

Lake-to-Lake Fun Run-14 Miles

Saturday, September 16th 6:00 AM

Meet at Lake Sylvia parking lot, 6 am sharp. We will carry you over the Lake Winona Spillway. You get to run back to Lake Sylvia over the *Arkansas Traveller 100* course featuring 212, Electronic Tower and 132C Aid Stations. Water set out and course marked at intersections..

ARKANSAS ULTRA RUNNER

SEPTEMBER-OCTOBER

A NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

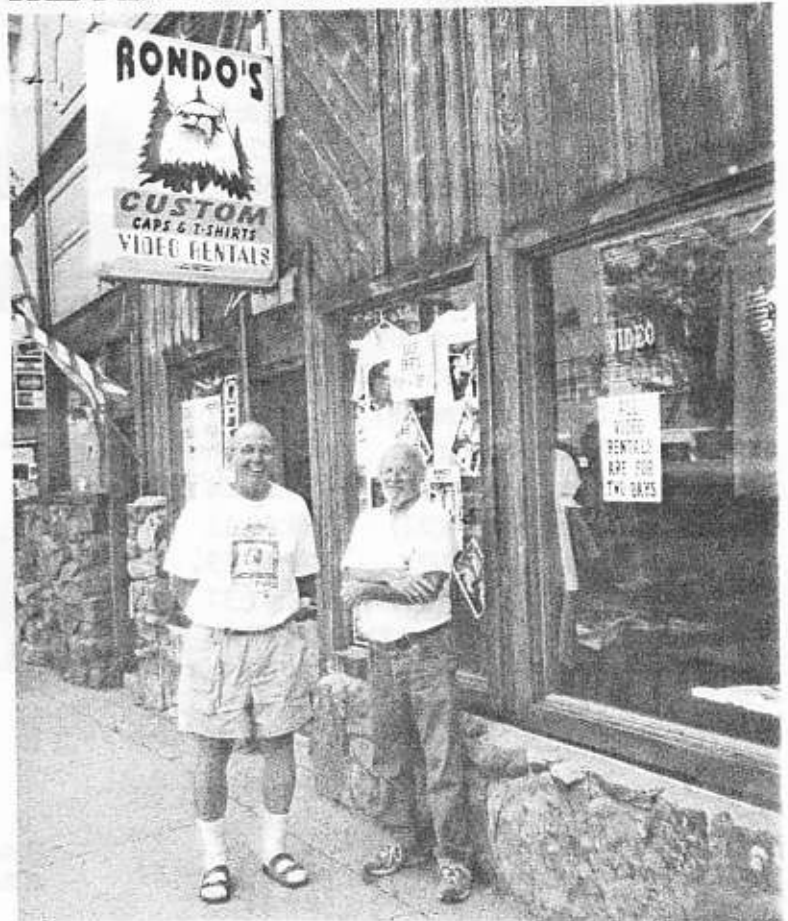
MESSAGE FROM THE BIGSHOT—With all the talk and planning on the AT-100 let us not forget that the AURA has an aid station for the Arkansas Marathon, October 1st. We have a lock on mile 11, a prime, shady spot that comes early in the race when the runners are still interactive. It is fun and, if you would like to join Lloyd, Lou and I, give me a call. October 1st is a Sunday morning..

The volunteers support for the AT-100 is very good this year. Right now all the aid stations are in place. Despite this, some of the stations are a little thin and the captains are on the edge of panicking. With a month to go, I am getting phone calls and e-mails from individuals who want to be in on the fun. I am holding them back right now to see what we need the most. But if you are an Aid Station Captain(an esteemed position) press on with your planning. It will be okay.

IN SEARCH OF THE PERFECT ULTRA FUEL

The Cheeseburger.

Pictured: (left to right)AURA Brother Bob Horner and the Bigshot. Picture was taken on the outside of *RONDO's*, Bob's video and T-shirt store in Walsenburg, Colorado. At the motel café where we stayed in Walsenburg, they had on the menu, what else but a Walsenburger.. It was not bad. What made it memorable was that mixed among the fries was a plump, sliced strawberry. Now it was not good enough to go to Walsenburg just for the Walsenburger, but if you go to through Walsenburg, stop by Rondo's check the sale rack and then go to the Rambler Café for the burger.



