

# THE ARKANSAS ULTRA RUNNER

November 1993

*A Newsletter For The Arkansas Ultrarunning Association*

**MESSAGE FROM THE BIGSHOT**—By now you've heard the word—*The Arkansas Traveller 100* was a huge success. Great weather and runners. We had 109 entrants from 31 states. 19 Arkies started and 14 made the 30 hour cutoff time. Congratulations all around! We made a few changes for the runners this year that I was pleased with. The *Traveller Award* which was presented to the first male and female Arkansans to finish. AURA's Ray Bailey and Lou Peyton took the honors. Another change was in the aid stations. We continued to have the cookie-pretzel-candy offered but placed more emphasis on soup, sandwiches and hot items. From all I have heard it was well received. Logistically it was a big operation. Everything from water to tents had to be trucked to Lake Sylvia in a U-Haul. I had about 400 gallon milk jugs to pack. "*Hey BigShot, seeing you round up those jugs reminded me of when you were down in Mississippi catching chickens.*" I know you're being cute but the technique is the same. Bunch'um up and dive in with your fingers spread. This was before I got to be big time. Anyway I've written all of my thank you notes but still can't give enough credit to the AURA's who worked or ran the race. All of you are very special.

Now it is on to the Ultra Trail Series. The Grindstone will be on December 11th followed by the 10-9-10 run on January 8th. We are announcing a different starting point for the Grindstone. It will begin at 7:00 A.M. at the intersection of FSR 132 and FSR 152. To get there go to Lake Sylvia and continue 1.5 miles past the Ouachita Trail parking lot. This will take you up the hill to the Winona Forest Drive (FSR 132). The run will follow FSR 132 to FSR 94 to Flatside Pinnacle where we will get on the Ouachita Trail for six miles (6). Exiting the Ouachita Trail you'll come all the way back on FSR 132 to the start.

Place your order for the ARKANSAS ULTRA RUNNING T-shirts now!

For your information it was The Mountain Masochist 50; the BigShot 26. Yes, thwarted again. Lou has an accompanying article to fully explain the weekend.

The next real ultra on the horizon is the *TEXAS TRAIL 50* on December 18th at the Huntsville State Park, Huntsville, Texas. We hope to make a reservation at the Park Inn at Huntsville which will be about four miles from the start.

For those of you who have read the race account, I neglected to comment on Laura Duncan of Illinois. Laura was in a strong second place until she went off course. Until I saw a video of the race I had thought that the race was between Duryea and March. I have since sent a corrected account to UltraRunning magazine and am sharing it with you. Also, if you want complete splits from all the aid stations let me know.

WARM REGARDS,

## THE 1993 ARKANSAS TRAVELLER 100

October 9th and 10th, 1993

October in Arkansas' Ouachita Mountains means two things: The arrival of the state's premier weather month and the *ARKANSAS TRAVELLER 100 MILER*. It is goodbye to those hot, humid days of summer and hello to the cool crisp nights and blue autumn skies. But....at the run briefing Friday, my thoughts were on the weather forecast for the next day as it had turned unseasonably hot and storm warnings were up. About midnight the rain, wind and lightening came. At 5:00 a.m. the cold front blasted through and *THE 1993 ARKANSAS TRAVELLER 100* came off smelling like a rose.

Wearing #1 in the men;s field was Raul Flores, Kansas. Raul was our runnerup in 1992 with a 17:42. David Horton, Virginia, a previous winner in 1991 but bested by Flores in 1992, and Kirk Apt, Colorado, would be Raul Flores' competition. A trio of California women, Chrissy Duryea, Meg Cocchi and Nancy March plus Laura Duncan, Illinois, formed the nucleus of the 22 female entrants. Duryea who was first female at the '92 *TRAVELLER* with a 20:38 and a top five finisher at *WESTERN STATES* was clearly the favorite. However Cocchi and March were undergirded by 20:31 and 21:56 times from *THE VERMONT 100*.

