

# ARKANSAS ULTRA RUNNER

September 1998

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

## **HEART O' TRAVELLER TRAINING WEEKEND**

*(Purpose of the Heart O'Traveller training runs is to familiarize those entered or involved with the 1998 Arkansas Traveller 100 Miler with the remote sections of the race course. Everyone invited. No fees)*

**Saturday, September 5th, 7:00 a.m.** Approx. 24 miles total. Course is out and back from the Lake Winona Aid station(31.9 mi) to about a half mile past the Smith Mountain Aid Station(43.5 mi). Route will be marked with flour; water provided at the PigTrail Aid Station and the Dropoff Aid Station. At the turnaround point there will be water, conquest and coke. If you would like a drop bag sent out in the turnaround truck, do so. Feast on watermelon at the finish. Note: you are welcome to start early however I will be setting out water at 7:00 a.m.

**Directions:** Hwy 10 west approx 29 miles to William's Junction and the intersection of Hwy 10 and Hwy 9. Left(south) on Hwy 9 approx 5.5 miles to Lake Winona Road. This should be the first blacktop road from William's Junction. Turn right(west) and go four miles. The first two will be blacktop; next two will be gravel. Don't make the mistake of turning off to the crystal mines, stay on Lake Winona Road. As you approach Lake Winona and just before the road goes uphill to the picnic area and dam, turn left on FSR 778. Follow 778 approx 1/4 miles to the overflow spillway. There will be a primitive parking area on the left. This is the start and finish.

**Monday, September 7th, 7:00 a.m.** Approx 24 miles(+ or -) Course begins at the intersection of FSR 2 and FSR 114 and loops by the Turnaround Aid Station(58.6 mi) past Buffalo Gap, Powerline and the BM. Road Aid station before going over Smith Mountain at approx 73.5 and FSR 211. From there you will go "offcourse" on FSR 211 over to FSR 961 and retrace the route back to the start about six miles. Route will be marked with flour; water at the aid stations. At the Powerline station there will be water, conquest and coke. If you want a dropbag sent to the Powerline Station, place it in the truck. Feast on watermelon at the finish. Note: Start early if you wish however I will be setting out water at 7:00 a.m.

**Directions:** Follow same route to get to Lake Winona. As you approach FSR 778 at the base of the Dam, continue on Lake Winona Road. (Don't turn on 778). Lake Winona Road now becomes FSR 114. Continue on FSR 114 west in the direction of Hwy 7. Go approx 7.5 miles to the intersection of FSR 2 and FSR 114. Park.

# ULTRA CORNER

Congratulations to the following Arkies/AURA members who completed the 1998 Leadville Trail 100: Ellis James, Neil Hewitt, Bill Laster, Roberta Orr and Angie Ransom. Their times are listed below. Brother Neil also has finishes this year at Western States and Vermont. The Wasatch 100 in Utah is his next event to complete the GRAND-SLAM of Ultrarunning.

## Leadville Trail 100 - 1988 through 1998

Stephen Tucker(89)	21:32:45
Ray Bailey(94)	22:37:34
Ray Bailey(92)	22:39:29
Bill Laster(90)	22:43:35
Bill Laster(91)	22:55:45
Bill Colfelt(90)	24:43:11
Bill Laster(92)	25:22:15
Bill Laster(97)	25:36:29
Bill Laster(88)	26:07:54
Larry Mabry(91)	27:27
<b><u>Ellis James (98)</u></b>	<b><u>27:38:02</u></b>
Dr. FeelGood(94)	27:38:25
<b><u>Neil Hewitt(98)</u></b>	<b><u>28:07:26</u></b>
<b><u>Bill Laster(98)</u></b>	<b><u>28:08:24</u></b>
Dr. FeelGood(96)	28:19:29
Jack Evans(95)	28:24:57
Nick Williams(88)	28:31:37
Max Hooper(88)	28:31:40
Larry Mabry(88)	28:37:24
Larry Mabry(92)	28:40:12
Mike Heald(92)	28:40:13
Larry Mabry(89)	28:47:37
Lou D. Peyton(88)	28:48:44
Lou D. Peyton(89)	28:58:34
Max Hooper(89)	29:11:34
<b><u>Roberta Orr(98)</u></b>	<b><u>29:27:34</u></b>
Bob Marston(97)	29:40:14
Tom Holland(93)	29:44:46
<b><u>Angie Ransom(98)</u></b>	<b><u>29:50:11</u></b>

