

2003 Arkansas Traveller 100 Miler October 4th

THE ARKANSAS ULTRA RUNNER

October 2003

A Newsletter For Members and Friends Of The Arkansas Ultra Running Association

2003 gun deer season in the Lake Sylvia area

Muzzleloaders – October 18 – 21/ December 20-22

Modern Gun – November 9-16/November 27 – December 7.

Christmas Holiday Modern Gun deer hunt – December 26 – 28.



MESSAGE FROM THE BIGSHOT – Can you have too many volunteers at the Arkansas Traveller 100? Probably not. With a lot of help from a lot of people, the job has gotten done and done well. The aid stations can always use extra help and expertise. At this stage of the race, the planning has been done. It is now time to fill in the blanks that remain. It is not too late; don't be left behind. If this is your first year to be a volunteer, you're in for a treat of a lifetime. Call Stan or Chrissy at 501-329-6688 or stanchrissy@earthlink.net

Speaking of AT100 volunteers. In 1993 and '94 when I was directing the Traveller, I would write a three part Volunteer Newsletter that I would send out beginning at about three months prior to race day. Besides the usual what to bring and what to do, I wrote a short story about fictional characters at the Arkansas Traveller 100. The purpose of the stories was so that the volunteers could read the story and meld it with the provided race instructions and become functioning, productive aid stations workers even before the race started. Pretty ambitious wasn't it. I said stories as this was a trilogy. You remember *JIMMY, THE RUNNER* don't you? The second story I almost forgot about. It was entitled *JANET, THE ARKANSAS GIRL* and was a story of romance at the Arkansas Traveller 100. Since we have a multitude of new members now, The BS thinks he should include it in this issue of the ARKANSAS ULTRA RUNNER. My advice is that because this is a romantic story, it can be best enjoyed read aloud with someone significant in your life. Judging by the number of positive responses I receive, I might unwrap the third, and yet unpublished, story,

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The AURA – Where running matters.
RRCA Registered and paid in full.

On the last page of this newsletter you will find an application to the Arkansas Marathon to be held in conjunction with the Arkansas 20K in Benton on October 11th, 2003. The races are administered by members and supporters of the Saline County Striders. Our AURA brother, Pete Ireland, is serving as race director. The marathon course is out and back, starting and finishing at the Benton High School field house. It will follow essentially the last ½ of the old Malvern to Benton Arkansas Marathon course. If you are working the AT100 you might wish to run it. If you ran the AT100 you might duck it and rest your lame legs with me at one of the marathon aid stations. Applications for the 20K can be found at www.arkansasrunner.com.

ULTRA CORNER

Congratulations to the following AURA members who successfully completed the 2003 Leadville Trail 100, Leadville Colorado.

Place	Name	Time
21 st	Billy Simpson	23:41:49
35 th	Robert Orr	24:43:34
41 st	Steve McBee	25:26:08

206 finishers

FROM THE ARCHIEVES

The Leadville Trail 100 Mile Race
 Arkansans who have completed the Leadville Trail 100.
 Report errors or omissions to chrlypytn@aol.com

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
Billy Simpson(03)	23:41:49
Bill Colfelt(90)	24:43:11
Robert Orr(03)	24:43:34
Bill Laster(92)	25:22:15
Steve McBee(03)	25:26:08
Bill Laster(99)	25:35:33
Bill Laster(97)	25:36:29
Bill Laster (88)	26:07:54
Ray Biley(00)	26:20:30
Larry Mabry(91)	27:27

Ellis James(98)	27:38:02
Dr. Feelgood(94)	27:38:25
Bill Laster(98)	28:08:24
Dr. Feelgood(96)	28:19:29
Jack Evans(95)	28:24:57
Greg Eason(01)	28:29:13
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 Peyton(88)	28:48:44
Lou 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 Ransom(98)	29:50:11
Morris Miller(99)	29:58:47

2003 HARDROCK 100-A terrible injustice was done last month in reporting the Hardrock 100 times. I have made the correction. Dro Feelgood's time in 1997 should have read 46:51:09. ; Thanx for bringing the error to my attention.

Regrettably, there were no AURA finishers at the 2003 Hardrock 100.

From the AURA ARCHIEVE FOLDER

NICK WILLIAMS(93)	41:26
Dr. FEELGOOD(94)	43:41:47
NICK WILLIAMS(94)	46:49:10D
DR.. FEELGOOD(97)	46:51:09

OCTOBER'S AURA HOROSCOPE

GEMINI-Faking an injury now could give you an ultra advantage. **LEO**-Boasting about your latest ultra prowess is bad *JuJu*. **SCORPIO**-Hope is not your best strategy for finishing the Arkansas Traveller 100. **Aquarius**-Writing "XL" on your race applications could be interpreted as a cry for help. **TAURUS**-Consider throwing your recent running failures on the ultra dunheap and begin anew in 2004.

