

THE ARKANSAS ULTRA RUNNER

November 1999

THE NEWSLETTER FOR MEMBERS OF THE ARKANSAS ULTRA RUNNING ASSOCIATION

MESSAGE FROM THE BIGSHOT-Good news from the local ultra front. Randy and Bobbie Davidson have agreed to Direct the Sylamore Trail 50K in February and Ann M. Moore is going to resurrect the Ouachita Trail 50 Miler in April. The OT-50 will feature a 50K along with the 50 miler. The date for the Sylamore Trail 50K is February 19th. Next month I will include an application in the AURA.

DEER SEASON

Modern Gun Deer Season November 13th thru December 5th.
Muzzleloader December 18th thru Jan 2nd, 2000.

Picture Below--August 1999-Donna P. Duerr, AURA #1, stands atop the summit of Mount Kilimanjaro, highest mountain in Africa. She is displaying the official banner of the 1998 Arkansas Traveller 100 Miler. Donna was reported to have stated, "I thought about the AURA on my way up the mountain and it helped sustain me."



MESSAGE FROM THE BIGSHOT(cont'ed) Mark it on your calendar now. Saturday November 13th. Sportsfest '99 also known as the Hot Springs Spa 10K Weekend. At 2:00 p.m. at the Arlington Hotel the *Male and Female Ultra Runners of the Year* will be awarded at the RRCA Arkansas State Meeting. It is worth attending if only for the many prizes that will be drawn. AURA's Bob Marston volunteers his time to keep track via word of mouth and running magazines on who runs what and where. If you get to attend I know you will congratulate the winners and while you are at it, say a good word or two to Bob for his efforts.

Attention : "G" men and slackers! It's COLA time. The BS is calling an informal meeting at the "OUT WEST" for November 16th, 11:30 a.m. This is an eating establishment at the N.E. corner of Ferndale Cutoff and Kanis Road. I have heard that they have a genuine one pound cheese burger called a "cow patty". The person who thinks he'll get the biggest Cost Of Living Allowance for the year 2000 gets to pick up the tab.

I have been doing a little background checking and have relocated the name of the camp ground near Wartrace, Tennessee, that we stayed at a couple of times several years ago for the Strollin' Jim 40. It is called the Whispering Oaks. Lou and I are planning on going over the first weekend in May for the race and in future newsletters will encourage you to join us. RD Gary Cantrell has already sent word that he really wants a good hog-calling this year.

ULTRA CORNER

1999 Mountain Masochist 50 Miler. Lynchburg, Virginia Randy Davidson -10:45:28
1999 Palo Duro Canyon 50 Miler Amarillo, Texas. Mike Dupriest -11:33:15

ULTRA TRAIL SERIES

Nov 27th *Blowout Mtn Run#3* Approx 17 miles 7:00 a.m.

Directions: Hwy 70B to Hot Springs.

Gulfa Gorge Camp Grounds Start at the far

North end.

Dec 11th Postponement Notice. Due to a conflict with the SunMart 50 Mile/50K the Widow Maker 14 Miler will be postponed until March. For those not going the SunMart and needing a run, meet at Lake Sylvia parking lot for a 20 miler at 7:00 a.m.

Jan 8th, 2000. *Athens-Big Fork Trail Marathon* UTS #4. See insert.

Feb 5th, 2000 *White Rock Classic 25/50K-UTS #5* Turnerbend at the Mulberry River on Hwy 23. 9:00 a.m. start. Directions: I-40 west to

Ozark north 12 miles on Hwy 23 to the TurnerBend Camp Ground.

WHAT AURA MEMBERS ARE READING

A new column featuring an AURA member and what he is currently reading.

What are you reading CHARLES PEYTON?

