

THE ARKANSAS ULTRA RUNNER

OCTOBER/NOVEMBER 1997

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-This issue of the AUR is mainly devoted to the 1997 *Arkansas Traveller 100*. We must not forget that there are other happenings in the local Ultra community. AURA's Bob Marston completed the ***GRAND SLAM of Ultra Running*** with his finish at the *Wasatch 100* in Utah. I hope to devote more space to this accomplishment next month. The Ultra Trail Series kicks into gear with the *Whistlin' Dick 40K* on Dec 13th. See the race calendar for details. Note closely that at the beginning of the race calendar is listed the gun deer season. For those of you who entered the *AT-100*, the final results with split times should be out in two weeks. Be patient. Lastly, on October 25th, Lou organized her year long dream of running the Winona Scenic Drive from Hwy 9 to Hwy 7. See her written account in this newsletter.



1997 ARKANSAS TRAVELLER 100 MILER

To *some* the *Arkansas Traveller 100* has a reputation as being an easy One Hundred. *Some*, I believe, have forgotten how far a 100 miles really is, especially on foot. The priority of the race management is to provide a little diversion, a little fun, while you run. Being fun however does not equate to being easy. Perhaps this is the geniuses of the rude awakening at the *Arkansas Traveller* this year.

Several things play into course difficulty in an ultra: Terrain, elevation (gain/loss), weather and expectations to name a few. The terrain at the *Arkansas Traveller* is rather benign. Eight miles of the scenic Ouachita Trail. The remainder of the course is made up of Forest Service Roads some of which are well groomed; others rather rocky. By Western (and even Eastern) standards, the elevation gain and loss is paltry. Low point 486'; high point 1886'. Total elevation gain 12,086'; total elevation loss 12,106'. This year the big talk was on the weather. The expected highs were forecast to be in the mid to high

80's; lows in the 60's with low humidity and bright, clear autumn skies. Perfect for race workers but a growing concern for the runners. Is the weather the excuse we had for the lowest finishing rate of the sixth previous *Arkansas Travellers*? 49 finishers out of 94 starters(52%). Weather makes a perfect whipping boy. My suspicions is that the *Travellers* reputation as a easy one hundred was outshone by the reality of just how tough running any one hundred miler really is. Saying it another way: The finish line never comes to you; you still have go get it.

One runner who was prepared was Joe Hildebrand, 40 year old Urbana, Illinois, math professor. Last year he finished 8th place in 20:08:27. Hildebrand and Scott Eppelman of Dallas, made up the cream from out-of-state. Three(3) time winner Ray Bailey of Arkansas was wearing number one and was the favorite to repeat. The women's field was maybe the strongest ever with five(5) time winner Chrissy Duryea-Ferguson, Pam Reed of Arizona and Marge Hickman of Kansas. All three women having demonstrated their abilities at other ultras this summer. Chrissy was the first American finisher in the World 100k Championship. Pam Reed was a 28:48:17 finisher at the 1997 Wasatch 100 and Marge Hickman was first female at the 1997 Kettle Moraine 100 in Wisconsin.

At the start Bill Coffelt, 37 year old Arkansan, was the rabbit. No regrets! He ran 19:40:58 at the 1991 *Traveller* and said before the race that he was going out hard and see what his legs could do. By the 50K Lake Winona Aid Station he turned the lead over to Hildebrand and was being closely pursued by Eppelman. Somewhere on rocky, Smith Mountain(72 miles), Coffelt succumbed to the younger Eppelman. A gallant effort. Hildebrand gave no quarter and was not to be caught this night as he steadily made up time on the second place Eppelman. Ray Bailey, the favorite, found himself in the unaccustomed position of upper pack. Good but not good enough for his standards. Having finished the Western States 100 and the Wasatch 100 this summer, he stated after the race that he felt uncomfortable from the start and never got any better. He retired at the 77 mile Dropoff Aid Station.