2004 Ultra Trail Series

For latest information of runs and races look up the official web-site of the AURA---
WWW.RUNARKANSAS.COM

Jul 19 th	2003 Midnight 50Km
Nov 22	Gulfa Gorge Challenge-16/18 miles. Hot Springs, Arkansas.
Dec 13th	Wildcat Mountain Trail Run-10/11 miles. Mountain Bike route near Lake Sylvia. Date will 1 st Saturday after the closing of modern gun deer season..
Jan 3rd	Athens-Big Fork Trail Marathon. Big Fork Community Center.
Feb 7th	White Rock Classic 25 and 50 Km. Turner Bend, Arkansas.
Feb 21st	Sylamore 50 Km Trail Run. Allison, Arkansas.
Mar**	TBA
April 17th	Ouachita Trail 50 Km and 50 Mile. Little Rock.
May	The Catsmacker. Ouachita Trail parking lot at Lake Sylvia.

** - We have had two takers for March runs. When the dates can be finalized, I will type them in. Hopefully we might have a "double header".

THE INSIDE by Harley

"A Satirical Look At the Arkansas Ultra Running Association"

What Your 100 Mile Crew Might Be Thinking



CARTOON EXPLANATION: Rob refers to Rob Apple from Tennessee who is an unnaturally attractive man who is at all of the Ultra races. He completed the Arkansas Traveller and the Ouachita Trail 50 in past years.

2003 ULTRA CALENDAR

- Oct 4th 13th Annual Arkansas Traveller 100 Mile Run. Oct 11th Heartlands 100 Mile and 50 Mile Run. Cassoday, Kansas. .Randy Albrecht 7826 Westlawn Court, Wichita, Kansas 67212.
randyalbrecht@USAagbank.com
- Oct 18th Mountain Massochist 50 Mile Trail Run. Lynchburg, Virginia. David Horton, Liberty University, 1971 University Blvd, Lynchburg, Virginia 23502 or dhorton@liberty.edu
- Oct Palo Duro Canyon 50 Mile and 25 Mile Trail Run No information has been posted in *ULTRARUNNING* magazine.
- Nov 8th Celebration Run. Hatties burg to Prentiss, Mississippi. 41 miles on the Longleaf Trace, an asphalt rails to trails conversion. Donatations accepted; no registration fee. For more info contact: Marvin Overstreet at 601-426-2465 or do www.pinebelt pacers.org If this fails contact the Bigshot chrlypytn@aol.com with your query.
- Dec 13th Sunmart 50K/50M Huntsville, Texas. www.sunmart-pwi.com or Rogers Soler's Sports at 210-366-3701

Year 2004

- Jan 10th Bandera 100 Km Bandera, Texas. Rugged, difficult 31 mile loop times 2. Joe Prusatitis, 1101 Plymouth, Austin, Texas 78758, or, www.hillcountrytrailrunners.com
- Feb 7th Rocky Raccoon 100 Mile Trail Run. 12th annual. Huntsville, Texas. Joe Prusatitis, 101 Plymouth, Austin, Texas 78758 or, www.hillcountrytrailrunners.com.
- Feb 7th. White Rock Classic, 25 and 50Km. Turner Bend, Arkansas. 9:00 a.m. start. No entry fee.
- Feb 21st Sylamore 50 Km Trail Run. Allison, Arkansas. Application in the next issue of the *Arkansas Ultra Runner*.
- Mar 6th Mississippi. Trail 50 Laurel, Mississippi. 50Km in conjunction. Application in coming issue of this newsletter.
- Mar 20th Grasslands Run 50 Mile Trail Race. Decatur, Texas. Also, half-marathon in conjunction.
- Mar Cross Timbers 50 Mile Trail Run. Lake Texhoma, Texas. No information available, yet.
- Apr 24th Rocky Hill Ranch 50 Km Smithville, Texas. Tough, twisted single track 15.5 mile loop times 2. Joe Prusatitis, 1101 Plymouth, Auatin, Texas, 78758 or www.hillcountrytrailrunners.com

JANET, THE ARKANSAS GIRL

(A Short Story of Romance at the Arkansas Traveller 100)

Chapter One

The night was as black as coal. A gust of wind freed a leaf from a 100 year old white oak and sent it swirling to the feet of Janet, the Arkansas girl. The touch of the leaf startled her and brought her drifting mind back to the present. In the darkness of the night she had been sitting by the campfire. She was alone. Her fellow race workers had been put to bed in their tents. Brad, the runner, was somewhere up ahead.

