

SPECIAL VOLUNTEER EDITION

THE ARKANSAS ULTRA RUNNER

November 2000

The Newsletter For Members Of The Arkansas Ultra Running Association

Greetings Volunteers of the *Arkansas Traveller 100* and members of the Arkansas Ultra Running Association. This is a special edition of the Arkansas Ultra Runner and is dedicated to the many volunteers who made the *2000 Arkansas Traveller* the very best yet. In the ten years of the race I have started out the planning with one goal: To make the race a perfect one. A saying I heard somewhere along the way: "Perfect is the enemy of good." Immediately after the race is over, I think that we have done it. Then invariably I hear of something that got undone or forgot about and because of the high standards set, I get down in the dumps for a couple of weeks. Then, when I get together with the runners and volunteers at the picnic, I hear their laughs and stories and I get that Race Director's high again. This year was a "WOW". Did that really happen? Tom and I were on the trail Monday after the race pulling ribbons and picking up trash. Driving by the aid station locations, I kept thinking, "This is where the action was. Where did it all go." It wasn't perfect but it came really close.

I want to start out my "THANK YOUs" with the Race committee: Tom Chapin, Jim Schuler, Dave Cawein, Lou Peyton, Stan and Chrissy Ferguson. A special star to Chrissy for her work with the Aid Stations. A really big thanks goes to C.A.R.E.N Central Arkansas Radio Emergency Network for keeping track of all the runners and dropouts. Also, to our medical team of Dr. Bob McGowan and Dr. Ken Johnston and nurses Keith Culbertson and Bob Dolanski for giving me piece of mind at the finish area. Thank you all who were there Friday for the check-in: Linda, Jack, Brookes, Ann. I can't forget to mention my right-handed men and women, Tony and Irene at the Powerline weigh-in and Jeff, Nick, Alberto and Johnnie, who worked the dropout shuttle: Thank you Carl and Louise who drove up from Texas and helped Tom with the pre-race meal and stayed through the night assisting the finishers. Thank you men and women of the Lake Sylvia Community Project for cooking us the hardy breakfast on Sunday morning. And to all of those of you who were on the line at the Aid Stations. I commend you for a job extremely well done. Later in this report are letters that I received from the runners wanting me to thank you for what you did for them during the race.

Aid Station	Captain and Running Club or group
Brown's Creek	Bob and Rosemary Marston/ <u>AURA-LRRC*</u>
Flatside Pinnacle	Harold Hays and Ellis James, <u>AURA-LRRC</u>
Lake Sylvia	Dan McCollough, Chuck and Debbie Desjardin, <u>AURA-LRRC</u>
Pumpkin Trail(132C	Dereck Bentley <u>Trailhead Outfitters</u> in Conway.
Electronic Tower	Sybil and Bob Taylor- <u>Arkansas Running Club</u>
212	Bill Brass, Barbara and Jerry Southerland- <u>Hash House Harriers</u>
Like Winona	Dale Burns, Clint and Peg Cusick/ <u>Saline County Striders and Mahvern Road Runners</u>
Pig Trail	Bill Coffelt and family from Fort Smith
Club Flamingo	Kim Fischer and Coreen Frasier- <u>Little Rock Road Runner Club</u>
Smith Mountain	Mickey Rollins/ <u>Rocky Raccoon Trail 100</u>
BM Road	Ralph Hoffman/ <u>AURA</u>
Powerline	Danny Man / <u>Conway Roadrunner Club</u>
Buffalo Gap	Joe Fennel/ <u>Chili Pepper Running Club</u>
TurnaRound	Joyce Taylor and friends/ <u>Southwest Arkansas Striders.</u>
*- Arkansas Ultra Running Association/Little Rock Roadrunner Club	

The following is an account of the race that I wrote for ULTRARUNNING magazine and should appear in the December issue.