Duryea-Ferguson, Reed and Hickman ran as a team until the 17.5 mile Lake Sylvia Aid Station. Then it was Duryea-Ferguson and Pam Reed in tandem to the 58.6 mile Turnaround Aid Station where Duryea-Ferguson managed a five minute lead. Leaving the 86 mile Lake Winona Aid Station Chrissy joined up with her husband Stan, a 2:48 marathoner, who was running his first 100(and Ultra). You might recall that Stan and Chrissy were married last year in a prerace ceremony. It must have been a lovefest the last 14 miles together.

Despite the decimation of the starting field, there were several remarkable finishing times. How can the weather explain this:

NAME	1996(COOL)	1997(HOT)
JOE HILDEBRAND	20:08:37	18:02:35
VINCENTE LEDESMA	22:28:02	20:07:37
WILL TAGGART	23:24:04	20:30:45
JIM MUSSLEMAN	23:28:55	21:55:07
EARL BLEWITT	25:09:08	23:51:04
JOHN HARGROVE	26:10:20	25:44:40
PHIL WRIGHT	26:22:29	26:20:05
PAUL SCHMIDT	27:29:25	25:59:02
NICK WILLIAMS	28:17:32	27:36:45

I'll let the IUS and the Ultra Groups decide what these PR's mean in light of the high dropout rate. But for my two cents the Arkansas Traveller will kick some behind if you're not ready.

Rest well, all you *Travellers*, we'll meet again!

AT-100 PROFILE

After the AT-100, I had an "interview" with the male and female winners.

Joe Hildebrand-*You ran the race in 1996 and finished 8th place in 20:03. What made you want to come back to the AT-100 in '97? Did you think you could run a faster time now that you were familiar with the course?.....*The year before(1995) I finished in 18:10. I was hoping to break 20 hours, but I didn't expect to get close to my 1995 time which was run under ideal conditions when I was in top shape.

Scott Eppelman-*What made you want to come to the AT-100?.....*It was within driving distance of my home, I hadn't run it yet, and I had heard good things about it from Neil Hewitt(AURA Member)

Chrissy Duryea-Ferguson-*This was your 6th straight AT-100 victory. Was it the same old same-o, or, did you think about STAN and how he was doing during the race?.....*Yes, I thought about STAN the whole time. We were not running together. We ran the first 9 miles together, then Ray and Stan took off on the single track part of the trail. I passed STAN at about 56 miles then he caught up with me again at about 87 miles.

Pam Reed-*You entered the 1991 AT-100 but an IT Band prevented you from finishing. What was your reason from coming back to Arkansas?.....*The '91 AT-100 was the 2nd One Hundred I had run and it was only the 2nd 100 that I had DNF'ed. (at the time it was the 1st)(the other was Hardrock). Anyway, I loved the race in '91 and I loved it in '97

Did each of you have a strategy on how you wanted to run the 17 mile loop which included 8 miles of the Ouachita Trail?

JOE-*Not really. I just wanted to get this over with without twisting an ankle! Actually, I felt pretty good on the climb to Flatside, ran at a brisk pace, but took it easy on the rockier parts of the trail.*

SCOTT-*Run it hard! Two reasons: It was cool and I might be able to make some time on runners who would go slow on the Ouachita Trail*

CHRISSEY-*Ray, Stan and I ran the 1st nine miles together. Since I'm not real big on rocky single track stuff, I took my time through it. Better to slow down than get injuries early on in the race.*

PAM-No, not really. I guess I was cautious because I didn't want to fall or get lost.

Do you prefer trail, dirt roads or street for your ultra races?

JOE-Smooth trails and dirt roads.

SCOTT-Trail.

CHRISSEY-I run best on dirt roads and streets for racing. If I'm just going for a good time the trails are nice. It kind of brings the fast and slow together and everyone has fun.

PAM-I like a mix of everything. That way your legs can get a change. I do prefer the rolling hills as compared to steep mountains.

How did you prepare training wise for the race?

JOE-Nothing special, except that I added a couple of hilly trail runs to my training base of about 50 miles/week in the weeks leading up. I don't do long(2+ hours) training runs, but I run a marathon or ultra every couple of weeks.

SCOTT-Basically just maintaining my fitness from the 100's I ran earlier this summer. I did concentrate on leg strength with stairs and weights.

