

AT-100 Goes On-line:
<http://angelfire.com/ak3/at100/>

THE ARKANSAS ULTRA RUNNER

September-October 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION



MESSAGE FROM THE BIGSHOT-Attention retirees, slackers and all those searching for the *Big Nipple*. It is time to dine out! I'm calling it for Tuesday, September 14th at Ozark Smoke House near the corner of Cantrell and Mississippi (actually its on Keightly street. 11:00 a.m. Be there and on time and I promise that we can get in and out in time to take our afternoon nap.

ARKANSAS TRAVELLER DIARY-

Dear Diary: Hello DD it's getting down to the starting time. It don't normally get on the soap box for AT100 Volunteers because our AURA members are so faithful with their service. But, just in case someone thinks that we don't need them because we haven't asked, let me say that we do have aid station spaces available.

We have never had to have "Vermont style" aid stations in 8 years of the Traveller. Sorry, if I'm being sarcastic, DD. And, I'm looking for a more nurses for the finish area, too. DD, Do you think that any of the AURA members have extra igloo coolers hanging around their house. We could use a table or two but really we are in pretty good shape except manning for a couple of major aid stations. Registration has been rather queer this year, too. Right now we have more people coming from Canada and Germany than we have Arkies entered in the race. I like those runners from overseas; they always bring me little presents from their country. I guess its an ego thing to hold off entering until they see who else is going to take the plunge. Or, DD, is it that they heard bad things about the race momento that I'm giving to all entered before September 3rd.

OCT ARKANSAS 99
2FN2MS
Traveller 100
Too Fun To Miss

HEART O' TRAVELLER TRAINING WEEKEND

(Purpose of the Heart O'Traveller training runs is to familiarize those entered or involved with the 1999 Arkansas Traveller 100 Miler with the remote sections of the race course. Everyone invited. No fees)

Saturday, September 4th, 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 6th, 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.

AURA HOROSCOPE

Libra's-Get you a dog, a tattoo, a Harley and find you a Babe, Colorado might soon come calling for you, too. Leo's-Feint an injury now and you could get a leg up on your competition in the Fall. Scorpio's-Beware of the Gemini's that are first to offer congratulations after your next Ultra finish. Arie's-Volunteer for a local Ultra and financial security might follow a romantic interlude.

AURA ULTRA CALENDAR

The Bigshot's "Pick O' the Litter"

October 16, 1999 *Mountain Massochist Trail Run, 50 miles*

Lynchburg, Virginia. Race Director is AURA's David Horton. Point-to Point race course along dirt roads, narrow footpaths, jeep trails and paved roads in the beautiful Blue Ridge Mountains during Virginia's peak fall foliage month. 17th annual "Best Race in the East"

October 23, 1999 *Palo Duro 25/50 Miler*

South of Amarillo, Texas, in the must see Palo Duro Canyon. Perfect race to camp out at the start. Two out and back loops on single track trail for the 50 miler. Good race; good people putting it on. Make time to visit with Red Spicer, Texas ultrarunning legend, and then go to the *Big Texan* and try to eat a 72 ounce steak.

October 23, 1999 *Shelby Farm 50 Miler*

Memphis, Tennessee. After skipping a year the Shelby Farm 50 Miler resumes. Multiple out and back route on trails in the urban, Memphis area. Lou got a kick out of sleeping under the interstate bridge on the night before the start.

December 11, 1999 *Sunmart Texas Trails Endurance Run, 50Km and 50 Mile.*

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.

January 8, 2000 *Anthens-Big Fork Trail Marathon*

Big Fork, Arkansas. Lots of hospitalities but no fees. Big Fork, Arkansas West of Glenwood. Very mountainous single track trail. Ouachita National Forest. Check the UTS calendar for more details in the coming months.

February 5, 2000 *Rocky Raccoon 100 Miler*

Huntsville, Arkansas. Essentially the same course as the Sunmart 50Km/50miler. It consists of five laps of 20 miles of gentle rolling trails. 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.

