

Volunteer Appreciation Breakfast scheduled for November 28th.

ARKANSAS ULTRA RUNNER

October/November 1998

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FOR THE BIGSHOT-Consider this your personal invitation. On November 28th I am coordinating with the Little Rock Roadrunner Club to have a Volunteer Appreciation Breakfast. It will be at Murray Park, Pav #2 from 9am to 12 noon. We might work up a fun run early and eat afterwards or if you go to a race and don't win a trophy, you can stop by for a pancake breakfast. If you ran the AT100, this is a good opportunity to meet and thank the many volunteers; if you worked the race this is a good time for me to thank you. If you did neither, we know you are always hungry and want to see you. I plan on another newsletter before then as a reminder to you about the date but for now put it on your calendar.

On November 14th, I am helping my Church(Calvary Baptist Church) put on their 13th "Run the Heights 5K. If you are not going to SportsFest in Hot Springs that weekend, we need you at the 5k. There will be prize money for 1st and 2nd male and female plus 5 year age groups. \$10.00 preregistration. If you would like to assist me on the finish line, call me today.(225-6609)

WHEN THE RACE DIRECTOR GOES CRAZY

If someone were to ask me to describe myself I would probably answer like this: Quiet, unassuming, non-confrontational, pleasant, fun loving, patient, a friend of those who have no friends and, maybe, kind to old people and animals. At least I was up until August 1st of this year when I began my slide into the muck of being off kilter. Don't underestimate the impact of stress. On or about August 1st the Arkansas Traveller 100 race prep was in high gear. I was aware that our headquarters at Lake Sylvia would probably be closed but I expected to be able to use it anyway as we would furnish our own water and restrooms. I contacted the USFS just to check in and remain on their good side and was told that the contractor would not let us in the gates and suggested that we consider Camp Ouachita

10th Edition; number seven. The AURA is unimpeachable.

next door. My stress level went up 5%. Camp Ouachita was okay in that we give the profits of the race to the organization that is attempted to restore it but there were problems: Parking, camping and changing the course. By purchasing a generator, bottled water and reserving portapots, we would have everything we needed for a headquarters at Camp Ouachita. Then my buckle order from Dallas arrived a week before Labor Day. The order was short 19 bronze buckles. My stress was now up to 10%. However the company called the next morning and said that the remaining buckles would be delivered Tuesday after Labor Day. By mid September the buckles had not arrived. 15%. Two weeks prerace I reserve six portapots and ordered 500 gallons of water. Two days later I get an invoice to pay in advance for the portapots and also got a phone call from the buckle company asking when I will pay for the buckles. I was not nice to the lady. I told her "I placed one order; I pay with one check. Where is the rest of my order?" She backed off and said they would be sent that next afternoon.(and they were). Stress now up to 30%. On Wednesday, four days prerace, Lou takes me to the U-Haul Store to pick up the 17 foot truck that I had reserved three weeks before. They don't have a 17 footer; they only have a 25 footer. STICK SHIFT AND ALL. This means I can't back it up the driveway. I will have to hand carry every thing down my steep driveway and load it into a truck that is sitting at a sharp angle. Stress level 75%. Thursday is setup day at Camp Ouachita. I spent all day loading the truck and early Thursday I head for Lake Sylvia. The Mountain Valley water arrives right on schedule at 10 a.m. and now I begin to look for the portapots which were to be delivered at 1:00 p.m. At 4:30 p.m. no portapots. Stress level now at 85%. I drive back to town and call. The company (S & S Systems) says that there had been some problems but that a truck would be leaving at 4:30 a.m. and I would have the portapots at dawn. At 10:30 a.m. Friday (people are now arriving) I get hold of a cell phone and call the company again, I was told that the truck would be there in 30 minutes. At 12 noon Friday I blew. I call again and told S and S Systems that I've got 200 people looking for a place to c---!. At 1:00 the driver arrives. I was very civil. He even volunteered that he had only been informed of the delivery a hour or so before. I'm at 125% and building.

The rest of the weekend was perfect and we had the best race ever. BUT.....On Monday after unloading the truck I get Lou to call the city garbage office and ask them if they have a service that will pick my extra trash. I had all the trash that was generated(30-40 bags) at race Headquarters. They said that they would. Now I take the 25 foot, stick shift, to U-Haul and turn in my papers. The clerk says" Pardner-It looks like you're a little late!" I lost it again! I told him that my name wasn't PARDNER it was PEYTON, PEYTON, PEYTON! Your invoice was WRONG; You made a mistake.(And they had). I then drive back home and there is the garbage man standing by my mountain of garbage. He is overwhelmed. He says that his truck is too small and besides he is supposed to only pick up dead animals. I fired with both barrels and ended up telling him that he had a serious personal problem and I didn't care if he picked up at my house or out in the street. "Just leave!" I then got a call from a nice man at the Garbage office who says that they will send a larger truck tomorrow morning(and they did). I was out of control and loving it. Talk about an out of body experience. I have become a perfect a--h---. Next, I fire off a nasty letter to S and S Systems demanding a partial refund on the money I paid. I paid for four days and got only three. Next, level is to report them to the Better Business Bureau. One more thing. I picked up the plaques after the race to have them engraved with the

name and time. On examination at home I noticed that the female Traveller Award is listed as a male. Oh Lord! I tell Lou to please go with me to Discount Trophy so I won't make a butt of myself again. She did and I was my normal unassuming self.