2000 ARKANSAS TRAVELLER 100 MILE FOOT RACE by Charley Peyton

The pre-race chatter on the internet sites concerned the dominance of Team Texas in the approaching Arkansas Traveller 100. There were whispers of alliances being formed and deals being struck with the Arkansas and Virginia Teams. "*Where was David Horton when we needed him?*" There was even a rumor circulating about that the Race Director was attempting to sabotage Team Texas by saddling its star runner, Scott Eppelman, with an unlucky, Number 13. To dwell anymore on this hoopla would only take away from the fine performance of Eppelman who ran an even paced race and finished number one.

The female field in this years race was the strongest in the 10 years of the Arkansas Traveller. Besides seven time winner and record holder Chrissy Ferguson(17:53) there were also the current champions of the 2000 Leadville 100, Amanda McIntosh; the 2000 Old Dominion 100, Molly Gibb and the 2000 Rocky Raccoon 100, Janice Anderson. For the latter three this would be their first crack at the Traveller course.

<u>WOMEN</u>	<u>AGE-STATE</u>	<u>CREDINTIALS</u>	<u>AT100's</u>
Chrissy Ferguson	39, Arkansas	Course record-17:53:10	7 time winner
Amanda McIntosh	35, Texas	1 st Female 2000 Leadville 100	0
Molly Gibb	39, Oklahoma	1 st Female 2000 Old Dominion 100	0
Janice Anderson	33, Georgia	1 st Female 2000 Rocky Raccoon 100	0

The men contenders were all familiar with the Traveller course.

<u>NAME</u>	<u>AGE/STATE</u>	<u>COURSE PR</u>	<u>AT100's</u>
Ray Bailey	43 Arkansas	16:42:33	5
Joe Hildebrand	43, Illinois	17:02:42	5
Stan Ferguson	37, Arkansas	17:57:08	3
Scott Eppelman	33, Texas	19:07:01	3

The star player that will be remembered at the 2000 Arkansas Traveller will be the weather. All summer long it had been extremely dry and hot in the Ouachita National Forest. There was even talk of closing the forest due to dangers of forest fires. However, Thursday before race day check-in, the long awaited cold front arrived bringing with it significant rain fall and temperatures in the 30's at night and low 60's in the day. Perfect for racing.

At the start of the 17 mile loop it was just "*Good Time*" running with most runners taking it easy and preparing themselves for the rough and rocky Ouachita Trail which would begin at mile 9.

By the time the runners had surfaced off of the Ouachita Trail at the 17 Mile Lake Sylvia Aid Station, a true race was developing and gender was being thrown to the cold wind. Hildebrand emerged first but was followed closely by all of the above combatants. By the 50K mark Joe was still in first but Janice was only a minute behind. It was also becoming clear as to who wanted to run and who were feeling the summer's races in their legs. Chrissy, Amanda and Molly were left to battle for second place. At the 60K Pig Trail Aid Station, Janice was the first to arrive, four minutes ahead of Joe. At the Turnaround Aid Station at 58 Miles, Hildebrand then Anderson checked in. Only one(1) minute separated them.. Eppelman, with all the enthusiasm being generated by a lady leading the race, was almost the forgotten man. But, he was only five(5) minutes behind the leaders.. At the 68 mile Powerline Aid Station Joe had increased his lead to five(5) minutes over Anderson. But stopping to change into warmer night-time clothing, he was passed by Anderson again who arrived and left after stopping only briefly to weigh and visit her crew. Then she quickly slipped off into the cold fading light in only a long sleeve shirt and running shorts. Joe again was forced to play catch up. Eppelman however was focused and maintaining his steady stalk. At Lake Winona Aid Station at 85 miles Hildebrand had caught and passed Janice again arriving seven(7) minutes ahead of Eppelman who now had advanced into second place. Leaving Lake Winona the race soon enters what some veteran runners are calling the Rocky Gulch, a four mile section of rocks and roots that is an abandoned logging road. It is pretty runnable on the way out but in the dark it has caused many runners to fold up at Lake Winona. Emerging from the Gulch first was Scott Eppelman a good strong 12 minutes ahead of Anderson. Somewhere in the Gulch she passed by Hildebrand for the last time. Except for looking over his shoulder for Anderson's light many times during the last 10 miles, Scott was home free. This was Scott's forth finish at the Traveller. He knew the course and knew when to strike. Congratulations and a load of admiration goes to Georgian, Janice Anderson, for a new

women's course record and the willingness to battle it out with the boys. Oh, what a story could have been written.

