

\*\*\*\*\***HEADLINE**\*\*\*\*\*

## 2006 ARKANSAS TRAVELLER 100 Brennan and Daumer Take First Place!

### ***The ARKANSAS ULTRA RUNNER***

November 2006– The Post-Race Edition

A Newsletter for Members and Friends of the *Arkansas Ultra Running Association*

[WWW.RUNARKANSAS.COM](http://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 membership.  
Don't be an *AURA* Limbo Member.

MESSAGE FROM THE BIGSHOT: Congratulations to Tennessee's Kathleen Daumer for placing 1<sup>st</sup> female and to *AURA*'s Tom Brennan from Poteau, Oklahoma, for his overall *AT100* victory. On page (2) of this newsletter we begin coverage of the 2006 Arkansas Traveller 100. Also in this issue we report on the *2006 Heartland 100/50 Miler* that was held on the weekend of October 14<sup>th</sup>.

## *Coming Soon*

Are you a new *AURA* member and sometimes feel left out of the loop on Ultra Topics? Perhaps you are a veteran member whose memory has failed and you need a refresher on *AURA* newsletter articles from yesterday. Soon you will be able to request newsletter articles from the Big Shot's power room and archive vault. This will include but not be limited to, the following newsletter material.

1. *AURA* Etiquette – How an *AURA* brother or sister should act.
2. The Big Shot's Lament. Was there life before the BS. If so, who created it?
3. Why Race Directors Go Crazy!
4. Your *AURA* Horoscope 24/7.
5. The Coach Doctor's Six Keys for marginal runners to complete the Arkansas Traveller 100.
6. *The Arkansas Traveller 100 Trilogy*.  
Part One: *Jimmy, The Runner*. A story of Triumph at the AT100  
Part Two: *Janet, The Arkansas Girl*. A story of romance at the AT100.  
Part Three: *Adeline*, A story of reconciliation at the AT100.  
Is your ultra library complete? Read about Triumph, Unrequited Love and Reconciliation at the Arkansas Traveller 100

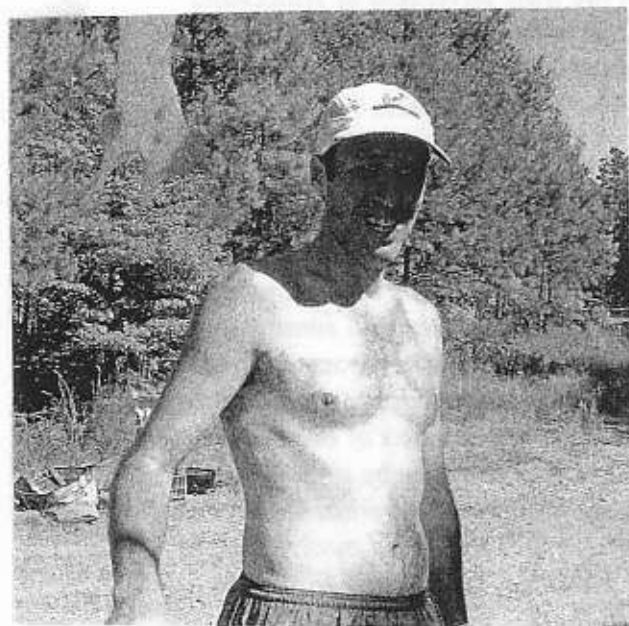
# Arkansas Traveller 100

October 7-8, 2006  
Ouachita National Forest  
Perryville, Arkansas

## Unaudited Results

Place	Name	Sex	Age	State	Time
1	Tom Brennan	M	35	OK	17:47:16
2	Greg Eason	M	36	AR	18:07:59
3	Steve Kirk	M	46	AR	18:25:06
4	David Washatka	M	52	AL	19:35:29
5	Jim Musselman	M	46	GA	20:05:49
6	Jeffrey Welsh	M	52	NC	20:32:26
7	John Muir	M	28	AR	20:40:07
8	Ted Bidwell	M	57	CO	20:41:51
9	Andy Mathews	M	45	FL	20:49:21
10	Brian Kuhn	M	33	IL	20:58:34
11	Kyle Baldwin	M	34	AR	21:10:39
12	Rick Howton	M	32	AR	21:20:23
13	Kathleen Daumer	F	31	TN	21:24:48
14	Steve Noone	M	48	PA	21:47:42
15	Natalie McBee	F	33	AR	21:58:09
16	Elmer Norvell	M	42	AL	22:01:19
17	Laurel Valley	F	44	ME	22:26:31
18	Ted Gruener	M	37	MO	22:32:19
19	Gary Gehrki	M	52	AR	22:38:36
20	Butch Allmon	M	51	TX	22:46:45
21	Greg Lauman	M	38	MO	22:55:35
22	Greg Gearhart	M	50	MS	23:21:39
23	Mike Parker	M	49	AR	23:31:28
24	Matt Walker	M	33	AR	23:42:35
25	Kevin Dorsey	M	35	TN	23:42:42
26	Kyle Kruger	M	24	AR	23:43:41
27	George Peterka	M	46	AR	23:48:15
28	David Corfman	M	44	OH	23:51:00
29	Thomas Thornton	M	36	KY	23:51:00
30	Al Kershner	M	53	PA	24:08:48
31	Chrissy Ferguson	F	45	AR	24:34:54
32	Jen Foster	F	34	AR	24:52:01
33	Mike Howard	M	53	KY	25:01:11
34	Patty Groth	F	50	AR	26:08:42
35	Mike Samuelson	M	41	TN	26:11:21
36	Dianne Seager	F	50	AR	26:12:21
37	Gary Speas	M	53	AR	26:13:59
38	Gary Dudley	M	53	CA	26:14:48
39	Jason Thomas	M	33	AR	26:20:02
40	John Taylor	M	44	MN	26:36:42
41	Ken Barton	M	48	AR	26:39:24
42	Martin Fritzhand	M	63	OH	26:47:48
43	Eli Perez	M	42	AR	27:06:39
44	Robin Meagher	F	26	OH	27:09:40
45	Randy Saxon	M	46	MS	27:11:14
46	Isaac Espy	M	43	AL	27:11:15
47	Steve Blake	M	49	TX	27:17:26
48	Ray Baum	M	52	MS	27:19:54
49	Shirley Hyman	F	38	AR	27:26:09

