

THE ARKANSAS ULTRA RUNNER

November 1996

The Official Newsletter For Members Of The Arkansas Ultra Running Association

GREETINGS AT-100 RACE OFFICIALS-Yes, that's right! After such a shinning performance October 12th and 13th, all of you AURA members who worked the AT-100 have been promoted to Race Official. What an exceptional weekend it was. I have heard nothing but praise for all the aid stations and the helpfulness that each of you displayed to our guests. I want to personally thank each of you for all that you did. I honestly don't see how it could have turned out any better. For those of you who made the prerace picnic, you probably remember my "If I Had A Twin" speech. During the year I am busy with the race planning. However, once the race starts, I am literally in the dark as to what happened during the weekend. I have only seen the Brown's Creek and Flatside station once in six years and that was because I forgot to give them cups and had to rush out ahead of the runners. I've never seen the 212 station in action and for the rest of the stations it is usually only in passing. My feedback from the race comes from the letters from the runners after the race and hearing about it at other races around the country that I have traveled to. If only I had a twin so that I could be at each of the stations watching and listening. But like I said, "I've got something better than a twin. I've got you!" Once the race started, I started driving. I think I made four trips out and around the course and back to Lake Sylvia. Usually bringing in runners who had dropped out. On my last swing at about 1:00 a.m. I stopped by the Turnaround Station and picked up their trash bags and walked the road looking for cups. Then it was over to the Buffalo Gap to police the area. Next it was on to the Powerline and walked the road looking for trash. It was surprisingly clean. They were all fast asleep. After a quick survey of the BM Road, I went over to Smith Mountain which was awaiting the last runners and fixing to close down. I picked up three runners there then headed up to the Dropoff where four more runners waited for the a ride. That meant all the trash and seven runners in the little Toyota pickup(Five in the bed) Funny that no one complained. That's how I spent the race. It was great! I want to hear from you and your experience sometimes.

For those who ran the AT-100, congratulations whether you made it to the finish line for not. Great effort.



DROPOFF AID STATION
Unidentified AT-100 runner(left)
standing with a Flamingo Club
party girl.

ULTRA PROFILE

KYLY McMURRAY

1996 AT-100 finish: 2nd female

Age: 36

Residence: Vancouver, Washington.

Home Town: Little Rock, Arkansas.

Kyly, congratulations on a fine AT-100. I hear you grew up in Little Rock. Where? When? and were you athletically active in high school here?.....*I lived in LR my whole life in the same house just off 12th street. I lived in LR until 1988 when my husband, Lowell, was transferred out of state. I attended LR Central and was not an athlete but did take dance lessons at Joel's House of Dance and I was always a tomboy. LR is still my home as my family and in-laws live there.*

Did you ever visit Camp Ouachita out at the Race site at Lake Sylvia growing up here?.....*Yes! Several times in about 1970,'71. Many fond memories. Singing in the dining hall, hikes in the woods, canoeing and swimming in Lake Sylvia. All the camp counselors had nicknames and it was always a challenge to try and guess their real name. We slept in cabins with about 6/7 others and one of the biggest, brownist spiders I have ever seen. The camp had, I thank, 2/3 units-Echo Valley being one. The girls in that unit had special songs, activities, etc. I stayed one year in the cabin closest to the lake. Many fond memories. Great youth opportunities.*

How did you start running?.....*I stopped smoking and started running. Some chronic low back pain was aggravated by smoking and coughing. I quit! Took up running as an alternate activity. Began distance running because it irritated my back less than speed, or attempted speed, caused sciatica. I had back surgery about three years ago and have felt great. Long and slow is best for me.*

Describe a typical training week for you.....*I have to be pretty conservative. I have the propensity to rupture another disc. I'd rather be running a little rather than not at all. High mileage for me is 75-85 tops a week. I alternate that with low mileage 45-50 mpw. When I'm just running without a goal in mind I run about 50 or so mpw. Most of my running is on trails in Portland. Forest Park--4800 acres, only a 15 minute drive from the house. We have a great 50 mile run in June--WINTERHAWK--very runnable trails.*

Will you tell us your PR's?.....*Marathon 3:26, 50 mile 8:22, 100 mile 20:54 at the Rocky Raccoon and 24 hr 101, Pacific Rim Run.*

Why do you do Ultra's?.....*The people are so nice! I've never been competitive with other runners and frequently that mentality in the shorter distance makes me edgy and angry.*

Everyone in an ultra is so encouraging and helpful. Everyone is a winner, plus it is a mental strength builder. I love the woods!