For those curious about 2001, the 2000 race was filled up by the first weekend of September and there were a lot of runners left on the sidelines this year. My advice to you is that when you see the new applications, jump on it. The *Arkansas Traveller 100 Mile Foot Race* will only get better with age.

2000 ARKANSAS TRAVELLER 100

October 7, 2000

Perryville, Arkansas

1. SCOTT EPPELMAN 33, TX 17:34:34
2. JANICE ANDERSON 34, GA 17:47:50
3. JOE HILDEBRAND 43, IL 17:53:00
4. GREGG THORNLEY 36, OR 18:35:49
5. DAVID BURSLE 35 DE 19:55:57
6. DAVID KENNAMER 41. AL 20:06:34
7. JIM MUSSELMAN 40, AL 20:11:38
8. GREG LOOMIS 26, VA 20:25:06
9. AMANDA MCINTOSH 35, TX 20:26:22
10. BUTCH ALLMON 45, TX 20:29:00
11. STAN FERGUSON 37, AR 20:46:42
12. RAY BAILEY 43, AR 20:46:42
13. DAVID FEINAUER 46, PA 20:28:18
14. TYLER CURIEL 44, TX 21:41:06
15. TIM CRAWFORD 52, GA 21:43:11
16. MOLLY GIBB 39, OK 21:53:30
17. FRANK PROBST 57, VA 21:53:30
18. GREGG MARTELL 43, WY 21:55:39
19. DAN WHITTEMORE 48, NH 21:58:02
20. CHRISSEY FERGUSON 39, AR 22:13:33
21. MONICA SCHOLZ 33, CAN 22:15:57
22. PAUL SCHMIDT 48, CA 22:15:57
23. RANDY DAVIDSON 47, AR 22:18:46
24. JOE WALLACE 47, AL 22:39:52
25. JAY NORMAN 62, TX 22:43:50
26. RUSSELL GILL 36, VA 22:47:48
27. MULE MARTIN 51, CO 23:07:07
28. NEAL TAYLOR 37, CO 23:08:55
29. JOE PRUSAITES 45, TX 23:12:27
30. MAX ROYCROFT 36, TX 23:15:14
31. KYLY MCMURRAY 40, WA 23:17:23
32. RANDY GEHRKE 42, WA 23:21:35
33. JIM STROH 38, MS 23:21:35

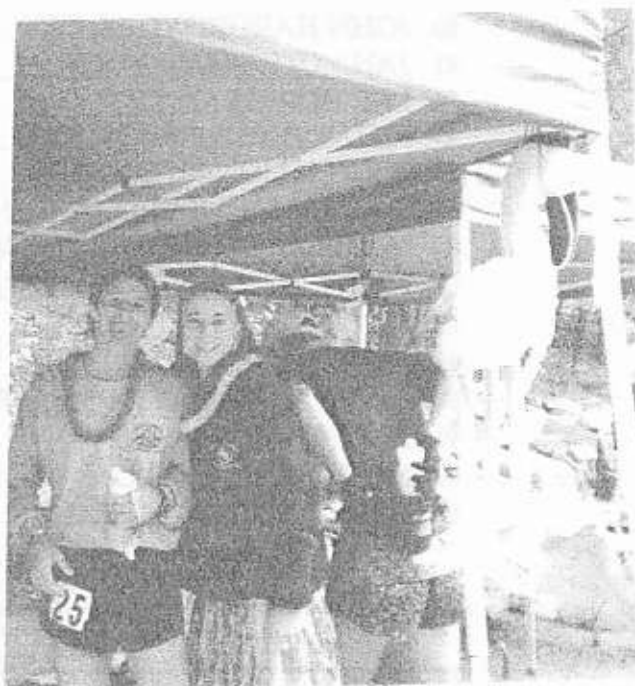


Buffalo Gap Aid Station



Dave Cawein gives Hillary some sugar!

