

The ARKANSAS ULTRA RUNNER

November/December 2005-The Arkansas Traveller Edition

The Newsletter For Members And Friends Of The *Arkansas Ultra Running Association*

WWW.RUNARKANSAS.COM

(AURA's official web site)

Gentle Reader: If your name is highlighted on the address label, it is time to renew your AURA membership. If the box is checked, your time is up!

MESSAGE FROM BIGSHOT – The 2005 Arkansas Traveller 100 is now in the record book. We all give thanks to Stan and Chrissy for the fantastic job they did in organizing this fall classic. For the Bigshot, with all the pre-race buildup and excitement, the Traveller is over too quickly. So on Monday following the race weekend I have gone back out to the race course every year and pulled ribbons and picked up trash. I have to go because I need to think about the race. It's something I have to do to complete the experience. From the Lake Winona Aid Station to the Turnaround, that part I call the Heart of the Traveller, the forest roads are full of memories. Really almost haunted with the visions of runners struggling to make it and the wonder of what happened to those who looked so good but fell by the wayside. At Smith Mountain I let Lou out of the truck and, while she walked over the mountain, I drove up to the Chili Pepper Aid Station and down FSR 962. Approaching FSR 964 I stopped at the intersection and glanced to the left. I got a little teary eyed knowing that just up that hill was for two days the carefree village of Chicken Gap. It was a privilege to be there and to be of service to my AURA brothers and sisters.



Lou Peyton poses while pulling ribbons. Smith Mountain can be seen in the background.

Arkansas Traveller 100

15th Annual
 October 1-2, 2005
 Ouachita National Forest
 Perryville, Arkansas
 Unaudited Results

Place	Name	Sex	Age	State	Time
1	Tracy Thomas	F	44	IL	19:49:08
2	Steve Kirk	M	45	AR	20:31:20
3	David Washatka	M	51	AL	21:08:15
4	Scott Eppelman	M	39	TX	21:47:10
5	Robert Curci	M	48	NJ	22:38:40
6	John Muir	M	27	AR	22:38:54
7	Kristine Whorton	F	40	TN	22:47:09
8	Randal Whorton	M	45	TN	22:47:09
9	Andrew MacGinnitie	M	39	PA	22:48:50
10	Don Ryan	M	56	MO	22:50:15
11	Dianne Seager	F	49	AR	23:04:30
12	Ilona Peterka	F	41	AR	23:14:48
13	Bill Coffelt	M	45	AR	23:22:42
14	Brett Bassham	M	45	TX	23:24:56
15	James Stroup	M	58	MO	23:32:51
16	Jerry Riddick	M	53	AZ	23:34:23
17	Mike Smith	M	47	IN	23:48:49
18	Michael DuPriest	M	49	AR	23:54:49
19	Shawn Moreland	M	35	MO	24:12:22
20	Jerry McGath	M	67	MS	24:41:43
21	Liz Walker	F	46	GA	24:53:19
22	Paul Schmidt	M	53	CA	24:55:54
23	Steven Michael	M	55	GA	25:16:52
24	Sean Luitjens	M	36	KY	25:30:52
25	Thomas Thornton	M	35	KY	25:30:52
26	Frederick Davis III	M	57	OH	25:37:12
27	Mario Martinez	M	52	AR	25:50:36
28	Dylan Copeland	M	24	TX	26:02:44
29	Meg Crawford	F	41	GA	26:15:41
30	Patricia Cook	F	53	MO	26:17:58
31	Tony Bierman	M	49	IL	26:17:58
32	Eli Perez	M	41	AR	26:34:39
33	Todd Leatherwood	M	37	TX	26:37:18
34	Robert Calabria	M	64	NC	26:42:28
35	Jeff Bryan	M	38	FL	26:44:28
36	Jon House	M	37	TN	26:46:08
37	Stuart Johnson	M	46	KS	26:54:21
38	Joe Kallo	M	31	IL	26:54:21
39	James Sullivan	M	53	FL	26:57:43
40	Patty Groth	F	49	AR	27:12:12
41	Gary Hemmelgarn	M	55	OH	27:15:19
42	Paul Turner	M	42	AR	27:20:18
43	Gary Speas	M	52	AR	27:23:17
44	Scott Eason	M	40	AR	27:26:51
45	Brian Kuhn	M	32	IL	27:33:03
46	Eric Smith	M	26	IL	27:33:03
47	Vincent Swendsen	M	43	NJ	27:40:47
48	George Peterka	M	45	AR	28:02:39



