

Deer Season
Muzzleloader – October 19th thru 27th --- Dec 21st thru Jan 5th
Modern Gun – Nov 9th thru Dec 1st --- Dec 27th thru Dec 29th

THE ARKANSAS ULTRA RUNNER

November/December 2002

A newsletter for members and friends of the Arkansas Ultra Running Association

MESSAGE FROM THE BIGSHOT - The annual Fall Running Camp has a date. The weekend of November 2nd and 3rd. The place is the same as last year: Ralph and Gayle Hoffman's cabin on the White River south of Mountain Home. General directions are to look at your Arkansas road map. Go HY 65 north past St Joe.. Turn right on HY 235 and weave your way to Yellville and HWY 62. East on HWY 62 past Flippin and Cotter. After crossing the White River and Gassville, look for HWY 126. Turn right and follow Hwy 126 to Buford. At Buford there will be a stop sign. If you turn right you will go to Buffalo City. Instead continue straight at the stop sign. The road will turn to gravel. Continue on this gravel road. It will soon begin a steep dive toward the White River. When the hill bottoms out cross over the Railroad tracks and turn left. Ralph's place is the second lot on the right. The cabin is on the river bank and the foundation for the main house is in front. The agenda is to sleep or camp on the porch, eat, fish, run or bike. We will have a potluck on Saturday night. Ralph has canoes and I will have my kayaks. If these directions are fuzzy, you have plenty of time to do chrlypytn@aol.com and I'll try to clear it up. EVERYONE is invited.

The next Ultra Trail Series run will be on November 23rd in Hot Springs. Pete Ireland will host this 16+ miles fun run. 7:00 AM start. Directions: I-30 to Benton. At Benton take the Hot Springs exit now HWY 70. Just before entering Hot Springs take the Gulpha Gorge Campground exit to the right. The campground entrance will be to your immediate left. Drive to the far end of the campground and park.

October was a very busy month for our AURA brothers and sisters. On Sept 28th was the Raid THE Rock Adventure Race; on October 5th was the Arkansas Traveller 100 Miler and on October 13th was the Arkansas Marathon and the Arkansas Crossing of the Grand Canyon. This is almost too much to behold. After being a part of three of these, the BigShot is going through his usual post-race depression. After putting on a happy face for three weeks it is time to get back to reality: Rude, short tempered and foul mouthed. I think I could be a sniper.

The Great Computer Crash of 2002, erased our AURA Financial File. I have attempted to reconstruct it from memory and old records. If I think your dues are due, I will highlight the due date on the front envelope. If you think I am wrong, let me know. 225-6609 or better chrlypytn@aol.com. Remember that the AURA is very "cash and carry" and we depend on your money to do what it takes to be AURA. If you don't get you newsletter don't take it personal. Remember what the BS says, "Once in the AURA; always in the AURA."

Your running race reports are always welcome in this Newsletter

2002 Arkansas Traveller 100 Miler

The 2002 Arkansas Traveller 100 Miler was a grand success. Good weather for runners; even better weather for the volunteers. Course records were set by both the male and female winners plus the second place male, Joe Hildebrand, bettered the old course record. Race Director, Chrissy Ferguson, completed her 10th AT100 finish; Roy Haley of Queen City, Texas, completed his 9th after two unsuccessful attempts. A note of interest is that Ken Ashby who finished his 10th AT100 in 2000 was unable to finish in 2001 and 2002. What gives here? Also worth noting, was the entry of Dr William Gilli from California. He was one of the early Ultra runners in the state while he was "doctoring" in Clarendon. Prior to the first AT100 he had moved on to California. His finished proved that he can still "get it up".

After the runner and crew briefing, AURA members Kimmy Pavelko and Jessie Dale Riley were married by brother Jeff Thomas. This all took place in the Great Hall of Camp Ouachita. It was picture perfect. Although it is not fitting and shows poor taste on the BigShot's part, I have included a love poem below. The love poem came off of the Internet and in no way should reflect on these two fine people.

An Arkansas Love Poem

by Tamara Hoelzman

Suzy Lee fell in love.
She planned to marry Joe.
She was so happy 'bout it all,
She told her pappy so.

Pappy told her,
"SuzyGal, you have to find another.
I'd just as soon yo maw don't know,
But Joe is your half-brother.

So Suzy forgot about her Joe,
And planned to marry Will.
But after telling pappy this,
He said, "There's trouble still."

"You can't marry Will, my gal,
and please don't tell yo mother,
But Will and Joe and several mo
I know is yo half-brother.

But mamma knew and Mama said,
"Child, do what makes you happy.
Marry Will or marry Joe;
You ain't no kin to pappy."



Kimmy and Jessie, the newlyweds, on a UTS run last spring.

KIMMY AND JESSIE'S AURA'S NOVEMBER HOROSCOPE

I don't see a "a little Kimmy or Jessie in the near future but I could be wrong. Just when you think that every thing is going swell, it will suddenly get even better. A financial windfall might come your way from a unexpected source. Make preparations soon as the best is yet to come.

ARKANSAS TRAVELLER 100/A Runners Point of View.