The stage was set: Perfect weather and fast runners. The course has two miles of asphalt at the beginning of the 17.4 mile loop. At the asphalt turnoff, Flores and Horton ran stride for stride. Then came the gradual seven mile assent to the Flatside Pinnacle Aid Station at 9.1 miles. From Flatside Pinnacle runners turned onto the always rocky and rough, Ouachita Trail. The Ouachita Trail brought them back to the starting area and the 17.4 mile Lake Sylvia Aid Station. They both arrived at Lake Sylvia in two hours and 28 minutes. Meanwhile Duryea, running with the confidence that she just might win it all, gained ground from the start on Cocchi, March and Duncan and by the 17.4 Lake Sylvia Aid Station she was timed at three hours and nine minutes, six minutes in front of Duncan and 12 minutes ahead of Nancy March. At the Lake Sylvia Aid Station, Meg Cocchi withdrew. From Lake Sylvia the run begins the 83 mile out and back section with the turnaround coming at 58.6 miles. By the 31.9 mile Lake Winona Aid Station, the runners would have covered some of the rockiest portions of the *TRAVELLER*. Raul arrived six minutes behind David and would later say that he began to feel "Leadville" in his legs. Meaning of course that he had run the *LEADVILLE 100* in August and that this was not going to be his day. Leaving Lake Winona he continued to fall back and arrived at the 49 mile Powerline Aid Station. Trailing by 22 minutes, he withdrew. Later as he ate a boiled potato and rehydrated, he decided to rejoin the race only this time to pace Nancy March on her return. From this point the race belonged to David Horton with Kirk Apt running for second and Chrissy Duryea waiting for both of them to falter.

At the 37.4 mile Pig Trail Aid Station, Duryea was clocked at 6:49 to Duncan's 7:06 and March's 7:14. At the 49 mile Aid Station she had extended her lead by 46 minutes. By this time she had joined up with Ray Bailey, a legitimate but somewhat inexperienced Arkansas ultra runner. By legitimate, he has a 6:20:15 *JACKSON FIVE-0* and a

22:39 *Leadville 100* time. But this was his first *Traveller*. With their talent and confidence, the pair meshed perfectly. At the 58.6 mile Turnaround Aid Station, Chrissy's time was 10:30. Compare this to the record pace split of 10:23 set by Shelby Clifton in 1991 when she ran 19:15:41. By the 85.4 Lake Winona Aid Station Chrissy surged to 23 minutes ahead of Clifton's pace. Leaving Lake Winona they didn't walk a step and finished third and fourth overall in times of 18:50:36 and 18:50:37. The female course record was shattered by 25 minutes and eight seconds. With his finish Bailey was the winner of the coveted *TRAVELLER AWARD* which is given to the first male and female Arkansan to finish the 100. Lou D. Peyton set her own course PR of 23:52:05 and was the female recipient of the *TRAVELLER AWARD*.

In reviewing the aid station splits I felt like a witness to the victories and defeats that are always there in the middle of the pack. Such as Steve Feller, New York, who dropped out in 1992 after 98 miles due to severe shin splints. He returned in '93 and finished sub 24 in 23:53:21. This year's race also sported two 70 year old entrants, Ross Waltzer, Oklahoma, and Ed Fishman, Hawaii. Both reached the finishline in 28:51 and 29:31. My favorite running story is about Arkansan Steve Eubanks. Those of you who ran the *Traveller* the first two years would probably recognize Steve as the Captain of the Pig Trail Aid Station. On Friday before the run Steve turned 50 years old and celebrated his milestone by running a 100 miles. There was hardly a dry eye when Steve finished in 29:47.

A 100 miles is still a 100 miles and there were some defeats this year. Mickey Rollins, Race Director of the *ROCKY RACCOON 100*, probably has more DNF's in 100 mile races than I do. But he keeps on trying and one of these days it is all going to fall in place. Likewise with Larry Magee, Kansas, and Arkansans Kim Pavelko, Gayle B. Bradford and Bill Torrey.