You did well at the Traveller. Did you have a game plan at the start.....Finish! *My goal is always to finish. but not at the expense of an injury. I've been down from running for about five months with my back. I will always err on the side of caution. I'd rather be running than put myself out of commission. I also try to watch and listen to the more experienced runners and take cues from them.*

Did you have a crew?.....*No pacer, no crew, but lots of great support from your volunteers and other runners. I drank at each aid station, sometimes substantial amounts as they relate to meals during the day.*

Any other ultras in the works for you?.....*Generally I just kind of go along and don't really plan things too far in the future. There is a 24 hour run that I have participated in the past couple of years. in March and I am planning on it. Its a nice one mile loop, in a city park around a lake. Very friendly. Pacific Rim Run-Longview, Washington.*

When are you coming back to LR?.....*My family lives there so I'll always be coming back. I'll definitely holler! Thanks so much for a great experience. It was wonderful to be able to run an Ultra in my "old stomping' grounds". Arkansas is a truly beautiful state. It make me grow homesick*

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Arkansas Traveller 100 Miler RACE REPORT

The 1996 *Arkansas Traveller 100* will go down as the smoothest race of the all. After a couple of fits and starts in the winter, the planning got into high gear in the spring after I got a call from four time winner of the *Traveller*, Chrissy Duryea, Campbell, California, who asked my permission to get married on Friday after the prerace briefing. She and her pacer from last year, Stan Ferguson of Mayflower, Arkansas, had made the decision. Tom Chapin, one of the race's co-directors, is a Church of Christ minister and would perform the ceremony. October in rural Arkansas is especially beautiful. The wedding day at Lake Sylvia, was no exception. The wedding party was met by mild temperatures and clear blue skies with the lake in the background. It couldn't have been more perfect. It was picture perfect.

Race day dawned to those same mild temperatures and sunny skies. Perfect for a wedding but I had some concern about the midday heat for those who planned to race. The starting field for the men featured two time winner and favorite, Ray Bailey, of Little Rock, Gary Grilliot, Louisiana, the Bad Boys from Alabama, Dink Taylor and Dewayne Satterfield, Joe Hildebrand, Illinois, and Heikke Ingstrom from Utah. The competition for Duryea-Ferguson would be Chris Ralph, Washington, who ran 21:40 at the *Traveller* in 1995. As usual, the race begins after the

forth Aid Station, the 17.4 mile Lake Sylvia Aid Station. The first 17.4 miles is a figure eight loop that covers Forest Service Roads for the first hour in the dark before exiting at mile nine for the eight mile section of the Ouachita Trail. The foolish runner will sometime make his move over the trail and reap the temporary reward of cheers as the first one out of the woods. The wise runners wait for the Forest roads before making their move. There was no rabbit today. Ray, Gary, Dink, Dewayne, Joe and Heikke arrived at the station within a couple minutes of each other. Duryea-Ferguson about 10 minutes back and almost 15 minutes ahead of Chris Ralph. Leaving Lake Sylvia the second phase of the Traveller begins--the race to the Turnaround Aid Station at Mile 58.6.

When we first started to plan for the *race* in 1991 we had two objectives. Number (1)-A well marked course and Number(2)-- Good aid stations. During the day the course is marked with neon pink ribbons and flour arrows at the road intersections. During the night time glow sticks and reflective tape mark the way. Nothing can ruin a good time faster than a misplaced runner and his family. With all this marking being able to find one's way over the course does not give the home boys an advantage. What does though is knowledge of the relentless hills that greet you. When to push and when to bide your time is the key to running a fast time. The course is like life. When its going good, it will surely turn bad. Stay with it and it might be good again. After four Travellers Ray Bailey knew where the good parts were. At the 58.6 Tunaround Station, Bailey was eight minutes ahead of Grilliot and 14 minutes ahead of Ingstrom. Bailey left the station in two minutes; Grilliot in six. By the next station at 64 miles, Gary Grilliot succumbed to leg problems leaving Heikke Ingstrom in the hunt about 20 minutes behind. A distance that keep Bailey looking over his shoulder but never able to close. Chrissy Duryea-Ferguson was fighting her own battle--against herself. Chris Ralph and Kyly McMurray both from Washington were racing for second place. Chrissy was coming off of her wedding high as the midday heat began to take it toll on all the runners. What was fondly remembered during her record breaking run last year took more effort to break through. With blisters and stone weary feet, she slowed but never thought of stopping. After all, you don't want to make you new husband and pacer look bad!