The scratch of the leaf cleared her mind and she began to think of what she needed to be doing. It was her shift. Janet fumbled in her jacket for matches. Her hands were cold. She wanted the soup and coffee hot. Brad would be arriving soon.

She had first met Brad at the Pikes Peak Marathon where she was entered in the Roundtrip. At the A-frame aid station she fell in with a group of runners from Colorado. As the run reached higher in altitude, several in the group fell back, Janet, the Arkansas girl, and Brad, the boy from Colorado. At the next aid station they introduced themselves and she found herself unexpectedly attracted to him. He was quiet and not given to boasting. Janet could tell that he was an experienced ultra runner by the advice he offered her on completing the peak run. Although this wasn't her first Peak, or even her longest run, she kept it to herself. She rather enjoyed the attention from Brad. Janet, you see, was in between. On the descent Brad had proven to be stronger and pulled away. During the trek down the mountain her new friend was pushed back in her memory. Much to her surprise, however, he was waiting for her at the finish line and offered her his hand and said, "way to BE!" And then he was gone.

At the post race dinner she went with a young couple, Don and Donna, her bus mates from back home. Her mind was on Brad and she wondered if she would see him again. She would. He was standing outside the auditorium when they arrived. Immediately they struck up a conversation about running and Brad asked Janet if she knew anything about the Arkansas Traveller 100. This gave her the opening she needed. You see Janet had been a volunteer and an aid station worker at the Traveller and this year she was hoping to have her own aid station and be an aid station captain. She told him everything. It was like being a school girl again. By the time the evening was over they had exchanged addresses and planned to keep in touch. As they parted for the night, he shook her hand and said, "Goodbye Janet, Arkansas girl."

Returning back to her home several letters were exchanged. But something was not right. Not like it was at the Peak. As time went on the letters stopped and her memory of him waned and when she did think of him she quickly dismissed their meeting as just one of those things that happens. She got on with her life and when the Arkansas Traveller was being organized, Janet got that aid station captain's job that she badly wanted. When race day approached she was reviewing her supplies and glanced over the entry roster. She was suddenly taken

aback. There on the bottom of the first page was-----Brad. He was coming to Arkansas!

The soup and coffee was hot now. Peering into the darkness she strained to see a light. Nothing. Just the sound of tree frogs and bush bugs. She thought she heard the scree/scree/scree sound of running shoes on the loose rocks. But.....nothing. Several runners had already passed but she had not dared to ask.....about Brad.

He would come.

Chapter Two

And then he was there. Stumbling out of the darkness. He stood across the flickering campfire from Janet. "Brad, is that you?" she asked. "Janet!" He replied.

Brad was beat. He had been groping through the night for what seemed like hours after his light batteries had run low. Somehow he had been drawn to the Campfire Aid Station.

Quickly she uncovered a lawn chair and got him to sit down. By this time several other runners had followed Brad into the aid station and she awoke her workers and pressed them into duty. Deftly she ladled soup and poured coffee and cocoa while the young couple, Don and Donna, prepared sandwiches.

Occasionally she stole a glance at Brad and wondered what had happened to their budding relationship. What had he been doing in the months following the Peak? He was sitting slumped with his head down. She took a cup of warm soup over to him but he only shook his head when she offered it. Reaching into her tent she found a blanket and draped it around his shoulders. This seemed to revive him and he reached for the soup. "So, how have you been, Janet?", he said, with a voice barely audible. "Great!", she returned. Then fearing that she had been a little too enthusiastic. She hoped he hadn't noticed. "I don't think I can go on", Brad said, "my training has not been going well. But I really wanted to come to Arkansas". With that a simmering glow kindled within Janet. "Sure you can finish", her voice building in confidence. "The next section is my favorite place to run. You will love it and soon it will be morning."

All of the other runners had left the Campfire Aid Station. Only one remained, Brad. He revived after the second cup of soup but seemed reluctant to leave. Janet was tidying up the trash as Brad sat facing the camp fire. She felt she should offer more. "Would you like me to pace you to the next aid station?", Janet asked haltingly fearing rejection. Brad looked up for a moment and then a twinkle returned to his eyes. "Would you, Janet?" Apparently receiving the answer he had been seeking.

She assembled her flashlight and gave last minute instruction to Don and Donna, the young couple, and hurriedly left to catch up with Brad. "I'm coming, Brad", she yelled, and disappeared into the early morning dawn, the Arkansas girl and the boy from Colorado.