#### OFFICIAL RESULTS - 1993 ARKANSAS TRAVELLER 100

October 9th and 10th  
Perryville, Arkansas

1.	David Horton 43, VA.	17:30:39
2.	Kirk Apt 31, CO.	18:36:41
3.	<u>Crissy Duryea 31, CA.</u>	<u>18:50:36</u>
4.	Ray Bailey 37, AR.	18:50:37
5.	Fred Dimmick 36, NY.	20:26:19
6.	Gene Thibeault 47, CA.	20:32:56
7.	Steve Tilley 46, AR.	21:08:27
8.	Thomas Ricks 34, CO.	21:53:36
9.	Jack McDearman 52, TX.	22:03:39
10.	Ben Cooper 33, AR.	22:03:50
11.	Bill Millican 45, MO.	22:03:52
12.	<u>Nancy March 56, CA.</u>	<u>22:04:39</u>
13.	Dan Harshbarger 46, CA.	22:14:06
14.	George McDonald 40, AR	22:33:06
15.	Burgess Harmer 51, NV.	22:33:51
16.	John Durham 45, MS.	22:52:06
17.		-- --



18.	Simon Hauser 38, AR.	22:55:08
19.	Bob Fazek 40, CO.	22:56:03
20.	Lynn Frost 39, LA.	22:56:58
21.	Max Welker 50, WA	23:13:06
22.	Roy Haley 57, TX.	23:19:19
23.	King Jordan 50, WDC.	23:26:28
24.	Larry Simonson 46, SD	23:33:10
25.	Nick Palazzo 46, NY.	23:40:34
26.	Sam Barnes 36, AR.	23:41:02
27.	Herman Cohen 54, CA.	23:41:04
28.	Larry Mabry 46, AR	23:41:42
29.	Robert Wolf 40, FL.	23:42:52
30.	Linda Musil 42, TX.	23:45:18
31.	Ken Ashby 41, TX.	23:45:19
32.	Joel Zucker 40, ID.	23:48:40
33.	Allen Kaplan 38, CA.	23:51:52
34.	Lou Peyton 49, AR.	23:52:05
35.	Steve Feller 39, NY.	23:53:21
36.	Laura Duncan 37, WV.	23:56:34
37.	John Baylock 50, CO.	24:27:52
38.	Eileen Eliot 49, FL.	24:49:06
39.	Daren MacKenzie 33, NH.	24:56:42
40.	Ron Perkins 54, CA.	24:56:44
41.	Charlotte Davis 39, AR.	25:37:37
42.	Glen Zirbel 62, IA.	25:54:01
43.	Greg Taylor 47, FL.	26:04:27
44.	Randall Nelson 37, VA.	26:39:49
45.	Joseph Spragg 48, CT.	26:54:17
46.	Ed Demoney 59, VA.	26:58:14
47.	Joe Espinosa 47, CO.	27:02:08
48.	Phil Dunne 51, TX.	27:04:17
49.	Kevin Bloom 40, FL.	27:07:57
50.	John Ingro 58, CA.	27:07:58
51.	Danny Johnson 21, VA.	27:08:50
52.	Nick Williams 50, AR.	27:15:47
53.	Ken Chlouber 54, CO.	27:15:48
54.	Sally Middleton 53, MI.	27:20:24
55.	Jean Waugh 33, WV.	27:54:07
56.	Allen Montgomery 55, SC.	28:18:28
57.	Steve Bozeman 47, VA.	28:18:29
58.	Don Adolf 56, IL.	28:34:58
59.	Tony Johnson 43, AR.	28:43:58
60.	Ross Waltzer 71, OK.	28:51:08
61.	Berthell Brown 49, MO.	28:59:40
62.	Dianne Bell 36, AR.	28:59:41
63.	Tom Dolan 63, CA.	29:06:00
64.	Suzi Thibeault 47, CA.	29:07:30
65.	P. J. Salmonson 46, HI.	29:07:31
66.	Ann M. Moore 52, AR.	29:10:03
67.	Carl Yates 66, CA.	29:12:41
68.	Steve Butler 47, TX.	29:15:14
69.	Louise Mason 40, IL.	29:33:32
70.	Rollin Perry 54, IA.	29:28:37
71.	Ed Fishman 70, HI.	29:31:01
72.	John Salmonson 50, HI.	29:31:02
73.	Steve Eubanks 50, AR.	29:47:39
74.	Bob Cannata 62, VT.	29:51:23
	Sandy Spradling 46, LA.	30:28:34

(Finished out of the 30 Hour Cutoff)  
101 Starters

## ARKANSAS TRAVELER 100

by George McDonald

We, as runners, go through many stages of life, from our first mile without stopping, our first race, or our latest running accomplishment. To this end, each accomplishment brings us to a crossroad and we make decisions that affect us for the rest of our lives. We pass through portals of no return. It's like Moses when he went to the mountain. He came back a changed man with a message for those who would listen. A 100 mile race changes your perspective on life as you once knew it. Your thoughts on running take on a new meaning. You become philosophical in your thinking and the way you talk to others. It's like you've been to the mountain and have a revelation to make to your friends or anyone you talk to.