For most of the remaining field running from Aid Station to Aid Station was the key to finishing. As I stated above our Number(2) objective for the race is to have good aid stations. After that first year in '91. we began to down play the cookies and candy and put our resources into real food. Soups, hamburgers, hot dogs, BBQ beef, turkey and ham are now on the menu along with pizza and some of the specialty items such as pumpkin pie. Some of stations are your typical sharing/caring type others get wild and crazy. A couple get down and funky. All are in fun but with only one goal--To get you to a finish.

After six years of the *Arkansas Traveller*, where am I going to put all the memories. It was worth all the hard work to see the faces of the runners and their families at the finish line. I'm especially happy for Ivy Franklin of Little Rock who finished after two previous tries; for John Stowers, 68 years old from Houston, who has never been able to finish a trail 100 and for Glen Zirbel from Iowa who was ill and lost weight during the summer but was as strong at the finish as he was at the start. I've found niches and crannies for all the race gear, unclaimed drop bags and paperwork. I've actually turned our extra bedroom into a storage shed. Dare not open a closet door or look under a bed. But, where am I going to put all these memories.

Rest well, *Arkansas Travellers*, may our paths cross again.

OFFICIAL RESULTS

1996 ARKANSAS TRAVELLER 100 MILER
October 12th, Perryville, Arkansas.

1. Ray Bailey 39, AR	17:09:55
2. Heikki Ingstrom 38, UT	17:48:24
3. Mike Rouse 44, TX	18:28:42
4. Dewayne Satterfield 32, AL	18:35:20
5. Dink Taylor 31, AL	18:44:00
6. David Jones 44, TN	18:44:00
<u>7. Chrissy Duryea-Ferguson 35, CA</u>	<u>19:28:13</u>
8. Joe Hilderbrand 39, IL	20:08 :27
9. Peter Moore 39, VT	20:43 :26
10. Bruce Rose 38, TX	21:46:32
11. Rolly Portalance 54, CAN	22:28:02
12. Vicente Ledesma 42, TX	22:28:02
13. Robert Clementz 37, TX	22:42:30
14. Joe McReynolds 63, AL	22:50 :44
15. Ellis James 39, AR	22:55:33
<u>16. Kyly McMurray 36, WA</u>	<u>22:56:17</u>
<u>17. Chris Ralph 45, WA</u>	<u>23:01:30</u>
18. Jay Allison 40, TX	23:10:36
19. Max Welker 54, WA	23:11:46
<u>20. Lynn O'Malley 46, WA</u>	<u>23:11:46</u>
21. Will Taggart 21, AR	23:24:04
22. Jim Mussleman GA	23:28:55
23. Dr. Really Feelgood 49, AR	23:41 :55
24. Alan Cohn 41, CO	23:44 :36
25. Nick Bassett 51, WY	23:52 :23
<u>26. Camille Yarbrough 46, TX</u>	<u>23:53:40</u>
<u>27. Linda Musil 45, TX</u>	<u>23:53:40</u>
28. Ken Ashby 44, TX	23:53 :40
29. Tom Sprouse 54, VA	24:04 :38
30. Lee Norris 48, TX	24:21 :26
31. Larry Mabry 49, AR	24:29 :30
32. Jeffrey Miller 45, TX	24:47:29
33. Ron Perkins 57, CA	25:02:08
34. Earl Blewett 32, OK	25:09:08
35. Charles Barnes 45, NC	25:31 :58
36. Jerry Dudeck 46, NC	25:31:59
37. Chisholm Deupree 30, OK	25:32 :10
<u>38. Joan Szarfinski 57, CA</u>	<u>25:39:04</u>
39. Billy Wise 39, AZ	25:39:21