Ted Bowden

Greetings Ted - I saw you at the check-in and you looked primed and ready. How had your training for the AT100 been going?.....*Hey Charley, Man this is great! I attempt my first 100 and now the "Big Shot" wants to interview me! I'm now worthy of saying, "I am an Arkansas Ultra Runner."* Thanks, Charley. Yes, you read me right, I was primed, I had a small case of the nerves, but I was ready to get started. It had been a long week. I think my training overall went pretty well, my weekday mileage should have been higher, but I was doing the 20 + mile runs on the weekend pretty consistently, so I felt prepared. I've wanted to attempt the AT100 the last couple of years and have always found an excuse not to enter, so this year I set some benchmarks for myself. They were, consistently run long on the weekends through the summer, (the consistency wasn't great, but was pretty good for me), run the "Midnight Run" & then complete the two runs during the "Heart-O-The Traveler" weekend. I did those three things, so I gave my money to Chrissy Labor Day after the Smith Mtn. Run. Charley, I had the opportunity to do some training runs with some guys & gals who shared a ton of tips & information with me. They were so encouraging and wanted to see me succeed, so thanks to all of the AURA brothers & sisters.

Tell us about your strategy for the race.... I just wanted to run smart, you know, not go out to fast, walk the ups, etc. As far as time, I wanted to average 4 miles an hour back to "power line" & I wanted to arrive there & not be trashed. I felt if I could accomplish those things & not get stupid, then I had a good chance to finish.

So—How did the race go for you?.....Actually Charley, the race went pretty well, about the way I expected, only the ending was supposed to be different. I dropped @ "power line" coming back in, that was at 11:30 pm. I was feeling good into "turn around" & back out, then about 2 – 2 ½ miles out of "turn around" I started to experience some pretty severe pain on the inside of my thigh. The pain would eventually extend from my groin to the inside of my knee. I backed off, but was still running most of the flats & downs. I walked into "chili pepper", had some soup & ginger ale & felt better, but struggled from there to "power line." It took around 2 hours, I think, (my watch stopped), to do that 4 miles section. Man how disappointing, I was feeling really good at 60 miles, my feet felt good (I don't like for my feet to hurt), I wasn't too sore. I was telling myself to relax, maintain, keep moving and I could finish. Shortly after that is when the wheels fell off. It was an awesome experience. By the way, ask Patty & Pete about the bear as we came off Smith Mtn. About 5:15 pm, man he was one big dude & fast!!!

What did you learn and what would you do differently?.....I would increase my weekday mileage, maybe have a couple more weekends where I do back to back long runs on Sat./Sun. & I would definitely have a pacer. What did I learn? If you had ask me this on Sunday, Oct. 6th, I would have told you the same thing by wife Eugene had been telling me for several weeks, "I'm crazy." (Actually she is quite supportive & was a big help).

Charley I did learn a lot and hopefully it will benefit me next year, because I plan on being there, Good Lord willing.

"Big Shot" I want to thank you & Lou & all the volunteers, it couldn't happen without you! Thanks to Chrissy & Stan for taking over the helm as "Directors", great job! Congratulations to all the AURA brothers & sisters who finished, awesome people! And for those who didn't finish, like myself, great effort! Now lets hit the trail!

ARKANSAS TRAVELLER 100/A Pacers Point of View

Gary Speas

Howdy Gary. We saw your great finish with Leonard Martin at the AT100 this year. How did you two hookup?.....*We graduated from high school together in 1971 from Oak Ridge High School in Tennessee. I had not talked to Leonard since then, until a high school class reunion a little over 5 years ago. He mentioned he was a runner/biker and we discussed each other's accomplishments. When I mentioned I was living in Little Rock now, he immediately responded that he knew some crazy "Barkley" runners from Little Rock. Wonder who they may be??? He ran the Traveller last year and called when he was already out here. I was able to hook up with him last year at the Lake Sylvia aid station for a brief visit. We had another class reunion in December 2001 and he said he might be heading over again for the Traveller. He called about a week before and said he was on the way over so Rita and I were able to offer shelter and food for his visit.*

How far did you two run together?.....*I picked Leonard up at the Powerline(49 mile point) out. Based on his last year times Rita and I arrived at the Powerline about 6:00 P.M. Leonard arrived about 7:00 P.M. and we left about 7:20 P.M.*

If I am not correct Leonard entered the AT100 last year but did not finish in the 30 hour time zone.....*He finished but not under the cutoff. I think his time was around 30:13.*

I am acquainted with Leonard from the Barkley in Tennessee. I know he is a very fast trekker. What was it like pacing him this year?.....*You are right about the fast trekker. Leaving the Powerline he was moving pretty good. His pace was such that I could stay up with him with my brisk walking pace unless we hit a down hill where we picked up the pace to a jog. Since I haven't done the fast walking for long periods, by the time I got back to the Powerline(mile 68) I had created blisters on both of my heels on the inside. I greased them up and moved on. From then on it was easier to jog than to walk for me.*

So how did the race go?.....*Leonard was 20 minutes ahead of last year times at the Chicken Gap aid station(Mile 70). The majority of that time was picked up in the first segment to Lake Sylvia(Mile 17.5). So he was maintaining the same pace as last year until that point. Leonard is a laid back guy, but definitely has the ultra ability in both running and biking. The Traveller was his fifth ultra run of this year. He had completed Superior Trail 100 in September (I think the cutoff is 36 hours), completed the Vermont 100 in July, and Umstead 100 in April. I don't remember the other one (it's the age thing, you know). We maintained a constant pace through the night. We were ahead of his last years time. I did not have a problem with sleepiness, however Leonard took a short 4 minute nap at the Pigtrail aid station(Mile 80) with a 2 minute snooze time. He was out like a light and turned on and was refreshed just as quick. I was feeling confident that if we could get to Lake Winona(Mile 84) ahead of last years time, he would finish under 30.*