50	Adrienne Shelton	F	41	AR	27:33:02
51	Casey Lopez	M	30	WI	27:37:10
52	Randy Dietz	M	56	PA	27:38:22
53	Paul Schmidt	M	54	CA	27:55:14
54	Shannon Johnson	M	38	TX	27:56:37
55	Susy Phillips	F	27	AR	28:01:37
56	Ken Childress	M	47	OK	28:09:20
57	Pete Ireland	M	66	AR	28:36:36
58	Doug Wielgat	M	50	WI	28:42:09
59	Ricky Pampo	M	31	LA	28:43:45
60	John Hargrove	M	62	OK	28:47:34
61	Ben Kallo	M	26	CA	28:51:39
62	Bob Engel	M	51	OH	28:52:54
63	Carrie DuPriest	F	49	AR	28:53:46
64	Angie Orellano-Fisher	F	56	CA	29:03:09
65	Rosemary Evans	F	53	KY	29:03:12
66	Nattu Natraj	M	43	CO	29:03:18
67	Jim Ball	M	49	KY	29:13:44
68	Jon House	M	38	TN	29:14:39
69	Steve Bunch	M	23	IA	29:18:19
70	Jamie Huneycutt	F	48	AR	29:18:58
71	Jay Huneycutt	M	45	AR	29:18:58
72	Paul Braun	M	35	WI	29:23:13
73	Chris Block	M	25	AR	29:29:24
74	Kimberly Sergeant	F	47	TX	29:30:24
75	Jasper Mueller	M	38	UT	29:30:24
76	Holly Lynch	F	45	TN	29:36:41
77	Julie Kelly	F	44	AR	29:37:50
78	David Hughes	M	60	IN	29:39:27
79	Hiromi Hatta	F	45	Japan	29:46:00
80	Leonard Martin	M	53	TN	29:53:20
81	Kim Ferguson-Johnson	F	37	AR	31:38:20



Tom Brennan, first finisher at the 2006 AT-100, pauses a moment at Chicken Gap(mile 70)



AURA's Pete Ireland(front) coming down Smith Mountain on the way to his 10<sup>th</sup> AT-100 finish.

## AURA HOT FLASH!!!

A Post-race interview with the winners of the 2006 Arkansas Traveller 100

First Female: Kathleen Daumer, age 31---Knoxville, Tennessee

Greetings Kathleen and Tom! It is an honor to be in the presence of Champions!

Kathleen, would you give us your background in running. -----*I can't remember exactly when I started running. It was either high school or college, and it was to stay in shape for tennis. The first organized run I ever did was a marathon with Team in Training. I did this because I wanted to help fight cancer in some way, and at the time, I did not think I was smart enough to conduct cancer research but thought I would be able to handle a marathon to raise money for the research. After the marathon, I was looking for something else to run and saw an advertisement for a 50K in Florida. I did that one, got hooked and had a few years of running 50K's (mostly in Florida) before moving to 50-100 milers. Right now, being in east Tennessee puts me in relatively close proximity to the races in Virginia and Kentucky, so I try to take advantage of that.*

How did you prepare for the AT100-----*I got married this past July, and thus did not do any races in July, August and September with the exception of the Great Eastern 50k on September 23<sup>rd</sup>. This race was two weeks before the AT100 and I did it mainly to get back into the mental groove of racing (i.e. remembering when to drink, take e-caps, etc) In terms of training, most of mine was done on the hilly pavement of Knoxville, Tennessee, where I am currently conducting research for my PhD. I tried to get on the Haw Ridge trail, an 8 mile loop system about 30 minutes from Knoxville, once a week for a run. My weekly mileage was probably about 80-85 miles a week.*

What was your race strategy-----*My number one goal was to not become hyponatremic at any time in the race, as I typically experience this condition at some point in 100 milers. I focused on consistently consuming sports drink, mixing it up between the Gatorade and HEED. I also make sure to take an E-cap every hour, and eat whatever salty food was on hand at the aid stations. I did not use a pacer, though some people thought my friend and fellow runner, Rick, was my pacer. I have never used a pacer in a race, as I enjoy talking with the other runners I meet along the course and looking at the woods around me when I am alone. However, I was very envious of the several guys who passed me near the end who had pacers, as I was running by myself through the woods. I kept wondering exactly how mean razorbacks were and what would I do if one charged out of the brush and attacked me. (I guess that was good motivation) to keep moving. I was also very fortunate to have my husband, Greg, crew for me so I did not have to think about drop gags and what to put in them.*

Tell us how your race went-----*My race went really well. As I was running down the road at the start of the race, a voice next to me said, "Hi," and I was so happy to see*

*that it was my friend Rick. I had not gotten to see him since we met at the GEER 100k last September, and as with that race, we ended up running together for about 60 miles of this race. I so enjoy running with him as we can talk and make fun of just about anything, and also run in companionable silence (usually because one of us is feeling nauseous at the time). Also, I did not get hyponatremic! I felt ill for about 45 minutes just after turn around at mile 57.5 that was most likely due to the fact that I had just wolfed down a PBJ sandwich faster than my black lab inhales her dinner. At that point to combat the feeling of having a big rock in my stomach, I put on the Grateful Dead and let Jerry Garcia's melodious voice soothe my stomach. After that, I felt great, and must have looked funny to some of the runners I passed on the way back, as I like to sing along with the music on my MP3 player which includes finger snapping and head bobbing. My body felt strong throughout the entire race. I also enjoyed coming into the different aid station, as each was unique and all were supportive. One time I inquired about "UT" and forgot that to people in Arkansas, that "T" means "Texas" and not "Tennessee"*

*This was your first visit to the AT100. Did you learn anything? ---I learned many things. First and foremost, Arkansas is beautiful! It also has MANY HILLS and is very rocky! I was glad I had on a pair of fairly tough trail shoes. I was excited to see Arkansas as last year legit sightings were made here of the Ivory Billed woodpecker (aka, the Lord God Bird), previously thought to be extinct. Also, I was expecting heat but it was cold at the beginning of the race, and did not get hot at all during the day.*

*Are you back to running?----I was supposed to take some serious time off after the race as there was the possibility of a partial stress fracture in my right foot. However, I went to Florida for a week after the race (where my husband and house are, and I will return to once I am done at UT, to do some research, at Kennedy Space Center, and ran on the beach several days, as I love the ocean and it is only ½ mile from our house. I saw my doctor this week and there was no stress fracture just some serious plantar fasciitis. Next up is Kentucky Arches (November 11<sup>th</sup>) where my primary goal is to get lost fewer times than last year.*

*Any other comments? ---To Chrissy and Stan and all the volunteers of the AT100, I would like to say a huge "thank you". You all put on a gem of a race! If Chrissy ever decides to retire from fighting fires, she should become a motivational speaker. The words of her pre-race briefing came back to me many times throughout the race – especially at night when I passed the bundled up aid station volunteers and ham radio operators and about the "275 people out there" that wanted us to finish. The entire race week-end was well organized; the course was beautiful and well marked and the aid stations well stocked and friendly.*

## AURA HOT FLASH #2

Overall Winner Tom Brennan, age 35, Poteau, Oklahoma

Before we begin our interview, Tom, is there anything you would like to share with your AURA friends?----- *Yes, I want to thank Stan and Chrissy and so many countless others for this event and making this dream come true!*

