

THE ARKANSAS ULTRA RUNNER

September 2015

**THE NEWSLETTER FOR MEMBERS OF THE
ARKANSAS ULTRA RUNNING ASSOCIATION**

AURA WEBSITE:runarkansas.com

Message From President George Peterka

First I wish to thank everyone that worked on the Traveller. It was a great race. The weather was perfect and we had a record 120 finishers. I will leave the detailed write-up to Stan & Chrissy. I especially wish to thank Stan and Chrissy for directing the race and putting on a wonderful picnic.

We are looking for someone to put on an aid station at the Athens Big Fork Trail Marathon on January 9, 2016. The Texarkana runners have agreed to do the turnaround aid station as they have done in the past but we are still searching for someone for the other 2 aid stations. Normally one of those (Blaylock Creek) was put on by the AURA (Charley). We had 2 days of trail work on ABF so far and we will have one more. The trail is in good shape and there is not that much to do. Me and Brady will handle that ourselves but we need someone for the aid stations. If you can help please contact brady.paddock@gmail.com

Our next race is the Bona Dea 50K on November 14. Hope to see everyone there.

UPCOMING EVENTS

You Don't Want To Miss Out on the Fun

Come Run The The 5th Annual

Bona Dea 50K

Saturday, November 14, 2015

Russellville, AR

8:00am start

2014 - 2015 AURA Ultra Trail Series Event



Introduction:

Ultrarunning made an appearance in the Arkansas River Valley back in the early 1980's with the Arkie 50 (miler), conducted on the Bona Dea Trails in Russellville. Over 25 years later, ultrarunners returned for the first Bona Dea 50K, in 2010. With the flat course and cool weather, many PRs were set over the multi-lap course on hard surface trail. Put it on your calendar for 2014 and come see what you're made of!!

Directions:

Take Exit 81 off I-40 in Russellville. West-bound traffic will have to turn left on Aspen Ln, then take an immediate left onto Arkansas Ave (AR Hwy 7). East bound traffic will exit onto Arkansas Ave, and should turn right. Once on Arkansas Ave, drive south and take the first right turn onto Dyke Rd/Lake Front Dr. Continue west on Dyke Rd/Lake Front Dr until reaching the Bona Dea Trailhead parking lot.

Details:

The race will utilize a 3.4 mile loop on paved trail: nine complete loops, then a short out and back at the end. An aid station will be available at the completion of each loop. If you have a drop bag for special supplies, it can be left at the aid station. Times will be captured on each lap.

Questions::

Contact Tom (taspel@atu.eduor) Stan (stan@runarkansas.com)

Registration:

If you plan to participate in this event please help us out by registering. Registration is FREE. Advance registration helps race management put on a better and safer run for everyone. Registration closes on Friday, Nov. 13th at 2:00pm. (<http://www.runarkansas.com/BonaDea50K.htm>)

Upcoming Events Continued
Fifth Annual Sunset 6/12/24 Hour Endurance Run
Friday and Saturday November 27 –28, 2015



Location

Sunset Lake, Benton

Times

The **24 hour** run will begin at 7:30 p.m. on Friday, November 27.

The **6 and 12 hour** runs will begin at 7:30 a.m. on Saturday, November 28.

Check-in will be 30 minutes prior to the start time of the event you are running



Course

The course will follow a one mile paved loop around Sunset Lake (The certified distance is 1.015 miles.) There will be lighting on part of the trail loop after dark but it is recommended that the 24 hour runners bring a flashlight or headlamp unless they are comfortable running in the dark.

Entry Fee

None – Donations will be gladly accepted to help offset costs. Although there is no entry fee, advance registration is strongly encouraged so that we will have some idea of the number of people to prepare for. That will make it easier for the volunteers, especially Saturday morning since the 24 hour race will be going on during check-in. Granted, if you pre-register and do not come, you will be out the entry fee, but since the fee is \$0 you are only out the two minutes it takes to pre-register! We encourage online registration which will actually be faster and better than using the form, but we have the form available for those still living in the 20th Century! 😊 This form may be submitted by e-mail. There will be a waiver for all participants to sign on race day.

Directions

Coming from Little Rock and points farther north and east away, take westbound I-30, take the Sevier Street exit (Exit 116), cross the bridge, turn right and go down to the frontage road. Turn left on the frontage road and go just over 3/10 mile west. You will pass Holland Chapel Church and the Saline County Fairgrounds. Turn left on Fairfield Street which is just past the fairgrounds. You will pass the National Guard Armory on your right and then you will see Sunset Lake on your right.

From eastbound I-30, take the Sevier Street exit (Exit 116). Bear left on the frontage road. Turn right onto Fairfield Street which will be the first right after you enter the frontage road. Stay on Fairfield Street to Sunset Lake.

Link for registrations and more information: http://salinecountystriders.com/?page_id=81

Arkansas Traveller recap

~by Stan Ferguson, Co-Race Director~

We'll call this year's Arkansas Traveller 100 a success.