CHRISSEY-I put all my training into the World 100K Championship. I guess you could call that race my last long run before the AT-100. It did wear me out more than I planned. My knees were still bruised from all the pounding on the pavement and cobble stone in Holland. I am not a spring chicken anymore.

PAM-I ran Western States and Wasatch this year. I tend to run 2 times a day because I have 5 boys. So when they are at soccer or baseball, I can run for 1 hour and then I get in another 1 or 2 hours.

Would each of you give us your vital statistics

JOE-40 years old, 118 pounds; 5'6"/Marathon 3:06; 50 mile 7:02; 100 mile 16:30.

SCOTT-31 age, 5'8", 138 pounds/Marathon 2:44; 50 miles 6:53; 100 mile 17:24(Vermont)

CHRISSEY-36 age, 5'3" 116 pounds/Marathon 3:00; 50 miles 6:17 100 mile 17:53 AT-100, (WS100=23:02)

PAM-36 age, 5'3", 106 pounds/Old Pueblo 100-21:30; Western States-23:30 and Wasatch-28 hrs(5 times Wasatch finisher.

What do you consider your strong points in ultra running?

JOE-Quick recovery. It doesn't take me more than 3 or 6 days to recover from a 100 miler. I have run marathons or ultra one week after a 100 miles with no apparent decrease in performance.

SCOTT-Mental aspects, confidence and focus.

CHRISSEY-I try not to go out real hard so that at the end of a race I have some left(PATIENCE). And the DESIRE to run.

PAM- My ability to keep running. Slowly but surely.

When you left the Lake Sylvia station at 17.5 miles, what were you thinking about?

JOE-I felt really good at that point of the race. My thoughts were probably about the upcoming rough road segment on 132C and 212 which turned out to be not as bad as I had remember it from previous years.

SCOTT-Getting into a groove that I could sustain, with a smooth, efficient stride.

CHRISSEY-Okay! I made it through the hardest part. I'll have crew waiting for me at Lake Winona and then I can pick up my pacer at the Powerlines. Bing able to pick up my pacer earlier in the race was an extra bonus.

PAM-Try to catch Chrissy and run with her for a while.

Do you consider yourself running against yourself, the course, other runners?

JOE-If I had to make a choice, I'd say I'm running against myself rather than the course or other runners. However, I don't like to think of a race in there terms. I want to feel good, enjoy myself, have fun, etc., for as long as I can. Naturally, in a race like this there will be times when the going gets tough, but I'd like to keep these times to a minimum.

SCOTT-I put more emphasis in preparing myself and making sure I have access to anything that I might need. Taking what the course give you means to me reacting to conditions on race day.

CHRISSEY-I run against myself and the course. My goal is to run the best race I can. I don't even care about the other runners until the last 15 miles of the race. Then I ask myself what do you have left? Can you catch them or are you just trying to survive?

PAM-I guess I run first to just finish. I have the utmost respect for anyone who can complete a 100 Miler.

Did you Run the hills? Walk/Run or Walk?

JOE-I ran pretty much the entire road segment leading up to Flatside and most of the hills on the trail. Later in the race, however, I switched to walking the hills.

SCOTT-I walked more than I wanted to because of the heat. Normally I will run as many as possible.

CHRISSEY-I ran all but about 20 yards coming back over Smith Mtn . My foot caught a vine and I pulled a tendon in the bottom of my right foot.

PAM-I ran 99% of this race. However very slowly especially at the end.

What about eating and drinking during the race?

JOE-The Conquest/Gatorade offered at the aid stations worked fine for me. Cookies, powerbars and power gel for the sugar. Pretzels and soup(at night) for the salt content.

SCOTT-I eat regular food. Usually mix electrolyte drinks 50/50 with water. Fruit is very good. The heat make a lot of food look less appetizing.

CHRISSEY-I eat what ever looks good to me when I enter the aid station. Example: Turkey sandwiches, soup, bananas, cookies, chips. I don't eat anything special. I don't drink coke until the last 20 miles.

PAM-ULTRAFUEL. Also, The aid stations were GREAT! the distances apart were so nice. The people, the food everything.

Did the 88 degree, low humidity and clear skies bother you?