We got in to Lake Winona at about 7:25 about 20 minutes ahead of last years time. We did a brief stop and were on our way. Since I was familiar with the final trek back I was pretty confident that we could make it under the cutoff. Leonard was hoping to have a little more of a margin at this time. We had passed the last place finisher on Smith Mountain and thought we had picked up a pretty good lead. When we were on 132C we passed the next to the last place finisher. We had also noticed the runner we passed on Smith Mountain

had picked up a pacer and had caught up with the next to the last place finisher. We picked up the pace again to try to distance ourselves a little. By the time we got to the intersection of 132 and 132C(Mile 98) we had 30 minutes left. Leonard at that time didn't think the cutoff was possible but did want to finish ahead of the other guys. I coaxed him in to running down the hill with me. As we approached the asphalt section he was ready to walk it on in. I just happened to look over my shoulder and guess who I saw the last place finisher. I informed Leonard and said we had to hit the pavement running to gain some. We did and ran until we got up the hill leading to the finish where the followers couldn't see us. By this time the next to the last place finisher had caught up to the last place finisher. After walking about 20 yards Leonard asked how far it was to the finish (we had about 4 minutes left before the cutoff). I said as soon as we saw a parked car we were there. I think the next step the car appeared and we put the pedal to the metal and pushed it hard to the finish line. (Finishing time was 29:57:30)

From a Pacers view point, how did you take the Aid Stations. Did you have a favorite?.....*It was of course yours(Chicken Gap at 70 miles)!! The bourbon on the rocks was great. The margarita hit the spot. Next year, can we place our orders ahead of time?? Chile Pepper was a close runner up with the bean burritos.*

Now that it is over and done. What is your assessment of being a pacer at the AT100?.....*Day after: You got to be crazy!! Week after: It was a fun experience. Future: You never know!!*

Reminder: The RETREADS(retired or tired runners eating out at different place) meet the first Wednesday of every month at Franke's Cafeteria on Rodney Parham Blvd at 11:30 a.m. Remember to wear something with a running logo so we will know who you are. Topic of conversation this month will be the cheapest place to get flu shots and where to go to get you toenails clipped.

ARKANSAN'S and/or AURA'S WHO COMPLETED THE 2002 ARKANSAS TRAVELLER 100 MILER

| | | | |
|------------------|-----------|---------------|----------|
| Greg Eason | 18:46:46 | Tom Mayfield | 28:23:13 |
| Paul Schoenlaub | 19:19:19* | Patty Groth* | 28:34:09 |
| Chrissy Ferguson | 21:35:27* | Angie Ransom* | 29:28:11 |
| Gary Gehrki | 22:20:32 | Pete Ireland* | 29:29:07 |
| Steve Kirk | 23:53:06* | | |
| Andy Capel | 24:33:47 | | |
| Barbara Bellows | 25:26:53* | | |
| Michael Dupriest | 26:47:45* | | |
| Diane Seager | 27:14:05 | | |
| Jim Sweatt | 28:17:02* | | |

* = AURA

Arkansas Traveller

• 100 • Mile • Run •

2002 | 2001 | 2000 | 1999

October 5-6, 2002

(Unchecked results)

| Place | Time | Name | Sex | Age | State | Bib No. |
|-------|----------|------------------|-----|-----|-------|---------|
| 1 | 15:52:35 | Joe Kulak | M | 34 | CO | 121 |
| 2 | 16:08:50 | Joe Hildebrand | M | 45 | IL | 2 |
| 3 | 17:13:10 | Ann Trason | F | 42 | CA | 4 |
| 4 | 18:36:08 | Davy Kennamer | M | 44 | AL | 69 |
| 5 | 18:46:46 | Greg Eason | M | 32 | AR | 16 |
| 6 | 19:19:19 | Paul Schoenlaub | M | 43 | MO | 94 |
| 7 | 20:06:00 | Jim Crawford | M | 54 | GA | 40 |
| 8 | 20:06:00 | Jim Musselman | M | 42 | GA | 6 |
| 9 | 20:46:26 | Wally Hesseltine | M | 59 | CA | 64 |
| 10 | 20:48:39 | Greg Gearhart | M | 46 | MS | 54 |
| 11 | 20:50:48 | Butch Allmon | M | 47 | TX | 15 |
| 12 | 21:32:36 | Kevin Black | M | 43 | VA | 32 |
| 13 | 21:35:27 | Chrissy Ferguson | F | 41 | AR | 10 |
| 14 | 21:37:36 | Paul Tidmore | M | 34 | TX | 101 |
| 15 | 21:45:25 | Joe Wallace | M | 49 | AL | 105 |
| 16 | 22:11:01 | Bill Laster | M | 53 | CO | 72 |
| 17 | 22:11:01 | Dennis Thompson | M | 55 | TX | 99 |
| 18 | 22:13:48 | Max Roycroft | M | 38 | TX | 14 |
| 19 | 22:20:32 | Gary Gehrki | M | 48 | AR | 55 |
| 20 | 22:24:21 | Rick Burnett | M | 45 | MD | 37 |
| 21 | 22:27:25 | Letha Cruthirds | F | 49 | TX | 5 |
| 22 | 22:27:27 | Roy Marshall | M | 46 | VA | 76 |
| 23 | 22:40:34 | Pierre Koutani | M | 37 | TX | 71 |
| 24 | 22:40:34 | Joe Constantino | M | 33 | TX | 118 |
| 25 | 22:47:00 | David Dehaye | M | 34 | AL | 43 |
| 26 | 22:53:20 | Brett Bassham | M | 42 | TX | 30 |
| 27 | 23:08:53 | Paul Schmidt | M | 50 | CA | 92 |
| 28 | 23:10:19 | Marco Johnson | M | 42 | WY | 28 |
| 29 | 23:28:50 | John Wood | M | 52 | FL | 112 |
| 30 | 23:31:14 | John Dodds | M | 51 | VA | 44 |
| 31 | 23:32:49 | Jay Yanovich | M | 48 | FL | 113 |
| 32 | 23:35:09 | Jose Wilkie | M | 39 | KY | 8 |