Describe your background in running.....*I ran high school track at a small school. There was no cross county program and my coach was a football coach and knew little of training, etc. I had some limited success running a 10:30 two miler but never had much of a training program. After that, that I knew little about running. At age 26 I was married and by 27 my wife's good food had caused me to swell to 220 pounds. I used to sit around on Sundays and watch football for 10 hours from pre-game to post-game. I would eat biscuits and gravy and bacon for breakfast, a couple of BLT's for lunch, chips and dips throughout the game and then a large dinner. That's not counting the beer I managed to consume. Then one day my wife and I went walking on Riverside Park in Tulsa and everyone looked like they were having so much fun and I told her I would start running. Within six months I had lost 60-70 pounds and ran my first marathon. I was hooked. That was seven plus years ago and I haven't stopped since. The previous three summers I did triathlons because I wanted to exercise more in the heart of summer and running took too much out of me. I had some success with those but was always one of the last swimmers out of the water. It was trail running that I have always loved. My first trail run was the Athens-Big Fork Trail Marathon during the ice storm year. I was so nervous and met so many people for the first time like Stan Ferguson and Bill Coffelt. The run was great and I wanted to do it all the time. Since then I have done numerous trail ultras but feel that I have been pretty conservative before taking on another challenge. The one hundred scared me and so it was a long time (four years or more) before I was brave enough to commit.*

How did you prepare for the AT-100? ---*I feel like I had been preparing for it since that first trail run... I remember hearing Stan and Darin Hoover describe their experiences. As I came to know more AURA members, I learned more from so many others like Steve Kirk and Greg Eason but I was still very cautious. AURA (newsletter and members) have inspired me to do more each year. Darin especially is always encouraging me. More specifically, my training kind of began by pacing Steve and Greg the first 50 miles of their legendary Ouachita Trail crossing. But suffered and was a little discouraged when thinking of a 100. Then in April I began increasing my mileage. I usually run close to 60 plus miles a week anyway when not training for a specific event. My plan was to get a bunch of 90 mile weeks in and then use the Voyager Trail 50 Miler in Minnesota as the big test run for AT. The training went great and I handled the mileage well. The Voyager was great. I ran 7:59 and had no major bonks. My previous 50 miler was the Ouachita Trail 50 a few years earlier and I had the roughest eight miles of my life (from 34 -42) so this felt really good. Once recovered from that race in late July, I had four weeks of 90 plus miles. I had some*

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The AURA – A Dream Catcher.

Founded 1989; RRCA Sanctified in 2001

*great long runs of 3 ½ to 4 hours on forest roads near my home here in the Western Ouachitas. Then it was time for the taper which is so hard. Topping out at a 100, I tapered to 80, 60, 40, and then 20 for weekly mileage in the weeks leading up the AT.*

*What was your race strategy? -----I felt I was prepared with race strategy. Darin was my adviser and coach. I had paced him from Powerline to finish two years ago. Then I paced Steve Kirk from Powerline to Powerline last year so I was minimally familiar with the course. Those pacing duties were not all together altruistic. I wanted to be close to the 100 and I wanted to line up pacers for myself. Steve was racing again so Darin got Harold Hays to pace from Powerline to Powerline and Darin would bring me home to the finish. Darin gave sound advice for running the course and I wanted to keep it as simple as possible. The plan as to go out slow and easy to mile 17 where the Ouachita Trail is, pick it up to mile 30 where the course is pretty smooth. Then real easy and slow as I want to go to mile 50. Run hard to 70 and then survive to the finish. It was easy to remember and so that's what I kept to my mind. As for eating and drinking. Hammer gel has always been good to me in the past and then I would supplement that with what tasted good at the aid stations but not too much because I think overeating is what caused me trouble during. the Ouachita Trail 50 pacing duties. Keeping it simple, I also planned to carry a water bottle and two if it was warm. That was the extent of my plan until the night before when Darin Hoover and Paul Schoenlaub informed me about e-caps and insisted on them and so I decided since that couldn't really hurt, I'd better take one per hour as well. I'm glad Paul had some. I was reluctant at first to take these because it seemed to complicate things further. I couldn't have been more wrong.*

*Tell us how your race went. -----I was very scared and nervous at the start. For a week I just wanted to get this thing underway. But like they always say, once the gun went off, all anxiety began to melt away. I ran very cautiously per the plan. I picked it up at the OT section because it was so much fun. It was mostly downhill and I really enjoyed the single track but still remained conservative. I picked it up a bit as planned to mile 30 but stayed relaxed. I was unsure how many were in front of me and tried not to think about it. My plan was to finish and get that buckle! I took it really slow from 30 to 50. I kept waiting for the bonk. Everyone had told me that it is going to happen; only one if you are lucky. I had to know if I had what it took to make it through that rough time. I started to anticipate it. After Harold began pacing me, I started to pick up the pace just as planned and just go with it until the bonk happened. I checked my watch at 50 miles—8:40 for the first half, I knew I was running well. I was having so much fun. I even gave Harold a high five because I was actually doing it.—one hundred miles and feeling great. Then I began to feel a little pre-bonk nausea, etc. Turned out I just had to go to the bathroom and the second that was done, I was running strong again. We passed Greg Eason who I knew would be strong later. At the turnaround, I saw the frontrunner (Jim Mussleman) and then Steve Kirk not far behind. I was feeling so good that I continued to run strong and Harold continued to encourage me. We passed Steve not long after and then passed Jim shortly after Chili Pepper. Jim said he had just run the Bear 100 two weeks earlier and I was amazed but also figured he must be completely worn out. It was Greg and Steve I had to worry*

*about. Still, the goal was to finish. Powerline came quickly. Darin ran with me. Still no bonk. I bet it will be bad when it does hit but I must go with it. We topped Smith Mountain and I still felt great. I ran hare down the hill, as hard as I could and was loving it. The weather was great and the scenery incredible—I'll never forget running down that mountain. Then I had a little foot trouble at the bottom of Smith Mountain. At the aid station, they bandaged a blister on my heel. They did great work as did all the aid stations as always. Darin Kept pushing me along. I always like him a step back which I know must seem contrary to a pacer's duties But for some reason, a step back pushed me along – a step ahead of me seemed to discourage me because I didn't think I could keep up with him.*

*We get to Winona Aid Station. I am getting pretty fatigued but the prospect of first is really a great motivator. I had not checked my watch since and did not want to. It seemed that it might discourage me. If I was slow, I would feel down, if I was fast I might think I can take it easy so I refused to look and Darin was nice not to tell me. I also didn't want to know how far back that Steve and Greg were because I knew that they would be running strong and hearing how far back they were would only have the same effect.*