JOE-I took it easy on the Powerline/Turnaround segment, walking the hills and running the flats and downhill portions. The heat didn't bother me as much as I thought it would, but I experienced some muscle cramps through the middle part of the race which may have been heat related.

SCOTT-The heat had an effect. I was cramping for about 15 miles.

CHRISSEY-I found I had to drink 2 bottles between each aid station. It seemed hotter than 88 degrees and the humidity was not as low as I'm use to in California. I'm sure it bother me some.

PAM-No. I train in Tucson, so I did not notice it.

When did the fatigue factor set in?

JOE-Fatigue wasn't a problem for me. In fact, I felt better in the final 30 miles of the race than I did in the middle portion.

SCOTT-Not a factor.

CHRISSEY-After I left the Winona Aid Station I started having a bad spell. While I was running on 212 and 132C lifting my feet so I wouldn't trip was very hard! I was really looking forward to the last 1.5 mile on the road going down hill.

PAM-Probably at the Turnaround Station where I started feeling a little sick. But the real exhaustion was around 85 miles.

When did you know you had it in the "bag".

JOE-At the 94 mile aid station, when I learned that the second runner had ~~not~~ reached the previous aid station. Until this point, I had no idea how much time I had on second

place(or even who it was), and I wouldn't have been surprised if Chrissy had passed me in those final miles, as she had done in both '95 and '96.

CHRISSEY-Stan caught up with me at about 87 miles. He looked great! He asked if he should run the 2nd place guy down or stay with. I told him to catch the 2nd place guy. Then I asked him what he wanted to do. He said he wanted to stay with me. The rest is history.

RACE COMMENTS

From: Victoria Croft - 47, Texas

Dear Lou & Charley:

I cannot find enough words to express the appreciation and gratitude that I feel for the most unforgettable experience of my life (second only to giving birth to my three children). My first 100 mile race will be in my most treasured memories not only for the unique experience, but also for the wonderful people who organize it, run it, and volunteer for it. I have a profound admiration for all who finished the race, but there is a very special place in my heart for a few runners whom I would like to mention.



First of all I would like to extend a heartfelt thanks to the *GREAT*, Nick Williams for his advice on everything, for making me believe that I could finish, and for his companionship throughout the race. We hooked up with Pat Stewart during the night and we all stayed together. I know that Nick and Pat could out kick me in the last mile, yet they chose not to, and both stayed with me to the end. I will never forget your help, guys. I am also in debt to Dianne Sweatt for instructing me on how to "pee" standing up, a very useful skill when running 100 miles. Jim Sweatt saved the day when he gave me an anti-diarrhea pill early on in the race. It's amazing the number of things one should take along to a 100 mile run! I had no idea! I'll be prepared the next time thanks to my friends in Arkansas. Again my heartfelt thanks to all who helped me in so many ways. My husband Michael and myself would like to offer to our running friends a room to stay if your travels to races bring you to our area. Lou and Charley have our information. Many thanks.

From Bob Rayburn-42, Colorado

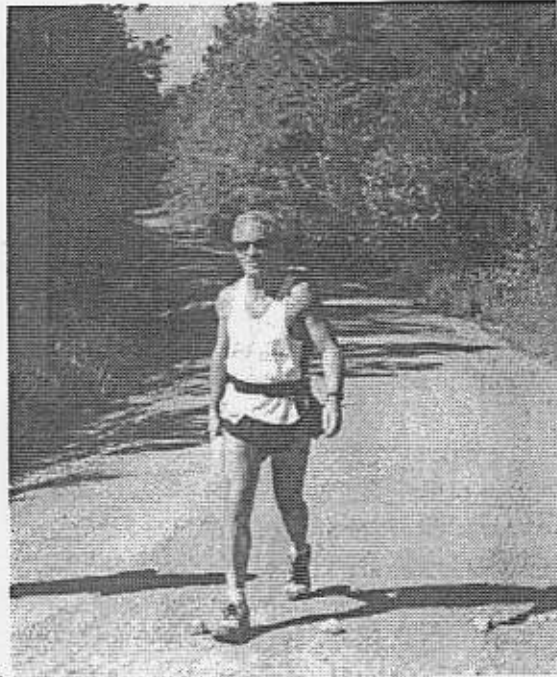
This was my second attempt at a 100, my first resulting in a DNF at Leadville. Everyone whom I had talked to about the AT100 mentioned the great people and fantastic (real) food. Seemed a good advertisement - one can only eat so many bananas, potatoes and cups of instant noodle soup. But I digress, we go to these things to run, not to eat.