40.Marvin Lafler 51, MI	25:39:21
41.Rex Friend 41, OK	25:53:37
42.Jim Sweatt 40, AR	25:54:31
<u>43.Dianne Sweatt 40, AR</u>	<u>25:54:31</u>
44.Richard Gillespie 50, CA	25:59:30
45.John Hargrove 52, OK	26:10:20
46.George Stevenson 55, MO	26:15:24
47.Stephen McNeil 38, TX	26:20:40
48.Bob Williams 53, TX	26:20:41
49.Phil Wright 52, CA	26:22:29
50.Ron McBee 51, MS	26:25:32
51.Ed Furtaw 48, NV	26:45:52:
52.Patrick Duff 42, MI	27:03:33
53.Roy Haley 60, TX	27:09:09
54.Glen Zirbel 65, IA	27:16:20
55.Evan Groutage 47, TX	27:16:20
56.Jack Hudson 51, MO	27:23:54
<u>57.Ivy Franklin 45, AR</u>	<u>27:25:44</u>
58.Jim Musshafen 39, OK	27:28:31
59.Paul Schmidt 44, CA	27:29:25
60.Earl Ortiz 50, NM	27:29:25
61.Blake Norwood 50, NC	27:52:15
62.Charles Bundy 64, IL	27:52:15
<u>63.Ginny Blaylock 49, CO</u>	<u>27:58 :02</u>
64.Nick Williams 53, AR	28:18:32
65.John Price 70, FL	28:18:32
66.Pete Ireland 56, AR	28:22:03
67.John Stowers 68, TX	28:29:50
<u>68.Louise Mason IL</u>	<u>28:35:07</u>
69.Dan Thompson 41, KY	28:38:09
70.Charlie Weiland 45, LA	28:38:37
71.Brad Bradford 47, LA	28:38:37
72.Richard Abbott 53, IL	29:47:11
73.Darrell Robinson 37, NC	29:57:21
111 Starters	

ULTRA CALENDAR

Nov 9th	Quivering Quads-50K and 50 miles. Troy, Missouri. Dave Spetnagel (314)939-0161
Nov 9th	Rock Ledge Rumble 50 K, Irving, Texas. Fred Holmes(214)506-0376
Dec 7th	Whistlin' Dick 40K(UTS#4). Lake Sylvia trail parkins lot. 8 A.M. Charles @225-6609
Dec 14th	Texas Trail Endurance Runs. Huntsville, Texas.
Jan 4th	Tall Peak Marathon Fun Run, Albert Pike Recreation Area.
Feb 1st	Rocky Raccoon 100/Mickey Rollins

Feb 8th	WhiteRock Classic(UTS)
Feb 15th	Sylamore 50K(UTS)
Mar 1st	Mississippi Trail 50. Laurel, Mississippi. Carl Touchtone. (601)649-3471.
TBA	Ouachita Trail 50(UTS)

ULTRA CORNER

Palo Dura 50 Mile Trail Run/October 26,1996. Amirilo, Texas.

16. Van Davis 10:10
 29. Lou Peyton 11:22
 54 starters

As they always do, Red Spicer and his Amarillo ultra workers pulled off another great running event. The weather cooperated with clear skies and calm winds for the race day after predictions of wind and snow all week by the forecasters. There were lots of Arkies in attendance at the prerace meal, all but Lou and Van were running the 25 miler. This included AURA's Jackie Edmonds, Mountain Home's Hiram Byrd and Pat Riley and Dale Powell both from Mena. Red's Prerace meal was at the Ambassador Hotel catered by the Olive Garden. His post race meal consisted of hamburgers, hot-dogs, baked beans, etc. The burgers were served from about 10:30 a.m. till the last runners finished at 7:30 p.m. From Little Rock it is about 600 miles or 11 hours to Palo Duro Canyon State Park. We started out driving Thursday at about 3 P.M. and spent the night in El Reno, Oklahoma, 9:00 P.M. That leaves at 280 mile drive the next day. On the return, it was an easy I-40 drive home. Since the race was changed from 10 five mile loops on pavement to two 25 out and back loops on single track trail, interest in the race has improved and numbers are growing. I highly recommend this race if nothing else being able to spent a little time with Red and seeing some of the other West Texas runners that we have met over the years.



**PALO DURO
 50 MILE TRAIL
 AURA's
 Jackie Edmonds**

ULTRA TRAIL SERIES

The following is a listing of the results of the Mid-Night 50 K where the results have not been found. Look it over! If you want to contest you place, give me a call. Otherwise by next month "WHAM" it will be official.

- | | |
|-------------------|---------------------|
| 1. Ray Bailey | 11. Kim Pavelko |
| 2. John Jones | 12. Dan McCollough |
| 3. Stan Ferguson | 13. Ivy Harrison |
| 4. Chrissy Duryea | 14. Sam Hardcastle |
| 5. Randy Davision | 15. Danny Doyle |
| 6. Dr. Feelgood | 16. Lou Peyton |
| 7. Sam Barnes | 17. Lloyd Moore |
| 8. Pete Ireland | 18. Chuck Desjardin |
| 9. Jim Sweatt | 19. Ann Moore |
| 10. Dianne Sweatt | 20. Bob Horner |
| | 21. Irene Johnson |

*Arkansas Ultra Running
Association
41 White Oak Lane
Little Rock, Ar 72207*