*We ran strong to the Electric Tower Aid Station, mile 91. I really just walked through the aid station while Darin filled up. As I am leaving, a girl at the aid station yells "Here comes another runner!" Holy \*%\$#! All of this to be passed now. At least I will get the buckle which is what I came for. I also thought since it was only 2.1 miles to the last aid station, I could run as hard as I could and make Greg or Steve pass me after the last aid station. So I ran really hard. When Darin caught up near the next aid station, he told me that no was coming and the volunteer was mistaken. I want to thank her because she really unintentionally motivated me at a critical time. At mile 99 I had to go to the bathroom again but still was worried about Steve and Greg. I asked Darin if he thought I had enough time and he said yes. I couldn't help but think of the comedy of the situation. Wouldn't it be something—get passed at mile 99 of a 100 mile race because I'm over here squatting and taking a \*%\$#.*

*The finish was great and I will never forget it.*

*This was your first attempt at the AT100. Did you learn anything? —I learned that the hundred miler is everything everybody had made it out to be. It is really an odyssey and a test of courage. I also think that I lucked out, because that big bonk never really came. There was one hill at mile 88 or so where I came close but that was it. I also learned that I never would have attempted any ultras without the camaraderie and the brotherhood and sisterhood of the AURA.*

*Are you back to running? What is next? —I am back to running though taking it easy. Right now I am still enjoying the runner's high of completing my first 100. After the race at 2:00 a.m. in the morning I called my wife and woke her up as we had planned. I told her I had finished and that she didn't have to worry any more because I wouldn't do another one. She laughed, congratulated me and said good night. She knows me better than I know myself.*



# AURA SUPER BONUS

## Pacing Tom Brennan in the 2006 Arkansas Traveller 100

By Darin Hoover

I did not know what to expect when I agreed to pace Tom Brennan in the AT-100. He had paced me in 2004 so I owed him and was happy to help. Tom has been a good friend over the years though we only saw each other once in a while at races and spoke mainly by email. He also would be directly racing my good friends Steve Kirk and Greg Eason, who I see all the time and train with. So while I wanted to help Tom win, I would not be disappointed to see one of them win as well.

I knew Tom was very fast, and is so fast on down hills that I doubt anyone in Arkansas right now can hang with him. He is also a great climber and had won some big races. He had never gone past 50 miles, and also did not have a lot of experience with managing his systems, fluid intake and nutrition requirements. He also didn't have much experience in running at night, and since it was his first 100, no one knew how he would react to the low points and pain that comes with any 100 miler.

When Tom and his first pacer, Harold Hays, came through Chili Pepper at mile 53, they were in 3<sup>rd</sup> and Harold said Tom was running strong. He told me I better get ready to run. I really didn't take his warning seriously.

When Tom arrived at Powerline where I was to meet him, Harold was about 100 yards back and Tom was as strong as ever. I had his light, t-shirt, filled his bottle, and hurried out to catch him for the run over to Chicken Gap. He remarked briefly about how much fun it was running with Harold, and how much Harold had pushed him so far. From then on our only conversation involved what lay ahead on the course, how far to the next aid station, how far back Steve and Greg were in my opinion, and whether I thought they were running this particular hill we were walking. He did not want me asking the radio personnel where they really were, we just speculated through the night.

From the beginning Tom told me he never looks at his watch, never wants to know the splits, and never wants to know the time of day. He keeps track in his head, and usually knows within a minute or two where he's at. He simply runs as hard as he can and does the best he can at that moment. I was wearing a Nike speed distance monitor so I knew exactly what was going on at all times and it was very hard not to tell him. When I slipped a few times and said "hey, we ran that last mile in 9:30", he let me know he didn't want to know!

He also is not happy or relaxed unless he is dropping someone. He wanted me a step behind him at all times, and on downhills he wanted me a least 20 yards behind, which was no problem, as he really flies on downhills and I could not have stayed with him anyway. His stated goal was to beat me to the next aid station every time. He usually had a 2-3 minute lead, and I had to sprint and run a sub 8 minute mile to catch him. That is what a pacer does and it was working well.

At every aid station I would hear that Greg and Steve were 10,7,3,15 etc minutes back. Tom did not know this but he was racing like they were 10 seconds back. Many times he looked back and saw a glow stick and said "*there's Greg .let's go*" and we'd

start sprinting up a hill. Or, he would see two glow sticks and say *"there's Steve and Greg, they are both catching us"*, and we'd run down a steep rocky hill at sub 8 minute pace.

I know how tough Steve and Greg are. I knew they could climb faster than us and match our pace on the flats, but I did not think they could catch us on the downhills. I doubt anyone could have matched the pace Tom ran on the downhills. I would not run that fast on those roads and trails if I were doing downhill repeats.

Tom ran most of the race from Winona without his headlamp on. He also ran the tough 212 Rocky Gap section in 48 minutes, all the time complaining that he was bonking, slowing down and running 15-20 miles. I knew this was not the case, but kept the info to myself.

At Electric Tower is where the race finally turned in our favor. Tom ran on through, and by the time I got things, I had to run as hard as I ever had in my life to catch him at Pumpkin Patch. It didn't help that he had his light off and swore that he saw Steve and Greg coming into the aid station as he was leaving. I knew they were close but not that close. My split was 14:30 for 2.1 miles. When I finally caught him at the Pumpkin Patch I gave him a drink and a Hammer-gel and told him to take off and I would jog on home. He refused; he wanted me with him. I decided I'd go with him as long as I could. I had come this far and wanted to finish with him.

We ran strong to the finish, and ran the last mile in 6:42. It was an incredible experience, and I think I learned more than Tom did. I have never seen anyone with such a strong desire to win, and would have never dreamed that anyone could run that hard that late in a race. I have a lot of work to do on the mental game of running, and also in handling pain late in a race. Tom really left it all on the trails, and won a hard fought victory over two good friends and great competitors. Three guys gave it their all and were genuinely happy for each other, the effort and most of all for the great race that it was.

In conclusion, Tom's guess at his time was 19:10; he ended up running a 17:47.