1. ULTRARUNNING magazine. As ULTRARUNNING goes; so goes ultra running. I get to see results and stories of all the ultra runs around the country. Sometimes I get a chuckle from some of the columnist and learn valuable things from the runners who are profiled each month. \$30.00 per year. Address: Ultra Running, P.O. Box 2120, Amherst, Mass. 01004-2120
2. ARKANSAS RUNNING. Arkansas' only statewide running publication. \$15.00 per year. Edited by AURA's Pete Ireland. A must read for anyone interested in supporting running in Arkansas. Local experts write columns on nutrition, training tips, stretching techniques and injury cures. The mother-lode of Grand Prix records/race results and the latest info on the Road Runner Club of America/Arkansas. \$15.00 per year. Address: Arkansas Runner P.O. Box 866, Benton, Ar 72018
3. THE RUNAROUND-My home club's newsletter-Little Rock Road Runner Club. A well balanced tabloid edited by AURA member Linda House. It provides complete marathon, short distance and ultra news plus updates on talent shows, potlucks, meetings, who's doing what/where and the latest opportunities to be a volunteer.
4. THE ARKANSAS ULTRA RUNNER-A chronicle of Ultra Running and ultra runners in Arkansas since 1989. No training tips, no nutrition information; no officers; no meetings and no advertisements. Race calendars, silly jokes, horoscopes, points and membership cards. (Membership optional) A chance to spend a little and see your name in print.

EXCUSE ME, PLEASE, CHARLES! What have you been reading was the original question. Don't you have a life other than reading about running? I'm sorry. Yes, I have been reading a book an AURA Brother lent me entitled Home Is Where The Heart Is, by Billie Letts. It's about a 17 year, pregnant girl named Norvelee who runs away from Pellico Plains, Tennessee, and travels through Arkansas on I-40 with her boyfriend, Willie Jack Pickens. Somewhere west of Fort Smith, I think it was Tallaquah, Oklahoma, they stop at a Wal-Mart and he gives her \$10.00 to go in and buy herself a pair of houseshoes. While she's in Wal-Mart he decides to cut his loses and departs for New Mexico before Norvelee can make it through the checkout lane(express). Being an enterprising "Las", she finds an out-of-the-way broom closet in Wal-Mart and makes herself at home. Sleeping in the broom closet at night and visiting the local library during the day is not a bad life if you consider she has free range of all the maternity clothes and snack food during the closed hours.(It was not a SuperCenter) All goes well for Norvelee until she gives birth to a baby girl in the middle of the night in front of the plate glass windows. She and the new baby were spotted by the security patrol and her gig is up. Surprisingly she became a local hero and there was even a contest to name the baby. Some suggested she name it WalMartha but she opted for Americus.

Hold it; Hold it! No more. Well, you asked me what I had been reading.

1999 ARKANSAS TRAVELLER 100 SPECIAL EDITION

The 1999 Arkansas Traveller 100 Mile Foot Race
Perry County, Arkansas
October 2, 1999

Joe Hildebrand repeats(x's3) as AT-100 Champion

"Low Key" appears to be the byword for the Arkansas Traveller 100. "A good first time 100", I heard someone say. At first I took offense at the description I read being bantered about. But upon a reflective cool down, I came to the realization that we were being paid the highest compliment. After all the goal of the AT-100 Race Committee is to make it look easy and enjoyable from the time the runners arrive to pick up their race packets to the presentation of the last buckle. Everyone is treated equally from the elite to the first timer. Regardless of ability you are "kinfolk" in Arkansas. If this is "Low Key", I say to all the volunteers that assist with the race, "Thank you for a job well done!"

The starting field for the men consisted of three time winner Raymond Bailey from North Little Rock, two time winner and current champion, Joe Hildebrand from Urbana, Illinois. Also in contention was second place finisher from last year Stan Ferguson, Conway, Arkansas, and Texan, Scott Eppelman, a two time finisher. It should be noted in the starting line up were two runners, Jim Musselman from Georgia and Jose Wilkie from Louisville, Kentucky, who would finish their 12th 100 Miler this year. Bailey made no bones about it that he was going for a victory and was quoted in the local paper (Arkansas Democrat-Gazette) that he wanted to be known as the race's only three time consecutive winner. Chrissy Duryea-Ferguson returned to the Traveller after a years absence but was visibly upset and a doubtful starter only moments before the starting gun. She explained that she had hurt her leg just days before at work. Its hard to keep a good woman completely down however as she did start while compromising to take only what the race would give her whether it be a win or a finish.

