

DURYEA TO SPEAK TO AURA OCTOBER 3RD

THE ARKANSAS ULTRA RUNNER

OCTOBER 1996

A Newsletter For Members Of The Arkansas Ultra Running Association
(newstand price \$2.00)

ULTRA NEWS OF THE DAY - Four time winner of the *Arkansas Traveller 100*, Chrissy Duryea will be in town the week before the Traveller and was asked by Lou P to talk to the Ultra gang at Grady's Restaurant on W. 12th. The date is Thursday, October 3rd, at 6:30 p.m. I expect to see a big crowd there so if you are planning on attending call ahead to place your order especially if you like pizza. After dinner, or rather after we have been served, Chrissy will speak. The number to call is 663-1918. While we are on the subject of Chrissy, and soon to be husband Stan, they have made two requests concerning their wedding Friday the 11th of October, the first day of the Traveller weekend. One, she insists that there please be no gifts and two, because there will be some out of town guest, bring an extra lawn chair. People flying in from California might not be aware how primitive the setting will be. So.....be advised-no gifts and bring an extra lawn chair if you have one. No T.V. trays will be allowed in the park!

On September the 14th we had the second race of the UTS, the 54 + mile, Big Girl Run, at the Albert Pike Recreation Area, Langley, Arkansas. While the race was in progress and I had set all the water out, I drove further west on FSR 106 to scope out a run that was put in my ear by David Samuel. David wants to have it in January and he promises that the showers will be hot this year. I had originally wanted to have the Tall Peak Run as the last race of the UTS. But after seeing it, I have decided that it can't wait. So I am calling it a FUN RUN starting at 8:00 A.M. Because it is not a UTS, the starting time is optional however I won't be setting the water out until after 8:00 A.M. All running will be on FS roads and has no creek crossings. It has the two ingredients that I like in running-TOUGH AND FUNKY. If I am not mistaken Tall Peak is the highest mountain in the Ouachita National Forest. Now if the weather turns sour like it did last January for the Little Missouri Trail Run, everybody is on their own. I won't travel again in the threat of eminent ice and snow. Don't be sad. If this happens we will go ahead and plan to use this run as the Final UTS Run in May.

ARKANSAS TRAVELLER HELPLINE-Race needs: If any of you AURA's have any of following lying around the house and would like to lend them for the weekend they would be greatly appreciated. Three items are in great demand. Tables, igloos and chase lounges. Call me and we'll arrange to pick them up. Make sure that your name is on them.

UR Profile: Chrissy Duryea, Firefighter and 100-Miler

At age 33, she's younger than the average ultrarunner, but that hasn't stopped Chrissy Duryea from chalking up a string of ultra successes, including winning (and third place overall) at the Arkansas Traveller 100 Mile last October. And how does she manage a heavy training schedule, a full-time job, and the responsibilities of a single parent — well, it may help that, "I can't sit still for even five minutes."

Name: Chrissy Duryea
Date of birth: December 8, 1960
Place of birth: Charleston, South Carolina
Current address: Campbell, California
Job(s): Fire fighter, city of Milpitas, California, and single parent
Marital status: Single mom
Children: Elizabeth Dené, 1st grade, age 6
Height: 5' 3"
Weight: 110
Shoe size: 8
Best feature (physical): Legs and eyes
Worst feature: Lack of toenails
Educational background: A.S. in Semiconductor processing
Favorite author: Stephen King
Favorite book: *The Stand*
Favorite non-running magazine: *People*
Favorite movie: *Wizard of Oz* and *Ghost*
Favorite television show: I don't watch much TV but "Home Improvements" is funny
Favorite actor/actress: Goldie Hawn, Mel Gibson
Favorite music: Old and new rock
Favorite musical performer: John Denver, The Cars, The Monkees
Book you are currently reading: *Salem's Lot* by Stephen King
Hobbies: Home decorating, watercolors, arts and crafts
Collections: Rocks from all the different races and places I've been to, and old running shoes.
Make of car you drive: Black Honda Prelude Si, '86
Make of car you would like to drive: Electric blue Dodge Stealth, '94
Favorite spectator sport: Tennis
Favorite game: Spades
Favorite vacation destination: Anywhere it's warm, sunny, and never gets cold.
Favorite time of day: Anytime I'm running.
Favorite item of clothing you own: My large Milpitas Fire Dept. night shirt.
Most prized possession: My daughter
Political affiliation: Independent
Personal hero: John McEnroe, pro tennis player
Favorite famous quote: "You've got to run your own race." I first heard it from Frank Ives.