Tracy Thomas, Mile Point 47
 2005 AT100 Winner, Overall

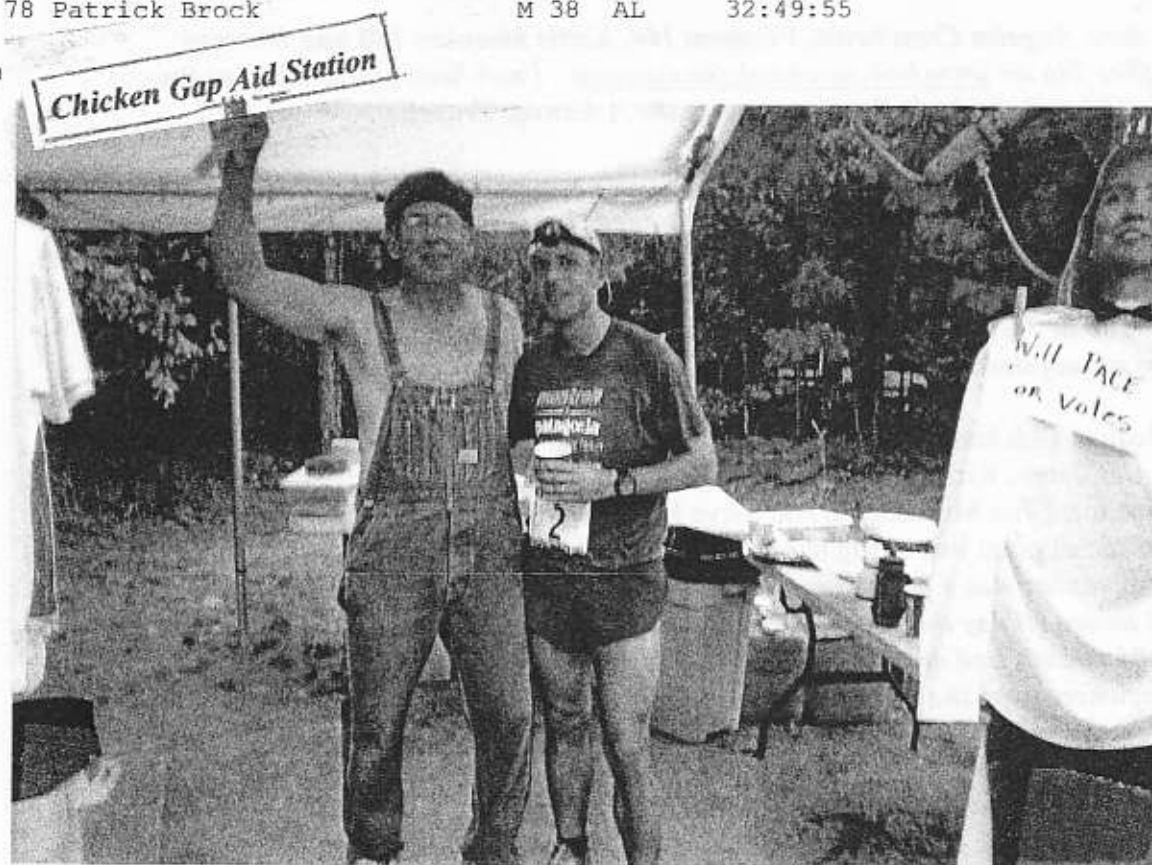


Dianne Seager, left.
 2005 AT100, Second Female.

Arkansas Traveller 100

49	Scott Parker	M 41	AL	28:10:44
50	Kimmy Riley	F 44	AR	28:23:25
51	Vicente Ledesma	M 54	TX	28:23:37
52	John Hargrove	M 61	OK	28:30:57
53	Hiroimi Hatta	F 44	Japan	28:32:12
54	Angie Orellano	F 55	AR	28:32:12
55	Lisa Felder	F 58	CA	28:46:14
56	Jean-Jacques d'Aquin	M 66	CO	28:54:20
57	Larry Rigsby	M 54	TN	28:55:07
58	Mike Bouscaren	M 58	MA	29:01:49
59	Mike Stansberry	M 44	AL	29:02:00
60	Stephanie James	F 31	AL	29:07:37
61	Elmer Norvell	M 40	AL	29:07:37
62	Pete Ireland	M 65	AR	29:16:18
63	Brian Tidmore	M 42	TX	29:19:21
64	Brenda Bonner	F 44	AR	29:20:39
65	Carla Branch	F 54	AR	29:20:39
66	Kenneth Bland	M 57	AR	29:20:39
67	Dmitry Rozinsky	M 29	TX	29:24:27
68	Duane Grigg	M 54	MO	29:31:01
69	Joseph Cichon	M 41	IL	29:34:09
70	Mary Vish	F 55	NJ	29:36:16
71	Mikel Holliman	M 49	AR	29:39:00
72	Chau Pham	M 52	CA	29:46:25
73	Jason Vance	M 36	GA	29:49:37
74	Davey Harrison	M 53	TX	29:55:49
75	Katsuyuki Hatta	M 41	Japan	29:58:29
76	Hilde Haynes	F 62	TN	30:32:10
77	Emily Hartman	F 37	AR	31:30:38
78	Patrick Brock	M 38	AL	32:49:55

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The *Coach Doctor* (coonskin cap) attempts to give Scott Eppelman tips on winning the 2005 AT100

Arkansas Traveller 100 Post Race Interview

Tracy Thomas – First Place/2005 Arkansas Traveller 100
Champaign, Illinois
Personal Trainer – Running Consultant

Greetings Tracy-----You're the second runner from Champaign, Illinois, to win the Arkansas Traveller. Joe Hildebrand was a 5-time winner and now another resident! Can you explain this to the training conditions around your area being similar to Arkansas Traveller?

Heck No! The training conditions here are NOT like the AT100. It's flat as a pancake and the trails that you do find are all very runnable and not much for hills. I just moved to Illinois a year ago so the only help that I believe my move to Illinois gave me was the acclimatization to the heat and humidity. I have a treadmill that goes both uphill and downhill(although only to 3% decline) so I can get some eccentric loading of the quads and I also ran up and down stairs and do plyometrics to make up for the lack of hills here in east central Illinois.

What other 100 milers have you run and what perked your interest in the Arkansas Traveller.

I've done Angeles Crest twice, Vermont 100, Kettle Moraine 100 and Western States. (See Bio on www.bodymechanicfitness.com). I met Stan and Chrissy at the Vermont 100 and she invited me to come to the Arkansas Traveller.