| | | | | | | |
|----|----------|-----------------------|---|----|-----|-----|
| 33 | 23:36:45 | Carlos Ibarra | M | 31 | TX | 67 |
| 34 | 23:36:45 | Daniel Miller | M | 54 | FL | 81 |
| 35 | 23:41:16 | Andy Weinberg | M | 31 | IL | 108 |
| 36 | 23:41:32 | Juan Galvan | M | 29 | TX | 52 |
| 37 | 23:41:42 | Michael Gleman | M | 54 | FL | 58 |
| 38 | 23:51:09 | Agustin Guevara | M | 41 | WI | 60 |
| 39 | 23:53:06 | Steve Kirk | M | 42 | AR | 70 |
| 40 | 23:53:40 | Molly Gibb | F | 41 | CO | 56 |
| 41 | 23:57:54 | Vicente Ledesma | M | 51 | TX | 12 |
| 42 | 24:24:42 | Debbie Miller | F | 50 | KY | 50 |
| 43 | 24:33:47 | Andy Capel | M | 26 | AR | 38 |
| 44 | 25:11:24 | Charles Lee | M | 55 | TX | 74 |
| 45 | 25:16:01 | Pat Cook | F | 50 | MO | 116 |
| 46 | 25:16:01 | Chris Wood | M | 36 | TX | 111 |
| 47 | 25:26:53 | Barbara Bellows | F | 48 | AR | 23 |
| 48 | 25:47:59 | Liz Walker | F | 43 | GA | 104 |
| 49 | 26:17:36 | Marla Buechner | F | 49 | FL | 36 |
| 50 | 26:18:10 | Martin Fritzhand | M | 59 | OH | 49 |
| 51 | 26:31:59 | Rick Gastelum | M | 58 | TX | 53 |
| 52 | 26:35:40 | Roger Ackerman | M | 56 | GA | 119 |
| 53 | 26:45:31 | Donna Daus | F | 42 | CO | 42 |
| 54 | 26:47:45 | Michael Dupriest | M | 46 | AR | 20 |
| 55 | 27:14:05 | Dianne Seager | F | 46 | AR | 95 |
| 56 | 27:16:10 | Bill Nictakis | M | 42 | TX | 84 |
| 57 | 27:16:10 | Dave Emerson | M | 43 | TX | 46 |
| 58 | 27:20:46 | Jean-Jacques d'Aquin | M | 63 | AL | 41 |
| 59 | 27:30:30 | David Zimmerman | M | 57 | NM | 115 |
| 60 | 27:34:13 | Jim Ingalls | M | 57 | MI | 68 |
| 61 | 27:45:34 | William Gilli | M | 45 | CA | 57 |
| 62 | 27:47:16 | Hans-Dieter Weisshaar | M | 62 | Ger | 109 |
| 63 | 27:49:13 | Pete Pfannerstill | M | 44 | FL | 85 |
| 64 | 27:52:31 | Jasper Mueller | M | 34 | CA | 83 |
| 65 | 28:17:02 | Jim Sweatt | M | 46 | AR | 7 |
| 66 | 28:17:05 | Mark Fraser | M | 46 | TX | 47 |
| 67 | 28:21:41 | Terry Ward | M | 43 | CA | 107 |
| 68 | 28:23:13 | Tom Mayfield | M | 63 | AR | 117 |
| 69 | 28:34:09 | Patty Groth | F | 46 | AR | 59 |
| 70 | 28:47:19 | David Hughes | M | 56 | IN | 65 |
| 71 | 28:54:10 | Lisa Allen | F | 38 | CO | 29 |
| 72 | 29:05:40 | Roy Haley | M | 66 | TX | 62 |
| 73 | 29:11:26 | Dallas Smith | M | 62 | TN | 97 |

| | | | | | | |
|----|----------|------------------|---|----|-------|-----|
| 74 | 29:25:23 | Andrew Walls | M | 27 | OR | 106 |
| 75 | 29:28:11 | Angie Ransom | F | 51 | AR | 120 |
| 76 | 29:29:07 | Pete Ireland | M | 62 | AR | 17 |
| 77 | 29:43:17 | Rex Friend | M | 47 | OK | 48 |
| 78 | 29:57:30 | Leonard Martin | M | 49 | TN | 77 |
| 79 | 29:58:46 | Katsuyuki Hatta | M | 38 | Japan | 26 |
| 80 | 30:00:00 | Dorsh Sanders | M | 59 | CA | 91 |
| 81 | 30:15:32 | Vincent Swendsen | M | 40 | NJ | 98 |

THE 34TH ARKANSAS MARATHON-October 13th 2002

Congratulations to all of the AURA members who competed in the 34th Arkansas Marathon

| Name | Time |
|--------------------------|---------|
| Maurice Robinson | 3:44:37 |
| Harold Hays | 4:22:01 |
| Francine Lebrant-Stocker | 4:56:46 |
| Lou Peyton | 5:06:31 |
| Lloyd Moore | 5:26:59 |



A table full of trophies. Starting on the top left-Maurice Robinson, wife Norma, Marshall Singer, Francine Lebrant-Stocker. Bottom left-Lou Peyton and Lloyd Moore.