At the first Aid Station(6 Miles) Hildebrand was the first to clear followed only by a minute by Ferguson(Stan). Raymond Bailey however was already out of the lead pack.(He would later drop at the 23 Mile Aid Station due to an old hip injury.) By 12.5 Mile Station, Stan Ferguson had replaced Hildebrand by three minutes. From this point on the course there are five rough and rocky miles remaining on the Ouachita Trail. Running in the upper echelon was Arkansan Bill Coffelt(a 19:40 previous AT100 finisher) maybe seven or eight minutes behind the leaders. At about the 15 mile mark Coffelt comes upon a prostrate runner who he presumes has either fallen or being sick(throwing up). At first he does not recognize him; then he does. Its Joe Hildebrand without his glasses. Joe is on his hands and knees looking for his glasses explaining that a tree limb snagged them and threw them off. Despite Joe's urging for Coffelt to continue with his race, he assumes the hunt for the glasses with Joe. With the clock ticking, minutes add up. Finally putting his

engineering mind to work, Coffelt replays the "crime scene". Sure enough, Hildebrand's glasses were spied still caught in the very tree limb that snagged them. At the 17 mile Lake Sylvia Station, Hildebrand was 17 minutes behind the leading Stan Ferguson. At the 31 Mile Lake Winona Station the lead was 12 minutes and at the 49 Mile Powerline Station it was 8 minutes. Slowly but steadily Hildebrand was making up ground a minute or so every aid station and at mile 83 the inevitable happened. As Hildebrand passed he asked Stan if he was okay. He was but was just going too slow. At the 86 mile Lake Winona Station Stan's goal was to arrive in 14 hours. He arrived in 14:05, just as Hildebrand was pulling away. Hildebrand later explained that he was afraid that Stan might get a second wind, so he speeded up. Stan offered, "When he passed me I lost all of the juice." The 15 minute deficit added up to a mile in distance and included some rough uphill footing. Just to finish is sometimes a victory. Stan's 17:57:08 was an AT100 PR. The other Ferguson, Chrissy, stayed within her game plan and finished her 7th Arkansas Traveller with a very respectable 20:58:48. Monica Scholz a 32 year old Canadian was a close second with a superb 23:37:32.

We wish you well our Arkansas Travellers and may our paths cross again soon.

1999 ARKANSAS TRAVELLER 100 MILE FOOT RACE/OFFICIAL RESULTS

1.	JOE HILDEBRAND 42, IL	17:06:18
2.	STAN FERGUSON 36, AR	17:57:08
3.	ROBERT ORR 45, AR	18:52:19
4.	GLENN HAMILTON 43, TX	19:07:01
	SCOTT EPELMAN 32, TX	19:07:01
6.	JIM MUSSELMAN 39, GA	19:55:00
7.	FELIX MOSER 31, SWIZ	20:17:19
8.	<u>CHRISSY D. FERGUSON 38, AR</u>	<u>20:58:48</u>
9.	BUTCH ALLMAN 44, TX	21:45:22
10.	PHILIP SANDERSON 31, CA	21:53:31
11.	LARRY MINOGUE 43, MD	21:54:24
12.	CHARLIE DERMODY 48, NY	21:58:34
13.	KEVIN SAYERS 40, MD	22:10:29
14.	TYLER CURIEL 43, TX	22:18:17
15.	BILL ROBERTSON 49, TX	22:19:13
16.	MICHAEL SUTER 52, CA	22:43:29
17.	GENE JOSEPH 47, AZ	22:44:36
18.	RANDY CALVERT 46, NV	22:46:55
19.	KEVIN GUEST 31, MO	23:09:21
20.	JOSE WILKIE 36, KY	23:22:20
21.	NELSON STRITEHOFF 48, MD	23:26:31
22.	ALLAN CZECHOLINSKI 52, WI	23:27:27
23.	<u>MONICA SCHULZ 32, CAN</u>	<u>23:37:32</u>
24.	JOHN RAINEY 38, VA	23:37:54
25.	TIM NECKAR 37, TX	23:38:57
26.	JAN RYERSE 54, MO	23:40:27
27.	PAUL SCHMIDT 47, CA	23:44:15