34. PETER MOORE 43, VT	23:33:41
35. JOSE WILKIE 37, KY	23:37:54
36. BILL NICTAKIS 40, TX	23:38:33
37. TERESA TAYLOR 40, CO	23:42:54
38. SHILAJIT GANGULEE 22, PA	23:44:36
39. JOHN WEITZEL 49, PA	23:46:55
40. ANDREW HACKETT 33, GA	23:56:05
41. BARBARA HITZFELD 39, TX	23:57:52
42. MIKE LAGER 40, MS	23:58:12
43. HANS WEISSHAAR 60, GER	24:01:35
44. SHANE CHANDLER 27, MS	24:01:38
45. MOLLY BARNES 31, CO	24:07:02
46. DR. FEELGOOD 53, AR	24:32:34
47. CASEY COEN 30, MO	25:19:53
48. DAVID WICK 39, CO	25:26:48
49. ANGIE RANSOM 50, AR	25:27:11
50. MICHAEL KOGUTEK 51, CO	25:35:08
51. REX FRIEND 45, OK	25:38:32
52. JAMES MERCER 31, MO	25:44:04
53. RICHARD SMITH 55, FL	25:46:28
54. JAY HUNEYCUTT 39, AR	25:57:15
55. TIM HALE 51, AR	26:38:04
56. KEN ASHBY 47, TX	:26:54:41
57. HOWARD BAILEY 44, GA	27:05:20
58. PATRICK STEWART 38, SC	27:29:14
59. MEL NOWLIN 40, OH	27:30:00
60. ANGELA WEATHERILL 41, TX	27:33:35
61. NORMAN CARLSON 66, IN	27:36:28
62. LOU PEYTON 56, AR	27:42:53
63. ED DEMONEY 66, VA	27:45:08
64. MARV BRADLEY 61, CO	27:52:07
65. MIKE DUPRIEST 44, AR	27:54:34
66. DALE PERRY 43, CO	27:57:23
67. DONALD CROUSE 43, TX	27:59:05
68. PATTY GROTH 44, AR	28:01:05
69. MITCH CHAZAN 46, TX	28:07:21
70. PETE IRELAND 60, AR	28:17:32
71. CHERI GILLIS 48, WA	28:21:30
72. LYNNE WERNER 49, WA	28:21:30
73. NORM YARGER 61, IL	28:21:40
74. HIROMI HATTA 39, JAPAN	28:25:38
75. TODD HEADY 32, KY	28:34:00
76. CYNTHIA HEADY 39, KY	28:34:00
77. GILLIAN ROBINSON 34, CA	28:35:24
78. TOM CRULL 57, TX	28:41:16
79. LARRY MABRY 53, AR	28:49:47



Club Flamingo Aid Station



**Barney, Mickey and Cathy
Smith Mountain Aid Station**

- 80. JOHN HARGROVE 56, OK 28:53:27
- 81. JANA GUSTMAN 33, CA 28:58:46
- 82. LEE NORRIS 52, TX 29:02:53
- 83. K HARSHBLURGER 50, CA 29:04:34
- 84. JOHN SIMON 61, OH 29:05:22
- 85. DAVID MALMBERG 46, CAN 29:18:23
- 86. VINCENT SWENDSEN 38, NC 29:21:05
- 87. MARY ANN CLUTE 48, WA 29:28:38
- 88. BETSY KAPILOFF 40, NV 29:29:58
- 89. JAKE ELKINS 49, WY 29:33:56
- 90. KATSUYUKI HATTA 39, JAP 29:37:49
- 91. JIM INGALLS 55, IN 29:43:18
- 92. SAM FERRELL 66, CA 29:44:00
- 93. BRUCE HILTON 61, CAN 31:27:33