Personal philosophy: I can only do the best I can do, so if it's a bad day it's still the best I can do.

Short-term goal: Make the World Cup 100 Km team to Japan, and improve my time and performance at the Western States 100 Mile.

Long-term goal: Run healthy for the rest of my life, be the best mom possible, and continue my career at the fire department.

Achievements of which you are most proud: Raising my daughter, job with the fire department, and completion of my first ultra.

Favorite subject in school: P.E. and art

Least-liked subject: Civics (government)

Least-liked household chore: Cleaning the oven and cat box.

Pets: L. C. May, 14-year-old cat

Pet peeve: People who drive slow in the fast lane.

Favorite non-running leisure activity: Eating! Dressing up and going dancing.

Greatest fear: Getting hurt and not being able to run again.

Happiest memory: Purchasing my condo all on my own.

Secret ambition/fantasy: Marry an ultrarunner and live happily ever after. Meet John McEnroe.

Personal strengths: Tenacious, endurance.

Personal weaknesses: I can't sit still for even five minutes.

Running—

Years running: 8

PRs: 10 km — 38:48, marathon — 3:00:19, 50 miles — 6:44:01, 100 miles — 18:50:33.

Years running ultras: 2

Number of ultras finished: 13

Best ultra performance: Arkansas 100 Mile: 18:50:33

Most memorable ultra performance, and why: 1993 Western States: Elizabeth (my daughter) ran the last quarter-mile around the track with me when I finished.

Typical training week a month or two before a major race: Sun: 30 or 50 miles; Mon: 5 easy (a.m.) and 8 easy (p.m.); Tues: 10 hills (a.m.) and 8 road (p.m.); Wed: 8 road (a.m.) and 10 hills (p.m.); Thurs: 12 road; Fri: 10 hills

(a.m.) and 8 road (p.m.); Sat: 12 road. **Injuries:** Right knee, October, 1992; no running for four months, Stairmaster two hours every day.

Favorite ultra(s) and why: Arkansas Traveller 100 Mile: very runnable, wonderful people and aid stations, great for first-time 100-mile; and Western States 100 Mile: challenging course and well organized.

Favorite running shoes: Adidas Torsion Response

Favorite food/drinks during an ultra: Anything that looks good when I get to the aid station.

Favorite handler: Stewart Logie, Frank Ives, and the guys from the Milpitas Fire Dept.

Favorite place to run: To the top of



Lexington where my special rocks are and from where I can look down on the whole Bay area.

Favorite type of running surface: I like road and trail about the same.

Ultrarunning idol(s): Frank Ives and Suzi Thibeault. They took the time to introduce me to ultras.

Why do you run ultras? I love the people, the challenge of the course, being outside. I think best when I run, so in ultras I have lots of time to think. I feel good, and I like the discipline the sport requires.

Any advice you would give to other ultrarunners? Drink, drink, drink. If you're not taking potty breaks every one to two hours you're not drinking enough. Eat, too. Once you realize you need food and water, it's too late! If it hurts to run don't! I'm not talking about fatigue. It's better to take a few months off than the rest of your life. Chiropractic and therapeutic massage is a must. But most of all have a good time, life's too short not to!

Any other comments? My favorite color is electric blue. The best thing about running an ultra is the hamburger, French fries, beer, and the smiles and hugs from your crew at the end.

ULTRA CALENDAR

(PLACE REFRIG MAGNET HERE)

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Oct 12th	Arkansas Traveller 100 Miler(UTS #3)
Oct 19th	Mountain Masochist Trail Run, 50 Miles-Lynchburg, Virginia. David Horton (804)239-1324
Oct 26th	Palo Duro Trail 50(25 and 50 Miles) Amarillo, Texas Red Spicer (806)353-3847
Nov 9th	Quivering Quads-50K and 50 miles. Troy, Missouri. Dave Spetnagel (314)939-0161
Nov 9th	Rock Ledge Rumble 50 K, Irving, Texas. Fred Holmes(214)506-0376
Dec 6th	Whistlin' Dick 40K(UTS#4). Lake Sylvia trail parkins lot.
Dec 13th	Texas Trail Endurance Runs. Huntsville, Texas.
Jan 4th	Tall Peak Marathon Fun Run, Albert Pike Recreation Area.
Feb	Rocky Raccoon 100
Feb	WhiteRock Classic
Feb	Sylamore 50K
Mar 1st	Mississippi Trail 50. Laurel, Mississippi. Carl Touchtone. (601)649-3471.
TBA	Ouachita Trail 50

ULTRA TRAIL SERIES

The Big Girl Run/September 14th. 54+ miles or two loops of the Eagle Rock Loop, Albert Pike Recreation Area, Langley, Arkansas.