There is no real concrete answer to why someone would run 100 miles. People who don't run would never understand. Those who do run, don't understand why you would do it!! It's like a mountain, just because it's there!!!

In the fall of 1988 I video-taped a Wide World of Sports show on the Western States 100 mile run. I watched it several times and became fascinated with it. I would say to myself that I would like to try that someday!! In 1989 a few of my pals at ARK (Arkansas Running Klub), talked me into doing the Pike's Peak Marathon. Each time I did the race I would think of the Western States and say I must be crazy to want to do 100 miles at altitude!!!

Last year, Bill Dunaway caught me in a weak moment and talked me into pacing Suzi Thibeault the last 42 miles of the Arkansas Traveler 100 Mile Run. It became a crash course in running 100 mile races. Suzi and Nick Williams indoctrinated me on 100 milers, and demonstrated personally what people say and do during the latter stages of a 100 miles. (Nothing like a first hand view of what to expect!).

For whatever reasons, I decided this was my year to run the Arkansas Traveler 100 Miler. The biggest problem was to find someone to pace me the last part of the race. During a 26 mile training run on Labor Day with crazy Bob Wid Halm, I managed to talk him into it.

The weather was a big concern, the forecast was for rain Saturday morning, then cooling off throughout the day. Taking off Friday, I spent all morning deciding what to take. (Nothing like waiting until the last minute!). After arriving and checking in, I spent the time till our pre-race briefing, meeting other runners and visiting with friends. Following the pre-race meeting, we had a wonderful pre-race meal!! (Like I said before, ultra people know how to eat!!). Following the meal, Bob and I finished setting up the camper and I made one last check of my drop bags before placing them at the check in area.

For our benefit, the weather came through after midnight. We got up at 5:00 AM to cool dry air. It would prove to be a great day to run, as it was overcast and cool all day. We found someone who could drop Bob off at the turnaround so he wouldn't have to drive his car. After checking in, I mingled with my running mates as we all began to focus on what lay ahead. Charlie Peyton gave us a very short pre-race talk! (Kinda like: "This is it, ready, set, GO"!)

From reading all of Suzi T's newsletters, my experience in running the last 42 miles and my hardheadedness, my game plan was to try and average 5 MPH, run all the downhills and flats, walk all the uphill regardless of how minor they were, and finish under 24 hours.

During the first mile I met Nancy March. (who had a flashlight!),

as we visited and exchanged all the usual, "I'm George, who are you?" "Nancy." "Where you from?" "California." "How many of these you've done?" "10". etc... At this point in a 100 miler there is no way to really figure what will happen. As Suzi T. always says, "There will be a surprise!" After we left the pavement, we became separated as two groups began to run together. One thing about ultras, you can visit because the pace is nice, plus you will be out there a LOOONNNNNGGGG time!

At the 2nd aid station Nancy caught up as we began the Ouachita trail. This was a fun section of ups and downs. After showing Nancy what poison ivy looked like, we began to talk about what we wanted to accomplish. Our pace was identical so we decided to try and run together as long as we could. Approaching Lake Sylvia at the 17.4 mile mark, we caught up to another group that had 2 women and Dan Harshbarger, who was to become the third part of our team approach to 100 milers!!

Crazy Bob was eagerly awaiting me as I handed him my bottles to refill so I could hit the aid tables. (Helpful tip #1. I was amazed how much it helped to have someone fill your bottles or get what you need. A friendly face was always welcome!) After taking some Ibuprophen, I ate some food and was back on the road. (Helpful tip #2. Eat and drink plenty, early, and often. I was using Cytomax in my water bottles.)