ADVENTURE RACING

RAID THE ROCK 2002-Little Rock's Urban Adventure Race

Written by: MOM
(Vicki Ingram)

Team AURA member Lou Peyton, Steve Eubanks and Pete Ireland just would not quit talking about the Raid The Rock 2001. What an adventure, I thought so myself. As the year passed, I talked with Charley Peyton about being a team member and I also talked with my son, Mike Ingram about being the third team member. Thus our team, The old Folks and the Kid, was born.

The goal for The Old Folks and the Kid team was to finish without injury. Charley's unstated goal was that we remain friends when we finished. We feel that we surpassed all of our goals.

On Saturday morning, September 28, 2002, at 5:00 AM sharp we started our adventure. Our first checkpoint was at the top of the TCBY building. Forty flights of steps to the top. The guys were in front of me. I was coaching. Every three or four flights, I would call "take a pull" from your water, keep it steady, keep moving. We all made it. NO PROBLEM! Several checkpoints later, we were at War Memorial Stadium getting on our bikes. We made pretty good time until we hit the tip of Emerald Hill Park where Mike's bike chain completely broke and fell to the ground. But, as luck would have it, we were right at a checkpoint and there was a guy, Jason that worked on bicycles. Charley had the right tool so it took Jason and Mike about thirty(30) minutes to get us back on course.

Finally making it to the canoe section, we loaded and off we went down the Arkansas River. We docked closed to Burns Park and started another trekking section. In this section, we encountered checkpoint 25. It's a memory that we will no long forget. Wandering on a hill top for a couple of hours without finding CP 25, we decided to give it up and to try and finish as an unofficial team. Making it to CP 26, the Angel of the Race Directors appeared. Greg Eason talked us into giving it one more try to find Checkpoint 25 we would remain an official team. We staggered back, found it and returned to the canoe feeling like a new team that we going to finish. OFFICIAL!

We canoed past the I-30 bridge and docked. From there we trekked to the old railroad bridge where we walked over the tracks holding a traverse rope. We climbed up and down the metal ladders on the railroad bridge ending up in the Arkansas River. We had to pull ourselves to the bank by a rope that was tided from the Railroad to the bank. Once back on land, we trekked over behind the River market to another railroad bridge. We climber the metal ladder to the top and repelled into the Arkansas River. Again, we pulled ourselves to the bank by a rope.

We FINISHED as an official team in 17 hours and 22 minutes.

My Thoughts about:

PERSISTANCE – Charley Peyton, The Big Shot, and Team Captain

The race goes not always to the swift...But to those who keep on running. Charley should receive the persistence award. Charley had leg cramps from about CP 20. He never complained.

He just kept moving. Charley was very strong on his bike and really kept Mike and I in line when canoeing.

TRUST – Mike Ingram - My Son

Mike took us to practice repelling. It is the highlight of my adventure training. I truly trusted everything he told me. I was so scared. When I repelled into the Arkansas River, he was already in the river calling my name and yelling – “That’s my Mom”. Tears well up in my eyes when I think about it. According to Charley, Mike has a “no man left behind” attitude..

DEPENDABLE – The Crew Team – Lay Ingram, Husband, and Judy Pile, my daughter
It would not have been possible without them. The values of a good support can never be overrated. They were above and beyond the call of duty.

ANGELS - THE RACE DIRECTORS: Greg, Nate, Andy and all the volunteers
Words can not express how The Old Folks and the Kid team feel about you. We now have enough memories to last us a lifetime. Thanks to all of you

BUMPS AND BRUISES - Steve Eubanks called me and I was telling him about all of my bumps and bruises. Steve told me that bumps and bruises will go away but memories never will.

MEMORIES - The Race directors and volunteers staying late for us to finish. Roberta Orr, whose team finished first being there to see us finish last. Friends from Russellville staying to see us finish at 10:20 PM.

After the race, about 12:00 midnight, Lay, Mike and I sat on the tailgate of the truck talking about the most awesome day we had spent together in a long time. I turned and looked at Mike and asked if we were going to do another adventure race. He replied, YEAH, I want to come back here and kick butt.....



Team The Old Folks and the Kid. Left to Right-Mike “the navigator” Ingram, Vicki “the stoker” Ingram and Charley”the captain” Peyton

ULTRA CORNER

Wasatch Front 100 Mile Endurance Run

Reported by Stan Ferguson

Back in January I signed up for the 23rd annual Wasatch Front 100 Mile Endurance Run. It is an event I've always been interested in doing and the clincher was that it would fulfill one of the races I needed to complete for the 2002 Monrail Ultra Cup series. My good friend John Ed Moore agreed to go along and be my support crew. I had never been to Utah, and was pretty excited about it. The race is well known for being both beautiful, the scenery is spectacular and tough with lots of rocks, weather variance and cumulative altitude change totals of about 27,000 feet of gain and 26,000 feet of loss. I knew this was going to be the most difficult event I had ever attempted. That is why after toying with the idea of trying to find a pacer, I finally decided not to. I felt like it would be more satisfying in the end if I did it without someone holding my hand. We arrived on Thursday and the first order of business was to find the finish of the point to point course, and check out one of the sections notorious for having markers vandalized causing runners to get off course. We hiked from Brighton Lodge, 75 miles up to Catherine Pass and the highest point on the course 10,500 ft. and back. This was three miles each way and the climb was about 2000 feet. Much of the talk at the Friday pre-race gathering was the weather. I am sure everyone's aware of how dry much of the west including Utah has been this year. Would not you know that the severe drought was finally supposed to break on the weekend, with good chances for rain and thunderstorms both Saturday and Sunday. Oh Joy!