February 5, 2000 *White Rock Classic 25 and 50 Km run.*

Turner Bend, Arkansas. A mountain keeper about 2 hours drive from Little Rock. No Fees but lots of thrills. Well groomed FSR in the Ozark National Forest. Look for more information later in the UTS Race Calendar.

Here's a hot rumor: Arkansans Bill and Teresa Laster have recently moved to Colorado in the Leadville area. I have noticed that their house is up for sale and have heard from very reliable sources that Teresa has accepted a job as a psychological examiner with the Colorado school system. Bill finished the Leadville Trail 100 in the 25 hour range while Teresa dropped out early due to illness. Also, Morris Miller(Little Rock) completed the run in 29 hours. Their official times are listed on the AURA ARCHIVES page.

February 2000

Sylamore Trail 50Km

Allison, Arkansas. Oh my! With the Laster's move to Colorado, who will step forward to put on this run. Its too good to let die.

March 4, 2000

Mississippi Trail 50 Mile and 50K-

Laurel, Mississippi. AURA's Carl and Brooke Touchstone, Race Directors. Desota National Forest. Solf dirt trails and fire roads. 12.5 mile loops and a 6.1 miles loop make up the route. Lots of amenities. Expect 150+ runners. Experience the Mississippi hospitality. "I liked what I saw and will go back"-Chip Marz(Ultrarunner). Look for an application in the AURA in the coming months.

March 2000

Cross Timbers 50 Miler plus a shorter distance.

North Texas, Lake Texoma. Almost a cult following from the Little Rock runners several years ago but retains a strong following among the Southwest ultra runners. Still the same two out and back trail that attracted so many Arkies in the late 80"s. Worth going to if you've not done it before.

March 25, 1999

Grasslands 50 Miler

North of Dallas, Texas. Put on by X-AURA member Suzi Shearer so you know it will be done right. Multiple loops; multiple distances. Expect to hear more about this "up and comer."

May, 2000(date not listed yet)Strolling Jim 40

Wartrace, Tennessee. 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 will be the 22nd year of the "Jim" which starts in Wartrace, Tennessee, about 50 miles South of Nashville. A must do event. Any one want to rent a large van and do a group for this one?

June, 2000(date not listed yet)

Pennar 40 Miler

Pensacola, Florida. 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.

AURA members and/or family are welcome to join us at the AURA 11 mile aid station of the

1999 Arkansas Marathon on Sunday, September 25. 11 mile aid station is midway between Malvern and Benton. Call Charley or Lou at 225-6609 is interested

AURA ULTRA INFO*

RACE NAME	ENTRY/FEE	
1999 Arkansas Traveller 100	\$120	full to limited refund; no escalation
1999 MileHigh 100 Mile	\$100	escalates to \$150
1998 Eagle 100(Canada)	\$135	escalates to \$165(race cancelled after 1998)
1999 Vermont 100	\$140	
1999 Old Dominion 100	\$135	escalates to \$175
1999 Kettle Moraine 100	\$110	
1999 Mohican Trail 100	\$105	escalates to \$130
1999 Mt Rushmore 100	\$125	escalates to \$150
1999 Superior Trail 100	\$125	escalates to \$140
1999 Western States 100	\$160	
1999 Hardrock 100	\$150	escalates to \$280
1999 Leadville 100	\$175	
1999 Wasatch 100	\$175	
1999 Angles Crest 100	\$160	escalates to \$235
1999 Plain 100(WA)	\$50	
1999 Rocky Racoon 100	\$115	escalates to \$135
1999 Unstead 100	\$70	escalates to \$90
1999 Massanutten Mtn 100	\$110	escalates to 135
1999 Iditasport 100(AK)	\$200	escalates to \$300

*-extracted from *UltraRunning* magazine.