After every AT100, we do an informal and a formal assessment of how things went, what went wrong or could be improved, and what can reasonably be done to make it better next time. The formal version is done at a meeting of the full race committee, typically held at our house during December. We review the business aspects of the event, any problems that occurred, and any significant feedback we've received, followed by a roundtable discussion with the reflections and observations of all the individual committee members. This always results in at least a few action items for the next year. The informal version is an abbreviation of the above, but is usually on Monday—the day after the race finish, and consists of Chrissy and me having a drink on the porch and generally just unwinding from a very busy and stressful five straight days. Of course the goal has always been the “perfect race”. Some years have been so very close, and we've stressed over addressing whatever little thing went wrong in hopes of the next year being spotless. This year, to us the biggest issue that came up during the actual event was one of the ham radio operators at an aid station getting lost for several hours, which started the ramp-up of a rather large search operation. I've gotta say, that's not a scenario that we ever saw coming. We're still striving for perfection, but eventually you just have to accept that sometimes crap happens.

Highlights and miscellaneous stats:

- There were a record number of starters (160) and finishers (120).
- The overall finish rate of 75% is above average, but actually a little less than one might expect—considering that the weather was perfect (if you can forgive the dusty conditions).
- Usually the first-time 100-miler finish percentage is similar to or slightly above the overall rate, but this year 24 of 36 first-timers, or 66.7%, made it to the finish line.
- Thirty-four Arkansans finished (--a new record) out of 47 who started. There have now been 196 different Arkies who have finished the Traveller. For ten of the Arkansas finishers it was their first attempt at 100-miles – a Special Congratulations to them!
- A tribute partly to the perfect conditions, and much to the stellar runner talent present, we had a new men's course record set by Wesley Hunt in addition to three other new age group records: Letha Cruthirds (F60-64), Billy Simpson (M60-64), and Pete Kostelnick (M25-29).
- More on the great performances we saw: three of the top ten fastest all time men's times occurred this year, with Alison Jumper also posting a top ten all-time performance as she broke a decade-old drought of female sub-20s.

Now for Stan's “Is this anything?” statistic: It's well known that many runners come back again and again to run the Traveller. We like to think this is because of our “Good Time Running” attitude and the fantastic support they receive. Out of the 160 starters, 58 had at least started the AT100 once before. Of these, 47 finished in 2015, and they have an average of over five AT100 finishes each.

Over 300 volunteers contribute their time to make the Traveller happen. Our gratitude to them is immeasurable.

Some key groups, sponsors, and contributors we'd like to recognize (in no particular order) are:

- Gatorade
- GU Energy Labs
- RRCA, the RRCA Championship Series, and David Meroney—our state RRCA rep
- Central Arkansas Water
- David Whitmore (“Tyson Dave”)
- Don and Lee Galbraith and GEMS Ambulance Service
- US Forest Service
- Arkansas Game and Fish Commission
- Central Arkansas Radio Emergency Network (CAREN)
- Williams Junction Volunteer Fire Department
- Bill Walther
- George Peterka (website renovation)

The Arkansas Traveller 100 Race Committee is Jim Acebedo, David Cawein, Pat and Jerry Dixon, Carrie and Michael DuPriest, Chrissy and Stan Ferguson, Kim Fischer, Linda House, Susy Phillips, Jim Schuler, and PoDog Vogler

Thanks to all runners and volunteers for a great year!



The Traveller Experience

~by Chris Baldwin~



***cuss words were removed/replaced to protect those that are easily offended*

I've always felt that running the Traveller on race day was only a small part of the entire Traveller experience. For the past 4 years, the hours and hours spent training in the forest is why I keep coming back. These training runs are where friendships and memories are made. Our training group grew this past year and we started instituting more traditions. We did more night runs, we had social hour after the runs, which included folding chairs, Zingers and Miller 64, and of course there were BB guns.

It's hard to say which one of the training runs was my favorite; they were all truly an awesome experience. The one that comes to mind most often when I think back is the first night run of the season back in late June. As with nearly all of our training runs, we agreed to meet at WalMart on Hwy 10 and since this was a night run the meet time was 5:00pm Friday evening.

For whatever reason the turnout was pretty light, it was just me, Ronnie, Stacy Warren and a group of people that was training for Pikes Peake (they were planning on doing the first 10 miles of our planned 25 mile run). As we waited in the WalMart parking lot, I sat in my folding chair and ate some bean burritos that I had picked up from Taco Bell. There were a couple of runners that I really didn't know that were standing close to me. They were in a deep conversation. Bored, I lifted my leg and pushed out a fart. They both looked at me in disbelief. I gave them a wink and continued to eat my burritos. I don't think they found it very funny, but I laughed to myself for a good 5 minutes. Once everyone arrived, Ronnie, Stacy and I drove to E-Tower in one car and the Pikes Peak group caravanned behind us.

While we were waiting on everyone to get to E-Tower Ronnie took a pocket knife out and starting cutting his shoes up. He said they were pinching his toes and giving him blisters. He cut off all the fabric that covered his toes, from the bottom of the shoelaces to the tips of the shoes. "There that's better," he said as he put them back on his feet. All 10 toes were fully exposed except for the socks that he was wearing. "Dude that looks ridiculous," I said. "Well, its better than getting blisters". I just gave him a blank stare. "You buttholes ready to go?" Stacy asked.