Weighed in on Friday and met Kevin Sharp from the list. Talked with Lou Peyton, with whom I would spend some miles the next night. Nice low keyed registration. Talk from Charley Peyton, RD, emphasizing the expected heat the next day, remember your Karl King tablets and lots of fluids. Charley announced that this would be the last year that Lou Myers, 69, from England, would run.

He awarded Lou, a red Razorback Pig's head hat. Lou said he would wear it for the full 100 miles next day.

Next morning when I came back to the campground the same loudspeaker which Charley had used was now sprouting loud farm animal sounds. Lou was at the start, pig's head on his head. And following the pig's call, we were off like a herd of turtles. 3 miles of downhill pavement before dirt roads, and finally 6 or so miles of fantastic forested single track with great ankle turning downhill to spring on. All too soon this finishes at Lake Sylvia, and there starts the 41.5 miles out to the turnaround of dirt road, from good to mildly miserable, but all of it with lots of short sharp rocks embedded in a hard dirt matrix. The aid stations were living up to their reputation. Even as early as Lake Sylvia there were ham and turkey sandwiches. Even ice cream sandwiches somewhere, can't remember exactly. Shortly after the start, I had been running with Donna Duerr from Little Rock, who filled me in the local color. In Colorado we tend to take hard core lunacy as a standard, but I was impressed by this runner who had run every AT100, and had tried Hardrock this summer, preceding it by Matt Mahoney's method of climbing as many 14ers as possible for acclimation. Also met Roberta Orr, who did not feel it was necessary to pussyfoot around with 50s but went straight to the 100. Donna warned me about the aid station at BM road (Big Mouth?). Earl Blewett had told of bourbon at one aid station but she directed my attention not to the fluids but the solids: possibility of stewed squirrel. I settled for red beans and rice. (On the way back that night there was venison stew). At the Pelican Club (Dropoff) I was given a Pelican stamp on the arm for free entry to the club that night, "Now make sure you come and see us tonight". Lei'ed, photographed, then the lei was recycled for the next runner.

Donna picked up her pacer at Powerline on the way out. This was Lou Peyton. For having been up all day and starting out on a fifty mile run, she was incredibly alive and full of energy - rather interesting comparison to how I felt (although really, I did not feel too



bad, slight hot spots on the heels, but OK). I picked up a small hand lamp at Powerline but left my headlamp for the return visit. I had five AA batteries at each drop bag and a spare small hand lamp in my bag. This seemed to work out well, so when I returned to Powerline I opted to continue without my headlamp. Continuing in the same culinary style, the Buffalo Gap was manned by a Mexican restaurant with reggae and burritos. Definitely a 5 star rating in AAA's guide. So far of the upteen GU packs I had stashed in drop bags I had used three. They just couldn't compete with real food.

I began to feel really tired, and kept telling Donna and Lou to go ahead, not to let me hold them back (I tend to walk fast but am a lazy runner: Lou suggested I should enter Ulli Kamm's 200 mile Ultra Walk). However, I took Lou up on her offer of a couple of caffeine tablets, and found the tiredness falling away and feeling terribly alert. I began to pull away, and, although I regretted losing the fun company, this was supposed to be some kind of a race and there were cutoffs. A few hours on my own, glow stick to glow stick, panicking where the glowsticks were out. Never saw Eric Robinson's "mome raths" (meaning extremely) long legs - with legs like those, even only two of them, I would have been finished by now. Tried to space out the time before using the second caffeine tablet. Fatigue crept in again. I wondered if I would fall asleep standing up. At each aid station I drank coffee laced with ice cubes so I could drink it quickly, but it did not work as well as the tablets. As the miles went by the whole course was tilted upwards so even the downhill occasionally felt uphill.