AURA ULTRA PROFILE

Bob Horner

(AKA-Chicken Wing. Finisher of the Arkansas Traveller 100 in 1992 Aid Station Captain of the RoadKill Cafe)

Greetings Bob, It looks like you've pulled states in east Texas and put down roots in Colorado. Please tell your AURA brothers and sisters where your are located now.-----
We live 20 miles Northwest of Walsenburg, Colorado, about 1/3 miles off the historic Taos Trail. We have mountains to the North, West, and South. We have a extinct volcano about a mile away to our Southeast. We live on 41 acres and have very few neighbors. On my training runs I have seen elk, and Big Horn sheep. Last winter Elois saw about 80 antelope race across the range from our living room window. It is peaceful and beautiful here.

I saw you recently at the Pikes Peak Marathon, you looked like a well oiled running machine. Is it the training or work that has rendered you out? *I think my secret was more work than training. When I ran my last ultra in Arkansas(The Black Dog 50K), I weighed 175 pounds. In the year out here I have lost 15 pounds and feel great. I live a long way from stores now so I plan my diet ahead. I don't eat much fast food or processed food now. I eat rice flour hotcakes with maple syrup and bananas most days for breakfast. Elise bakes my bread using rice, potato, and tapioca flours. I cook lots of meals over charcoal and round out my diet with lots of fresh fruit and vegetables.*

I noticed you are living at altitude. *We live at just over 7000 feet. It took a bit of adjusting to get used to this altitude but I did it.*

What about your training. *I run three or four times a week. One run is usually around 19 miles. The other runs are about 5 to 10 miles. The 19 miler has about 1500' of rise in a 3 miles stretch. The other runs are on rolling terrain. All runs are on hard packed dirt and gravel roads. I ran and completed the Taos Marathon in June.*

Lets see--you've been in Colorado about a year now and you entered this years Pike Peak Marathon. Did you do anything special to prepare for it? *I've put up a mile of barbed wire fence, built a 10 X 48 barn, drilled 3 dry water wells, dug a spring for water and cut several cords of firewood. Oh, yes I cleared a hillside so a road could be but in. I also took my four dogs on lots of long hikes exploring the arroyos, hills, and the volcano.*

Did you have a strategy for finishing the Peak? *I was very apprehensive about the Peak because of the 8000+feet of rise in 13 miles, It had to be steep. My Strategy was to keep moving. When I got above 10,000 feet I would stop often for very short periods of time.*

Any problems? *I had lots of problems. Above the cirque I hurt and could hardly breath and my legs were not quite in synch. I got lots of encouragement especially from Bob and Rosemary Marston. On the descent from the A-frame down, I had to cover a mile every 15 minutes. So that is what I did. Congratulations on your 9:55:51 PPM*

What is next running wise for you. The *Garden of the Gods 10 Miler* in Colorado Springs? *This run is the same weekend as the Taos Marathon. They treated me really well at Taos so I'll probably do Taos.*

Anything you would like to tell the Arkies? *Elois and I would like to extend a invitation to all the AURA runners to come and visit. We have fabulous runs here and I am checking out a run or two at 12,000,12,500 feet. We miss you Arkies but we are staying here. We will see you at the Peak next year.*

Is there anything else? OK Big Shot--you're the greatest. And Lou, you're the greatest. You too, Sam. Our address is 35250 County Road 520, Walsenburg, Co. 81089. Phone 719-738-6880

AURA ARCHIVES-Leadville Trail 100-1988 through 1999

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 Coffelt(90)	24:43:11
Bill Laster(92)	25:22:15
Bill Laster(99)	25:35:33
Bill Laster(97)	25:36:29
Bill Laster(88)	26:07:54
Larry Mabry(91)	27:27
Ellis James (98)	27:38:02
Dr. FeelGood(94)	27:38:25
Neil Hewitt(98)	28:07:26
Bill Laster(98)	28:08:24
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
Roberta Orr(98)	29:27:34
Bob Marston(97)	29:40:14
Tom Holland(93)	29:44:46
Angie Ranson(98)	29:50:11
Morris Miller(99)	29:58:47

IN SEARCH OF THE PERFECT ULTRA FUEL-The Cheeseburger--It is with much heartache that must tell you of the recent closing of the Pinnacle Valley Bait and Tackle Shop..