We started doing the corkscrew in a counterclockwise direction. "What's tonight's route?" Stacy asked. "Well, this is the corkscrew. It will take us down 132, 75, 114 and then back up corkscrew hill," I replied. "Well that don't mean crap to me. Is that going to take us back to the car?" "Yes," I replied "and then after we refuel, we will go back out to 132, 132C, 179, 715, 212..." "Hold on," Stacy interrupted. "We have to do 212 tonight? I hate 212. Who came up with this crap?" I told her there was no other way to get back to the car besides running up 212. "Well crap" she said under her breath.

Just 5 miles into the run "Man, my stomach hurts" Ronnie groaned. "And I'm feeling kinda light headed". "What did you eat today?" I asked. "All I had was a smoothie. I made it out of coconut water and lettuce." "That's it?? Dude that is probably only like 15 calories," I replied. We walked about half a mile and Ronnie finally told us he needed a potty break. Oddly we were on a section that was lacking trees so he walked about 30 feet into some tall grass and squatted.

As Stacy and I stood there waiting, a State Trooper drove up. “Ya’ll seen a champagne color van with a white door?” “No”. “Ok, we have someone out here on a suicide watch and his family is worried. What the hell...” something caught the cop’s eye. From his car he took out his flashlight and shined it into the tall grass. Ronnie was being spotlighted. “What’s going on over there?” he yelled in his deep cop voice. Ronnie remained quite and just peered out from the tall grass. The cop looked at us and said “tell your buddy to mind his manners, there are ladies out here”. He nodded towards Stacy. Stacy started to laugh and snorted. He finally drove off and Ronnie came out of the tall grass with no socks on. His toes were now sticking out of his shoes with nothing covering them. They were already filthy.

After way too much time, we finally finished the corkscrew loop. We refueled at the car and I was actually surprised that all agreed to carry on with the 15 mile loop. Our original route design had us going down 132C, but we all decided that it would be easier not to. We just stayed on 132 and got to an aid drop at crossroads that we had left for ourselves.

We filled up our bottles and ate Twinkies. Then we sat down. We never sit down in the middle of a run. But for some reason this night was a little different. None of us were running very well, this was early in the season, and fortunately this was a short run compared to most of our training runs. The sky was clear and the stars were amazing. We had a moment that I wish we had more often. We just sat for about 20 minutes and looked at the stars. No one was in a rush. No one had any concerns. I told Ronnie and Stacy that we could easily adjust the route to cut off 3 miles. With that, we continued to sit there.



Knowing that we were still about 8 miles from the car we finally decided to get going. We made our way to 179. We started talking about the cop we had seen earlier and started to speculate about the person they were looking for. Within a few minutes of us talking about it, we could suddenly see some very bright colorful lights. There was the state trooper, an ambulance and a fire truck. We also saw the champagne colored van. It looked like the officials were all standing around, talking to some guy sitting in a chair. We stared for as long as we could without being too obvious. Again we started speculating as to what the story might be.

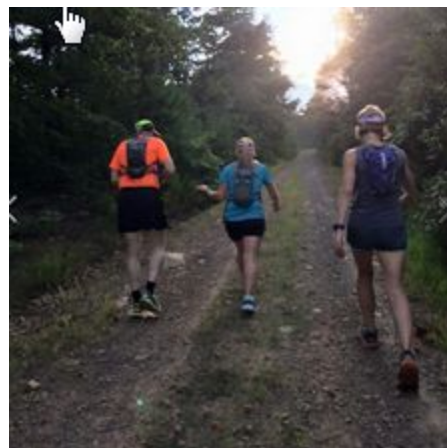
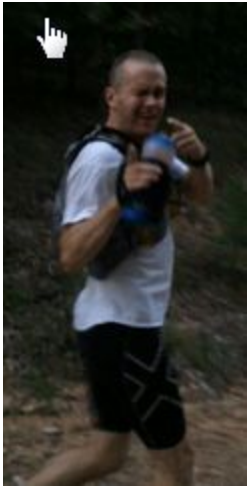
We cut over to Rocky Gap and started making our way up 212. “Who was the bright spark that came up with this route?” Stacy asked. “You’ll thank me later” I replied. “Well, you can kiss my butt right now”.

Four miles later we made it back to the car. It was about 1:30am. The sky was clear and the temperature was perfect. We got out our folding chairs, beer and enjoyed the stars. I shined my headlamp at Ronnie’s feet. They both appeared to be bleeding. “There is something wrong with these shoes,” Ronnie declared. “Maybe because you cut them up?” I speculated. “Nah, that needed to be done. They are too narrow in the toe box, but other than that I love these shoes. I don’t care that they cost \$170.”

After an hour of sitting we decided to head to IHOP on Chenal. Even though it was about 3am, the bright lights and the crowd made it seem like a perfectly acceptable time to be there. Ronnie’s feet were getting many stares from the other patrons. Some people even took pictures with their phone. He was still wearing his cut up shoes and the blood had dried amongst the dirt on his feet. His toes were completely black.