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

Chrissy Duryea(95)	17:53:10	13 Arkansas/AURA Women completed the 2006 AT-100	
Chrissy Duryea(94)	18:40:36		
Chrissy Duryea(93)	18:50:38		
Chrissy Duryea(96)	19:28:13	1. Natalie McBee	8. Carrie Dupriest
Chrissy D. Ferguson(97)	19:43:46	2. Chrissy Ferguson	9. Angie Orelano-Fis
Chrissy Duryea(92)	20:38:08	3. Jen Foster	10. Jamie Huneycutt
Chrissy D. Ferguson(99)	20:58:48	4. Patty Groth	11. Holly Lynch
Chrissy Ferguson(01)	21:24:53	5. Dianne Seager	12. Julie Kelly
Chrissy Ferguson(04)	21:32:35	6. Shirley Hyman	13. Kim Ferguson-Joh
Chrissy Ferguson(02)	21:35:27	7. Suzy Phillips	
<b>Natalie McBee(06)</b>	<b>21:58:09</b>		
Chrissy Ferguson(00)	22:13:33		

Chrissy Ferguson(00)	22:13:33
Tamara Zagustin(03)	22:34:12
Dianne Seager(04)	23:12:17
Angie Ranson(95)	23:50:17
Roberta Orr(98)	23:51:35
Lou Peyton(93)	23:52:05
Angie Ranson(97)	24:28:27
<b>Chrissy Ferguson(06)</b>	<b>24:34:54</b>
<b>Jen Foster(06)</b>	<b>24:52:01</b>
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
<b>Patty Groth(06)</b>	<b>26:08:42</b>
<b>Dianne Seager(06)</b>	<b>26:12:21</b>
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
Dianne F. Bell(95)	26:53:19
Lou Peyton(98)	27:01:56
Dianne Seager(02)	27:14:05
Ivy Franklin(96)	27:25:44
<b>Shirley Hyman(06)</b>	<b>27:26:09</b>
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



**Jen Foster completed her first AT-100 and her 3<sup>rd</sup> 100 miler in 2006**



**Angie Orellano-Fisher completed her 10<sup>th</sup> AT-100 finish.**

<b>Suzy Phillips(06)</b>	<b>28:01:37</b>
Gayle B. Bradford(94)	28:03:40
Dianne Seager(03)	28:15:32
Patty Groth(02)	28:34:09
Irene Johnson(91)	28:40:16
<b>Carrie Dupriest(06)</b>	<b>28:52:46</b>
<b>Angie Orellano-Fisher(06)</b>	<b>28:53:09</b>
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
<b>Jamie Huneycutt(06)</b>	<b>29:18:58</b>
Angie Ransom(99)	29:27:01
Donna P. Duerr(92)	29:27:14
<b>Holly Lynch(06)</b>	<b>29:36:50</b>
Angie Ransom(02)	29:28:11
Ann M. Moore(92)	29:37:25
<b>Julie Kelly(06)</b>	<b>29:37:50</b>
Dianne Seager(99)	29:44:18
Rhonda Ferguson(03)	29:50:02
<b>Kim Ferguson-Johnson(06)</b>	<b>31:38:20</b>



**Dianne Seager, her 10<sup>th</sup> AT-100**

These AT-100 Times were found in the AURA Power Room Archive Vault. Please report any omissions or corrections to 501-225-6609 or chrlypytn@aol.com

\* - 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.

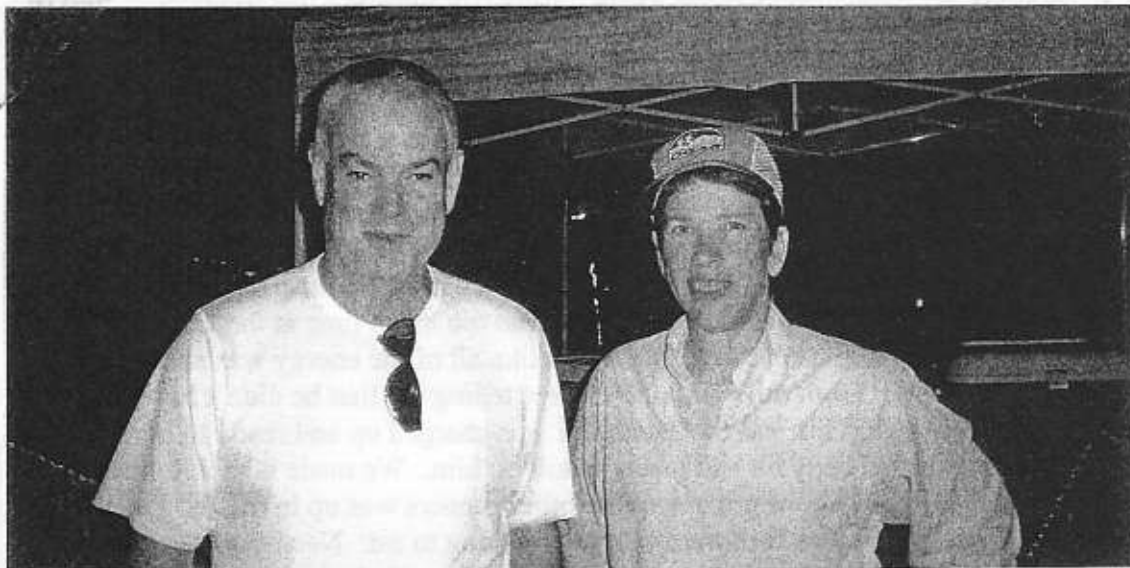
**RETREADS (*Retired Runners Eating Out*)** meet monthly at Franke's Cafeteria on Rodney Parham at 11:30 am the first Wednesday of every month. Sometimes we dress up with runner related items to identify ourselves. Hey Gang, lets do a group hug and clang our old medals

## ULTRA CORNER

2006 Heartland 100/50 October 14<sup>th</sup> Cassoday, Kansas

### My 50 Mile Story by AURA's Alston Jennings of Little Rock

13:41:07! I was on pace at the turnaround to break 13:00 but got so tight and tenderfooted on the way back that I was glad to have some time in the bank. The weather was absolutely perfect and the course was beautiful. I felt pretty good about myself. Humility returned Sunday morning. I rolled out of my nice, Best Western bed at 6:30 and gimped into the parking lot to start loading the car. It was probably about 47-48 degrees but it felt colder because of the wind and the cold, spitting rain. I thought about the dozens of people still on the course for the hundred and my mind literally reeled. Simple unbelievable. This was a neat race, the 7<sup>th</sup> year for it. The entry is growing steadily. The people are just great. The organizers describe it as a good "first" ultra. A couple of people did say, "You're not going to believe the hills." I thought to myself, "I know there are tougher hills than the ones I did on the "Heart of the Traveller--Labor Day runs, but I bet none of them are in Kansas. Granted that I only saw half of the course, so far I still feel I was right. Thanks to all of you for your advice and encouragement and for your patience as I brought up the rear on the various long runs this year. It really was a terrific adventure and most memorable. Warm regards.



Alston Jennings and Kim Fischer at the Heart of the Traveller—Smith Mountain Run on Labor day.

### 2006 Heartland 50 Miler(AURA's)

36 <sup>th</sup>	Ken Saveth	13:25:18	
38 <sup>th</sup>	Alston Jennings	13:41:07	41 finishers

18<sup>th</sup> EDITION; Number 8

The AURA - A Dream Catcher.