Just curious, but before you came, what were your expectations?

I had absolutely NO expectations. But I hoped that if I had a great day...I could be the top female. I want to get into Western States again next year and I was hoping if I could be the first female in the race in addition to having been the first female at Kettle Moraine 100 in June, that maybe they would "choose" me to be in WS instead of throwing my application into the lottery with all the others.

At my Station, Chicken Gap(mile 47) everyone was far behind the lead runner from Washington, James Kirby, but you were right on the heels of three pretty good runners, Scott Eppelman, Jim Musselman and Steve Kirk. Were you aware of your position and were you at that point just trying to be first female and when did it come to you that being the overall winner was a possibility.

I was aware all day that I was the lead female. I was told at one of the aid stations that the #1 runner had dropped but that didn't faze me. I mean, I had no intentions of being anywhere near the top male runners. When I went through Club Flamingo at 76.4 miles, the gals there told me that the first place but had left only 10 minutes before me. He had been more that 5 miles ahead of me and was now only 10 minutes ahead and I was feeling good. I thought then that there might be a possibility of my catching

him, but Steve was still right behind me and I thought he was going to catch me and overtake me. I'd say that with about 3.6 miles to go, I thought I could win. I would turn off my flashlight and not see any sign of Steve's lights and when there would be a long straight stretch, I'd look back and no one was in sight.

Not talking about your win(just in general)how did the race go for you (fatigue, blister, taking wrong turns, fears, low points eating drinking, etc.)

At the 20-ish mile point, I got off course for only about ¼ mile. Another guy that I had just passed called me back. I felt good all day and my eating and drinking went really well. I don't usually eat at all—just Hammer Gel. However this time I was able to eat the whites of a couple of hard-boiled eggs, ½ cheese spread sandwich, 2 small potatoes and a piece of cheese. It all digested well and I felt good but that's, I think, because it didn't seem very hot to me there. I wasn't dehydrated or sweating too much. Fears? —After the last aid station, something weird happened. I remember at the pre-race meeting, Chrissy made the comment that if you go over a minute without seeing a pink ribbon or glow sticks, you've gone the wrong way! I went what seemed like forever and saw NO markers. I kept looking for footprints to see if runners had been on this section of trail because we were going back the same way we came out. Well, all these ATV's had been through there all day and I couldn't see any footprints. I mean, I actually came to a complete stop and put my flashlight 3 inches from the ground to find some prints. NOTHING! I stopped seven times. I would even turn off my flashlight and look back in hopes that I would see Steve's flashlight and know I was on the right trail. Now, I wanted to see Steve. After a while I was sure I was lost! Then, I remember at the final aid station they had asked me if I had had any trouble with ATV's and said "no". Now I began to understand why they had asked me that. Apparently the ATV's had come through and pulled markers. Finally, I saw a print heading in the opposite direction. I knew I had come through in the opposite direction that morning. Fortunately, I kept going and eventually came to a marker that said Mile 95 and a glow stick. Thank God! Then I speeded up and headed for the finish.

Is there any specific advice you would give an ultra friend considering the AT100.

Strengthen your ankles for the rocks and get ready to meet some of the nicest race directors and volunteers in the business. These people were just remarkable. They would remember something that I had asked for the first time through and then when I would come back, miraculously, they would have it there waiting on me.

Last thing before you go—Is there anything you would do differently say like in 2006?

NO! Like they say "If it's not broke, don't fix it." This is the best race of my life and I was overall winner. I think I would just be trying to remember exactly what I did this year and try to duplicate it

RETREADS (*Retired Runners Eating Out*) meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with runner related items to identify ourselves. Hey Gang, lets do a group hug and clang our old medals

Arkansas Traveller Post-Race Interview

Steve Kirk-First Male Finisher
North Little Rock, Arkansas
Engineer



I had heard through the grapevine that you were going to “lay it on the line” at the Traveller. Is there any special training you had been doing?

After a bad run at the Bighorn 100 this year and not any really good performances throughout the year, I felt I was due a good run. So after Bighorn I took a few weeks off and then began to put in some really hard training. My average training mileage was 70-75 per week, built up to a 4 week period of 90 miles plus miles a week (taking 30 mile rest weeks between each 90). This included the Midnight 50K, many back to back 20-24 miles days and a 50 mile training run on probably one of the hottest weekends we had. I went into the Traveller feeling really fit and hoping for a good strong run.

The weather was a little “toasty” at Chicken Gap so I know it must have been less than ideal for the runners. Did you have to alter your strategy after the start?

I had a plan for the run expecting for the temps to be a little warm and pretty much stuck to it until the end. I had some slight cramping problems around Chili Pepper Aid Station and with some advice from Paul Schoenlaub, I worked them out. One thing that I learned is that if the plan is not working, change it!

Lou has a question about your eating and drinking during the race.

In the other few 100's that I have run, I have tried all different eating plans, i.e. solid food, liquid food, etc. This time I went back to my old original plan that used to always work for shorter races of water, Gatorade and Gel only! My plan was to eat a gel and S-Cap every 30 minutes, which is what I did on the clock. My energy level stayed constant the entire race with the exception of the cramps I had. I am very happy with how I felt. I feel that I have finally learned how to run a 100 miler.

At Chicken Gap (47 miles) you, Scott Eppelman and Jim Musselman were pretty close. Did you three every hook up and try to pace off each other?