28.	RODNEY HAMMONS 44, LA	23:44:54
29.	ROLLY PORTELANCE 56, CAN	23:46:42
30.	HANS D. WEISSHAUR 59, GER	23:49:40
31.	<u>LINDA MUSIL 48, TX</u>	<u>23:56:39</u>
	KEN ASHBY 46, TX	23:56:39
33.	ROBERT SMITH 41, CAN	23:57:10
34.	ALLAN KAPLAN 44, CA	24:00:22
35.	JOSH MILLER 32, LA	24:51:15
36.	PETER MOORE 42, VT	25:16:01
37.	<u>KIM PAVELKO 38, AR</u>	<u>25:27:52</u>
38.	JOE MCREYNOLDS 66, AL	25:40:17
39.	MARK HENDERSON 39, TX	25:53:38
40.	JOE PRUSAITIS 44, TX	26:06:43
41.	PATRICK STEWART 37, SC	26:10:04
42.	JOHN HARGROVE 55, OK	26:12:27
43.	VINCENT SWENDSEN 37, NC	26:33:23
44.	CRAIG ZEDIKER 32, AR	27:02:28
45.	BOB CALABRIA 58, NC	27:02:46
46.	MAX ROYCROFT 35, TX	27:25:49
47.	SCOTT HUNTER 54, NY	27:29:23
48.	DAVID BURSLEER 34, DE	27:29:24
49.	<u>LOU PEYTON 55, AR</u>	<u>27:31:54</u>
	ANDY COLEE 53, FL	27:31:54
51.	RICHARD CHINA 43, HI	27:33:38
52.	GARY ALEXANDER 53, MA	27:40:00
53.	DAVID REDMAN 51, NY	27:51:30
54.	MARC GREENBERG 48, WA	27:58:03
55.	DAN SCHARBOR 49, AR	28:10:46
56.	<u>KIM SERGEANT 40 TX</u>	<u>28:11:30</u>
57.	DAN HARSHBARGER CA	28:17:01
58.	PETE IRELAND 59, AR	28:24:36
59.	LONG VU 50, OK	28:26:43
60.	<u>PAT COOK 47, MO</u>	<u>28:28:39</u>
61.	BOB SOMERS 52, KY	28:30:01
62.	JEFF WASHBURN 49, MA	28:32:14
63.	<u>SUE NORWOOD 50 GA</u>	<u>28:36:02</u>
64.	<u>LOUISE MASON 46, IL</u>	<u>28:36:30</u>
65.	ROBERT BARR 44, CA	28:41:47
	<u>JENNIFER EVANS 41, CA</u>	<u>28:41:47</u>
67.	DAVID ROEMER 40, NY	28:44:25
68.	DAVID HUGHES 53, IN	28:46:26
69.	<u>CARRIE DUPRIEST 42, AR</u>	<u>29:09:45</u>
70.	<u>MICHELE RYAN 43, CA</u>	<u>29:13:37</u>
71.	MARV BRADLEY 60, CO	29:13:37
72.	EARL ORTIZ 53, NM	29:16:42
73.	BILL MYERS 38, OK	29:18:03

74.	DANNY KEEFE 34, OK	29:20:08
75.	JOHN BLAYLOCK 56, CO	29:22:12
	<u>GINNY BLAYLOCK 52, CO</u>	<u>29:22:12</u>
77.	STAN CARRIER 41, OK	29:25:49
78.	<u>ANGIE RANSOM 49, AR</u>	<u>29:27:01</u>
79.	<u>DIANNE SEAGER 43, AR</u>	<u>29:44:18</u>
	JIMMY SWEATT AR	29:44:19
81.	BILL JOHNSON 51, IL	29:45:56
82.	NATHAN SARIA 29, AR	29:46:24
	CURTIS NUNN 29 AR	29:46:24
84.	<u>COLLETT HANEY 33, HI</u>	<u>29:52:58</u>
	Bruce Hilton 61, CAN	Finished out of the 30 hour cut off.
	Roy Haley 63, TX	Finished out of the 30 hour cut off.

123 Starters



#99, Lloyd Moore, a giant among mere mortal aid station girls at Club Flamingo

Arkansas Traveller 1999 by Laura Eakin-#98

The Arkansas Traveller 100 Mile Race was the culmination of three years of running--I started running with no background in track or athletics at all. I had always been interested in challenging myself intellectually, but had never had the time to devote to challenging myself physically until my children became less high-maintenance. I started with 5Ks, then decided to run a marathon June 1998. But the marathon left me with a sense of emptiness and longing for longer distances and less hype, as well as more of a sense of adventure. I connected up with Charley and Lou Peyton last winter at the Widow Maker Run (Ultra Trail Series), which whetted my desire for more races in the freezing rain, bushwacking, and crossing creeks with ropes upon which to cling. I spent the run with Lou and learned a great deal talking to her and watching the way she ran. I really had no intention of running the Traveller this year, but it was irresistible. So on training that still is building up, I decided to see what I was made. The longest run that I had done before the AT-100 was 45 miles (a DNF at

Cross Timbers 50 Miler (Texas) in March).