The Story-First thing.....no more staggered starts for the UTS. If anyone wants to start early, be our guest. But, no points. Second thing.....Robert our missing runner is okay however he has had to withdraw from the AT-100. Man, I hate to see that money taking wings. I never saw so many shell shocked runners in my life. Beautiful day, maps, trails. What happened?

Lou and Ivy were the first to leave camp at 7:00 a.m. At 7:30 a.m. Jimmy and Dianne arrived. They seemed peeved that Lou and Ivy got a jump. Dianne starts with a 30 minute spot while Jimmy waits for Pavelko to come for their planned 9:00 a.m. departure. Pavelko seems peeved that Dianne has left. Now Jimmy and Pavelko plus two men from Oklahoma, Moose and Robert start. They are also joined by Pete. Pete didn't seem upset. At 12:30 P.M., Danny and Mike show up. They don't have a prayer and seemed disappointed that others have already left. I give them a map and say a silent prayer for them. Moose, Robert, Danny and Mike take a wrong trail and have to run the Highway back from Langley. Danny and Mike say that they are going to get something to eat in town but don't return. Moose and Robert gear up for another try. 3:30 p.m. Irene and Tony show up for the 4:00 p.m. start. Tony's upset with everybody for starting early. Nick, Dianne and Jimmy stop at one loop. This leaves Tony, Irene, Moose, Robert, Pavelko and Pete to start the night time loop. Lou and Ivy are still in the lead. Moose, Irene and Tony drop at 12 miles of the night loop. Robert is missing! Lou and Ivy finish together followed by Pete and

Pavelko. Where is Robert? Go out with Moose Sunday morning and find Robert sick on the trail having spent the night in a space blanket. We take him back to camp and then Moose takes him to the hospital. Kidney failure. Doctors advise him not to run ultras. He withdraws for the AT-100. After a few days in the hospital he should be okay. A good time was had by all.

RESULTS

1. Ivy Franklin 16:36:20
2. Lou Peyton 16:36:21
3. Kim Pavelko 17:32:27
4. Pete Ireland 17:32:27

RRCA ULTRA RUNNER OF THE YEAR

(The following are standings compiled by Bob Marston.)

With a tremendous number of points available the 1996 Arkansas Traveller 100 Mile Run should decide the winner of our annual men's and women's Arkansas Ultrarunner's of the Year awards. Overall and masters divisions are recognized with current points as follows:

Women

Kim Pavelko	USQ 97.5/OT 131.25/S 97.5/WR 75	401.25
Lou Peyton	RR 207.5/MS50 95	302.5
Teresa Laster	S80.62.5/WR 56.25/XT 106.25	243.125
Dianne Sweatt	OT 142.5/WR 30/XT 50	222.5
Gayle Bradford	S 69.375/WR 63.75	133.125

Men

Steve Tilley	WR 75/S 69.375/OT 82.5/L 145	371.875
Ray Bailey	USK 97.5/S 97.5/OT 142.5	337.5
Stan Ferguson	WS 75/OT 131.25/SMK 30	236.25
Jim Sweatt	WR 30/XT 50/S 41.25/OT 75	196.25
Nick Williams	WR 3-/S 30/SMM 50	110

With points available in the AT-100 as follows it is clear that those in the hunt will need to both finish and do well. The point totals do not reflect 2nd or 3rd in the Ultra Trail Series nor points awarded for finishing the ultra series. Those will be added at a later date and will likely be overcome by AT 100 results.

top 50% 217.5

top 50%	217.5
top 25%	255
3rd m or f	405
2nd m or f	450
1st m or f	540

ABBREVIATIONS

MS-MS TRAIL 40	S-SYLAMORE 50K	OT-OUACHITA 50
RR-ROCKY RACCOON	USK-ULTRA SERIES KING	USQ-ULTRA SERIES
QUEE		
WR-WHITE ROCK 50K	SMK-SUNMART 50K	SMM-SUNMART 50M
XT-CROSS TIMBERS 50K	L-LEADVILLE100	

ARKANSAS TRAVELLER DIARY

Dear Diary-Big Trouble DD, the Russians want to come. That's all I need. A half dozen Ruski's at my doorstep with no shoes, food or a place to stay. What should I do. Oh, what Should I do. Boris has called me three times and asked me to fax him AT-100 race applications. We've got a serious language gap. For the life of me I can't make out where he wants me to send the FAX. It looks like the race will fill up. Got to start collecting water jugs, too. Need new jokes for the prerace briefing but it probably will be okay to use the old ones as not many people listened last year.