With it goes the best regular cheeseburger I ever had. I don't know what happened. I almost blame myself and did I do something wrong? I wonder where the cook went? But on a very positive note I have been in contact with AURA members Bob and Rosemary Marston in St. Joe, Missouri. Bob has sent word that when the Air Force sends him overseas this month, he will check out the burgers in Germany. In fact he said he is going to make a special trip to Hamburg and try to slip me a jumbo through Customs.

Y2K ULTRA TRAIL SERIES

Y2K MIDNIGHT 50K

Craig Zediker-Overall

Chrissy Duryea-Ferguson-First Female

~Year 2000 Ultra Trail Series~

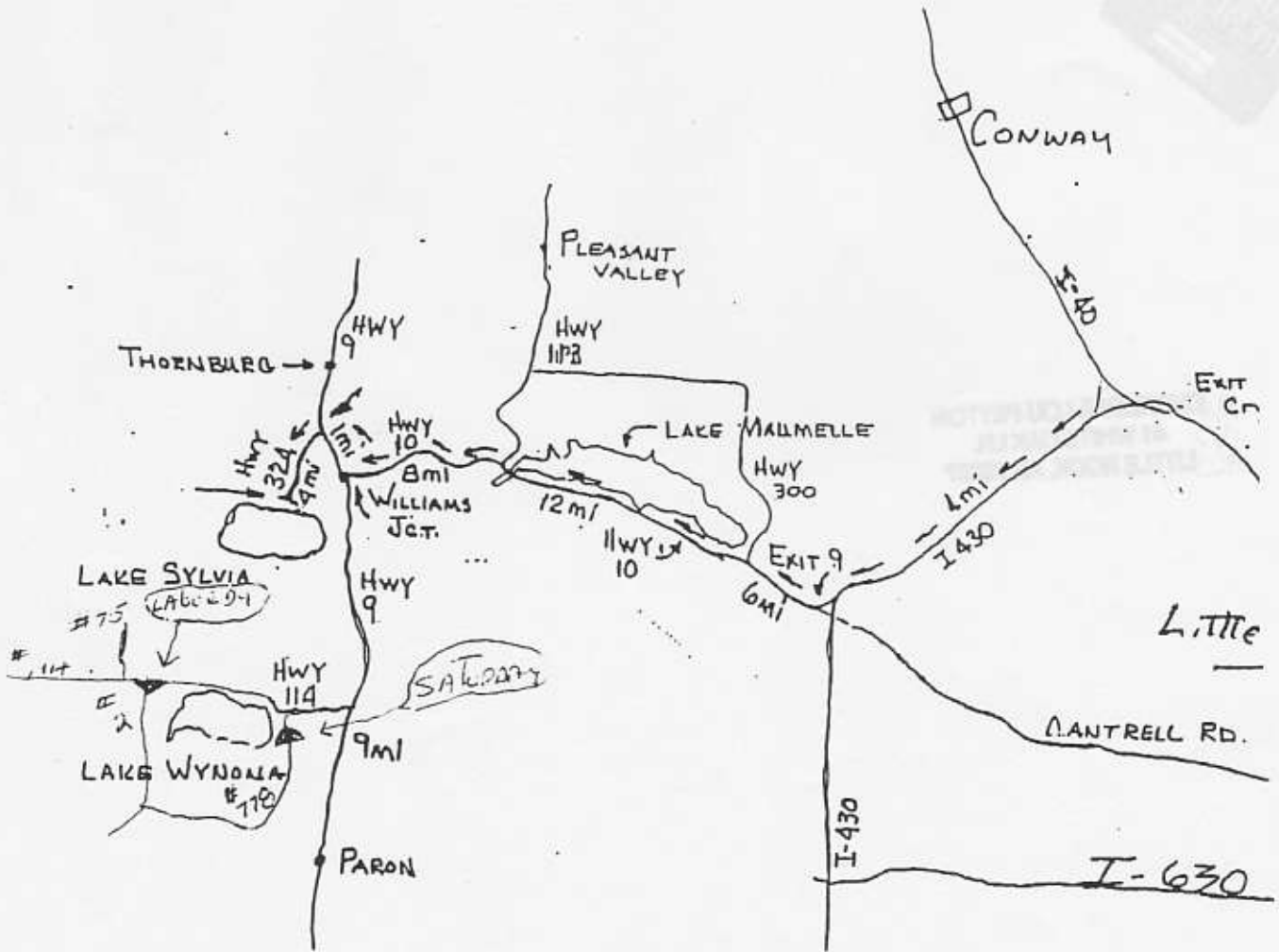
The Midnight 50K(UTS #1) on July 31st was one of the more positive things to occur this summer. We had a good gathering of approximately 35 runners for the 8:00 P.M. start. There were 23 official finishers. Craig Zediker and Chrissy Ferguson were the male and female winners(3:55 and 4:27). A big special thanks should go the Mike and Carrie Dupriest and their two daughters, Aimee and Ashlee, who volunteered for the 7.5/23 mile aid station.

