. Bill Antholine, 26, Tx	18:38:58
6. Dan Bowers, 49, Co	20:14:02
7. John Durham, 47, Tn	20:43:48
8. Gary Grilliot, 31, Ia	20:43:49
9. Fred Meyer, 45, Tx	20:59:37
10. King Jordon, 52, DC	21:10:12
11. Jason Hodde, 25, In	21:13:20
12. Dwayne Satterfield, 31, Al	21:38:40
13. <u>Chris Ralph, 44, Wa</u>	<u>21:40:55</u>
14. Hollis Baugh, 26, Tx	21:44:35
15. Doug Johnson, 33, Co	22:18:08
16. Don Adolf, 59, Il	22:22:26
17. Eric Edmonds, 42, Ca	22:23:23
18. Neil Hewitt, 35, Tx	22:26:48
19. Phillip Parker, 57, Al	22:36:18
20. Jeff Tincher, 38, In	22:39:00
21. Jose Wilkie, 32, Ky	22:51:05
22. Phillip Kahn, 42, Co	22:51:54
23. Steve Tilley, 48	22:51:55
24. Steve Silver, 47, Tx	23:09:34
25. Chris Marti, 43, Swiland	23:14:53
26. Lee Norris, 47, Tx	23:15:06
27. Rolly Portalance, 52, Can	23:22:34
28. Bob Williams, 52, Tx	23:36:13
29. Jeff Miller, 44, Tx	23:36:14
30. Stephen McNeil, 37, Tx	23:36:15
31. Tom Sprouse, 53, Va	23:36:23
32. Joe McReynolds, 62, Al	23:43:53
33. Ken Ashby, 42, Tx	23:48:30
34. <u>Angie Ransom, 45</u>	<u>23:50:17</u>
35. George McDonald, 42	23:50:17
36. <u>Jean McDaniel, Ok</u>	<u>24:13:39</u>
37. Rob Kalovsky, 27, Can	24:30:12
38. Mark Mills, 40, RI	24:39:28
39. Dale Powell, 44	24:54:00
40. Richard Gillespie, 49, Ca	25:17:33
41. <u>Sarah Lowell, 33, NC</u>	<u>25:19:03</u>
42. Roy Haley, 59, Tx	25:23:50
43. Russ Gamble, 45, Ca	25:37:18

44. Leslie Covey, 52, Ca	26:18:20
45. <u>Kim Pavelko, 34</u>	<u>26:30:48</u>
46. Nick Williams, 52	26:33:15
47. Jim Wight, 58, Ct	26:40:34
48. Ron Berby, 53, Mi	26:51:23
49. <u>Dianne Bell, 38</u>	<u>26:53:19</u>
50. Jim Sweatt, 39	26:53:20
51. Evan Groutage, 46, Tx	27:01:30
52. <u>Salley Middleston, 45, Mi</u>	<u>27:11:35</u>
53. Charlie Weiland 44, La	27:14:46
54. Pete Ireland, 55	27:17:38
55. Richard Stevermer, 41, Ks	27:20:19
56. Mark Stevermer, 43, Ks	27:20:20
57. Phil Wright, 51, Ca	27:21:20
58. Chris Nymann, 37, Wa	27:25:32
59. <u>Teresa Laster, 37</u>	<u>27:26:24</u>
60. <u>Anne Huntzicker, 51, Co</u>	<u>27:31:30</u>
61. Joe Wills, 39, La	27:36:35
62. Greg Taylor, 49, Fl	27:42:43
63. Larry Duke, 51, Al	27:53:00
64. Jim Barnes, 57, Al	27:53:01
65. Rich Lacey, 56, NY	27:53:36
66. Reggie Lee, 47, Ms	27:59:15
67. Dan McCullough, 38	28:05:52
68. Allan Montgomery, 52, SC	28:14:30
69. Joe Beams, 57, Al	28:21:05
70. Dan Harshburger, 48, Ca	28:25:40
71. <u>Kathy Harshburger, 45, Ca</u>	<u>28:25:41</u>
72. Chuck Desjardin, 47	28:26:40
73. Jack Hudson, 50, Mo	28:27:44
74. Art Gulliver, 56, Ma	28:38:44
75. <u>Louise Mason, 42, Il</u>	<u>28:41:47</u>
76. Bruce Halla, 47, SC	28:44:06
77. Mark Laub, 47, Mn	28:45:57
78. David Hughes, 49, In	28:45:58
79. Mario Martinez 43, Tx	28:47:17
80. <u>Kim Sargeant, 36, Tx</u>	<u>28:47:18</u>
81. Matt Mahoney 40, Fl	28:53:43
82. Chip Marz, 48, La	29:19:45
83. Steve Erwin, 42, La	29:19:46

105 starters - Little Rock,  
Arkansas/October 7/8, 1995  
Trails, Forest Service Roads/Ouachita  
National Forest

# ULTRA TRAIL SERIES

November 4th - UTS # 4, The CandleWood Mountain Run - 12 miles. 7:00 A.M.  
Directions: Travel Hwy 10 to Pinnacle Valley Road(Formerly Penal Farm Road). Turn right onto Pinnacle Valley Road and motor a couple of miles to the railroad tracks. Park just beyond the railroad tracks on the right side of the road. No entry; no registration.

Race calendar for the series:(Some of the dates are tentative)

July 29th	Midnight 50 K Mountain Run
September 4th(Labor Day	Smith Mountain Loop, 24 miles
October 7th	Arkansas Traveller 100 Miler
November 4th, 7:00 A.M.	Candlewood Mountain Run 20K
November 26th, 2:00 P.M.	The Demonstration Run-Allsopp Park- 6 mi.(No Points)
December 9th, 7:00 A.M.	10-9-10 Adventure Run, 21 Miles
January 6th, 1996	Round Mtn Loop(Albert Pike Trail) 21 Miles.
February	White Rock Classic 50K
February 17th, 1996	Sylamore 50K
March	New Spring Classic, 21 Miles.
May 4th, 1996	Ouachita Trail 50
May	Mystery Run, ?K

Remember that the Trail Series features adventure running. Expect the unexpected. Carry weather gear and a water bottle.

HARLEY'S NEWS OF THE DAY: If you read the above calendar for the UTS, you will notice the dates for the Sylamore 50K and the Ouachita Trail 50 Miler. Teresa Laster gave them to me last week. I have been corresponding with Mickey Rollins about the Rocky Raccoon 100 which is scheduled for the first weekend in February. Mickey is expecting a big turn out this year. On December 2nd Lou and I are slated to cook a pancake breakfast for the Little Rock Roadrunner Club. I believe we will be at Murray Park. You people who are not RRCA members are personally invited to be our guests. I will give you a reminder for this next month.

## MISSISSIPPI TRAIL 50

50 MILE AND 50K ENDURANCE RUN - March 2, 1996 Laurel, Mississippi. Desoto National Forest 12 Hour limit. Soft dirt trails and fire roads. No hard surfaces. Contact Carl Touchstone at 601-649-3471. \$35.00 before February 1. \$45.00 thereafter. See Harley for an application.

# AURA's DAVID HORTON TO SPEAK IN LITTLE ROCK

Mark your calendars for December 22nd at UAMS. David will be here with slides and talk about his great adventure - THE 1995 TRANS MERICA RUN. More details next month. Call Lou Peyton at 225-6609 for information.

*Arkansas Ultra Running  
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