Our group of three picked up Chris (last name unknown to me), as we traversed the out portion of the out and back. We caught up to Irene Johnson, who had fallen hard, but was continuing. The miles were mindlessly passing as we entertained ourselves with past stories and current barbs at each other. Dan and Nancy had met on a ultra in 1988 and Nancy had said Dan looked just like her brother. Needless to say anything she could blame on Dan, she would!! Dan and I were outnumbered in anything that took a vote. Nancy proclaimed her vote counted more than ours and she could overrule us at anytime!! Talk about democracy....

The aid stations were anywhere from 2.5 to 6.1 miles apart. It was always great to see familiar faces. I think I surprised several at the ARK aid station who didn't know I was running. Lake Winona at 31.9 is the first station where you are weighed. Crazy Bob was waiting, and so was Mom (Peg Cusick) with some chicken soup and Dad (Clint Cusick) who had to get my head back straight by telling me to quit visiting and get back on the road! With no loss in weight, a fill-up on food and a bear hug from Mom, it was back on the road. Our pace continued to average just over 5 MPH as we caught other runners and continued our game of alternating who got to choose the next point to start walking.

(Helpful tip #3. Running with someone WILL make your run successful as you will help each other through your low spots). Running across Smith Mountain at 46 miles, I could tell my energy level was sinking fast. I was glad I had Nancy and Dan to draw support from. At the next aid station, 2 turkey sandwiches, 2 brownies, M&M's and a cup of soup helped pick me up. On to powerline!! Powerline at 49.1 miles, is a major aid station with medics and lots of food!! Still holding my weight, we began to guess how far down the road we would be before we met the lead runner. Our goal was to be past 50 miles. we figured it was just past 52 when we met David Horton. The next runner was 25 minutes behind him. We hit 55 miles at 11 hours even!! Talk about staying on track!! From Buffalo Gap, (I love the names of these aid stations!), our Suzi T. surprise for the run was the lack of folks in front of us. I arrived at the 58.6 mile turnaround 16th overall! Nancy was the 2nd place female!



Crazy Bob was ready to go, as I put on dry, warmer clothes for the night ahead. I brought Bob up to date on how we had been running and that he would have to watch what he said until he was voted into the group!! Bob did well as he said the right things to Nancy, and dug Dan and I deeper into the hole we had dug for ourselves. I was running for a while with both feet in my mouth and large knives in my back for referring to Nancy as being in the Godzilla division. After pulling the knives from my back, I tried to redeem myself and said it was the lightweight division. Dan was blamed for the whole conversation by saying women have more body fat to keep them warm. (Who knows how we ever got started on that topic in the first place!!)

As darkness fell, we broke the last part of the race into 10 mile goals. Approaching 68.2 miles at powerline, a mist began to fall. Still holding my weight, we loaded up on food and headed out, meeting some people still going out. Raul Flores, who stopped at powerline going out, decided to run back with us. He struck up quite a conversation with Nancy. Dan and I agreed; here we were, suffering verbal abuse all day long, when some guy with a accent just waltzes in and sweeps her right off her feet!! (We paid for that comment later!)

Working our way over Smith Mountain my mini-mag light quit. I was sure glad Bob had a D cell flashlight! (Helpful tip #4. Use a C cell or larger flashlight and carry a mini-mag backup. Also, put batteries out at all stations you might pass after dark!) The mist continued as we worked together to keep a steady pace. Coming into Lake Winona just after midnight, at 85.4 miles, Mom and Dad were there to greet us. We loaded up for the final drive home.

Blisters were beginning to slow me down, but we managed to stay with our group till the last aid station at 94.2. Nancy wanted to go under 22 hours and Dan was ready to put an end to it. I knew unless I just collapsed I would finish under 24 hours. The next 4 miles were torture as any rock or slant in the road would rub the blisters. The pain was pretty intense, but Bob encouraged me as I was determined to finish under 24 hours. (Helpful tip #5. A pacer makes a BIG difference in the last miles to the finish. Bob was great throughout the run, and really made the difference for me!!). Coming out onto the road with just under 2 miles to go, I mustered the strength to run and finished 12th male in 22 hours, 33 minutes!!!! Nancy finished as the 2nd female in 22 hours 4 minutes, Dan had a 22 hour 14 minute run!!! Many thanks goes to these two because they made my first 100 miler a very successful one!! Thanks from the bottom of my heart!!!!!! A great big thanks goes to Crazy Bob for running with us and listening to me the last 10 miles!