The following article is written by Chip Marz who presently lives in Diamondhead, Mississippi. It was written for the New Orleans Track Club Newsletter. Chip is a two time finisher of the Arkansas Traveller 100. His article is published and edited in the AURA without authorization, of course.

On the off chance that the earlier columns on ULTRAS have you considering actually trying one, this article will list some of my favorite races in the Southeast. You may wish to try your hand, pardon me, you feet at one of these!

**Sunmart Texas Trails:** Sunmart offers both a 50Km and a 50 Miler. It is in mid-December in the Huntsville State Park, about 60 miles North of Houston. Run on Trails, it consists of several laps of a 12.5 mile loop...four for the 50 miler, and two with a three mile out and back for the 50Km. These beautifully scenic trails are gently rolling and well groomed, with numerous wooden bridges over small streams. With over 500 competitors, it is one of the largest ultras in the US, which can make for some crowded conditions, at times. Elite runners are always in attendance, so you can rub elbows, literally, with some of the sport's best. There are plenty of give aways and the race is considered a real bargain. Sunmart is a good race for a first 50Km, or introduction to trails. Norm Klein is the RD and is also RD for the well know Western States 100 Miler. Lots of hype associated with this run. Personally, this event is too crowded for my taste, though I have run the 50 miler twice.

**Mississippi Trails 50Km and 50 Miler:** A little closer to home, this late March race is run in Laurel, Mississippi. With just over 100 runners, it is quite a contrast of Sunmart. The trail is not especially difficult, with moderate hills on the 12.5 mile loop. Having said that, you must know that the last two years have been mudfest. In 1997, it rained for several days before the race and the trail was sloppy. this year it absolutely stormed on race day. Ankle deep water ways eventually became neck high on me and park rangers were forced to close the course early. Some of us only managed three loops instead of four. Nonetheless, I like what I saw and will go back.

**Strolling Jim 40 Miler:** One of most fun events you could ever participate in! However Gary Cantrell, RD, is a liar! Starting with the "40 miles". It is actually 41.2 miles and that does make a difference especially when you reach 40 miles and the finish line is nowhere in sight. He also lies about the "gently rolling with three small hills". But I'll let you find out about these. Always run on the first Saturday in May, this is a real gathering of personalities from around the world. This was the 20th year of the "Jim" which starts in Wartrace, Tennessee, about 50 miles South of Nashville. A must do event.

**Pennar:** Run on the first Saturday in June, when hot weather is just about guaranteed, this is a 40 mile road race. The name comes from the course...PENsacola-NAvaRre and back. With 30-40 runners this is truly a comraderie building run. Informal, spur of the moment pre and post race meals are organized by the runners. Andy Williams, RD, provides the beer and pizza around the race head quarters hotel pool immediately after the run. Good fun run.

**Pine Mountain:** Hmmm! Alot to say about this race,.... one of my all time favorites. It is an early November race when fall leaves have already fallen and contested in the FDR State Park in Pin Mt., Georgia, just outside of Callaway Gardens. Magnificent views from hilltops into the surrounding valley which give you an idea of the terrain. Moderately hilly,



more so than any of the previously noted runs. The trail is one of the most rugged you'll find anywhere. There are lots of rocks and roots hidden by..... you guessed it, the fallen leaves. The 46.2 mile race is run out and back on 23.1 mile trail. This is a very difficult race due to the footing, but it is a must do event.