124 Starters



Janice Anderson at Mile 49

LETTERS TO CHARLEY

From Sarah Tynes, # 84, Georgia—*First, thanks to the Lake Winona Aid Station for helping my pacer get to safety and warmth after he was struck with a stomach virus. Second, to the Electronic Tower, especially the guy in the Ford Explorer for attempting to get my body temperature back to the normal range. It took 3 blankets, a bonfire, a cup of hot chocolate, and finally the heater in that Ford Explorer.*

Jay Norman #30, Texas—*This letter is not to complain but to thank you for the ten years of effort put into conducting one of the best 100 mile races there is.*

Cynthia Heady # 119, Kentucky—*Todd and I just wanted to say thank you for all you did for the Ark 100 Miler. Being my first 100 miler everything was just wonderful from the pasta dinner to the night before in the beautiful camp grounds. The aid stations—Wow!! Everyone was wonderful and I wanted to tell you after the race but I couldn't walk. I injured my ankle and I wasn't able to tell anyone this.*

Paul Schmidt #38, California—*It was a great pleasure running five of the ten races that you directed. Thank you for all of the hard work. I have such great memories from my runs at the AT. Including encountering a family of razorback one year on my way back to the finish., getting leied at the Drop-off, and all of your great volunteers. Each year I look forward to seeing Ester at the Electronic Tower. Guess I shouldn't mention that I took a gulp of Ralph's Bourbon and Coke at the BM Road this year. Best wishes and Good Bless!*

Teresa Taylor #107, Colorado—*The course is more runnable than what we are used to in Colorado, and while it was rocky in areas, the rocks were friendly to me! I think the*

pumpkin pie and coffee at the last aid station had magical powers, as I ran faster and longer coming into the finish than I had ever through I could at the end of 100 miles

Michael Kogutok #78, California—*You have a heck of a race and throw a good party. I wanted to thank you and your organization for a fun and great run. I do not have any negatives. The run was down home. I am happy to have run in your final year.*

Margaret Burnett# 109, California—*Congratulations on putting on another great Traveller! I didn't think your aid stations volunteers could be any nicer but this year they were so kind that I felt like family. I really like the course and the cold this year lent a clarity to the air that make the views of far off ridges very beautiful. Smith Mountain after dark, especially in the middle of the night, is always thrilling(in a scary sort of way).*

Norm Carlson #64, Indiana—*I want express my thanks to all of the volunteers, they were certainly a well organized team. In spite of the cold, windy conditions, I never heard even one complaint, only cheerfulness and helpfulness, toward the runners.*

Mike Lager #15, Mississippi—*I just had to drop you a note and tell you that I had a great time at the AT100. I think the race was well put together but I'm sure you have heard this before. OK, lets get down to the quick! I have never met a bunch of nicer people. I wish I had names of each and every person that worked the aid stations. They were so nice and extremely giving and compassionate. Please pass the biggest, warmest regards and thanks to them all from me. I definitely will look forward to the race again next year. My family had a blast. This is an experience that I will never forget. Definitely the best race I've ever been a part of in my 15 years of running...*

Several years ago in this Arkansas Ultra Runner I wrote a short article on Trail Etiquette. The first rule I stated was that when you are running on the trail and a faster runner comes up behind you the proper thing to do is ask them if they would like to come by. If they decline, you are not obligated to ask again and you have him, or her, right where you want them. Several years ago when Chrissy Ferguson and her husband Stan moved back to Conway, I was faced with a dilemma as to what to do about the race and her. I recognized that in her was a resource that needed to be taken advantage of. She was a legitimate world class ultra runner and a seven time winner of the AT100 and record holder(17:53). After last year's race which she won, she volunteered to be the person in charge of getting the aid station personnel organized. We had the best aid stations from top to bottom that we could ever expect to have. After talking to the other directors of the race, it was unanimously agreed that she and Stan were the ones to lead the Arkansas Traveller. Her biggest qualifications are that she loves Arkansas, running and the Arkansas Traveller. The ultra community in Arkansas will be in good hands. I await her orders and look forward to doing the work that has made the Arkansas Traveller 100 such a respected race.