I passed Jim Musselman just past Club Flamingo and he said that Scott Eppelman was not much farther ahead. I know that I had to stick with my plan and try not to think about where I was in placement otherwise I was afraid I would go too hard and blow up. I didn't see Scott until just a few miles after Turn-Around. I know how strong of a runner he is and thought that catching him most likely would not happen. My pacer at the time, Tom Brennan, made some comments about how he looked weak, later telling me that he said that to get me fired up and that at the time Scott looked pretty good for having run 60 miles

I assume that at the Turnaround Aid Station, you got word that the (0 4) AT100 winner last year had withdrawn due to a hamstring injury. Did you get any vibes that maybe this was your year?

After hearing that James Kirby was dropping due to injury, I tried to stay focused on my run, yet it did enter my mind that there was only one runner in front of me and a few strong ones behind.

After leaving Turnaround Aid Station at some point you met Tracy. Can you share what your thoughts were?

A short time after Turnaround, we started seeing the other runners going out. One being Trace and she looked really strong. I held her off until just prior to Powerline where she passed me. I believe I stayed pretty close to her for most of the time between Powerline and Winona. I even remember seeing her light on occasion. I came into Winona Aid Station (mile 87) and heard that she had just left out and that Scott was only a few minutes ahead of her. I made a really fast aid stop and went out pretty hard, catching Scott only a few minutes out of the intersection. I ran the hill up to the turnoff to Rocky Gap as hard as I could trying to make as much time on him as possible. It's not a good feeling to have a runner like him behind you feeling sick or not! Aid Stations were telling me that she was only 5-7 minutes ahead and running hard. At Electronic Tower (mile 92) they said she was still close so I continued to do what I could and at 132C (mile 94) I asked the radio man how long she had been out and he said 3 minutes. We questioned his time and after checking his sheet, he said, "Oh sorry, it's been almost 30 minutes." I knew then that she would be the winner.

Addressing you as "First Male" is a little difficult for the Big\$hot to get used to. But on this day, Tracy was on her game and all the praises go to her. Is there any thing you would have done differently?

I have thought about that a lot and sometime when you are out there running for so long that maybe you let down your guard sometimes when you ought to be running harder. But she was on that day and I have learned a lot about how to play the game!

I am sure that 20:31:20 was a PR at the Traveller. On a good day what do you think you could do? What would satisfy you?

Well, saying what I think I could do could get me into trouble. Yet, I feel that I am capable of running much faster. I have studied the times of the faster runners and their progression over the years of running the Traveller. Let's just say I feel I have much more to put out there with a little more experience.

AURA Horoscope(Generic)

Boyz-You must *Man-up* if you want to finish a 100 miler. Girlz – Use your femininity to gain favors from race officials. This could be the right time to lose those three pounds of baby fat. A new relationship might soon shake up your old running group.

**Arkansans and/or AURA Members
To Complete The 2005 Arkansas Traveller 100**

Place	Name	Time
2.	Steve Kirk	20:31:20
6.	John Muir	22:38:54
11.	Dianne Seager	23:04:30
12.	Ilona Peterka	23:14:48
13.	Bill Coffelt	23:22:42
18.	Micheal Dupriest	23:54:49
27.	Mario Martinez	25:50:36
30.	Patricia Cook	26:17:58
32.	Eli Perez	26:34:39
37.	Stuart Johnson	26:54:21
40.	Patty Groth	27:12:12
42.	Paul Turner	27:20:18
43.	Gary Speas	27:23:17
44.	Scott Eason	27:26:51
48.	George Peterka	28:02:39
50.	Kimmy Riley	28:23:25
54.	Angie Orellano	28:32:12
62.	Pete Ireland	29:16:18
64.	Brenda Bonner	29:20:39
65.	Carla Branch	29:20:39
66.	Ken Bland	29:20:39
68.	Duane Grigg	29:31:01(AURA friend)
77.	Emily Hartman	31:30:38

**FYI
AURA Girlz Who Have Completed
Five Or More AT100's**

Name	Number
Chrissy Ferguson	11
Dianne Seager	9
Agnie Orellano	9
Lou Peyton	6
Patty Groth	6
Kimmy Riley	5

**You are invited to the Arkansas Traveller 100 Post-Race
Appreciation Picnic!!!**

DATE: October 23, 2005 (Sunday)
TIME: 3:30 PM
WHERE: Maumelle Park, Pavilion #8
 R.S.V.P. - To Stan and Chrissy Ferguson
 501-329-6688 / StanChrissy@earthlink.net

The Arkansas Traveller will provide: Hot dogs, Hamburgers, Beans, Chili, Chips, Potato salad and soft drinks.

Bring your families; if you would like something else to drink, please bring it with you.