Met and walked with Tom Grether from California for a while. Together we played the part of the monks in Escher's sketch where they continually go uphill even though they end up where they started. There was no downhill to the next aid station, just turns and hills. But at the Electric Tower the blisters on my feet spoke sweet nothings in my ear and I sat for a few minutes, and he went on. The sun came up and I began to wake up a bit. Finally Lake Sylvia came in sight and was passed, then I saw the finish gate. Though I should at least run over the finish line. Funny, when I started running again it didn't feel too bad. Then the endorphins kicked in and I built up to a crowd pleasing sprint to the end - at least that is how it looked from my side: the spectators probably saw a snail slithering over the line.

The finish was one of the most significant personal experiences I have had. I hope to finish other 100's in the future, but the feeling of this one will always be special. Other people have commented on the heat: I cannot say I noticed anything extreme. Possibly because I drank lots, maybe because of Karl's tablets or maybe the pleasant company. My big problem was blisters, the type that are measured in acres as opposed to square inches. I think next year I shall invest in the 365 uses of Duct Tape calendar.

The people I work with give me strange looks (the polite ones) when I explain that it was really fun running. It was fun. Yes, the people were great and the food was not bad either.

ULTRA CORNER

THE WINONA FOREST 54 MILE SPECIAL by Lou Peyton
WILLIAMS JUNCTION, ARKANSAS - October 26, 1997 - 6 a.m. start

This was the inaugural running of the Winona Forest 54 Mile Special. Standing on the starting line at 6:05 a.m. were Robert Orr, Randy Davidson, Kim Pavelko, and Lou Peyton. This run has been in the back of my mind for two years. After telling about 25 capable ultra runners and getting four takers we set off along the Scenic Winona Forest Drive.

Charley had a work day planned for himself on Smith Mountain so this run just fit in with his plans to drop the water and food bags for us about every five miles.

Winona Forest Drive was scenic in it's own way this day. It was 90% fog and relatively cool with a storm front moving through the state. We didn't know exactly what to expect the weather to be during our trek. Kim Pavelko had talked Bobbie Davidson into driving out if a storm struck during the event to offer rescue. Kim has been in a lightening storm before on Smith Mountain and she didn't want the same to happen to her again. Spirits were high and we all four felt really fortunate to be running this event. We even felt special that it was just the four of us that ventured out to be the pioneers on this course. Roberta Orr had planned to run the entire course, then half of it, then opted for 17 miles of the middle. Roberta was playing it safe and saving herself for a future race in Memphis. Ann Moore trekked out for the 10 miles of virgin territory on the western end of the course. Donna Duerr had planned to be there but she must have gotten a better offer. The miles and aid stations came and went and the fog lifted some and then reappeared on the highest rises. It was beautiful, erie, cool and the forest looked chartreuse green. It was truly a special day. There was little traffic. I'd say an average of a truck about every 5 miles. Even that seems like a lot to trail runners but just think about traffic back home in the city.

Charley dropped our water and drop bags and a couple of times we had to sniff them out as they weren't where we thought they would be but there was plenty of water and goodies that we had each sent out for ourselves.

Robert Orr reached the turnaround first followed by Randy Davidson, then Kim Pavelko and I reached the turnaround at Highway 7 at 11:30 a.m. We were elated as this is a very hilly/mountainous course so it was now just get back to Hwy 9 and our vehicles before dark. There were some light showers but we didn't even use our jackets as the rain felt good. We just kept moving and again the miles and aid drops came and went. We saw deer crossing the road and I personally saw a flock of 6 wild turkeys. It was a very special day and our thanks to Charley for making the run easier by dropping our supplies and waiting at the finish Hwy 9 until we were all back in our vehicles and thanks to Ann Moore for checking on us and running 10 miles and bringing the news of the day and to Bobbie Davidson for checking on each of us and offering Big Red gum. Kim wondered if she could chew, breathe, and run at the same time. The Big Red tasted real good. It was a first time for me to chew and run. It seemed really funny at the time maybe because we were feeling fatigue.

I'd like to offer this run again next year, same time, same place and same format. It was a special run for us. Oh, and guess what? There was another dirt road that continued west just across Hwy 7I wonder where that goes? Could we add it onto what we already have and go further.....