ULTRA CORNER

On the of August, Lou and I, set out for the *Leadville Trail 100 Miler*, Leadville, Colorado. We had a great vacation. Lou and I were invited to pace and crew for our AURA sister, Laura Eakin, from Clarksville. There were several AURA members and x-Arkies there. Ray Bailey, North Little Rock, finished in 26:20:30 and Bill Laster who now lives in Bailey, Colorado, finished in 25:24:23. Kim Pavelko got behind the cutoff at the 50 mile aid station and was pulled. Laura made the cutoff but got sick going over Hope Pass on the return and was unable to finish. For your information, I went down to the AURA Archives for past Leadville 100 finish times. This year's time by Bailey and Laster have been added. This will be Laura's last race as an Arkansan as she and her family will be relocating in the Boulder, Colorado, area next month.

AURA ARCHIVES-Leadville Trail 100-1988 through Year 2000

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(00)	25:24:23 (resident of Colorado as of Year 2000)
Bill Laster(99)	25:35:33
Bill Laster(97)	25:36:29
Bill Laster(88)	26:07:54
Ray Bailey(00)	26:20:30
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



(L to R)-BigShot, Bob Marston and Laura Eakin at the Twin Lake Aid Station-Leadville 100

Place your icebox magnet here

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REGIONAL ULTRA CALENDAR

- OCTOBER 28TH, 2000 **PALO DURO 50K AND 50 MILE AND 4 PERSON RELAY.**
Amarillo, Texas. Contact: Red Spicer 6100 W 45th Street # 627, Amarillo, Texas 79109
- OCTOBER 28TH, 2000 **SHELBY FARMS 50K AND 50 MILE RUN.**
Memphis, Tennessee. Contact: Fleet Feet Sports (901)761-0078
- NOVEMBER 11, 2000 **ROCK LEDGE RUMBLE. 25K, 50K AND 50K 4 PERSON RELAY**
Grapevine, Texas. Contact: Fred Holmes -214 351 0637(wk) or 972 506 0376
- NOVEMBER 11, 2000 **QUIVERING QUADS, 50k AND 50 MILES**
Troy, Missouri. Contact: Dave Spetnagel 636-939-0161
- DECEMBER 9, 2000 **SUNMART TEXAS TRAIL 50KM AND 50 MILE**
Huntsville, Texas. Contact: 281-444-226, ext x0 or <http://www.sunmart-pwi.com>
- JANUARY 6TH, 2001 **ATHENS-BIGFORK MARATHON** - Big Fork Community Center, Arkansas.
No fee but a \$5 donation per runner requested. Application next issue, here in the AURA
- February 3, 2001 **THE ROCKY RACON 100 MILE RUN**
Huntsville, Texas. Contact: Mickey Rollins 1945 Campbell Road, Houston, Texas 77080
- FEBRUARY **WHITE ROCK, CLASSIC, 25 AND 50K**
Cass, Arkansas. No Entry. Plenty of thrills; not many frills. 9:00 a.m. start.
- FEBRUARY 2001 **SYLAMORE TRAIL 50K**
Allison, Arkansas. Contact: Randy and Bobby Davidson.
- MARCH 31, 2001 **THE GRASSLANDS 10,25 and 50 Miles.**
Decatur, Texas. Contact: Suzi Cope 3550, Carmel Court, Southlake, Texas 76092



(L to R)-Patty Groth and Carrie Dupriest at the Dropoff Aid Station during the *Heart O' Traveller* training weekend.

Arkansas Traveller Trivia

The following is a list of the Arkansans' who have finished the
Arkansas Traveller 100