Founded 1989; RRCA Sanctified in 2001

## My 100 Mile Story by AURA's Jeffrey Genova of Bentonville, Arkansas.

I did it! I finished the *Heartland 100 Miler*. I finished in 24:48:49, 20<sup>th</sup> overall. First of all I must say thank you to Randy and Jim the RD's for putting on such a great race. To all of the volunteers, *THANKS!* For all that you do for the race and did for me and the other racers. I have never seen so many wonderful caring people work so hard. The *Heartland 100* is a wonderful race and has many wonderful people. Everyone that I met this weekend was wonderful from the ladies that made the outstanding pre-race meal, to the other racers that camped in the Cassoday city park with us, to all of the other racers and crew that were willing to help us out if we needed advice or whatever we needed. I really enjoyed my first induction into the Ultra running community. Yes, you too will believe that there are hills in Kansas. I hope that this report helps. It is more like my personal account of the race.

It started out as a beautiful day with clear skies and the temps starting in the 40's and reaching only the low 60's by afternoon. My partner for this race was Joel Kahl. The very same person who talked me into running an Ultra last year. We started off great and ran strong following the plan of 25 minutes of running then five minutes of power walking. That is until we reached the hills. In the hills we power-walked the up-hills and ran the downhills and flats. We made it through the first aid station eating and drinking as planned. To the next aid station through a section of the course called the roller coaster for all of its straight ups and straight downs. We were running strong until the Ridgeline Aid Station. At this aid station I ate some prairie pellets and maybe shouldn't have. Because the next 8 miles to the Texaco Hills Aid Station I was not feeling well as the sun had me beat down and I really didn't want to run like I should have. But, Joel pushed me and we made it to the aid station where I got some 7up and ice that settled my stomach and off we went to the Matfield Green Aid Station. Along the way it was Joel's turn to feel bad. Maybe he didn't get enough fluids in him at the aid station and his water bottle ran out half way between the two aid stations. I shared some of my bottle with him and we made it. The strategy we employed worked like a charm pushing us to a 10:45 – 50 mile turn-around. This is where the wheels kind of fell off. I think that mentally Joel and I felt such a sense of accomplishment reaching the turn at a time 15 minutes faster than planned that we let our guard down. We spent too much time at the Lone Tree Aid Station(50 mile) , 30 minutes in fact, that it was like all of the energy was sucked out of Joel and given to me. From mile 50 on, Joel kept telling me that he didn't have any running left in his legs. This was bad because I was charged up and ready to go. I think that getting dehydrated early on had taken its toll on him. We made it back to the Matfield Green Aid Station where one of the other runners was up in the food tent and proceeded to get sick just as Joel went to get something to eat. Needless to say Joel did not eat anything and this proved to be disastrous for him. He had no energy and all of his stored energy had been used up. Luckily he found a granola bar in his pack which got him back to the Ridgeline Aid Station where we met Kristie and Cliff. They helped us on our way and told us that they would meet us at the Teterville Road Aid Station in 12 miles. Some where in those 12 miles Joel kicked a stationary rock and broke two toes and lost a toe nail on the opposite foot. This caused us to walk a large portion of the section was the ultimate cause of Joel DNF'ing at mile 75. Cliff was supposed to run the last 25 miles with me from the start but he was not able to join me until Lapland at mile

16 because he had to help with Joel. I felt great and was sad that Joel had DNF'ed so I ran the stretch between Teterville and Lapland as fast as I could covering 8.5 miles in just over an hour and 45 minutes passing three runners like they were stuck in the mud. Then at Lapland Cliff joined me and we kept this quick pace as much as I could stand. Along this stretch, the sky started to illuminate with lighting and then there was thunder closer and closer. Since we were in the Kansas Prairie, Cliff and I felt like giant lighting rods and this was great incentive to run as fast as we could to the next aid station which was at this point about 3 miles away through the roller coaster. We made it safely to the Battle Creek Aid Station where another runner showed up a few minutes later talking about how he was down in a ditch for safety. I almost fell asleep while at the aid station but Cliff got me up and on my feet. We went back to running at our speedy pace that Cliff wanted to keep and I wanted no part of. We passed more runners and Cliff told me that he though we had passed a dozen while he had been running with me. I was doing all I could to keep moving. Cliff was urging me on and all I could do was run a couple of yards and then walk. Until I saw a light behind us and thought that a runner might catch us. I took off at what I thought was break neck speed but was probably no more than a quick hobble. The combinations of the exhausted legs, body, mind and the fact that I really had to go to the nearest Prairie Port o Pot made the last 5 miles of the race very, very long. I thought that we would never get to the finish but we did after 6:48 a.m. Sunday morning. The first thing I did was run to the nearest Port O Pot and then I came back to the finish line for some pictures and hugs and kisses with my wife. I would like to thank Carl King for all his advise and knowledge that he shared with me during my training. I also have to thank him for all of his products(SUCCEED, Clip 2 and Amino) that I used through out the entire race. These products allowed me to finish without bonking or cramping the first time. Thanks to all of you who prayed for my safety and ability to finish the race. I could feel you lifting me up out of the really bad spots. God Bless and good running!

### 2006 Heartland 100(AURA's)

10 <sup>th</sup>	Scott Eason	21:49:34
20 <sup>th</sup>	Jeff Genova	24:49:47
21 <sup>st</sup>	Willie Lambert	24:56:01
	47 finishers	

### AURA Archives - Arkansans/AURA at the Heartland 100 Miler.

Paul Schoenlaub(05)	19:49:42	Report errors/omissions
<b>Scott Eason(06)</b>	<b>21:49:34</b>	to chrlypytn@aol.com
Randy Ellis(05)	23:23:05	
<b>Jeff Genova(06)</b>	<b>24:49:47</b>	
<b>Willie Lambert(06)</b>	<b>24:56:01</b>	
Willie Lambert(04)	25:32:01	

## 2006/07 ULTRA TRAIL SERIES

7-22-06	1. Midnight 50K	8. 2-3-07 White Rock Classic 50K
8-26-06	2. Mt Nebo Trail Run(14 Mi)	9. 2-187 Sylamore Trail 50K
10-7-06	3. Arkansas Traveller 100	10. 3-7-07 Big Rock Myster Run(12-13)
10:28:06	4. Devil's Den Trail Run(15 mi)	11. 3-16/18-07 3DaysofSyllamo
11-11-06	5. Gulpha Gorge Challenge(16/18 mi)	12. 4-21-07 Ouachita Trail 50K/50mi)
12-9-06	6. Buffalo RiverTrails Run	13. 5-7-07The Catsmacker
1-6-07	7. Athens-Big Fork Marathon	14. 6-2-07 National Trails Day

Results of the Devil's Den Trail Run will be posted when they are made available.

Directions to the ***Gulpha Gorge Challenge***, November 11<sup>th</sup>. **7:00 a.m. start.** I-30 to Hwy 70 west(Hot Springs turn off) just south of Benton. Follow Hwy 70. The last exit before entering Hot Sprins is exit #2. Turn right and follow access road to the stop-sign. Right turn for a block(+/-). Turn left into the National Park campground and drive to the far end of park.