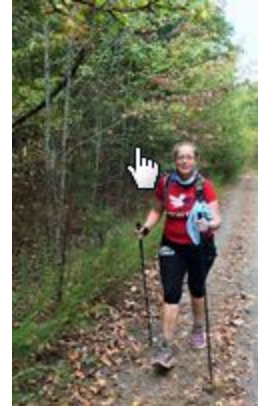
We ate our food and were waiting on our check when Stacy went to the bathroom. Ronnie and I passed the time by playing “where have they been”. I would close my eyes and Ronnie would rub his fingers somewhere on his body, then I would smell his fingers and guess where they had been. I did pretty good getting 8 out of 10 correct.

The check came and Ronnie "forgot" his wallet. "I'll catch you next time," he said. We (I) paid and we headed out to the car. Finally around 4:30 we made it back to our cars at WalMart. As I drove home that night, I thought to myself "wonder if I should cut up my shoes?".



21 times in 32 hours AT100 2015, 25th anniversary
~ by Lisa Gunnoe ~

After spending years at the Pumpkin Patch Aid Station at the Arkansas Traveller 100 it became a goal to finish this race myself before my 50th birthday. After many shoulder, back issues and injuries it seemed impossible to happen. A winter of no running and working hard to lose weight helped make it seem slightly possible. On a trail run on April Fool's Day I decided to give it a try. I'm 49, so it was time to step up to meet the goal. My entry into the AT100, 2015 was posted on April 1. Yes, I'm an April fool for sure!



Because I'm not blessed with athletic talent in the least, but I am blessed with a love of running and a don't quit spirit I knew I had to take this serious. Every mile, every calorie, every core workout, every push-up had to be taken seriously and treated with respect to honor the miles, the race, and those who helped me get through. This was the very most intense six months of my life. Not only would it take serious respectful, training, but it would also take a miracle.

The miracle was in the way of people who were willing to share their time, wisdom and knowledge to get me through. People shared their notes to crew and pacers, pace charts, drop bag suggestions, taper suggestions, then crew and pacer sacrificed a whole weekend of their time for me.

My family made the greatest sacrifice. A long run for me isn't a morning event, it is an all day event with a nap afterward, so Chris didn't see much of me during the summer. He also stepped up to take care of the Pumpkin Patch Aid Station during the race. Kim flew in from Maryland to help as well.

It was about twelve minutes till 6AM, time to go and I forgot to get my bib number. Yikes! Andi had warned me to set a time limit on fiddling with drop bags, but I didn't listen so was caught fiddle farting with them instead of getting things done. After finally getting things together, bib on, fuel retrieved, it was time to GO!

First Goal: First figure eight loop in under 4 1/2 hours. I hadn't been able to do this in training, but kept telling myself that during training I wasn't rested or tapered, but tired.

The section between Browns Creek Aid Station (mile 11.9) and Lake Sylvia (16.4) is just killer. It is so technical. I love technical, but it is hard to be fast on those rocks. I made that loop in a bit over 4 hours then spent 12 minutes messing with band-aids and feet.

Pumpkin Patch Aid Station (mile 22.1) has been my favorite place to play during the race for a few years now. To see it from the other side, runner, having family and friends warm greetings was a completely amazing experience.



Between Lake Sylvia and Lake Winona (mile 31.9) tummy troubles set in, forgot to put Nuun in my pack, too much water, too much hard work and tummy wanted to go home. It wasn't horrible bad, but never really went away the rest of the race. When I realized that what was coming out of the hydration pack didn't taste as it should, doubling up on S-caps took care of it. Using an Ensure between each drop bag, then picking up the next Ensure was a very good idea. That and potato soup got me through after tummy said NO MORE to anything else.

The mental battle began early, at Pigtrail (mile 36.1) I realized I was an hour behind the red line. This just wasn't good news. It was hard not to panic. After coming out of Bahama Mama (mile 43.2) and slowing down even more going over Smith Mountain the battle intensified. I took three pictures of sunset and the 45 mile sign so that I would at least go home with that. Then it was time to draw on the mental training, a summer of no complaining and rewriting negative stories in my head, was going to be put to the test. As I was thinking about what was going to be said when that first cut off was missed, it was time to put a stop to such thinking. I yelled, "NO" (in my head only, not out loud) then told myself this was my story and I get to write the ending. It wasn't over till it was over. Then trying to grasp onto one of the many mantras read over the weeks what came to mind was scripture, Philippians 4:13 "I can do all things through Christ which strengtheneth me." Of course that had to be deconstructed. "I can do hard things through Christ..., I can do very hard things through Christ....Then it occurred to me that "all things" was much bigger than "hard things" all things encompassed seemingly impossible things, so that was repeated half a million times making my way through the darkness of my mind to Powerline (mile 48.0).

The first person I saw at Powerline was PoDog. He gave me a hug and told me to keep at it. The water works turned on to weeping as I got another hug to steel me against the rest of the night. I knew I put long sleeves in my drop bag, ugh, no. Shela McAnally, my crew and massage therapist (Massage Me in Searcy) literally gave me the shirt off her back so long sleeves would be available if needed!