Ray Bailey(95)	16:42:33	Tom Holland(92)	24:41:24	James McNair(91)	28:38:36
Ray Bailey(96)	17:09:55	Dale Powell(95)	24:54:00	Irene Johnson(91)	28:40:16
David Horton(91)	17:19:28	Nick Williams(92)	24:59:08	Tony Johnson(91)	28:40:16
David Horton(93)	17:30:39	Lou Peyton(92)	25:12:46	Tony Johnson(93)	28:43:58
Ray Bailey(94)	17:35:11	Irene Johnson(92)	25:27:46	Pete Ireland(98)	28:52:22
Stan Ferguson(99)	17:57:08	Kimberly Pavelko(99)	25:27:52	Dianne F. Bell(93)	28:59:41
Stan Ferguson(98)	18:02:05	Suzi Thibeault(92)	25:28:29	Les Hall(91)	29:04:19
David Horton(92)	18:46:47	Lou Peyton(94)	25:32:20	Donna Hardcastle(91)	29:04:20
Ray Bailey(93)	18:50:37	Charlotte Davis(93)	25:37:37	Sam Hardcastle(91)	29:04:21
Robert Orr(99)	18:52:19	Georg McDonald(97)	25:52:16	P. J. Salmonson(93)	29:07:41
Bill Maxwell(91)	18:59:46	Jim Sweatt(96)	25:54:31	Carrie Dupriest(99)	29:09:45
Bill Maxwell(92)	19:18:01	Dianne Sweatt(96)	25:54:31	Ann M. Moore(93)	29:10:03
Bill Coffelt(91)	19:40:58	Dianne Sweatt(97)	26:22:57	Donna P. Duerr(98)	29:14:38
Stan Ferguson(97)	19:43:46	Kimberly Pavelko(95)	26:30:48	Brooke Alexander(98)	29:15:30
Will Taggart(97)	20:31:12	Nick Williams(95)	26:33:15	Kim Pavelko(98)	29:17:00
Bill Laster(94)	20:44:29	Jim Sweatt(92)	26:48:54	Angie Ransom(99)	29:27:01
Dave Cawein(92)	20:51:59	Dianne Bell(95)	26:53:19	Donna P. Duerr(92)	29:27:14
Bill Coffelt(97)	20:54:01	Jim Sweatt(95)	26:53:20	Ann M. Moore(92)	29:37:25
Chrissy Ferguson(99)	20:58:48*	Lou Peyton(98)	27:01:56	Dianne Scager(99)	29:44:18
Dr FeelGood(93)	21:08:51	Craig Zediker(99)	27:02:28	Jim Sweatt(99)	29:44:19
Joel Guyer(91)	21:20:16	Nick Williams(93)	27:15:47	Nathan Saria(99)	29:46:24
Ray Bailey(98)	21:47:00	Pete Ireland(95)	27:17:38	Curtis Nunn(99)	29:46:24
Steve Hyndman(91)	22:04:30	Ivy Frankin(96)	27:25:44	Steve Eubanks(93)	29:47:39
Joe Fennel(91)	22:05:02	Teresa Laster(95)	27:26:24	Harold Hayes(98)	29:56:10
Neil Hewitt(95)	22:26:48	Donna P. Duerr(91)	27:31:43		
Geo. McDonald(93)	22:33:06	Lou Peyton(99)	27:31:54		
Dr. Feelgood(95)	22:51:55	Charlotte Davis(91)	27:35:04		
Simon Hauser(93)	22:55:08	Bob Horner(92)	27:36:34		
Ellis James(96)	22:55:33	Nick Williams(97)	27:36:45		
John Baker(92)	23:11:12	Jay Huneycutt(98)	27:41:00		
Will Taggart(96)	23:24:04	Jamie Huneycutt(98)	27:41:00		
Ricky Williams(98)	23:31:21	Nick Williams(91)	27:43:50		
Steve Tilley(96)	23:41:55	Irene Johnson(94)	27:48:05		
Angie Ransom(95)	23:50:17	Jim Sweatt(94)	28:03:38		
George McDonald	23:50:17	Nick Williams(94)	28:03:39		
Rick Massey(94)	23:30:31	Gayle Bradford(94)	28:03:40		
Jim Schuler(91)	23:36:24	Dan McCollough(95)	28:05:52		
Larry Mabry(93)	23:41:42	Dan Scharbor(99)	28:10:46		
Robert Orr(98)	23:50:37	Nick Williams(96)	28:18:32		
Roberta Orr(98)	23:51:35	Pete Ireland(96)	28:22:03		
Lou Peyton(93)	23:52:05	Pete Ireland(99)	28:24:36		
Angie Ransom(97)	24:28:27	Chuck Desjardin(95)	28:26:40		
Larry Mabry(96)	24:29:30	Dan Scharbor(98)	28:36:21		

AT100 results when Siser Ferguson lived
in California

Chrissy Duryea(95)	17:53:10	34
Chrissy Duryea(94)	18:40:36	33
Chrissy Duryea(93)	18:50:38	32
Chrissy Duryea(96)	19:28:13	35
Chrissy D-Ferguson(97)	19:43:46	36
Chrissy Duryea(92)	20:28:08	31