MODERN GUN DEER SEASON LAKE SYLVIA/LAKE WINONA AREA
NOVEMBER 11TH THROUGH DECEMBER 3RD

AURA BUSINESS

MESSAGE FROM THE BIGSHOT-It looks like the Ultra Trail Series will get rolling again after the new year. We will have the *Athens-Big Fork Trail Marathon* on January 6th starting and finishing at the Big Fork community center. This is west of Glenwood on Hwy 8. Info is found on the last page. No entry fee or awards. Runners are encouraged to make a \$5.00 donation to the community center as they will have coffee, bathrooms and a hot stove before and after the run. In case of snow and ice, use your best judgment about traveling. Following the *Athens-Bigfork Trail Marathon* are two 50K's in February, the *White Rock Classic* at Cass and the *Sylamore Trail 50K*. Note: Both of these are UTS point races. To round out the Series, I am looking for two more runs. I will talk to the RD's of the 1999 *Ouachita Trail 50* and the *Cat Smacker* as to their plans for year 2001. If either of these is a no go, we will have the low-key *Widow Maker* and a *Mystery Run*. I hope to find out for sure by December issue.

IMPORTANT INFORMATION TO FOLLOW

Steve Eubanks is hosting a 20 mile *fun* run on December 21st at Crystal Springs Camp Grounds approx 17 miles west of Hot Springs on Lake Ouachita. Steve did the run last year and we had a ball. Distances range up to 20 miles on National Forest roads with options for trail Map and more information next month.

REGIONAL ULTRA CALENDAR

Place your ice(U)box magnet here

- NOVEMBER 11, 2000 ROCK LEDGE RUMBLE. 25K, 50K AND 50K
Grapevine, Texas. Contact: Fred Holmes -214 351 0637(wk) or 972 506 0376
- NOVEMBER 11, 2000 QUIVERING QUADS, 50k AND 50 MILES
Troy, Missouri. Contact: Dave Spetnagel 636-939-0161
- DECEMBER 9, 2000 SUNMART TEXAS TRAIL 50KM AND 50 MILE
Huntsville, Texas. Contact: 281-444-226, ext x0 or <http://www.sunmart-pwi.com>
- JANUARY 6TH, 2001 ATHENS-BIGFORK MARATHON - Big Fork
Community Center, Arkansas. No fee but a \$5 donation per runner requested.
- February 3, 2001 THE ROCKY RACON 100 MILE RUN
Huntsville, Texas. Contact: Mickey Rollins 1945 Campbell Road, Houston, Texas 77080
- FEBRUARY 3RD, 2001 WHITE ROCK, CLASSIC, 25 AND 50K
Cass, Arkansas. No Entry. Plenty of thrills; not many frills. 9:00 a.m. start.
- FEBRUARY 17TH, 2001 SYLAMORE TRAIL 50K
Allison, Arkansas. Contact: Randy and Bobby Davidson.(Application next issue)
- MARCH 31, 2001 THE GRASSLANDS 10,25 and 50 Miles.
Decatur, Texas. Contact: Suzi Cope 3550, Carmel Court, Southlake, Texas 76092
- MAY 5TH, 2001 STROLLIN' JIM 40.
Wartrace, Tennessee Gary Cantrell, 233 Union Ridge, Wartrace, Tennessee 37183

Congratulation to all Arkansans for your fine finishes at the AT-100

Ray Bailey	20:46	N. Little Rock
Stan Ferguson	20:46	Conway
Chrissy Ferguson	22:13	Conway
Randy Davidson	22:18	Little Rock
Dr. Really Feelgood	24:32	Little Rock
Jay Huneycutt	25:57	Fayetteville
Tim Hale	26:38	Russellville
Lou Peyton	27:42	Little Rock
Mike Dupriest	27:54	Little Rock
Patty Groth	28:01	Cabot
Pete Ireland	28:17	Benton
Larry Mabry	28:49	Little Rock