Picking up a pacer was amazing! Chris Beason, a fellow Team RWB member and marathon runner, was my first pacer. She had trained many training runs out on those service roads so she was ready. What great company, reminding me to keep moving just a bit faster, a bit faster, a bit faster. She said when the leaves were blowing in the trees, the trees are applauding your effort. That is so beautiful! She paced me to the turn around (mile 57.9) and back. I don't remember much, but potato soup and nodding off while walking up hills. You know how your head bobs when you nod off in church and it wakes you up, yup, that is how it was, very glad to be using trekking poles! Chris would run ahead and get me some potato soup. I was able to get in and out of each aid station, almost running through. Thank you to Chris!



We made it back to Powerline (mile 67.9) with 7 minutes till cut off. I asked if it was possible to finish the race being so tight to cut offs, Elizabeth assured me it was possible, she had done it. I HAD to mess with my feet! UGH! So off the shoes came, change bandaids, add lube, fresh socks, step into different pair of shoes. Oh hell no, they won't work! So back into the old shoes it was. Carrie DuPriest, volunteering at the aid station, was counting down the minutes for us to do this race car pit stop and me to get my butt out of the aid station.

Jeff Beason, Chris's husband and another fellow Team RWB member, was my next pacer. He really had his job cut out for him getting me back over Smith Mountain! There is so much rough terrain out there!

Sleepiness and loss of steadiness was a large challenge here. So was the negative talk in my head. I'm very glad to have had the tools to shut that bitch up! I'm also very glad to have trained with and be using trekking poles. I don't think I could have kept moving without them. I fell down once and stumbled many times. Jeff wasn't afraid to push me and did a fantastic job. Hats off to you Jeff!

The first half mile out of Bahama Mama (mile 72.6), with a headlamp on, the quartz on the ground looks like many camera flashes, it was hard to not just stop and watch! There was a blister developing on the forefoot on my left foot, I thought it was a callous acting up, it felt like a knife in my foot every time the rugged gnarly stuff was crossed. This, along with balance issues, really slowed me down!

It was a miracle to make it in to Lake Winona (mile 83.9) . Jeff was a good sport to keep me moving with all that was not working with my body. I used the port-a-john, changed my shirt, removed the torture device of a bra and kept moving with Elaine Gimblet to pull me through till the end. "Just a little shuffle, just a little shuffle, you don't have to run, just shuffle" was the mantra on in. I think the course by Rocky Gap (mile 87.2) was created by the devil himself to use as a torture device on poor feet.

My husband, Chris and daughter, Kim, had a long intense time of it. They were running the Pumpkin Patch Aid Station. They never did. They spent the whole race, when not taking care of runners, listening to the HAM radio for number 100's progress. He said at one time I was too far behind, but always seemed to make it up. Chris had faith in Elaine. He told Kim that Elaine had this, she would get me through. Well, getting into Electronic Tower (mile 91.4) so tight to the cut off, didn't help his stress level! Apparently I had three minutes to spare. Again, YIKES!

Seeing family at Pumpkin Patch (mile 93.7) was so amazing, energizing, fantastic, and emotional. They gave me some pumpkin pie and had to push me out of the aid station. If I was speedy I could have made 30 hours, but I know me and on a good day it would take a miracle. It wasn't happening that day. My goal was 30 hours that not being made at least I would finish.

Elaine and I were making our way down 132C, rough bugger, and low and behold a lady was laying beside the trail! What could this be! Well, mothering instincts took over and that was a good distraction. Heidi's legs, quads, had completely locked up.



She laid down beside the trail as her pacer went to get help. We sat down beside her, talked to her and ask her if we could massage her legs some to see. She was so close to the finish line. After a bit of massage, Heidi walked some with us holding on to her, then she walked on her own using one trekking pole. She was going to finish too! She and her pacer had gotten off course by 6 miles. When they figured it out she had 12 bonus miles!

No running or even fast shuffling happened after that. We just walked in. As we were on the last bit of road, Kim, my daughter, and some others came out to walk in with us. It was so amazing. Someone told me that the finish line was still up for us. That was when the water works turned on. The finish line was still up even though we were two hours late! I'm not mentioning much about Heidi and her story, that is her's to tell. I'm

amazed and in awe of this very tough running chick!

The hugs, the tears, the gratitude, the hugs, the runner leg hobbling, the sore feet, the belt buckle, the 25th year spike, the bib number with 100 on the front and names of people who really struggle with physical challenges on the back, these all come together for a grand finish! I can't explain the feeling. I still can't a week later. It isn't like that first 1/2 marathon or 50K which left me feeling HUGE, powerful and like a gorilla on cocaine. It is a quietness that I can't quite explain. It almost must be carefully guarded because it is so private, personal and precious.

That night, at about 1 AM, not sleeping, I got up to take an Epsom Salts bath. After the bath I slipped getting out of the tub (Help! I've fallen and I can't get up!) hitting the side of the tub right on the ribs, OUCH! A week later, I have gone for a run twice, my feet are okay, my legs are okay, my ribs hurt like crazy! Kinda feeling like a badass old! old! woman!

It would be interesting to read reports from pacers, crew and family. My version may be a great fantasy hallucination. Who knows what really happened!

I can do this in 30 hours!

..... and I only cussed 21 times in 32 hours.