**Arkansas and AURA Women*
who have completed the
Arkansas Traveller 100 Miler**

Chrissy Duryea(95)	17:53:10
Chrissy Duryea(94)	18:40:36
Chrissy Duryea(93)	18:50:38
Chrissy Duryea(96)	19:28:13
Chrissy D. Ferguson(97)	19:43:46
Chrissy Duryea(92)	20:38:08
Chrissy D. Ferguson(99)	20:58:48
Chrissy Ferguson(01)	21:24:53
Chrissy Ferguson(04)	21:32:35
Chrissy Ferguson(02)	21:35:27
Chrissy Ferguson(00)	22:13:33
Tamara Zagustin(03)	22:34:12
Dianne Seager(05)	23:04:30
Dianne Seager(04)	23:12:17
Ilona Peterka(05)	23:14:48
Angie Ranson(95)	23:50:17
Roberta Orr(98)	23:51:35
Lou Peyton(93)	23:52:05
Angie Ranson(97)	24:28:27
Barbara Bellows(04)	24:56:47
Patty Groth(04)	25:00:36
Barbara Bellows(03)	25:04:55
Lou Peyton(92)	25:12:46
Barbara Bellows(02)	25:26:53
Angie Ransom(00)	25:27:11
Irene Johnson(92)	25:27:46
Kimberly Pavelko(99)	25:27:52
Angie Ransom(03)	25:58:21
Lou Peyton(94)	25:32:20
Charlotte Davis(93)	25:37:37
Angie Ransom(01)	25:45:44
Dianne Sweatt(96)	25:54:31
Kimmy Pavelko(01)	26:07:35
Patricia Cook(05)	26:17:58
Angie Orellano(04)	26:19:51
Dianne Sweatt(97)	26:22:57
Kimberly Pavelko(95)	26:30:48
Jamie Huneycutt(03)	26:43:26
Patty Groth(03)	26:50:15



Emily Hartman is looking strong
on Smith Mountain

Dianne F. Bell(95)	26:53:19
Lou Peyton(98)	27:01:56
Patty Groth(05)	27:12:12
Dianne Seager(02)	27:14:05
Ivy Franklin(96)	27:25:44
Teresa Lasiter(95)	27:26:24
Lou Peyton(99)	27:31:54
Jamie Huneycutt(98)	27:40:00
Lou Peyton(00)	27:42:53
Carrie Dupriest(03)	27:44:22
Irene Johnson(94)	27:48:05
Donna P. Duerr(91)	27:31:43
Charlotte Davis(91)	27:35:04
Patty Groth(01)	27:56:59
Jamie Huneycutt(01)	27:57:16
Patty Groth(00)	28:01:05
Gayle B. Bradford(94)	28:03:40
Dianne Seager(03)	28:15:32
Kimmy Riley(05)	28::23:25
Angie Orellano(05)	28:32:12
Patty Groth(02)	28:34:09
Irene Johnson(91)	28:40:16
Dianne Bell(93)	28:59:41
Donna Hardcastle(91)	29:04:20
Holly Larkin(01)	29:06:43
Carrie Dupriest(99)	29:09:45
Ann M. Moore(93)	29:10:03
Donna P Duerr(98)	29:14:38
Brooke Touchstone(98)	29:15:30
Kimberly Pavelko(98)	29:17:00
Brenda Bonner(05)	29:20:39
Carla Branch(05)	29:20:39
Angie Ransom(99)	29;:27:01
Donna P. Duerr(92)	29:27:14
Angie Ransom(02)	29:28:11
Ann M. Moore(92)	29:37:25
Dianne Seager(99)	29:44:18
Rhonda Ferguson(03)	29:50:02
Emily Hartman(05)	31:30:38



Angie Orellano, Smith Mountain on the way to her 9th AT100 finish

* - Please note that there is a tendency for our AURA Sisters to change names. The BigShot has made a command decision to leave the names as they are listed in the official results. If you wish to alter this list to reflect your current involvement, let him know and he will be glad to oblige.

Please report any omissions or corrections to 501-225-6609 or chrlypvtm@aol.com

ULTRA TRAIL SERIES

2005-2006 Ultra Trail Series Schedule

www.runarkansas.com for up-to-date info on point totals and standing.

7-23-05 #1-Midnight 50 K
8-28-05 #2-Mount Nebo Run
10-1-05 #3-Arkansas Traveller 100
10-29-05 #4-DDT Run (*Devil's Den Trail Run*)—(15 mi)—8:00 am *Devil's Den State Park parking area just past the pool/ playground/pavilion. Maps available at the start or at the Ranger Station. Tricks and Treats at the finish.*

Official Description: The Butterfield Hiking Trail gets its name from the Butterfield Stagecoach which ran in the area between 1858-1861. The Butterfield Trail is one of the few looped backpacking trails in the state. Beginning in Devil's Den State Park near the park's pavilion, the trail crosses Hwy 74 and passes near Mount Olive. Scenic views, such as Blackburn Creek and Vista Point, are plentiful. Rock formations and mountainous outcroppings provide photographers with dramatic subjects.

Real Description: Rocky and technical. The trail is somewhat hard to follow but, marked with blue blazes and mile markers. The run is not for the faint of heart and not recommended for novice trail runners. Be prepared to run over and through rock gardens, carry plenty of water and watch for trail markers.

Location: 8 miles south of Fayetteville on I-540(exit 53) then 18 miles southwest on Hwy 170. or 7 miles west of I-540 (exit 45) at Winslow on Hwy 74.