1. Robert Orr, 42	9:30	3. Kim Pavelko, 36	11:34
2. Randy Davidson, 44	9:50	4. Lou Peyton, 53	11:34

RACE CALENDAR

(Place refrigerator magnet here)

DEER SEASON-MODERN GUN. NOV. 8TH THRU 30TH
ZONE 11.

DEER SEASON-MUZZLELOADERS. DEC 20TH THRU JAN
4TH.

Dec 6th UWF Argonauts 6 Hour Charity Run. Pensacola, Fl. 7:00 a.m. Univ of West Florida. Contact Coaches Dave Seiler or Stuart Towns at (904)474-2141 or (904)474-3278

Dec 13th Sunmart Texas Trail Endurance Run. 50 Mile and 50K Trail Runs. Huntsville, Texas.

Dec 13th The Whistlin' Dick 40K(new course)UTS #2 95% trail or logging road. Out and back route. Start and finish at the Lake Sylvia/Ouachita Trail Parking Area. 8:00 A.M. start. Water only every 4 or 5 miles. C. Peyton at 501-225 6609. No entry fee. Cheap awards to the male and female winner. Race held especially for wimps, pansies and DNF'ers. For more information use Stamped Self-addressed envelope.

1998

Jan 1st 1998 Arkansas Fat A 50K/UTS #3(Thursday) 8:00 a.m. Out and back on the Scenic Winona Forest Drive. Start at the Lake Sylvia/Ouachita Trail Parking lot. Same route as the Midnight 50k. No entry fee; cheap, colorful awards to the winners.

Jan 3rd The Big Albert Pike Loop. (Saturday) 32.1 miles on FSR's. No creek Crossings. 8:00 a.m. Albert Pike Recreation Area.

Jan 3rd The Little Albert Pike Loop. 24 miles. 50(count'em) creek crossings. 8:00 a.m. Albert Pike Recreation Area

Feb 7th White Rock Classic 50K/UTS #4-Turner Bend Campground on the Mulberry River on Hwy 23. Run to the top of White Rock Mountain. Lots of thrills; no fee. Directed by Joe Fenel and the Chili Pepper Running Club. 25K and 50K. 9:00 a.m. SHARP!

Feb 21st Sylamore Trail 50K. 7:00 a.m. start. Allison, Arkansas, three miles north of Mountain View, Arkansas. Bill and Teresa Laster, Race Directors

Mar 7th Mississippi Trail 50. Laurel, Mississippi.

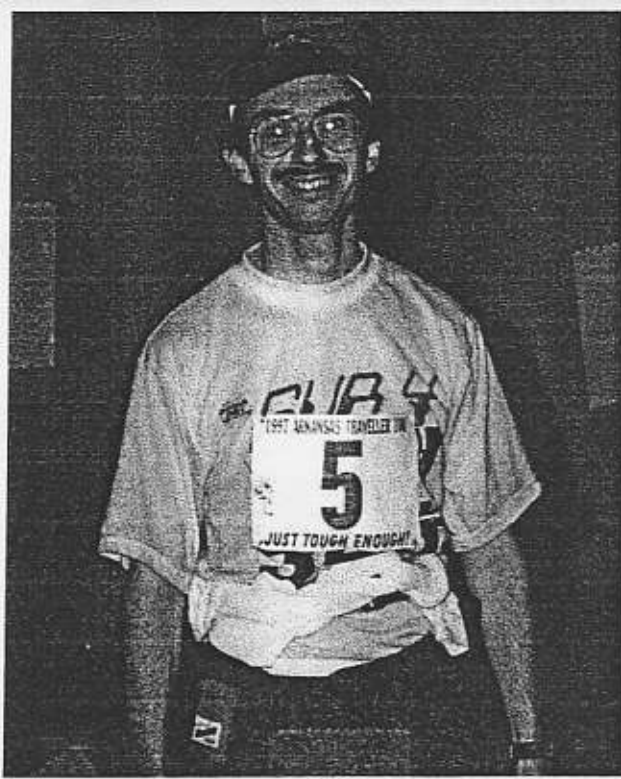
Mar 21st The Wild Hog Double Loop./UTS#5 Two 20 mile loops around Lake Winona. No entry fee; a real cheap award to the winner.