I researched previous split times and prepared a pace chart for John Ed so that after the race got going he would know about when to expect me at the crew spots. This race is probably the hardest 100 miles to crew of any I've been to. Lots of driving on little mountainous roads. We planned that he would meet me at 18.6, 39, 53, 61.5 and 75 miles. From hearing numerous other runners' accounts of the race, the point had been driven home about starting out easy. I would not push at all during the early part of the race. This, I felt, would be the key to finishing in the 24 to 26 hour range. I did not write the estimated splits down to carry with me, but I did remember about what to expect for the first crew spot. As this time was drawing near and I had even gotten to water stop that was at 13.2 miles, I was somewhat startled. I hadn't been pressing, but had an idea I was moving that slow. The next 20 miles had a few more runnable sections, and I thought that by the end of it I had probably dropped my overall pace back down a little. John Ed informed me that I had not. I had been maintaining a pace expected for a 30 hour finish. WOW—I never thought I had much chance to go under 24 hours but I never dreamed that it would take me thirty hours. And so it went. Through 53 miles everything was okay just slow. Some earlier storms in the mountains with cold winds, horizontal rain and hail had chilled us, and the rains had left some parts of the trail very slick with Frankenstein mud but it was beautiful country in general things seemed all right. It was during the next 8.5 mile section that things turned bad. Dusk came and it had gotten cold but even before that I started to struggle. I began to get very fatigued every time there was an uphill. And it is RELENTLESS—there is a LOT of uphill. I could still run slowly if it was flat (rare) or downhill that wasn't too steep (also rare).

but I'd have to actually stop walking and recuperate every few minutes during a steep incline. I began to seriously doubt if I would be able to pull myself over the half dozed or so significant climbs that were yet to come. It was at the 61.5 mile aid station that John Ed earned my nomination for Rookie Crew of the Year. Here they had a big tent with a heater that lured us in. I sat by the heater for nearly half an hour, warming up, changing into dry warm clothes and taking in all the fuel I could stomach – soup boiled potatoes, Boost drink Mountain Dew, while John Ed psyched me up for the next 14 mile dark, lonely stretch. This was the first time I remember ever sitting down during an ultra. I've always feared the chair". As something that would be too hard to get up for and continue going. But on this night the chair and heater were my friends. We finally left and John Ed escorted me partway up the ensuing climb. I was feeling much better after the extended aid stop. We estimated I would be able to make Brighton by 3:39 AM. He would see me then, but after that there were no good crewing spots until the finish, he would be heading back to get some sleep since my projected finish time was now noon or after. I checked into the Brighton Lodge aid station at 3:09 thinking it was cruel that you had to walk upstairs to the second floor and go inside for the check-in. The scene was like a weird, busy combination of an all night diner and battlefield hospital. Hurting, distressed bodies all around, with several caring worker offering whatever that could to energize runners into continuing their journey. Pain and misery ruled this room., with the only scattered points of light being the aid station volunteers and a few pacers who were all together moving toward the pass. However comfortable it was this was a place you wanted to get out of. I told John Ed a specific time at which I wanted to get moving. My stomach was not good, and few things sounded palatable. Some hot chocolate, a grilled cheese sandwich, Mountain Dew and a potato cake were all I could handle finally it was time to depart. There was still doubt in my mind that I doled bet over the remaining climbs, but at 4:00 we were moving and John Ed got me headed up toward the pass. This was supposed to be the toughest part of what was left.

Based off what we did Thursday in the daylight and while fresh, we both figured it would take me 90 minutes to get to the top(which was dead on). After that, it would just be an hour or so until sunrise, then less than twenty miles to go; surely things were bound to get better. Highlights form the last twenty miles and seven hours included steep climbs on muddy trail, more cold wind, sideways rain and hail, lightning, hallucinations, and several downhill dives at 30% grade. The ups and downs never let up. It had finally stopped raining and warmed up some by the time I arrived at the last aid station at 93 miles. All that was left was just a 1000 foot climb than a 2500 foot descent to the finish, mostly on 4-wheeler trail After not thinking about finishing for a while, I assumed my final goal: If I can work it just a little, I can break 33 hours. Luckily all the quad work I had done in preparation for Western States back in June was still paying off. I was able to move better than I had in a while. John Ed and his uncle Jack met me as I came out on the road less than a mile from the finish. I sprinted(well that is what it felt like anyway)under the finish banner at 32:51:59.

Mottos they have for this race include "The toughest race you'll ever love", and "100 mile of Heaven and Hell". A friend from Texas commented during the race," This course doesn't give you ANYTHING! My one word for it is "relentless". I think one of the most significant difficulties particularly for a flatlander is just being at over 8000 feet altitude for more than 60 miles it was workable for a while (in the first 50 miles, but eventually you just get worn down. I'm, glad I went and very happy to have finished even though I never dreamed it would take so long but now I can talk about how hard it was No Hardrock for me...this is tough enough.

AURA RACE CALENDAR

The following is a *tentative* race calendar that combines the Ultra Trail Series with regional Ultra races. I plan to update it in the coming month. If you have a run that you want listed, let me know: chrlypytn@aol.com

Note: Calendar includes dates and info on the next two UTS runs-Gulpha Gorge Challenge and Lake Winona 50Km

2002

Nov 9th - Rock Ledge Rumble 50K, Grapevine, Texas. Contact: Tom Crull 972-250-0800.