Chapter three

They moved as one in the early morning light of the breaking dawn. Quietly they traveled. He drawing strength from her presence. Gradually they began to talk. The unexplained barrier that separated

them slid away. They ran the flats without a word but on the hills they walked and talked freely about running and racing. Janet wanted to ask Brad about his life in Colorado but did not want to press him. He might withdraw. She took a chance. "Tell me about Colorado, Brad." He was silent for a moment then looked relieved at the opportunity to finally get to really talk to Janet. He said that he had meant to write and answer her letters but that he had moved and that in the move her address was lost. "So that explains why he didn't write," she thought, feeling relieved. "I missed you Janet," Brad said, "our times together at the Peak were special to me. But I knew I would be coming to Arkansas and you would be there." Janet felt a tingle knowing that he had remembered after all. They ran on. Soon Brad asked if she had any TUMS and said that he felt ill. With that he stopped, bent over and his inner being erupted. Quickly she reached for a cloth in her pack and offered it to him. Comforted now, Brad said that maybe at the next aid station, The Crossroads, could find TUMS or MALOX.

Continuing on Janet thought the miles were going too fast while Brad felt that they were dragging. She always enjoyed pacing more than the run itself. She felt needed. The Crossroads Aid Station was coming too quickly, Janet thought to herself.

Cresting a hill they saw a dim light of the CrossRoad Aid Station and heard the up-beat music of a radio. This perked up Brad and a spring came back to his step and he began to really run again for the first time in many miles. Strongly he entered the CrossRoad Aid Station. Janet eagerly searched for TUMS and mixed diluted coke for Brad's stomach. His water bottles were filled by the aid workers and a warm potato was placed in his waist pack. Brad sat by the fire joking with the aid station workers. His upset stomach was history.

Now it was time for Brad to move on. "Good luck Brad," she said. She had done her job. "Oh Janet, thank you for pacing me," he said, "I didn't think I could make it. Will you come to the finish?" She thought he moved closer. And then he was off. Off to the next station, the Flat Head Aid Station.

"Janet!" She looked around. It was Don and Donna, the young couple. "Get in the car. We have to talk to you. Now!"

Chapter Four

"Just after you left with Brad at the Campfire Aid Station, a young lady in purple drove up. She inquired about Brad," Don said, with a voice that sounded concerned. "Janet, Brad has a crew," Donna disappointedly explained. At that moment the sun moved behind a cloud and a dark shadow crossed Janet's face. This hid the jolt that had been delivered by the young couple. "How can this be. Why didn't he tell me? What else had he held back from me," Janet thought, with deep resentment and hurt growing now in her bosom. "Take me to the finish. Right now!," She demanded.

The ride was long to the finish. The young couple tried to console her but she remained silent.

Finally arriving, Don maneuvered his car past the crowd of people at the finish area. There talking to the finish line captain was the young lady dressed in purple. "Stop the car", Janet shouted, and she leaped out. She then nonchalantly, trying to avoid attention, eased

her way over to where Brad's crew, the lady in purple, was standing. She listened quietly, as the lady talked to the race official. "My name is Polly and I am from Iowa. I am here to see my brother Brad finish the Arkansas Traveller 100. He did not know that I would be here. I wanted to surprise him. His training had not been going well because he had to care for our sick mother. She has gotten well now and he moved back to his house. His name is Brad from Colorado. Have you any word?" she asked. The race official looked over his list and said, "Your Brother will be arriving soon!"

With those words, Janet, sprung into action. Across the finish line she bounded and disappeared up the trail. Toward Brad she flew.

It wasn't long before she found him. Weaving and bobbing from side to side, stumbling with eyes half closed, he was spent. "Brad", she shouted. "Janet, I can not go on," he said. My legs are mush." "Pshaw! You are going to make it. I'll see to it." Janet quickly grabbed Brad's right arm and placed it around her shoulder. Placing her left arm around his waist, they marched in unison toward the finish line, where Don and Donna, the young couple, Polly from Iowa and the throng at the finish line awaited them. Janet, the Arkansas girl, and Brad, the boy from Colorado. Another finisher at the Arkansas Traveller 100.

THE END

RETREADS - (Retired Runners Eating out) meet the first Wednesday of each month at Franke's Cafeteria on Rodney Parham Blvd at 11:30 a.m. Wear something old (race shirt, race number, etc.) to identify yourself. We can talk about how things used to be. If you are still employed, come and be our guest. Dutch treat.

RIPPED FROM THE HEADLINES

Little Rock 1967- Robinson Auditorium
Runner Lou Peyton stands check
to check with non-runner Johnny Cash.