What Went Well:

- Being distracted by aid station prep pre-race
- Brain training! Attitude training, doing push-ups for cursing or complaining throughout the summer
- Breaking race down into sections, aid station to aid station, never thinking of it as 100 miles
- Managing pace at first of race
- Managing fueling even when stomach stops playing along (Ensure & Potato soup)
- Hydration/electrolyte management (Nuun & Ginger Soother in hydration pack, water in bottle)
- Training with and using trekking poles
- Strength training, core and upper body
- Choice of pacers and crew
- Support of family and friends

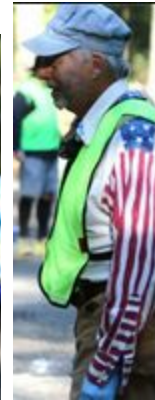
What to Improve:

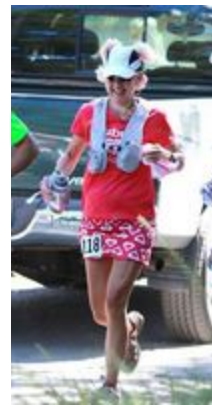
- Don't give husband such heart attacks by barely making cut offs.
- 1/2 size larger shoes for late in the race
- Improve chafe protection for bra and hydration pack area
- Study blister fixes
- More hill work
- Continue weight loss
- Even though done well, learn better aid station time management
- Continue core work and strength training

Gear:

- Hoka One One Bondi 3
- Injinji sock liners
- Thorlo Experia socks
- The North Face Better Than Naked Capri & shorts
- Zuala Latitude long sleeved tee - color silver, specific for heat management
- Nike Team RWB shirt
- Gregory Pace Hydration Pack
- Ultimate Direction waist pack without bottle
- Petzl Nao headlamp
- Buff - to wear under headlamp







What a difference a year makes! Traveller #5, October 3-4, 2015

~by Cliff Ferren~

It was another beautiful weekend at the Traveller! The temperatures were great and no rain was to be found.

Last year I struggled with an injury, and had to take it into overtime for the win. This year, I mostly felt good, and was able to push the pace a little, finishing with my best time in 5 tries: 28:01:36. This was at least an hour better than I had hoped, so I was very happy with the result. It did seem a bit strange coming up Rocky Gap in the dark! Haven't done that before except in training...

Somehow everything came together for me this year: great weather, solid training, a good pace, fuel and hydration plan. This year I got to the starting line healthy! It helped too that I had 2 experienced pacers to guide me the last 33 miles of the race. Thanks Karen Call and Bill Elmore!

My race strategy was to maintain a comfortable pace to Lake Sylvia: goal time of 9:30, then push to Powerline: goal time of 5:00 pm. I was right on time for both.

The next section has always been hard for me, although it is actually very runnable. Since I got through Powerline earlier than usual, I determined to use the extra daylight as effectively as possible and continue to push. As dusk was falling, I ate a Hammer Gel Espresso just before I had to turn on my headlight. That seemed to be good strategy as I continued to make solid progress. It always feels good to make the turnaround and start back!

Karen Call, my 1st pacer, was waiting when I got back to Powerline. After a quick shoe and sock change we headed over Smith Mountain. I inevitably slow down over this section, but Karen kept me moving and we got to Winona before 5:00 where she handed me off to Bill Elmore for the final push to the Finish.

Bill actually got to see me run this year, and there was no drama at any of the aid stations about whether I should be allowed to continue like there was last year. It always feels so good crossing the Finish line, no matter how bad the feet hurt or how the body is complaining. This year really wasn't too bad! Later I found some pretty good blisters, and I think all this fun will cost me a couple of toenails, but that's a small price to pay! No IV this time, either, and breakfast was still being served!

There's lots of thanks to go around—a person just doesn't do this sort of thing without some serious help. Thanks to Karen and Bill for pacing me through the darkness and to the Finish! Thanks to my wife for aiding and abetting my ultra craziness! Thanks to my son Andrew for driving me back home. I am also thankful for our training group: Heidi Seywerd, Chris Baldwin, Stacey Shaver, Ronnie Daniel, Stacy Warren, and Deb Baker. All of this group finished either for the first time or set a personal best except for Stacy Warren who had to withdraw due to injury. Next year, Stacy! Lisa Gunnoe, Dave Mundorf, Andi Stracner, Josh Bornhorst and others also trained with us. We even had a guest appearance on one of the runs by Wesley Hunt! I'm sure I'm probably leaving someone out, but it was a hard-working, fun group and made the long, hot, summer miles go by much faster. Finally, I praise the Lord for one more Traveller finish, the last before my 60th birthday! I don't think I'm quite ready to retire to the rocking chair. More adventures await!