Epilogue: After getting my blisters attended to, a 4 hour nap in the camper, breakfast at the finish area, blisters worked again, another hour nap, packed up the camper, awards at 12:30 to receive my LOVELY well-earned buckle. It was off to the Pike's Peak Society meeting, then finally home for a well deserved-shower and another nap. The blisters kept me home till Friday. (It took that long before I could put on my work boots). I was finally able to run again Sunday at our unit Commander's 5K. I finished in 19:49, 5 seconds behind the first place runner! Hope to see you on the roads soon!!

## ULTRA CORNER

THE TRAILS WERE COVERED IN GOLD by Lou Peyton

*Mountain Masochist-October 23, 1993*

1993 Mountain Masochist, Lynchburg, Virginia. Current home of David Horton, Appalachian Trail Record Holder 2,0144 miles in 52 1/2 days. Arkansas Traveller 100 Miler repeat winner 1991 and 1993, Hardrock 100 Record holder for the two years the race has been held, three time winner of the Old Dominion 100 and numerous 50 mile wins. Race Director, David Horton invited Charley and me to come to Lynchburg on October 22 to run the M.M. 50 Miler. We accepted the invitation knowing that Charley should have the paperwork done from the Arkansas Traveller 100 (held two weeks prior) and I should be ready to travel after running the same race. Right. We were ready for a trip out of town. I was looking forward to the road trip and Wendy burgers, fries, cokes and frosty's. Yes. The weather was perfect. Cool, clear, the fall foliage perfect. Leaving Little Rock and spending the first night at Harriman, Tennessee at the exit off Interstate 40 to Oak Ridge, Frozen Head State Park and the Barkley Marathon. Our second day on the road we took a detour east to the Blue Ridge Parkway for a couple of hours of beautiful, breath taking views of rural Virginia. We arrived in Lynchburg just in time for the carbo load dinner at Glass High School. The homemade dishes of lasagna, spaghetti, fettuccine, macaroni, and other pasta dishes, then the prerace briefing where no one has questions to ask afterward. David Horton covers more material, jokes and stories, when he has the floor, than any Race Director or Baptist preacher anywhere. A good nights rest and onto the buses at 5 a.m. sharp to be transported to the race start. It was a 40 minute drive to James River Visitor Center on the Blue Ridge Parkway. 42 degrees and clear skies in Lynchburg equals colder in the mountains. 185 starters. Good race start, nice people, beautiful country. Only one thing was missing. The two Arkansas representatives were tired from the fifteen mile aid station #5 on. As Nick would say, "It was shoot and drag Fred". I knew I didn't have any energy five miles earlier. However I always hope that even if I'm tired I will stabilize. This time, wrong. I slipped downhill energy wise. Nothing was hurting, I am thankful. I was just tired. Charley and I changed positions leading by 1/4 mile several times. At 22 1/2 miles I told Charley I'm opting for the school buses at 26 1/2 miles. He seemed surprised I had conceded so I added, "well talk me into going on, I'm not hurt , I'm just tired". From then on he dropped behind me and we became marathoners. The course was the most beautiful I've ever seen with 3 mile stretches of gold leaves so bright on the trees and on the forest roads that I needed sunglasses. The course is very hilly, very rocky, very challenging and certainly worth the effort and expense to get there. Cutoff are strictly enforced at every aid station. They have a great crew of volunteers and a wonderful post race meal for \$7.00 an awards ceremony where every finisher is recognized starting with the "did not finish group", standing to applause. We'll return with hopefully more fire in our bellies next year.



OLANDER PARK 24 HOUR NATIONAL  
CHAMPIONSHIP-September 18, 1993

1. Kevin Setnes 160.4 miles (FIRST MALE)
  3. Sue Ellen Trapp 145.2 miles (FIRST FEMALE)
  23. Bob Horner 108.2 miles (AURA) 2ND IN THE 60-64 AGE GROUP.
- 155 Starters