Information on the ***Buffalo River Trail Run***, December 9<sup>th</sup>, 2006 from Run Leader, Darin Hoover.

"The run is a trail marathon. It is held on the Buffalo River trails. Start time is 9:00 a.m. It starts and finishes at the Ponca low water bridge on Hwy 21. It is 2.5 hours from Little Rock or 1 hour form Clarksville on Hwy 21. You can easily get a cabin at Buffalo Outdoor Center (501-868-5514)

The run starts at the low water bridge, goes 11 miles south out to near Boxley, then turns around and comes back 11 miles past the start, over to Steel Creek, 2.5 miles. Then back for 27 + hilly, single track miles. You will have 11 miles without aid or chance of bail out or rescue. There will be a cutoff at Boxley at 1 p.m. and Ponca, 4:00 p.m. There will be hills, a few creek crossing and lot of elk.

No fee; no frill, except donated Red Bull and normal minimal aid. No trail markings except what the park puts out.

Custom T-shirt to all finishers; donations encouraged.

I expect it to be easier than Athens-Big Fork with less aid. I predict a few people will break 4 hours depending on who shows up. Mid packers like me will probably run it in 5 hours.

The Buffalo River may be our most beautiful area and one we have not run before. This is a test run to see how it goes."

UTS point totals can be seen at [runarkansas.com](http://runarkansas.com)



## 2006 Arkansas RRCA Ultrarunners of the Year

### Greg Eason and Chrissy Ferguson, Overall

### Steve Kirk and Patty Groth, Masters

Greg's four, 100 mile finishes, in one year would be tough enough to match. When one of those finishes is a second place overall at the Arkansas Traveller 100 Miler, his competitive year becomes insurmountable. With finishes at Rocky Raccoon, Bighorn, Leadville and the AT he ran away with this year's award from all but his running pal, Steve "KirkDog" Kirk. Keep in mind that this physically very capable but hugely mentally challenged, runner also ran two insane loops at The Barkley for which he received goose egg points.

Spaceman Kirk ran two hundreds, two fifties and a 50K to finish just a hundred points behind Greg in the standings. His third place finish at AT also set him apart from other contenders for this annual award. When told of the second place overall finish to his buddy Greg, one could hear him mumbling something about Tonya Harding for next year.

Chrissy Ferguson continued her streak of winning the overall title for now her 38<sup>th</sup> straight year. She has so many great friends to see at races around the country and so many commitments to those friends that she almost has to run a huge number of races each year simply to spend some time with her extended 'family'. She becomes a prisoner of her social calendar, a calendar that has only very painful, long runs on it. Thus, she completes a lot of runs in a lot of places at her usual very fast pace. She remains a great ambassador for Arkansas at the many runs she does.

Patty Groth is no stranger to this award and had to doughpop many of her buddies to earn it again this year. As you will see below the masters ladies category was very close this year and I am sure they were all wishing one another the worst as the season progressed. It will be interesting to see how this competitive category plays out next year.

Congratulations to all the winners on having such great years! The targets are now on your backs for '06-'07 and, after the obligatory 7 days of great adulation, which ended yesterday, you're all just a bunch of slugs like the rest of us, having to prove yourselves once again.

To obtain some insight into how the scoring went please read the following:

Overall Ladies	Points
Chrissy Ferguson	625
Jen Foster	512.5
Natalie McBee	510.45
Susy Phillips	487.95

## Masters Ladies

Patty Groth	392.5
Carrie DuPriest	325
Jamie Huneycutt	311.22
Diane Seager	292.5
Kimmy Riley	289.575

## Men

Greg Eason	885
Steve Kirk	778.125
Kyle Baldwin	441.25
John Muir	407.5
Stan Ferguson	404.125

Individual point calculations provide additional information:

Greg Eason	AT 100	450 points
	LT 100	120
	RR 100	145
	Bighorn 100	170
Chrissy Ferguson	AT 100	255
	Strolling Jim	170
	Am River 50	60
	Vermont 100	120
	Palo Dur 50K	20
Steve Kirk	AT 100	405
	Bighorn 100	170
	OT 50 M	103.125
	Jemez 50M	55
	Sylam 50K	45
Patty Groth	AT 100	217.5
	OT 50M	75
	Ket Mo 100K	50
	Palo Dur 50M	50

Bob Marston

Author: "Creative Math for You – How  $4 \times 2 = 26$  If You Need It To"

## MORE THAN YOU WANT TO KNOW ABOUT ARKANSAS RRCA ULTRARUNNER OF THE YEAR

The competitive year for this award runs from the Monday immediately following the Arkansas Traveller 100 Miler to the completion of the same run on Sunday in the following year. That makes the AT 100 the culminating event in the competition.

Award winners must be residents of Arkansas and must be members of an RRCA club. AURA is an RRCA club.

In November of each year, following the Spa 10K in Hot Springs, Arkansas RRCA, at its expense, presents a plaque to the winners. All the other state awards are also presented at this time.

The award is based solely upon points accumulation for running various ultras. The minimum race length is 27 miles. Runners receive points simply for finishing within the prescribed cutoff and then receive additional, "enhancement" points, if he or she finishes 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, in the top 25% or in the top 50% of his or her sex. If the race is an Arkansas race 50% of a runner's total earned points for that race are added to his or her total. Example: Finish Leadville in the bottom 50% of all finishers of your sex, you get 120 points. Do that at the AT 100 and you get 180. This provision was intended to encourage folks to run the Arkansas races and to ensure those capable of running races all over the country do not get an unfair advantage on those who, for whatever reason, are limited somewhat to running most or all of their races in Arkansas.

Size of field does affect the number of enhancement points one receives.

If you become 40 at any time during the competitive year, you are considered a masters runner for that year. Masters runners do not compete only with masters runners. All runners compete in one large mob. The masters runners that get the most points win their respective awards. Award winners cannot choose their award. If a masters runner wins the overall title and the masters title he or she will receive the overall award.

In the next month or so I will endeavor to have the current set of rules put on disk and ultimately placed on the AURA website. Those of you who are seriously into significant self-abuse can then peruse the six page, single spaced guidelines until you want to stick a pencil in your good eye simply to remind yourself to never do that again.

There are some changes that I will recommend though they are minor in nature. We need to address the Three Days of Syllamo race as contestants only received 60.45 points for completing this most difficult trial. Though accounted for in these 15-year-old rules some modifications might be in order.

### Other considerations:

1. Kings and Queens of the Trails are getting only 20 points for their wins.
2. 6-12-24-48 Hour track runs are considered such only if conducted on a mile length or less track; perhaps the length should be extended to 5 miles to account for the many multiple loop, hourly type runs that are run on courses longer than one mile. We likely do not want this special category of run to encroach on normal ultra run character of, for example, the four, 12.5 mile loops run at *Sunmart*.