Look at the list of the Arkies who have finished the Traveller. I wonder if I'll add any more names to it this year. HA, HA.

ARKANSAS TRAVELLER 100

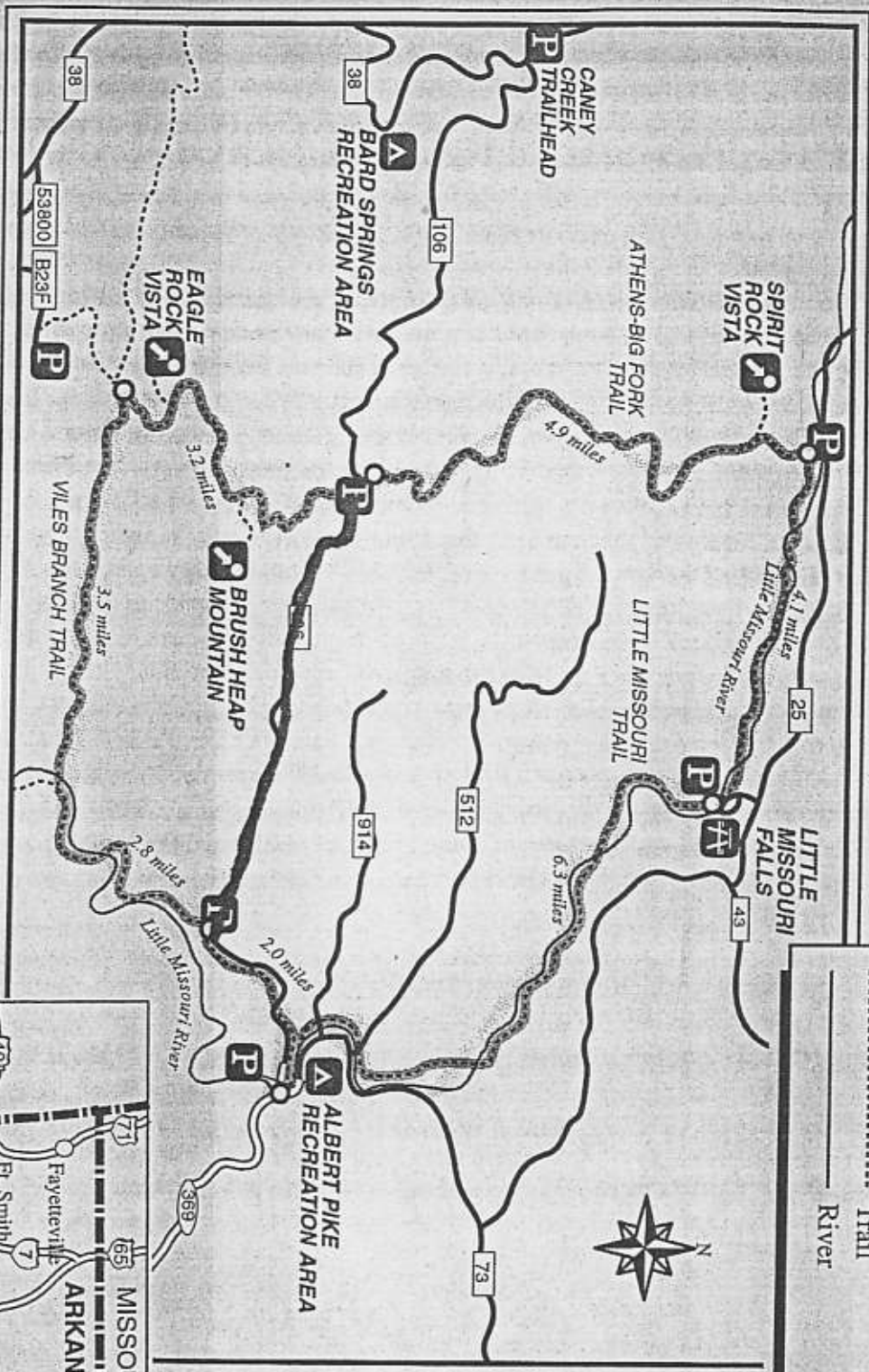
Ray Bailey(95)	16:42:33	Joe Fennel(91)	22:05:02
David Horton(91)	17:19:28	Neil Hewitt(95)	22:26:48
David Horton(93)	17:30:39	Max Welker(94)	22:30:42
Ray Bailey(94)	17:35:11	Geo. McDonald(93)	22:33:06
David Horton(92)	18:46:47	Dr. Feelgood(95)	22:51:55
Ray Bailey(94)	18:50:37	Simon Hauser(93)	22:55:08
Bill Maxwell(91)	18:59:46	John Baker(92)	23:11:12
Bill Maxwell(92)	19:18:01	Max Welker(93)	23:13:06
Bill Coffelt(91)	19:40:58	Angie Ransom(95)	23:50:17
Bill Laster(94)	20:44:29	George McDonald	23:50:17
Gene Thibeault(93)	20:32:56	Rick Massey(94)	23:30:31
Gary Grilliot(95)	20:43:49	Jim Schuler(91)	23:36:24
Dave Cawein(92)	20:51:59	Larry Mabry(93)	23:41:42
Dr FeelGood(93)	21:08:51	Lou Peyton(93)	23:52:05
Joel Guyer(91)	21:20:16	P.J. Salmonson(94)	23:52:05
Steve Hyndman(91)	22:04:30	Tom Holland(92)	24:41:24