Apr 4th BLACK DOG ULTRA RUNS 50 MILE, 50K. Forest Service Roads in the Lake Sylvia area. Entry fee will be \$10.00 to cover the cost of the Aid Station and a post race meal. Further arrangements are pending. Contact: Ann M. Moore @ 1209 Green Mountain, Little Rock, Arkansas 72211. E-mail at RunAnnRunn@aol.com

1997 ARKANSAS TRAVELLER 100
October 4-5, 1997

1. Joe Hildebrand, 40, IL	18:02:35
2. Scott Eppelman, 31, TX	19:11:54
3. Chrissy Duryea-Ferguson(F), 36, CA	19:43:46
4. Stan Ferguson, 34, CA	19:43:46
5. Vincente Ledesma, 43, TX	20:07:37
6. Will Taggart, 22, AR	20:31:12
7. Pam Reed(F), 37, AZ	20:41:32
8. Bill Coffelt, 37, AR	20:54:01
9. Peter Moore, 40, UT	21:45:57
10. Jim Mussleman, 37, GA	21:55:07
11. Marge Hickman(F), 47, KS	22:19:57
12. Chuck Cofer, 47, TX	23:06:35
13. Hollis Baugh, 28, TX	23:13:42
14. Joe Prusaitis, 42, TX	23:29:53
15. Kevin Sharp, 32, OH	23:37:33
16. Mike Erickson, 37, OK	23:37:33
17. Earl Blewett, 33, OK	23:51:34
18. Ken Ashby, 44, TX	23:56:39
19. Angie Ransom(F), 47, AR	24:28:27
20. Jimmy Davis, 58, TX	25:20:22
21. John Hargrove, 53, OK	25:44:40
22. Robert Longwell, 58, CA	25:51:29
23. George McDonald, 47, AR	25:52:16
24. Paul Schmidt, 45, CA	25:59:02
25. Phil Wright, 53, CA	26:20:05
26. Dianne Sweatt(F), 40, AR	26:22:57
27. David Hughes, 51, IN	26:40:47
28. Peyton Robinson, 37, KS	27:07:38
29. Ramon Diaz, 28, NC	27:21:35
30. Victoria Croft(F), 47, TX	27:36:45
31. Pat Stewart, 33, SC	27:36:45
32. Nick Williams, 54, AR	27:36:45
33. Tom Grether, 46, CA	27:58:10
34. Bobby Lee(Top), 51, NC	28:04:46
35. Roy Haley, 60, TX	28:05:04
36. Bob Rayburn, 42, CO	28:30:19
37. Andy Colee, 51, FL	28:40:50
38. Ron Berby, 55, MI	28:48:38
39. Rob Apple, 36, OH	28:57:31
40. Terry Sheldon, 56, TX	29:02:27
41. Earl Ortiz, 51, TX	29:03:27
42. Andy Williams, 51, FL	29:04:51
43. Glen Zirbel, 66, IA	29:18:29
44. Bob Patrick, 53, TX	29:27:51
45. Rollin Perry, 58, IA	29:29:00
46. Kim Sergeant(F), 38, TX	29:29:13
47. Carl Yates, 70, CA	29:40:50
48. Jack Hudson, 52, MO	29:42:36
49. Dave Olney, 55, CA	29:49:16

94 starters; 49 finishers (52%)



JOE HILDEBRAND-Illinois/winner
 "Thanks for putting on this first
 class event Your aid stations
 are the best of any 100 miler I have run."



CHRISSY DURYEA-FERGUSON-California/1st female
 "If I have to fill this out each time
 I win, from now on I may finish 2nd place.
 Thanks for putting the Best 100 miler in
 the USA!"



PAM REED-Arizona/2nd female
 "It was a pleasure to do the
 AT-100. Every aspect was pleasant.
 I really had a great time running
 with Chrissy. I want to thank you
 for all the hard work and dedication
 you put into the race, it really
 shows."



SCOTT EPELMAN-Texas/2nd male
 "The volunteers are the most
 friendly I have seen anywhere.
 Especially, Club Flamingo.
 They were GREAT!"