The weekend began in style, with the Ozark Playboys playing good mountain music in a sun-dappled campground. Charley and Lou were in the Arkansas finery (overalls, hats--Lou wore a shirt) and warmed up the crowd with banter and good humor. There were many people who had done this race over and over and travelled a good distance to get here.

The morning of the race start was crisp and clear, perfect for running. After the shotgun blast, people started out happily, with a nice relaxed pace. We spent just a few miles on pavement, then turned onto a forest service road for the next few miles. Flashlights were put away before the first aid station. My goal was to finish--and this was the "ultimate dream goal". I really had no idea what to expect after 50 miles or so. I had sprained my ankle four weeks earlier and had done cross-training only since that time, so I wasn't sure how it would hold up. Luckily it did great! I was cautious on the hills, not wanting to DNF on the Ouachita Trail with a reinjury of my



ankle. I started off keeping with a run/walk pattern of 8 minutes/2 minutes, walking all the uphill. I continued this until Flat-side Pinnacle, then slowed down substantially on the Ouachita Trail after almost turning my ankle again. I figured that I'd be able to make up some time on the more runnable sections of the course. My husband, three kids, mother, father, sister, and niece were all noisily cheering for me when I got to the Lake Sylvia aid station on schedule without injury. I grabbed some new water bottles, thanked my crew for their help, and headed for the next hill. The next section to the Pumpkin aid station is one of my favorites. It usually has deep, wide mud puddles, but the dry weather left only two of them with anything wet in them. I maintained my pace, ran alone and enjoyed my solitude. I scarfed a piece of pie at the aid station, thanked the volunteers, and headed toward the Electronic Tower. By this time, the weather was getting warm, but felt wonderful. From Electronic Tower to 212, there were thousands of rocks, but I took it easy and again kept my ankle intact. I was starting to become concerned with the time, as my cushion became less and less. I still was ahead of the 30 hour schedule, but I lost more and more time between each aid station. I power walked the uphill and ran everything else. At Lake Winona, my crew was back--my parents and 8 year old daughter ran a short way with me, singing "We are the Champions". I still felt strong, happy, fit, full of gladness. The section between lake Winona and powerline, I ran and walked steadily, keeping hydrated with lots of Cytomax and Metabolol mixture, taking a SUCCEED electrolyte capsule every 30 minutes, and lived mostly on GU. I ran for a while with a nice woman from Nebraska, but usually was on my own. My pace kept close to Ken Ashby's recommendation for a 30 hour finish. It started to get dark on the other side of Smith Mountain, so I got out my mini-mag light and enjoyed the cooler weather. My husband and oldest son were waiting at the Powerline, looking chipper and expectant. I felt chipper-er than I thought I would at 49.1 miles! After getting some warmer clothing to carry with me, I went on into the farthest distances that I had ever gone. I felt tired, but was thankful that I had not had any GI upset and hadn't hurt myself. I knew that I was danged slow, but that is nothing new for me. I hooked up with Lloyd(Moore#99) for a while and we walked for a few miles together--he greeted everyone returning from the turnaround, giving them words of kindness and encouragement. I don't remember a lot of the details of the miles from Buffalo Gap to the Turnaround, but I do remember Carrie DuPriest telling me that she was proud of me---I appreciated that so much. I continued to feel okay at the Turnaround, visited briefly with Charley and the volunteers, then headed out. On my way back toward Buffalo Gap, I suddenly realized that there was no way that I would be able to make it to Powerline before the 2:30 cutoff--I would have to have gone an hour faster than it took me to traverse that distance on the way in. Just as suddenly, my body lost its resolve. I am amazed at how powerfully my mind had kept my body going and going. As soon as my mind was convinced that my run was over, I became cold, apprehensive, and ready to quit. I continued to walk, contemplating continuing until someone at the aid station told me to stop, but all I wanted to do was to stop and call it a day. Charley picked me up somewhere around 60 miles and drove me to the Powerline, where my family was waiting. Although I felt bad about stopping, I knew it was appropriate (at the time). Since then, I have wondered just how many more miles I could have gone if I just tried to get past the bad patch---The whole race was like nothing I had ever experienced. I have a whole new appreciation for the difficulty of covering that much distance and the personal hurdles that you must be willing to jump in order to do it. In the

jump in order to do it. In the aftermath, while dismantling the remainders of my toenails, I could only think of how I plan on training for the next one. I've got the bug!