This is only a glimpse into the competitive criteria. I realize without the full document in hand it would be difficult to evaluate sensible rules changes. Please retain this note and reread it once you have an opportunity to look at the complete set of rules. Remember, place all sharp objects out of reach PRIOR to attempting to read the full set of guidelines.

Bob Marston  
(never passed 3<sup>rd</sup> grade arithmetic)

## AURA SPECIAL FEATURE

### The AT-100 Trilogy

<p>Part One. <i>Jimmy, The Runner</i>. A story of triumph at the AT-100. Available soon.</p> <p>Part Two. <i>Janet, The Arkansas Girl</i>. The story of unrequited romance at the AT-100. Available soon.</p>
---

**PART THREE: Adeline**, A timeless story of reconciliation at the Arkansas Traveller 100 Miler

Every year was the same. Come October he would drive the worn, rocky path up to the windy knob called Chicken Gap. There he would pitch his tent and wait. For a while there was nothing to do but think about how it used to be. When he first moved there it was a small but thriving community with a post office, a general store, a church and a tavern, where some say he spent too much time. Next to the church, of course, on a level hillside was the cemetery. Back in the cemetery's far north corner he and Adeline had laid to rest their first born, twins Ray and Rachael. Despite the proximity he couldn't bring himself to visit the gravesites as the memory of the Yellow Fever epidemic was still too painful. After the war, Chicken Gap dried up and now existed only as an asterisk on the map and a distant memory. The only remaining structure was the faint outline of the cemetery. He should have pulled stakes along with the rest of the town folks but Adeline couldn't bear to leave her twins. Following the war, the visitors that passed their way were the travellers, he called them the Arkansas travellers. These were mostly young men from the southern states who made their way on foot, or horseback if they were lucky, seeking a better life out west. All were restless and sometimes scarred in one fashion or another. All seeking a better life and a new beginning in the West leaving behind the memories of the *Cause*. Chicken Gap it seemed to him was a natural funnel for these Arkansas travellers. He welcomed these travellers. For one thing Adeline seemed to rouse from her melancholy when the hint of fall was in the air. She would set her hair and put on rouge. Every day when he would come in from toiling in the fields, he would find her in the swing under the big White Oak tree with a slight smile on her face watching down the lane for the sound of foot steps or the faint light of a lantern. He too welcomed the travellers as they brought him news from the outside world. When a traveler appeared on the horizon they were always taken in as if they were family. Usually they would stay a day or two and they would help out in the harvest or if they were skilled, repair the harnesses and mend the tools. At night they would sit by the fire and talk about events of the day and what was happening in the outside world. In the morning he could hear

kitchen cooking biscuits and eggs and preparing a lunch for the traveller as they were about to continue their journey where they were hoping to be taken in by another family a days ride down the path. It was always sad to see them go. Gone but not forgotten. Because in the spring there would always be another mouth to be fed. He hated it when that happened.

### Chapter Two

And then she was gone. When she didn't return from her chores one evening, he didn't suspect foul play. He had noticed that Adeline was spending more time to herself recently and thought that maybe she was just working things out. What with her being melancholy and all. He looked for her for a period of time then resigned to his loss. Without the law in the area he eventually accepted his loss as just the way it happens in hard times. Hard times they were at Chicken Gap. One hot, steamy summer all the kids fell victim to the Pellagra. Old Doc Watson rode out on his blind horse. Seeing no two children alike, he was amused at the family variety. There were red heads, blonde heads, dark and light, curly hair and freckled ones. "I don't know", he exclaimed. "I think you're feeding them too much corn." But corn is what we had most of at Chicken Gap. He also added, "I heard rumor that there is a new women in Jessievile. You need to check it out. Could be your Adeline." That he meant to do. But with Jessievile a two days walk, to whom would I entrust all those kids. "You do what you gotta do", Doc Watson said as he rode off to take care of family on the next mountain. So many children; so little help. As soon as one of his off spring was old enough to help out around the place, they seemed to drift off to parts unknown. With fields to plant and livestock to see after, any desire to journey to Jessievile waned and soon it was not something he thought about everyday. When his last daughter got of consensual age, she too just slipped away. He closed it down, too. By then his only possession was the shirt on his back. All the livestock had deserted; all the homestead had rotted away. With nothing left he started walking. Walking to Perryville.

### Chapter Three

Hard times followed him to Perryville. The only job he could get was cleaning stalls at the live stock barn. But, with the first hard currency he had ever earned in his pocket, he was satisfied and rarely thought of his life back up in the mountains. That is until one day at the local coffee shop he saw an advertisement in the window. It read, "Volunteers needed-Arkansas Traveller 100 Miler. He called the number listed and was told that they were looking for dependable workers for their aid stations back in the mountains. "Is there an opening at Chicken Gap?" he asked. There was!

For years now he had driven up the rocky path to the windy knob now called Chicken Gap Aid Station. After setting up his table and carefully placing out his wares, he sat back in his chair and looked at his watch. Soon the runners would be there.

He was busy as usual around his aid station and before he knew it dusk had fallen. With a break in the action he set down and watched for the glow of a flashlight down the trail. He must have dozed as when he looked up a young girl was about to enter his station. Startled, he sprung to his feet and asked to fill her water bottle. Glancing up he noticed familiarity. The young female had close set eyes and high cheekbones. "Who are you?" he asked. She responded, "I am number 105, sir". "No!" he said, "what is your name. "My name is Adel from Jessievile. My grandmother is Adeline and she is my pacer. She stopped at that cemetery back a ways and told me she would catch up." He fell back in his chair and when he looked up Number 105 was gone. Soon a faint glow of a light appeared in the distance and gradually got brighter. Finally out of the darkness stepped Adeline. "Hello", she said. "I knew you would be here. I've come to talk and explain my actions. That's your granddaughter up ahead.

speechless. After all those years, she had returned. I want to talk to you. And she did. "Back in the old days my spirit was weak. The hard times for me were unbearable. You were the strong one. I did my best but my mind seemed to be filled with darkness. The last straw was when the mule foundered and in order to make the crop, I was going to have to shoulder the harness. So in the falling dusk I slipped away and walked two days to Jessierville where I passed myself off as a cook in a boarding house. Saving my money I now own the boarding house. I never really left you. When I got the means I would pay a visit to the children and one by one wisked them away and they all help me in my work. If appears too that you have taken a higher calling and I am respectful of that. Now I must catch up to Adel. I will return as I know the way all too well. I want you and I together to visit our first born Ray and Rachael in the little cemetery down the trail and pay our respects.. Then I want to visit with you some more." With that she held his hand and let it drop only at the last minute as she disappeared over the mountain. He felt such relief to know that now, all was forgiven. All had been reconciled. .

Post Script

Adeline did return and they now own a Bed and Breakfast Inn in Perry County where all of their children live nearby. They often get visits from the west of the returning travelers who have made their fortune and remember them so well.

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