Picture of the Running Arky family at the pre-race briefing. On the left, FRONT ROW, is our Canadian cousin, Monica Scholz, Lou Peyton, Jimmy Sweatt, Gayle B. Bradford, Chrissy Ferguson, Jay Huneycutt, Angie Ransom, and on the right are our long lost Japanese relatives, Katsuyuki and Hiromi Hatta. Second Row-Richard China(AURA/Hawaii), Kim Pavelko, Mike Dupriest, Patty Groth, Donna P. Duerr, the BigShot. Back Row-Tim Hale, Ray Bailey, Lou Myers, Pete Ireland, Stan Ferguson.

AURA'S TRAVELLER

INTERVIEW

Amanda McIntosh

35, San Antonio, Texas

The *BS* saw you in the 2000 Leadville 100 and was pleasantly surprised at your interest in the AT100. How do you describe your recovery from your Leadville victory coming into the Arkansas Traveller?

I felt relatively good coming into the race. Lack of total recovery from Leadville was evident from the start of the race. I didn't feel I ever rally got into a good rhythm of running. At mile 85 my legs were rally feeling the cumulative miles.



Just out of curiosity, what would be your 5K PR and, while you are thinking about it, your 100 Mile PR.---*5K is 19:46; 100 mile is 18:30 at the 1998 Rocky Raccoon 100, my first.*

During the race tell us about what you are or drank and did you have a plan or schedule for your intake. What worked or what didn't work for you? ---*I use Hammer Gel every 45 minutes-1 hour. I only drink water so I take E-Caps Endurolytes every hour as well. Usually, I don't eat much but I did at the AT. Great food and awesome aid stations! I tried the turkey sandwiches, ramen noodles, beans and rice, potatoes, orange slices and I especially like the "gorp" at the Flamingo Club.*

Did the cold, windy weather hinder or help you?---*I think the cold was a factor as my legs never really loosened up. I wish I would have worn tights.*

Did you have a race plan and were you able to stick with it?---*I felt relatively good through most of the race. As I said, I just didn't feel loose. I had no plan or expectations so no adjustments were necessary. At about 85 miles, I began to feel tired and cranky but my pacer and I still made it to the finish.*

How has your recovery gone. Back on the road, yet?---*Recovery has been good. I began running again about a week later. Sunmart is next (flat and fast) in December so I need to increase my speed.*

At the AT100, we have had the best, You, Chrissy, Ann(Trason) and Janice(Anderson) any "up and comers" that the BS needs to be keep an eye open for?--*Stephanie Erhet, Valerie Caldwell, Suzanne Branna, Emma Davies and Luanne Park.*

I have to ask, and our readers expect it, but just out of curiosity if it came down to just me and you, one on one, how do you think we would fair in a flat out road rare?--*The longer the race the better I do! I'm sure you would whoop me in a 5K(☺).*

For **AURA Bonus Points**. Place a check mark to the left of the number or numbers that you believe best describes the situation you are looking at. Please do not deface the photocopy.

1. After 10 years of the Arkansas Traveller 100, it has come down to this.
2. Which of the two objects shown is the Bigshot sitting down in.
3. On the the drive to the Powerline Aid Station during the AT100, the BS stopped to chat with local officials.
4. An Arkie's worst nightmare is being in an Out-house and somebody moves or tumps it over.
5. The wheel is a wonderful thing!



Athens - Big Fork Trail Marathon

"Toughest Marathon East of the Rocky Mountains"

*Sponsored by Arkansas Ultra Running Association
and Southwest Arkansas Striders*

8:00 AM SHARP, SATURDAY, JANUARY 6, 2001 FROM BIG FORK COMMUNITY CENTER, 1/2 MILE SOUTHEAST 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 13 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. YOU WILL NEVER FORGET THIS ONE !!!