11-19-05 #5-Gulpha Gorge Challenge(16-18 mi) 7:00 am Gulpha Gorge Campground. *Directions: Little Rock thru Benton. Take the Hot Springs exit off I-30 past Benton and onto Hwy 70. Entering Hot Springs take exit 2, right. Go a couple blocks on the service road to the 4-way stop sign. Turn right and go couple of blocks to the camp ground entrance on the left. Once you enter the campground, go all of the way to the back. Park. Water set out; one aid station with cokes and cookies.*

12- 10-05 #6-Wild Cat Mountain Run (10-11 mi) 8:00 am Ouachita National Forest, Williams Junction area. *Directions: Hwy 10 to Williams Junction. Turn left onto Hwy 9. Going south you will pass Big Maumelle River bridge; then the Trailhead for the Ouachita Trail and, at the top of the mountain, the Winona Scenic Drive. Continue on Hwy 9 for one(1) mile. There will be an unmarked Forest Service Road on the right. As you turn in there will be a huge mud puddle in the middle of the road. Take the right bank and not further up is a gas line right-of-way. Park. Run consists of Forest Service Roads and abandoned logging roads. Lots of stream crossings*

17th Edition; Number 10

The AURA – Sometime it calls for *Tough Love*.
Road Runner Club of America, member since 2001

- 1-7-06 #7-Athens-Big Fork Marathon 8:00 am Big Fork
Community Center. Big Fork, Arkansas
- 2-4-06 #8-White Rock Classic
- 2-18-06 #9-Sylamore 50K
- 3-?-06 #10-Big Rock Mystery Run
- 3-17-06 #11-3 Days of Sylamo
- 4-22-06 #12-Ouachita Trail 50 *Do www.runarkansas.com for the
latest UTS Point totals and rules
- 5-?-06 #13-The Catsmacker

Mount Nebo Trails Run

August 27 2005

Dardanelle, Arkansas

14 Miles (2005-2006 UTS Race #2)

Place	Name	Sex	Age	City	Time
1	Aoife Cooke	F	18	Russellville	1:41:53
2	Chuck Campbell	M	42	Russellville	1:43:53
3	Declan Aspel	M	18	Russellville	1:48:41
4	Robert Vogler	M	39	Russellville	1:49:30
5	David Partridge	M	42	New Blaine	1:50:35
6	John Hughs	M	39	Fayetteville	1:51:05
7	Steve McBee	M	39	Fayetteville	1:52:52
8	Pablo Lowrery	M	41	Fayetteville	1:53:37
9	Paul Turner	M	42	Conway	1:54:55
10	Chris Harper	M	28	Russellville	1:56:51
11	Kim Morton	F	33	Maumelle	1:58:13
12	Scott Eason	M	40	Conway	1:58:13
13	Steve Appleton	M	32	Little Rock	2:05:43
14	Keith Jordan	M	33	Conway	2:16:07
15	Steve Hern	M	51	Russellville	2:09:01
16	Ken Barton	M	47	Greenwood	2:17:44
17	J.B. Mullins	M	26	Little Rock	2:19:29
18	Rick Zachery	M	35	Russellville	2:23:17
19	Erin Combs	F	25	Russellville	2:39:26
20	Kimmy Riley	F	44	Mabelvale	2:32:00
21	Nick Avery	M	52	Mt Pine	2:43:00
22	Carrie Dupriest	F	48	Little Rock	2:45:00
23	Patty Groth	F	49	Cabot	2:45:00
24	Silver Valovich	F	49		2:55:00
25	David Caillouet	M	47	Little Rock	3:04:00
26	Mona Mizell	F	54	Little Rock	3:11:00
27	Lou Peyton	F	61	Little Rock	3:12:12
28	Lynda Sivils	F	57	Russellville	4:30:00
29	Laurel Stabler	F	49	Russellville	4:30:00
30	Theresa Motley	F	47	Russellville	4:49:00

2005-2006 Ultra Trail Series

Current Standings of the 2006 UTS

Men's						
Rank	Name	Age	MN50K	Nebo	AT100	Total
1	Steve Kirk	45	24		110	134
2	David Washatka	51			99	99
3	Chuck Campbell	42	27	68		95
4	Steve McBee	39	64	28		92
5	Scott Eppelman	39			88	88
6	Paul Schoenlaub		86			86
7	Robert Curci	48			82	82
8	Brett Bassham	45	26		54	80
9	John Hughes	39	46	34		80
10	John Muir	27			76	76
11	Stan Ferguson		75			75
12	Randal Whorton	45			70	70
13	Paul Turner	42	20	18	28	66
14	Andrew MacGinnitie	39			64	64
15	Don Ryan	56			60	60
16	David W. Wakefield		58			58
17	Bill Coffelt	45			57	57
18	Declan Aspel	18		57		57
19	Scott Eason	40	18	12	26	56
20	Pablo Lowrey	41	30	22		52
21	Tom Aspel		52			52
22	James Stroup	58			51	51
23	Jerry Riddick	53			50	50
24	Mike Smith	47			49	49
25	Michael DuPriest	49			48	48
26	Shawn Moreland	35			47	47
27	Jerry McGath	67			46	46
28	Robert Vogler	39		46		46
29	Paul Schmidt	53			45	45
30	Steven Michael	55			44	44
31	Sean Luitjens	36			42.5	42.5
32	Thomas Thornton	35			42.5	42.5
33	Frederick Davis III	57			41	41
34	David Partridge	42		40		40
35	Kevin Dorsey		40			40
36	Mario Martinez	52			40	40
37	Dylan Copeland	24			39	39
38	Tony Bierman	49			38	38
39	Eli Perez	41			37	37
40	Kyle Baldwin		36			36
41	Todd Leatherwood	37			36	36
42	Robert Calabria	64			35	35
43	George Peterka	45	12		22	34
44	Jeff Bryan	38			34	34
45	Jacob Wells		33			33
46	Jon House	37			33	33
47	Joe Kallo	31			31.5	31.5
48	Stuart Johnson	46			31.5	31.5
49	Steve Appleton	32	22	9		31
50	James Sullivan	53			30	30
51	Gary Hemmelgarn	55			29	29
52	Gary Speas	52			27	27
53	Keith Gilstrap		25			25