Now the race is behind us. The U-Haul is returned; the Garbage is picked up. All the runners were safe but I'm still nuts. My passion now is to drive up to the Cantrell Road/Mississippi intersection and wait at the red-light. There are always a few people who try to squeeze by on a yellow light. I'm waiting! As soon as my light turns green and a car is still in the intersection I start blowing my horn and pointing at them. After all they are "disin" me and deserve to be admonished. The bad Charley is out of the closet.

ULTRA RACE CALENDAR

- | | |
|----------|---|
| Nov 7th | Quivering Quads, 50 K and 50 Mile-Troy, Missouri.
Dave Spetngel 314 939-0161(w) |
| Nov 14th | Rock Ledge Rumble 50K-Irving, Texas
Fred Holmes 972 506-0376 |
| Nov 21st | Rocky Trails 50 Miler and Marathon-Burnett, Texas.
Mickey Rollins 713 468-8115 |
| Dec 12th | Sunmart 50 Mile and 50 K Trail Runs-Huntsville, Texas. |
| Jan 23rd | Jackson Five-0 and 50K-Dallas, Texas.
John Jenkins 214 823-9122 |
| Feb 6th | Rocky Raccoon 100 Miler-Huntsville, Texas.
Mickey Rollins 713 568-8115 |
| Feb 6th | WhiteRock Classic/25K and 50K-TurnerBend, Arkansas.
Chili Pepper Running Club/Joe Fennel |
| Feb 13th | East Texas Ultra Runners 25 & 50K-Tyler, Texas.
Debbie Peebles 903 581-1749 |
| Feb 20th | Sylamore 50K-Allison, Arkansas
Teresa Laster 501 666-6621 |
| Apr 10th | Umpstead 100 Mile Endurance Run-Raleigh, North Carolina.
Blake Norwood 919 847-7613 |

ULTRA TRAIL SERIES

Due to a conflict on December 12th, the UTS #3, The Indian RockHouse Run has been moved to December 20th, Sunday afternoon starting at 1:00 P.M. We regret any inconveniences that this causes you.

CRYSTAL MOUNTAIN CLIMB/UTS #2

9-12-98/Ouachita National forest

Place	Name	Time	Points	Comment
1	Mike Dupriest	2:44:02	54	My first win!
2	Kimberley Pavelko	2:54:05	55	Great weather!
3	Roberta Orr	3:09:55	44	Great!
4	Kevin Wells	3:09:55	43	Great!
5	Jim Sweatt	3:17	32	Good Weather.
6	Donna Duerr	3:17:55	33	I ran in the rain!
7	Henry Osterloh	3:17:55	26	Fine run!!
8	Dianne Sweatt	3:18	27	(nada)
9	Lou Peyton	3:41	21	You've made us run too much

1999 ULTRA TRAIL SERIES RACE CALENDAR

Muzzleloader Gun Deer Season-Oct 17th thru 25th & Dec 19th thru Jan 3rd.

Modern Gun Deer Season-Nov 14th thru Dec 6th

1. JUL 25 MIDNIGHT MOUNTAIN RUN
2. SEP 12 CRYSTAL MOUNTAIN CLIMB. 18 MILES(+/-).
OUT AND BACK ON FOREST SERVICE ROADS. HILLS.
START FROM THE LAKE WINONA SPILLWAY ON FSR 778.
3. DEC 20th (Sunday afternoon)INDIAN ROCKHOUSE RUN.
20 MILES(+/-) OUT AND BACK ON THE OUACHITA TRAIL
AND FOREST SERVICE ROAD. START ON HWY 10 AND
LAKE MAUMELLE PICNIC PARK. 1:00 P.M. Start early if you
dare but no points.
4. JAN 16 NORTHSHORE LANDING RUN. 18.4 MILES.
OUT AND BACK ON THE OUACHITA TRAIL. START FROM
PINNACLE PARK, NORTH SIDE.
5. FEB 6 WHITE ROCK CLASSIC 50K. OUT AND BACK
ON WELL GROOMED FSR'S. SPONSORED BY THE CHILI
PEPPER RUNNING CLUB. Hwy 23 at Turner Bend on the
Mulberry River.