The Journey by Carrie Dupriest

I have done something big, something I never envisioned that I could do. I have completed the Arkansas Traveller 100 mile foot race. I have traveled 100 miles many times by car, but never using only my feet to reach the destination, until now. The story begins on Saturday, October 2, 1999 at 6:00 a.m. as the gun goes off and the race has begun. I am not nervous, just ready to run. My biggest fear is that I will go out too fast and die somewhere in the middle of this run. I have a great desire to complete this race. I know it is a long way and I have many hours to go, so I want to get into a nice comfortable pace and enjoy those around me while I still want to! Most of the first 50 miles are run with people around the entire time. These friends changed periodically during the run, but one stayed constant and that was Pete Ireland. We stayed together most of the day, through the cool of the early morning and through the heat of the afternoon sun. Pete has a wealth of knowledge about these 100 milers and he was a true source of inspiration and encouragement to me. (He said I could go to the bathroom faster than any woman he had ever met. My motive of course was that I didn't want to get left behind!) We made it to 50 miles in a little over 12 hours--just the pace I had planned and I was feeling fine! I was excited about meeting my pacer, Debbie Gray, at Powerline, and seeing Mike. I told Pete that I might cry when I saw them and he said that was a sign of dehydration. I laughed and told him that I must stay dehydrated all the time, because I am a pretty emotional girl! Well, I guess I wasn't too dehydrated because I didn't cry. I just started barking orders at everybody! "Take our picture, fill my bottles with water, take my pack so I can weigh, get out the plastic bag marked 49.1, trade my bandanna for a fresh one....", well, you get the picture. And Donna Duerr, Debbie, and Mike were very kind and did all that I asked. I



was a bit anxious since I was getting ready to cross the bridge into uncharted waters, I had never run more than 50 miles. My orders to Debbie as pacer were: Keep me eating and drinking and always moving! These things she did very well and also kept me pumped with excitement and filled me with news about any and everything she could think of! This part of the run seemed to go fast and was so much fun. I thought that running over 50 miles was fairly easy! My next pacer was Gary Welchman between 60-69 miles. This was the first time I had a major low point, and Gary was very constant and steady. He talked me through the lows and assured me that I was doing well and that I was on my pace schedule. He was constantly reminding me to drink and even carried food for me from an aid station until I was ready to eat! We made it back to Powerline where Mike was waiting for me, ready to pace me in to the finish line, 30 miles away! All this part was in the dark over Smith Mountain, then Pig Trail, and was so slow and so difficult. I became tired, slow, irritable, nauseous, and unmotivated at various times. Mike, of course, never listened to me. He just stayed ahead of me moving relentlessly forward (that's a Nick Williams term.) When I would rebel and stop, he would grab my hand and say, "Let's move." I remember just that simple touch of his hand holding mine would bolster my energy and give me motivation again. He was very determined that I finish this race. He kept pressing me, reminding me of the goal---the finish line! When we finally reached Lake Winona at mile 85, I quickly grabbed some food and left Mike there to eat and fix the water bottles for us. As I was leaving the aid station, a young woman standing there looked at me and she simply said "You can do this!" It was at that point that I thought to myself, "Yes, I really am going to make it. I'm going to cross that finish line! I only have 15 miles to go!" Then I began to cry and for the next 10 minutes I was in a world of solitude and introspection, and dreaming of what was to come in the next few hours. The more I thought of the finish line, however, the more I began to cry. So I had to discipline my mind. I had to begin the task of focusing, not thinking, just moving forward, one foot after the other. However, deception entered the picture: 15 miles sounded so easy after having completed 85! That 15 miles proved to be among the toughest of the miles for me. It all became so mental and I was not sure I was strong enough to survive the mental push and toughness it was going to take to make my goal a reality. I began to think of the years and the months that I had trained physically before I ever attempted this race. I thought I was in pretty good shape, that I was physically fit. Now I began to think that maybe that didn't really matter at all. I remember that I had talked to Lou Peyton and asked her opinion about my running in this event, and her telling me "You've got just as good a chance as anyone else." She said that it was fun at the beginning but at the end it was not fun anymore! At this point I'm beginning to understand that and can relate very well! But whoever said running is only about having fun? There are always struggles to be overcome. One of those is to deny yourself what it wants, to push past your comfort zone, to dig down deeper into yourself to find something more. I know God is with me and I am glad, yet I am pretty prayed out. I did a lot of that in the middle of the night and I know my prayers were answered because I am here now, still moving, still alive, still trying hard to push to the finish. But the pushing is growing harder with each step my physical body takes. I thought we would never reach 212. We did. My feet are killing me, blisters are screaming to be popped, and with each pound my feet make, I feel searing pain. My emotions are on edge: I want to stop this foolishness of running and just sit down and cry, but I don't. I know I can't allow myself to cry. If I do, I will not be able to press on. My