**Rocky Raccoon 100 Miler:** An early February race on essentially the same course as the Sunmart 50K/miler. It consists of five laps of 20 miles of gentle rolling trails. Footing is much better than in the aforementioned Pin Mt. This is one of the easier 100 miler, if there is such a thing, and not a bad one to consider as a first 100. Mickey Rollins, RD, has about 110 runners and goes out of his way to be hospitable to all of them. Nice pewter belt buckle are awarded to all finishers.

**Arkansas Traveller 100 Miler.** A more difficult race than the "Coon", this October race draws some very good runners. What makes it more difficult is not just the fact that there is a lot more climb and descent, but that the trails and "roads" are in bad shape. Footing is difficult and requires constant attention. Falls are inevitable. There are lots of aid stations, with some of the best food you'll ever find in ultras (soup, BBQ, pumpkin pie, hamburgers, etc.) Approx. 125 runners on the 17.5 mile loop followed by 41.5 mile out and back course.

Well, this ought to keep you busy for a year or two. If you have any questions or need more information email me at [chipmarz@digiscape.com](mailto:chipmarz@digiscape.com)

## ULTRA TRAIL SERIES

### ULTRA TRAIL SERIES RACE CALENDAR

1. JUL 25 **MIDNIGHT MOUNTAIN RUN**
2. SEP 12 **CRYSTAL MOUNTAIN CLIMB.** 18 MILES(+/-).  
OUT AND BACK ON FOREST SERVICE ROADS. HILLS.  
START FROM THE LAKE WINONA SPILLWAY ON FSR 778.
3. DEC 12 **INDIAN ROCKHOUSE RUN.** 20 MILES(+/-)  
OUT AND BACK ON THE OUACHITA TRAIL AND FOREST  
SERVICE ROAD. START ON HWY 10 AND LAKE  
MAUMELLE PICNIC PARK.
4. JAN 16 **NORTHSHORE LANDING RUN.** 18.4 MILES.  
OUT AND BACK ON THE OUACHITA TRAIL. START FROM  
PINNACLE PARK, NORTH SIDE.
5. FEB ? **WHITE ROCK CLASSIC 50K.** OUT AND BACK  
ON WELL GROOMED FSR'S. SPONSORED BY THE CHILI  
PEPPER RUNNING CLUB. ARRANGEMENTS PENDING.

6. MAR 14 **THE WIDOW MAKER.** 16 TO 18 MILES. SOME BUSHWHACKING NECESSARY PLUS PRIMITIVE TRAIL AND SOME FSR ROADS. LARGE LOOP STARTING FROM LAKE SYLVIA PARKING LOT.

7. Apr 11 **CHENAL MOUNTAIN TRAIL RUN.** 9 MILES(?) OUT AND BACK ON ROUGH, ROCKY, MOUNTAINOUS POWERLINE RIGHT-OF-WAY. START AT THE WALNUT VALLEY SCHOOL PARKING LOT ON HWY 10.

UTS RULES:

1. All runs start at 7:00 a.m.
2. Runners keep their own times.
3. No entry fees, registration or waivers.
4. In case of hazardous driving conditionings on the morning of the race, run may be canceled without notice.
5. To be eligible for the King and Queen of the Trail awards, runners must complete three of the races.
6. Of the 7 runs, only 6 finishes will be counted.
7. "Do Right" Rule is in effect.

### *Arkansas Traveller 100 Update*

Dear Diary: Looks like the "Year of the Trav". Done less prep than ever but the applications keep coming. Over 70 runners now. Lou and I have talked to "the" big name in Ultra Running. I hope I didn't frighten her. Only three from state. Looks like the Bad Charles will have to send out the rejection letters for the first time. Got to decide on a good momento for those first 100 to enlist. Aid Stations signup is going good. Good chance for someone to catch the RD's attention. Will meet with Dave, Jim and Tom tonight. Dave will try to impress me; Jim will try to take over. Tom probably won't show. Nite-nite Dear Diary.



# Arkansas Traveller

## 100 mile run

	Course
	4x4 rd. section
	Secondary Forest service rds.
	Main Forest service rds.
	Highways
	Aid station
	Race course marked with pink ribbons

(6.1/12.8) Mileage (ouback)