54	Brian Kuhn	32			24.5	24.5
55	Eric Smith	26			24.5	24.5
56	Mike Samuelson		23			23
57	Vincent Swendsen	43			23	23
58	Pete Ireland	65	9		13	22
59	David Reagler		21			21
60	Scott Parker	41			21	21
61	Vicente Ledesma	54			20	20
62	Greg Eason		19			19
63	John Hargrove	61			19	19
64	Jean-Jacques d'Aquin	66			18	18
65	Ken Bland	57	6		11	17
66	Kyle Kruger		17			17
67	Larry Rigsby	54			17	17
68	Mike Bouscaren	58			16	16
69	Randy Ellis		16			16
70	Chris Harper	28		15		15
71	Herb Jarnell		15			15
72	Mike Stansberry	44			15	15
73	Elmer Norvell	40			14	14
74	Maurice Robinson		14			14
75	James Allen		13			13
76	Brian Tidmore	42			12	12
77	Keith Jordan	33	4	8		12
78	Ken Barton	47	6	6		12
79	J.B. Mullins	26	6	5		11
80	Steve Hobbs		11			11
81	Dmitry Rozinsky	29			10	10
82	Harold Hays		10			10
83	Duane Grigg	54			9	9
84	Joseph Cichon	41			8	8
85	Tim Brayfield		8			8
86	Mikel Holliman	49			7	7
87	Steve Hern	51		7		7
88	Chau Pham	52			6	6
89	Jason Vance	36			5	5
90	Davey Harrison	53			4	4
91	Rick Zachery	35		4		4
92	Katsuyuki Hatta	41			3	3
93	Nick Avery	52		3		3
94	Warren Kastner		3			3
95	David Caillouet	47		2		2
96	Kenny Simpson		2			2
97	Patrick Brock	38			2	2

Women's

Rank	Name	Age	MN50K	Nebo	AT100	Total
1	Tracy Thomas	44			68	68
2	Tina Coutu		64			64
3	Angie Orellano	55	53		10.5	63.5
4	Aoife Cooke	18		62		62
5	Kristine Whorton	40			57	57
6	Mona Mizell	54	42	12		54
7	Kim Morton	33		51		51
8	Kimmy Riley	44		34	15	49
9	Dianne Seager	49			46	46
10	Patty Groth	49		25	18	43
11	Erin Combs	25		40		40

12	Ilona Peterka	41		40	40
13	Lindy Biglieni		36		36
14	Liz Walker	46		34	34
15	Carla Branch	54	24	5.5	29.5
16	Meg Crawford	41		28	28
17	Carrie Dupriest	48		25	25
18	Deborah Lashley		24		24
19	Shirley Hyman		24		24
20	Patricia Cook	53		22	22
21	Emily Hartman	37	14	2	16
22	Silver Valovich	49		16	16
23	Hilde Haynes	62	9.5	3	12.5
24	Lou Peyton	61	3	9	12
25	Hiromi Hatta	44		10.5	10.5
26	Holly Lynch		9.5		9.5
27	Lisa Felder	58		8	8
28	Stephanie James	31		7	7
29	Brenda Bonner	44		5.5	5.5
30	Maegen Kastner		5		5
31	Laurel Stabler	49		4.5	4.5
32	Lynda Sivils	57		4.5	4.5
33	Carol Foster		4		4
34	Mary Vish	55		4	4
35	Paulette Brockinton		2		2
36	Theresa Motley	47		2	2

If you suspect errors in these standings, please reference the UTS Rules and individual race results. If you still think there is an error, contact the AURA Ultra Trail Series coordinator.

Cut along dotted line

Place refrigerator Magnet here

Date _____

I will never run the _____ 100 again
Write name of race

You have my word on it

Signed _____

THE COACH DOCTOR

The BigShot's **AURA Tip O The Month** – *If you find yourself in a deep hole, stop digging. Call for help!*

If you think you have an Ultra problem, you probably do. As a club service the BigShot has begun the Ultra Rehab program Tuesdays and Thursday, 4:00 pm. at Two Rivers Park in the parking lot with the Port-a-potty. The objective is for Ultra runners to rediscover their legs. He plans on taking you back to square one. Back to the days before you started running. You must be purged from your addiction to walking. Classes will last not more than 30 minutes or longer than three miles. As back ground I refer to the Coach Doctor lecture on Ultra Rehab in the **December04** issue of the **AURA**. Report promptly at 4:00 pm, Tuesday and Thursday. Remember: No water bottles, No fanny packs and No sandwiches!

AURA - December 2004

*MESSAGE FROM the COACH DOCTOR: This is an open letter to all of our AURA brothers and sisters. Do you complain about the hills being too steep and the distance being too far? Do you have difficulty completing a training run or missing the cutoffs in a race? If your answer is yes, the Coach Doctor says that you are in need of **Ultra Rehab!** You have bought into the biggest myth associated with ultra running. This is the myth that says that ultra running is a "state of mind". Gentle Reader, ultra running is a "state of being". Which is, as I am sure you are aware, the root phrase of "way to be". You became an ultra runner by being a runner first. Then you progressed to the longer distances for the pure delight of the challenge and camaraderie. From my view at the aid station perch, I have but one thing to say, "My God, where are your legs."*

CONFESSION: The Bigshot would like to take this time to apologize to all of the Ultra Marathoners that he led astray 25 years ago. At the time he was preparing to run the **Great Maumelle Scenic 60K** and was confronted by low mileage training. Somehow he acquired a book written by Tom Osler entitled **Ultra-Marathoning, The Next Challenge**. The premise of the book was that by mixing in walking and running, a marginal runner on little training, could cover incredible distances. A perfect fit for the BigShot. He became a disciple of walking and running and formed the **60K Training Club**. In fact he enlisted two unsuspecting friends to make a Super 8 Movie (one reel) about training for the **60K**. He publicly apologizes now for introducing so many of you to walking in a running sport. He just didn't know how addictive walking could be. Forgive me?