Nov 9th - Quivering Quads Trail Runs(50M and 50k) Troy, Missouri. Contact: David Spetnagel(Fleet Feet Sports), 3813 Mexico Road, St. Charles, Missouri 63303

Nov 23rd Gulpha Gorge Challenge-UTS # 3. Hot Springs, Arkansas, Gulpha Gorge Campground. 16+ miles on mountainous hiking trails. 7:00 AM start, Pete Ireland, run leader.

Dec 7th Lake Winona 50K-UTS #4. Start and finish at the Wilcat Mountain Biking Trailhead. 7:00 a.m. start. Direction to the start. Drive to Lake Sylvia. Continue up hill pass the Ouachita Trail Parking lot. Go 1.5 mile on FSR 152 to the intersection of FSR 152, 132 and 132C. Turn Left and go one mile. At the FSR 132/179 intersection, turn right. The Trailhead is on your immediate left. Park. Run Xtremely mountainous and tough. You might should skip this one.

Dec 14th - Sunmart Texas Trail 50 Mile and 50K. Huntsville, Texas. Contact: Texas Trail Endurance Runs, P.O.B. 4456, Houston, Texas-77210-4456

2003

Jan 4th Athens-Big Fork Trail Marathon-UTS#5 Big Fork, Arkansas. Single track, mountainous trail. Also-Blaylock Creek 17 Mile Fun Run. 8:00 a.m. Start. Big Fork Community Center.

Jan 11th - Bandera 100K, Bandera, Texas. Contact: Joe Pruasitis, 1101Plymouth, Austin, Texas, 78758

Jan 11th Big Dog Ultra Trail Run-4,10,20 and 50Km. Ruston, Louisiana. Jeff Baillie 318-323-2216 or [http:// www.ovrrc.com](http://www.ovrrc.com)

Feb 1st Rocky Raccoon 100 Miler Huntsville, Texas. Mickey Rollins, 198 Country Place, Unit 3A, Pipe Creek, Texas, 78063-5154 Phone 830-535-6492 email micracon@flash.net

Feb White Rock Classic, 25k and 50K-UTS 6. Turner Bend, Arkansas

Feb Sylamore 50K-?UTS 7. Allison, Arkansas

Mar 1st A-OK 25 and 50Km Atoka, Oklahoma. Mary Ann Miller, 3217 Greenbriar, Plano, Texas 75074.

Mar Mississippi 50 Mile and 50K. Laurel, Mississippi

Mar The Big EZ-UTS#8

Mar, 22th- Grasslands 50 Mile Trail Run. Denton, Texas. Contact: Suzi Cope, 3550 Carmel Court, Southlake, Texas 76092 (please not this new date)

Apr 5th Umstead 100 Mile Endurance Run Raleigh, North Carolina. Blake Norwood, 10908 Raven Rock Drive, Raleigh, North Carolina 27614 Box 15306,

Apr 12th Ouachita Trail 50M and 50K UTS# 9

May 25th Strollin' Jim 40 Mile. Wartrace, Tennessee. Contact: Rumor has it that this will be the final year of the "Jim".

May The Catsmacker-UTS #10.



Arkansas UltraRunning Association, RRCA Club
MEMBERSHIP APPLICATION

Dues are \$15 per year and include all family members.
Make checks payable to: Arkansas Ultra Running Association
41 White Oak Ln
Little Rock, AR 72227



Please print

Name _____ Sex: M F

Home phone _____ Work _____

Address _____

City _____ State _____ Zip _____

E-mail address _____

Other family members:

WAIVER: I recognize that running and related activities are potentially hazardous. I assume all risks associated with participation in club activities, including but not limited to running, racing, volunteer work, fun runs and meetings. Having read this waiver, I voluntarily agree for myself and anyone acting on my behalf, to release the Road Runners Club of America and Arkansas UltraRunning Association, RRCA Club, and its officers and members, from all claims or liabilities of any kind arising from my participation in club related activities

Signature(s) of adult member(s) / Date

GRAND CANYON 2002 EDITION

A Grand Canyon Crossing To Remember by Joan Scarlatta

My third adventure to the Grand Canyon started on a beautiful Little Rock fall day with all the anticipation of the gorgeous views to be seen in the coming days. Vicki Ingram, Lynda Sivils and I arrived early at the airport to meet Vicki's friend, DeAnna Brittain, who flew in from Texas. Our flight from Little Rock to Phoenix went smoothly, for different from our departure last year following 9/11. Bob, the bus driver, met us, and we were off to Flagstaff. I sat next to James Barber, who looked forward to his first Grand Canyon Crossing. He had some anxiety about what lay ahead, as did a number of first timers.

On Saturday we started bright and early (runners don't sleep late) on our drive to the North Rim. Bob provided historical information on the way up to the rim. He is someone you would not like to play trivia against. We stopped to eat our sandwiches at a beautiful site on the Colorado River. Arizona was very dry, suffering from their 4th straight drought. Back on the bus we headed to the North Rim. What amazes me is how much food health conscious runner/walkers consume. Everywhere I turned snacks were crunched and consumed. We got to see lots of wild turkey, deer, ponderosa pine and aspens. The yellow/orange leaves just glow in the setting sun. When we arrived at the North Rim, Mary Alice Spann and Kathleen McComber had to face the first unexpected twist in their plans. There were not enough rooms, and some of us had to double up. Sandy Bolen and I were now joined by Connie Scherz and Debbie Strobel. After checking in, we went out to view the North Rim. We had a fantastic view of the setting sun on the rock formations, Red tones radiated warmth and displayed the grandeur of the canyon. As I looked down, I looked forward to seeing the canyon from the bottom.