Dale Powell(95)	24:54:00	Nick Williams(94)	28:03:39
Nick Williams(92)	24:59:08	Gayle Bradford(94)	28:03:40
Suzi Thibeault(91)	25:05:09	Dan McCollough(95)	28:05:52
Lou Peyton(92)	25:12:46	Chuck Desjardin(95)	28:26:40
Irene Johnson(92)	25:27:46	James McNair(91)	28:38:36
Suzi Thibeault(92)	25:28:29	Irene Johnson(91)	28:40:16
Lou Peyton(94)	25:32:20	Tony Johnson(91)	28:40:16
Charlotte Davis(93)	25:37:37	Tony Johnson(93)	28:43:58
Kimberly Pavelko(95)	26:30:48	John Salmonsan(94)	28:56:28
Nick Williams(95)	26:33:15	Ed Fishman(94)	28:58:59
Jim Sweatt(92)	26:48:54	Dianne F. Bell(93)	28:59:41
Dianne Bell(95)	26:53:19	Les Hall(91)	29:04:19
Jim Sweatt(95)	26:53:20	Donna Hardcastle(91)	29:04:20
Nick Williams(93)	27:15:47	Sam Hardcastle(91)	29:04:21
Pete Ireland(95)	27:17:38	Suzi Thibeault(93)	29:07:30
Teresa Laster	27:26:24	P. J. Salmonson(93)	29:07:41
Donna P. Duerr(91)	27:31:43	Ann M. Moore(93)	29:10:03
Charlotte Davis(91)	27:35:04	Donna P. Duerr(92)	29:27:14
Bob Horner(92)	27:36:34	Ed Fishman(93)	29:31:01
Nick Williams(91)	27:43:50	John Salmonson(93)	29:31:01
Irene Johnson(94)	27:48:05	Ann M. Moore(92)	29:37:25
Ed Fishman(92)	28:03:04	Steve Eubanks(93)	29:47:39
Jim Sweatt(94)	28:03:38		

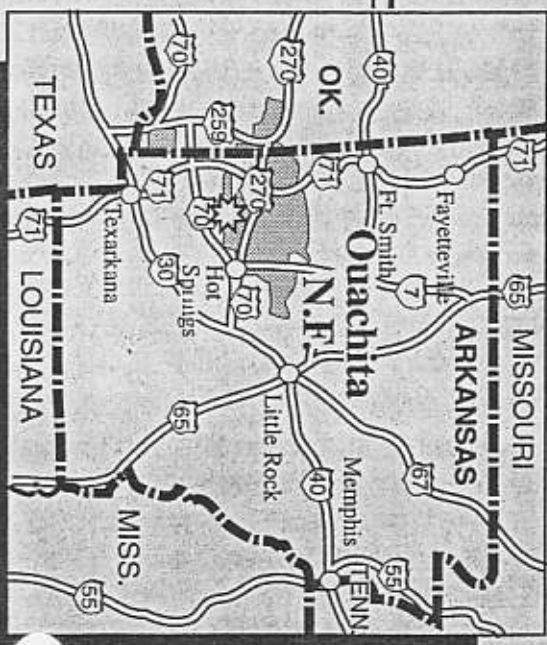
Arkansas Ultra Running
Association
41 White Oak Lane
Little Rock, Ar 72207

Eagle Rock Loop

Ouchita National Forest



- Paved Road
- Unpaved Road
- Eagle Rock Loop
- Trail
- River
- Trailhead Parking
- Recreation Area
- Day use Area
- Point of Interest



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