I will not be able to press on. My mind must be strong. I push out all the extraneous stuff and totally detach from reality. I just focus on moving one foot in front of the other. I get mad at Mike because he won't stop and he won't let me stop! I know in my mind that I will be grateful to him later, but right now I'm wracking my feet and legs; from the emotions churning within me; from anything that threatens to thwart my goal which has now become simply to move forward. I thought we would never get off 212. We did. This battle of mind over matter rages within me! It seems to consume every ounce of me. We have arrived at 132C. I am so glad because I know the finish is really near. But, today, this road is just another never-ending one. It goes on and on and on, and I become discouraged. I am certain that I will be running toward, but never reach, the finish line for the rest of my life. Mike is talking to me, but I only remotely hear him; I don't really listen. All I can do is say to myself, over and over, "Detach, focus, don't think, just move." I become a machine, like a robot. All I can do is run. I am really focused on reaching the finish. I don't know if I have ever wanted to cross a line anymore than I wanted this one, and I want it NOW! I am getting so exhausted, that I am beginning to feel numb. Suddenly, I see the starting line--where I was so many hours ago! As I move forward, I begin to see people, and they belong to me! My daughters and their friends, and my friends and family are all yelling and cheering when I come into their view. I am unable to "detach and focus" any longer, I burst into tears. Aimee and Ashlee hug me and encourage me with their words of love. They assure me that the finish line is so close. When I see it and hear my name being called out, I am so overcome, all I can do is weep, yet I am also laughing! I just cannot believe that I have actually made it, all 100 miles! I am surrounded by all of my friends, who hug and congratulate me in spite of how I look and smell! I am so grateful to everyone who believed in me, who said to go for it; without them, I would not have had the courage to try. I am so glad that I listened to my friends, that I pushed, that I was determined, that I was weak and sought God's help, that I was made strong enough to suffer and persevere, so that I did not miss the special blessings that have been added to my life through the travels of the AT-100.

This story officially ends when I crossed the AT100 finish line on Sunday, October 3, 1999, 29 hours and 9 minutes after it first began. However, it never really ends. Long after the muscle aches have subsided, the blisters have healed, when life is back to the routines, the memories that I have of my first 100 miler will always remain with me.

Congratulations to the following AURA members on their AT-100 finish

2.	STAN FERGUSON 36, AR	17:57:08
3.	ROBERT ORR 45, AR	18:52:19
8.	<u>CHRISSEY D. FERGUSON 38, AR</u>	<u>20:58:48</u>
37.	<u>KIM PAVELKO 38, AR</u>	<u>25:27:52</u>
44.	CRAIG ZEDIKER 32, AR	27:02:28
49.	<u>LOU PEYTON 55, AR</u>	<u>27:31:54</u>
55.	DAN SCHARBOR 49, AR	28:10:46
58.	PETE IRELAND 59, AR	28:24:36
69.	<u>CARRIE DUPRIEST 42, AR</u>	<u>29:09:45</u>
78.	<u>ANGIE RANSOM 49, AR</u>	<u>29:27:01</u>
79.	<u>DIANNE SEAGER 43, AR</u>	<u>29:44:18</u>
80.	JIMMY SWEATT AR	29:44:19

Athens-Big Fork Trail Marathon

"Arkansas' Ultimate Challenge"