After wondering through shops and the lodge, we ventured back to Kaibab Lodge. After dinner I headed back to the room to get to bed early. Normally, four women with one bathroom would be a challenge, but we all got ready for bed quickly knowing we had to get up at 4:00 a.m. It had been some time since I shared a room with three others, Debbie chuckled that she couldn't remember the last time she was in bed before 9:00 p.m.

The next morning we were up at 4:00 a.m. Most of us were actually wide awake before this anticipating our challenge. Debbie and I convinced Connie to take her fanny pack. After a quick breakfast the bus took us to the trailhead. Corky Zaloudek and I started out together at 6:25 and with a light jog. There were few rocks but not much hill. The ground was very dry and sandy. I was comfortable with a light jacket, shorts and gloves. The sun slowly rose over the rock formations, revealing the greenery. I took several pictures at the beginning. As we made our way down, the temperature gradually rose. It wasn't too long before I took off the jacket. As we jogged/walked, we came upon several hikers. One man was so heavy that his gear kept hitting up against the side of a ledge. He told us he was okay, but that his buddy was having a hard time. We met a man named Bill from Arizona. He ran/walked along with us for a good while. He did go ahead. A little later I looked up to see him running towards us. He had left his water bottle at Roaring Springs, I told Corky that we were near Phantom Ranch. I explained that if I did get ahead of her I would meet her there. Sandy Bolen and Bill Brass passed us about this time. This is an enjoyable section of the run. The trail follows the creek. I was disappointed that I didn't see any deer. When I arrived at Phantom Ranch, Sandy and Bill were resting. Sandy was

not feeling well--sick to her stomach. Ron and Elaine Gimblet arrived next. I began to worry and went back around to the other side of the building. Then I remembered that one trail went to the camp area. Figuring she might have turned that way waited for here to turn back to the ranch. Anne Moore arrived next, I got some lemonade for me and Sandy. Finally, after waiting a little longer Bill Brass and I headed out. While I was concerned about Corky, I knew her to be an experienced hash-runner. As we headed out, Bill and I realized that she might have gone on the trail near the cabins and completely bypassed the ranch.

After we crossed the Colorado River, three rafts and a kayak came down the river. After taking several "Kodak Moments"(Bill's phrase) we set off for Indian Gardens. For us middle of the pack participants, the rest of the journey becomes a walk rather than a jog. I was still concerned about what I was going to tell Corky's husband. "I left your wife at Phantom Ranch." I looked up to see a man hiking who had an artificial leg. I was amazed and didn't darn complain about my pains. As we made our way up the South Rim, we consumed more water. Hikers coming down informed us that there was no water at the last stop, 1.5 mile house. Two woman hikers came toward us, asking if I was Joan. Corky was ahead us and well--thanks!! We arrived at Indian Gardens. An oasis of huge trees and, Oh yes, restrooms. I told Bill to sit and rest awhile before the last 4.5 tough miles up. I sat down by a hiker who pulled out a plastic bag with two smashed tomatoes and a huge cucumber. He ate the tomatoes. If I ate a cucumber, I would be burping my way up the canyon. Different strokes for different folks.

We kept a good pace to the 3 mile house. , but slowed down after that. My heart got to pounding so I took a rest after every 2nd or 3rd switchback. At this point Bill had a faster pace and went on ahead. Chrissy and Stan Ferguson passed me near the last mile. They stopped to tell me that they had helped Frances Barger, who had to be helicoptered out of the canyon. Her knees locked up, something known as "Canyon Knees"-apparently happens to hikers coming downhill. Anne Moore had fallen and cut her right forearm. Chrissy taped her arm. Anne, the trooper she is, was making her way up the canyon. Vicki's friend, DeAnna, was having knee pain and was limping out. Bob Taylor was helping his wife Sybil. She was having problems with her knees.

I continued on my way, but began having delusion of a big ice cold coke. I was wishing that I wouldn't have to climb over another darn step. At this point all I wanted to see was the tunnel in the rock and hear the twins and others yelling. I didn't want to look up. I did catch a glimpse of the yellow/brown building and hear voices. I was SAVED! I then heard "Scarlatta" loud and clear. I was HOME. As I approached the finish rock, I took a deep breath. The coke I was handed was like a gift from heaven

Mary Alice and Kathleen reported that there were several still out and concerns grew about how many would be out there in the dark. Carl Cerniglia and Fred Tisdale served as trail sweepers. Fred gave Vicki's friend a walkie-talkie when he passed her group.

After showering and eating, I came back to wait for the last ones. When Vicki reported from the 1.5 mile house, that she needed batteries for the flashlights. Mike and Debbie Rigsby volunteered to bring batteries and flashlight down to them. As they make their way down, they came across Bob and Sybil making their way up the trail Sybil later told me she hugged a lot of rocks(I had a similar experience on top of Pike's Peak) As we waited and waited we kept looking for a sigh of light. Eventually, we saw a red light and I heard a laugh. I yelled out, "Vicki" and the light waved back. We watched and cheered as the last ones make their way up the canyon. Their pictures were taken and a check mark was made by their names. Mary Alice and Kathleen could rest, all their flock were in at 10:25 p.m., a very long day. This was a year to

remember. While this may be the last Grand Canyon Crossing, this will not be their last adventure and I hope not mine. What's next? *

This Grand Canyon Crossing took place on October 13, 2002.

Arkansas Ultra Running Association
41 WhiteOak Lane
Little Rock, AR 72227