Place	Name	Time	Points
1	Craig Zediker	3:55	63
2	Stan Ferguson	4:03	52
3	Robert Orr	4:19	41
4	Chrissy Ferguson	4:27	60
5	Greg Eason	4:50	35
6	Joseph Swiger	5:34	29
7	Kimberly Pavelko	5:34	49
8	George McDonald	5:52	23
9	Jim Martin	5:58	17
10	Roberta Orr	6:06	28
11	Maria Ohm	6:06	32
12	Robin Booth	6:07	26
13	Blair Whisenhunt	6:15	20
14	Gary Welchman	6:15	13
15	Pete Ireland	6:35	10
16	Dan Scharbor	6:38	7
17	Rob Roy MaGruder	6:50	4
18	Lou Peyton	6:53	14
19	Lloyd Moore	7:33	3
20	John Knapp	7:34	2
21	Laura Eakin	7:54	10
22	Ann M. Moore	8:30	7
23	Jane Lee	8:30	4
9 hour cut-off			

Y2K Ultra Trail Series Schedule

July 31st	Midnight 50 K	31 miles (+/-)
Sept 18th	Mystery Run	16-18 miles Into parts unknown
Nov 27th	Blowout Mtn Run	16-18 miles(Hot Springs, Arkansas)
Dec	The Widow Maker	16 to 18 miles
Jan 8th	Y2K Trail Run of the Century	26.2 miles(marathon)
Feb	White Rock Classic	50K
Mar	Flatside Stagger	28 miles

The next Trail Series will be on September 18th. The Mystery Run (16-18 miles) and will start in the LAKE WINONA AREA at the intersection of FR 2 and FR114. 7:00 a.m. start. See the map for directions. This will be the same starting location as the Heart O' Traveller LaborDay training run.



*****AURA's Bulletin Board*****

AURA Shirts-Charley has approx. 10 shirts remaining. One medium, some large's and the rest are XL's. \$12.00 each. "Fruit O' the Loom"-50/50 long sleeve. Let me know if you want one. If there are any left by October 1st, he will sell them at the AT100 for \$15.00. He said that the Yankee's will snap them up like hotcakes.

One the weekend of September 24th/25th. Gayle B. Bradford will celebrate her 50th birthday with a weekend camp-out on the White River(Mountain Home area) All AURA's are invited. The somewhat primitive camping will be on AURA's brother Ralph Hoffman land which is prime riverfront property. Bring you trout poles and grub. For Directions call me at 501-225 6609.



**CHARLEY & LOU PEYTON
41 WHITE OAK LN.
LITTLE ROCK, AR 72227**