Toughest Marathon East of the Rocky Mountains

8:00 AM SHARP, SATURDAY, JANUARY 8, 2000 FROM BIG FORK COMMUNITY CENTER, ONE MILE SOUTH OF BIG FORK, ARKANSAS ON STATE HIGHWAY 8. NO ENTRY FEE, NO T-SHIRTS, NO AWARDS. REGISTRATION BEGINS AT 7:00 AM, COFFEE AVAILABLE. WATER AVAILABLE AT START, 3.6 MILES, 8.5 MILES, 13.1 MILES, 17.7 MILES, 22.6 MILES, AND FINISH. WATER BOTTLE A MUST, NOON SNACK GOOD IDEA, AND IF PLANNING ON WALKING THE UPHILLS, A FLASHLIGHT MAY BE NEEDED FOR THE RETURN TRIP OVER MISSOURI MOUNTAIN. NOT RECOMMENDED FOR FIRST-TIME MARATHONERS!!!

A 26.2-MILE EXTREME ADVENTURE UP AND OVER 16 MOUNTAINTOPS ON THE HISTORIC ATHENS-BIG FORK POSTAL SERVICE TRAIL BUILT SOME 125 YEARS AGO TO CARRY MAIL THROUGH THE OUACHITA MOUNTAINS FROM THE COMMUNITY OF ATHENS TO THE COMMUNITY OF BIG FORK. THIS TRAIL WAS RESTORED ABOUT 12 YEARS AGO BY THE U. S. FOREST SERVICE WITH THE ASSISTANCE OF THE OZARK SOCIETY-BAYOU CHAPTER AND THE STUDENT CONSERVATION ASSOCIATION. ALMOST ALL OF THE TRAIL IS IN THE EXACT LOCATION AS CONSTRUCTED BY THE POSTAL SERVICE FOR HORSEBACK MAIL CARRIERS, NOT FOR HIKERS OR RUNNERS. RATHER THAN RUNNING EAST TO WEST ALONG CREEK BEDS LIKE OTHER TRAILS ON THE OUACHITA NATIONAL FOREST, THIS TRAIL RUNS NORTH TO SOUTH ACROSS THE MOUNTAINS. TRAIL FEATURES INCLUDE SPECTACULAR VIEWS OF THE OUACHITA MOUNTAINS FROM SUCH HIGH POINTS AS EAGLE ROCK VISTA, SPIRIT ROCK VISTA AND BRUSHHEAP MOUNTAIN.

THE START AND FINISH OF THE ATHENS-BIG FORK TRAIL MARATHON IS LOCATED IN FRONT OF THE BIG FORK COMMUNITY CENTER. THE COURSE WILL BE ALONG THE SOUTH SHOULDER OF STATE HIGHWAY 8 FOR 0.8 MILE, THEN TURNING RIGHT ON ROAD 38, FOREST SERVICE WELL-GROOMED GRAVEL ROAD, FOR 1.6 MILES, THEN TURNING LEFT ON ROAD B15, A PRIMITIVE ACCESS LOGGING ROAD, FOR 0.2 MILES TO THE TRAILHEAD. THE ATHENS-BIG FORK TRAIL BEGINS THERE AT 2.6 MILES FROM THE COMMUNITY CENTER. THE TRAIL IS WELL MARKED WITH WHITE RECTANGLES.

TRAIL RUNNERS WILL CROSS MISSOURI MOUNTAIN (#1), ROAD 25 (3.6 MILES), HURRICANE KNOB (#2), MCKINLEY MOUNTAIN (#3), ROAD 512 (5.7 MILES), BRIER CREEK MOUNTAIN (#4), LEADER MOUNTAIN (#5), BLAYLOCK CREEK (MAY BE KNEE-DEEP), ROAD 106 (8.5 MILES), BRUSHHEAP MOUNTAIN (#6 & 2,000' ELEVATION), EAST SALINE CREEK, BRUSHY MOUNTAIN (#7 & EAGLE ROCK VISTA), VILES BRANCH, BIG TOM MOUNTAIN (#8), THEN DOWN TO ROAD B23F, RIGHT ON GRAVEL ROAD FOR 0.4 MILES TO THE 1/2 MARATHON TURNAROUND AND WATER STATION.

NOW FOR THE RETURN TRIP...CROSS THE SAME EIGHT MOUNTAINS AGAIN AND A "SUNSET" FINISH IN BIG FORK, ARKANSAS!!! BEST TRAIL RUN OF THE CENTURY !!!