Volunteers Needed

Athens Big Fork Trail Marathon is set for January 9th, 2016. We are looking for someone who can put on an aid station. If you are interested please contact Brady Paddock at bradypaddock@gmail.com



Arkansas Traveller 100 Race Results

| Place | Name▼ | Sex▼ | Age▼ | State▼ | Time |
|-------|----------------------|------|------|--------|----------|
| 1 | Wesley Hunt | M | 32 | AR | 15:36:33 |
| 2 | Steven Moore | M | 48 | TX | 16:44:32 |
| 3 | Pete Kostelnick | M | 28 | NE | 16:55:50 |
| 4 | Hal Koerner | M | 39 | OR | 17:19:34 |
| 5 | Alex White | M | 31 | MI | 18:06:26 |
| 6 | Tommy Doias | M | 43 | MO | 18:29:12 |
| 7 | Alison Jumper | F | 40 | AR | 19:16:44 |
| 8 | Richard Kwiatkowski | M | 50 | VA | 19:36:30 |
| 9 | Scott Rabb | M | 46 | TX | 19:43:10 |
| 10 | Tony Stafford | M | 36 | CO | 19:48:55 |
| 11 | Timothy Garvey | M | 48 | MO | 20:32:40 |
| 12 | Billy Simpson | M | 60 | TN | 20:34:35 |
| 13 | PoDog Vogler | M | 49 | AR | 20:36:57 |
| 14 | John Nobles | M | 30 | OK | 20:37:49 |
| 15 | Bryan Kelp | M | 37 | MO | 21:20:33 |
| 16 | Kyle Grady | M | 41 | TN | 21:27:03 |
| 17 | Justin Walker | M | 35 | OK | 21:43:44 |
| 18 | Mike Soltys | M | 48 | NE | 21:46:43 |
| 19 | Jason Abernathy | M | 41 | PR | 21:47:35 |
| 20 | John Hughes | M | 48 | AR | 21:56:56 |
| 21 | James Nelson | M | 51 | CT | 22:16:26 |
| 22 | Tom Wilson | M | 48 | IL | 22:18:35 |
| 23 | Shannon McFarland | M | 39 | AR | 22:23:35 |
| 24 | Ryan Williams | M | 36 | TX | 22:35:50 |
| 25 | Chris Ho | M | 40 | AR | 22:35:56 |
| 26 | Brian Beadles | M | 41 | WY | 22:56:47 |
| 27 | Chad Hazelwood | M | 43 | IL | 22:57:31 |
| 28 | Stacey Shaver-Matson | F | 43 | AR | 23:02:58 |
| 29 | Ryan Kamp | M | 29 | TX | 23:18:57 |
| 30 | Rich Brown | M | 53 | AR | 23:26:29 |
| 31 | Curt Pandiscio | M | 54 | CT | 23:28:24 |
| 32 | Matthew Maday | M | 42 | IL | 23:34:15 |
| 33 | Christopher Baldwin | M | 42 | AR | 23:36:40 |
| 34 | Sam Landry | M | 54 | LA | 23:37:07 |
| 35 | Tammy Walther | F | 44 | AR | 23:38:07 |
| 36 | Paul Tidmore | M | 47 | TX | 23:40:23 |
| 37 | Julie Seydel | F | 48 | CO | 23:42:01 |
| 38 | Bill Coffelt | M | 55 | AR | 23:42:25 |
| 39 | Cindy Stonesmith | F | 51 | CO | 23:52:09 |
| 40 | Greg Thompson | M | 47 | NJ | 23:52:54 |
| 41 | Michael Walcott | M | 60 | GA | 24:32:24 |
| 42 | Salli Scott Young | F | 42 | TN | 24:40:43 |
| 43 | George Peterka | M | 55 | AR | 24:45:44 |
| 44 | Laura Range | F | 49 | MO | 24:50:56 |
| 45 | Lindy Biglieni | F | 39 | MO | 24:53:22 |
| 46 | James Reeves | M | 46 | AR | 24:55:05 |
| 47 | Lauren Pasley | F | 49 | TN | 25:04:17 |
| 48 | Kyle Clouston | M | 30 | NE | 25:08:48 |
| 49 | Dale Humphrey | M | 56 | MN | 25:09:09 |
| 50 | Larry Roberts | M | 43 | IN | 25:20:13 |
| 51 | Randy Windle | M | 36 | AR | 25:31:21 |
| 52 | Tony Baily | M | 41 | AR | 25:46:46 |
| 53 | Matt Bishop | M | 34 | MO | 25:48:24 |
| 54 | Christine Brady | F | 49 | TX | 25:50:00 |
| 55 | Ronnie Daniel | M | 45 | AR | 25:51:31 |
| 56 | Deb Baker | F | 53 | AR | 26:04:51 |
| 57 | Joshua Scherrey | M | 42 | AR | 26:05:12 |