6. MAR 14 **THE WIDOW MAKER.** 16 TO 18 MILES. SOME BUSHWHACKING NECESSARY PLUS PRIMITIVE TRAIL AND SOME FSR ROADS. LARGE LOOP STARTING FROM LAKE SYLVIA PARKING LOT.

7. Apr 11 **CHENAL MOUNTAIN TRAIL RUN.** 9 MILES(?) OUT AND BACK ON ROUGH, ROCKY, MOUNTAINOUS POWERLINE RIGHT-OF-WAY. START AT THE WALNUT VALLEY SCHOOL PARKING LOT ON HWY 10.

UTS RULES:

1. All runs start at 7:00 a.m. Except for UTS #3 on 12/20/98
2. Runners keep their own times.
3. No entry fees, registration or waivers.
4. In case of hazardous driving conditionings on the morning of the race, run may be canceled without notice.
5. To be eligible for the King and Queen of the Trail awards, runners must complete three of the races.
6. Of the 7 runs, only 6 finishes will be counted.
7. "Do Right" Rule is in effect.

1998 Arkansas Traveller 100 Mile Foot Race. October 3rd, Ouachita National Forest, Perryville, Arkansas.

During the prerace planning period, I had voiced my disappointment to several people that local favorites for the 1998 race would most probably not be entering. Three time winner Ray Bailey had taken a hiatus and was at best questionable to enter; six time female winner Chrissy Duryea-Ferguson who recently moved to Conway, Arkansas, would be a member of Team USA for the World 100K Championship later in October in Japan. My spirits began to rise when I received the entry of last years overall winner Joe Hildebrand who had just won the 1998 Vermont 100 and then I got a call from 10 time Ultra Runner of the Year, Ann Trason. Things now really began to percolate in the Arkansas Ultra Running community. Trason was just completing the Grandslam of Ultra Running but wanted one more race. With her ranking and reputation assured with victories at Western States, Leadville, Vermont and Wasatch we told her just to come and have good 100 mile fun. No pressure to PR or even to finish. "We all just want to see you!"

The course of the Traveller can be a rude awaking to the unprepared. I describe it as being like life: There are lots of ups and downs with rocky places that can be your worst nightmare. But, when its good, its really good. I have read in a lot of places that people recommend the Arkansas Traveller as your first 100. Its true that the main requirement for entry into the race is that you pay your money and that a fast walker can make it ahead of the cutoffs. But for an easy race we have a relatively low finish percentage.(60% this year) If you can do a little training on hills(not mountains) and toughen your feet for rocks, you'll love it. Because we don't have those towering mountains or smooth(California highways)trails we do what we can do best: Aid Stations. I admit to a preference for "quirky". We have our sharing and caring aid stations but I like those that shock and bring you back to reality. Out in the midst of the National Forest you can find a Mexican restaurant, a Flamingo Night Club(complete with chicks) or a B. M. Road station where anything goes. I wish I didn't love it so much.

The prerace mood music in strictly barnyard. At the 5 a.m chicken instead of the traditional inspirational music runners were greeted by the sound of mooing cows and hunting dogs. At 6:00 a.m. sharp I fired my shotgun(twice) and the 1998 Arkansas Traveller was cooking.

Joe Hildebrand won the 1998 Arkansas Traveller 100 Miler for the second consecutive year. Ann Trason finished almost an hour behind crossing the finish line hand-in-hand with Stan Ferguson(Chrissy's husband) almost five hours ahead of the next woman. Ferguson was the second male to finish. He might have finished ahead of Trason except for a last mile agreement. Trason passed Ferguson with 10 miles to go but with a half mile left Ferguson moved back into second. As he passed her he said "you want to tie. It's sort of the Arkansas Way." They crossed the finish line with raised hands.

Trason entered the race fatigued from four 100 mile races over the past 14 weeks and wasn't sure what to expect. For the first five miles she felt pretty good and thought that she might be "on". But at mile six, she knew that it was going to be tough. Trason ran with Hildebrand early in the race but by 10 miles Hildebrand and Ferguson were the leaders

with Hildebrand pulling away at the 15 mile mark. Ferguson conceded that unless Hildebrand had major problems, he was going to take it. Hildebrand had no problems except for the typical toll that a 100 miles takes from you. His winning time was 17:02 and almost an hour ahead of his course PR of last year. He stated after the race that he had trained specifically on hills and speed and attributed that to his personal record and victory. For Trason, pain hit hard a 80 miles and at 87 miles Aid Station she could have easily retired. But her Husband and pacer, Carl Anderson, helped her through the physical and mental low. Immediately after the race. Trason stated that she probably would not be returning. Several days later, her mind had changed. She said that she wanted to run the Wasatch 100 again and then come back to the Traveller.