The AURA's FAB FOUR

Stan Ferguson – President/Ultra Trail Series

Mike Dupriest-Vice President

Charley Peyton – Treasurer/Newsletter

Lou Peyton – Secretary

17th Edition; Number 10

The **AURA** – Sometime it calls for **Tough Love**.
Road Runner Club of America, member since 2001

AURA BONUS REPORT

Wasatch Front 100 Mile Endurance Run

Layton, Utah
September 10, 2005



My Story by Tamara Zagustin, Arkansas/ Venezuela

Greeting Tamara –We followed your progress closely on the Wasatch 100 website and were excited that you were doing so well early on. Something must have happened after 75 miles and we got really concerned when your times started to slow. Did you get tired, lost, injured or what?

It was a great race, hard and challenging, as they say you experience "heaven and hell" in those 100 miles. Fortunately I got to see lots more of the heaven side. At approximately mile 60, my left IT band started bothering me and I have had very bad experiences in the past with this kind of injury. I started to slow down the pace but additionally it was night and by then we were heading into probably the coldest section of the race which is between Lambs Canyon and Brighton. At the Desolation Aid Station it was 15 degrees and the wind was blowing so strong that they could not keep the stoves on for 10 seconds so there was nothing warm to eat or drink and, unfortunately, we did not go well prepared for such cold weather. I know that I was told that this could happen as it had been so hot/warm the previous days and the cold front per the weather man was not to come in until Monday....learned a new lesson and specially in the Wasatch; do not believe the weatherman) So if being so cold and windy and us not being well protected plus the IT band, the pace got slower and slower. By the time we got to Brighton(mile 75), it was clear that all that needed to be done was finish the run with the least consequence and hope the sun would come out soon to warm up that Sunday. Saturday was a cold day overall (this was my second day) and my body is still trying to make the best of it. I felt strong but definitely the level of strength decreases especially towards the last 25-30 miles; and the level of mountains out there are to be respected in every way; it was a hard terrain for the body more than the mind. We finished, 3-5 hours more than what I thought I could have done while I was running the first 60 miles. At that point 28-30 hour finish time seemed reasonable but in reality it was only 30-60 minutes more than what I initially thought I would do before the race started (32-33 hours).

You appeared to be putting in a lot of good training out in the Ouachita Forest in the months leading up to the race. What seemed to help you most to finish?

The long runs of 7-8 hours plus cross training that same day plus hill work. Unfortunately too short and with no altitude gain here in Arkansas plus listening to my body. I just wished we had some of those mountains closer to Arkansas with at least

9,000 ft elevation. That would have been more realistic terrain/conditions to train in for Wasatch.

How would you describe to an AURA brother or sister the Wasatch 100?.....

The trails/roads are all runnable. I really loved the trails on the ridges. You just feel like running in the skies. The terrain is not harsh on the feet, yet there are mountains, big mountains, with a very long and steep downhill between miles 80 and 93. This can be hard on the body eventually if you are pushing hard and have not exposed the body to that stress. Aid Stations were superb and very complete as far as food options were concerned. People at the aid stations were great and very supportive/friendly. You felt they had very good control of the runners in the race. They were able to give very updated information of where the runner was and what time the runner was expected to come into the next aid station. Thank you to computer and communication equipment yet at the same time you felt left out in the middle of nowhere once you were out of the aid stations. The course was very well marked(impossible to get lost) but would highly recommend scouting and doing a recognition walk pre-race of the course between the aid stations of Brighton and the summit (approx 2 miles one way). Weather is unpredictable and I guess it is important to be prepared for very cold weather especially at night no matter what. There is a lot of wind and the wind chill factor really kicks in and can be a disadvantage if you are not prepared (cold weather slows me down big time). Starting at Lambs Canyon it is colder than usual because of the water (creek/river) off to the side) and then eventually you go up a ridge which is very exposed to wind. Overall Wasatch is a great run. A good experience and challenging 100 miler

What advice you give to an Arkansas Traveller finisher who wanted to “pick it up a notch” and do a western 100, say like Wasatch?

Prepare for it mentally and physically. You really want to do a race that is outstanding because of its mountains and terrain. But this has a price on you. It is hard! If you have a chance to go out there or anywhere else with at least 9,000 ft or more, do lots of up/downhill and be friends with the altitude and the colder weather than what you get in Arkansas for that time of the year. The run is hard on the body and it is non-forgiving if the body is not prepared for the hard work. Mentally be determined to finish and always try and have a pacer and a crew. They will truly be the ones that can tell you what really happened during your run and everything around you. If you really want to know what happened during an ultra run with a runner, ask their pacer. They more than anyone else. I thank Magdalena for being such great support and a great pacer/friend! I also thank the many AURA friends that we knew were following our progress step by step and were very supportive throughout the training and preparation for this event plus the run itself. This always helps you keep ongoing no matter what because it is team work; (including Mona and Lou who care for our kids/animals while we were out of town) I think we have a great team.

Gracias amigo, hasta la proxima corrida de 100 milas!!!!