| | | | | | |
|------|------------------------|---|----|-----|----------|
| 58 | Jon Blankenship | M | 42 | TX | 26:06:01 |
| 59 | Eric Eder | M | 43 | MI | 26:07:08 |
| 60 | Joshua Hedman | M | 37 | IL | 26:13:14 |
| 61 | Beth Collins | F | 42 | TX | 26:16:54 |
| 62 | Isaac Espy | M | 52 | AL | 26:22:07 |
| 63 | Janet Cantwell | F | 51 | AR | 26:28:04 |
| 64 | Michele McGrew | F | 37 | OK | 26:30:04 |
| 65 | Bill Ford | M | 52 | OK | 26:30:04 |
| 66 | Chris Cantwell | M | 51 | AR | 26:34:14 |
| 67 | Robert Cawood | M | 47 | MD | 26:41:53 |
| 68 | Scott Rogers | M | 51 | TN | 26:42:26 |
| 69 | Les Jones | M | 57 | TN | 26:55:09 |
| 70 | Cara Pozun | F | 28 | AR | 27:01:39 |
| 71 | Wyatt Hockmeyer | M | 34 | OK | 27:01:39 |
| 72 | Rebecca Burns | F | 32 | GA | 27:03:22 |
| 73 | Kyle Whalum | M | 31 | TN | 27:05:08 |
| 74 | Jennifer Doias | F | 44 | MO | 27:14:12 |
| 75 | Brent Colwell | M | 38 | IN | 27:23:50 |
| 76 | Letha Cruthirds | F | 62 | MS | 27:28:05 |
| 77 | Steve Griffin | M | 57 | TX | 27:30:54 |
| 78 | William Maples | M | 52 | TX | 27:33:12 |
| 79 | Max Roycroft | M | 51 | TX | 27:34:09 |
| 80 | Nelson Hernandez | M | 59 | NC | 27:36:26 |
| 81 | Amy Hayes | F | 54 | CO | 27:40:25 |
| 82 | Joe Currens | M | 49 | TX | 27:54:33 |
| 83 | Colt Hedden | M | 30 | OK | 27:56:35 |
| 84 | Johnny Eagles | M | 63 | AR | 27:57:51 |
| 85 | Cliff Ferren | M | 59 | AR | 28:01:36 |
| 86 | Magdalena Casper-Shipp | F | 29 | IL | 28:11:15 |
| 87 | Laura Pound | F | 56 | GA | 28:12:42 |
| 88 | Steve Michael | M | 65 | GA | 28:12:42 |
| 89 | Brad Sample | M | 30 | TN | 28:18:05 |
| 90 | April WoodElf Adair | F | 41 | TN | 28:19:46 |
| 91 | Jerry Bailey | M | 49 | AR | 28:32:30 |
| 92 | Jeannie Kwong | F | 40 | TX | 28:34:23 |
| 93 | Loren Kaylor | M | 29 | AR | 28:35:48 |
| 94 | John Hansen | M | 25 | LA | 28:36:27 |
| 95 | Mark Roth | M | 53 | AR | 28:36:30 |
| 96 | Kathy Hoover | F | 55 | OK | 28:36:36 |
| 97 | Russell Bennett | M | 43 | OK | 28:36:36 |
| 98 | Angie Whitworth Pace | F | 49 | UT | 28:45:07 |
| 99 | Chrissy Ferguson | F | 54 | AR | 28:49:40 |
| 100 | Arland Blanton | M | 56 | AR | 28:52:57 |
| 101 | Carlos Reyes | M | 60 | TX | 28:52:58 |
| 102 | Cassandra Turner | F | 23 | HI | 29:14:30 |
| 103 | Joshua Bornhorst | M | 41 | AR | 29:16:51 |
| 104 | Andrea Stack | F | 35 | IL | 29:21:41 |
| 105 | Jimmy Brown | M | 45 | NE | 29:24:14 |
| 106 | Bill Andrews | M | 63 | NV | 29:26:04 |
| 107 | Thomas Richter | M | 51 | IL | 29:29:01 |
| 108 | Phil Brown | M | 48 | AR | 29:33:49 |
| 109 | Timothy Puroil | M | 57 | FL | 29:38:41 |
| 110 | Andi Stracner | F | 42 | AR | 29:45:35 |
| 111 | Kurt Stein | M | 33 | MD | 29:50:42 |
| 112 | Randy Spears | M | 55 | TX | 29:52:58 |
| 113 | Hiroimi Hatta | F | 54 | Jpn | 29:53:10 |
| 114 | Katsuyuki Hatta | M | 51 | Jpn | 29:53:10 |
| 115 | Leonard Martin | M | 62 | TN | 29:54:47 |
| 116 | Vincent Swendsen | M | 53 | NC | 29:54:49 |
| 117* | Maurice Robinson | M | 73 | AR | 30:12:17 |
| 118* | Randy West | M | 58 | AL | 30:41:35 |
| 119* | Lisa Gunnoe | F | 49 | AR | 32:00:37 |
| 120* | Katerine Seywerd | F | 38 | AR | 32:00:37 |

*unofficial finisher-over 30 hr cutoff -160 starters

Congratulations To All and A Huge Thank You to All Volunteers

~~~~~

I hope you all enjoyed this edition of the AURA Newsletter. If you are interested in submitting a race report, whether it be an AURA event, or an out of state race please email me and I will happily add if space is available. Many thanks to all who shared your stories and photos with us for this edition.

mverunnergirl@gmail.com  
~Stacey Shaver-Matson~

~~~~~

RETREADS

(Retired Runners Eating Out)

We meet the first Wednesday of every month at Frankie's Cafeteria on Rodney Parham Blvd.

The food lineup begins sharply at 11:30am.

Come early to the lobby for a time of "Touching and Feeling".

Wear something to identify you as an old runner. T-shirt, medallion, etc...

Call Charley or Lou Peyton at 680-0309 if you have questions.