O'Boy!



Roberta Orr accepts the *Traveller Award* from Chrissy Ferguson

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1998 ARKANSAS TRAVVELLER 100 MILE RUN

October 3rd, Perryville, Arkansas.

1 Joe Hildebrand 41, IL	17:02:42
<u>2 Ann Trason 38, CA</u>	<u>18:02:05</u>
3 Stan Ferguson 35, AR	18:02:05
4 Scott Eppelman 32, TX	20:41:10
5 Mario Martinez 46, TX	21:46:58
6 Ray Bailey 41, AR	21:47:00
7 Gary Grilliot 34, LA	21:51:05
8 Nick Bassett 53, WY	21:53:38
9 Jim Musselman 37, GA	21:53:38
10 Rodney Hammons 43, LA	22:44:56
<u>11 Kyly McMurray 38, WA</u>	<u>22:54:00</u>
12 Mitch Allen 37, TX	23:13:35
13 Jose Wilkie 35, KY	23:24:36
14 Ricky Williams 39, AR	23:31:21
15 Jerry Bullig 49, WI	23:40:42
16 Ramon Diaz 29, NC	23:41:23
17 Earl Blewett 34, OK	23:50:31
18 Robert Orr 44, AR	23:50:37
19 Ken Ashby 45, TX	23:51:26
<u>20 Roberta Orr, 31, AR</u>	<u>23:51:35</u>
21 Josh Miller 31, LA	23:56:15
22 Peter Moore 41, VT	24:29:07
23 Rolly Portelance 55, CAN	25:00:26
24 Joe McReynolds 65, AL	25:21:47
25 Pat Stewart 36, SC	25:26:53
26 David Hughes 52, IN	25:46:53
<u>27 Kim Sergeant 39, TX</u>	<u>25:56:13</u>
28 Mike Erickson 38, OK	25:58:19
29 Robert Calabria 57, NC	26:04:29
30 Richard China 42, HI	26:13:27
31 Ron Vertrees 61, KY	26:13:28
32 Bob Lynes 59, WA	26:34:13
33 Long Vu 49, OK	26:36:41
34 Phillip Pierce 57, ME	26:47:15
<u>35 Lou Peyton 54, AR</u>	<u>27:01:56</u>
36 Robert Tavernini 30, TX	27:03:32
37 Rick French 46, NC	27:11:43
38 Kevin Guest 30, MO	27:14:12
39 Jan Ryerse 53, MO	27:20:08
40 Bill Turrentine 50, AL	27:26:57
41 Bob Somers 51, KY	27:32:22
42 Paul Schmidt 46, CA	27:37:03
43 Andrew Kelly 50, GA	27:38:38
44 Jay Huneycutt 37, AR	27:41:00
<u>45 Jamie Huneycutt 40, AR</u>	<u>27:41:00</u>
<u>46 Elizabeth Lowrey 38, LA</u>	<u>28:06:26</u>
47 Norm Yarger 59, IL	28:11:03
48 Jim Ingalls 53, IN	28:13:31
<u>49 Jeannie McDaniel 49, OK</u>	<u>28:16:35</u>
50 Ron Perkins 59, CA	28:20:00
<u>51 Jane Moser 40, WI</u>	<u>28:32:34</u>

52 Bob Sittler 39, VA	28:33:54
53 Dan Scharbor 48, AR	28:36:21
54 Pete Ireland 58, AR	28:52:22
<u>55 Kathleen Hoffman 29, CO</u>	<u>28:54:07</u>
56 David Richards 46, TX	29:01:10
<u>57 Donna Duerr 43, AR</u>	<u>29:14:38</u>
<u>58 Brooke Alexander 49, TN</u>	<u>29:15:30</u>
<u>59 Kim Pavelko 37, AR</u>	<u>29:17:00</u>
<u>60 Tamara Piper 38, CA</u>	<u>29:19:33</u>
61 Les Covey 56, CA	29:19:34
<u>62 Judy Thieme 42, LA</u>	<u>29:34:04</u>
63 John Hargrove 54, OK	29:37:46
64 Davey Harrison 46, TX	29:40:18
65 Bill Pustow 50, KY	29:43:50
66 Harold Hayes 40, AR	29:56:10
110 Starters	



Race Headquarters at Camp Ouachita

THANK YOU!

**Arkansas Running Klub
Chile Pepper Running Club
Conway Running Club
Hash House Harriers
Little Rock Roadrunners Club
Malvern Runners
Morrilton Road Runners
Saline County Striders**

FOR MAKING

THE 1998 ARKANSAS TRAVELLER 100 MILER

THE BEST



Neil Hewitt, Gayle and Pete Ireland and Bob Marston pose at the AT-100